

MASTERS ATHLETICS

The Official Magazine of the British Masters Athletic Federation
Issue 111 Spring 2016



Glyn Sutton

**Three Gold's
One World, One
European and One
British Record from
Ancona.**

Photo: Tom Phillips



**W35: 60 metres: 2nd Claire Spurway, 1st Joanne Frost
8th Naana Adusei, 4th Samantha Bickley-Vaile.**



**W55: 60 Hurdles: 2nd Jane Horder, 1st Sue Frisby (World Record*)
4th Gaye Clarke. *Joy Upshaw has a faster time awaiting ratification.
Both pictures: Tom Phillips.**

MASTERS ATHLETICS

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Welcome to the second edition of the online and subscription versions of "Masters Athletics", we hope you enjoy reading the issues.

In the World of Masters Athletics we have had a brilliant European Indoor Championships, reported by Bridget Cushen in this issue, where the UK team finished third overall. In addition we report on British Indoor and Cross Country Championships, with the assistance of the amazing photographs of Tom Phillips, Alex Rotas and Jeremy Hemming.

In athletics generally, events appear not to be as successful as in the Masters. The Moscow test centre has had its Anti-doping accreditation revoked which will not help Russia gain the ability to compete at Rio, whilst Kenya could also find themselves banned from international competition as they struggle to convince the rest of the world that their drug testing programme is fit for purpose.

In Brazil the International Olympic Committee (IOC) Commission Chair Nawal El Moutawakel has backed Brazil and the Brazilians, to deliver successful Olympic Games this August. Following the 10th and final IOC Commission visit to Rio de Janeiro on 11-13 April 2016. However, recent press comment suggests many problems remain regarding the completion of facilities,

a contaminated water sports area, and dare I mention the "Zika Virus".

As I write this article, the Brazilian lower house of congress has passed a motion of impeachment against President Dilma Rousseff. The Country's Senate must now decide if she is to stand trial, which would likely take place just before the Olympic Games in Rio.

I read from Ken Stones website that USATF Masters Track & Field have rolled out a plan it hopes will grow USA's medal count at Perth. Called the Executive Committee Travel Assistance Reimbursement Programme, it aims to spend up to \$5,000 on "travel grants to USATF athletes likely to win medals who otherwise would not be able to participate. It is a great pity that we are unable to have such assistance in the UK.

Local Government funding cuts have forced Stoke Gifford Parish Council to become the first in the world to charge Parkrun a fee for the use of its grounds following its 12th of April vote. Following its decision, a petition backed by a number of high-profile sporting names was launched. It has attracted more than 35,000 signatures.

We plan to run profiles of our members in future issues, if you would like to be included email me brian.owen2@btinternet.com and I will send you a form.

Brian Owen.

INTERNATIONAL & NATIONAL FIXTURES 2016

International:

20/22 May. **EMAA Non Stadia Vila Real, PORTUGAL.**
26 Oct-6 November. **WMA Track & Field, Perth, AUSTRALIA**

12th November. **British & Irish XC International, Glasgow.**

National:

2 April **BMAF & VAC 10k Championships. Olympic Park, London.**

14 May **BMAF Road Relays, Sutton Park.**

19 June **BMAF Pentathlon, Horspath, Oxford. BMAF 5k Road, Horwich.**

26th June **BMAF 30k Trail Running Championships, Gravesend...**

17th JULY. **EMAA Track & Field Match, Solihull.**

30-31st July **BMAF Decathlon, Heptathlon & Throws Pentathlon, Birmingham.**

14 August. **BMAF Marathon, Isle-of-Man.**

17-18th September. **BMAF Track & Field Championships, Birmingham.**

9 October. **BMAF Half Marathon, Glasgow.**

Area:

Your fixtures can go here please advise Editor.

WE NEED YOUR EXPERTISE, IT WOULD ONLY TAKE A FEW MINUTES EACH WEEK!

OUR ESTEEMED TREASURER DANNY HERMAN, HAS EXPRESSED HIS DESIRE TO RETIRE FROM THE POST HE HAS HELD FOR MORE THAN TWENTY YEARS.

WE THEREFORE NEED A REPLACEMENT TO TAKE OVER THE ROLE FROM HIM AFTER THIS YEAR'S AGM.

IT'S AN OPPORTUNITY TO GIVE SOMETHING BACK TO THE FEDERATION, ALL THAT IS REQUIRED IS A GOOD HEAD FOR FIGURES, SOME PATIENCE, AND A SENSE OF HUMOUR.

300 plus Club November winners

£ 125: Alan Clevett.

£ 10: Andrew Cunningham, Beryl Sampson, David Sutcliffe, Ursula Duckworth, Nigel Wray (who has kindly donated his prize to the BMAF).

December winners

£ 125: D Fotheringham.

£ 10: A Cunningham, Midland Masters AC, Peggy Taylor, Les Venmore, G J Wilson.

January winners

£ 125: Arnold & Brenda Bradshaw

£ 10: Tom Clowry, Edward Cooper, A Cunningham, George Hopcroft, John Newcombe.

February winners

£ 125: Nigel Wray.

£ 10: Peter Cartwright, Arthur Good, Mary Wixey, Nigel Wray (2). Nigel Wray (has kindly donated his prizes to the BMAF).

NEWS & VIEWS:

Dear Brian

Thanks for your help in trying to find someone to replace me as the collator for the Master combined event rankings list.

A survey of Decathletes / Heptathletes taken a year or so ago showed unanimous preference for the all-time rankings maintained on our website over power of ten. The reason is that I am retiring after 20 years on the job and my computer system is totally outdated.

The job specification is as follows:

To collect all performances by UK combined event athletes in competitions wherever they occur and enter them into a new rankings program being written specially for the BMAF.

To send a report at the end of both the outdoor athletics season and the indoor athletics season to the BMAF webmaster to update the Masters all time UK ranking lists.

The volunteer, ideally from the combined events world, should contact myself so I can brief them on the full details of the task.

I hope that we get someone soon or the rankings, maintained since the eighties originally by Rodney Charnock, will be discontinued.

Regards IAN THOMAS.

UKA / IAAF Rules for Competition 2016 – 2018

UKA Rules for Competition have been merged with IAAF Rules and renumbered accordingly. All specific UKA Domestic Rules are shown in blue and where common rules previously applied across disciplines, these have been merged under one heading: for example you will find all age group rules under Rule 141.

The rule book is currently in production and will be available at the end of March 2016. Copies will be available from Harry Hitchcock Ltd, Lyon House, 16 Lyon Road, Walton on Thames, Surrey, KT12 3PU; 01932 225591; hhltd@btconnect.com

Please address any questions to rules@uka.org.uk



The IAAF World Indoor Championships drew to a close in Portland yesterday as the USA handed the baton to the UK who will host the next edition in 2018 at Birmingham's Barclaycard Arena.

Birmingham previously hosted the Championships in 2003 as well as the European Indoor Championships in 2007, giving the city a proven track record and pedigree in staging major championships.

The World Indoor Championships in 2018 will follow soon after London has hosted the outdoor World Championships in the Stadium at the Queen Elizabeth Olympic Park in the summer of 2017, giving British athletes the massive incentive of competing at another home championship.

Chief Executive of UK Athletics Niels de Vos said: "We are confident that Birmingham 2018 will build on the successful IAAF World Indoor Championships in Portland and continue innovating to make it the best ever staging of the event.

"Birmingham has hosted the IAAF's number one ranked Indoor Grand Prix for many years, showing proven ability in staging an event of this stature. With

the expertise we have to organise and deliver these Championships combined with the great support of the home crowd, Birmingham will produce a special atmosphere in two years' time."

Councillor Ian Ward, Deputy Leader of Birmingham City Council, said: "The IAAF World Indoor Athletic Championships in Portland have been well organised and a great success. They have brought new innovation to the event and set the bar high for Birmingham 2018, but I am confident that Birmingham will rise to the challenge and deliver a championship to remember."

Lauren Jeska accused of Alexander Stadium triple stabbing



An ex-running champion has appeared in court accused of stabbing three men at a major UK athletics stadium.

Lauren Jeska, 41, is charged with attempted murder and wounding two others with intent, at the Alexander Stadium in Birmingham on Tuesday.

The men are reportedly officials from UK Athletics. One, 51, is in a stable condition in hospital, police said.

Ms Jeska, from Powys, was remanded in custody to appear at Birmingham Crown Court on 25 April.

2015 Over 35 Women's T&F Ranking book

Please could this be put on the website in the "Masters Athletics"?

I have just finished the 2015 Veteran Women's Ranking Book and it is now available to buy from me.

The size has increased to 9400 performances so I have had to increase the price to £5 to reflect the increased cost of printing a larger booklet.

To order a copy please send me a cheque for £5 (payable to Mrs S Gandee) together with an A5 self-addressed envelope with a large 2nd class stamp.

My address is Mrs S Gandee, 4 Westfield Road, Hertford, SG14 3DJ.

Many thanks

Sally Gandee
NUTS Compiler – Veteran Women

CHAIRMAN'S REPORT – MARCH 2016 ARTHUR KIMBER

Since the last issue of the magazine athletes have been concentrating on various indoor meetings, the South of England, EVAC and VAC Championships, the SCVAC Championships, the EAMA Inter Area Track and Field Challenge and the BMAF Championships. At the championships and other events a world record and six British records were set. Glyn Sutton claimed the world record, 8.12 for an M70 60m. British records were set by Len Tew, 3:35.39 for a M80 800m, Phillipa Millage, 2:06.50 for a W35 800m, Mensah Elliott, 7.95 for a M35 60m. hurdles, Joe Appiah, 8.46 for an M45 60m. hurdles, Iris Holder, 3.00 for a W75 long jump and Carole Parker, 11.74 for a W45 shot putt. Outside the BMAF 10 Mile and the BMAF Cross Country Championships were held. Reports on many of these fixtures can be read inside.

Congratulations must go to two athletes who were selected to compete in Masters 800m. events in the IAAF Indoor Championships in Portland, Oregon. Dave Wilcock won the M60 800m. in 2:15.90 and Karen Brooks took third place in the W60 800m. in 2:40.14. A great follow up to Beijing.

The Manchester Metropolitan University is extending its research project on motor units, the nerves that control muscles, to sprinters, again over 60s. If you are interested in finding out more and/or taking part, please contact Jessica Coulson on 0161 247 1207 or j.coulson@mmu.ac.uk

I wish you all well for an injury free and successful summer.

SECRETARY'S REPORT – APRIL 2016 BRIDGET CUSHEN

However fit and healthy we are there is always a danger of an emergency arising during a Championship. We will be introducing stickers for you to fill in listing emergency details - contact No. of your next-of-kin and, optionally, a list of any medication/medical problem you may feel necessary unless you are wearing a Medical Band, to stick on the back of your competitor's number. It would also be useful to take a similar sticker with you when you enter a European or World Championships as Team Managers may themselves be competing and with up to 500 travelling it is impossible to cover all.

F.A.N.S

Some Local Authorities operate the Free Admission to National Sportspersons (FANS) Scheme whereby any athlete who has ever competed in any international championships, including World/European Masters Championships, the British & Irish Masters International Cross-Country, or if you are ranked in the first six in your event, you may be eligible for free admission to your Authority's Leisure facilities. Local Authorities will ask for proof, please make my voluntary job easier by give them my email address, list age group and your qualifying event(s).

Kudos

To receive a letter thanking us for our commitment to promoting competitive sport for the 35-plus is always welcome but when that letter comes direct from the Chief Medical Officer, Department of Health, Professor Dame Sally Davies then Masters athletics have reached high office!

Bridget Cushen

RESULTS:

CARDIFF, 10th January.

800: Len Tew M80 3:35.39 (British Record);

WELSH OPEN, Cardiff 23rd Jan

60: Glyn Sutton M70 8.18 (=World Record);

LEE VALLEY 30th January

60: Jason Carty M45 7.14 (British Record);

LOUGHBOROUGH UNIVERSITY, 30th January.

60: Giare Skervin W40 8.01 (British Record);

CARSHALTON, 7th February:

PV: Mark Johnson M50 4.55 (British Record);

BMAF 10 MILE, LYTCHELT MANOR, 14TH FEBRUARY:

W35: Kate Hails Avon Valley 1h14:43; **W40:** Michelle Buckle Newcastle 1h07:30; **W45:** Fiona Price Avon Valley 1:08:55; **W50:** 1 Cathy Newman Exmouth 1h:06:20; 2 Carrie Oliver Winchester 1h25:19; **W55:** 1 Joanna Curtis Wichester 1h15:42; 2 Helen Ambrossen Bournemouth 1h25:52; **W60:** 1 Jane Georgiou Farnham 1h18:11; 2 Joy Radford Winchester 1h23:54; 3 Alison White Paddock Wood 1h29:00; **W65:** 1 Yvonne Twelvetree Totley 1h20:22; 2 Angela Handforth SWVAC 1h23:22; 3 Brenda Topliss Romsey 1h29:16; **W75:** Jeanette Giles Istead & Itfield 2h:00:44; **M40:** Colin Snook Cornwall 55:59; **M45:** 1 Gary O'Brien Swinon 57:45; 2 Jason Bennett Buxton 1h 01:12; 3 Tony Letts Northampton 1h01:14; **M50:** 1 Christopher Hollinshead Cannock & Staff 1h00:10; 2 Alan Ryder Plymouth 1h00:41; 3 Martin Farran Leeds 1h:05:02; 4 Don Lawless Thurrock 1h10:10; **M55:** 1 Julian Critchlow Watford 59:46; 2 Steve Oliver Winchester 1h05:53; 3 Alex Rowe Wesham 1h06:36; 4 David Gill Warrington 1h08:33; 5 Ian Wright Islwyn 1h13:28; **M60:** 1 Nigel gates Brighton 1h02:46; 2 Hamish Murray Purbeck 1h05:12; 3 William Haining Harwich 1h10:32; 4 Walter Hill

Crawley 1h10:35; 5 Nigel Waywood Purbeck 1h11:13; 6 Phil Harding Avon Valley 1h15:01; 7 Stephen Littlecott Lytchett Manor 1h17:57; 8 Kevin Dillon Manchester 1h47:45; **M65:** 1 David Cartwright Poole 1h13:46; 2 David Heath Poole 1h19:10; 3 Arthur Johns 1h20:17; 4 Malcolm Maxted Yeovil 1h20:59; 5 Ian Graham Bournemouth 1h21:08; 6 Mike Terry Littledown 1h31:30; **M70:** 1 Martin Ford Cheltenham 1h10:39; 2 Peter Sargent Newquay 1h21:28; 3 Phil Brennan Stratford-upon-Avon; 4 Lars Jansson Poole Runners 1h23:46; 5 Geoffrey Scott Poole 1h28:02; **M75:** 1 Alan Lewis Trentham 1h22:30; 2 Michael Coupe Town & Country 1h25:11; 3 John Taylor 1h36:12; **M80:** Malcolm Ball North Norfolk 1h47:23; **TEAM: MEN: Poole Runners WOMEN: Winchester & District**

BMAF INDOOR PENTATHLON 14th FEBRUARY.

Words: Bruce Charles

Picture: Tom Phillips.

There was a good entry for this year's Indoor Pentathlon at Lee Valley and also some very good performances for so early in the year.

I have always considered that 3000 points was a good indication of an outstanding performance but in the men's event we had to wait until M55 before this figure was achieved. In fact it was the ever reliable John Mayer who came up with a great all round performance of 3649 points.

In M60 we had two great performances with Peadar McGing winning with 3513 from Clem Leon with 3307.

Continuing the 3000 plus theme M65 saw both Adrian Essex winning with 3494 from Dave Cowley with 3145.

As to individual event excellence I would draw attention to the 1.61 cm high jump of Chris Ness in M45 and that John Mayer was still long jumping more than 5 metres in M55.

Turning to the ladies there were fine performances from Monica Brown winning W50 with 3250 points while in W55 no less than the first three exceeded 3000 points with Susan Frisby coming out on top with an excellent 3892. Sally Hine was the gold medallist in W65 with 3416.



The highlight of the day however was the fantastic performance of Carole Filer not only in scoring a World record 4568 points but also breaking the W65 indoor World record in the hurdles with 9.96 seconds. Altogether an excellent day.

Results:

(Points 60H HJ SP LJ 800):

SW: 1 Amanda Dobin OPEN 1888 (10.32, NH, 6.42m, 4.00m, 2:35.08);

W35: 1 Anna Ciolek WMAA 2069 (12.39, 1.22m, 6.02m, 4.27m, 2:40.23); 2 Jody Ward MMAC 1955 (11.64, 1.22m, 5.82m, 4.12m, 2:56.19); **W50:** 1 Monica Brown EVAC 3230 (10.88, 1.37m, 7.47m, 4.16m, 3:14.28); 2 Lesley Willis MMAC 2773 (11.71, 1.16m, 7.18m, 3.80m, 3:02.56); 3 Marise Taylor MMAC 2232 (12.56, 1.19m, 6.19m, 3.31m, 3:25.80); **W55:** 1 Susan Frisby MMAC 3892 (10.02, 1.37m, 8.57m, 4.01m, 3:11.82); 2 Gaye Clarke EVAC 3519 (10.77, 1.34m, 7.60m, 3.92m, 3:18.95); 3 Penny Butcher EVAC 3292 (11.75, 1.31m, 5.88m, 3.83m, 3:01.24); 4 Tessa Stephenson EVAC 2249 (15.19, 1.07m, 8.29m, 3.37m, 3:32.29); **W60:** Carole Filer EVAC 4568 (**World Record**) (9.96 (**World Record**), 1.40m, 7.30m, 4.44m (British Record), 3:08.48); **W65** Sally Hine MMAC 3416 (11.73, 1.13m, 5.96m, 3.12m, 3:31.00);

(Points 60H LJ SP HJ 1000m)

SM: 1 James Shaw OPEN 2698 (9.30, 6.09m, 8.74m, 1.58m, 3:11.73); 2 Mark Andrews OPEN 2545 (10.52, 5.60m, 8.32m, 1.79m, 3:07.37); 3 Matt Coxon OPEN 2456 (9.81, 6.05m, 8.76m, 1.58m, 3:27.18); 4 Lloyd Ellison OPEN 1405 (0.00, 4.36m, 8.28m, 1.43m, 3:27.73); DNF Shenton Enoe OPEN (9.43, 6.07m, 10.90m, DNS, DNS); **M35:** 1 Clint Nicholls EVAC 2979 (9.16, 5.81m, 9.69m, 1.79m, 3:17.93); 2 Ashley Pritchard NMAC 2747 (9.12, 5.51m, 9.93m, 1.61m, 3:22.73); **M40:** 1 Ivan Ross IRELAND 2659 (10.42, 5.23m, 7.23m, 1.58m, 3:05.26); 2 Kevin Byrne IRELAND 2645 (9.87, 5.10m, 7.51m, 1.61m, 3:19.63); 3 Stephen Bass EVAC 1937 (10.78, 4.35m, 6.72m, 1.34m, 3:33.88); 4 Jason Cashmore MMAC 1891 (11.89, 4.36m, 8.62m, 1.43m, 3:42.25); **M45:** 1 Chris Ness VAC 2650 (11.40, 4.33m, 7.08m, 1.61m, 3:02.68); 2 David Pearson SWVAC 2645 (10.35, 5.28m, 8.17m, 1.52m, 3:51.34); 3 Geoff Butler SCVAC 2233 (11.96, 4.36m, 7.41m, 1.49m, 3:31.12); 4 Marc Juffkins SCVAC 2157 (12.24, 4.30m, 7.54m, 1.40m, 3:25.56); **M50:** 1 Derek Osborne WMAA 2959 (10.52, 4.84m, 9.01m, 1.46m, 3:25.16); 2 Geoff Powley EVAC 2883 (10.37, 4.53m, 9.34m, 1.40m, 3:24.15); 3 Richard Christian SCVAC 2705 (10.66, 4.38m, 8.36m, 1.43m, 3:29.89); 4 Alan Easey VAC 2594 (10.45, 4.94m, 7.60m, 1.22m, 3:36.28); 5 Leroy Gould SCVAC 2490 (10.81, 4.71m, 6.46m, 1.28m, 3:30.10); 6 Alan Smith VAC 2439 (11.38, 4.67m, 8.41m, 1.34m, 3:46.53); 7 Tony Killilea VAC 2421 (11.68, 4.00m, 7.39m, 1.31m, 3:12.32); 8 Derek Warn SCVAC 2362 (11.43, 4.65m, 8.30m, 1.37m, 3:58.89); **M55:** 1 John Mayor EVAC 3649 (9.31, 5.01m, 9.13m, 1.55m, 3:36.82); 2 Pete Stepney SCVAC 2782 (11.40, 4.42m, 6.60m, 1.34m, 3:23.22); DNF Allan Leiper SCVAC (0.00, 2.72m, 2.06m DNS, DNS); **M60:** 1 Peadar McGing IRELAND 3513 (10.38, 4.42m, 9.87m, 1.46m, 3:40.19); 2 Clem Leon SCVAC 3307 (10.67, 4.28m, 7.86m, 1.40m, 3:26.58); 3 Gerald Daniel EVAC 2603 (11.00, 3.82m, 8.95m, 1.22m,

4:18.94); 4 Rashpal Singh MMAC 2558 (12.12, 4.36m, 7.11m, 1.34m, 4:20.09); 5 Steve Waddington OPEN 2163 (12.16, 3.78m, 7.53m, 1.16m, 4:31.40); DNF Ian Reeve EVAC (10.40, 4.39m, 8.90m, DNS, DNS); **M65** 1 Adrian Essex SCVAC 3494 (11.29, 4.27m, 8.57m, 1.40m, 3:51.39); 2 David Cowley MMAC 3145 (11.21, 4.21m, 8.55m, 1.31m, 4:23.89); 3 Lawrie Dunn MMAC 2869 (12.83, 4.11m, 7.08m, 1.28m, 3:58.73);

MCAA OPEN MEETING, Birmingham, 21st February.

60H: Joe Appiah 8.46 (British Record).

LEE VALLEY, 21st February:

PV: Mark Johnson M50 4, 64 (British Record);

SCVAC CHAMPIONSHIPS, Lee Valley, 14th February

200: Anne Martin 48.75 (British Record);

TJ: Anne Martin W80 5.86 (British Record);

GLASGOW, 14th February.

60/ 200 /60H: Tony Bowman M70 9.39 (British Record); 33.03 (British Record); 11.13 (European Record);

UK CHAMPIONSHIPS, SHEFFIELD 28th February:

800: Phillipa Millage W35 2:06.50 (British Record); **SP:** Scott Ryder M35 17.61 (British Record);

TRACK FIELD CHALLENGE
LEE VALLEY ATHLETICS CENTRE,
LONDON on SUNDAY 28th
FEBRUARY 2016:
WORDS: Arthur Kimber.
Picture: Tom Phillips.



Again eight area clubs were represented in this well contested fixture with many high standard performances. Two British records were set, W75 Iris Holder 11.74 long jump, 3.00 and W45 Carole Parker shot putt, 11.74.

The men's match was dominated by SCVAC who scored 301 points to second placed VAC's 254.5. Josh Wood, M35 in 7.17, Tom Phillips, M60 in 8.25 and Vic Novell, M70 in 8.85 won three 60m. races, with only Pat Logan, competing for his new club, NIMAA,

winning the M50 event in 7.69 and preventing an SCVAC clean sweep. Pat claimed a fine double by taking the 200m. in 25.11, with the other victories going to Ben Owen, MMAC, 23.47 in the M35 race and Ian Broadhurst, WMAA, 27.15 in the M60 race. SCVAC took all 400m. races, M35 Adam Bellis, 52.06, M50 Jonathan Tilt, 55.33, M60 Clem Leon 61.93 and M70 Terry Bissett, 71.27. Mensah Elliott easily won the 60m. Hurdles by more than a second for SCVAC in a fast 8.16, with John Mayor, EVAC, winning the M50 race in 9.36.

In the 800m. SCVAC athletes scored well in three of the age groups, Steve Baldock, aged 46, winning the M35 race in a very fast 1:59.71, Jonathan Tilt, M50, gaining his second victory, 2:12.62, and Dave Wilcock outclassing the opposition in the M60 with 2:18.57. Richard Bloom, VAC, took the M70 event in 2:57.82. VAC were the dominant club in the 1500m, M35 Mohammed Ismail winning in 4:16.61, M50 Steve Roberts in 4:42.49 and M70 Peter Giles in 5:34.31. M60 Dave Wilcock scored a fine double for SCVAC to add to his 800m, clocking 4:48.63. MMAC won two of the 3000m. events, M35 Calvin Scoltock, 10:02.38, and M60 Dave Oxland 10:40.01, while EVAC's Colin Ridley took the M50 in 9:49.75. SCVAC won both the 2k. walks, Steve Allan 10:26.83 to take the M35 and Chris Hobbs, 9:48.85, the M50.

Honours in the jumps were more widely spread than on the track. Long jump winners were M35 Andy Lewis, SCVAC, 6.07, M50 Paul Guest, SWVAC, 5.45, M60 Rashpal Singh, MMAC, 4.32 and M70 Allan Cheers, WMAA, 3.87. Allan doubled up by winning the high jump in 1.25, with Duncan Talbot, SCVAC, taking the M60 with 1.40. Alwyn Lombaard, VAC, and Clint Nicholls, EVAC, tied at 1.75 in the M35 event and Richard Phelan, also EVAC, won the M50 with 1.50. MMAC took both triple jumps, M35 Donovan Davenport, 11.74 and M50 Albert Earle, 10.34. Shot putt victories were gained by SCVAC's Mark Wiseman, 14.06 in the W35 group, M50 Andrew Turner, WMAA, 10.97, M60 Geoff Tyler, EVAC, 11.99 and M70 John Watts, NMAC, 11.28.

The 4x200m. relays were won by EVAC, M35, 1:37.95, VAC, M50, 1:47.64 and two by SCVAC, M60, 1:55.52 and M70, 2:12.75.

The women's match was more evenly balanced, EVAC just edging out SCVAC by 246.5 points to 241.5. In the 60m. races Joanne Frost, WMAA, won the W35 in 8.06, VAC's Angela Bates the W50 race in 8.57, EVAC's Carole Filer the W60 in 9.07 and Iris Holder the W70 in 10.95. Paula Williams won the 200m. for MMAC, 28.02, Avril McClelland, MMAC, the W50 in 29.44 and SCVAC's Joan Trimble the W60 in 31.69. Former senior international Lesley Owusu, SCVAC, ran a fast 58.43 to easily win the W35 400m, Lisa Webb, VAC, took the W50 in 67.70 and Carole Filer added to her 60m. victory to take the W60 race, 73.81. Diana Norman, SCVAC, won the 60m. hurdles, 9.55 and Susan Frisby, MMAC, the W50, 10.12. Diana added to her hurdles victory by winning the 800m. in 2:20.27, EVAC's Karen Brooks took the W50 race, 2:35.05 and a very close contest in the W60 race

led to Ros Tabor, VAC, winning in 2:55.18, just edging out Nancy Hitchmough, MMAC, 2:55.54 and NMAC's Joan Howe, 2:56.46. Pat Gallagher, WMAA, had an easy win in the W70 race, 3:24.81. VAC took two 1500m. races. Bernadine Pritchett won the W35 in 5:03.49 and Lisa Webb the W50 in 5:08.70. Angela Copson, MMAC, easily won the W60 in 5:44.36. SCVAC newcomer Penny Cummings won the W35 2k. Walk, 10:51.99 and Wendy Bennett, WMAA, the W50, 11:15.52.

In the long jump W60 Carole Filer won her third event with 4.36, W35 Joanne Frost her second with 5.46, MMAC's Jo Willoughby, the W50 with 4.55 and record breaker Iris Holder, the W70, 3.00. Carole Filer completed her quartet of victories with another win in the high jump, 1.20, Ayamba Akim, VAC, easily won the W35 even with 1.60 and Melanie Garland, WMAA, jumped 1.30 to win the W50 event. European record holder Sue Yeomans, now 62, from SCVAC, won the W50 pole vault with 2.70 and Jemma Eastwood, EVAC, the W35 with 3.10. MMAC won both triple jumps, Paula Williams the W35 with 9.55 and Jo Willoughby adding to her long jump success with 9.96 as a W50. The shot putt victories went to record breaker MMAC's Carole Parker, W35, 11.74 and the other three age groups to SCVAC, Julie Wilson, W50, 9.96, Vilma Thompson, W60, 9.36 and W70 Liz Sissons, 8.55.

WMAA won the W35 4x200m. relay in 1:54.88 and SCVAC the other two, W50, 2:01.73 and W60, 2:12.45.

TEAM'S:

MEN: 1 SCVAC 301; 2 VAC 254.5; 3 MMAC 233; 4 WMAA 224; 5 EVAC 215.5; 6 NMAC 87; 7 NIMAA 82; 8 SWVAC 60; **WOMEN:** 1 EVAC 246.5; 2 SCVAC 241.5; 3 MMAC 217; 4 WMAA 187.5; 5 VAC 128; 6 NMAC 49.5; 7 SWVAC 30; 8 NIMAA 27; **OVERALL:** 1 SCVAC 542.5; 2 EVAC 462; 3 MMAC 450; 4 WMAA 411.5; 5 VAC 382.5; 6 NMAC 136.5; 7 NIMAA 109; 8 SWVAC 90;

M35:

60: 1 Joshua Wood SCVAC 7.17; 2 Marvin Edwards NMAC 7.20; 3 Ben Owen MMAC 7.30; 4 Stuart Channon VAC 7.40; 5 Julian Smith EVAC 7.57; 6 Chris Millard WMAA 7.63; 7 Seamus McAteer NIMAA 8.69; **200:** A1 Ben Owen MMAC 23.47; A2 Adam Bellis SCVAC 23.61; A3 David Brown EVAC 23.90; A4 Stuart Channon VAC 24.23; B5 Andrew Parker NMAC 24.72; B6 Chris Millard WMAA 24.75; B7 Geoff Cole SWVAC 26.68; B8 Seamus McAteer NIMAA 28.30; **400:** 1 Adam Bellis SCVAC 52.06; 2 Andrew Parker NMAC 54.33; 3 Tim Shiels NIMAA 54.72; 4 Chris Taplin VAC 55.45; 5 Peter Benedickter EVAC 55.46; 6 Geoff Cole SWVAC 58.22; 7 Kevin Pye MMAC 60.72; 8 Stuart Pearce WMAA 63.22; **800:** 1 Steven Baldock SCVAC 1:59.71; 2 Jevgeni Judin SWVAC 2:03.05; 3 Christopher Westcott EVAC 2:04.92; 4 Paul Clarke WMAA 2:07.63; 5 Tim Shiels NIMAA 2:13.50; 6 Matthew Preston VAC 2:20.01; 7 Kevin Pye MMAC 2:22.32; 8 Alex Rowe NMAC 02:33.13; **1500m:** 1 Mohammed Ismail VAC 4:16.61; 2 Cathal McLaughlin NIMAA 4:20.80; 3 Joe McGrath EVAC 4:39.02; 4 Colin Palmer MMAC 4:42.54; 5 Adrian Lewis WMAA 4:56.01; 6 Alex Rowe NMAC 4:58.80; **2000W:** 1 Steve Allen SCVAC 10:26.83; 2

Mark Preskett EVAC 11:16.48; 3 John Ralph VAC 11:16.61; 4 Roger Michell MMAC 11:52.46; **3000**: 1 Calvin Scoltock MMAC 10:02.38; 2 Adrian Lewis WMAA 10:23.76 ; 3 Mark Champion SCVAC 10:31.52 ; 4 Alex Rowe NMAC 10:52.38; 5 David Renton VAC 11:00.66; 6 Darryl Coulter NIMAA 11:21.16; 7 Mark Preskett EVAC 12:07.75; **60H**: 1 Mensah Elliott SCVAC 8.16; 2 Clint Nicholls EVAC 9.18; 3 Alwyn Lombaard VAC 9.66; 4 Derek Hateley MMAC 11.45; **4x200**: 1 (Clint Nicholls; Peter Benedickter; Julian Smith; David Brown) EVAC 1:37.95 ; 2 (Stuart Channon; Chris Taplin; Nick Lauder; Alwyn Lombaard) VAC 1:42.18; 3 (Pat Logan; Tim Shiels; Cathal McLaughlin; Seamus McAteer) NIMAA 1:44.35; 4 (Mensah Elliott; Mark Champion; Leroy Gould; Adam Bellis) SCVAC 1:45.52; 5 (Malcolm Cowton; Stuart Pearce; Roy Whitehouse; Adrian Lewis) WMAA 1:56.03; **HJ**: 1 Alwyn Lombaard VAC 1m 75; 2 Clint Nicholls EVAC 1m 75; 3 Donovan Davenport MMAC 1m 60 ; 4 Chris Berry WMAA 1m 30; 5 Eddie McKenzie NIMAA 1m 30; **PV**: 1 Greg Conlon VAC 4m 30; 2 Ian Parkinson SCVAC 4m 20; 3 Gavin Fordham EVAC 4m 10; 4 Derek Hateley MMAC 3m 20; 5 Eddie McKenzie NIMAA 2m 40; 6 Chris Berry WMAA 2m 20; **LJ**: 1 Andy Lewis SCVAC 6m 07; 2 Donovan Davenport MMAC 5m 83; 3 James Danobrega EVAC 5m 09; 4 Emmanuel Adesina VAC 4m 64; 5 David Shields WMAA 4m 31; 6 Seamus McAteer NIMAA 4m 29; **TJ**: 1 Donovan Davenport MMAC 11m 74; 2 Alwyn Lombaard VAC 10m 90; 3 Stephen Lake SCVAC 10m 79; 4 Joe McGrath EVAC 10m 31; 5 David Shields WMAA 9m 17; 6 Seamus McAteer NIMAA 9m 08; **SP**: 1 Mark Wiseman SCVAC 14m 06 ; 2 John Twiddle NMAC 11m 64; 3 Gavin Fordham EVAC 10m 74 ; 4 Ben Owen MMAC 10m 28 ; 5 Eddie McKenzie NIMAA 10m 02; 6 Peter Wishart VAC 8m 17; 7 David Glendower WMAA 7m 24;

M50:

60: 1 Pat Logan NIMAA 7.69; 2 John Statham MMAC 8.06; 3 Rohan Samuel VAC 8.14; 4 Bob Lewis SCVAC 8.41; 5 Robin Wood WMAA 8.54; 6 Ricardo Huskisson EVAC 8.58; **200**: B1 Pat Logan NIMAA 25.11; B2 Mark White VAC 25.64; B3 Paul Guest SWVAC 26.11; A4 Ricardo Huskisson EVAC 26.16; A5 John Statham MMAC 27.05; A6 Bob Lewis SCVAC 27.44; A7 Robin Wood WMAA 29.13; **400**: 1 Jonathan Tilt SCVAC 55.33; 2 Richard White MMAC 55.65; 3 Malcolm Cowton WMAA 62.13; 4 Brian Slaughter VAC 62.66; 5 Peter Mountain SWVAC 63.04; 6 Ty Holden EVAC 64.01; **800**: 1 Jonathan Tilt SCVAC 2:12.62; 2 Rob Andrew MMAC 2:13.04; 3 Gary Ironmonger VAC 2:15.13; 4 Tony Roberts EVAC 2:17.47; 5 Robert Bigger NIMAA 2:18.35; 6 Brett Davis WMAA 2:21.14; 7 Peter Mountain SWVAC 2:27.84; **1500**: 1 Steve Roberts VAC 4:42.49; 2 Dean Angell SCVAC 4:44.48; 3 Royston Whitehouse WMAA 4:45.48; 4 Robert Bigger NIMAA 4:46.27; 5 Rob Fox MMAC 4:50.86; 6 Mark Gowers EVAC 5:13.42; 7 Steven Doxey NMAC 5:20.62; **2000W**: 1 Christopher Hobbs SCVAC 9:48.85; 2 Peter Boszko MMAC 10:49.26; 3 David Bowker EVAC 11:18.09; **3000**: 1 Colin Ridley EVAC 9:49.75; 2 Andrew Wetherill MMAC 9:54.45; 3 Dean Angell SCVAC 10:03.82; 4 Bernie Jones WMAA 10:16.34; 5 Andrew Stewart VAC 12:37.85; **60H**: 1 John Mayor EVAC 9.36; 2 Brian Slaughter VAC 10.41; 3 Leroy

Gould SCVAC 10.71; 4 Derek Osborne WMAA 10.77; **4x200**: 1 (Mark White; Alan Easey; Richard Weekes; Gary Ironmonger) VAC 1:47.64; 2 (Ty Holden; Richard Phelan; John Mayor; Ricardo Huskisson) EVAC 1:50.17; 3 (Derek Osborne; Robin Wood; Brett Davis; Ian Broadhurst) WMAA 1:51.21; 4 (Richard White; Andrew Wetherill; Robert Fox; Kevin Pye) MMAC 1:55.06 ; **HJ**: 1 Richard Phelan EVAC 1m 50; 2 Gary Capon SCVAC 1m 50; 3 Derek Osborne WMAA 1m 45; 4 Terry Selway MMAC 1m 35; 5 Tony Killilea VAC 1m 30; **PV**: 1 Allan Williams SCVAC 3m 20 ; 2 Richard Phelan EVAC 3m 20; 3 Derek Osborne WMAA 2m 80; 4 Alan Easey VAC 2m 70; **LJ**: 1 Paul Guest SWVAC 5m 45 ; 2 Derek Osborne WMAA 4m 88 ; 3 Alan Easey VAC 4m 79 ; 4 Keith Palmer EVAC 4m 77 ; 5 Gary Capon SCVAC 4m 65 ; 6 Albert Earle MMAC 4m 50 ; **TJ**: 1 Albert Earle MMAC 10m 34; 2 Robin Wood WMAA 9m 72; 3 Brian Slaughter VAC 9m 50; 4 Gary Capon SCVAC 9m 47; 5 Keith Palmer EVAC 8m 62; **SP**: 1 John Nicholls NMAC 15m 50; 2 Stephen Whyte EVAC 14m 37; 3 Anthony Tipping SCVAC 12m 94; 4 Andrew Turner WMAA 10m 97; 5 Keith Seldon VAC 9m 26; 6 Terry Selway MMAC 7m 55;

M60:

60: 1 Tom Phillips SCVAC 8.25; 2 Christopher Monk MMAC 8.41; 3 Brian Williamson WMAA 8.93; 4 Mike Applegate SWVAC 9.21; 5 Alan Perry VAC 9.31; 6 Jon Clarke NMAC 9.67 **200**: B1 Ian Broadhurst WMAA 27.15; A2 Tom Phillips SCVAC 27.85; B3 Ian Willoughby MMAC 28.72; A4 David Hinds VAC 29.01 ; A5 Mike Applegate SWVAC 31.62 ; A6 William Haining EVAC 34.07 ; B7 Jon Clarke NMAC 36.78 ; **400**: 1 Clem Leon SCVAC 61.93; 2 Barrington Morris NIMAA 70.34; 3 Mike Applegate SWVAC 72.81; 4 William Haining EVAC 72.92; 5 Patrick Reynolds VAC 91.18; **800**: 1 David Wilcock SCVAC 2:18.57; 2 Kevin Archer SWVAC 2:25.09; 3 David Oxland MMAC 2:27.01; 4 Richard Marks WMAA 2:34.61 5; 5 Peter Kennedy VAC 2:36.59; 6 Barrington Morris NIMAA 2:37.02; 7 Graham Webster NMAC 2:43.65; 8 Peter Duhig EVAC 3:05.45 **1500**: 1 David Wilcock SCVAC 4:48.63; 2 David Oxland MMAC 4:53.42; 3 Kevin Archer SWVAC 4:55.23; 4 Richard Marks WMAA 5:12.03; 5 Graham Webster NMAC 5:31.87; 6 Michael Mann VAC 5:33.99; 7 Peter Duhig EVAC 6:09.24; **3000**: 1 David Oxland MMAC 10:40.01 ; 2 Elio Lepore WMAA 10:52.69 ; 3 Michael Mann VAC 11:28.31 ; 4 Paul Gasson SCVAC 11:40.89 ; 5 Graham Webster NMAC 12:02.15 ; 6 William Haining EVAC 12:06.29 ; **4x200**: 1 (Clem Leon; Roy White; Tom Phillips; David Wilcocks) SCVAC 1:55.52; 2 (David Hinds; Phil Bell; Patrick Reynolds; Alan Perry) VAC 2:06.16; 3 (Ian Willoughby; Geoff Hudson; Phil Brennan; Rashpal Singh) MMAC 2:06.89 ; 4 (Gordon Orme; Brian Richardson; Richard Marks; Eio Lepore) WMAA 2:15.00; **HJ**: 1 Duncan Talbot SCVAC 1m40; 2 Rashpal Singh MMAC 1m32; 3 Brian Williamson WMAA 1m10; **LJ**: 1 Rashpal Singh MMAC 4m 32; 2 Clem Leon SCVAC 4m 11 ; 3 Brian Williamson WMAA 3m 79 ; 4 Peter Duhig EVAC 3m 36; 5 Patrick Reynolds VAC 3m 14; 6 Jon Clarke NMAC 3m 10; **SP**: 1 Geoff Tyler EVAC 11m 99 ; 2 Philip Olsen WMAA 10m 36 ; 3 Clem Leon SCVAC 8m 32 ; 4 Terry Casey VAC 4m 93 ;

M70:

60: 1 Victor Novell SCVAC 8.85 ; 2 Allan Long VAC 8.96 ; 3 Mel James WMAA 9.78 ; 4 Tony Crocker MMAC 9.93 ; 5 Barry Chapman NMAC 10.44; 6 Jeffrey Reed EVAC 11.24 ; **200:** 1 Allan Long VAC 31.30 ; 2 Ron Davies SCVAC 32.88 ; 3 Mel James WMAA 33.13 ; 4 Geoff Hudson MMAC 36.76 ; 5 Barry Chapman NMAC 40.72 ; 6 Michael Ennis EVAC 48.49 ; **400:** 1 Terry Bissett 71.27 ; 2 Peter Giles VAC 78.22 ; 3 Jeffrey Reed EVAC 87.16 ; 4 Leonard Tew WMAA 87.44 ; 5 Geoff Hudson MMAC 91.57 ; **800:** 1 Richard Bloom VAC 2:57.82 ; 2 Phil Brennan MMAC 3:08.59 ; 3 John Garber EVAC 3:13.35 ; 4 Tony Rea SCVAC 3:15.60 ; 5 John Gardener WMAA 3:25.55 ; **1500:** 1 Peter Giles VAC 5:34.31 ; 2 Gordon Orme WMAA 5:56.05 ; 3 Phil Brennan MMAC 6:04.79 ; 4 Tony Rea SCVAC 6:21.87 ; 5 John Garber EVAC 6:39.54 ; **4x200:** 1 (Victor Novell; Roger Bruck; Ron Davies; Terry Bissett)SCVAC 2:12.75 ; 2 (Allan Long; Peter Giles; Richard Bloom; Terry Casey) VAC 2:31.57 ; 3 (Mal Faisham; Mel James; John Gardener; Leonard Trew) WMAA 2:41.71 ; **HJ:** 1 Allan Cheers WMAA M70 1m 25; 2 Tony Crocker MMAC 1m 25; 3 Roger Bruck SCVAC 1m 23; 4 Barry Chapman NMAC 1m 00; **LJ:** 1 Allan Cheers WMAA 3m 87; 2 Allan Long VAC 3m 85; 3 Victor Novell SCVAC 3m 71; 4 Tony Crocker MMAC 3m 22; 5 Barry Chapman NMAC 3m 14; 6 Jeffrey Reed EVAC 2m 05 ; **SP:** 1 John Watts NMAC 11m 28 ; 2 John Gilbert SCVAC 9m 72; 3 Malcolm Farnham WMAA 7m 86 ; 4 Clifford Taylor VAC 7m 76 ; 5 Jeffrey Reed EVAC 7m 29 ;

W35:

60: 1 Joanne Frost WMAA 8.06; 2 Naana Adusei NMAC 8.38; 3 Paula Williams MMAC 8.47; 4 Joanna Flowers VAC 8.63; 5 Kathryn Miles SCVAC 8.82; 6 Janet Dickinson SWVAC 8.87; 7 Tanya Daniels EVAC 9.38; **200:** A1 Paula Williams MMAC 28.02; A2= 83 Ania Ciolek WMAA & B2= Naana Adusei NMAC 28.42; B4 Joanna Flowers VAC 28.70; B5 13 Stacy McGivern EVAC 29.00; A6 Janet Dickinson SWVAC 29.07; A7 Sharon Dooley SCVAC 30.88; **400:** 1 Lesley Owusu SCVAC 58.43 ; 2 Sharon Wilkinson NMAC 63.06 ; 3 Stacy McGivern EVAC 63.46 ; 4 Juliet Sidney WMAA 68.38; 5 Jody Ward MMAC 73.24; **800:** 1 Diana Norman SCVAC 2:20.27; 2 Zoe Doyle VAC 2:22.78; 3 Corinne Nurse EVAC 2:30.09; 4 Sarah Kearney WMAA 2:39.31; 5 Jody Ward MMAC 2:59.12; **1500:** 1 Bernadine Pritchett VAC 5:03.49 ; 2 Christine Lathwell EVAC 5:05.15 ; 3 Sarah Davies SCVAC 5:05.73 ; 4 Sarah Kearney WMAA 5:11.20 ; 5 Carolyn Dyall MMAC 6:21.98 ; **3000:** 1 Joanne Locker VAC 10:22.82 ; 2 Christine Lathwell EVAC 10:55.68; 3 Sarah Davies SCVAC 11:00.57; 4 Rachel Evans WMAA 11:47.74; 5 Mel Hepke MMAC 12:14.81; **60H:** 1 Diana Norman SCVAC 9.55 ; 2 Amanda Wale WMAA 10.24 ; 3 Emma Smith NIMAA 10.54 ; 4 Jody Ward MMAC 12.10; 5 Tanya Daniels EVAC 12.59 ; **2000W:** 1 Wendy Bennett WMAA 11:15.52; 2 Ann Wheeler MMAC 11:33.65; 3 Helen Middleton EVAC 11:48.30; 4 Angela Martin SCVAC 12:48.89; **4x200:** 1 (Amanda Wale; Juliet Sidney; Joanne Frost; Ania Coilek) WMAA 1:54.88; 2 (Stacy McGivern; Tanya Daniels; Corinne Nurse; Leanne Burton) EVAC 1:55.42; 3 (Rachel Waters; Joanne Flowers; Margaret Pope; Zoe Doyle) VAC 1:58.35; 4 (Sharon Dooley; Kathryn Miles;

Jackie Breslin; Diana Norman) SCVAC 2:01.42; 5 (Emma Jayne; Jody Ward; Carolyn Dyall; Paula Williamans) MMAC 2:04.19; **HJ:** 1 Ayamba Akim VAC 1m 60 ; 2= Diana Norman SCVAC / Leanne Buxton EVAC 1m 45 ; 4 Janet Dickinson SWVAC 1m 35 ; 5 Amanda Wale WMAA 1m 35 ; 6 Jody Ward MMAC W35 1m 15 ; **PV:** 1 Jemma Eastwood EVAC 3m 10; 2 Jacqueline Montgomery SCVAC 2m 50; 3 Mel Hepke MMAC 2m 10; **LJ:** 1 Joanne Frost WMAA 5m 46 ; 2 Leanne Buxton EVAC 5m 32 ; 3 Janet Dickinson SWVAC 4m 52 ; 4 Emma Jayne MMAC 4m 15 ; 5 Kathryn Miles SCVAC 3m 86 ; 6 Sharon Wilkinson NMAC 3m 76 ; 7 Margaret Pope VAC 3m 23 ; **SP:** 1 Carol Parker MMAC 11m 74 (BRITISH RECORD); 2 Leanne Buxton EVAC 11m 07 ; 3 Diana Norman SCVAC 10m 28 ; 4 Amanda Wale WMAA 9m 11 ; 5 Janet Dickinson SWVAC 8m 21 ; **TJ:** 1 Paula Williams MMAC 9m 55; 2 Ania Ciolek WMAA 9m 41 ; 3 Margaret Pope VAC 8m 48 ; 4 Jackie Breslin SCVAC 7m 93 ; 5 Christine Lathwell EVAC 6m 41

W50:

60: 1 Angela Bates VAC 8.57; 2 Kirstin King SCVAC 8.59; 3 Averil McClelland NMAC 8.90; 4 Monica Brown EVAC 8.94; 5 Lesley Willis MMAC 9.55; 6 Angela Sonn WMAA 9.60; 7 Beverley Martin NIMAA 10.40; **200:** B1 Averil McClelland NMAC 29.44; A2 Alison Collins SCVAC 30.96; A3 Catkin Shelley VAC 31.41; A4 Lesley Willis MMAC 32.34; B5 Angela Sonn WMAA 33.24; A6 Maureen McCarthy EVAC 35.27; B7 Beverley Martin NIMAA 37.47; **400:** 1 Lisa Webb VAC 67.70 ; 2 Susan Frisby MMAC 68.39 ; 3 Alison Collins SCVAC 71.27; 4 Christine Anthony EVAC 75.98; 5 Julie Scholey WMAA 90.40; **800:** 1 Karen Brooks MMAC 2:35.05; 2 Christine Anthony EVAC 2:39.45; 3 Catkin Shelley VAC 2:42.36; 4 Jenny Hughes SCVAC 2:47.10; 5 Louise Jeffries SWVAC 2:50.29; 6 Joy McAleer NIMAA 2:50.75; 7 Julie Scholey WMAA 3:20.40; **1500:** 1 Lisa Webb VAC 5:08.70 ; 2 Karen Brooks MMAC 5:17.24 ; 3 Christine Anthony EVAC 5:23.06 ; 4 Jenny Hughes SCVAC 5:42.15 ; 5 Julie Scholey WMAA 6:27.26 ; **3000:** 1 Maureen McCarthy EVAC 11:31.68; 2 Jane Pidgeon MMAC 11:33.29; 3 Caroline Wood SCVAC 11:58.54; 4 Louise Jeffries SWVAC 12:55.68; 5 Julie Scholey WMAA 13:25.18; **60H:** 1 Susan Frisby MMAC 10.12; 2 Monica Brown EVAC 11.07 ; 3 Teresa Eades SCVAC 12.39 ; 4 Melanie Garland WMAA 13.30 ; **2000W:** 1 Penelope Cummings SCVAC 10:51.99; 2 Carolyn Dyall MMAC 11:12.99; 3 Catherine Duhig EVAC 12:02.56; **4x200:** 1 (Kirsty King; Helen Kehoe; Mary Brown; Alison Collins) SCVAC 2:01.73; 2 (Susan Frisby; Jane Pidgeon; Karen Brooks; Lesley Willis) MMAC 2:11.90; 3 (Anne Nelson; Catkin Shelley; Kim Weir; Angela Bates) VAC 2:22.29; 4 (Christine Anthony; Catherine Duhig; Monica Brown; Maureen McCarthy) EVAC 2:35.47; **HJ:** 1 Melanie Garland WMAA 1m 30 ; 2= Teresa Eades SCVAC / Susan Frisby MMAC / Monica Brown EVAC 1m 25 ; **PV:** 1 Sue Yeomans SCVAC 2m 70; 2 Sandra Pedley EVAC 1m 90; 3 Clare St John-Coleman WMAA 1m 80; **LJ:** 1 Jo Willoughby MMAC 4m 55 ; 2 Melanie Garland WMAA 4m 31 ; 3 Averil McClelland NMAC 4m 30 ; 4 Teresa Eades SCVAC 4m 12 ; 5 Sandra Pedley EVAC 2m 86 ; 6 Kim Weir VAC 2m 13 ; **SP:** 1 Julie Wilson SCVAC 9m 96 ; 2 Karen Llewellyn WMAA 8m 76 ; 3 Wendy Dunsford

EVAC 7m 55 ; 4 Lesley Willis MMAC 6m 76 ; 5 Kim Weir VAC 4m 58 ; **TJ:** 1 Jo Willoughby MMAC 9m 96; 2 Teresa Eades SCVAC 8m 67; 3 Melanie Garland WMAA 8m 63; 4 Maureen McCarthy EVAC W50 5m 35 ;

W60:

60: 1 Carole Filer EVAC 9.07; 2 Joan Trimble SCVAC 9.10; 3 Sally Hine MMAC 10.04; 4 Anne Nelson VAC 10.29; 5 Anne Maguire NIMAA 10.84; **200:** 1 Joan Trimble SCVAC 31.69; 2 Carol Alker EVAC 33.06; 3 Sally Hine MMAC 34.94; 4 Anne Nelson VAC 36.00; 5 Anne Maguire NIMAA 41.04; **400:** 1 Carole Filer EVAC 73.81; 2 Helen Godsell SCVAC 74.07; 3 Ros Tabor VAC 77.25; **800:** 1 Ros Tabor VAC 2:55.18; 2 Nancy Hitchmough MMAC 2:55.54; 3 Joan Howe NMAC 2:56.46; 4 Carol Alker EVAC 3:52.11; **1500:** 1 Angela Copson MMAC 5:44.36 ; 2 Carole Filer EVAC 7:51.05 ; **4x200:** 1 (Helen Godsell; Lyn Ahmet; Hendricka White; Joan Trimble) SCVAC 2:12.45; 2 (Carole Alker; Iris Hornsey; Emily McMahon; Carole Filer) EVAC 2:21.99; 3 (Angela Copson; Nancy Hitchmough; Viv Kirkland; Sally Hine) MMAC 2:31.42; **HJ:** 1 Carole Filer EVAC 1m 20 ; 2 Sally Hine MMAC 1m 10; 3 Lyn Ahmet SCVAC 1m 05; 4 Patricia Oakes WMAA 0m 95 ; **LJ:** 1 Carole Filer EVAC 4m 36; 2 Sally Hine MMAC 3m 31 ; 3 Lyn Ahmet SCVAC 3m 30 ; 4 Patricia Oakes WMAA 1m 71 ; **SP:** 1 Vilma Thompson SCVAC 9m 36 ; 2 Carole Filer EVAC 7m 49 ; 3 Anne Maguire NIMAA 6m 89 ; 4 Patricia Oakes WMAA 6m 58 ; 5 Viv Kirkland MMAC 5m 75 ;

W70:

60: 1 Iris Holder WMAA 10.95; 2 Iris Hornsey EVAC 12.39; 3 Ann Gray MMAC 12.39; 4 Cecilia Morrison SCVAC 12.43; **800:** 1 Patricia Gallagher WMAA 3:24.81; 2 Iris Hornsey EVAC 3:39.49; 3 Cecilia Morrison SCVAC 3:40.67; 4 Ann Gray MMAC 3:44.54; **LJ:** 1 Iris Holder WMAA 3m 00(BRITISH RECORD); 2 Iris Hornsey EVAC 2m 48; **SP:** 1 Liz Sissons SCVAC 8m 55; 2 Iris Holder WMAA 6m 14 ; 3 Iris Hornsey EVAC 4m 68 ;

BMAF/VAC10k Championships 3rd APRIL

1 Thomas Payn 31:16 V35/1 VAC; 2 Michael Eccles 32:44 EVAC V35/ 2; 3 Mark Johnson 33:01 V45/ 1 MMAC; 4 John Kettle 33:34 VAC; V35/3; 5 Andrew Leach 33:40 V50 1 EVAC; 6 Simon Coombes 34:13 V40 /1 EVAC ; 7 Mark Vaughan 34:18 V45 /2; 8 Alfred Waithaka 34:20 V35/4 EVAC 4; 9 Edward Fazakerley 34:30 V45 /3 NMAC; 10 Philip Parry 34:49 V50 2 MMAC ; 11 Andrew Ridley 34:50 V50/3 VAC; 12 Ian Johnston 34:58 V45/4 VAC; 13 Chris Harry 35:04; V50/4 SWVAC; 14 Lee Taylor 35:07 V40/2 EVAC; 15 Tony Dunn 35:13 V50/5 SWVAC; 16 Andy Howey 36:00 V50/6 SCVAC; 17 Michael Bridgeland 36:07 V55/1 EVAC; 18 James McCann 36:14 V35/5; 19 Graeme Saker 36:16 V50/7 SCVAC; 20 Matthew Bland 36:21 V45/5 EVAC; 22 Nigel Arnold 36:26 V55/2 EVAC; 23 Paul Faulkner 36:36 V45/ 6 NMAC; 24 Stephen Philcox 36:36 V50/8; VAC; 25 Mike Boyle 36:39 V55/3 VAC; 26 Andrew Tappin 36:57 V40/3 SCVAC; 27 Dave Cox 37:21 V60/1 VAC; 28 James Sadlier 37:39 V35/6 EV; 29

Paul Holloway 37:56 V45/7 VAC; 30 Nicola barberis negra 38:00 V35/7 VAC; 31 Neil Crisp 38:06 V50/9 VAC; 32 Frankie Barton 38:18 V60/ 2 SVHC; 33 Glen Richardson 38:19 V35/8 EVAC; 34 Steve Elson 38:24 V40/ 4 SCVAC; 35 Tony Pamphilon 38:26 V55/4 VAC; 36 James Walsh 38:31 V45/8 EVAC; 37 Terry Knightley 38:38 V55/5 SCVAC; 38 Adrian Sherwood 38:42 V50/10 EVAC; 39 Edward Bailey 39:11 V40/5; 40 Dan Senior 39:13 V40/6; 41 Dean Bridges 39:15 V40/ 7; 42 Mark Pitcairn/Knowles V50/11 SCVAC; 43 Steven Baker 40:00 V45/9; 44 Mark Gowers 40:03 V55/6 EVAC; 45 **Wendy King 40:15 LV40/ 1 EVAC;** 46 Tony Rugless 40:17 V40/ 8; 47 **Tracy English 40:25 LV35/1 /EVAC;** 48 Desmond Michael 40:34 V65/1 SCVAC; 49 Stewart Thorp 40:36 V60/3 SCVAC; 50 Martin Bright 40:46 V45/10 VAC; 51 Roy Treadwell 40:50 V65/2 SCVAC; 52 **Michelle Buckle 40:55 LV40/2 MMAC;** 53 **Stephane Schneider 41:10 V35/9; 54** Gareth Charles 41:19 V35/ 9 10; 55 Martin Ford 41:20 V70/1 MMAC; 56 Chris Mason 41:38 V65/3 MMAC; 57 Lloyd Miles 41:40 V45/11; 58 Ranjit Modhawadia 41:45 V35/10; 59 Tom Ulliott 41:50 V55/7 VAC; 60 William Cotter 41:58 V40/9; 61 Graham Webster 42:05 V60/4 NMAC; 62 Peter Binns 42:32 V65/4 EVAC; 63 **Penny Barber 42:42 LV55/1 MMAC; 64** Russell Middleton 42:45 V45/12; 65 **Catherine Ulliott 42:53 LV50/1 VAC ; 66** Geoffrey Howard 42:54 V70/ 2 NMAC; 67 George Andreou 42:58 V35/11 ; 68 Tom Conlon 43:00 V55/8 VAC ; 69 Harran 43:00 V55/ 9 VAC; 70 Lloyd Bevan 43:02 V50/12 VAC; 71 Dave Beattie 43:10 V65/5 SCVAC; 72 Finbarr Murphy 43:11 V35/12; 73 Jim Brown 43:13 V65/6 VAC; 74 Andrew Catton 43:18 V60/5 SCVAC; 75 **Selma Benattia 43:34 LV35/2; 76** Peter Hall 43:35 V55/10 VAC; 76 Peter Fisher 43:53 V45/13; 77 Karl Hughes 43:54 V45/14; 78 **Joy Wright 43:59 LV40/3 SCVAC; 79 Natasha Lagden 44:02 LV40 4 EVAC ; 80** John Exley 44:03 V65/7 SCVAC; 81 **Lynne Whitaker 44:06 LV55/2 SWVAC ; 82** Tom Hutchinson 44:11 V40/10; 83 Dave Flitcroft 44:20 V50/13 NMAC; 84 Stephen Parker 44:25 V55/11 VAC; 85 **Cathy Flitcroft 44:27 LV50/2 NMAC; 86** Yuko Gordon 44:28 LV65/ 1 EVAC ; 87 Katherine Ellis 44:39 LV35/3 ; 88 Steve Crowley 44:44 V45/15; 89 **Maggie Statham 44:46 LV60/ 1 VAC ; 90** Margaret Loraine 44:52 LV60/2 NEMAA; 91 Chris Newnham 44:52 V50/14; 92 Trevor Imbush 44:54 V50/15; 93 **Melinda Jones 44:58 LV45/1 VAC; 94** Kahli Johnson 45:08 LV40/5; 95 Oliver Barritt 45:13 V35/13; 96 Declan Cullen 45:18 V60/ 6; 97 **Joanna Curtis 45:19 LV55/3 SWVAC; 98** Tony Brackstone 45:23 V70/ 3 SCVAC; 99 Graham Laylee 45:31 V55-12 VAC; 100 Paul Field 45:38 V60/7; 101 Gerald Meah 45:39 V55/13 EVAC; 102 **Joanne Hickling 45:48 LV50/3; 103** Liam O'Hare 45:49 V65/8 VAC ; 104 **Kate Hails 45:50 LV35/4 SWVAC ; 105** Andrew Johnson 45:55 V70/4 MMAC; 106 Jorge Arango 46:19 V50/16; 107 Glyn Smith 46:26 V70/ 5 EVAC ; **Diane Farmer 46:37 LV55/4 EVAC; 108** Nicholas Bingham 46:38 V70/ 6 VAC; 109 Roger De'Ath 46:39 V35/14; 110 **Jane Georghiou 46:53 LV60/3 VAC; 111** Charmaine Allen 47:01 LV40/ 6; 112 Arnaud Bagbila 47:03 V35/15 113 **jas Bolla 47:04 LV40/7; 114** Derrick Singleton 47:22 V50/ 17; 115 Manuel Ficial 47:25 V35/16 116 Andy Walker 47:30 V40/11; 117 **Sam Kelly 47:32 LV35/5; 118** Martin Burholt:47:46 V45/16; 119 Des White:47:54 V60/8 SWVAC; 120 Tyler White 48:05 V35/ 17; 121

MASTERS ATHLETICS SPRING 2016

Phil Brennan 48:20 V70/7 MMAC; 122 **Charlotte Barran** 48:30 LV40 /8; 123 **Clare Wyngard** 48:30 LV55/ 5 VAC ; 124 **Arthur Johns** 48:39 V65/ 9 SWVAC; 125 **Michael Conway** 48:41 V75/1 SCVAC; 126 **Karen Allworthy** 48:53 LV55/6 VAC; 127 **Peter Curtis** 49:04 V40/12; 128 **Ben Gifford** 49:06 V50/18; 129 **Jon Sen** 49:09 V40/13; 130 **Shirley Mukisa** 49:16 LV35/ 6; 131 **Michael Collins** 49:22 V55/14; 132 **Steven Waterman** 49:28 V35/18 133 **KRISHAN MARWAHA** 49:29 V40/14; 134 **Stephen Winston** 49:34 V45/17; 135 **Michael Dodds** 50:00 V55/15; 136 **Matt Beales** 50:02 V35/19; 137 **Nicola Hopkinson** 50:27 LV50/4 VAC; 138 **LEE LAWLOR** 50:43 V40/15; 139 **Katie Rant** 50:44 LV35/7; 140 **Matt Cook** 50:48 V35/ 20; 141 **Andrew carter** 51:09 V45/ 18 ; 142 **Roger Fretwell** 51:17 V55/ 16 ; 143 **Victoria O'Sullivan** 51:19 LV50/ 5; 144 **Tim Kyndt** 51:21 V55/ 17 ; 145 **Matt Cutting** 51:22 V40/ 16 ; 146 **Michal Kicman** 51:47 V35/ 21 ; 147 **Steven Platt** 51:56 V60/ 9; 148 **speedy brear** 52:02 V40/ 17 ; 149 **Alba Ibarz** 52:02 LV35/ 8 ; 150 **Mathew Harvey** 52:05 V35/ 22 ; 151 **Nicholas Montgomery** 52:06 V60/ 10 ; 152 **Lucinda Ward** 52:10 LV35/ 9 ; 153 **Ian Thompson** 52:15 V45/ 19 ; 154 **Alison White** 52:18 LV60/ 4 SWVAC ; 155 **Gregory Hudson** 52:31 V40/ 18 ; 156 **Christopher Dilworth** 52:48 V50/ 19 ; 157 **Jo Harbon** 52:49 LV50/ 6 ; 158 **Susan Reilly** 52:50 LV55/ 7 ; 159 **Johnathan Donno** 52:52 V45/ 20 ; 160 **Tina Dilworth** 52:54 LV45/ 2 ; 161 **David Bex** 53:00 V50/ 20 ; 162 **Vicky Tantony** 53:04 LV40/ 9 ; 163 **Dianne Crisp** 53:12 LV50/ 7 VAC ; 164 **Mark Doerfel** 53:29 V55/ 18 ; 165 **Gill Punt** 53:39 LV45/ 3 ; 166 **Jordi Busquets** 53:41 V35/ 22 ; 167 **joan busquets** 53:41 V35/ 23 ; 168 **Julia Galea** 53:42 LV60/ 5 VAC ; 169 **David Peters** 53:50 V35/ 24; 170: **Michael Brown** 53:55 V50/21 ; 171 **Doug Milsom** 54:05 V75/2; 172 **Caroline Armitage** 4:05 LV50/ 8; 173 **Tim Armitage** 54:05 V55/19; 174 **Frederique Tenthoff** 54:10 LV35/10; 175 **Mehrdad Safaieh** 54:19 V35/25; 176 **James Crammond** 54:29 V50 /22 ; 177 **Mark Davison** 54:31 V45/21; 178 **Stephen Taylor** 54:31 V40/19; 179 **Kay Bettis** 54:37 LV50/9 ; 180 **Lynda Dunbar** 54:39 LV40/10; 181 **Marion Arnold** 54:42 LV55/8; 182 **Lawrence Hudson** 54:54 V40/20; 183 **da Bruusgaard** 55:10 LV35/11; 184 **Wendy Saunders** 55:11 LV50/ 10 ; 185 **June Johnson** 55:33 LV70/1 MMAC; 186 **Caroline Price** 55:33 LV45/ 4 ; 187 **Hugh Thorn** 55:33 V45/ 22 ; 188 **KAREN DODSWORTH** 55:39 LV55/ 9 EVAC; 189 **MARK SINCLAIR** 55:41 V50/23; 190 **Nicola Chester** 55:45 LV35/12 VAC; 191 **Susan Holland** 55:45 LV50/11 ; 192 **Gillian Kirk** 55:52 LV60/ 6 ; 193 **Nia Shields** 56:08 LV45/5; 194 **Nigel Farmer** 56:30 V50/24; 195 **Robert Sargent** 56:33 V60/11 VAC; 196 **Clare Young** 56:40 LV35/13; 197 **EDWARD MAIN** 56:49 V55/20; 198 **lison Hynes** 56:51 LV35/14; 199 **Tania Talma** 57:16 LV35/15; 200 **David Merchant** 57:18 V45/ 23; 201 **Robert Forder** 57:24 V35/26; 202 **Allyssa Gregory** 57:29 LV40/11; 203 **Siobhan Delany** 57:37 LV40/12; 204 **Kelly Whittle** 57:38 LV35/16; 205 **Stephen Higgins** 57:06 V50/25; 206 **Danny Wright** 57:53 V40/21 ; 207 **Sue Vaughan** 57:57 LV45/6; 208 **Colleen Krenzer** 58:07 LV45/7; 209 **Caroline Cummins** 58:11 LV55/10; 210 **Jo Barnes** 58:34 LV40/13; 211 **Clsire Connold** 58:37 LV40/14; 212 **Elisa Martin** 59:00 LV35/17; 213 **Gary Bage** 59:22 V40/22; 214 **Mike Small** 59:42 V55/21; 215

NISHANTHA RANATUNGA 1:00:03 V35/27; 216 **Katie Wood** 1:00:10 LV40/15; 217 **Monsoor chowdhury** 1:00:30 V40/23; 218 **David Murray** 1:00:42 V35/28 219 **Angela Munday** 1:00:58 LV45/8; 220 **Jonathan Brown** 1:01:23 V45/24; 221 **Michael Mcgilloway** 1:01:31 V50/26; 222: **Siobhan Mcgilloway** 1:01:32 LV50/12; 223 **Lesley Bowcott** 1:01:33 LV70/2 VAC; 224 **Van Price** 1:01:48 V40/24 ; 225 **Michelle Brosnan** 1:02:08 LV35/18; 226 **Bill O'Connor** 1:02:27 V70/8 VAC; 227 **Raluca Ion** 1:02:49 LV35/19; 228 **Eddie Carillo** 1:03:36 V45/25 ; 229 **Gillian Marais** 1:03:37 LV35/20; 230 **Julie Gillender** 1:04:11 LV45/9; 231 **Pam Jones** 1:04:14 LV75/1 VAC; 232 **Gillian Calliste** 1:04:18 LV55/11; 233 **Maddy Austin** 1:04:34 LV55/12; 234 **Sharon Hillyer** 1:04:39 LV45/10; 235 **Nigel Goodwin** 1:04:54 V60/12; VAC; 236 **Edward Elcock** 1:05:11 V65/10; 237 **Ann Henderson** 1:05:38 LV40/16; 238 **John Gibson** 1:05:47 V65/11; 239 **Marie Finnegan** 1:05:49 LV40/17; 240 **Stephen Kelly** 1:05:59 V45/26 ; 241 **Charlotte Dawson** 1:06:05 LV35/21; 242 **Tania Lopez Bran** 1:06:15 LV40/18; 243 **Joseph Cayetano** 1:08:27 V35/29; 244 **Robert Shields** 1:08:49 V45/27; 245 **Lucy Cooper** 1:09:07 LV40/19; 246 **VANESSA ROLFE** 1:09:27 LV60/7 ; 247 **Denise Dobson** 1:09:35 LV45/11; 248 **Oluwakemi Donovan** 1:09:41 LV35/22 249 **Suzanne Natelson** 1:09:44 LV35/23; 250 **Anna McHugh** 1:09:48 LV35/24; 251 **Daphne Parr** 1:10:17 LV55/13; 252 **Jo Backhouse** 1:10:18 LV40/20; 253 **Jacqueline Riley** 1:10:36 LV65/2; 254 **Gordon Riley** 1:11:00 V65/12; 255 **Sophie Jankovic** 1:11:32 LV35/25; 256 **Marta Campos** 1:11:56 LV35/26; 257 **Bridget Benelam** 1:12:03 LV35/27; 258 **Ade Akadiri** 12:06 V45 /28 ; 259 **Jeannette Giles** 1:12:10 LV75/2 SCVAC; 260 **Kim Baxter** 1:12:21 LV55/14 SCVAC; 261 **SUSAN PRICE** 1:12:28 LV35/28; 262 **Freda Alvi** 1:12:41 LV35 /29 263 **Holly Weir** 1:13:20 LV35/30; 264 **Ilana Garman** 1:13:40 LV55/15; 265 **CELIA POKE** 1:16:56 LV55/16; 266 **Kate Trend** 1:17:06 LV35/31 267 **Clarise Faria** 1:22:24 LV35/32; 268 **Emma Mann** 1:24:16 LV45/12; 269 **Anna George** 1:25:39 LV45/13; 270 **Rowena Boden** 1:33:22 LV50/13; 271 **Alison Bowen** 1:34:53 LV35/33; 272 **Adam Watson** 1:35:28 V50/27;

TEAMS:

M45: 1 North Herts RRC (Andrew Leach , Mark Vaughan, James Walsh) 1:46:29; 2 Ilford AC (Stephen Philcox, Paul Holloway, Neil Crisp) 1:52:38;

M55: 1 Herne Hill Harriers (Mike Boyle, Tom Conlon, Tony Harran) 2:02:39; 2 Oxford City AC (Stewart Thorp, Roy Treadwell, John Exley) 2:05:29; 3 Ilford AC (Terry Knightley, Andrew Catton, Stephen Parker) 2:06:21;

M65: 1 Barnet & District AC (Desmond Michael, Liam O'Hare Nicholas Bingham) 2:13:01;

W45: 1 Ilford AC (Melinda Jones, Nicola Hopkinson, Dianne Crisp) 2:28:37;

W55: 1 Ilford AC (Julia Galea ,Pam Jones , Kim Baxter) 3:10:17

OBITUARIES

On the 14 December 2015 Ayo Falola, coach to amongst others, Shelayna Oskan-Clarke, Jo Mersh, Danny Crates and Donna Fraser has died following a lengthy battle with cancer.

The 47 year old is survived by wife Sarah and their sons. All our thoughts are with Sarah at this time.

Joe Lancaster was a champion distance runner, a football trainer and journalist.

He died at his home in Italy the age of 89, in December 2015.



oe Lancaster, left, training the Manchester City squad with, centre, Malcolm Allison and, right, former mile world record-holder Derek Ibbotson

Joe was fitness coach to the title-winning Manchester City side run by Joe Mercer and Malcolm Allison. But, in truth, Joe was much prouder of his involvement with the great Charlton, Best and Law Manchester United team.

He was also a tremendous distance runner setting the World Two Hour record in 1955, 22 Miles and 418 yards.

Ron Blastland 1931-2015 **by Alan Roberts**

Ron was born in Grimsby and started running in the fields at Grimsby back in 1946.

Ron was a member Derby Athletic Club for 25 years and was a good club runner for them over the Half Mile and Mile. He was also part of Derby's 12 Stage road relay winning team. Ron joined the Vale in the late 70's (1979?), by which time he was a Veteran. He was then only a 25 to 35 miles a week enthusiast and never a fanatic, but still achieved a 2 hour 40 mins marathon as a veteran 40 which was at the time the second fastest time by a veteran, only to be denied the Club record when narrowly being beaten by his rival Ken Fiddler in the same race at Glasgow. A few years later though he ran 2.41 as a vet 50 to set a club record which lasted 18 years.

The 80's and 90's saw Ron with Ken Fiddler and Pat Ferguson travelling and competing in Europe in Veteran competitions and with the addition of Ron Gomez and Ian Addison he was part of a formidable Vale force in the Southern Veterans relays.



Ron was a member of Midland Vets AC and a regular correspondent in the Midland Vets newsletter up to 2014. In 2000 after the race in Grimsby where he hung up his spikes he wrote "I hope to get to a few events if not too far from home and will continue to help the Vale of Aylesbury in some small capacity or other from time to time" Ron was true to his word and was always seen at the Ridgeway Run in Tring where he lived giving words of encouragement to the Vale runners who would pass him on route.

JOHN DISLEY (20/11/28 to 9/2/16) **by Alastair Aitken**



John Disley CBE was born in Corris Wales, educated at Oswestry Boys School and Loughborough Colleges before becoming a teacher.

He will be remembered, for helping Chris Brasher, put the first London Marathon 1981.

Alastair watched Disley, many times at London's White City stadium in the 1950's, where he was eight times Inter-Counties Champion.

It was Disley's impressive build and winning smile, which could be seen, as he hurdled the jumps. That certainly caught the imagination of the crowds that flocked to the White City Stadium....

Even though he was a top class steeplechaser, he also set a Welsh Mile record, in June 1958 4min 05.4 on cinders. In actual fact he set 18 Welsh records and was the BBC Wales Sports Personality of the year in 1955.

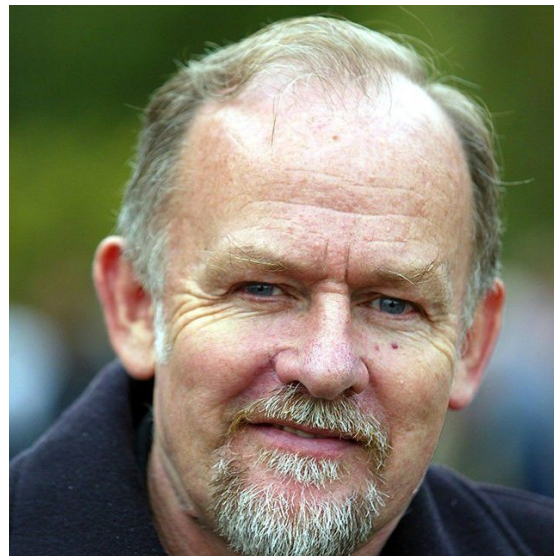
His two most noteworthy performances came were the Olympic Games he ran in. Third in the 1952 Olympic 3000 steeplechase in Helsinki, followed by sixth place in 1956 in an Olympic Final when, amazingly the whole British team made the Final in Melbourne.

It is worth remembering that John set a UK record of 8:44.2 in 1955.

He had pneumonia six weeks before and Chris Brasher had only finish ahead of him twice in something like 50 races they had together.

He was a successful mountaineer, setting a record for the 'Three Peaks' in Snowdonia; He was one of the pioneers for Orienteering in the UK, something he loved doing.

It was in 1979 he came fourth in the National Over 50' Veterans cross country Championship at Parliament Hill... He was Vice Chairman of the UK Sports Council in 1974 to 1982 and one should not forget the likeable man was the first British runner to break 9 minutes for a steeplechase.



Tom McCook, the long-time Birchfield Harriers stalwart and *Athletics Weekly* contributor, has died aged 69 from a heart attack.

Originally from Inverness, McCook moved to Birmingham and went on to become president of his beloved Birchfield and such was his popularity and impact on the sport he was given the prestigious Ron Pickering Memorial Award for Services to Athletics around a decade ago.

McCook was an ever-present at athletics events, especially at the Alexander Stadium, where he passed on his infectious enthusiasm for the sport with athletes, coaches, spectators and journalists.

The news of his death came as the first day of the Indoor British Championships was drawing to a close and cast a shadow over the weekend for those who knew him.

Sylvester Stein 1920-2015

We are sorry to record the death at aged 95 of the BMAF's first President and former Chairman, Sylvester Stein, on 28 December. First BMAF president also former Chairman, and founder of several well-known running magazines. We offer our sincere condolence to Sarah and his family.

Andy Ferguson, one of the older Highgate Harriers, was a real lively character. He sadly died on the **1st of March** this year.

Andy Ferguson had a long athletic career, and he went on to run a good London marathon, as a **53 he ran 2:39.48**. But, his fame came long before that. He won the Junior North of Thames in 1948 and, **the strongly contested, Senior North of Thames cross country Championships in 1951.**

He represented Scotland, as a cross country international, coming second in their Championships in 1952 and, back in 1950 he ran 14.11.6 for 3 miles in the AAA's Championships at the White City, coming second to the Belgian Lucien Theys who ran 14.09.0.

Before that, he set a Scottish 3 miles Scottish Native record in 1949, when he was 3rd in the AAA's in 14.11.02.

Ferguson also ran in races at the White City with Pirie and Zatopek. **The latter he congratulated when Emil won** and, said how nice Emil Zatopek was.

Arthur Keily (18/3/21 to 2/3/16) by Alastair Aitken.

There were five brothers Jerry, Bill, Dominic, Joe and Michael and, all were part of a very successful club Derby & County AC

Arthur Patrick Keily, died aged 94, which was a very impressive age, considering he had not had an easy life. He fought in the Second World War and then at 28, turned from being a good amateur footballer to being a serious runner...After that, he punctuated his life with countless good performances, too many to mention, that was despite having a tough job with British Rail and Rolls Royce, when he was in his prime. At that time he was often doing over 130 miles a week in training.

In Olympic year 1960, he achieved his fastest marathon time, when winning the Doncaster to Sheffield Marathon in 2:19.23

Leading up to the Olympics in 1960 in Rome. The British marathon runners only arrived in the heat of Rome, two days before the Olympic marathon. Besides that there was the rule that you could not drink in the early stages of a marathon or even have a sponge, till the 12 miles mark. That was of little real use in such hot conditions in Rome so, unless you were from some of the very hot countries, like the winner Abebe Bikila of Ethiopia and the Second runner Rhadi of Morocco, dehydration would have already set in.

Arthur Keily was leading the race at 10 and 12 miles but, he obviously started to wilt after that and came in 25th in 2:27.0. He completed his first long part of his athletics career by coming 2nd in the same time as the winner (1.8.25) in the Morpeth to Newcastle road race on December 31st 1960.

He retired from the sport at the end of 1960 and then took it up again in the early 1990's and, promptly won the M70 prize in the BMAF 5k road Championships at Dunsford Aerodrome, on the 14th of April 1991. It was after that he went on to obtain track records as a **Master over 80.**

Arthur Keily, wrote two books, the second one, mainly photos was dedicated to his wife Betty. They were

called 'Arthur Keily Marathon Winner' and '80 years of happy healthy life'

Ronald Frederick Hopcroft

His death occurred on March 17, 2016 in St Peters Hospital Chertsey, a world record-holder for the straight 100 miles road race and former President of Thames Valley Harriers. He was 98 years old.

Ron was active in Amateur athletics all his life, both as a runner and an athletics administrator. There were two chief highlights. In 1987 he was made club President for the second time, to lead in the club's celebration of the TVH Centenary Year.

Then in October 1958, already the London-to-Brighton road-race champion, he won the 100-miles straight road race from Hyde Park Corner to the village of Box in Wiltshire, and in doing so became the new world record-holder of the 100-mile road race with his time of 12 hours 18 minutes. This feat was widely publicised and Ron received congratulatory letters from all over the world. Ron was always a believer in even-paced running, both in training and in racing, and in this he followed Arthur Newton's books on long-distance running.

His steady running attracted large groups of runners around him in his races, to benefit from his judgment of pace. With help from his wife Eileen, to whom he was married for 61 years, he encouraged countless young athletes throughout his long life.

Eileen has predeceased him, as has their only child Philip and as has also so many of the great family of club colleagues and young friends, that second family which he had built up in amateur athletics over 80 years. Ron and I were / are both members of the BMAF 300 plus Club.

George W Hopcroft

JIM McNAMARA

It was with great sadness that we learnt of the death of Jim McNamara, after a short illness. This unassuming gentleman and athlete, who represented his beloved Donore Harriers for over 50 years was a true legend of Irish Athletics. From wearing the Donore singlet as far back as 1963, to representing Ireland in many major events, including 1966 European Champs, plus the ultimate pinnacle of the Montreal Olympics in 1976.

MEET PETER GILES

DISTANCE STAR AND MUSICIAN

by Brian Owen.



I was painting our Hall when the phone rang, I wiped my hands clean and picked up the phone.

Its Peter said the caller “Why did you miss me out of the picture as I was leading (later winning) the International Cross Country in Dublin last November”.

My explanation being that as we had no photographer present and Ireland had done very well in the event, so most of the available pictures were surprise-surprise of

Irish Athletes. “But I was just in front of the lady in the picture you used” said Peter. OK said I, find me a picture and I will publish in the next issue, he did and it’s above.

Peter Giles is presently our top M70 Middle and Distance runner at home on Track and Country, but his earlier abilities were very much of a musical nature.

He and his Brother Michael’s musical background came from their classical violinist father, but the 1950’s saw them devour a diet of “Rock ‘n’ Roll, Jazz and Big Bands. Michael went to study drums, whilst Peter become at ease with the bass guitar.

They formed their first band in 1960, and in the following year made their recording debut with the “Dowland brothers”.

In 1964 the brothers formed “Trendsetters Ltd”, and toured the UK and Europe backing “Gene Vincent and the “Drifters.



Peter Giles in the Schizoid Band Tour in 2003

In the summer of 1967, they formed “Giles, Giles and Fripp,” The lineup grew to include Fairport Convention’s Julie Dyble, Ian McDonald and lyricist Pete Sinfield.

Following an unsuccessful launch album, a decision was made to change the band’s name to “King Crimson”

Peter left that band after the production of its second successful album “the wake of Poseidon”, but rejoined in 2002 for the acclaimed “21st Century Schizoid Band tour of the “King Crimson alumni”.

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Peter is still making music with his wife, classically trained pianist and singer Yasmine using the name "ALUNA".

YASMINE is producing her new show in November in Tames Ditton, Surrey, so if you can make the show. You will love it, and Perhaps Bruce Oldfield will be there!

My Name is Barbra

*Breathes new life into the timeless
classics of the legendary
Barbra Streisand*

YASMINE GILES
with Special Guest Musicians

**Friday 18 & Saturday 19 November 2016
7.30 pm**



Vera Fletcher Hall
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Surrey
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Tickets: £15

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Box Office 0845 680 1926
or email yasmine.giles@gmail.com
telephone 07986 352501



"What a beautiful voice. I could sit and listen to Yasmine all night"
Bruce Oldfield

MY DIARY OF ANCONA

By KIM WEIR

I left the UK on Sat 19th March heading to Naples. I travelled with my 21 yr old foster daughter to spend some time in Italy.



Once we landed at Naples, we used the trains, buses and coaches to get about - the itinerary was as follows: 19th - Pompeii - afternoon walking around the ruins sightseeing, dinner out in town, overnight in local hotel and checking out by 8:45. 20th - Train to Sorrento at 9 am. Arrive Sorrento 11 am. Luggage into luggage store so we could wander about, lunch over looking the Bay of Naples, pick up luggage in time to get on the coach to Amalfi at 15:30. Arrived in Amalfi around 5 pm - check into hotel, look around town, dinner and sleep. 21st - Sightseeing around Amalfi, bit of time on the beaches in the afternoon, evening spent out after dinner to a couple of bars - rather late night and slightly more alcohol than normal!! 22nd - Up early, checkout of the hotel, get on the coach to Salerno and then catch a train to Rome. Arrive in Rome and find the hotel to checking. Get bearings then head out for a spot of sightseeing. Dinner and sleep. 23rd - Wake up to rain and wind. Head off to the Coliseum - there is at least a 90 min queue for purchasing tickets for entry so decide to spend the day on the double decker sightseeing buses. With rather large crowds everywhere and weather reminiscent of the UK, Rome is a bit of a disappointment. 24th - Checkout 9am and head back to Termini train station..... catch a train to Cortona in Tuscany where I have an old friend who lives there permanently. There is always a lot of socialising, a lot of talking, food and alcohol!!!! Plus a bit of dog walking, swimming and anything else that a slightly eccentric English lady in Italy conjures up! 29th - Get back on a train to Ancona... its a 4 hour journey if all goes to plan. The temperature has warmed up a bit and the sun is out. We arrive in Ancona around 2:30 in the afternoon. As I have double booked myself on Booking.com (1st time ever) I have the choice of a basic hotel right across the road from the train station or, a more up market hotel in the middle of the old medieval part of town. As both are going to have to be paid for anyway, we plump for the more upmarket one.

Instructions are "catch the 1/4 but to Piazza Carvena" - nothing more so - we use a cab instead. E15 later and several more grey hairs from the extremely fast driving by the cab driver we arrive at the hotel.

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Check in - Its comfortable and the staff are friendly. Get slightly better instructions on how to get to the arena.... 1 bus journey back to the station and then the 1/14 bus to the Paliandor arena. Finally - we are there!!!! Check in is very quick and efficient.

We are handed our athlete and accompanying person passes, bus passes etc. Then onto stage 2 for registration. I am competing in the W50 Hammer the next day at 15:20. I start bumping into people I know - throwers from around Europe and GB athletes I have gotten to know over the last 3 years of competing. What was supposed to be a quick visit turns into a 4 hour chat session. (My foster daughter found the bar instead of wondering who I kept talking to!!). Eventually the Opening Ceremony starts so we watch a bit of that before heading back into town and back to the hotel. The plan is out for a steak dinner then sleep..... except there are hardly any restaurants open in old town Ancona. Finally we find something open where we can eat. It looks promising - there is steak on the menu. Then we find it's sold out. The meal heads downwards from then on so we eventually call it a night and head back to the hotel feeling rather miffed. Next morning, we get a superb breakfast, pack our bags and arrange to collect them later in the day. My foster daughter wants to get a bit of shopping done so it's back out to the town centre where there is now a bit more open than there was the night before. 11 am - its time to head back over to the arena. Arrival at 12 is perfect for a spot of lunch, viewing some outdoor throwing (that's the closest I have been to

a hammer cage since I left the UK) and sunshine. It's going to be a warm one! 2 pm - warm up time nearly here so begin my mental prep list..... 1st call - suss out where the current competition in the throws cage is at - looks like there is going to be a bit of a delay..... Head over the the call room to see what their take is. Am told there is a delay with the ongoing hammer competition so be prepared to wait. Warm up routines start around 2:45. Finally get the shout for the call room at 3:15 pm. Vest + nos are checked, shoes changed then it's comp time. 20 of the 21 W50 entries are there. Warm ups - 2 throws - in the order of competition. Then it's time..... 3 throws each. The digital display has the athlete no, name and a 60 sec countdown. After each throw the display changes to the distance and position of the athlete in the competition. Its an interesting competition..... several of the top ladies are making a right hash of the first throw. Hammers are caught up in the netting - one takes 25 minutes to retrieve it's so high. Then the field ref changes the person with the EDM spike as the youngster who had been in charge of it seems to have been indicating where the ball ended up rather than where it first landed. After my 3rd throw, I am 7th but there are still a few of the potential medal winners to go (no throws for them so far). As the 3rd round progresses I eventually end up in 10th place (where I expected to be). As the competition is now over an hour late I have to say my goodbyes, pass on my thanks to the officials and head back as my train to Bologna is going to be leaving soon and we still have to head back to the hotel to retrieve bags. We make the train with 1 and 1/2 minutes to spare. Bologna then back to London.



European Masters Athletics Indoor Championships Ancona, Italy.

29 March-3 April.

Words: Bridget Cushen.

Photographs: Tom Phillips.

Social media and a very good results service kept families, supporters and enthusiasts well informed on their loved one's performance, but what was not immediately visible is the sheer logistical problem facing every Meeting Director of a European or World Masters Athletics Championships.

The programme in Ancona incorporated 20 different disciplines including outdoor throws, road walk and a 5km cross-country, in 5-year age categories. 2,350 competitors from 41 countries whose ages range from just 35 through to 96+ and who between them had entered a staggering 6,018 events, flocked in as the doors opened at 07.00 and were scheduled to close at 22.00.

Hordes of friendly young volunteers marshalled competitors; answered their questions and supplied them with hot drinks at just €1 and you could buy a cooked meal for €7. Accommodation was a problem as some competitors were billeted well out of town, others had no difficulty finding secure onsite parking space for their campervans. Another great advancement, spectators in the main hall were able to watch all the outdoor events, including the road walks and cross-country being beamed in on the large screen. We looked enviously at the facilities.

Day 1 got off to a packed start with 76 entries in the women's pentathlon, endless heats of the 60m and 800m and in glorious sunshine the discus, javelin, hammer and weight throw on the adjacent outside track. Technical cracks soon appeared however when the 3rd event in the pentathlon was held outside in an adjoining tent where the shot scraped the much too low ceiling; the men's pentathlon would follow the next day and the shot put specialists were yet to appear. The British sprinters excelled, virtually all getting through the 60m preliminaries. The packed stadium rose to Mark Finlay's 6.97sec clocking in the third of five heats in the M35 60m, the SCVAC man had run the fastest time this year.

Day 2 saw an even larger entry in the men's pentathlon, 60m and 3000m finals and a heavy jumps programme. In the younger age groups the pentathlon had to be delayed by well over three hours when the inevitable

happened, repeated shots bouncing off the ceiling brought the structure to near collapse, eventually the competition had to be held in the main hall but only after the scheduled events had finished. One of those badly affected was the EMA Vice President and a member of the Organising Committee at the last Championships in Torun, Jerzy Krauze, competing in the M50 group. The lack of information given to those affected was unacceptable. 18 of the 143 starters failed to complete their events. M45 Mattias Sunneborn's 4113pts World Record is even more meritorious but the 1996 Atlanta Olympics long jumper has experienced many different championships. Fortunately the Refreshment tent remained open but it was a long tiring day for athletes and Officials.

The backlog caused more problems in an already congestion schedule, finalist in the 60m starting in descending age group order, found it hard to concentrate with Pool A of the W45 women's triple jump going slap, slap off the boards close to their right and rapturous cheers for a brilliant pole vault dominated by Italians on their left. At the Finish Line, Pool B triple jumpers and an age group in the pentathlon were corralled between their high jumps. It did not faze the much inform M70 Glyn Sutton however as the Welshman added the 60m World Record (8.09sec) to his growing collection, nor Tony Bowman who took the M80 race. Our oldest athlete, Charles Eugster, has to contend with a posse of Pressmen and Photographers, here it was even more exciting as he had a strong opponent but he managed to retain his M95 crown.



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**Jason Carty M45 60
winner**

Pat Logan swept to victory in the M55 dash and BMAF vests were prominent in all sprint finals. After scorching the boards with his 6.97sec heat and 6.99sec semi, Mark Finlay strode to a 6.95 win. Tam Ossai dominated the M40 sprint and Jason Carty the M45 race. Making their first appearance at these Championships British sprinters dominated the W35 final with the European title going to Welsh Masters member Joanne Frost in 7.93 followed by Claire Spurway, SCVAC, 7.96, Samantha Bickley-Vaile 4th and the Harrogate based Naana Adusei 8th. Iris Holder set a British W75 record in a nippy 10.72sec.

Caroline Powell had a brilliant Championship despite seeing her eight year old W50 400m World Record fall to Maryvonne Icarre of France, this superb W60 SWVAC member won all before her; she took the baton metres down in the relay closing the gap to almost winning on the line.

Frenchman Nils Portemer narrowly failed to clear 2m in the M40 high jump, M50 Steve Linsell came in at 1.65m just finishing out of the medals on 1.77m. Irie Hill defended her W45 European pole vault clearing 3.40m, W60 Sue Yeomans had 0.30m to spare over her rivals and the remarkable 63-year old German Wolfgang Ritte with his devoted followers, cleared 4.02m, Alan Williams picked up the bronze. Opting out of the 60m, Swansea

Harrier Glyn Price concentrated on winning the M50 title with a 4.10m clearance.



**Caroline Powell 3 Gold and a Silver
from these Championships**

Rachel Burns, NMAC, made her first appearance at a European Masters Championships a golden one racing to a decisive 10.00.27sec W35 3000m victory. Joanne Locker missed out in 4th. Pat Gallagher also struck gold in the W70 race and Ros Tabor won the first of her Championships haul of 3 gold and 2 silver medals in the W65 race. Some athletes said they found the dry warm air difficult to cope with. Ben Reynolds, VAC had a convincing win in the 21-strong M50 race (9.13.90sec) after leading all the way. Simon Anderson, who had run a qualifying 2.10.51sec 800m heat the previous day, stayed in contention throughout putting in a fast last lap just getting caught on the line for the silver by the Italian Corporale 9.14.48 to 9.14.77sec. The Plymouth man had a busy and successful Championship as he headed up the 28-strong 1500m and 800m field after the heats; placed 9th in an elbowing 800m final won in 2.07.80 by the Italian D'Agostino from the Belgian Marc Neefs in 2.08.06, and went on to take the European 1500m crown (4.20.60) on Saturday.

Outside the Field event competitors got some early season throws in as the midday sun sent the temperature up to 20°C. Steve Whyte finished 3rd M50

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despite whacking the discus into the net a few times. Mark Wiseman claimed the M45 gold and medals flowed in from the Weight Throw. By Day 3 early morning mist hung over the Port city, the temperature dropped



Ros Tabor & Nancy Hitchmough

marginally but the British throwers had a very successful Championships. The various age groups shot putt competition was brought into the main hall and slotted in when time allowed, usually very late evening!

At the end of Day 3, the qualifiers for the 200m final the following afternoon had been decided after lively heats and semis in what is traditionally the most heavily subscribed event, over 600 had entered. The SWVAC's All-rounder Ian Allan wrote himself into the history books when drawn in Lane 4 of the first heat of the M50 200m, the athlete in Lane 5 beside him, Naim Malazezi from Kosovo, is the first athlete to compete for that new Nation at any international athletics championships. Their only other international appearance was in Judo.

Medals were hard to come by in the younger age categories 800m finals. After running so well in the Masters Invitational 800m at the IAAF Championships in Portland just a week earlier, Karen Brooks showed no sign of jetlag easily taking the W55 title as did Ireland's

M60 World Record holder, Joe Gough, who lost out to Dave Wilcock in Portland by a fraction. Steve Baldock, who had run such a well-judged race in the semis, finished 3rd M45 and it was bronze also for M55 Ludwig Ramsey. Ian Snow, Bruce Hendrie and Mike Mann all hit top form right on cue making the final in the older groups. Belgrave Harrier Zoe Doyle in her first international missed out on a W35 medal in a race won by Ireland's Katherine Neely in 2.09.04. W65 Ros Tabor and Nancy Hitchmough finished 1 and 2, Pat Gallagher, back to form after injury, won her W70 1500/3000m and was 2nd in the 800m. Also making a successful return was EVAC's Eva Osborne, taking the W75 title ahead of Betty Stacey 3rd and the versatile W80 Anne Martin, claimed a new British W80 record (4.07.36sec), one of many the every improving octogenarian achieved at the 6-day Championships.

Allowing up to 38 walkers on the track together inevitably resulted in some bumping and barging. Peter Boszko came to a halt in the first 5m after losing a shoe, he did extraordinarily well to work through the large field to finish 8th overall. Ian Richards soon hit the front to win the M65 title.



European Record for Joe Appiah M45 60h

British Masters hurdlers reach more finals and win more major International individual medals than any other

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section of British athletics. Only four out of our 21 failed to advance to the final, Carole Filer was by then carrying an injury, Jody Ward had finished 7th in the W35 pentathlon, Peter Benedickter is better known over 400mH and Andrew Webb is not far short of 70. The haul of individual titles here was remarkable, with Joe Appiah setting a M45 8.35sec European record and Susan Frisby a W55 European 9.80sec record. Mensah Elliott taking the M35 title (7.97) from Liam Collins (8.09), Donald Brown winning the M50, Neil Tunstall making a welcome return to international Championships, was 8th and I have never known Tennyson James to miss the Podium, a decisively M55 winner here. Two of our most durable hurdlers, M65 Tony Wells on the comeback trail, finished 3rd and Barry Ferguson was out of the medals here in 6th while Yorkshire man Tony Bowman made light work of the M80 barriers to win in 11.24sec. After a 9.65sec W35 semi Samantha Bickley-Vaile was slower in her final finishing 5th. Sarah Burke was also faster in her W40 preliminary, 9.76, getting 8th in the final. Jacqui Brett placed 4th. Jane Horder won a W50 silver medal behind Susan Frisby with Gaye Clarke 4th. Emily McMahon made a welcome and golden return to international competition, taking the W65 title in 11.63, Jean Fail was 4th.

Heats were necessary in the M35-M60 1500m dominated by the Spanish and Italians; when six of the 21 entries did not show up for the M45 group, they ran A and B races from which David Cowlshaw emerged with the silver medal behind Angel Balague, Spain, Andrew Mitchell 6th and Mark Champion 13th. Contrastively, the younger women's races were not well supported with 5.05.86 good enough to take the W40 race and Lucy Elliott's super fast 4.43.54sec W50 win would have given her any of the 35-45 titles.

Support our female Photographer Alex Rotas

She comes to our Track & Field and Indoor Championships and travels with us to European and World Championships at her own expense. She produces fantastic action photos of our older athletes as that is her speciality. She promotes the BMAF at Exhibitions, in Galleries, in the Press and elsewhere. One of her superb 2016 calendar hangs on the wall in the office of the Chief Medical Officer, Professor Dame Sally Davies in the Department of Health. She is of course Alex Rotas, the smiling lady with the camera quietly snapping away as you prepare for your competition.

Her work has now been nominated for the Imagery of the Year Award; she is one of the final three from a long list, she has two strong opponents including Adidas. Her work will be shown to a large audience including Andy Murray and Clare Balding plus.

She needs your vote now. Whether you are male/female, official, competitor, whatever you or your family's age. She promotes our sport. Vote before 1 May deadline.

Go to www.womenssportstrust.com/imagery-of-the-year-2016. At the bottom of the page click on Vote here, it takes you to the next page, click on Start Survey at the bottom of the page, it takes you to the next page, scroll down to Image of the Year. Click at Alex Rotas. Click on Finish survey.



Karen Brooks

British records were broken in the horizontal jumps by W60 Carole Filer, W/M75 Iris Holder and Anthony Treacher, and in the high jump by evergreen M80 Prof. Tony Crocker who cleared 1.24m to write himself into the history book. Carole Filer had already notched up 4408pts in the Pentathlon for a W60 European Record. The Shot Putters were also in record form despite the technical hassle with M50 John Nicholas and M75 John Watts reaching out to new boundaries. Caroline Marler broke Riet Jonker's 2009 W65 European 400m Record running 73.57 just ahead of Ros Tabor. Two further Records went in the M70 relay, inevitable with Terry Bissett, Jim Smith, Glyn Sutton and Vic Novell in the team; they knocked almost a second off the 2011 European record, running 1.55.51sec. The W75 quartet of Mollie Mills, Eva Osborne, Betty Stacey and Dorothy Fraser took an amazing 24sec off the 2011 World Record held by Canada. Disaster struck the M35 team on the 2nd leg when Gavin Stevens pulled a hamstring as he challenged the leading French team on the bend. Richard Beardsell handed over behind the Frenchman Jimmy Melford on the first leg and with Tom Bolan-Ashford and Liam Collins to run; they would certainly have got a medal.

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**British
Record in
the HJ for
Tony
Crocker.**

Team Managers Archie Jenkins and Lynn Marr also managed to run in the 5km 5-lap vermicelli-like cross-country course adjacent to the outdoor track that included two short sharp hills. With the return to international competition of Julian Critchlow, taking the individual M55 silver here and leading Paul Jeggo and Steven Doxey to 2nd team, it was gold and silver team medals at last for regulars Steven and Wendy Doxey as the W55 team, led home by Susie Tawney 6th, Sue James moving down and Wendy 16th they won the team title. Others to get individual medals were W40 Claire Thompson, W50 Susan Ridley and W75 Eve Osborne, we picked up several team awards. The M35-40 race had no British entry, but what a race to watch! It was won by M40 De La Fuente from Spain in 15.58 just 2sec ahead of the M35 Italian Luigi Del Buono, with another Italian, M40 Landi 3rd in 16.08sec.

The Dutch delegation was not able to confirm Apeldoorn as the venue for the next Indoor in 2018 pending the outcome of Elections. The 285 British competitors returned home not only with their medals but with fond memories of Ancona and a friendly Championship despite the technical problems.

60

M35: 1-834-FINDLAY Mark-6.95; 3-ELLIOTT Mensah-7.14 (7.10qr) ; 5-EDWARDS Marvin-7.24 (7.23qr); **QR:** OWEN Ben-7.21 ; TOWART Darren-7.80; **M40:** 1-936-OSSAI Tamunonengiye -7.04; **R:** COLLINS Mark-7.29; HARVEY Ciaran- -7.38; **M45:** 1-784-CARTY Jason-7.16; 5-APPIAH Joe-7.40 (7.38qr); **QR:** SMITH Julian- 7.51; MINETTI Giuseppe-7.54; WALKER Stan- 7.74; **M50:** 8-BROWN Donald-7.64 (**QR:**); POWELL Dalton Hugh-7.79; SAMUEL Rohan- -7.82 ; KING Barrington-8.07; KEMP David-8.19; **M55:** 1-898-LOGAN Pat-7.57; 5-BURGESS Kevin-7.76; **QR:** MCDONALD Carlton-8.33; DUNCAN Alistair-8.41; DAVIES Roderick-8.90; MAY Michael-9.26; **M60:** 6-

PHILLIPS Tom-8.10 (8.07qr); 7-LAVENDER Paul-8.14; (**QR:**); FRANKLYN Walwyn-8.35 ; DOUGLAS Bob-8.52 ; SINGH Rashpal-9.08; **M65:** WELLS Tony-9.09 **q;** WEBB Andrew-9.90; **M70:** 1-986-SUTTON Glyn-(**World Record**) 8.09; 4-NOVELL Victor-8.65; 5-LONG Allan-8.87; 8-SMITH James-9.02 (8.93qr) (**QR:**) FERGUSON Barry-9.47; **M75:** 2 TREACHER Anthony-9.10; **M80:** 1-768-BOWMAN Tony-9.46; 4-EVANS John-10.62; **M85:** 6-DEOL Dalbir Singh-13.47; **M95:** 1-827-EUGSTER Charles-18.17; **W35:** 1-840-FROST Joanne-7.93 (7.91qr); 2-979-SPURWAY Claire-7.96 (7.94qr); 4-BICKLEY-VAILE Samantha-8.11 (8.03qr); 8-ADUSEI Naana-8.38 (8.19qr); (**QR:**); DALES Ruth-8.36- ; CROSS Ainslea- 9.31-; **W40:** 4-THOMAS Michelle Gabriel-8.11 (8.06qr); 5-SKERVIN Giare-8.11; **W45:** (**QR:**) ; TIMBERLAKE Jan-9.58; WALLER Sharon-11.15; **W50:** 5-BATES Angela-8.69-(8.56qr) **QR:** GARLAND Melanie- -9.54- ; HOPKINS Lesley- -9.77- ; **W55:** 4-HORDER Jane-8.93; 8-KELLY Angela-9.41 (9.25qr) ; (**QR:**); TIMMIS Denise-9.35- ; JOHNSON Penny-9.43-; **W60:** 1-947-POWELL Caroline-9.07; (**QR:**); GODSELL Helen-9.01 ; TRIMBLE Joan-9.61 ; DASSIE Sue-9.87- ; NELSON Anne- -9.90-; **W65:** 4-MCMAHON Emily-9.79 (9.77qr); **W75:** 1-866-HOLDER Iris-10.72 (**BRITISH RECORD**); 3-MILLS Mollie-11.19; 5-FRASER Dorothy-12.36 ;

200:

M35: 2-755-BEARDSSELL Richard-22.28 (22.19qr); 3-938-OWEN Ben-22.76 (22.73qr); (**QR:**); STEPHENS Gavin-23.31; EDWARDS Marvin-23.82; TOWART Darren-24.12; **M40:** 1-3141-OSSAI Tamunonengiye-22.36; (**QR:**); COLLINS Mark-24.21; HARVEY Ciaran-24.68; **M45:** 5-MINETTI Giuseppe-24.30 (23.98 qr) ; (**QR:**); SMITH Julian-24.81; OSUNSAMI Michael Olu-25.10; WALKER Stan-25.11; BENEDICKTER Peter-25.15;- GOLDING Leeroy-25.77; TOMLINSON Dan-26.11; **M50:** (**QR:**); KEMP David-25.68; TUNSTALL Neil-25.64; - ALLEN Ian-26.11; HUNTER Ronnie-26.33; GROOCOCK Nicholas-26.50; KING Barrington-29.34; **M55:** 1-898-LOGAN Pat-24.80; 3-GUEST Paul-25.49 (25.36qr); (**QR:**); DONALD Dougie-26.24; JAMES Tennyson-26.23; DUNCAN Alistair-26.56; MCDONALD Carlton-27.06; EDWARDS Paul-27.65; PYE Kevin-28.05; DAVIES Roderick-29.84; MAY Michael-30.74; **M60:** (**QR:**); BARRETT Simon 26.81; PHILLIPS Tom 27.78; DOUGLAS Bob 27.80; FRANKLYN Walwyn 28.46; SLOSS Ramsay 28.47; **M65:** (**QR:**); HENDRIE Bruce-30.40; WEBB Andrew-30.95; **M70:** 1-986-SUTTON Glyn-27.08 (**BRITISH RECORD**); 3-NOVELL Victor-29.05; 4-BISSETT Terry-29.86 (29.80qr); (**QR:**); SMITH James-30.27; **M75:** 2-TREACHER Anthony-30.22; **M80:** 1-768-BOWMAN Tony-32.30 (**BRITISH RECORD**); 5-EVANS John-37.54; **M85:** (**QR:**); DEOL Dalbir Singh-52.63; **W35:** (**QR:**); ADUSEI Naana-27.41; WARD Jody-29.86; CROSS Ainslea-30.94; **W40:** 4-THOMAS Michelle Gabriel-26.70; **W45:** (**QR:**); HODGSON Jacqui-28.37; LYTTLE Angela-29.24; **W50:** (**QR:**); COLLINS Alison-30.42; GARLAND Melanie-32.29; **W55:** (**QR:**); TIMMIS Denise-31.46; JOHNSON Penny-32.52; KELLY Angela-32.57; **W60:** 1-947-POWELL Caroline-29.79; (**QR:**); NELSON Anne-34.46; **W70:** 6-AXTELL Mary-40.56; (**QR:**); STANLEY Patricia-45.67; **W75:** 3-MILLS Mollie-40.08; 4 FRASER Dorothy-43.00; **W80:** 2-906-MARTIN Anne-44.62 (**BRITISH RECORD**);

400:

M35: 1-755-BEARDSSELL Richard-49.07 (=BRITISH RECORD); 2-982-STEPHENS Gavin-50.89; 3-773-BROWN David-50.96; 4-BOLAN-ASHWORTH Tom-51.21; (**QR:**) HINDLE Paul-55.02; TOWART Darren-55.04; **M40:** 1-794-COOGAN Mike-50.44; **M45:** 3-BALDOCK Steven-54.04 (53.57qr); 4-BOKOR-INGRAM Dominic-54.11 ; (**QR:**) TAPLIN Christopher-54.55; BENEDICKTER Peter-55.33; OSUNSAMI 57.10; GARDINER Michael-54.56; SHORTTRIDGE David-58.55; GOLDING Leeroy-58.70; CROFT Lance-1:03.81; **M50:** (**QR:**) GREW Robert-57.58; GROOCOCK Nicholas-59.05; **M55:** 4-JAMES Tennyson-59.00; (**QR:**) DUNCAN Alistair-1:00.27; EDWARDS Paul-1:01.55; **M60:** 6-753-BARRETT Simon-1:01.74 (1:01.14qr); (**QR:**) LICITIS Ivars-1:02.12; DOUGLAS Bob-1:02.43; **M65:** (**QR:**); HENDRIE Bruce-1:10.57; WEBB Andrew-1:12.10; **M75:** 2-1002-TREACHER Anthony-1:09.80 (**BRITISH RECORD**); **M85:** 3-807-DEOL Dalbir Singh-2:02.57; **W35:** 4-MCLOUGHLIN Susie-59.87; 6-DOYLE Zoe-1:03.46 (1:01.30qr); **W40:** (**QR:**); PATERSON Joanna-1:19.83; **W45:** 4-HODGSON Jacqui-1:02.47; **W50:** 2-921-MITCHELL Virginia-1:02.20; (**QR:**); COLLINS Alison-1:07.94; BOWYER Amanda-1:21.68; **W60:** 1-947-POWELL Caroline-1:07.18; **W65:** 1-903-MARLER Caroline-1:13.57 (**EUROPEAN RECORD**); 2-987-TABOR Rosalind-1:16.15; **W70:** 3-HORNSEY Iris-1:36.28; **W75:** 1-935-OSBORNE Eva-1:50.21; **W80:** 2-MARTIN Anne-1:53.33;

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Eva Osborne



**Rick
Beardsell
Winner at
200 &
400m**

800

M40: (QR) TURNER Marc-2:05.95 ; **M45:** 3-748-BALDOCK Steven-2:03.58; **(QR):** BENEDICKTER Peter-2:12.89; CROFT Lance-2:30.75; **M50:** 9-ANDERSON Simon-2:18.18 (2:10.51qr); **QR:** DAVIS Brett-2:16.92; ROBERTS Alan-2:56.57; **M55:** 3-956-RAMSEY Ludwig-2:13.92; **(QR)** PYE Kevin-2:24.04; **M60:** 8-OXLAND David-2:27.82 (2:26.80qr) **QR:** DILLON Kevin-3:29.02; **M65:** 4-SNOW Ian-2:35.25; 7-MANN Michael-2:42.19; 8-859-HENDRIE Bruce-2:55.36 (2:42.77qr); **W35:** 4-DOYLE Zoe-2:18.77; **W45:** 4-PRITCHETT Bernadine-2:27.37; 7-MCDONALD Susan-2:38.49; **W50:** 5-1001-TRACEY Bosworth-2:47.30; **QR:** MARR Lynne-3:20.99; **W55:** 1-772-BROOKS Karen-2:42.44; **W60:** 5-HOWE Joan Margaret-2:58.50; **W65:** 1-987-TABOR Rosalind-2:52.36; 2-864-HITCHMOUGH Agnes-2:52.78; 7-875-JAMES Susan-3:33.83; **W70:** 2-841-GALLAGHER Patricia-3:26.90; 3-868-HORNSEY Iris-3:47.19; **W75:** 1-2-935-OSBORNE Eva-3:51.44; 3-985-STRACEY Betty-4:11.38; **W80:** 1-906-MARTIN Anne-4:07.36 **BRITISH RECORD**;

1500:

M35 (QR): KANE Dean-4:33.46; **M40:** 10-WEST Scott-4:15.47; **M45:** 2-796-COWLISHAW David-4:17.57; 6-MITCHELL Andrew-4:22.56; 13-CHAMPION Mark-4:51.07; **M50:** 1-742-ANDERSON Simon-4:20.60; **(QR):** FOUNTAIN Stewart-5:14.73; ROBERTS Alan-5:36.98 ; **M55 (QR):** DOXEY Steven-5:10.14; PRIESTLEY David-5:12.37; **M60:** 19-NEWMAN Alan-5:31.06; **M65:** 5-SNOW Ian-5:20.63; 7-MANN Michael-5:27.05; 11-HAMILTON Peter-5:43.45; **M70:** 10-ROBERTS Barrie-6:55.16; **W35:** 2-897-LOCKER Joanne-4:52.48; 6-WELLAM Kathy-5:05.53; **W40:** 6-THOMPSON Claire-5:14.18; **W45:** 7-PRITCHETT Bernadine-4:52.54; **W50:** 1-824-ELLIOTT Lucy-4:43.59; 3-1013-WEBB Lisa-5:11.53; 8-PIDGEEON Jane-5:25.40; **W55:** 3-772-BROOKS Karen-5:32.12; 6-TAWNEY Susie-5:43.55; **W60:** 1-870-HOWE Joan Margaret-5:54.59; **W65:** 1-987-TABOR Rosalind-5:50.81; 2-864-HITCHMOUGH Agnes-5:52.48; 6-JAMES Susan-7:13.20; **W70:** 1-841-GALLAGHER Patricia-7:12.42; 3-HORNSEY Iris-7:30.82; **W75:** 2-935-OSBORNE Eva-7:45.59; 4-STRACEY Betty-8:23.61;

3000:

M35: 16-KANE Dean-9:39.54; **M45:** 5-SMITH David-9:34.58; 13-CHAMPION Mark-10:09.74; **M50:** 1-959-REYNOLDS Ben-9:13.90; 3-742-ANDERSON Simon-9:14.77; 20-ROBERTS Alan-11:50.37; **M55:** 13-DOXEY Steven-11:06.09; **M60:** 4-OXLAND David-10:35.60; 12-NEWMAN Alan-11:31.67; **M65:** 8-MANN Michael-11:35.77; **M70:** 8-ROBERTS Barrie-14:46.15; **W35:** 1-779-BURNS Rachael-10:00.27; 4-LOCKER Joanne-10:47.26; **W40:** 6-THOMPSON Claire-11:06.69; **W45:** 8-CHAMPION Lynne-11:59.05; **W50:** 4-WEBB Lisa-11:06.19-; 8-PIDGEEON Jane-11:42.50; **W55:** 5-989-TAWNEY Susie-12:13.37-; **W65:** 1-987-TABOR Rosalind-12:49.18-; **W70:** 1-841-GALLAGHER Patricia- 15:04.74;



ANCONA2016
XI EUROPEAN MASTERS ATHLETICS
CHAMPIONSHIPS INDOOR
29 MARCH - 3 APRIL

MASTERS ATHLETICS SPRING 2016



Mensah Elliott & Liam Collins 1st / 2nd M35 60h.

60H:

M35: 1-825-ELLIOTT Mensah-7.97; 2-792-COLLINS Liam-8.09; **M45:** 1-745-APPIAH Joe-8.35 (**EUROPEAN RECORD**); (**QR**): BENEDICKTER Peter-9.72; **M50:** 3-BROWN Donald-8.92; 8-TUNSTALL Neil-9.27; **M55:** 1-876-JAMES Tennyson-9.45; **M65:** 3-1016-WELLS Tony-10.32; (**QR**): WEBB Andrew-11.41; **M70:** 6-FERGUSON Barry-11.30; **M80:** 1 BOWMAN Tony-11.24; **W35:** 5-BICKLEY-VAILE Samantha-10.01 (9.65qr) (**QR**): WARD Jody-11.39; **W40:** 8-BURKE Sarah-9.86-(9.76qr); **W50:** 4-770-BRETT Jacquelyn-10.03; **W55:** 1-839-FRISBY Susan 9.80 (**WORLD RECORD**); NB: Joy Upshaw USA ran 9.71 at Albuquerque on the 5th of March awaiting ratification (**BRO**); 2-877-HORDER Jane-9.95; 4-CLARKE Gaye-10.54; **W60:** (**QR**): FILER Carole-10.33; **W65:** 1-914-MCMAHON Emily-11.63; 4-FAIL Jean-12.47;

HJ:

M50: =4-LINSELL Steve-1.77; 8-ALLEN Ian-1.71; **M80:** 1-798-CROCKER Anthony-1.24 (**BRITISH RECORD**); **W40:** 1-739-AKIM Ayamba -1.64; **W50:** 8-GARLAND Melanie- 1.30-; **W55:** 7-CLARKE Gaye-1.25; 8-HARDCASTLE Jan-1.25; 8-BARKER Hazel-1.25; **W60:** 1-833-FILER Carole-1.31;

PV:

M35: 5-PARKINSON Ian-4.00; **M50:** 1-949-PRICE Glyn-4.10; 5-ANDREWS John-3.60; 9-PHELAN Richard-3.20; **M55:** 8-GRUNDY Kel-3.00; 9-MARTIN Wayne-2.60; **M60:** 3-1022-WILLIAMS Allan-3.40; **W35:** 4-EASTWOOD Jemma-3.20; **W40:** 4-CUBBAGE Claudia-2.50; **W45:** 1 862--HILL Irie-3.40-; **W60:** 1-1024-YEOMANS Sue-2.70; 3-DASSIE Sue-2.00;

LJ:

M40: 13-BOBB Samuel-5.26; **M45:** 6-MUNROE John-6.07; **M50:** 3-740-ALLEN Ian-5.88; **M55:** 4-GUEST Paul-5.67; 14-WADE Trevor-4.69; 16-DAVIES Roderick-4.10; **M60:** 7-SINGH Rashpal-4.40; **M75:** 1-1002-TREACHER Anthony-4.41 (**BRITISH RECORD**); **M80:** 2-828-EVANS John-3.16; **W35:** 1-840-FROST Joanne-5.79; 10-WARD Jody-4.24; **W45:** 7-TIMBERLAKE Jan-4.56; **W50:** 8-Garland Melanie-4.25; **W55:** 6-CLARKE Gaye-4.12; 11-TIMMIS Denise-3.87; 13-HARDCASTLE 3.72; 14-LEE Vicki 3.34; **W60:** 1-833-FILER Carole-4.52 (**BRITISH RECORD**); **W75:** 2-866-HOLDER Iris-3.08 (**BRITISH RECORD**); **W80:** 1-906-MARTIN Anne-2.64;

TJ:

M40: 1-764-BOBB Samuel-14.05; **M45:** 4-NEWTON Keith-12.69; **W35:** 8-WHYKE Lynsie-10.57; **W45:** 6-POPE Margaret-8.72; **W50:** 9-GARLAND Melanie-9.30; **W55:** 11-HARDCASTLE Jan-8.08; 12 ST JOHN-COLEMAN Clare-7.78; **W75:** 1-866-HOLDER Iris-6.71; **W80:** 1-906-MARTIN Anne-5.88 (**BRITISH RECORD**);

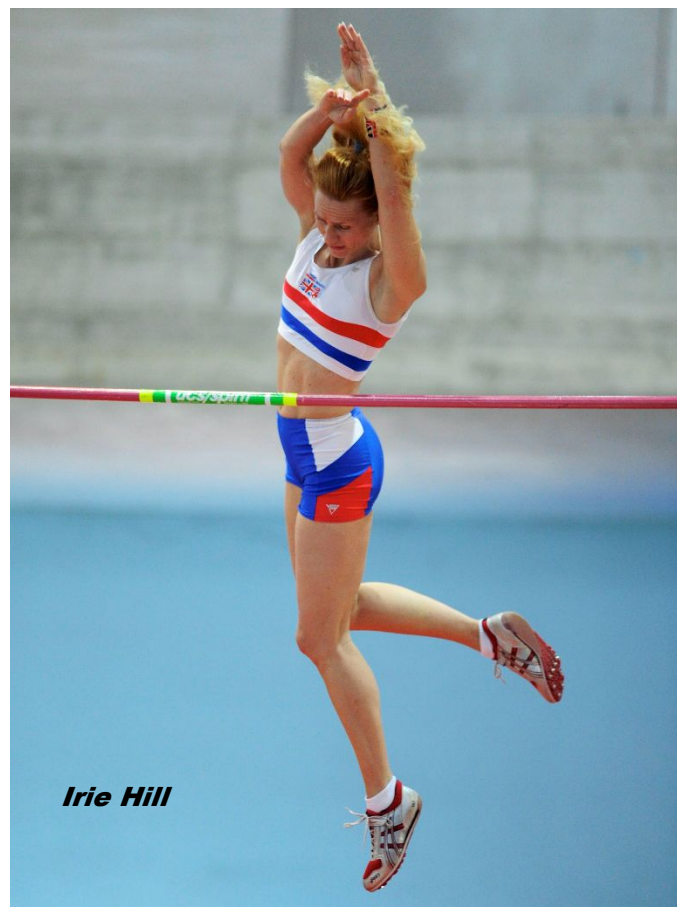
SP:

M50: 3-932-NICHOLLS John-16.21(**BRITISH RECORD**); 4-WHYTE Stephen-14.06; **M60:** 13-DIRKIN Guy-10.60; **M70:** 1-858-HAZLEWOOD Michael-12.22; 9-SLOAN James-9.79; **M75:** 1-1011-WATTS John-12.06(**BRITISH RECORD**); **W45:** 5-LAWRENCE Sue-10.17; **W50:** 7-BRETT Jacquelyn-10.69; **W55:** 9-CAMERON Claire-9.57; 13-DUNSFORD Wendy-8.18; **W60:** 4-993-THOMPSON Vilma-10.04; 10-DASSIE Sue-7.74; 12-MACANAS Barbara-6.75;

DT:

M35: 12-PRITCHARD Ashley-33.02; **M45:** 1-1023-WISEMAN Mark-48.84; 13-GOLDING Leeroy-14.74; **M50:** 3 WHYTE Stephen-49.23; **M55:** 2-923-MORELAND John-44.75; 5-BROADBRIDGE Bob-41.32;

M60: 4-DIRKIN Guy-45.77; **M70:** 3 858-HAZLEWOOD Michael-35.34; 7-SLOAN James-28.36; **W40:** 3-879-JENKINS Andrea-40.24; **W45:** 3-892-LAWRENCE Sue-32.44; **W55:** 3-783-CAMERON Claire-27.84; 11-SINGLETON Deborah-21.16; 12-DUNSFORD Wendy-20.98; **W75:** 4-808-DERRIEN Carole- 17.32;



Irie Hill

WT:

M35: 4-THURGOOD Stuart-16.38; **M50:** 1-1019-WHYTE Stephen-20.52; **M55:** 3-BROADBRIDGE Bob-16.37; 8-COOLEY Ian-11.22; **M60:** 2-810-DIRKIN Guy-17.01; **M70:** 6-858-HAZLEWOOD Michael -15.64-; **W40:** 1-879-JENKINS Andrea-14.72; **W45:** -2 892-LAWRENCE Sue-11.83; 9-HALLDEN Catarina-7.95; **W55:** 9-CAMERON Claire-9.51; 11-DUNSFORD Wendy-9.25; **W60:** 7-THOMPSON Vilma-11.82; 10-MACANAS Barbara-9.04; **W65:** 8-HUTTON Rosemary-10.15; **W75:** 3-808-DERRIEN Carole-9.40; **W80:** 2-906-MARTIN Anne-8.38;

JT:

M35: 6 PRITCHARD Ashley-39.21; **M70:** 1-858-HAZLEWOOD Michael-37.65; **W45:** 4-POPE Margaret-29.31; 5-TIMBERLAKE Jan-26.09; **W60:** 10-MACANAS Barbara-13.23 ;

HT:

M35: 4-THURGOOD Stuart-50.51; **M45:** 6-WISEMAN Mark-43.20; **M50:** 2-1019-WHYTE Stephen-55.22; **M55:** 5-BROADBRIDGE Bob-42.87; 6-MORELAND John-39.08; 9-COOLEY Ian-32.88; **M60:** 4-DIRKIN Guy-42.89; **M70:** 7-HAZLEWOOD Michael-39.95 ; **W40:** 1-879-JENKINS Andrea-48.39; **W45:** 8-LAWRENCE Sue-33.53; 10-HALLDEN Catarina-27.65; **W50:** 9-BRETT Jacquelyn-35.13; 10-WEIR Kim-33.17; **W55:** 8 DUNSFORD Wendy 30.35; **W60:** 4-THOMPSON Vilma-32.99; 9-MACANAS Barbara-23.63; **W65:** 8-HUTTON Rosemary-27.63; **W75:** 3-DERRIEN Carole-23.92; **W80:** 2--MARTIN Anne-22.62;

PENT:

M35: 3-757-BEER Mark-3292-(9.27 / 720-6.33 / 704-10.47 / 537-1.93 / 785-3:13.96 / 546); 7-NICHOLLS Clint-3071-(8.95 / 788-5.75 / 571-10.09 / 513-1.78 / 644-3:12.94 / 555); 9-PRITCHARD Ashley-2623; **M45:** 10-BUTLER Geoff- 2338-(12.13 / 362-4.44 / 405-8.07 / 468-1.51 / 512-3:25.15 / 591); **M50:** 12-OSBORNE Derek-2985-(10.69 / 631-4.80 / 563-8.68 / 496-1.48 / 552-3:16.64 / 743); 20-STEPHENSON

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David-2169- (12.25 / 379-4.08 / 384-6.76 / 362-1.36 / 441-3.32.83 / 603); **M65:** 4-ESSEX Adrian-3420- (11.35 / 741-4.09 / 632-8.78 / 603-1.36 / 696-3.47.11 / 748); **W35:** 1-782-BUXTON Leanne-3660- (9.17 / 941-5.38 / 741-11.32 / 643-1.45 / 644-2:30.85 / 691); -7-WARD Jody-2186- (11.44 / 530-4.40 / 459-6.84 / 341-1.24 / 409-2:52.48 / 447-); **W40:** 11-801-CUBBAGE Claudia- 2516- (11.63 / 614-4.18 / 464-9.54 / 567-1.42 / 689-3:32.74 / 182); **W50:** 5-775-BROWN Monica-3502- (11.20 / 777-4.68 / 807-7.88 / 525-1.39 / 855-3:07.22 / 538-); 12-990-TAYLOR Marise-2140- (13.37 / 453-3.28 / 333-7.20 / 469-1.15 / 512-3:25.65 / 373-); **W55:** 2-839-FRISBY Susan-**4317 (BRITISH RECORD)**- (9.96 / 1073-4.39 / 813-9.17 / 698-1.42 / 1029-2:59.79 / 704-); 6-CLARKE Gaye-3586- (10.93 / 900-4.08 / 688-8.02 / 594-1.33 / 879-3:17.99 / 525-); 12-984-STEPHENSON Tessa-2543- (14.74 / 355-3.34 / 421-8.73 / 658-1.15 / 610-3:20.93 / 49); **W60:** 1-833-FILER Carole-4408- (10.20 / 1109-4.35 / 930-7.08 / 571-**1.42 (BRITISH RECORD)** / 1171-3:18.00 / 627);



Ian Richards won both M65 Walks

3000W:

M50: 13-ROBERTS Alan-21:03.32; **M55:** 1-958-REIS Francisco-13:59.95; 13-ALLEN Steve-16:41.37; **M60:** 4-MARTIN Malcolm-15:58.84; **M65:** 1-960-RICHARDS Ian-15:09.34; 3-767-BOSZKO Peter-16:22.69; 15-KATES David-19:22.91; **M80:** 4-WILL Nobert-22:35.46; **M85:** 3-FARRAR James-26:17.56; **W50:** 4-BENNETT Wendy-17:15.30; 11-MARTIN Angela-19:45.16;

5k Road Walk

M50: 15-ROBERTS Alan-35:09; **M55:** 2-958-REIS Francisco-23:57; 11-ALLEN Steve-27:23; **TEAM:** 2 GBR; **M60:** 5-MARTIN Malcolm-27:25; **M65:** 1-960-RICHARDS Ian-25:30; 3-BOSZKO Peter-27:37; 15-KATES David-32:04; **TEAM:** 1 GBR; **M80:** 3-1021-WILL Nobert-35:58; **W50:** 3-759-BENNETT Wendy-29:23; 13-MARTIN Angela-32:48;

XC:

M45: 11-SMITH David-18:03; **M50:** 27-ROBERTS Alan-22:14; 30-PAUL Parkin-22:54; **M55:** 2-797-CRITCHLOW Julian-18:15; 8-JEGGO Paul-19:21; 14-DOXEY Steven-20:30; **TEAM:** 2 GBR; **M60:** 7-OXLAND David-20:33; 10-NEWMAN Alan-21:09; 16-MURRAY

Andrew-23:33; 18-PROFFITT David-23:48; 20-JENKINS Archie-24:31; 26-DILLON Kevin-30:47; **TEAM:** 3 GBR; **M65:** 10-MANN Michael-21:38; 17-SNOW Ian-22:43; 18-HAMILTON Peter-22:55; **TEAM:** 3 GBR; **M70:** 13-ROBERTS Barrie-28:32; **W35:** 10-LOCKER Joanne-21:18; 11-WELLAM Kathy-21:22; 13-JONES Ruth-1980- 22:04; **TEAM:** 3 GBR; **W40:** 3-992-THOMPSON Claire-20:44; **TEAM:** 3 GBR; **W45:** 4-MCDONALD Susan-20:32; 8-PRITCHETT Bernadine-21:49; 15-MILL Lesley-26:01; **TEAM:** 2 GBR; **W50:** 3-RIDLEY Susan-21:04; 8-PIDGEON Jane-22:21; 20-BOWYER Amanda-26:53; 22-MARR Lynne-28:51; 24-PRIESTLEY Tracy-34:10; **TEAM:** 3 GBR; **W55:** 6-TAWNEY Susie-22:56; 16-DOXEY Wendy-31:51; **W65:** 6-JAMES Susan-27:12; **TEAM:** 1 GBR; **W75:** 2-935-OSBORNE Eva-29:56; 5-TRACEY Betty-34:58;

4x200:

M40: 4-(HARVEY Ciaran - BOKOR-INGRAM Dominic - OSUNSAMI Michael Olu - COOGAN Mike) GBR 1:37.67; **M45:** 3-(WALKER Stan - SMITH Julian - BENEDICKTER Peter - GARDINER Michael) GBR 1:37.85; **M50:** 3-(BROWN Donald - ALLEN Ian - KEMP David - TUNSTALL Nei) GBR 1:40.77; **M55:** 3-(GUEST Paul - JAMES Tennyson - DONALD Dougie - LOGAN Pat) GBR 1:42.18; **M60:** 2-(PHILLIPS Tom - FRANKLYN Walwyn - DOUGLAS Bob - BARRETT Simon) GBR 1:49.64; **M65:** 5-(WELLS Tony - WEBB Andrew - SNOW Ian - HENDRIE Bruce) GBR 2:03.32; **M70:** 1-(BISSETT Terry - SMITH James - SUTTON Glyn - NOVELL Victor) GBR 1:55.51 (**EUROPEAN RECORD**); **W35:** 2-(ADUSEI Naana - DOYLE Zoe - FROST Joanne - MCLOUGHLIN Susie-) GBR 1:48.62; **W40:** 5-(BURKE Sarah - LYTTLE Angela - HODGSON Jacqui - THOMAS Michelle Gabriel) GBR 1:50.99; **W50:** 3-(COLLINS Alison - GARLAND Melanie - JOHNSON Penny - MITCHELL Virginia) GBR 2:04.28; **W55:** 2-(FRISBY Susan - KELLY Angela - TIMMIS Denise - HORDER Jane) GBR 2:01.25; **W60:** 2-(MCMAHON Emily - HOWE Joan Margaret - NELSON Anne - POWELL Caroline) GBR 2:16.38; **W65:** 2-(TABOR Rosalind - HITCHMOUGH Agnes - JAMES Susan - MARLER Caroline) GBR 2:28.91; **W70:** 2-(HORNSEY Iris - GALLAGHER Patricia - STANLEY Patricia - AXTELL Mary) GBR 2:50.79; **W75:** 1-(MILLS Mollie - OSBORNE Eva - TRACEY Betty - FRASER Dorothy-) GBR 3:03.64 (**WORLD RECORD**);

MEDAL TABLE

1 GERMANY	102 Gold	84 Silver	74 Bronze	260 Total
2 ITALY	72	90	76	238
3 GBR	67	39	46	152



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European Record for Caroline Marler



Competitors from Kosovo show their flag.



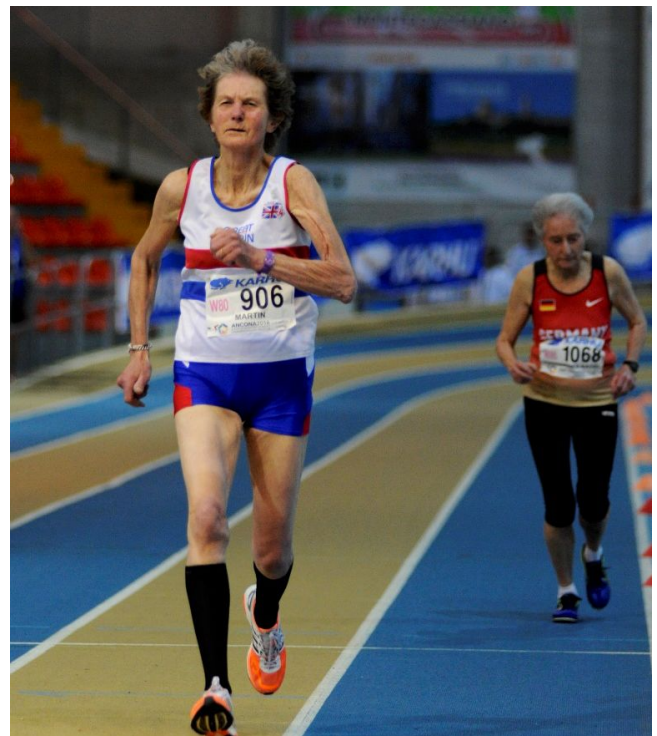
Lucy Elliott wins W50 1500.



Joan Howe winner W60 1500.



Gold and Bronze for Simon Anderson



3 Golds, 3 Silvers & 3 British Records for Anne Martin



Well on the wonderful new green track in Portland in the United States. Our Master Athletes performed to the top of their abilities to succeed in the World Indoor Championships. Whilst team GB could only accomplish a silver and two bronze medals from our total team.



Pictures by Ken Stone, USA.

Our two Athletes in both Masters 800 metre races achieved a terrific first and third ! How did the BBC react to this success, well hardly at all - an after-thought at the very best.

Pride of place went to Dave Wilcox who won the Men's race in 2:15.90 (just outside the British Record). In a close finish which saw Joe Gough of Ireland throw himself at the finish in a desperate attempt to win. He did not, as David won by just 11/100's of a second.

Helene Douay of France won the Women's race, but Karen Brooks battled through the race to register a great third.

KIM COLLINS who will be 40 on the 5th April, ran a semi-final time of 6.49 but could only finish 8th in the Senior 60 metre Final, whilst Ruth Beitia of Spain finished with the Silver Medal with 1.96 in the Women's High Jump, an early 37th Birthday Present for the 1st of April.

British Masters Indoor Championships - Lee Valley 12-13 March 2016.



**Words: Brian Owen.
Pictures: Alex Rotas
and Tom Phillips.**

Two great days of well organised Athletics at what is now the home of British Masters Indoor events.

However, there did not appear to be as many records as usual, and injuries and absences did reduce what Maurice Doogan had stated was a record attendance.



The meeting started with a bang! With Leicester based Susan Frisby W55 setting a new European Record in the 60 Hurdles with 9.89. Susan was delighted with her first ever Regional record and with the efficiency the application was completed. Emily McMahon now W65 then obliged with a new British Record of 11.46 over the sticks.

Tony Bowman asked me via this report, to thank the many who advised and helped him combat his AF problems. He was back to his very best setting a M80 60 metres World Hurdles Record of 10.86 knocking almost a quarter of a second of the currently listed best.



The 60 metres flat produced the closest finish with Kirstin King and Angela Bates in the W50, with the electronic finish team going to thousands of a second, before awarding the race to Kirstin.

The W35 was also very tight with former Midland Counties Champion Claire Spurway, edging out World Masters Long Jump Champion Jo Frost by 2/100's whilst Lesley Owusu, who still stands 11th on the UK all-time 400 metres with her 52.15, set in Fayetteville in 2001 was third.



Mark Findlay who was a European Junior Gold and Bronze medallist back in 1997, came though strongly to take the M35 short sprint from Mensah Elliott and Liam Collins. Whilst Esmei Ossai matched his time of 7.05 in the M40's. Tom Phillips our top notch photographer won his first British title in the M60's. "Have you ever viewed his mountain photography? In a word "awesome". The 400 metres produced three British Records, Kathleen Stewart went faster than her unrated



performance of 2015, to record 1:27.12. Anne Martin now 80 recorded 1:48.97 to fill an empty slot in the list of records. Double Olympian Eric Shirley, won the M85 in a new British Record time of 1:40.37. Talking to this amazing gentleman, brought back to my memory his tremendous run of 56 years ago, when he won the Steeplechase of the year against the World's best in a race before a crowd of 50,000 people at London's White City stadium his time of 8:47.0 would place him sixth on last year's Senior men's Steeplechase rankings.

Lucy Elliott leads Lisa Webb in the 1500 (TP)



Jo Locker (W35), Lucy Elliott (W50) had good wins in the 1500, Susie Tawny then had to fight all the way down the short straight to win by 0.40's, and Anne Martin filled another line on the W80 record list. In the men's event

Simon Anderson had a good win from Guy Bracken in the M50.

David Wilcox won the M60 race from David Oxland, prior to his trip to the USA for IAAF World Masters race.

Tom Phillips (AR)



The 200 metres started the programme on the second day with a win for back to competition Julia Hubbard in the W40's. Joanna Flowers completed the sprint double in the W45's, as did Kirstin King, Averil McClelland, and Helen Godsell. Moira West matched these performances setting a new British Record in the W65's with 31.98. As did Anne Martin in the W80.

Multi-talented Liam Collins won the M35 event in 23.11, World Champion Esmei Ossai was faster 22.69 in the M40's.

Giuseppe Minetti born in London to Italian parents won the M45 for his first title. Third in last year's World Indoor Pat Logan repeated his win from last year.

All-rounder Diana Norman won the W40 800metres, Bernie Pritchett won a middle distance double (She also won the 3000 metres latter in the day) so three out of three has got to be good!.

Lucy Elliott did not defend her British cross country title preferring win all three track races 800-1500-3000 metres over the two days, all in majestic style.

Three British records were achieved in the 800 metres, Pat Gallagher in the W70's 3:16.89, Anne Martin in the W80 4:15.26, and Eric Shirley M85 4:05.38. Middle distance doubles were achieved by Aaron Brown M35, Cathal McLaughlin, Dave Wilcox and Ian Snow. Whilst Scott West and John Batchelor doubled over 1500 / 3000 metres.

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There were many fine performances in the field Gintaras Varanauskas had the best clearance at 1.80 in the M40 High Jump Competition, whilst World and European Champion Ayamba Akim cleared 1.60 in the W40.



Diana Norman 4 Gold's over the weekend (TP)

Jemma Eastwood was the best of the Women Vaulters with a clearance at 3.10. Sue Yeomans was close to success with another World Record attempt.

Ian Parkinson achieved the highest clearance of 4.30 in the competition, Chris Mills and the now 50 year old Mark Johnson who recently increased his British Record to 4.64, finished with 4.20 on the day.

The Horizontal Jumps produced a British Record for Worcester based Iris Holder with a 6.81 Triple Jump. One Athlete missing from the weekends competitions, with an injury was our new World Record Holder Carole Filer who has set World Records for the W60 60 Hurdles and Pentathlon.

I congratulated her on her latest reported Long Jump a massive 4.86 at the Inter Area meeting, only to be told it she thought it was incorrect and was around 4.30. The Field Card has since been checked and the result altered to 4.36.

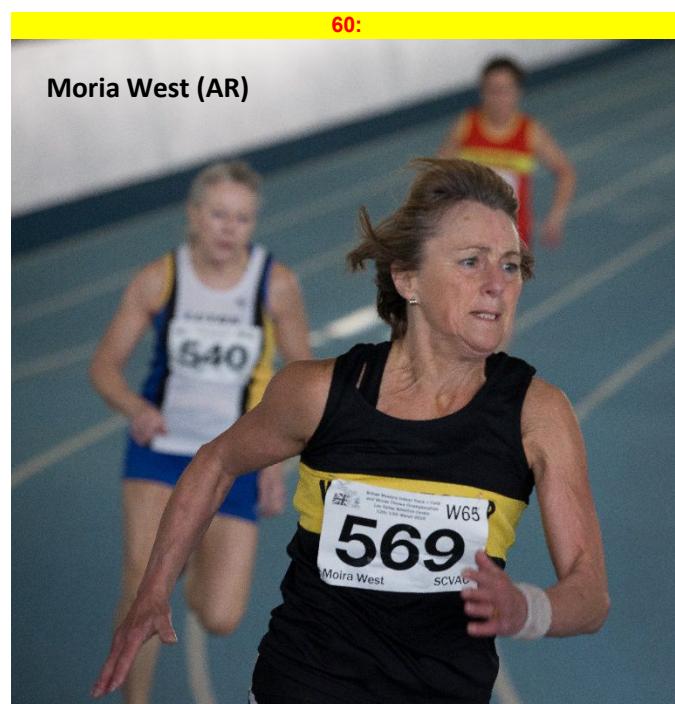
There was just one record in the Shot with 11.27 to John Watts in the M75 event.

In the outdoor Hammer Andrea Jenkins threw 46.62, and Steve Whyte threw 57.89.

On checking the Records I was surprised to see that we are listing both records pre April 1999 / Post April 1999 specifications for the Women's Javelin. Totally bizarre as the pre April implement can't be purchased and cannot legally be used in competition, so just how can it be improved?

There were two British Records in the Outdoor Weight Anne Martin in the W80 with 8.57, and Steve Whyte with a massive 21.20 in the M50

Francisco Reis also achieved a new British Record with 13:57.94 in the M55 Walk.



Moria West (AR)

W35: 1 431 Claire Spurway SCVAC 7.95; 2 420 Joanne Frost WMAA 7.97; 3 427 Lesley Owusu SCVAC 8.04; 4 410 Samantha Bickley-Vaile SCVAC 8.25; 5 408 Naana Adusei NMAC 8.38; 6 429 Sharni Raymond SCVAC 8.56; 7 412 Anna Ciolek WMAA 8.65; 8 422 Nene Harrison OPEN 8.75; **W40:** 1 456 Michelle Thomas W44 WMAA 8.16; 2 442 Julia Hubbard W40 SWVAC 8.21; 3 439 Sarah Burke W42 VAC 8.55; 4 447 Kathryn Miles W43 SCVAC 8.71; 5 446 Kate Maryon W44 SCVAC 9.19; **W45:** 1 462 Joanna Flowers W47 VAC 8.71; 2 474 Sue Van Vuuren W46 SCVAC 8.81; 3 472 Juliet Sidney W48 WMAA 8.86; 4 464 Dawn Jones W46 EVAC 8.95; 5 470 Deborah Ricci W46 MMAC 9.15; 5 477 Katy Williams W45 MMAC 9.15; 7 475 Amanda Wale W45 WMAA 9.28; 8 471 Lesley Richardson W46 SCVAC 10.39; **W50:** 1 490 Kirstin King W54 SCVAC 8.49; 2 479 Angela Bates W50 VAC 8.49; 3 503 Michele Wakefield W50 SCVAC 9.00; 4 501 Fiona Steele W50 SVHC 9.10; 5 509 Sue Wisdom W54 VAC 9.23; 6 489 Helene Marie Kehoe W51 SCVAC 9.43; 7 487 Melanie Garland W53 WMAA 9.48; 8 506 Lesley Willis W54 MMAC 9.50; **W55:** 1 526 Averil McClelland W57 NMAC 8.88; 2 520 Jane Horder W59 MMAC 9.09; 3 Angela Kelly W55 NMAC 9.34; 4 517 Teresa Eades W57 SCVAC 9.35; 5 581 Penny Johnson W55 SVHC 9.39; 6 532 Angela Sonn W55 WMAA 9.66; 7 Gaye Clarke W55 EVAC 9.74; **W60:** 1 544 Helen Godsell W62 SCVAC 8.76; 2 555 Joan Trimble W61 SCVAC 8.98; 3 540 Carol Alker W61 EVAC 9.84; 4 547 Anne Nelson W64 VAC 10.08; 5 539 Lyn

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Ahmet W63 SCVAC 10.60; **W65:** 1 569 Moira West W66 SCVAC 9.52; 2 559 Sally Hine W66 MMAC 9.86; 3 564 Emily McMahon W65 EVAC 9.90; 4 558 Jean Fail W66 SWVAC 10.49; **W75:** 1 575 Iris Holder W75 WMAA 10.97; 2 574 Dorothy Fraser W79 WMAA 12.91; **M35: Heats** 1 15 Mark Findlay M37 SCVAC 7.09 Q; 2 14 Mensah Elliott M39 SCVAC 7.13 Q; 3 10 Liam Collins M37 NEMAA 7.18 Q; 4 13 Marvin Edwards M36 NMAC 7.23 Q; 5 28 Ben Owen M35 MMAC 7.23 q; 6 8 Stuart Channon M39 VAC 7.37 q; 7 35 Alan Robertson M38 SVHC 7.37; 8 38 Gavin Stephens M38 VAC 7.38; 9 42 Daniel Yellop M35 EVAC 7.59; 10 11 Matthew Dalton M35 EVAC 7.64; 11 23 Stephen Leek M35 SVHC 7.69; 12 40 Darren Towart M38 NEMAA 7.91; 13 37 Steve Squires M39 SCVAC 7.97; 14 31 Peter Pavlou M36 VAC 8.70; **FINAL:** 1 15 Mark Findlay M37 SCVAC 7.05; 2 14 Mensah Elliott M39 SCVAC 7.17; 3 10 Liam Collins M37 NEMAA 7.19; 4 13 Marvin Edwards M36 NMAC 7.25; 5 28 Ben Owen M35 MMAC 7.25; 6 8 Stuart Channon M39 VAC 7.36; **M40:** 1 71 Esmei Ossai M40 SCVAC 7.05; 2 89 Joshua Wood M41 SCVAC 7.22; 3 52 Mark Collins M42 EVAC 7.31; 4 62 Ciaran Harvey M42 SCVAC 7.41; 5 48 Leon Braithwaite M43 SCVAC 7.47; 6 73 Imam Qazi M40 SWVAC 7.91; 7 60 Paul Evans M40 WMAA 8.36; **M45 Heats:** 1 99 Jason Carty M46 SCVAC 7.40 Q; 2 121 Giuseppe Minetti M46 SCVAC 7.55 Q; 3 117 Andy Lewis M48 SCVAC 7.57 Q; 4 134 Julian Smith M46 EVAC 7.57 q; 5 135 David Swalwell M46 NEMAA 7.60 q; 6 118 Neil Lincoln M45 SCVAC 7.80 q; 7 141 Stan Walker M46 SVHC 7.88; 8 98 Paul Canning M49 EVAC 8.04; 9 130 Phil Rogers M46 SCVAC 8.04; 10 139 Daniel Tomlinson M46 SCVAC 8.09; 11 138 Stephen Terry-Short M45 MMAC 8.12; 12 126 David Pearson M48 SWVAC 8.21; 13 114 Jeremy Kevern M46 SWVAC 8.23; 14 115 Nick Lauder M45 VAC 8.38; 15 93 Darran Askew M45 NMAC 8.53; **FINAL:** 1 99 Jason Carty M46 SCVAC 7.25; 2 121 Giuseppe Minetti M46 SCVAC 7.46; 3 117 Andy Lewis M48 SCVAC 7.58; 4 134 Julian Smith M46 EVAC 7.65; 5 135 David Swalwell M46 NEMAA 7.67; 6 118 Neil Lincoln M45 SCVAC 7.94; **M50 HEATS:** 1 193 Rohan Samuel M50 VAC 7.64 Q; 2 176 Tony Leigh M50 MMAC 7.70 Q; 3 152 Donald Brown M52 MMAC 7.72 Q; 4 186 Dalton Powell M52 MMAC 7.66 q; 5 149 Steve Beak M51 SCVAC 7.76 q; 6 207 Mark White M50 VAC 7.98 q; 7 183 Wole Odele M51 SCVAC 8.12; 8 171 David Kemp M52 SCVAC 8.20; 9 173 Barrington King M50 SCVAC 8.20; 10 200 Paul Ttereve M53 MMAC 8.21; 11 188 Glen Reddington M53 SCVAC 8.28; 12 165 Jason Hall M51 SWVAC 8.48; 13 205 Derek Warn M50 SCVAC 8.62; 14 172 Tony Killilea M52 VAC 8.68; 15 196 David Stephenson M53 EVAC 8.70; 16 194 Steve Snook M52 OPEN 8.75; 17 197 Peter Sunderland M52 NEMAA 8.83; 18 175 David Lane M51 EVAC 8.96; **FINAL:** 1 176 Tony Leigh M50 MMAC 7.64; 2 186 Dalton Powell M52 MMAC 7.70; 3 193 Rohan Samuel M50 VAC 7.89; 4 149 Steve Beak M51 SCVAC 7.90; 5 207 Mark White M50 VAC 8.07; **M55 HEATS:** 1 220 Kevin Burgess M59 EVAC 7.91 Q; 2 268 John Statham M55 MMAC 7.93 Q; 3 246 Gary Leek M55 SVHC 8.06 Q; 4 277 Mark Woods M55 SCVAC 8.10 Q; 5 212 John Barratt M55 NMAC 8.12 q; 6 229 Alastair Duncan M59 SCVAC 8.35 q; 7 278 Ian Worrall M57 MMAC 8.39; 8 256 Cecil Moven M59 MMAC 8.42; 9 221 Gary Capon M55 SCVAC 8.52; 10 259 Keith Powell M55 WMAA 8.57; 11 274 Adrian Walley M55 OPEN 8.62; 12 222 Phil Clayton M58 MMAC 8.81; 13 250 Michael May M55 VAC 9.34; **FINAL:** 1 220 Kevin Burgess M59 EVAC 7.85; 2 268 John Statham M55 MMAC 7.96; 3 246 Gary Leek M55 SVHC 8.01; 4 212 John Barratt M55 NMAC 8.21; 5 277 Mark Woods M55 SCVAC 8.21; 6 229 Alastair Duncan M59 SCVAC 8.31; **M60:** 1 306 Tom Phillips M61 SCVAC 8.20; 2 298 Christopher Monk M64 MMAC 8.29; 3 295 Clem Leon M60 SCVAC 8.34; 4 292 Wally Franklyn M63 SCVAC 8.38; 5 286 Ian Broadhurst M61 WMAA 8.45; 6 282 Simon Barrett M63 SCVAC 8.50; 7 285 David Blunt M62 VAC 9.00; 8 308 Rashpal Singh M63 MMAC 9.14; 9 305 Alan Perry M63 VAC 9.28; 10 299 Peter Morgan M60 VAC 10.06; **M65:** 1 330 Brendan Lynch M66 OPEN 8.54; 2 327 David Hinds M65 VAC 8.80; 3 344 Brian Williamson M66 WMAA 8.83; 4 331 Michael Maisey M65 SCVAC 8.98; 5 317 Chris Christofides M67 OPEN 9.20; 6 319 Lawrie Dunn M69 MMAC 9.30; 7 345 Peter Wright M67 MMAC 9.43; 8 335 Patrick Reynolds M65 IRELAND 10.71; **M70:** 1 378 Glyn Sutton M70 WMAA 8.37; 2 370 Victor Novell M71 SCVAC 8.71; 3 366 Allan Long M73 VAC 9.03; 4 375 James Smith M71 SVHC 9.10; 5 367 John MacDermott M72 IRELAND 9.10; **M75:** 384 Roger Bruck M76 SCVAC 11.43; **M80:** 1 396 Tony Bowman M80 NMAC 11.92; 2 398 Richard Pitcairn-Knowles

M83 VAC 12.34; 3 400 Clifford Taylor M83 VAC 12.61; **M85:** 403 Dalbir Singh Deol M89 VAC 13.63; **M95:** 407 Charles Eugster M96 VAC 15.44;

200:

W35: 1 426 Susan McLoughlin W38 VAC 26.30; 2 408 Naana Adusei W36 NMAC 27.97; 3 412 Anna Ciolek W36 WMAA 28.77; 4 413 Ainslea Cross W35 MMAC 31.27; **W40:** 1 442 Julia Hubbard W40 SWVAC 27.32; 2 447 Kathryn Miles W43 SCVAC 30.20; 3 438 Emma Brearley W41 WMAA 33.05; **W45:** 1 462 Joanna Flowers W47 VAC 28.58; 2 476 Rachel Waters W49 VAC 29.32; 3 475 Amanda Wale W45 WMAA 29.57; 4 470 Deborah Ricci W46 MMAC 30.76; 5 459 Jackie Breslin W47 SCVAC 33.05; **W50:** 1 490 Kirstin King W54 SCVAC 28.69; 2 482 Yolanda Broek W52 NETHERLANDS 29.76 3 501 Fiona Steele W50 SVHC 29.99 4 503 Michele Wakefield W50 SCVAC 30.54 5 509 Sue Wisdom W54 VAC 30.95 6 489 Helene Marie Kehoe W51 SCVAC 31.48; **W55:** 1 526 Averil McClelland W57 NMAC 28.98; 2 520 Jane Horder W59 MMAC 30.51; 3 524 Angela Kelly W55 NMAC 32.10; 4 581 Penny Johnson W55 SVHC 32.12; 5 536 Denise Timmis W55 EVAC 32.30; 6 532 Angela Sonn W55 WMAA 33.05;



Eric Shirley (TP)

7 538 Hilary West W58 NMAC 33.90; **W60:** 1 544 Helen Godsell W62 SCVAC 29.62; 2 555 Joan Trimble W61 SCVAC 31.41; 3 540 Carol Alker W61 EVAC 32.71; 4 547 Anne Nelson W64 VAC 34.68; **W65:** 1 569 Moira West W66 SCVAC 31.96 (**British Record**); **W75:** 1 577 Kathleen Stewart W76 NEMAA 39.08; 2 574 Dorothy Fraser W79 WMAA 44.55; **W80:** 579 Anne Martin W80 EVAC 46.15 (**British Record**); **M35:** 1 10 Liam Collins M37 NEMAA 23.11; 2 38 Gavin Stephens M38 VAC 23.45; 3 28 Ben Owen M35 MMAC 23.54; 4 Adam Bellis M39 SCVAC 23.62; 5 David Brown M38 EVAC 23.81; 6 35 Alan Robertson M38 SVHC 23.90; 7 8 Stuart Channon M39 VAC 24.03; 8 40 Darren Towart M38 NEMAA 25.21; 9 24 Stuart Leek M38 EVAC 28.99; **M40:** 1 71 Esmei Ossai M40 SCVAC 22.69 2 82 Baba Tindogo M41 SCVAC 23.38; 3 62 Ciaran Harvey M42 SCVAC 24.47; 4 60 Paul Evans M40 WMAA 28.42; **M45 HEATS:** 1 121 Giuseppe Minetti M46 SCVAC 24.26 Q; 2 134 Julian Smith M46 EVAC 24.97 Q; 3 137 Chris Taplin M48 VAC 25.03 Q; 4 142 Martin White M45 MMAC 25.19 q; 5

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109 Glenn Gray M47 SCVAC 25.21 q; 6 141 Stan Walker M46 SVHC 25.43 q; 7 135 David Swalwell M46 NEMAA 25.50; 8 107 Leeroy Golding M48 NMAC 25.77; 9 98 Paul Canning M49 EVAC 25.92; 10 139 Daniel Tomlinson M46 SCVAC 25.97; 11 104 Clive Farrow M45 EVAC 26.05; 12 90 Ian Allen M49 SWVAC 26.38; 13 138 Stephen Terry-Short M45 MMAC 26.80; 14 115 Nick Lauder M45 VAC 26.94 ; **FINAL:** 1 121 Giuseppe Minetti M46 SCVAC 24.30; 2 134 Julian Smith M46 EVAC 24.78; 3 137 Chris Taplin M48 VAC 24.99; 4 109 Glenn Gray M47 SCVAC 25.09; 5 142 Martin White M45 MMAC 25.21; 6 141 Stan Walker M46 SVHC 25.40; **M50 HEATS:** 1 207 Mark White M50 VAC 25.19 Q; 2 176 Tony Leigh M50 MMAC 25.51 Q; 3 158 Fausto Furlotti M52 SCVAC 25.57 Q; 4 201 Neil Tunstall M54 SWVAC 25.81 Q; 5 171 David Kemp M52 SCVAC 25.74 q; 6 170 Mike Jones M53 OPEN 25.99 q; 7 200 Paul Ttereve M53 MMAC 26.41; 8 167 Peter Ilo M54 SCVAC 26.60; 9 184 Keith Palmer M51 EVAC 28.12; 10 197 Peter Sunderland M52 NEMAA 29.07; 11 194 Steve Snook M52 OPEN 29.76; 12 175 David Lane M51 EVAC 30.38; **FINAL:** 1 176 Tony Leigh M50 MMAC 24.90; 2 207 Mark White M50 VAC 25.40; 3 201 Neil Tunstall M54 SWVAC 25.82; 4 171 David Kemp M52 SCVAC 25.85; 5 170 Mike Jones M53 OPEN 26.09; **M55 HEATS:** 1 249 Pat Logan M55 NIMAA 25.48 Q; 2 244 Tennyson James M58 EVAC 26.85 Q; 3 268 John Statham M55 MMAC 26.82 Q; 4 220 Kevin Burgess M59 EVAC 26.97 Q; 5 224 Malcolm Cowton M55 WMAA 27.07 q; 6 252 Carlton McDonald M55 MMAC 27.24 q; 7 246 Gary Leek M55 SVHC 27.48; 8 267 Brian Slaughter M58 VAC 27.65; 9 245 Richard Jenkin M56 VAC 29.13; 10 277 Mark Woods M55 SCVAC 31.63; 11 250 Michael May M55 VAC 31.76; **FINAL:** 1 249 Pat Logan M55 NIMAA 24.89; 2 244 Tennyson James M58 EVAC 26.45; 3 220 Kevin Burgess M59 EVAC 26.61; 4 268 John Statham M55 MMAC 26.72; 5 252 Carlton McDonald M55 MMAC 27.60; **FINAL:** 1 286 Ian Broadhurst M61 WMAA 26.71; 2 282 Simon Barrett M63 SCVAC 27.10; 3 306 Tom Phillips M61 SCVAC 27.41; 4 295 Clem Leon M60 SCVAC 27.89; 5 305 Alan Perry M63 VAC 32.40; **M65:** 1 320 Adrian Essex M65 SCVAC 28.57; 2 340 David Spencer M66 SCVAC 28.75; 3 327 David Hinds M65 VAC 28.76; 4 344 Brian Williamson M66 WMAA 30.79; 5 326 Bruce Hendrie M67 MMAC 30.97; 6 319 Lawrie Dunn M69 MMAC 31.45; 7 317 Chris Christofides M67 OPEN 32.55; 8 335 Patrick Reynolds M65 IRELAND 1:33.09; **M70:** 1 370 Victor Novell M71 SCVAC 29.78; 2 375 James Smith M71 SVHC 30.58; 3 368 Trevor Madigan M71 SVHC 31.76; 4 352 Peter Daw M71 SWVAC 33.83; **M75:** 1 384 Roger Bruck M76 SCVAC 36.27; **M80:** 1 396 Tony Bowman M80 NMAC 33.48; 2 398 Richard Pitcairn-Knowles M83 VAC 44.20; **M85:** 1 406 Eric Shirley M86 VAC 42.55 (**British Record**); 2 403 Dalbir Singh Deol M89 VAC 51.38 ;

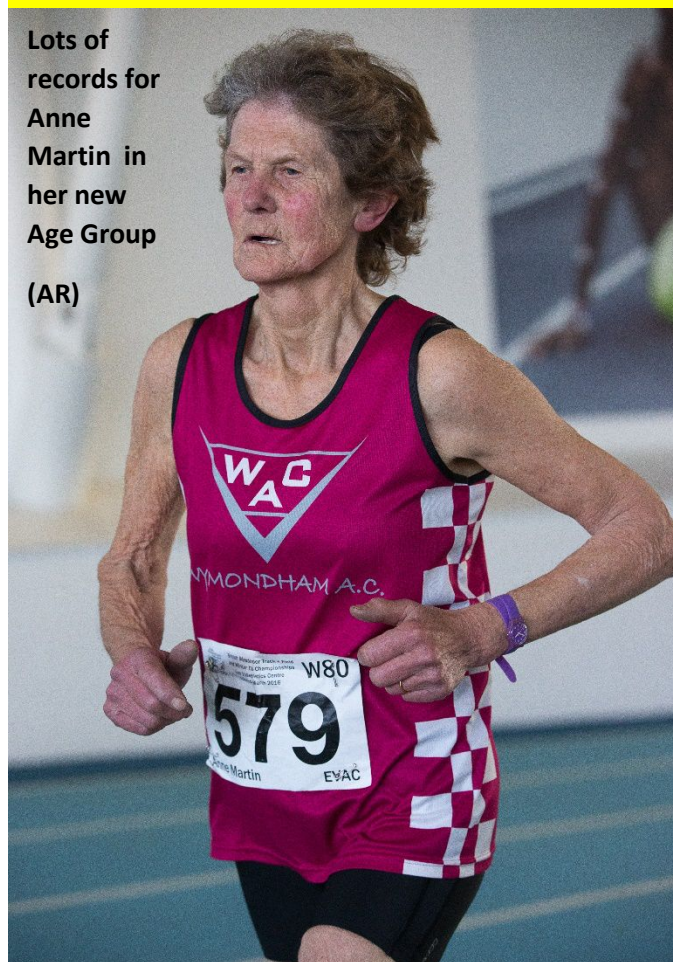
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W35: 1 427 Lesley Owusu W37 SCVAC 57.97; 2 415 Zoe Doyle W37 VAC 62.38; 3 425 Stacy McGivern W39 EVAC 62.47; 4 419 Nicola Evans W38 EVAC 68.61; **W40:** 1 449 Diana Norman W41 SCVAC 60.87; 2 442 Julia Hubbard W40 SWVAC 64.90; **W45:** 1 463 Jacqui Hodgson W47 NEMAA 63.44; 2 462 Joanna Flowers W47 VAC 63.63; 3 472 Juliet Sidney W48 WMAA 67.30; 4 464 Dawn Jones W46 EVAC 67.62; **W50:** 1 495 Virginia Mitchell W53 SCVAC 64.41; 2 484 Alison Collins W51 SCVAC 67.75; 3 483 Mary Brown W53 SCVAC 71.32; 4 486 Christine Feely W53 EVAC 77.42; **W55:** 1 525 Joan Lasenby W55 EVAC 74.49; 2 538 Hilary West W58 NMAC 75.06; **W65:** 1 568 Ros Tabor W66 VAC 76.21; 2 569 Moira West W66 SCVAC 76.86; **W75:** 577 Kathleen Stewart W76 NEMAA 1:27.12 (**British Record**); **W80:** 579 Anne Martin W80 EVAC 1:48.97 (**British Record**); **M35:** 1 10 Liam Collins M37 NEMAA 50.63; 2 5 Tom Bolan-Ashworth M36 NMAC 51.35; 3 4 Adam Bellis M39 SCVAC 51.36; 4 42 Daniel Yellop M35 EVAC 54.26; 5 19 Paul Hindle M35 SWVAC 54.44; 6 40 Darren Towart M38 NEMAA 54.61; 7 17 Brian Hawkins M36 EVAC 60.21; **M40:** 1 82 Baba Tindogo M41 SCVAC 51.25; 2 54 Mike Coogan M43 NMAC 51.25; 3 78 Tim Shiels M40 NIMAA 54.34; 4 51 Lloyd Collier M43 VAC 57.14; 5 64 Rowland Ifill M40 OPEN 58.36; 6 79 Jason Steel M44 SCVAC 59.25; 7 60 Paul Evans M40 WMAA 66.17; **M45:** 1 95 Dominic Bokor-Ingram M48 VAC 54.23; 2 137 Chris Taplin M48 VAC 54.79; 3 121 Giuseppe Minetti M46 SCVAC 55.30; 4 125 Michael Osunsami M47 SCVAC 56.16; 5 107 Leeroy Golding M48 NMAC 57.47; 6 110 Adrian Haines M48 SCVAC 58.49; 7 104 Clive Farrow M45 EVAC 58.67; 8 131 David Shortridge M45 SCVAC 58.88; **M50:** **HEATS:** 1 207 Mark White M50 VAC 56.62 Q; 2 198 Jonathan Tilt

M53 SCVAC 58.97 Q; 3 162 Robert Grew M53 SWVAC 57.00 Q; 4 163 Nicholas Grocock M53 SCVAC 59.67 Q; 5 149 Steve Beak M51 SCVAC 57.49 q; 6 181 Roy Nelson M53 SCVAC 58.58 q; 7 167 Peter Ilo M54 SCVAC 59.16; 8 201 Neil Tunstall M54 SWVAC 59.93; 9 177 Bob Lewis M54 SCVAC 60.69; 10 172 Tony Killilea M52 VAC 61.17; 11 165 Jason Hall M51 SWVAC 61.18; 12 196 David Stephenson M53 EVAC 65.40; **FINAL:** 1 198 Jonathan Tilt M53 SCVAC 55.56; 2 149 Steve Beak M51 SCVAC 56.12; 3 162 Robert Grew M53 SWVAC 56.45; 4 207 Mark White M50 VAC 56.66; 5 181 Roy Nelson M53 SCVAC 58.92; **M55:** 1 275 Richard White M56 MMAC 56.65; 2 263 Ludwig Ramsey M56 MMAC 58.42; 3 229 Alastair Duncan M59 SCVAC 60.15; 4 262 Kevin Pye M56 MMAC 60.46; 5 224 Malcolm Cowton M55 WMAA 60.86; 6 271 Steven Taylor M57 NMAC 65.43; 7 250 Michael May M55 VAC 77.97; **M60:** 1 295 Clem Leon M60 SCVAC 61.90; 2 282 Simon Barrett M63 SCVAC 62.59; **M65:** 1 340 David Spencer M66 SCVAC 64.91; 2 320 Adrian Essex M65 SCVAC 66.58; 3 342 Derek Wardle M68 VAC 69.14; 4 326 Bruce Hendrie M67 MMAC 69.87; 5 319 Lawrie Dunn M69 MMAC 72.17; 6 335 Patrick Reynolds M65 IRELAND 1:33.09; **M70:** 1 367 John MacDermott M72 IRELAND 68.47; 2 346 Terry Bissett M72 SCVAC 70.06; 3 353 Albert Eland M70 NMAC 71.07; 4 375 James Smith M71 SVHC 73.59; 5 361 John Hodge M73 IRELAND 79.73; **M75:** 1 390 Rodney Mills M79 NMAC 1:27.87; 2 387 Arthur Kimber M79 SCVAC 1:33.08; **M80:** 1 396 Tony Bowman M80 NMAC 1:29.57; 2 398 Richard Pitcairn-Knowles M83 VAC 1:56.01; M85: 1 406 Eric Shirley M86 VAC 1:40.37 (**BRITISH RECORD**);

800:

Lots of records for Anne Martin in her new Age Group (AR)



W35: 1 415 Zoe Doyle W37 VAC 2:21.28; 2 435 Katherine Wellam W36 NMAC 2:29.22; 3 433 Claire Thompson W39 SVHC 2:36.87; **W40:** 1 449 Diana Norman W41 SCVAC 2:20.03; 2 453 Nikki Sturzaker W42 VAC 2:32.05; **W45:** 1 468 Bernadine Pritchett W49 VAC 2:27.18; 2 458 Clare Barr W48 SVHC 2:33.01; **W50:** 1 485 Lucy Elliott W50 SWVAC 2:29.76; 2 491 Lindsay Lister W51 EVAC 2:40.90; 3 480 Tracey Bosworth W50 MMAC 2:51.60; **W55:** 1 525 Joan Lasenby W55 EVAC 2:45.17; 2 538 Hilary West W58 NMAC 2:58.97; **W60:** Joan Howe W60 NMAC 2:52.36; **W65:** 560 Nancy Hitchmough W65 MMAC

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2:53.86; **W70:** 1 571 Patricia Gallagher W70 WMAA 3:16.89 (**BRITISH RECORD**); 2 572 Iris Hornsey W73 EVAC 3:42.44;



Pat Gallagher
back in the
record book
again (TP)

W75: 1 577 Kathleen Stewart W76 NEMAA 3:42.09; 2 578 Betty Stracey W76 EVAC 4:06.50; **W80:** 1 579 Anne Martin W80 EVAC 4:15.26 (**BRITISH RECORD**); **M35:** 1 6 Aaron Brown M35 OPEN 2:00.87; 2 26 James Moroney M35 MMAC 2:01.18; 3 41 Paul Waroquier M39 FRANCE 2:01.48; 4 21 Jevgeni Judin M37 SWVAC 2:04.11; 5 22 Dean Kane M36 SVHC 2:11.74; **M40:** 1 83 Mike Toal M44 NMAC 2:05.60; 2 87 Scott West M40 MMAC 2:09.90; **M45:** 1 119 Cathal McLaughlin M48 NIMAA 2:07.87; 2 91 Nick Andrews M45 OPEN 2:10.53; 3 112 Craig Johnston M48 SVHC 2:12.51; 4 131 David Shortridge M45 SCVAC 2:28.07; **M50:** 1 168 Gary Ironmonger M54 VAC 2:14.10; 2 145 Rob Andrew M52 MMAC 2:14.34; 3 144 Simon Anderson M52 SWVAC 2:14.57; 4 191 Tony Roberts M50 EVAC 2:15.85; 5 179 Kevin McAlinden M51 EVAC 2:16.24; 6 182 Patrick O'Connor M51 NMAC 2:17.18; 7 591 Michael Scott M51 EVAC 2:17.37; **M55:** 1 275 Richard White M56 MMAC 2:16.80; 2 2 214 Robert Bigger M58 NIMAA 2:18.19; 3 253 Jonathan Metcalf M56 EVAC 2:19.63; 4 262 Kevin Pye M56 MMAC 2:20.06; 5 235 Rob Fox M56 MMAC 2:21.67; 6 255 Peter Mountain M58 SWVAC 2:22.75; 7 227 John Donaldson M57 EVAC 2:23.73; 8 218 Geoffrey Brewster M57 EVAC 2:26.02; 9 267 Brian Slaughter M58 VAC 2:27.16; 10 271 Steven Taylor M57 NMAC 2:28.74; 11 248 Michael Lewis M56 MMAC 2:31.00; 12 243 Karl Hick M56 MMAC 2:34.68; 13 225 Austin Davies M57 WMAA 2:43.23; **M60:** 1 312 David Wilcox M62 SCVAC 2:18.46; 2 289 Kevin Dillon M61 NMAC 3:26.67; **M65:** 1 339 Ian Snow M65 SWVAC 2:36.05; 2 340 David Spencer M66 SCVAC 2:47.36; 3 326 Bruce Hendrie M67 MMAC 2:51.14; 4 318 Peter Duhig M66 EVAC 2:54.09; 5 319 Lawrie Dunn M69 MMAC 2:57.14; **M70:** 1 373 Rod Scholes M71 NMAC 2:40.78; 2 357 Peter Giles M71 VAC 2:46.09; 3 362 John Horton M71 SWVAC 2:46.94; 4 353 Albert Eland M70 NMAC 2:51.21; 5 376 Richard Somers M71 VAC 2:54.50; **M75:** 1 391 John Newcombe M77 NMAC 2:49.00; 2 383 John Batchelor M75 VAC 2:51.35; 3 390

Rodney Mills M79 NMAC 3:19.27; **M85:** 406 Eric Shirley M86 VAC 4:05.38 (**BRITISH RECORD**);



Dave Wilcox
Warms up for
Portland (TP)

W35: 1 424 Joanne Locker W39 VAC 4:47.47; 2 435 Katherine Wellam W36 NMAC 5:04.48; 3 418 Jacqueline Etherington W37 SVHC 5:09.62; 4 433 Claire Thompson W39 SVHC 5:15.43; **W40:** 1 453 Nikki Sturzaker W42 VAC 5:13.88; 2 438 Emma Brearley W41 WMAA 6:22.83; **W45:** 468 Bernadine Pritchett W49 VAC 5:00.71; **W50:** 1 485 Lucy Elliott W50 SWVAC 4:43.01; 2 504 Lisa Webb W50 VAC 5:05.84; 3 478 Christine Anthony W53 EVAC 5:11.47; 4 497 Jane Pidgeon W52 MMAC 5:27.01; **W55:** 1 535 Susie Tawney W56 MMAC 5:46.27; 2 522 Louise Jeffries W56 SWVAC 5:46.67; 3 538 Hilary West W58 NMAC 6:13.17; **W60:** 1 545 Joan Howe W60 NMAC 6:01.83; 2 551 Andrea Sanders-Reece W60 VAC 6:08.35; **W65:** 1 560 Nancy Hitchmough W65 MMAC 5:53.23; 2 562 Sue James W65 SCVAC 6:53.96; **W70:** 1 571 Patricia Gallagher W70 WMAA 6:47.79; 2 572 Iris Hornsey W73 EVAC 7:33.52; **W75:** 578 Betty Stracey W76 EVAC 8:14.41; **W80:** 579 Anne Martin W80 EVAC 8:27.25 (**BRITISH RECORD**); **M35:** 1 6 Aaron Brown M35 OPEN 4:10.03; 2 20 Mohammed Ismail M35 VAC 4:12.36; 3 2 Joe Ashley M37 SCVAC 4:26.11; 4 34 Alan Robertson M38 NMAC 4:27.88; 5 22 Dean Kane M36 SVHC 4:28.39; **M40:** 1 87 Scott West M40 MMAC 4:19.24; 2 77 Nick Shasha M41 EVAC 4:21.83; 3 51 Lloyd Collier M43 VAC 4:37.52; 4 55 Darryl Coulter M44 NIMAA 5:16.57; **M45:** 1 119 Cathal McLaughlin M48 NIMAA 4:20.19; 2 122 Andrew Mitchell M46 VAC 4:23.98; 3 112 Craig Johnston M48 SVHC 4:35.60; **M50:** 1 144 Simon Anderson M52 SWVAC 4:21.28; 2 151 Guy Bracken M54 NEMAA 4:22.32; 3 202 Tony Tuohy M53 VAC 4:35.62; 4 190 Steve Roberts M51 VAC 4:41.87; 5 147 Mark Ashby M53 SCVAC 5:11.59; **M55:** 1 214 Robert Bigger M58 NIMAA 4:49.30; 2 235 Rob Fox M56 MMAC 4:50.50; 3 271 Steven Taylor M57 NMAC 5:04.66; 4 216 David Bowker M57 EVAC 5:05.08; 5 234 David Foley M58 SCVAC 5:07.87; 6 258 Colin Oxlade M57 SCVAC 5:35.56; **M60:** 1 312 David Wilcox M62 SCVAC 4:46.31; 2 303 David Oxland M64 MMAC 4:55.79; 3 301 Alan Newman

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Jo
Locker
(TP)

M62 SCVAC 5:30.12; **M65:** 1 339 Ian Snow M65 SWVAC 5:25.83; 2 332 Michael Mann M67 VAC 5:28.97; 3 324 Peter Hamilton M68 SCVAC 5:40.57; 4 318 Peter Duhig M66 EVAC 6:11.33; **M70:** 1 357 Peter Giles M71 VAC 5:32.32; 2 362 John Horton M71 SWVAC 5:46.61; 3 348 Phil Brennan M73 MMAC 6:08.02; **M75:** 1 383 John Batchelor M75 VAC 5:49.93; 2 390 Rodney Mills M79 NMAC 7:01.29;

3000:

W35: 1 409 Samantha Amend W36 VAC 10:13.87; 2 430 Lucy Robinson W35 NEMAA 10:16.39 3 424 Joanne Locker W39 VAC 10:19.05 4 418 Jacqueline Etherington W37 SVHC 11:14.38 ; **W40:** 452 Steph Spencer W43 MMAC 11:26.33; **W45:** 1 468 Bernadine Pritchett W49 VAC 11:08.31; 2 460 Lynne Champion W47 SCVAC 11:42.15; **W50:** 1 485 Lucy Elliott W50 SWVAC 10:08.43; 2 497 Jane Pidgeon W52 MMAC 11:24.34; **W55:** 535 Susie Tawney W56 MMAC 11:58.58; **W60:** 545 Joan Howe W60 NMAC 13:00.09; **M35:** 1 6 Aaron Brown M35 OPEN 9:19.40; 2 22 Dean Kane M36 SVHC 9:48.15; 3 18 Robert Hawse M37 NMAC 9:53.52; **M40:** 1 87 Scott West M40 MMAC 9:19.91; 2 61 Jon Hamblen M41 VAC 9:25.22; 3 65 Nick Jacobs M44 SCVAC 9:39.17; **M45:** 1 136 Darren Symes M47 SCVAC 9:23.76; 2 113 Ian Johnston M48 SVHC 9:34.58; 3 105 Paul Gaylor M47 SCVAC 9:46.26; 4 100 Mark Champion M48 SCVAC 10:11.06; **M50:** 1 144 Simon Anderson M52 SWVAC 9:41.80; 2 202 Tony Tuohy M53 VAC 9:48.52; **M55:** 1 235 Rob Fox M56 MMAC 10:31.59; 2 228 Steven Doxey M55 NMAC 11:05.16 3 258 Colin Oxlade M57 SCVAC 11:33.68 4 279 Ian Wright M59 MMAC 12:38.68; **M60:** 303 David Oxlade M64 MMAC 10:13.32; **M65:** 324 Peter Hamilton M68 SCVAC 12:06.18; **M70:** 373 Rod Scholes M71 NMAC 12:41.02; **M75:** 383 John Batchelor M75 VAC 12:25.91;

60H:

W35: 410 Samantha Bickley-Vaile W35 SCVAC 10.06; **W40:** 439 Sarah Burke W42 VAC 9.84; **W45:** 1 475 Amanda Wale W45 WMAA 10.28; 2 464 Dawn Jones W46 EVAC 10.90; **W50:** 481 Jacquelyn Brett W50 SWVAC 9.98; **W55:** 1 518 Susan Frisby W55 MMAC 9.89 (**EUROPEAN RECORD**); 2 520 Jane Horder W59 MMAC 10.13; 3 512 Mary Barrett W57 IRELAND 11.62; 4 511 Hazel Barker W56 NMAC 13.97; **W60:** 539 Lyn Ahmet W63 SCVAC 13.73; **W65:** 1 564 Emily McMahon W65 EVAC 11.46 (**BRITISH RECORD**); 2 559 Sally Hine W66 MMAC 11.55; 3 558 Jean Fail W66 SWVAC 12.87; **M35:** 1 14 Mensah Elliott M39 SCVAC 8.03 2 10 Liam Collins M37 NEMAA 8.05 3 27 Clint Nicholls M37 EVAC 8.97 4 33 Ashley Pritchard M36 NMAC

9.12 5 11 Matthew Dalton M35 EVAC 9.38; **M40:** 1 56 Peter Davey M42 SCVAC 9.19; 2 46 Stephen Bass M43 EVAC 10.87; **M45:** 1 117 Andy Lewis M48 SCVAC 8.86; 2 109 Glenn Gray M47 SCVAC 9.40; 3 126 David Pearson M48 SWVAC 10.23; 4 93 Darran Askew M45 NMAC 10.76 ; **M50:** 1 152 Donald Brown M52 MMAC 9.16; 2 201 Neil Tunstall M54 SWVAC 9.32; 3 188 Glen Reddington M53 SCVAC 9.55; 4 204 Nicholas Walker M52 SWVAC 10.75; 5 154 Richard Christian M51 SCVAC 11.07; 6 172 Tony Killilea M52 VAC 11.57; 7 205 Derek Warn M50 SCVAC 11.74; **M55:** 251 John Mayor M57 EVAC 9.40 ; **M60:** 1 314 Ian Willoughby M62 MMAC 9.94; 2 308 Rashpal Singh M63 MMAC 12.20; **M65:** 320 Adrian Essex M65 SCVAC 11.22; **M70:** 1 354 Barry Ferguson M74 VAC NT; 2 367 John MacDermott M72 IRELAND 11.41; **M80:** 396 Tony Bowman M80 NMAC 10.86 (**WORLD RECORD**);

HJ:

W35: 411 Maria Chacon W38 ESP 1.40; **W40:** 1 436 Ayamba Akim W43 VAC 1.60; 2 449 Diana Norman W41 SCVAC 1.57; 3 441 Claudia Cabbage W43 SCVAC 1.40; 4 454 Kirsty Tanner W42 SCVAC 1.30; 5 446 Kate Maryon W44 SCVAC 1.25; **W50:** 1 487 Melanie Garland W53 WMAA 1.27; 2 502 Marise Taylor W52 MMAC 1.18; **W55:** 1 517 Teresa Eades W57 SCVAC 1.27; 2 515 Gaye Clarke W55 EVAC 1.27; **W60:** 557 Sue Yeomans W62 SCVAC 1.24; **W65:** 1 559 Sally Hine W66 MMAC 1.09; 2 565 Patricia Oakes W69 WMAA 1.03; **M35:** 1 27 Clint Nicholls M37 EVAC 1.75; 2 12 James Danobrega M39 EVAC 1.55; **M40:** 1 86 Gintaras Varanauskas M43 LTU 1.80; 2 67 Alwyn Lombaard M41 VAC 1.75; 3 59 Andrew England M43 NMAC 1.70; **M45:** 1 129 Matthew Reece M47 MMAC 1.65; 2 90 Ian Allen M49 SWVAC 1.65; 3 126 David Pearson M48 SWVAC 1.50; **M50:** 1 178 Steve Linsell M52 NMAC 1.65; 2 185 Richard Phelan M54 EVAC 1.50; 3 189 Mark Roach M50 SWVAC 1.50; **M55:** 1 221 Gary Capon M55 SCVAC 1.58; 2 251 John Mayor M57 EVAC 1.50; 3 217 Malcolm Bramhall M57 EVAC 1.40; 4 240 Colin Hague M59 SWVAC 1.30; **M60:** 1 281 Paul Askew M61 MMAC 1.41; 2 310 Duncan Talbot M62 SCVAC 1.41; 3 295 Clem Leon M60 SCVAC 1.38; 4 285 David Blunt M62 VAC 1.30; **M65:** 1 321 Stephen Faulkner M65 SWVAC 1.39; 2 320 Adrian Essex M65 SCVAC 1.21; **M70:** 1 368 Trevor Madigan M71 SVHC 1.30; 2 371 Jim O'Shea M73 IRELAND 1.27; 3 382 Edward Wagner M70 NMAC 1.21; **M75:** 384 Roger Bruck M76 SCVAC 1.24;

PV:

W35: 1 417 Jemma Eastwood W37 EVAC 3.10; 2 423 Patrycja Krawczyk W36 POL 2.80 ; 428 Tina Quinlivan W38 EVAC 2.80; **W40:** 441 Claudia Cabbage W43 SCVAC 2.60; **W50:** 496 Jacqueline Montgomery W51 SCVAC 2.70; **W60:** 1 557 Sue Yeomans W62 SCVAC 2.80; 2 541 Sue Dassie W63 SCVAC 2.10; **M35:** 1 30 Ian Parkinson M37 SCVAC 4.30; 2 16 Gavin Fordham M37 EVAC 4.00; 3 25 Joe McGrath M36 EVAC 3.00m; **M40:** 1 70 Chris Mills M40 SCVAC Johnson M51 NMAC 4.20; 2 187 Glyn Price M50 WMAA 3.804.20; 3 185 Richard Phelan M54 EVAC 3.10; 4 204 Nicholas Walker M52 SWVAC 2.90; 5 157 Alan Easey M52 VAC 2.80; **M55:** 1 247 Allan Leiper M55 SCVAC 3.20; 2 238 Kelvin Grundy M57 NMAC 2.90; 3 267 Brian Slaughter M58 VAC 2.80; **M60:** 1 313 Allan Williams M62 SCVAC 3.40; 2 285 David Blunt M62 VAC 3.20; **M65:** 320 Adrian Essex M65 SCVAC 2.10; **M70:** 1 347 John Bradley M72 MMAC 2.20; 2 359 Brian Harlick M73 SCVAC 1.70m;



Mark Johnson (TP)

LJ:

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Iris
Holder
with
Dorothy
Fraser
(TP)

W35: 1 420 Joanne Frost W37 WMAA 5.48; 2 412 Anna Ciolek W36 WMAA 4.45; **W40:** 454 Kirsty Tanner W42 SCVAC 3.90; **W45:** 467 Margaret Pope W45 VAC 4.22; **W50:** 1 507 Jo Willoughby W52 MMAC 4.49; 2 487 Melanie Garland W53 WMAA 4.16; 3 506 Lesley Willis W54 MMAC 3.74; 4 502 Marise Taylor W52 MMAC 3.35; **W55:** 1 526 Averil McClelland W57 NMAC 4.34; 2 517 Teresa Eades W57 SCVAC 4.08; 3 536 Denise Timmis W55 EVAC 3.97; 4 515 Gaye Clarke W55 EVAC 3.87; 5 533 Clare St John-Coleman W55 WMAA 3.75; 6 519 Janice Hardcastle W56 EVAC 3.61; 7 537 Julie Wakelam W57 MMAC 3.46; 8 534 Tessa Stephenson W55 EVAC 3.34; **W60:** 1 557 Sue Yeomans W62 SCVAC 3.56; 2 539 Lyn Ahmet W63 SCVAC 3.27; **W65:** 1 569 Moira West W66 SCVAC 3.65; 2 559 Sally Hine W66 MMAC 3.14; 3 565 Patricia Oakes W69 WMAA 2.83; 4 566 Linda Oxlade W65 SCVAC 1.93; **W75:** 575 Iris Holder W75 WMAA 3.14; **M35:** 1 36 Craig Sowerby M35 NMAC 6.01; 2 27 Clint Nicholls M37 EVAC 5.82; 3 23 Stephen Leek M35 SVHC 5.65; **M40:** 1 47 Samuel Bobb M40 SCVAC 6.02; 2 66 Stephen Lake M43 SCVAC 5.17; 3 46 Stephen Bass M43 EVAC 4.65; 4 60 Paul Evans M40 WMAA 3.48; **M45:** 1 116 Mark Lawrence M45 MMAC 6.10; 2 117 Andy Lewis M48 SCVAC 5.98; 3 118 Neil Lincoln M45 SCVAC 5.91; 4 123 John Munroe M47 SCVAC 5.55; 5 90 Ian Allen M49 SWVAC 5.51; 6 133 Gary Smith M45 EVAC 5.23; 7 126 David Pearson M48 SWVAC 4.96; 8 130 Phil Rogers M46 SCVAC 4.79; 9 114 Jeremy Kevern M46 SWVAC 4.43; **M50:** 1 160 Julien Gittens M54 NMAC 5.30; 2 157 Alan Easey M52 VAC 5.03; 3 183 Wole Odele M51 SCVAC 4.92; 4 184 Keith Palmer M51 EVAC 4.77; 5 175 David Lane M51 EVAC 4.53; 6 205 Derek Warn M50 SCVAC 4.52; 7 172 Tony Killilea M52 VAC 4.36; **M55:** 1 212 John Barratt M55 NMAC 5.23; 2 251 John Mayor M57 EVAC 5.07; 3 278 Ian Worrall M57 MMAC 4.51; 4 273 Trevor Wade M59 SCVAC 4.41; **M60:** 1 285 David Blunt M62 VAC 4.49; 2 302 Paul Oakes M62 EVAC 4.45; 3 308 Rashpal Singh M63 MMAC 4.36; 4 295 Clem Leon M60 SCVAC 4.17; 5 299 Peter Morgan M60 VAC 3.79; **M65:** 1 321 Stephen Faulkner M65 SWVAC 4.23; 2 319 Lawrie Dunn M69 MMAC 4.01; 3 335 Patrick Reynolds M65 IRELAND 3.10; **M70:** 1 366 Allan Long M73 VAC 4.08; 2 375 James Smith M71 SVHC 4.07; 3 371 Jim O'Shea M73 IRELAND 4.01; 4 368 Trevor Madigan M71 SVHC 3.94; 5 352 Peter Daw M71 SWVAC 3.38; **M75:** 1 384 Roger Bruck M76 SCVAC 3.27; 2 389 Padraic Maye M75 IRL 3.24; **M80:** 401 Gerald Wilkinson M81 VAC 2.91;

TJ:

W35 412 Anna Ciolek W36 WMAA 9.59; **W40** 454 Kirsty Tanner W42 SCVAC 8.12; **W45:** 459 Jackie Breslin W47 SCVAC 7.38; **W50** 1 507 Jo Willoughby W52 MMAC 9.97; 2 487 Melanie Garland W53 WMAA 8.70; **W55:** 1 517 Teresa Eades W57 SCVAC 8.83; 2 533 Clare St John-Coleman W55 WMAA 7.94; 3 519 Janice Hardcastle W56 EVAC 7.78; 4 527 Lucy Moore-Fox W58 IRL 7.62; 5 537 Julie Wakelam W57 MMAC 7.53; **W60** 1 539 Lyn Ahmet W63 SCVAC 7.46; **W65:** 1 565 Patricia Oakes W69 WMAA 6.16; 2 566 Linda Oxlade W65 SCVAC 4.41; **W75:** 575 Iris Holder W75 WMAA 6.81m (**BRITISH RECORD**); **M35** 23 Stephen Leek M35 SVHC 10.50; **M40:** 1 66 Stephen Lake M43 SCVAC 11.21; 2 45 Ben Anderson M40 SCVAC 11.07; **M45:** 1 124 Keith Newton M47 SCVAC 11.97; 2 118 Neil Lincoln M45 SCVAC 11.27; 3 128 Ben Radcliffe M46 SCVAC 11.20; 4 107 Leeroy Golding M48 NMAC 10.10; **M50:** 1 160 Julien Gittens M54

NMAC 11.78; 2 178 Steve Linsell M52 NMAC 10.88; 3 206 Clifford Warren M54 VAC 10.35; 4 185 Richard Phelan M54 EVAC 10.24; 5 175 David Lane M51 EVAC 9.28; **M55:** 1 212 John Barratt M55 NMAC 10.91; 2 230 Albert Earle M58 MMAC 10.84; 3 266 David Shields M55 WMAA 9.30; **M60:** 314 Ian Willoughby M62 MMAC 8.63; **M65:** 335 Patrick Reynolds M65 IRELAND 6.68; **M75:** 1 392 Pinchas Shechter M75 ISR 8.89; 2 389 Padraic Maye M75 IRL 7.13; **M80:** 399 Colin Sheppard M81 VAC 4.34;

SP:

W35 1 432 Fiona Thomas W37 NMAC 10.83; 2 422 Nene Harrison W35 OPEN 9.95; **W40:** 1 449 Diana Norman W41 SCVAC 10.54; 2 441 Claudia Cabbage W43 SCVAC 9.35; 3 455 Leanne Taylor W41 WMAA 8.96; 4 445 Nicola Long W41 MMAC 5.86; **W45:** 1 465 Sue Lawrence W45 SCVAC 9.18; 2 471 Lesley Richardson W46 SCVAC 6.65; **W50:** 1 481 Jacquelyn Brett W50 SWVAC 10.51; 2 508 Julie Wilson W53 SCVAC 10.23; 3 492 Karen Llewellyn W52 WMAA 9.25m 4 500 Janet Smith W51 SCVAC 8.99; **W55:** 1 512 Mary Barrett W57 IRL 10.83; 2 514 Claire Cameron W57 SVHC 9.30; 3 518 Susan Frisby W55 MMAC 8.84; 4 534 Tessa Stephenson W55 EVAC 8.36; 5 511 Hazel Barker W56 NMAC 8.23; 6 527 Lucy Moore-Fox W58 IRL 8.19; 7 516 Wendy Dunsford W55 EVAC 7.35; 8 528 Angela Morgan W57 SCVAC 7.25; 9 530 Brenda Russell W57 EVAC 6.24; **W60:** 1 554 Vilma Thompson W64 SCVAC 9.85; 2 541 Sue Dassie W63 SCVAC 7.91; 3 546 Barbara Macanas W62 SCVAC 6.64; 4 553 Stephanie Stamp W63 EVAC 6.43; **W70:** 573 Liz Sissons W71 SCVAC 8.45; **M35:** 1 39 Stuart Thurgood M39 EVAC 11.24; 2 16 Gavin Fordham M37 EVAC 11.03; 3 33 Ashley Pritchard M36 NMAC 9.93; 4 12 James Danobrega M39 EVAC 9.77; 5 27 Clint Nicholls M37 EVAC 9.44; **M40:** 1 57 Andrew Dawkins M41 OPEN 14.15; 2 85 Daniel Upton M40 NMAC 11.59; 3 44 Simon Achurch M41 EVAC 11.57; **M45:** 1 102 Gintas Degutis M45 LTU 15.43; 2 143 Mark Wiseman M47 SCVAC 13.55; 3 140 John Twiddle M47 NMAC 12.12; 4 93 Darran Askew M45 NMAC 11.25; 5 103 Peter Evans M47 VAC 10.11; 6 106 David Glendower M48 WMAA 7.02; **M50:** 1 208 Stephen Whyte M51 EVAC 14.50; 2 199 Anthony Tipping M54 SCVAC 13.67; 3 192 Stuart Ryan M53 NEMAA 13.47; 4 153 David Burrell M51 EVAC 12.62; 5 156 Renzo Di Libero M54 VAC 11.69; 6 203 Andrew Turner M52 WMAA 11.23; 7 159 James Gillespie M53 EVAC 9.08; **M55:** 1 247 Allan Leipmer M55 SCVAC 12.20; 2 254 John Moreland M57 MMAC 11.92; 3 241 Michael Hausler M56 GERMANY 11.75; 4 233 John Fenton M59 SCVAC 11.03; 5 242 Peter Hewkin M57 OPEN 10.34; 6 261 Glyn Pugh M55 WMAA 10.21; 7 276 Peter Wishart M55 VAC 9.05; 8 215 John Birkett M59 NMAC 8.93; 9 210 Alex Ahmet M57 SCVAC 8.92; **M60:** 1 309 Trevor Straker M63 NEMAA 12.15; 2 302 Paul Oakes M62 EVAC 11.26; 3 304 Graeme Packman M61 EVAC 10.06; 4 287 Jim Burke M60 EVAC 9.12; **M65:** 1 323 Neil Griffin M67 SCVAC 12.72; 2 341 Geoff Tyler M67 EVAC 11.96; 3 337 Tony Richards M66 VAC 11.42; 4 325 Barry Hawksworth M69 MMAC 10.57; 5 334 Bill Renshaw M66 MMAC 9.40; **M70:** 1 360 Mike Hazlewood M70 NMAC 11.30; 2 364 Richard Jegou M71 MMAC 10.28; 3 374 James Sloan M74 NMAC 9.34; 4 382 Edward Wagner M70 NMAC 9.15; 5 356 John Gilbert M72 SCVAC 8.75; 6 365 David Kuester M71 MMAC 8.27; 7 359 Brian Harlick M73 SCVAC 8.19; **M75:** 1 394 John Watts M76 NMAC 11.27 (**BRITISH RECORD**); 2 388 Bill Legg M76 SWVAC 10.09; 3 392 Pinchas Shechter M75 ISR 9.45; 4 395 Brian Webb M79 WMAA 7.02; **M80:** 1 397 Ian Miller M81 EVAC 9.34; 2 400 Clifford Taylor M83 VAC 8.38; **M85:** 1 405 John Kirkham M87 VAC 6.58; 2 404 James Farrar M87 NMAC 4.68;

DT:

W40: 1 443 Andrea Jenkins W40 EVAC 36.33; 2 441 Claudia Cabbage W43 SCVAC 23.38; **W45:** 465 Sue Lawrence W45 SCVAC 29.99; **W50:** 1 508 Julie Wilson W53 SCVAC 30.55; 2 492 Karen Llewellyn W52 WMAA 21.08; 3 488 Oriana Johnson W54 EVAC 17.11; **W55:** 1 514 Claire Cameron W57 SVHC 27.03; 2 531 Deborah Singleton W57 VAC 22.89; 3 516 Wendy Dunsford W55 EVAC 20.70; **W60:** 1 546 Barbara Macanas W62 SCVAC 18.19; 2 541 Sue Dassie W63 SCVAC 17.02; **W70:** 573 Liz Sissons W71 SCVAC 18.14; **M35:** 33 Ashley Pritchard M36 NMAC 34.89; **M40:** 1 69 Peter Mayfield M40 SCVAC 32.82; 2 85 Daniel Upton M40 NMAC 32.17; **M45:** 1 143 Mark Wiseman M47 SCVAC 47.83; 2 93 Darran Askew M45 NMAC 35.00; 3 140 John Twiddle M47 NMAC 33.32; 4 103 Peter Evans M47 VAC 31.22; 5 107 Leeroy Golding M48 NMAC 28.75; 6 106 David

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Glendower M48 WMAA 20.80; **M50**: 1 192 Stuart Ryan M53 NEMAA 39.08; 2 153 David Burrell M51 EVAC 39.06; 3 203 Andrew Turner M52 WMAA 35.87; 4 204 Nicholas Walker M52 SWVAC 34.78; 5 159 James Gillespie M53 EVAC 26.87; **M55**: 1 254 John Moreland M57 MMAC 44.41; 2 260 Chris Privett M56 VAC 38.48; 3 213 Nick Barton M56 SCVAC 37.84; 4 241 Michael Hausler M56 GER 34.27; 5 276 Peter Wishart M55 VAC 29.55; 6 242 Peter Hewkin M57 OPEN 28.23; 7 210 Alex Ahmet M57 SCVAC 23.48; **M60**: 1 309 Trevor Straker M63 NEMAA 35.39; 2 304 Graeme Packman M61 EVAC 34.95; 3 302 Paul Oakes M62 EVAC 33.49; 4 300 Timothy Needham M63 EVAC 32.38; 5 287 Jim Burke M60 EVAC 30.40; **M65**: 1 322 Michael Ferne M68 SCVAC 41.71; 2 325 Barry Hawsworth M69 MMAC 39.86; 3 341 Geoff Tyler M67 EVAC 38.59; 4 337 Tony Richards M66 VAC 38.05; 5 334 Bill Renshaw M66 MMAC 35.51; 6 335 Patrick Reynolds M65 IRELAND 18.72; **M70**: 1 360 Mike Hazlewood M70 NMAC 37.80; 2 374 James Sloan M74 NMAC 29.03; 3 365 David Kuester M71 MMAC 28.90; 4 356 John Gilbert M72 SCVAC 28.43; 5 364 Richard Jegou M71 MMAC 28.34; 6 359 Brian Harlick M73 SCVAC 23.61; 7 381 Richard Turner M74 OPEN 23.16; **M75**: 395 Brian Webb M79 WMAA 17.29; **M85**: 404 James Farrar M87 NMAC 11.94;

HT:

W35: 421 Tracey Gould W39 VAC 35.44; **W40**: 1 443 Andrea Jenkins W40 EVAC 46.62; 2 455 Leanne Taylor W41 WMAA 35.78; 3 445 Nicola Long W41 MMAC 22.27; **W45**: 1 466 Barbara Norris W49 SUI 41.69; 2 465 Sue Lawrence W45 SCVAC 31.43; **W50**: 1 500 Janet Smith W51 SCVAC 41.24; 2 493 Marion Loveridge W53 MMAC 40.17; 3 508 Julie Wilson W53 SCVAC 35.01; 4 481 Jacquelyn Brett W50 SWVAC 34.23; 5 505 Kim Weir W54 VAC 32.96; 6 492 Karen Llewellyn W52 WMAA 30.83; **W55**: 1 523 Karen Jones W55 SWVAC 32.12; 2 516 Wendy Dunsford W55 EVAC 29.02; 3 537 Julie Wakelam W57 MMAC 28.30; 4 528 Angela Morgan W57 SCVAC 27.79; 5 514 Claire Cameron W57 SVHC 26.24; 6 530 Brenda Russell W57 EVAC 25.69; 7 527 Lucy Moore-Fox W58 IRL 22.65; **W60**: 1 554 Vilma Thompson W64 SCVAC 28.69; 2 546 Barbara Macanas W62 SCVAC 24.13; 3 553 Stephanie Stamp W63 EVAC 19.54; **W65**: 1 561 Rosemary Hutton W68 SWVAC 25.51; 2 567 Linda Ridsdale W67 NMAC 23.35; **W70**: 573 Liz Sissons W71 SCVAC 24.72; **W80**: 579 Anne Martin W80 EVAC 23.21; **M35**: 1 39 Stuart Thurgood M39 EVAC 52.21m **M40**: 1 44 Simon Achurch M41 EVAC 41.09m 2 85 Daniel Upton M40 NMAC 23.71m; **M45**: 1 143 Mark Wiseman M47 SCVAC 43.18m 2 140 John Twiddle M47 NMAC 39.32m 3 106 David Glendower M48 WMAA 21.97m; **M50**: 1 208 Stephen Whyte M51 EVAC 57.89m 2 195 Phillip Spivey M54 SCVAC 56.81m 3 153 David Burrell M51 EVAC 44.04m 4 199 Anthony Tipping M54 SCVAC 41.49m 5 204 Nicholas Walker M52 SWVAC 30.05m; **M55**: 1 219 Robert Broadbridge M56 SWVAC 44.43m 2 260 Chris Privett M56 VAC 43.22m 3 236 Darren Gibson M55 NMAC 41.00m 4 254 John Moreland M57 MMAC 39.55; 5 261 Glyn Pugh M55 WMAA 34.72; 6 223 Ian Cooley M58 NMAC 32.63; 7 276 Peter Wishart M55 VAC 25.97; 8 210 Alex Ahmet M57 SCVAC 20.45; **M60**: 1 290 Malcolm Fenton M60 EVAC 50.77; 2 311 Clive Thomson M64 SCVAC 36.19; 3 293 Clive Howell M62 MMAC 35.87; 4 302 Paul Oakes M62 EVAC 35.39; 5 287 Jim Burke M60 EVAC 31.48; 6 300 Timothy Needham M63 EVAC 27.93; **M65**: 1 325 Barry Hawsworth M69 MMAC 43.38; 2 334 Bill Renshaw M66 MMAC 31.70; **M70**: 1 360 Mike Hazlewood M70 NMAC 42.23; 2 356 John Gilbert M72 SCVAC 32.57; 3 365 David Kuester M71 MMAC 30.48; 4 369 Christopher Melliush M71 SCVAC 30.09; 5 364 Richard Jegou M71 MMAC 28.82; 6 359 Brian Harlick M73 SCVAC 26.65; 7 381 Richard Turner M74 OPEN 25.87; **M75**: 386 Jack Kee M76 EVAC 35.17; **M85**: 405 John Kirkham M87 VAC 19.63;

JT:

W40: 449 Diana Norman W41 SCVAC 32.20; **W45**: 467 Margaret Pope W45 VAC 26.27; **W50**: 492 Karen Llewellyn W52 WMAA 19.43; **W55**: 537 Julie Wakelam W57 MMAC 20.64; **W60**: 546 Barbara Macanas W62 SCVAC 13.47; **W70**: 573 Liz Sissons W71 SCVAC 20.09; **M35**: 1 33 Ashley Pritchard M36 NMAC 39.55; 2 23 Stephen Leek M35 SVHC 37.85; 3 40 Darren Towart M38 NEMAA 36.68; 4 24 Stuart Leek M38 EVAC 28.00; **M40**: 69 Peter Mayfield M40 SCVAC 39.34; **M45**: 1 96 Andrew Bruce M45 SVHC 39.08; 2 103 Peter Evans M47 VAC 37.38; 3 111 David Hunt M48 VAC 34.81; **M50**: 1 192 Stuart Ryan M53 NEMAA 47.04; 2 153 David Burrell M51 EVAC 38.94; 3 204 Nicholas Walker M52 SWVAC 37.15; **M55**: 1 241 Michael Hausler M56

GER 37.05; 2 265 Keith Seldon M58 VAC 35.26; 3 213 Nick Barton M56 SCVAC 33.64; 4 242 Peter Hewkin M57 OPEN 25.14; 5 210 Alex Ahmet M57 SCVAC 24.04; **M60**: 1 284 Mike Bennett M64 SCVAC 36.92; 2 302 Paul Oakes M62 EVAC 33.94; 3 287 Jim Burke M60 EVAC 19.91; **M65**: 1 325 Barry Hawsworth M69 MMAC 33.29; 2 335 Patrick Reynolds M65 IRL 14.75; **M70**: 1 350 Duncan Chappell M72 SWVAC 36.56; 2 360 Mike Hazlewood M70 NMAC 36.28; 3 365 David Kuester M71 MMAC 27.80; 4 352 Peter Daw M71 SWVAC 27.65; 5 356 John Gilbert M72 SCVAC 24.04; 6 359 Brian Harlick M73 SCVAC 19.27; **M75**: 395 Brian Webb M79 WMAA 17.77; **M80**: 400 Clifford Taylor M83 VAC 17.87;

WT:

W35: Tracey Gould W39 VAC 9.79; **W40**: 1 Andrea Jenkins W40 EVAC 14.17; 2 Leanne Taylor WMAA 11.22; 3 Cath Alford W43 WMAA 9.76; **W45**: 1 Barbara Norris SUI 12.83; **W50**: 1 Janet Smith SCVAC 14.15; 2 Julie Wilson SCVAC 12.15; 3 Karen Llewellyn WMAA 9.78; 4 Kim Weir VAC 9.65; **W55**: 1 Lucy Moore-Fox IRL 9.79; 2 Claire Cameron SVHC 9.72; 3 Karen Jones SWVAC 9.34; 4 Wendy Dunsford EVAC 9.06; 5 Brenda Russell EVAC 8.79; 6 Angela Morgan SCVAC 7.90; **W60**: 1 Vilma Thompson SCVAC 11.47; 2 Sue Dassie SCVAC 10.26; 3 Barbara Macanas SCVAC 9.38; **W65**: 1 Rosemary Hutton SWVAC 9.74; 2 Linda Ridsdale W67 NMAC 9.46; 3 Linda Oxlade SCVAC 7.06; **W70**: Liz Sissons W71 SCVAC 8.92; **W80**: 579 Anne Martin W80 EVAC 8.57 (**BRITISH RECORD**); **M35**: 39 Stuart Thurgood M39 EVAC 15.30; **M40**: 1 Simon Achurch M41 EVAC 11.32; 2 Daniel Upton M40 NMAC 8.92; **M45**: 1 John Twiddle M47 NMAC 10.44; 2 David Glendower M48 WMAA 7.16; **M50**: 1 Stephen Whyte M51 EVAC 21.20 (**BRITISH RECORD**); 2 Phillip Spivey M54 SCVAC 20.09; 3 David Burrell M51 EVAC 15.25; 4 Anthony Tipping M54 SCVAC 14.78; 5 Andrew Turner M52 WMAA 12.85; 6 Nicholas Walker M52 SWVAC 12.52; 7 James Gillespie M53 EVAC 9.33; **M55**: 1 Robert Earle M55 EVAC 18.78; 2 Robert Broadbridge M56 SWVAC 16.20; 3 Chris Privett M56 VAC 15.77; 4 John Moreland M57 MMAC 14.71; 5 Glyn Pugh M55 WMAA 12.34; 6 Ian Cooley M58 NMAC 11.07; 7 Alex Ahmet M57 SCVAC 8.24; **M60**: 1 Malcolm Fenton EVAC 17.57; 2 Clive Howell MMAC 13.30; 3 Clive Thomson SCVAC 12.94; 4 Paul Oakes EVAC 12.56; 5 Jim Burke EVAC 11.87; **M65**: 1 Barry Hawsworth MMAC 15.90; 2 Bill Renshaw MMAC 11.62; **M70**: 1 Mike Hazlewood NMAC 15.42; 2 David Kuester MMAC 12.53; 3 Richard Jegou MMAC 11.56; 4 John Gilbert SCVAC 11.23; 5 Brian Harlick SCVAC 9.72; **M75**: Jack Kee EVAC 13.81; **M80**: Ian Miller EVAC 12.92; **M85**: John Kirkham VAC 7.90;

3000W:



Francisco Reis (TP)

M50: 1 Mark Williams MMAC 14:19.21; **M55**: 1 Francisco Reis SCVAC 13:57.94 (**BRITISH RECORD**); 2 Ian Torode SWVAC 20:46.52; **M60**: 1 Malcolm Martin SCVAC 15:46.26; **M65**: 1 Ian Richards VAC 15:00.39; 2 Peter Boszko MMAC 16:09.80; 3 Roger Michell MMAC 17:46.44; 4 David Kates VAC 18:56.00; **W35**: 1 Penelope Cummings SCVAC 16:39.86; 2 Carolyn Dyll MMAC 17:21.86; **W50**: 1 Angela Martin SCVAC 19:06.97; **W60**: Ann Wheeler MMAC 17:46.40; 2 Catherine Duhig EVAC 18:14.83; **M70**: 1 Colin Turner MMAC 16:44.61; 2 377 Ron Stewart NEMAA 24:33.94; **M75**: Arthur Thomson VAC 19:54.84; **M85**: James Farrar NMAC 28:24.33;

**BMAF OPEN CROSS
COUNTRY CHAMPIONSHIPS**

**March 13th 2016 (Bath
University)**

Words: Mel James

Pictures Jeremy Hemming

Following on from a winter of record rainfall and a night of further rain, our expectations of the ground conditions on arriving at Bath University were surprisingly much different to what we had first envisaged. The National Trust owned fields were surprisingly well drained with conditions good under foot, therefore providing some great cross country running. Although unavoidably clashing with other major events on the same day, our total entries were still very pleasing with over 200 signing up for the day's competition.

The first Race. All Women and Men 65+ (approx. 6k)



Bristol & West's Nicola Brookland took an early lead and maintained it unchallenged throughout the race to lead the field home and receive her 40+ Gold Medal. The second woman home was also a 40+, Coventry Godiva's Paula Richardson, travelling down on her birthday to compete. Third overall placer, Christine Lathwell (Stopsley Striders) did just enough to hold off challenger, Cirencester's Holly Tugwell by a mere 2 seconds to obtain her 35+ Gold medal, with Holly receiving Silver.

Jane Wassell from the Stroud & District club had a very good run finishing amongst her younger counterparts in 6th place overall to claim her 45+ Gold, with Northern

Ireland's Debbie Matchett representing the Ballydrain Harriers Club, just 20 seconds down, to receive her 45+ Silver. It was also 20 seconds that separated the 50+



**Race Winner
Nicola Brookland**

Women's age group, with Maureen McCarthy from the West Suffolk Club finishing in front of her club team mate Christine Anthony for her Gold Medal for a club 1-2. Amongst their female opposition the first of the 65+ men were finishing, with Des Michael (Barnet & Dist.) pursuing a close battle with Luton AC's Alan Dagleish, with Des eventually receiving the Gold.

It was worth Ruth Perioli (Lagan Valley) making the long trip over from Northern Ireland as she successfully took home the 55+ Gold Medal, with Tipton's Penelope Barber receiving the Silver. Maggie Statham was amongst the finishing younger age groups and was also battling with the men to obtain her 60+ age group Gold, the leading 70+ male, Geoff Newton (Tadworth) was in close attendance. Geoff securing his Gold from twice previous winner, Welshman Gordon Orme (Carmarthen)

The women's 65+ age group was once again contested with the friendly battle of the super vets Rugby's Angela Copson and Dulwich's Ros Tabor, with Angela taking the honours. Yuko Gordon (N Herts) was a close finisher for the Bronze Medal. David Moorekite led the 75+ men home with Exmouth's Ray Elston battling with Welshman Brian Gough (Pontypridd) for their Silver and Bronze. Brian just edging it for his Silver by a mere 3 seconds. Dot Fellows (Cannock) clearly led the 70+ women for her Gold Medal with Cambridge's Mary Holm taking home her 75+ Gold Medal. Scotland's Walter McCaskey

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contested with the North East's Ian Barnes all the way for the 80+ Medal's with Ian eventually earning the Gold.

The team medal results gave us a real headache on the day, mainly due to the (on the day) requests of down aging. These requests had to be manually calculated from the results and therefore prolonged the medal



**An amazing
25th overall
for Angela
Copson**

results and presentation. It also resulted in some provisional errors on the day and also a delay with some teams leaving without being presented with their medals. This situation is not acceptable and is an area that I have to review and correct for future championships.

Two of the women's sections produced some close contests for the medals. The closest of all was within the W45+ age group, where Brighton & Hove City AC triumphed for Gold by a mere one second over Bristol & West AC. On aggregate scoring it proves that every second counts!

Team Medallists. (First Race Women & Men 65+)

Women 35+

Gold: Westbury Harriers (K Hughes, V Tester and J Pymble) 1- 11-34; Silver: Les Croupiers R C. C Bruce, J Scholey and T Newman) 1- 26-39;

Women 45+

Gold: Brighton & Hove City AC (C Ulliott, J Taylor and G Nerurkar) 1- 15 -02; Silver: Bristol & West AC (C Jolliffe, S Everitt and L Comlek) 1- 15 -03; Bronze: Westbury Harriers (M Hobbs, J Stevenson and S Tucker) 1- 20 -39;

Women 55+

Gold: Westbury Harriers (S Masters, E Noonan and M Palmer) 1- 32 -34; Silver: Team Bath AC (K Butler, L Jeffries and J Rambridge) 1 -33 -39;

Men 65+

Gold: Stratford upon Avon AC (D Jones, R Wilson and P Brennan) 1 -18 -43; Silver: Exmouth Harriers (R Elston, M Keep and M Allen) 1 -37 -11;

Men 75 +

Gold: Prestatyn RC (J Hickman, D Hughes and R Harrison-Jones) 1 -39 -11;

The second Race. Men 35+ to 60+ (approx. 8k)



Thames Hare and Hound's Ben Reynolds showed his class, by leading the field of 100 competitors home, with Andrew Leach of the North Hertford Road Runners finishing just 9 second's down. These two athletes were amazingly both contesting the 50+ age groups, yet showing the rest of the field, (some of them up to 15 years younger) a clean pair of heels.

Sunderland's Kevin Jeffress was the first 35+ taking 3rd overall place. The battle behind them for 40+ Medals saw Les Croupiers Huw Evans take the Gold medal from

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Cheltenham's Marc Fellows, with Marc shadowing Huw throughout the race.

Gary Burnett (Charnwood) led home the 45+ men, in a very close contested age group. With only 12 seconds separating the 3 medallists. Andy Morgan Lee just clinching the Silver Medal from his Thames Hare and Hounds team mate Andy Weir by a mere 3 seconds.

Julian Critchlow (Watford Harriers) led home, current Welsh Champion Ifan Lloyd by 20 seconds for his Gold.

It was pleasing to see Brighton & Hove City's Nigel Gates return to competitive running after a lapse of many years. Nigel returned to winning ways taking his Gold medal within the 60+ age group, with Salford's prolific Stan Owen receiving the silver.



**Ben
Reynolds
Race
Winner**

In the Team competition the closest contest was in the 45+ age group, where Aldershot & Farnham just edged out the Bristol & West team for the Bronze medals, by just 17 seconds.

Team Medallists (Race Two. Men 35+ to Men 55+) **Team 35+**

Gold: Sunderland Harriers & AC. (K Jeffress, S McMahon and T Allinson) 1 -25 -04; Silver: Les Croupiers RC (H Evans, D James and M Tabor) 1 -26 -41

Men 45+

Gold: Thames H + Hounds (B Reynolds, A Morgan-Lee and A Weir) 1 -19 -15; Silver: Cornwall AC (T Dunn, C Harry and C Sabine) 1 -21 -02; Bronze: Aldershot Farnham & Dist. (S Smith-Bannister, T Dicker and C Try) 1 -22 -55

Men 55+

Gold: Herne Hill Harriers (M Boyle, T Conlon and A Harran) 1 -30 -34; Silver: North Belfast Harriers (L Johnston, J Newberry and J Patience) 1 -33 -10; Bronze: Oxford City AC (R Grant, S Thorp and R Treadwell) 1 -34 -31;

I would like to convey a huge thank you, on behalf of the BMAF, to the South West Veterans Athletic Club for their hosting of this fixture. During the previous year they had lost their prolific organiser and key member John Perratt, sadly succumbing to the dreaded cancer disease, this left a massive void in their organising committee. Ken Ballam held their committee together and with Bill Valentine, Chris Potter, Zina Marchant and their team on the day they continued on, to provide a successful event for us. Bath University have also requested for us to return there for the fixture again in 2017, but as we traditionally take it around the UK, we are looking at the North of England for next year's championships.

6 km race Bath 13th Mar 2016

1 246 0:21:24 BROOKLAND, Nicola Bristol & West AC W40-1; 2 309 0:21:41 RICHARDSON, Paula Coventy Godiva Harriers W40-2; 3 232 0:21:47 LATHWELL, Christine Stopley Striders W35-1; 4 317 0:21:49 TUGWELL, Holly Cirencester AC W35-2; 5 278 0:22:09 DAWSON, Louise City of Stoke AC W40-3; 6 272 0:22:23 WASSELL, Jane Stroud & District AC W45-1; 7 227 0:22:32 BROWN, Helen Forest of Dean AC W40-4; 8 280 0:22:36 HODGSON, Lucy Newquay & Par AC W40-5; 9 214 0:22:43 MATCHETT, Debbie Ballydrain Harriers W45-2; 10 291 0:22:48 HUGHES, Katie Westbury Harriers W40-6; 11 221 0:22:56 JOLLIFFE, Clare Bristol & West AC W45-3; 12 258 0:23:04 KING, Wendy Chelmsford W40-7; 13 202 0:23:15 MCCARTHY, Maureen West Suffolk AC W50-1; 14 211 0:23:30 FOWLER, Jenny Medway & Maidstone AC W40-8; 15 226 0:23:35 ANTHONY, Christine West Suffolk AC W50-2; 16 243 0:23:40 MICHAEL, Desmond Barnet & District AC M65-1; 17 305 0:23:51 DAGLISH, Alan Luton AC M65-2; 18 326 0:23:55 WATSON, Melissa Taff Running Team W50-3; 19 255

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0:23:57 BRUCE, Claire Les Croupiers AC W35-3; 20 292
 0:24:14 TESTER, Vicky Westbury Harriers W35-4; 21 208
 0:24:17 PERIOLI, Ruth Lagan Valley W55-1; **22 219 0:24:23**
PIOTROWSKI, Richard South West Vets AC M65-3; 23 282
 0:24:24 ULLIOTT, Cathy Brighton & Hove City AC W50-4; 24
 322 0:24:27 READ, Wendy Halesowen A & CC W50-5; 25 228
 0:24:31 COPSON, Angi Rugby & Northampton AC W65-1; 26
 294 0:24:32 PEMBLE, Jayne Westbury Harriers W45-4; 27
 231 0:24:35 JONES, Ruth Aldershot Farnham & District W35-5;
28 239 0:24:38 BEATTIE, Dave Crawley M65-4; 29 301
 0:24:41 FILSELL, Vikki Thames Hare & Hounds W45-5; 30
 302 0:24:42 EVERITT, Sarah Bristol & West AC W45-6; **31**
241 0:24:44 MANN, Michael Dulwich Runners AC M65-5; 32
 206 0:24:47 BARBER, Penelope Tipton Harriers W55-2; 33
 235 0:24:54 STATHAM, Maggie Holland Sports AC W60-1; **34**
238 0:25:07 BANKS, Peter Coventy Godiva Harriers M65-6; 35
260 0:25:08 NEWTON, Geoff Tadworth AC M70-1; 36 273
 0:25:11 TAYLOR, Julia Brighton & Hove City AC W55-3; 37
 263 0:25:13 JONES, Keri Liswerry Runners W40-9; 38 303
 0:25:19 TAYLOR, Debbie Reading AC W50-6; 39 281 0:25:27
 NERURKAR, Gail Brighton & Hove City AC W50-7; 40 289
 0:25:28 LORRAINE, Maggie Gateshead Harriers & AC W60-2;
41 308 0:25:29 JONES, David Stratford on Avon Ac M65-7; 42
 279 0:25:32 GRANT, Helen Cambridge & Coleridge AC W50-8;
43 267 0:25:34 ORME, Gordon Cardigan AC M70-2; 44 316
 0:25:39 GARNIER, Anna Thames Hare & Hounds W60-3; 45
 236 0:25:43 TABOR, Ros Dulwich Runners AC W65-2; **46 244**
0:25:45 WILSON, Roger Stratford on Avon Ac M70-3; 47 225
 0:25:46 WEATHERBURN, Sue Wolverhampton & Bilston AC
 W60-4; 48 323 0:25:48 ROBSON, Jackie Clowne RRC W50-9;
 49 257 0:25:52 GORDON, Yuko North Herts RRC W65-3; **50**
247 0:25:57 ALLEN, Paul Halesowen A & CC M65-8; 51 293
 0:26:01 HOBBS, Maria Westbury Harriers W50-10; 52 306
 0:26:02 HAWKINS, Candy Ashford AC W45-7; 53 284 0:26:04
 BUTLER, Karen Team Bath AC W55-4; **54 304 0:26:10**
BRACKSTONE, Tony Southern Counties Vets AC M70-4; 55
256 0:26:12 DAVIES, Michael Les Croupiers AC M65-9; 56
 328 0:26:13 SPRUIT, Philippa Team Bath AC W45-8; 57 296
 0:26:17 STEVENSON, Jennifer Westbury Harriers W45-9; **58**
283 0:26:32 SMITH, Glyn Cambridge & Coleridge AC M70-5;
 59 320 0:26:35 GEERE, Natasha Spendborough & District AC
 W45-10; **60 253 0:26:44 BRADSHAW, Arnold Manchester**
Harriers M65-10; 61 290 0:26:46 CHICK, Tamsin Westbury
Harriers W35-6; 62 229 0:26:49 GEORGHIOU, Jane Farnham
Runners W60-5; 63 262 0:27:07 SCHOLEY, Julie Les
Croupiers AC W55-5; 64 201 0:27:11 FORSE, Penny
Stubbington Green Runners W65-4; 65 330 0:27:25 COMLEK,
Latife Bristol & West AC W45-11; 66 250 0:27:29 BRENNAN,
Phil Stratford on Avon Ac M70-6; 67 213 0:27:32 MOOREKITE,
David Larkfield AC M75-1; 68 297 0:27:33 MASTERS, Sandy
Westbury Harriers W55-6; 69 311 0:27:34 SLOANE, Alison
City of Salisbury W55-7; 70 252 0:27:39 MUMFORD, Jayne
Coventy Godiva Harriers W50-11; 71 233 0:27:41 MOODY,
Margaret Vets AC W65-5; 72 266 0:27:43 MULRYAN, Jane
Southport Harriers & AC Women 60 – 64; 73 307 0:27:47
JEFFRIES, Louise Team Bath AC W55-8; 74 209 0:27:50
FELLOWS, Dot Cannock & Staffs AC W70-1; 75 310 0:27:53
SARGENT, Peter Newquay Road Runners Men 70 – 74; 76
207 0:28:12 HART, David Bristol & West AC M65-11; 77 295
 0:28:21 TUCKER, Sarah Westbury Harriers W45-12; 78 287

0:28:41 GOUGH, Brian Pontypridd Roadents Men 75 – 79; **79**
264 0:28:43 DAVIS, Michael Prestatyn RC M65-12; 80 224
0:28:44 ELSTON, Ray Exmouth Harriers M75-2; 81 327
 0:28:46 WIGFIELD, Ilana Team Bath AC W45-13; **82 270**
0:28:47 GIBBS, Fred Bingley Herriers M75-3; 83 265 0:28:50
HUGHES, Gareth Prestatyn RC M70-7; 84 212 0:29:36
 MOOREKITE, Janice Larkfield AC W55-9; 85 230 0:29:39
 JAMES, Sue Paddock Wood AC W65-6; 86 329 0:29:45
 RONALD, Vicky Colwyn Bay AC W45-14; **87 275 0:29:59**
HICKMAN, John Prestatyn RC M75-4; 88 248 0:31:03
BARNES, Ian NEMAA M80-1; 89 298 0:31:31 PALMER,
Marilyn Westbury Harriers W65-7; 90 242 0:31:37 MCCASKEY,
Walter SVHC M80-2; 91 205 0:32:00 PYMM, Lesley Bourmville
Harriers W60-6; 92 215 0:32:11 HOLDEN, Faye Pendle AC
W35-7; 93 240 0:32:17 BLACK, Ken Spectrum Striders RC
M70-8; 94 271 0:32:22 BOWCOTT, Lesley Wimbledon
Windmilers W70-2; 95 276 0:32:48 HUGHES, David Prestatyn
RC M75-5; 96 299 0:33:30 NOONAN, Eithne Westbury
Harriers W55-10; 97 268 0:33:49 KEEP, Mike Exmouth
Harriers M70-9; 98 321 0:34:05 HOLMES, Mary Cambridge &
Coleridge AC W75-1; 99 223 0:34:10 PITTILLO, James
Teviotdale Harriers M80-3; 100 218 0:34:38 ALLEN, Mick
Exmouth Harriers M75-6; 101 259 0:35:35 NEWMAN, Tracey
Les Croupiers AC W45-15; 102 274 0:36:24 HARRISON-
JONES, Roger Prestatyn RC M75-7; 103 286 0:36:45
 FRAMPTON, Barbara Wimborne AC W70-3 104 237 0:38:42
 WEBB, Rose Radley AC W70-4; 105 203 0:39:48
 RAMBRIDGE, Janice Team Bath AC W65-8; 106 249 0:41:08
 BAXTER, Kim Ilford AC W55-11;

WINNERS:

W35: 1 232 0:21:47 LATHWELL, Christine ; 2 317 0:21:49
 TUGWELL, Holly; 3 255 0:23:57 BRUCE, Claire; **W40** 1 246
 0:21:24 BROOKLAND, Nicola ; 2 309 0:21:41 RICHARDSON,
 Paula; 3 278 0:22:09 DAWSON, Louise; **W45;** 1 272 0:22:23
 WASSELL, Jane; 2 214 0:22:43 MATCHETT, Debbie; 3 221
 0:22:56 JOLLIFFE, Clare; **W50;** 1 202 0:23:15 MCCARTHY,
 Maureen ; 2 226 0:23:35 ANTHONY, Christine; 3 326 0:23:55
 WATSON, Melissa; **W55;** 1 208 0:24:17 PERIOLI, Ruth; 2 206
 0:24:47 BARBER, Penelope; 3 273 0:25:11 TAYLOR, Julia;
W60; 1 235 0:24:54 STATHAM, Maggie; 2 289 0:25:28
 LORRAINE, Maggie; 3 316 0:25:39 GARNIER, Anna; **W65;** 1
 228 0:24:31 COPSON, Angi; 2 236 0:25:43 TABOR, Ros; 3
 257 0:25:52 GORDON, Yuko;
W70; 1 209 0:27:50 FELLOWS, Dot; 2 271 0:32:22
 BOWCOTT, Lesley; 3 286 0:36:45 FRAMPTON, Barbara; **W75;**
 321 0:34:05 HOLMES, Mary; **M65;** 1 243 0:23:40 MICHAEL,
 Desmond; 2 305 0:23:51 DAGLISH, Alan; 3 219 0:24:23
 PIOTROWSKI, Richard;
M70; 1 260 0:25:08 NEWTON, Geoff; 2 267 0:25:34 ORME,
 Gordon; 3 244 0:25:45 WILSON, Roger; **M75:** 1 213 0:27:32
 MOOREKITE, David; 2 287 0:28:41 GOUGH, Brian; 3 224
 0:28:44 ELSTON, Ray; **M80;** 1 248 0:31:03 BARNES, Ian; 2
 242 0:31:37 MCCASKEY, Walter; 3 223 0:34:10 PITTILLO,
 James;

8 km race Bath 13th Mar 2016

1 40 0:25:12 REYNOLDS, Ben Thames Hare & Hounds M50-1; 2 49
 0:25:21 LEACH, Andrew North Herts RR M50-2; 3 108 0:25:34

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GATES, Nigel Brighton & Hove City AC M60-1; 34 38 0:28:50
 KNIGHT, Peter MMAC M50-13; 35 10 0:28:53 MCHARG, Robert
 Belgrave Harriers M50-14; 36 23 0:28:54 LESTER, Paul Cannock &
 Staffs AC M45-8; 37 107 0:28:56 JAMES, David Les Croupiers AC
 M55-8; 38 52 0:29:09 NOBLE, Richard Westbury Harriers M45-9; 39
 26 0:29:10 NORMAN, David Wirral AC M55-9; 40 111 0:29:11 RILEY,
 Darren Sparkhill Harriers M50-15; 41 67 0:29:13 EGLINTON, Martin
 Unattached M45-10; 42 82 0:29:18 TRY, Chris Aldershot Farnham &
 District AC M50-16; 43 78 0:29:30 MCKEE, Brian NIMAA M50-17; 44
 65 0:29:36 DICKSON, Richard NIMAA M45-11; 45 6 0:29:40 CLARK,
 Pete Bristol & West AC M45-12; 46 37 0:29:43 OWEN, Stanley
 Salford Harriers & AC M60-2; 47 86 0:29:45 COLEMAN, Philip
 Tonbridge AC M50-18; 48 95 0:29:48 GODWIN, Russell Colwyn Bay
 M45-13; 49 59 0:29:49 EDWARDS, Darren Wolverhampton & Bilston
 AC M45-14; 50 80 0:29:54 FARRAN, Martin Leeds City M50-19; 51
 36 0:29:57 HODGSON, Alan Sunderland Harriers & AC M45-15; 52
 48 0:30:00 CONLON, Tom Herne Hill Harriers M55-10; 53 30 0:30:05
 SOANE, Austin Aldershot Farnham & District AC M60-3; 54 53
 0:30:06 TWYFORD, Alan Newbury AC M50-20; 55 11 0:30:08
 FAIRCLOUGH, Irwin Newbury AC M60-4; 56 50 0:30:16 PITCALM-
 KNOWLES, Mark Tonbridge AC M50-21; 57 14 0:30:30 CARNEL,
 Jeremy Cambridge H M60-5; 58 8 0:30:34 MOORE, Stephen
 Springfield Striders M50-22; 59 79 0:30:40 BUTLER, Sean South
 West Vets AC M55-11; 60 34 0:30:44 WINFIELD, Paul Heanor RC
 M40-5; 61 83 0:30:45 YOUNG, Franklyn Winchester & Dist AC M55-
 12; 62 39 0:30:48 KNIGHTLY, Terry Ilford AC M55-13; 63 104
 0:30:50 GRANT, Richard Oxford City AC M60-6; 64 56 0:30:59 KIRBY,
 Simon Newbury AC M45-16; 65 54 0:31:04 NEWBERRY, Jim North
 Belfast Harriers M60-7; 66 114 0:31:08 THORP, Stewart Oxford City
 AC M60-8; 67 66 0:31:29 MEWSE, Mike Westbury Harriers M60-9;
 68 120 0:31:39 TABOR, Mick Les Croupiers AC M60-10; 69 96
 0:31:49 McDONALD, Andrew Reading AC M45-17; 70 25 0:31:56
 NEWMAN, Alan Paddock Wood AC M60-11; 71 102 0:31:59
 GILMORE, Ben Serpentine Running Club M35-3; 72 21 0:32:00 HILL,
 John Halesowen A & CC Men 60 – 64 73 22 0:32:02 LAWLESS, Don
 Thurrock M50-23; 74 74 0:32:07 ULLIOTT, Tom Brighton & Hove City
 AC M55-14; 75 84 0:32:20 HARRAN, Anthony Herne Hill Harriers
 M55-15; 76 15 0:32:30 CATTON, Andrew Ilford AC M60-12; 77 119
 0:32:33 TREADWELL, Roy Oxford City AC M65; 78 55 0:32:39
 PHILLIPS, Dean Sunderland Harriers & AC M45-18; 79 77 0:32:51
 CUMMINGS, Evatt Les Croupiers AC M45-19; 80 46 0:32:58
 ALLINSON, Tony Sunderland Harriers & AC M40-6; 81 19 0:33:01
 GRANT, Steven Bristol & West AC M50-24; 82 112 0:33:17 RITCHIE,
 Charlie Cambridge & Coleridge AC M60-13; 83 7 0:33:26 HARDING,
 Philip Avon Valley Runners M60-14; 84 97 0:33:35 PATIENCE, John
 North Belfast Harriers M55-16; 85 109 0:33:37 PARKIN, Paul Nerne
 Valley Runners M50-25; 86 75 0:34:30 WOOD, Andrew Tonbridge AC
 M50-26; 87 44 0:34:44 THIRLAWAY, Malcolm Gateshead Harriers &
 AC M55-17; 88 61 0:35:01 LEWIS, Andrew Shrewsbury AC M60-15;
 89 24 0:35:02 MEAH, Gerald Cambridge & Coleridge AC M55-18; 90
 9 0:35:10 MOORHOUSE, Michael Matlock AC M60-16; 91 117
 0:35:12 WHITMORE, Charles Tonbridge AC M50-27; 92 27 0:35:48
 O'HANLON, Eamon Heanor RC M50-28; 93 18 0:36:44 GOWER, Ian
 Coventy Godiva Harriers M50-29;

WINNERS

M35: 1 108 0:25:34 JEFFRESS, Kevin ; 2 3 0:26:32 MCMAHON,
 Steven; 3 102 0:31:59 GILMORE, Ben; **M40:** 1 87 0:26:06 EVANS,
 Huw; 2 47 0:26:18 FALLOWS, Marc; 3 5 0:27:11 KENDERDINE, Tom;
M45: 1 13 0:26:51 BURNETT, Gary; 2 72 0:27:00 MORGAN-LEE,
 Andy; 3 116 0:27:03 WEIR, Andy; **M50:** 1 40 0:25:12 REYNOLDS,
 Ben; 2 49 0:25:21 LEACH, Andrew; 3 62 0:26:25 PARRY, Philip; **M55:**
 1 58 0:26:56 CRITCHLOW, Julian; 2 51 0:27:14 LLOYD, Ifan; 3 35
 0:27:58 MERRISON, Paul; **M60:** 1 60 0:28:42 GATES, Nigel; 2 37
 0:29:43 OWEN, Stanley; 3 30 0:30:05 SOANE, Austin;

JEFFRESS, Kevin Sunderland Harriers & AC M35-1; 4 87 0:26:06
 EVANS, Huw Les Croupiers AC M40-1; 5 47 0:26:18 FALLOWS, Marc
 Cheltenham Harriers M40-2; 6 62 0:26:25 PARRY, Philip Bristol &
 West AC M50-3; 7 3 0:26:32 MCMAHON, Steven Sunderland Harriers
 & AC M35-2; 8 63 0:26:37 SMITH-BANNISTER, Scott Aldershot
 Farnham & District AC M50-4; 9 17 0:26:48 DUNN, Tony Cornwall AC
 M50-5; 10 13 0:26:51 BURNETT, Gary Charnwood AC M45-1; 11 58
 0:26:56 CRITCHLOW, Julian Watford Harriers M55-1; 12 20 0:26:58
 HARRY, Chris Cornwall AC M50-6; 13 16 0:27:00 DICKER, Tad
 Aldershot Farnham & District AC M50-7; 14 72 0:27:00 MORGAN-
 LEE, Andy Thames Hare & Hounds M45-2; 15 116 0:27:03 WEIR,
 Andy Thames Hare & Hounds M45-3; 16 76 0:27:07 WOODS, Alec
 Bristol & West AC M50-8; 17 5 0:27:11 KENDERDINE, Tom
 Halesowen A & CC M40-3; 18 51 0:27:14 LLOYD, Ifan Swansea
 Harriers M55-2; 19 118 0:27:16 SABINE, Chris Cornwall AC M45-4;
 20 43 0:27:25 WOODS, Guy Team Bath AC M50-9; 21 106 0:27:40
 HOWEY, Andy Tunbridge Wells Harriers M50-10; 22 29 0:27:47
 SMITH, Gordy Heanor RC M45-5; 23 88 0:27:52 FIELD, Tim
 Sunderland Harriers & AC M50-11; 24 35 0:27:58 MERRISON, Paul
 Sunderland Harriers & AC M55-3; 25 42 0:28:03 BRIDGELAND,
 Michael Chelmsford AC M55-4; 26 85 0:28:14 BOYLE, Mike Herne
 Hill Harriers M55-5; 27 93 0:28:19 JOHN, Robert MMRT M40-4; 28
 33 0:28:23 HAYCOCK, Nigel Cannock & Staffs AC M45-6; 29 31
 0:28:27 THACKER, Paul Cannock & Staffs AC M45-7; 30 1 0:28:29
 CREWE, Derek Salford Harriers & AC M50-12; 31 45 0:28:31
 JOHNSTON, Lawrence North Belfast Harriers M55-6; 32 81 0:28:38
 FURNESS, Ian Dudley & Stourbridge AC M55-7; 33 60 0:28:42