

Masters Athletics

Winter 2017 Issue 114.

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



**Tamunonengiye-Ofo Ossai
(TJ).**

4 Gold Medals in Perth.

Picture: Tom Phillips



BRITISH MASTERS OF 2016

TONY BOWMAN

CAROL FILER

Pictures-Tom Phillips

MASTERS ATHLETICS

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MIDLAND COUNTIES ATHLETICS ASSOCIATION

Will be holding indoor Events in 2017, the programme is as follows:

11th & 12th February Midland Championships (Midland Qualification necessary), (Saturday 60H, 200, 800, HJ, PV, LJ, SP Sunday 60, 400, TJ)

Sunday 19th February ATHLETICS DIRECT BIRMINGHAM GAMES. (60, 60h, 200, 400, 800, 1500, HJ, PV for Men & Women); this could be your last opportunity to compete on the World Famous Track which will be used in 2018 for the IAAF World Indoor Championships.

18th & 19th March Open Meeting Alexander Stadium HPC (Saturday indoor HJ, LJ, TJ, PV outdoor Shot & Discus-Sunday Indoor 60m, 100m, 60, 70, 75, 80, 100, and 110 Hurdles, outdoor Javelin and Hammer)

Full details and entry via the Midland Counties website midlandsathletics.org.uk

INTERNATIONAL FIXTURES 2017

19-25 Mar World Masters Indoor Track & Field

Championships - Daegu, South Korea

27 Jul-6 Aug European Masters Track &

Field Championships - Aarhus, Denmark

18 Nov 2017-British & Irish Masters Cross Country

International - Derry, N. Ireland- -

NATIONAL 2017

12 Feb South of England/EVAC/VAC Masters

Indoor Championships Lee Valley.

12 Feb BMAF Indoor Pentathlon Championships

Lee Valley.

26 Feb EAMA Indoor Track & Field Inter Area

Challenge Lee Valley.

26 Feb BMAF 10 Mile Championships Maryport,

Cumbria.

11-12 Mar BMAF Indoor Track & Field and Winter

Throws Champs Lee Valley.

18 Mar BMAF Cross Country Championships,

Liverpool.

9 Apr BMAF 10 km Road Championships,

Gravesend.

20 May BMAF Road Relay Championships Sutton

Coldfield.

18 Jun BMAF Outdoor Pentathlon Championships,

Horspath Oxford;

18 Jun BMAF 5 km Road Championships, Horwich.

24-25 BMAF Track & Field Championships,

Birmingham;

25 Jun BMAF 30km Multi-Terrain Championships,

Gravesend;

2-3 Sep BMAF Combined Events 2016, 10k Track,

and Outdoor Classics, Sheffield;

3 Sep BMAF Half Marathon Championships,

Northampton.

8 Oct 2017-BMAF Marathon Championships,

Chester;

REGIONAL

21 Jan VAC Cross Country Championships,

Wimbledon Common;

22 Jan MMAC Cross Country Championships,

Wolverhampton;

19 Feb SCVAC Indoor Track & Field

Championships, Lee Valley;

300 Club Results:

SEPTEMBER: Martin Ford, Keith Hall, Brian Holden. Arthur Kimber, Linda Williams £10.

OCTOBER: Michael Gilmour £125; Thomas Harley, Sally Gandee, Leonard Parrott Maureen Singleton all £10.

NOVEMBER: Peter Rudzinski £125; Tony Hall, Danny Herman, Brian Holden, Eric Hughes, all £10.

Other prizes totalling £ 145 were won by Nigel Wray who generously donated the money back to B.M.A.F.

To join please email 300plus@bmaf.org.uk

NEWS & VIEWS:

Changes to future World Track & Field Championships and other information.

It was a Rest Day for the competitors on 30 October in Perth but the five BMAF Delegates, Arthur Kimber, Ian Richards, Archie Jenkins, Mike May and I attend the biennial General Assembly. Tributes were paid to the outgoing Secretary, Winston Thomas, for his sterling work and total commitment during his maximum tenure. In his address the WMA President Stan Perkins, said the workload has now increased to such an extent that serious consideration has to be given to engaging a permanent Secretary as the floor rose to applaud our hardworking SCVAC Life Member. Winston has done a great job during his long association with the sport.

The following changes were made:

- From 2019 a 5km Road Walk will also be included at the Indoor Championships.
- Effective from 1 January 2017 a Half Marathon will be included in WMA Stadia Championships.
- The marathon is being removed. WMA is looking for an alternative way of organising it, possible incorporation in an existing marathon.
- The 10,000m track Championships will be replaced by a 10km Road Race in future WMA Track & Field Championships.
- A 10k Road Race will be included at the Indoor Championships for all ages, it will be a Team event. The Half Marathon is removed as a required event at the Indoor Championships effective 1 Jan 2018. (Please note the Organiser now has the option to include the Half with the 10km, or run it separately, or not at all).
- The Over 75 will now run 6km cross-country effective 1 January 2018.

WMA Council and Committee Rule Changes and IAAF Exceptions.

Amend Appendix A4 as follows: Discus

Minimum Recorded Wt.kg 0.750. Max 0.775. Outside Diameter min. mm 166. Max 182. Diameter of Flat area min. mm 50. Max. mm 57. Thickness at centre min. mm 33, max mm 39. Thickness of rim at 6 mm from edge, min. mm 10, max mm 13.

Reason: The WMA rules change for 2014 that increased the allowable maximum diameter of the 750 gram discus was not wholly complete and this amendment completes the change to make the discus in line with all commercially produced 0.75g discus.

Race Walking, IAAF Section V11, Rule 230

Distances. 1. Refer to WMA Handbook.

Judging. 3. New Rule 3(d) Masters: All Judges must be registered RW Judges. At WMA Championships RW judges shall include members of the WMA RW Panel. [Ian Richards questioned "must be registered", answer: to clarify from IAAF stringent rule.]

Chief Judge.

4(f) for all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s)

In Masters Events Hand held transmission devices are not used. Add Exception.

Race Conduct.

12. In events of **10km** or more, an athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.

Section V111 Road Races. Rule 240

1. Refer to WMA Handbook.

Race Conduct

Add new Rule. Rule 2400 (10) Masters.

Pacing by athletes or other persons not in the race is not allowed. It is recommended that before the beginning of the race that all athletes are made aware of this rule. This is considered a warning. Athletes may and can be given a red card for this infraction during or after the race.

Section 1X – Cross-Country, Mountain. Rule 250 Cross-Country Races.

Distances.

4. Exception of IAAF Rule.

Masters: Distance of all Championships Races shall be 8km.

Add Rule as an exemption:

Drinking/Sponging and Refreshment Stations.

7. Water and other suitable refreshments shall be available at the start and finish of all races. For all events a drinking/sponging station shall be provided every lap. Delete: if weather conditions warrant such provision.

Race Conduct.

Add new Rule (9) Masters.

Pacing by athletes or other persons not in the race is not allowed. It is recommended that before the beginning of the race all athletes are made aware of this rule. This is considered a warning. Athletes may and can be given a red card for this infraction during or after the race.

Rule 251. Mountain Races.

Race Conduct.

Add new Rule 7. Masters:

The WMA has an agreement with the WMRA to follow the rules they have established. A Technical Delegate and Safety Officer who may be the same person attend WMRA Masters Competitions.

The WMA Council Proposal to remove the 10,000m from the Stadia Championships raised most controversy with the USA and German Delegates arguing that in a changing sport this is the future. The 5k attracts a much larger entry than the 10k and older athletes take up so much programme time, there is also a health risk factor. Archie Jenkins spoke against the Motion, but we still lost it, 68 in favour 38 against.

Facilities in Perth with its long stretches of riverside cycling paths are ideal for a half and two lap marathon with fewer than 800 runners; WMA feels more cities with good arenas/hotels would bid if the marathon was not included. Two circuits are not always possible.

After doing his homework, Ian came home a happy Delegate as he got more than he had hoped for when a Proposal to remove the Walk from the Indoor Championships was withdrawn and the second part of the Proposal to switch it to the road was amended to now also incorporate a 5km on the road.

The Organising Committee of the 2014 Indoor Championships in Budapest have not been able to meet their commitment to produce and circulate the Result Book. WMA is taking this on and fortunately their IT man kept all competitors entries.

Two very good Bids were put forward to host the 2020 Championships by Toronto and a team from Gothenburg

headed up by the Mayor and Christian Olsson their World triple jumper. Toronto won by 68-57 votes.

At the European Masters Athletics meeting on the second Rest Day it was confirmed that the city of Wroclaw, Poland, would host their marathon on 10 September 2017.

A French Delegate reported that some throwing facilities are now being taken over by Municipalities for house building and events like the hammer throw could be endangered.

At the Women's meeting Wilma Perkins from Australia spoke on the counter-weight (3.6kg) of the hurdles in relation to older female hurdlers who do not have the speed or body weight to knock them over, should they hit a hurdle it is usually the woman who falls. She asked if we do need the same counter-weight. It gave rise to a lively debate on whether or not the hurdles for the W80-plus should be included in future Championships as some competitors were seen to step over the hurdle. The Meeting agreed that all Delegates should discuss this with their hurdlers and report back.

This is now open for discussion with hurdlers, male and female, because if the 80+ event is cancelled it will affect both of you. Is one of you hurdlers prepared to co-ordinate on behalf of the Executive? If so, get in touch.

Secretary's Report. Bridget Cushen

Best Masters Awards

After such a successful season with a record entry for the Track & Field Championships and our Indoor Championships near maximum; a full calendar of excellent performances on the road and over the country, deciding which one of our female and male athletes to put forward for European and World Masters Athletics Best Masters Award caused us some head scratching. With the help of our Statistician, Bob Minting, Carole Filer (EMAC) and Tony Bowman (NMAC) finally got the nod.

Carole won the W60 heptathlon, long and high jumps, 80mH, set a British record in the 300mH 53.79sec for a silver medal and ran the relay in Perth. At the European Indoor in Ancona she became European champion in both jumps, clearing 4.52m for a British record and winning the heptathlon in a CBP 4305pts although she had a European record 4568pts pending from our Indoor. She upped her Heptathlon score at the BMAF Multi Events to a staggering 5927pts and helped Sue Dassie, Lyn Ahmet and Caroline Powell to a British 4 x 100m relay gold in Perth. Tony collected a pot of gold at both international Championships with three Indoor titles, World and European 60/80mH records, two gold, one silver and one bronze in Perth and a British record decathlon score of 6659pts.

Europe has selected W45 Tatyana Schelling who won the HJ, LJ, shot and got 2/3rd in both relays in Perth. It would appear that it was her fight back from a serious mountain bike accident in early September when she slid 150m down a mountainside, suffered 14 fractures and lay unconscious for six hours before a climber found her. Their Best Male is M80 Manuel Alonso, Spain, who set a world and European 800/1500m record and won three Indoor titles. World Masters have nominated 82-year old Irene Obera, USA, and an Australian walker, M70 Andrew Jamieson who has won this title before.

Alex Rotas

Alex, the Photographer who comes to our Championships and attends World/European Championships to photograph older athletes for her campaign on positive ageing, and author of "Growing Old Competitively", has been appointed an Ambassador by England Athletics for their new campaign Run Together. We congratulate her.

Live Streaming of World Masters Championships

Perth was the first host city to introduce Live Streaming, their worldwide audience figures have just been released and make encouraging reading: a total of 1,351,458 minutes spent on viewing, 49.6% watched it on their Desktop, averaging viewing time 17.32 minutes. The UK hits at 5.8% is the third top country. Well done to the lead Press Officer. He had a team of young Interns taking advantage of a unique opportunity to meet, interview and record stories from some amazing and such diverse people from 91 countries. The experience they will have accumulated is now recorded. Also sitting beside me in the Press Office was a former White House Press Secretary when he was not otherwise being interviewed by Oceania Radio/TV for comment on the Hilary Clinton/Trump election! The local newspaper, the City of Perth and Western Australian Tourist Board all worked together, it was not just Masters Athletics that benefited, or the obvious economic benefit to the City, but young Interns; volunteers, healthy living lobbyist and attendees who were so impressed. I sent a Thank You letter to the City, the Minister for Tourism has taken the trouble to write back and congratulate all our athletes.

Not everyone is welcome in London 2017

In an interview with Athletics Weekly in November on the IAAF World Championships, UKA Chairman and Co-Chair of London 2017, Ed Warner, talked about an athletics extravaganza in London this summer. He said: "It's massive for the IPC because the glow of being part of a summer of athletics is really important. We've heard para-athletes down the years complaining about the lack of opportunities versus their able-bodied counterparts and lack of publicity but the summer of athletics will give equal prominence to the two Championships, which is fantastic."

Of course it is nothing to do with the fact that it is a legal requirement under the 2005 Disability Discrimination Act, whereas sport is excluded from the Age Discrimination Act.

At the last IAAF Championships in Beijing an invitation went out to the top 10 WMA men and women aged 50-plus for a men's 800 and women's 400m race. David Heath and Sally Read-Cayton won, Virginia Mitchell finished 2nd as the world's media focused on them in the Birds Nest stadium. The invitation was repeated at the IAAF Indoor, this time for W/M60. Again we had a British win through David Wilcox and Karen Brooks placing 3rd. There will be no such invitation for London. UKA say "we do need to inform you however that at a recent IAAF site visit, it was agreed that London2017 would not be including any Masters events. With two Championships back to back (plus two other events within the stadium prior to the Championships) plus two Marathons and three Race Walking events, our capacity has absolutely been reached."

Which of the two Governing Bodies is responsible? It is reported that UKA said they will do what the IAAF request. The IAAF Masters Commission, that includes four WMA Council members, has done its best to lobby the world Governing Body, without success. Every host nation has some autonomy to include some extra events. British supporters love to see British winners whatever their age or discipline. British Athletics team were 6th overall in Rio, the Masters were 3rd overall in Perth. UKA, UK Sport and the Greater London Authority are reportedly contributing £8m

each to London2017. London ratepayers are still contributing to the cost of hosting the 2012 Olympics. In the new UK Sport round of funding, UKA is receiving over £27m in the run up to 2020 Olympics.

Money is thrown at various initiatives to try to get an increasingly obese nation to be more physically active, a few minutes of televised coverage of some of our top Masters in action on a world stage, with informed commentary, would do far more to get those who gave up at 30 back into action and save the NHS a fortune.

Now that we may be sidelined, what can we do before August? The BMAF Executive is not sitting on their hands, we are lobbying, the more of you who do so, the better.

Bridget Cushen

Some updates for you:

International Calendar:

2017

27 July-6 August European Track & Field Championships, Aarhus, Denmark

10 September EMA marathon, Wroclaw, Poland.

2018

8-20 September World Masters Athletics Track & Field Championships, Malaga

EMA Indoor, Madrid, to be confirmed.

2019

World Masters Athletics Indoor, Torun, Poland

5-15 September, European Masters Athletic Track & Field Championships, Jesolo, Italy

2020

21 July-2 August, World Masters Athletics T&F, Toronto.

The viewing figures on Live Streaming during the World Masters Athletics Championships in Perth have now been release and make encouraging reading: a total of 1,351,458 minutes spent on viewing, 49.6% watched it on their Desktop, averaging viewing time 17.32 minutes. The UK hits at 5.8% is the third top country. Well done to the lead Press Officer and his team of young Interns, taking advantage of a unique opportunity to meet, interview and record stories from some amazing and such diverse people from 91 countries. The experience they will have accumulated is now recorded.

We sent a Thank You letter to the City, the Minister for Tourism has taken the trouble to write back and congratulate all our athletes.

World Masters Best Masters

We nominated Carole Filer and Tony Bowman for Best Female and Male Athlete Award.

Carole won the W60 heptathlon, long and high jumps, 80mH, set a British record in the 300mH 53.79sec for a silver medal and ran the relay in Perth. At the European Indoor in Ancona she became European champion in both jumps, clearing 4.52m for a British record and winning the heptathlon in a CBP 4305pts although she had a European record 4568pts pending from our Indoor. She upped her Heptathlon score at the BMAF Multi Events to a staggering 5927pts and helped Sue Dassie, Lyn Ahmet and Caroline Powell to a British 4 x 100m relay gold in Perth. Tony collected a pot of gold at both international Championships with three Indoor titles, World and European 60/80mH records, two gold, one silver and one bronze in Perth and a British record decathlon score of 6659pts.

ANGELA COPSON British Empire Medal

Angela Copson of Rugby & Northampton AC has been awarded a British Empire Medal in the New Year's Honours List for her services to running.

Copson has broken 48 British, European & World records or bests in the Over 60 and Over 65 age



groups. She has achieved her records in distances ranging from 400m on the track right through to the Marathon and exactly half of these records have been World best times with 33 of them being European. From 2007-2016 she was ranked No.1 in the UK in 73 events. She has won 79 individual Championship medals from British, European and World Championships over track, cross country and road races in her age group. 68 of these are Gold medals.

I regret that I can no longer work on the preparation of this Magazine due to health issues. This will therefore be my last contribution, and can I thank all the people who have contributed to the Magazine during the last 13 years.

It is always difficult to list those who frankly I could not have managed without, but I would like to mention Bridge Cushen, Mel James, Arthur Kimber, Tom Phillips and Alex Rotas who have gone the extra mile to help.

I hope to continue with the Public Address work which I have done for the last 36 years, so I shall still remain part of our sport.

BRIAN OWEN.

It has been announced that Richard Bowker will succeed Ed Warner as Chairman, UKA. He joins the Board as non-Executive Director this January and take over officially in Jan 2018. Warner retires next September. Bowker is currently a non-Executive Director of London Marathon Events and a former Group Chief Executive of National Express. Bowker is on record as saying "I look forward to working with everyone involved in athletics in the UK at every level."



**WORLD MOUNTAIN RUNNING CHAMPIONSHIPS
SUSA, ITA 27/28th AUG**

W35: 1 BOGLIONE FLAVIA 49:19 ATLETICA SALUZZO;
W40: 1 ROBERTS LOU 47:16 ENG; 2 BRISCOE JULIE 48:19 GB; 3 HALL KIRSTY 49:08 WHARFEDALE HARRIERS; 10 FARROW CATHERINE 1:01:45 GB; 15 BURNISH SAMANTHA 1:28:24 TYNEDALE HARRIERS; 13: **W45:** 1 MENESTRINA SIMONETTA F 49:17 ATLETICA TRENTO; 18 WOODCOCK CHARLOTTE 1:04:46 GB; **W50:** 1 CASTRO SOLIÑO MARIA 51:07 COMESAÑA SPORTING CLUB; 8 MALIR SALLY 57:21 GB; 9 EVANS CAROL F 58:12 GB; 11 WEST SUZY 59:55 CAMBRIDGE SPORTS UNION; 17 SANDFORD ANNE 1:05:29 GB; 19 DAVIES SUSAN R 1:07:11 CROFT AMBREY RUNNING; 25 BOOTH NICOLA 1:19:09 GB; 27 ELLMAN LUCIA 1:24:22 TYNEDALE HARRIERS; 29 SAUL JANE 1:33:29 TYNEDALE HARRIERS; **W55:** 1 HEILIG-DUVENTÄSTER MARIELUISE 52:44 LG WELFEN; 15 BUCK LINDSAY 1:05:49 CUMBERLAND FELL; 23 BROADHURST BRIDGET 1:16:30 TYNEDALE HARRIERS; 27 FIRSTBROOK KIM 1:29:04 TYNEDALE HARRIERS; **W60:** 1 JONES ANN-MARIE F 54:31 GB; 14 PATTON DOROTHY 1:11:07 GBR; 16 MOTTRAM JANE 1:16:18 GBR; 19 GHALEB URSULA 1:26:18 GBR; 23 BURN CHRISTINE 1:33:20 THIRSK AND SOWERBY; **W65:** 1 VAGHI ANNAMARIA 1:00:33 ATL. PAVESE; **W70:** 1 PRYMAKOWSKA BARBARA 1:12:00 POLAND; 6 SKEDGE JUDITH 1:34:08 GBR; **W75:** 1 CARLSEN EVA 1:23:36 NORWAY; **M35:** 1 CONROY IAN 1:09:20 IRL; 7 MOUNSEY BEN 1:14:17 GBR; 33 SHIMWELL LEE 1:38:12 CALDER VALLEY FELL; 40 HERRON DARREN 2:14:12 GBR; **M40:** 1 COSTA CESAR 1:08:53 POR; 16 WILLIAMS JASON 1:21:12 CALDER VALLEY FELL; 22 DAY STEPHEN 1:25:49 WELLINGTON SCOTTISH; **M45:** 1 DE COLO DANIELE 1:10:04 G.S.VV.FF.-DE VECCHI; 2 COX MARTIN 1:13:30 GBR; 19 DEEGAN JONATHAN 1:24:51 GBR; **M50:** 1 TORRESANI FRANCO 1:15:05 ATLETICA TRENTO; 8 BURDETT FRANCIS 1:23:02 GREATER SPRINGFIELD; 9 WOODS ALEC 1:23:17 GBR; 11 ROBERTS MARK BRYAN 1:24:33 GBR; 19 WOODS GUY 1:27:31 TEAM BATH AC; 33 ROBERTS CRAIG 1:34:20 GBR; 36 WORSLEY STEVEN 1:35:46 GBR; 38 COPPING ALEX 1:36:03 GBR; 43 ANDREWS JIM 1:44:00 HELM HILL RUNNERS; **M50:** 1 MATEJOVSKY PAVEL 1:55:48 AVC/MK Kladno; 59 ROBERTS ALAN 2:11:24 VALE OF AYLESBURY AC; **M55:** 1 AMATI CLAUDIO 42:26 ATL. VALLI BERGAMASCHE; 22

BASTOW GARY 55:22 GBR; 32 BROADHURST MICHAEL 1:00:02 TYNEDALE HARRIERS; 47 READ DAVID C 1:08:16 THIRSK AND SOWERBY **M60:** 1 ENGLARO GIAN PAOLO 47:59 POLISPORTIVA; 32 GREEN MARTIN 1:00:24 GBR; 40 BURN ROBERT 1:05:08 THIRSK AND SOWERBY; 44 ELLMAN JEREMY 1:10:51 CLAREMONT ROAD RUNNERS; 52 DILLON KEVIN 1:54:41 MANCHESTER HARRIERS; **M65:** 1 BARBONETTI PIERINO M 47:50 ASD RUNNERS CHIETI; 4 GRANT BERNARD 50:57 GBR; 22 HERINGTON STEVE GBR; 33 EVANS RICHARD 1:02:14 CARDIFF A.A.C.; 48 MILLER JIM 1:14:45 MARSHALL MILTON KEYNES; **M70:** 1 IMBROSCI VINCENZO M 59:11 G.S.A. VALSESIA; 4 FORD MARTIN 59:49 GBR; 5 MILLIGAN DOUGLAS 1:00:08 GBR; 17 BUCKLE KENNETH 1:13:12 GBR; 22 WIKELEY ALAN 1:32:44 THIRSK & SOWERBY; **M75:** 1 MONINI GIUSEPPE 1:00:45 G.S. ORECCHIELLA;

In the recent World Masters in Perth, the most astonishing name on the start list for 100 meters did not belong to Usain Bolt. But what Dharam Pal Singh of India lacked in renown, he more than made up for as an international man of mystery.

If Singh really was 119, born on Oct. 6, 1897, as his passport said, his presence would be extraordinary at the World Masters Athletics Championships. This would make him not only the oldest known runner in the world but probably the oldest man in the world. The problem being, many people did not believe his story.

"We suspect that he is lying about his age," said Vinod Kumar, the senior joint secretary of the Masters Athletics Federation of India.

Dr. Thomas T. Perls of Boston, a leading researcher on centenarians, said the oldest age ever validated for a man was 115. The eldest confirmed person was Jeanne Calment, a Frenchwoman who died in 1997 at 122.

To all Members of SECTA and the BMAF, I would just like to say a few words of Bereavement and Sympathy to one of our likeable members.

Life sometimes deals a hard blow with no reasoning nor why, can finding the words be difficult for Colm, Cath Murphy and myself to tell you that we have just lost one of our passed top shot putters, in losing M80 Gordon Hickey who has just died peacefully in his sleep

Gordon was a warm and a wonderful person, always having time to give to others and always with that happy grin. Having the wonderful memories of him as times gone by the former British Masters Shot Put Champion and Record holder.

We salute an extraordinary person, giving of himself in every possible way, such memories to cherish and to keep.

On behalf of all of us at SECTA we send our Heart Felt Sympathy to his family and friends.

Peter Barber (SECTA)

Andy's Training Advice Page on Facebook

Andy Lewis, the former International Decathlete and four man Bobsleigher for Great Britain has started a Facebook page to assist Master Athletes with their training and

competition preparation. BMATAP (British Masters Athletics Training Advice Page) has been online for just over a year and has in excess of 600 members. The former World Champion and World Record Holder tells us more...

Eight years ago I got myself actively involved in Masters Athletics having spent a good period competing at International level and taking time out for five years. My first year was ended with some major honours and a place in the history books!

It was around this time that I decided to be a bit more active on my Facebook page and throughout the years I met a lot of like-minded Masters Athletes who all had their own personal stories and goals.

A few years back I became a member of British Masters Athletics, I Was, Or Am A Runner and World Masters Athletics. I was very impressed with some of the topics and debates that are posted on these sites and also how many members these groups currently boast.

September 2015 I distinctly remember it being a Saturday afternoon and suddenly a lightbulb moment hit me. I was reading a lot of posts from athletes asking for training advice and I was also into posting some of my training sessions. The feedback I received was always good to the point that I would get replies that would state that they have tried the sessions and have enjoyed the workout.

It was then I realised that a training page for Masters Athletes could be a good idea. It didn't take me long to come up with a name and then I invited a few of my masters athletics friends to join. Word got round very quickly about the page and its purpose. In all honesty I thought that 100 members at the most would join and for me that would be a success. However the numbers kept on growing. More and more people wanted to join not just from Britain but overseas members. Now with over 600 members I now consider this as an important resource page. One master's athlete said that because of my input they are doing athletics and really enjoying it with some success!

On the page you will find lots of useful posts on jumping, sprinting, injury prevention and general training advice that can get you started, fine tune your training or even find someone to train with.

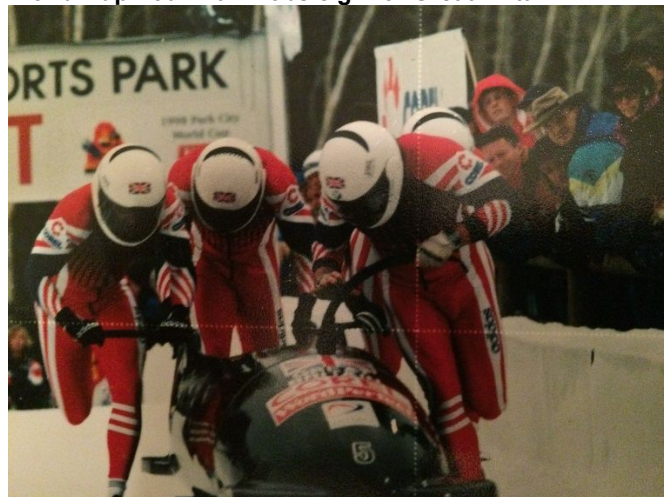
Having spent the last couple of years nursing a bad back and just missing out on a long jump medal at the Worlds in Lyon, I decided that I needed a change in order to pursue my next goals.

This year my good friend and now coach Kay Reynolds is looking after my training and setting my sessions. To date I already feel in the best shape I have been for years and the type of training has had a positive effect on my back.

Hopefully looking to have a great season with some positive outcomes but without tempting fate just watch this space! Also looking to run my first outdoor 400m in over 10 years and try and make it to Denmark for long jump and hurdles. This year there was a lot of fantastic performances in Perth and I am sure there is more to come in future Championships. Masters athletics is growing by the year and I hope my page continues to be a stepping stone for new members to come along and give it a go.

Masters Athletics is a great family to be involved in and I hope I can inspire new and old athletes.

World Cup Four Man Bobsleigh for Great Britain



British Masters Champs 2016 - Gold 60m hurdles, Silver long jump Bronze 60m



On my way to a Gold medal and World Record Score for Great Britain in the M40 Indoor Pentathlon



BMAF CHAMPIONSHIPS

30/31st JULY 2016

Words Brian Owen
Pictures Tom Phillips

A bit of a problem here, yes I know this should have appeared in the Summer Edition, but the file and most of Tom's terrific pictures were lost in my computer crash that occurred prior to transferring files to Paul Smith, who puts "Masters Athletics" together.

Unfortunately this formed part of another file which was only partially backed up.



The open events which I thought would utilise the only slightly used track on the first day, were very successful with eighteen extra races which helped toward reducing the gap between income and expenditure for the weekend, and the events were greatly enjoyed by all of the entrants.

Carole Filer and Tony Bowman being more delighted than most with European Records over 80 metres Hurdles. Tony also set a new British Record in the 200 metres Hurdles.

The Throws Pentathlon on the Saturday produced two British Records for Andrea Jenkins and Anne Martin.

The 10,000 metres had in all 34 competitors, whilst the 10,000 Walk had only 11 competitors, I note that Britain

appears to be the only Country to stage this event as European and World appear to list only road performances.

The Decathlon was a personal triumph for Darren Scott who in less than a month has learnt the skills of seven other events, to compliment his sprint skills. Therefore he was a surprise winner of the M45 Decathlon.

In the Heptathlon Carole Filer set a new European Record, and added individual Long and High Jump British Records during the two days of this event. Sally Hine also set new British figures in her event.

Saturdays Throwers Pentathlon produced British Records for Andrea Jenkins in the W40, and Anne Martin in the Women's 80 event.

Open Events: (all 30th July)

100: (R1-2.2): 1 Julia Jones W39 MMAC 14.59; 2 Andrea Burnett W41 MMAC 15.55; 3 Brenda Fee W69 VAC 15.77; 4 Mary Axtell W74 SCVAC 17.43; 5 Iris Holder W75 WMAA 17.55; 6 Richard Pitcairn-Knowles M83 VAC 21.06; Alan Forse DNF; **(R2-2.2):** 1 Cat Goulder-Davies W41 MMAC 13.47; 2 Kirtley Robbins M55 MMAC 13.91; 3 Sue Van Vuuren W46 SCVAC 14.10; 4 Michele Wakefield W50 SCVAC 14.57; 5 Michael May M55 VAC 14.76; 6 Jon Clarke M60 NMAC 14.99; 7 Angela Sonn W55 WMAA 15.00; 8 Peter Coote M61 MMAC 15.24; **(R3 1.4):** 1 Michelle Thomas W44 WMAA 13.03; 2 Tom Phillips M62 SCVAC 13.19; 3 Brian Gravelsons M47 MMAC 13.28; 4 Kevin Williams M59 MMAC 13.31; 5 Steve Pethen M45 SCVAC 13.33; 6 Paula Williams W44 MMAC 13.44; 7 Kirstin King W54 SCVAC 13.69; 8 Robert Phin M59 SVHC 14.12; **(R4 1.6):** 1 Giuseppe Minetti M47 SCVAC 11.56; 2 Peter Hall M36 MMAC 11.69; 3 Will MacGee M48 SCVAC 11.75; 4 Donald Brown M52 MMAC 11.82; 5 Julian Smith M47 EVAC 12.14; 6 Pat Logan M55 NIMAA 12.15; 7 John Statham M55 MMAC 12.56; 8 Dalton Powell M52 MMAC 12.62; **200: (R1 3.3):** 1 Julia Jones W39 MMAC 30.76; 2 Tony Bowman M80 NMAC 32.54; 3 Brenda Fee W69 VAC 32.88; 4 Andrea Burnett W41 MMAC 33.03; 5 Mary Axtell W74 SCVAC 37.83; 6 Iris Holder W75 WMAA 38.35; 7 Richard Pitcairn-Knowles M83 VAC 45.17; **(R2 1.5):** 1 Michael May M55 VAC 30.52; 2 Bruce Hendrie M67 MMAC 30.54; 3 Danielle Silverman W50 OPEN 31.47; 4 Peter Coote M61 MMAC 32.04; 5 Angela Sonn W55 WMAA 32.43; 6 Jon Clarke M60 NMAC 32.66; 7 Lesley Parsons W56 VAC 32.77; **(R3 1.8):** 1 Brian Gravelsons M47 MMAC 27.73; 2 Cat Goulder-Davies W41 MMAC 28.02; 3 Kirstin King W54 SCVAC 28.54; 4 Kirtley Robbins M55 MMAC 28.90; 5 Robert Phin M59 SVHC 29.62; 6 Michele Wakefield W50 SCVAC 30.53; 7 Judy Johnson W53 MMAC 30.55; **(R4 2.3):** 1 Martin White M45 MMAC 24.85; 2 Ricardo Huskisson M56 EVAC 25.06; 3 Neil Tunstall M54 SWVAC 25.27; 4 Michelle Thomas W44 WMAA 26.64; 5 Brian Hawkins M36 EVAC 26.67; 6 Ian Broadhurst M61 WMAA 26.96; 7 Steve Pethen M45 SCVAC 27.37; 8 Joanna Flowers W47 VAC 28.47; **(R5 2.0):** 1 Daniel Hill M35 EVAC 22.61; 2 Giuseppe Minetti M47 SCVAC 23.63; 3 Will MacGee M48 SCVAC 23.92; 4 Chris Taplin M48 VAC 24.52; 5 Pat Logan M55 NIMAA 24.78; 6 Julian Smith M47 EVAC 25.55; 7 Paul Canning M50 EVAC 26.29; **400: (R1):** 1 Bruce Hendrie M67 MMAC 72.63; 2 Caroline Marler W65 NMAC 74.01; 3 Lesley Parsons W56 VAC 76.21; 4 Angela Sonn W55 WMAA 1:20.42; 5 Brenda Fee W69 VAC 1:24.30; **(R2):** 1 Brian Hawkins M36 EVAC 60.71; 2 Steve Pethen M45 SCVAC 63.19; 3 Joanna Flowers W47 VAC 63.80; 4 Claire Smith W40 EVAC 64.60; 5 John Donaldson M57 EVAC 65.29; 6 Rachel Coupe W45 MMAC 66.03; 7 Danielle Silverman W50 OPEN 71.95; **(R3):** 1 Brian Darby M43 MMAC 53.66; 2 Giuseppe Minetti M47 SCVAC 55.53; 3 Richard Bruce M45

SWVAC 56.47; 4 Ian Broadhurst M61 WMAA 61.46; 5 John Carmichael M49 OPEN 61.77; **MILE (R1):** 1 Derek Bolton M56 MMAC 5:56.29; 2 Chris Hamer-Hodges M45 OPEN 6:05.13; 3 Nancy Hitchmough W66 MMAC 6:09.92; 4 Doug Milsom M77 SCVAC 7:16.23; 5 Ann Gray W73 MMAC 7:39.12; 6 Kevin Dillon M62 NMAC 8:05.11; 7 Anne Martin W80 EVAC 9:17.59; 8 Richard Pitcairn-Knowles M83 VAC 9:23.29; Patricia Gallagher W70 WMAA DNF; **(R2)** 1 Mark Symes M47 SCVAC 4:42.65; 2 Scott West M40 MMAC 4:45.49; 3 David Smith M48 MMAC 4:50.84; 4 Carl Platt M35 MMAC 4:53.51; 5 Joanne Locker W40 VAC 5:03.27; 6 Andy Cohen-Wray M39 EVAC 5:05.93; 7 Tony Roberts M50 EVAC 5:07.20; 8 Rob Fox M56 MMAC 5:08.84; 9 Steven Doxey M55 NMAC 5:32.24; 10 Peter Giles M72 VAC 5:48.36; 11 Ruth Jones W36 SCVAC 5:59.69; 12 Joan Lasenby W56 EVAC 6:01.11; 13 Suzanne Harding W41 MMAC 6:06.75; 14 Helen Grant W53 EVAC 6:33.43; 15 Penny Forse W67 SCVAC 6:39.79; **80H: (R1 1.9):** 1 Paula Williams W44 MMAC 13.18; 2 Amanda Wale W45 WMAA 13.45; 3 Janet Dickinson W49 SWVAC 14.69; 4 Sony Campbell W45 OPEN 16.51; Sarah Burke W43 VAC DNF; **(R2 1.5):** 1 Jane Horder W59 MMAC 13.1; 2 Jacquelyn Brett W51 SWVAC 13.3; 3 Julie Rogers W52 MMAC 13.6; **(R3 0.7):** 1 Carole Filer W60 EVAC 13.28 **(EUROPEAN RECORD)**; 2 Tony Bowman M80 NMAC 14.93 **(EUROPEAN RECORD)**; 3 Sally Hine W66 MMAC 16.84; 4 Lyn Ahmet W64 SCVAC 17.52; 5 Patricia Oakes W70 WMAA 25.49; **100H: (1.9):** 1 Neil Tunstall M54 SWVAC 14.98; 2 Donald Brown M52 MMAC 15.00; 3 Neil Cox M40 SWVAC 17.52; 4 Paul Canning M50 EVAC 18.31; 5 Kirtley Robbins M55 MMAC 18.65; 6 Andy Cohen-Wray M39 EVAC 19.92; **110H (1.9):** 1 Neil Cox M40 SWVAC 17.52; 2 Andy Cohen-Wray M39 EVAC 19.92; **200H: (1.0):** Tony Bowman M80 NMAC 40.38 **(BRITISH RECORD)**; **300H:** 1 Ian Broadhurst M61 WMAA 48.29; 2 Susan Frisby W56 MMAC 49.64; 3 Julie Rogers W52 MMAC 52.09; 4 Lyn Ahmet W64 SCVAC 65.34; **400H:** 1 Neil Tunstall M54 SWVAC 62.03; 2 Richard White M56 MMAC 64.28; 3 Neil Cox M40 SWVAC 68.88; 4 Andy Cohen-Wray M39 EVAC 69.95;

BMAF 10,000 Championship (31st July):

M35: 1-Paul Mitchinson-M36-SCVAC-35:11.95; **M40:** 1-Mark Couldwell-M42-MMAC-32:23.44; 2-Jeff Prest-M43-NMAC-33:32.44; 3-Kevin Jowett-M43-NMAC-35:03.01; 4-Grant Ramsay-M44-SVHC-35:49.65; **M45:** 1-Gordon Lee-M49-MMAC-32:19.09; 2-Ian Johnston-M48-SVHC-33:55.21; 3-David Smith-M48-MMAC-33:59.19; 4-Darren Newbould-M45-NMAC-34:16.08; 5-Spencer Goodall-M48-EVAC-34:34.08; 6-Frank Fulcher-M48-VAC-35:42.27; **M50:** 1-Sammy Rashid-M51-NMAC-35:10.81; 2-Mick Kingsbury-M51-MMAC-35:46.43; **M55:** 1-Michael Bridgeland-M58-EVAC-36:30.02; 2-Terry Egan-M55-MMAC-39:31.90; 3-Peter Laing-M56-SVHC-40:06.16; 4-Huw Roberts-M59-WMAA-42:17.91; 5-Andrew Dippie-M56-MMAC-43:02.52; 6-Colin Oxlade-M57-SCVAC-45:00.26; **M60:** 1-Ian Wright-M60-MMAC-48:28.56; Kevin Dillon-M62-NMAC-DNF; **M65:** 1-David Oxland-M65-MMAC-37:59.61; 2-John Skelton-M65-EVAC-38:22.74; 3-Arthur Daley-M66-MMAC-41:12.33; 4-David Pettifer-M67-MMAC-42:19.87; 5-Dave Beattie-M69-SCVAC-43:56.08; 6-David Jones-M66-MMAC-46:21.62; 7-Adrian Lloyd-M68-MMAC-50:24.90; **M70:** 1-Peter Giles-M72-VAC-41:55.88' 2-Martin Ford-M72-MMAC-41:59.01; 3-Tony Brackstone-M73-SCVAC-44:32.31; 4-Geoff Newton-M71-SCVAC-45:21.01; **W35:** 1-Ruth Jones-W36-SCVAC-42:21.39; 2-Katherine Wellam-W36-NMAC-44:10.17; **W45:** Wendy Morant-W49-MMAC-DNF; **W50:** 1-Helen Grant-W53-EVAC-46:37.12; **W65:** Margaret Moody-W67-VAC-46:45.12;

BMAF 10K Track Walk (31st July)

M50: 1 Mark Williams MMAC 53:53.70; 2 Dwane Butterly M50 MMAC 54:58.33; 3 Andrew Fraser M50 SVHC 1:06:43.20 ; **M55:** 1 Francisco Reis M55 SCVAC

50:48.20; David Bowker M57 EVAC DQ ; **M60:** Steve Allen M60 SCVAC DNF; **M65:** 1 Ian Richards M68 VAC 52:16.20; 2 Roger Michell M68 MMAC 1:02:12.59 ; **M75:** Edmund Shillabeer M76 SWVAC 1:09:42.75 ; **W55:** Fiona Bishop W57 VAC 1:09:48.23 ; **W65:** Noel Blatchford W68 SCVAC 1:09:03.74;

DECATHLON (30-31st JULY)

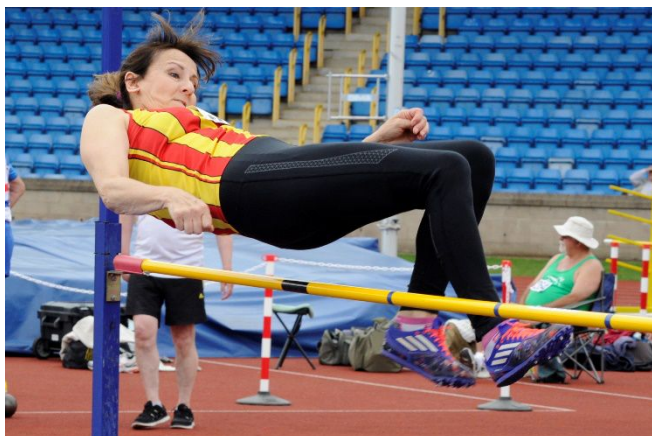
SEN MEN: 1 Thomas-Grantham-OPEN-5898-(11.75w-5.81m/1.2-10.95m-1.73m-51.19-17.57/0.0-34.88m-3.80m-38.01m-4:40.1); 2 Matt-Hyslop-RAF-5115-(11.36w5.60/ 1.0; 8.66m-1.64m-52.67-17.57/0.0-19.63m-2.80m-41.66m-4:47.9); 3 Abdullah-Al Dawsari-RAF-4900-(11.89w6.25/1.4-8.65m-1.61m-53.96-16.7/0.0-24.98m-2.30m-38.55m-05:24.4 4 Ash-Steventon-RAF-4263; **M35:** 1 Mark-Beer-NMAC-5458 (12-30w; 6.02/1.2-9.95m-1.82m-58.66-17.22-NWI-32.94m-3.50m-41.94m-5:54.4); 2 Kevin-Cranmer-SCVAC-5032-(12.52w-5.29/1.5-9.78m-1.70m-58.94-16.99/NWI-27.78m-3.40m-35.03m-5:19.5); 3 Joe-McGrath-EVAC-3591-(13.20w;



4.95/1.6-6.15m-1.49m-59.59-22.24/NWI-16.10m-2.90m-24.13m-4:59.80);

M40: 1 Ivan-Ross-IRL-4778-(13.08w-5.01/1.7-7.82m-1.61m-59.14-18.87/NWI-22.20m-2.90m-29.93m-5:03.1); 2 Jake-Smith-MMAC-3377-(13.59w4.83/ 1.7-6.60m-1.55m-66.77-21.78/NWI-17.31m-2.10m-23.62m-5:54.4); **M45:** 1 Darren-Scott-SCVAC-5699-(11.43-1.6-5.57/0.0-7.89m-1.64m-53.50-20.16/0.4-20.59m-2.00m-32.13m-5:11.90); 2 David-Pearson-SWVAC-5478-(12.74/1.6-5.22/0.0-7.42m-1.61m-59.71-18.40/0.4-18.75m-3.80m-33.92m-5:56.10) 3 Lee-Parrott-SWVAC-5452 (13.18/1.6-4.88/-0.0-10.22m-1.49m-61.56-20.64/0.4-32.34m-3.00m-40.75m-5:31.40); 4 Phil-Robinson-NMAC-4551; 5 Derek-Hateley-MMAC-4004; 6 Shaun-Carter-NMAC-3303; **M50:** 1 Ian-Crawley-OPEN-5327-(13.83w-4.82m-0.0-8.68m-1.52m-62.31-19.35/0.6-28.81m-2.50m-35.48m-5:17.20); 2 Geoff-Powley-EVAC-5308-(13.34w-4.66/0.0-8.54m-1.37m-61.58-18.77/0.6-27.49m-3.10m-32.23m-5:35.70); 3 Glyn-Price-WMAA-5163-(14.06w-

4.69/0.0-9.21m-1.52m-68.40-17.88/0.6-26.53m-3.80m-25.57m-6:14.00) 4 Nicholas-Walker-SWVAC-4887w; 5 Richard-Christian-SCVAC-4382w; 6 Derek-Warn-SCVAC-3892w; **M55:** 1 Brian-Slaughter-VAC-6010-(13.45w-4.70/0.0-9.84m-1.40m-63.16-18.77/1.4-32.81m-2.60m-33.77m-05:39.00); 2 Alan-Smith-VAC-5074-(14.09w4.61/0.0-9.48m-1.31m-65.36-20.65/1.4-26.46m-2.60m-23.66m-6:00.70); 3 Pete-Stepney-SCVAC-4786-(13.80w-4.68m-0.0-6.27m-1.34m-64.58-19.47/1.4-17.72m-2.20m-21.80m-5:44.70); **M60:** Ian-Torode-SWVAC-3567-(15.61/1.3-3.96/-0.0-8.41m-1.31m-88.37-23.69/1.1-27.70m-1.20m-19.39m-7:18.7); **M65:** 1 Adrian-Essex-SCVAC-5750-(13.92/1.3-4.02m-0.0-7.99m-1.31m-66.57-19.98/1.1-24.91m-2.00m-22.19m-6:13.80); 2 David-Cowley-MMAC-5561-(14.64/1.3-4.28/0.0-8.22m-1.31m-75.51-19.61/1.1-27.19m-2.30m-27.59m-7:06.40); **M70:** Brian-Loten-SWVAC-3537-(17.72/1.3-3.27/0.07.06m-0.98m-1:41.4-19.70/1.1-23.66m-1.80m-22.00m-8:04.20);



HEPTATHLON (30-31st JULY)

Senior Women: 1 Nicole-Burger-RAF-4059-(16.64/0.4-1.52m-9.67m-26.72/1.3-5.09/1.3-26.83m-2:43.35); 2 Sophie-Trotter-RAF-1719-(22.41/0.4-1.28m-8.20m-34.66/1.3-3.56/1.4-15.49m-3:26.14); 3 Melissa-Barry-RAF-1104-(28.13/0.4-1.10m-4.56m-36.44/1.3-2.94/-0.9-7.04m-2:54.22); **W35:** 1 Nene-Harrison-3244-(18.14/0.4-1.43m-9.82m-29.66/1.3-4.05/0.3-22.91m-3:11.55); 2 Jody-Ward-MMAC-2772-(19.36/0.4-1.31m-5.95m-29.54/1.3-4.37/NWI-10.72m-2:50.45); **W45:** 1 Janet-Dickinson-SWVAC-4684 (14.69/1.9-1.46m-7.97m-28.53w-4.53/0.3-27.48m-2:53.07); 2 Amanda-Wale-WMAA-4548-(13.45/1.9-1.34m-8.28m-29.61w-4.21/1.3-25.43m-2:46.94); 3 Sony-Campbell-3887-(16.51/1.9-1.34m-8.33m-30.28w3.94/0.0-27.81m-3:05.12); **W50:** 1 Monica-Brown-EVAC-4464-(14.71/1.0-1.37m-7.27m-28.83/NWI-4.44/0.8-18.49m-3:12.66); 2 Janice-Timberlake-WMAA-4199-(15.68/1.0-1.37m-7.89m-32.32/NWI-4.54/0.3-24.06m-3:25.37); 3 Lesley-Willis-MMAC-3821-(15.23/1.0-1.19m-7.14m-31.6/NWI-3.88/0.6-14.45m-2:53.67); 4 Melanie-Garland-WMAA-3728; 5 Marise-Taylor-MMAC-3226; **W55:** 1 Gaye-Clarke-EVAC-4326-(14.77/1.0-1.31m-6.93m-32.34/NWI-3.86/1.0-14.52m-3:23.48); 2 Tessa-Stephenson-EVAC-3401-(20.54/1.0-1.19m-7.94m-32.22/NWI-3.57/0.5-9.79m-3:23.83); **W60:** Carole-Filer-EVAC-5927 (**EUROPEAN RECORD**)-(13.28/0.7-1.43m (**BRITISH RECORD**)-7.31m-30.13/1.8-4.48/0.0 (**BRITISH RECORD**)-12.97m-3:06.13); **W65:** Sally-Hine-MMAC-4545 (**BRITISH RECORD**)-(16.84/0.7-1.13m-5.60m-33.85/1.8-3.46/1.3-11.23m-3:30.44);

THROWS PENTATHLON: (30th JULY)

M35: 1 Darren-Thomas-NMAC-2216-(35.07m-9.76m-32.51m-32.66m-9.03m); 2 Neil-Fitzpatrick-SCVAC-2123-(30.19m-8.91m-29.53m-33.90m-10.50m); **M40:** 1 Stuart-Thurgood-SCVAC-3122-(49.91m-12.06m-33.40m-22.34m-15.32m); 2 Simon-Achurch-EVAC-2900-(41.02m-11.73m-34.39m-44.13m-8.94m); 3 Daniel-Upton-VAC-2139-(24.76m-10.89m-27.39m-26.49m-9.29m); **M45:** 1 Gary-Ireland-Open-

3016-(34.65m-10.84m-33.25m-39.80m-10.53m); 2 Steven-McCourt-SCVAC-2552-(33.29m-9.00m-28.80m-26.08m-11.09m); 3 John-Twiddle-NMAC-2466-(34.52m-11.10m-34.25m-ND-9.74m); **M50:** 1 John-Pearson-MMAC-3727-(63.34m-11.81m-34.13m-17.51m-21.46m); 2 Steve-Pomeroy-MMAC-2891-(33.96m-11.18m-35.02m-31.58m-13.70m); 3 David-Brown-NMAC-2847-(32.79m-10.86m-35.74m-36.51m-11.99m); 4 Gwynn-Wallace-2377; 4 Jonathan-Sewell-NMAC-2102; 5 James-Gillespie-EVAC-1850; **M55:** 1 Robert-Broadbridge-SWVAC-3732-(45.06m-11.57m-42.44m-29.99m-15.55m); 2 Chris-Privett-VAC-3570-(42.00m-10.64m-39.12m-34.85m-14.92m); 3 Kevin-Murch-MMAC-3298-(33.64m-9.93m-32.18m-48.41m-12.60m); 4 Brian-Slaughter-VAC-2903; 5 Alex-Ahmet-SCVAC-1611; **M60:** 1 Stephen-Thomas-NMAC-3662-(40.03m-12.54m-41.16m-32.77m-16.16m); 2 Paul-Oakes-EVAC-2836-(32.67m-9.67m-33.41m-31.48m-11.89m); 3 John-Wild-NEMAA-2776-(32.31m-8.78m-36.58m-27.96m-12.24m); 4 Derek-Martin-NMAC-2561; 5 Mike-Bale-SCVAC-2348; 6 Jim-Burke-EVAC-2250; 7 Timothy-Needham-EVAC-2174; **M65:** 1 Neil-Griffin-SCVAC-3396-(35.11m-10.91m-34.75m-27.34m-13.88m); 2 Bunt-Scott-EVAC-3210-(34.73m-9.78m-35.71m-27.51m-12.15m); 3 Mike-Bourcier-Mayo-SWVAC-3049-(27.98m-9.61m-36.64m-26.85m-12.27m); 3 John-Blackwell-EVAC-2936-(31.64m-9.55m-31.20m-24.39m-12.07m); 4 Bill-Renshaw-MMAC-2512; 5 Patrick-Reynolds-Ireland-1509; **M70:** 1 Mike-Hazlewood-Open-3799-(38.56m-10.98m-35.69m-33.23m-14.71m); 2 David-Kuester-MMAC-2717-(28.59m-8.97m-25.53m-23.45m-11.94m); 3 Ian-Bowles-WMAA-2668-(28.65m-9.44m-34.36m-18.98m-8.71m); 4 Richard-Jegou-MMAC-2502; 5 Brian-Harlick-SCVAC-2116; **M80:** 1 Warwick-Dixon-SCVAC-3280-(28.59m-7.93m-28.96m-17.25m-11.56m); 2 Brian-Sumner-MMAC-3154-(30.08m-8.88m-19.56m-19.13m-11.53m); **M85:** Graham-Roberts-MMAC-2236-(22.08m-5.34m-12.51m-8.18m-9.14m); **W35:** 1 Debbie-McCaw-New Zealand-3051-(46.39m-9.25m-30.98m-22.96m-12.62m); 2 Lynette-McKeown-MMAC-2524-(36.84m-8.08m-27.64m-14.24m-12.94m); **W40:** 1 Andrea-Jenkins-EVAC-3551 (**BRITISH RECORD**)-(45.99m-9.85m-38.52m-21.24m-13.38m); 2 Tracey-Gould-VAC-2364-(34.39m-7.25m-19.76m-17.86m-10.31m); **W45:** Sue-Lawrence-SCVAC-3029-(32.55m-9.32m-29.23m-23.36m-9.83m); **W50:** 1 Jacquelyn-Brett-SWVAC-2856-(39.08m-10.49m-18.94m-13.40m-9.49m); 2 Karen-Llewellyn-WMAA-F-2637-(29.60m-8.86m-22.58m-17.26m-9.52m); **W55:** 1 Deborah-Murch-MMAC-3443-(37.45m-9.83m-21.88m-20.58m-10.79m); 2 Wendy-Dunsford-EVAC-2680-(29.95m-7.94m-22.42m-11.33m-9.27m); 3 Lucy-Moore-Fox-Ireland-2332-(24.63m-8.00m-13.75m-14.18m-8.82m); **W60:** 1 Renate-Prells-Germany-2710-(29.78m-6.73m-19.57m-9.27m-10.44m); 2 Barbara-Macanas-SCVAC-2338-(22.61m-6.27m-17.27m-12.53m-8.95m); **W65:** Linda-Oxlade-SCVAC-1846-(16.82m-4.13m-12.37m-11.71m-6.72m); **W70:** Liz-Sissons-SCVAC-3653-(22.11m-7.99m-20.24m-20.00m-8.58m); **W75:** Trish-Hill-EVAC-3669-(26.51m-7.78m-20.70m-12.50m-9.93m); **W80:** Anne-Martin-EVAC-3193-(**BRITISH RECORD**) (21.73m-6.61m-12.00m-10.36m-8.08m);

Neil McCover Memorial Half Marathon & BMAF Championships Glasgow 9th October 2016

1 Robert Gilroy Ronhill Cambuslang Harriers 1:11:43 M40-1; 2 Kerry-Liam Wilson Ronhill Cambuslang Harriers 1:13:43 M45-1; 3 Phil Martin Bushfield Joggers 1:14:51 M35-1; 4 Louis O'Hare Kirkintilloch Olympians 1:15:54 M40-2; 5 Stephen Allan Kirkintilloch Olympians 1:16:30 M40-3; 6 Russell Whittington Bellahouston Road Runners M45-2 1:16:37; 7 Mark Hall Otley AC 1:18:45 M55-1; 8 Justin Carter

Cambuslang Harriers M40-4 1:19:27; 9 Stan MacKenzie Ronhill Cambuslang Harriers 1:19:34 M50-1 ; 10 Andrew Campbell Bellahouston RR M40-5 1:19:42; 11 Connell Drummond Kilmarnock Harriers & AC M40-6 1:19:52; 12 David Arnold Tweed Striders M45-3 1:21:28 ; 13 Vincent Carroll Kirkintilloch Olympians M45-4 1:22:12; 14 Robert Bartley Kirkintilloch Olympians M40-5 1:22:14; 15 Neil Heggie M40-8 1:22:20; 16 Neil Robbins Hamilton Harriers M50-2 1:22:33 ; 17 Tim Kelly Midland Masters AC M45-6 1:22:40; 18 Gerry Craig Victoria Park City of Glasgow AC M45-7 1:23:51; 19 Simon Gold Ronhill Cambuslang Harriers M35-2 1:24:47; 20 Ross McEachern Springburn Harriers M50-3 1:25:43; 21 Emilio Cosimo Springburn Harriers M40-9 1:25:44; 2 John Brogan M40-10 1:26:03; 22 Steve Oliver Winchester & District AC M55-2 1:27:13; 23 Lynn Henderson Forfar Road Runners W40-1 1:28:46; 24 Graeme Mitchell M50-5 01:28:53; 25 Colm Allen M40-11 01:28:59; 26 Yana Thandrayen Portobello RC W40-2 01:29:02; 27 Scott Bradley Kirkintilloch Olympians M35-3 1:29:14; 28 George Rooney Bellahouston Road Runners M45-8 1:29:30; 29 Andrew McLinden Hamilton Harriers M65-1 1:29:36; 30 Gordon Humphreys Kirkintilloch olympians M40-12 1:29:51; 31 Anthony McGale Springburn Harriers M45-9 1:30:23; 32 Evy Mckenzie M45-10 1:31:30; 33 Jonny Burdon Dumbarton AAC M35-4 1:31:44; 34 Paul McMonagle Cumbernauld AAC M45-11 1:31:45; 35 Robert Rogerson Kirkintilloch Olympians M55-3 1:31:53; 36 David Downey Dunblane Runners M50-6 1:32:14 ; 37 Pamela McCrossan Clydesdale Harriers W55-1 1:32:26; 38 Walter Hill Crawley AC M60-1 1:32:38 ; 39 Wendy Taylor Strathearn Harriers W40-3 1:32:38; 40 Iain Kennedy M50-7 1:32:56; 41 Erica Christie Ronhill Cambuslang Harriers W60-1 1:33:07; 42 John Pugh Kirkintilloch Olympians M45-12 1:33:29; 43 Colin Hutcheon Linlithgow AC M60-2 1:33:40; 44 Sam Alberti None M40-13 01:33:42; 45 David Shaw M45-13 1:33:47; 46 Tony Wayte Strathearn Harriers M55-4 1:34:07; 47 Robert Young Clydesdale Harriers M70-1 1:34:40; 48 Brian Silvester M40-14 1:34:43; 49 Norman Baillie Garscube Harriers M65-2 1:34:48; 50 Nigel Potter M50-8 1:34:57; 51 Terry Addison M50-9 01:35:07; 52 David Mitchell Kirkintilloch Olympians M50-10 1:35:10; 53 David Pettifer Kenilworth Runners M65-1:35:14; 54 Hugh Laverty Clydesdale Harriers M60-3 1:36:11 ; 55 Marc Cummings Airdrie Harriers M40-15 1:36:17; 56 Tomas Lennon Kirkintilloch Olympians M40-16 1:36:18; 57 Geoff Newton Tadworth AC M70-2 1:36:39; 58 Wayne Barlow Glasgow South Roadrunners M45-14 1:36:47; 59 Stuart Geddes M35-5 1:37:02; 60 GARRY HENDERSON M50-11 1:37:26; 61 Craig Johnson M40-17 1:37:42; 62 John Haggarty M45-15 1:38:24; 63 Craig Ross M35-6 1:38:38; 64 Gary Mitchell Kirkintilloch Olympians M45-16 1:38:43; 65 Maureen Mcalweenie W45-1 1:38:49; 66 Michael Kirwan Jog Scotland M50-12 1:39:25; 67 Dan Fish Parnie Street Runners M35-7 1:39:51; 68 Steven Brown Harmeny Athletic Club M40-18 1:39:54; 69 Alex Tuff none M50-13 1:39:58; 70 David Stirling Ronhill Cambuslang Harriers M45-17 1:40:00; 71 Carole Craig W45-2 1:40:06 ; 72 Alan Hill Springburn Harriers M65-4 1:41:33; 73 Derek Shand Bellahouston Harriers M35-8 1:41:33; 74 Paul Calvert M40-19 1:41:40; 75 Gordon Hay M45-18 1:41:41; 76 Thomas Cooper M35-9 1:41:49; 77 George Kirkcaldy Scottish Fire & Rescue Service AC M45-19 1:41:54; 78 Stephen McAlweenie M40-20 1:42:27; 79 Kay Conneff Calderglen Harriers W35-1 1:42:30; 80 Maria Doherty Glasgow south road runners W45-3 1:42:51; 81 Campbell McGregor M45-20 1:43:30; 82 Ronnie Wood M45-21 1:43:37; 83 Jackie Wheeler M45-22 1:43:43; 84 David MacIver M50-14 01:43:57; 85 Andrew Cochran Bellahouston Harriers M40-21 01:44:52; 86 Nicola Watson Strathearn Harriers W45-4 1:45:17; 87 Greig Neilson M40-22 1:45:24; 88 Barbara Knox Springburn Harriers W50-1 1:46:03; 89 Andrew Phillips M45-23 1:46:09; 90 Andy Taylor M55-5 01:46:14; 91 Gordon McLellan M35-10 01:46:23; 92 William McNeill Kirkintilloch Olympians M60-4 1:46:55; 93 Tim Arbuckle M40-23

01:47:27 ; 94 Christine McMenemy Airdrie Harriers W50-2 01:47:43; 95 Kevin Dillon Manchester Harriers & AC M60-5 1:47:55; 96 Lesley Halstead PH Racing Club W45-5 01:48:06; 97 Jeff Crawford M45-24 01:48:17; 98 James Anthony Stevenson Scottish Fire & Rescue Service AC M55-6 01:48:32; 99 Stewart Strath M40-24 01:48:49; 100 George Black Fife AC M75-1 1:48:59; 101 Colin McCreery M40-25 1:49:02; 102 Jennifer Sorbie W40-4 01:50:30; 103 Ewan Neilson M40-26 01:50:39; 104 Paul Duncan M40-27 01:50:46; 105 Alison Downey Dunblane Runners W45-6 01:50:47; 106 Roddy Simpson Linlithgow AC M65-5 01:50:48; 107 John Espie M60-6 01:51:23; 108 Heather Forrest W50-3 01:51:24; 109 George Furnage Wee County Harriers M45-25 01:51:28; 110 Des McKeown Kirkintilloch Olympians M45-26 01:51:39; 111 Chris Craig Kirkintilloch Olympians M45-27 01:51:40; 112 Murray Bryce Cosmic Hillbashers AAC (aka Cosmics M60-7 01:51:54; 113 Alastair Lang M40-28 01:51:55; 114 Irene Vezza Garscube Harriers W55-2 01:51:57; 115 Paul Headridge M40-29 01:52:03; 116 Iain Crawford Ronhill Cambuslang Harriers M45-28 01:52:05; 117 Alan Moore M45-29 01:52:06; 118 Sioban Saba springburn harriers W45-7 01:52:08; 119 Anne Marie Letham W40-5 01:52:08; 120 Irene Nicholson Police Scotland W45-8 01:52:57; 121 Monica Anderson Falkirk Victoria Harriers W45-9 01:53:06; 122 John McCluskey Ronhill Cambuslang Harriers M45-30 01:53:19; 123 Andrew King M55-7 01:53:46; 124 Mark Dillon Strathearn Harriers M50-15 01:54:07; 125 Jim Wilson M65-6 01:54:24; 126 Kevin Baird Sweatshop Glasgow M35-11 01:55:00; 127 Olivia Willis W35-2 1:55:17; 128 Ada Stewart Kirkintilloch Olympians W50-4 01:55:23; 129 Maggie Magor W45-10 01:55:40; 130 Steven Faulkner Kirkintilloch Olympians M45-31 01:55:57; 131 Ann Bath 26.2 RRC W65-1 01:56:18; 132 Shirley MacNab Kirkintilloch Olympians W50-5 01:56:19; 133 Mareth Young W40-6 01:56:32; 134 Walter McCaskey Edinburgh AC M80-1 :56:34; 135 Alan Joyce Kirkintilloch Olympians M45-32 01:56:53; 136 Derek Adamson Fife Athletic Club M45-33 01:56:57; 137 Gillian McGale Springburn Harriers W40 -7 01:57:17; 138 Anne Docherty Forbes Harriers W70-1 01:57:56; 139 Pamela Parker Kirkintilloch Olympians W50-6 01:58:38; 140 John Softley Bellahouston Harriers M65-7 01:59:07; 141 Lynette Harkins Garscube Harriers W50-7 02:00:10; 142 Isobel Martin Garscube Harriers W45-11 02:00:18; 143 Jon Ellicott Bushfield Joggers M40-30 02:01:29; 144 Steve Owens M50-16 02:02:43; 145 Gordon Joyce M45-34 02:02:43; 146 Sarah Smith Giffnock North AAC W40-8 02:04:43; 147 Robert Keill M55-8 02:05:50; 148 David Franks BMF Glasgow M40-31 02:06:14; 149 Ann Lister Glasgow Phoenix Runners F65+ 02:06:30; 150 Martin Sleep M55-9 02:06:47;

EAMA INTER-AREA CROSS COUNTRY CHALLENGE 2016 Race 1: INDIVIDUAL RESULT Saturday 8th Oct. Wimbledon Common



WOMEN & MEN 65+

1 27:44 Clare Elms VAC 1-W45; 2 28:57 Sarah Urwin-Mann SWVAC 2-W45; 3 29:40 Ange Norris VAC 1-W55; 4 30:31 Caroline Wood SCVAC 3-W45; 5 30:36 Selma Benattia VAC 1-W35; 6 30:39 Don Powell SCVAC 1-M65; 7 31:14 Rose Baker SCVAC 4-W45; 8 31:17 Penny Barber MMAC 2-W55; 9 31:32 Fiona Russell VAC 5-W45; 10 31:35 Robert Brown SCVAC 2-M65; 11 32:02 Michael Mann VAC 3-M65; 12 32:05 Peter Hamilton SWVAC 4-M65; 13 33:03 Jim Brown VAC 5-M65; 14 33:03 Stephen Plested VAC 6-M65; 15 33:41 Joanna Quantrill VAC 3-W55; 16 33:42 Karen Brooks MMAC 4-W55; 17 34:11 Ros Tabor VAC 1-W65; 18 34:52 Margaret Moody VAC 2-W65; 19 36:35 Stewart McIntyre VAC 7-M65; 20 36:52 Claire Seymour SCVAC 2-W35; 21 36:57 Dave Beattie SCVAC 8-M65; 22 37:21 Clare Wyngard VAC 5-W55; 23 37:39 Doug Milsom VAC 1-M75; 24 38:43 Maurice Marchant VAC 9-M65; 25 39:08 Fiona Bishop VAC 6-W45; 26 39:44 Ann Bath VAC 3-W65; 27 40:46 Tony Berry SWVAC 2-M75; 28 41:13 Joe Aspinall VAC 3-M75; 29 41:24 Ray Lewis SWVAC 10-M65; 30 58:09 Alan Lane VAC 4-M75;

MEN 35-64:

1 0:24:48 Lance Nortcliff SCVAC 1-M35; 2 0:25:24 Julian Critchlow VAC 1-M55; 3 0:25:43 Justin Reid NIMAA 1-M45; 4 0:26:02 Mark Tennyson VAC 2-M35; 5 0:27:19 Richard Clancy NMAC 3-M35; 6 0:28:00 Ken Ham SWVAC 2-M55; 7 0:28:05 Stephen Smythe VAC 3-M55; 8 0:28:14 Simon Bean SCVAC 4-M55; 9 0:28:16 Richard Tweddle VAC 5-M55; 10 0:28:26 Franklyn Young SWVAC 6-M55; 11 29:38 Philip Carstairs VAC 4-M35; 12 29:44 Steven Grant SWVAC 2-M45; 13 29:58 Lloyd Bevan VAC 5-M35; 14 30:08 Paul Sanderson VAC 3-M45; 15 30:14 David Brown EVAC 6-M35; 16 31:32 Anthony Lintern SCVAC 7-M55; 17 32:15 David Bowker EVAC 8-M55; 18 32:39 Andy Murray VAC 4-M45; 19 32:45 Mark Wadley VAC 7-M35; 20 33:40 Ian Wright MMAC 9-M55; 21 34:42 Martin Garrett VAC 5-M45; 22 34:55 Ian Sesnan VAC 6-M45; 23 36:11 Kevin Dillon NMAC 10-M55; 24 36:58 Jeremy Carmichael SCVAC 11-M55; 25 53:48 Bill Valentine SWVAC 12-M55;

TEAMS:

M35: 1 VAC 18; 2 EVAC 24; 3 SCVAC 25; NMAC 27; **M45:** 1 VAC 18; 2 NIMAA 22; 3 SWVAC 23; **M55:** 1 VAC 9; 2 SWVAC 20; 3 SCVAC 22; 4 EVAC 34; 5 MMAC 35; 6 NMAC 36; **M65:** SCVAC 11; 2 VAC 14; 3 SWVAC 25; **M75:** 1 VAC 8; 2 SWVAC 12; **W35:** 1 VAC 7; 2 SCVAC 8; **W45:** 1 VAC 12; 2 SCVAC 14; 3 SWVAC 16; **W55:** 1 VAC 9; 2 MMAC 12; **W65:** VAC 6; **TOTAL:** 1 VAC 104; 2 SCVAC 156; 3 SWVAC 170; 4 EVAC 197; 5 MMAC 200; 6 NMAC 202; 7 NIMAA 204;

BMAF ROAD MILES , CARDIFF 1st OCTOBER

MEN 35-49:

1 James Thie Cardiff AAC 4.31 1-M35; 2 Aaron Brown Tipton Harriers 4.38 2-M35; 3 Duncan Mollison Reading Roadrunners 4.42 3-M35; 4 Huw Evans Les Croupiers 4.42 1-M40; 5 David John Williams Les Croupiers 4.42 4-M35; 6 Doug Nicholls Les Croupiers 4.45 5-M35; 7 Daniel Robinson Birmingham Running Athletics & Triathlon Club (BRAT) 4.49 6-M35; 8 Mark Gardner Lancaster & Morecambe AC 4.51 7-M35; 9 David Smith Wolverhampton & Bilston 4.53 1-M45; 10 1 Dean Kane Inverness Harriers AAC 4.53 8-M35; 11 Edward Land Aberystwyth AC 4.53 9-M35; 12 Mark Champion Istead & Ifield Harriers 5.02 2-M45; 13 Tim Grose Walton AC 5.05 3-M45; 14 Adrian Lewis Aberdare Valley AAC 5.07 4-M45; 15 Charles Thomas Walsh Swansea Harriers AC 5.08 2-M40; 16 Lindsay Toulson York Knavesmere Harriers 5.18 3-M40; 17 Stuart Wadlow Les Croupiers 5.19 4-M40; 18 Jacob Morgan Carmarthen &

District Harriers 5.22' 5-M45; 19 Jonathan Carter Chepstow Harriers 5.44 6-M45; 20 Andrew Dickens Pont-Y-Pwl & District Runners 5.46 7-M45; 21 Richard Phillips TROTS 5.59 5-M40;

MEN 50-64:

1 Simon Anderson City Of Plymouth AC 4.54 1-M50; 2 Rob Fox Long Eaton Running Club 5.11 1-M55; 3 Anthony Roper Bristol and West AC 5.23 2-M50; 4 David Bedwell Bristol and West AC 5.25 1-M60; 5 Kevin Archer Weymouth St Pauls Harriers 5.28 2-M60; 6 Ken Ham Westbury Harriers 5.32 2-M55; 7 Steven Doxey Swinton Running Club 5.34 3-M55; 8 David Coles Les Croupiers 5.35 4-M55; 9 Brett Davis Newport Harriers AC 5.35 3-M50; 10 Peter Mountain Bristol and West AC 5.43 5-M55; 11 Kevin Pye Charnwood A C 5.46 6-M55; 12 Peter Eckersley Birmingham Running Athletics & Triathlon Club (BRAT) 5.49 7 1-M55; 13 Mark Kallenberg Cardigan RC 5.55 8-M55; 14 David Proffitt Liswerry Runners 6.07 3-M60; 15 Peter Crowther Aberystwyth AC 6.08 4-M60; 16 John Watkins Newport Harriers 6.48 5-M60; 17 Kevin Dillon Manchester Harriers & AC 7.55 6-M60;

WOMEN & M65+

1 Claire Thompson Victoria Park City Of Glasgow AC 5.34 1-W40; 2 Sarah Everitt Bristol and West AC 5.39 1-W45; 3 Richard Marks Sarn Helen 5.40 1-M65; 4 Katherine Wellam Sale Harriers Manchester 5.41 1-W35; 5 Clare Jolliffe Bristol and West AC 5.43 1-W50; 6 Claire Bruce Les Croupiers RC 5.50 2-W35; 7 Lisa Webb Shaftesbury Barnet Harriers 5.51 2-W50; 8 Christine Anthony West Suffolk AC 5.53 3-W50 9 Ruth Jones Aldershot Farnham & District 5.54 3-W35; 10 Louise Summers Pont-Y-Pwl & District Runners 5.56 2-W45; 11 Don Powell Basingstoke & Mid Hants AC 6.00 2-M65; 12 Peter Giles Hercules Wimbledon AC 6.02 1-M70; 13 Jane Pidgeon Notts AC 6.05 4-W50; 14 Julie Cashell Parc Brynbach Running Club 6.25 2-W40; 15 Malcolm Bradley Penarth and Dinas 6.30 3-M65; 16 Rachel Lewis Parc Brynbach Running Club 6.32 3-W40; 17 Nancy Hitchmough Dudley and Stourbridge Harriers 6.33 1-W65; 18 Ros Tabor Dulwich Runners AC 6.34 2-W65; 19 Jeanette Jenkins Fairwater Runners Cwmbran 6.35 1-W55; 20 Lisa Carpenter Cirencester AC 6.46 3-W45; 21 John Gardener Pembrokeshire Harriers 6.55 1-M75; 22 Barrie Roberts Bournville Harriers 6.59 2-M70; 23 Julie Scholey Les Croupiers 7.13 2-W55; 24 Doug Milsom Hillingdon AC 7.16 2-M75; 25 Patricia Gallagher Westbury Harriers 7.31 1-W70; 26 Eric Hughes Bridgend AC 7.36 3-M75; 27 Ray Lewis City Of Portsmouth AC 7.58 4-M65; 28 Ann Bath 26.2 Road Runners Club 8.06 3-M65; 29 Mike Kortenray Veterans AC 8.14 3-M70; 30 Jeffrey Aston Les Croupiers 8.40 5-M65; 31 Richard Pitcairn-Knowles Sevenoaks AC 8.54 1-M80; 32 Sydney Wheeler Chepstow Harriers 9.41 4-M75;

Alex Rotas has produced a great Masters Athletics Calendar for 2017. It does feature our older Athletes but her pictures and the Calendar are of a very high standard.



Cost £10 (plus £2 postage and package) Please order direct from Alex: Alex@alexrotasphotography.co.uk

**World Masters Athletics Track & Field Championships
Perth, 26 October-6 November
Words: Bridget Cushen.
Pictures: As marked.**

Olympic Gold Medallist takes three World titles

Kenya is not a poor country; teams leaving here will be properly attired, stay in good hotels and have team management" these were the words of Kenya's Minister for Sport when the above Championships were discussed according to their team manager, former Rossendale H and Olympic hurdler Rose Tata Muya. The 16 male and one woman strong team did however encounter serious problems getting Visas that delayed their arrival in Perth. They were not former internationals but just some of many runners buried in that talent-laden country. As we looked enviously at their gleaming new outfit, no doubt issued to them as part of Kenya's reported £4.5m 8-year deal with Nike, it does raise the question, is this the future of international Masters Championships?

Still recovering from their long journey Down Under the 282 British Masters, the second largest entry, were again phenomenally successful with PBs, records and enough medals to rank 3rd on the final medal table from a well organised World Championships – Richard Beardsell, TJ Ossai, Caroline Powell, Tony Bowman, Carole Filer, Caroline Marler, Andrea Jenkins, Stephen Whyte, Anne Martin and Phil Spivey all won a handful of titles. For others it was an opportunity to compete against some of the best Masters from 91 countries, the Russians were not allowed to enter. Any records broken, and there were quite a few, are subject to ratification as Perth is rated the third windiest city in the world. The constant wind changes direction in the afternoon blowing in off the Indian Ocean and after the wettest winter on record there, after sunset the wind was noticeably chilly, otherwise athletes, their families and supporters enjoyed lovely sunshine and some memorable day trips whale watching, wine tasting etc.

Over 400 people volunteered and they did an excellent job ensuring that athletes experienced a hassle-free transition from Registering on arrival, to Warm-up area, Call Room, Baggage, marshalling and providing a constant supply of water. Geoff Gardiner, the IAAF Treasurer from the Norfolk Islands, was one of the volunteers; he later admitted he was overawed by the whole Masters movement. The shuttle buses, so often the bane of these Championships, ran promptly between track and rail stations. An Athletes Village with food outlets, music and seating added to the professionalism in memorable Championships. The Farewell Banquet held in the Zoo on the South side of the Swan River was a sell-out. All this was made possible by the strong support of the City Council; ask for extra tables or chairs, a Council truck would arrive within minutes. In overall charge of the Organising Committee was former Surrey Official, Richard Blurton. He and his sprinter wife Barbara settled in Perth some years ago.



Gold and Silver in Triple Jump
(Navid Childs-Mrs Harvey-Lawrence Harvey)

Some top British Officials were amongst the international panel, supplemented with local Officials, but despite a daily briefing from the Meet Director, there were some complaints particularly from the throwers, that some local Judges were not familiar with international Masters Rules. The hurdles used in the Heptathlon were found not to meet international specification despite being used for years in this most isolated city; a flight of hurdles was missing in the W45 final. With such a tight programme, the athletes had to wait over three hours before the re-run; fortunately for the Officials the medal positions remained the same. Sue Lawrence may have good reason to feel she should have won the bronzed medal in the javelin.

Entries at just over 4,000 is on the lower scale of a Masters Championships, whilst the long flight to an expensive city restricted European entries, it did afford the opportunity to Oceania athletes to get a taste of excellent competition and they turned out in force. Such was the standard in the younger age group sprints that the photo finish down to 1/1000 could not separate two M45 semi-finalists and 0.03sec separated the first three in the 100 final! The Judges were fortunate that the 10-lane track came to the rescue and 10 had to be allowed through to the final. Stephen Peter was another to benefit from a 10 lane track after being left on his blocks in his M60 semi. The full results are on the Perth2016.com, WMA website, well covered in social media and BMAF under Results section here.



4x100 Presentation (Keith Newton, Matt Muggeridge, Brian Darby & Ed White Pic: Hannah Jackson)

By 10.00 on the first day in the main Western Australian stadium the defending champion Irie Hill had cleared 3.50m to retain her world W45 pole vault crown. A few hours later it was a momentous occasion for Sue Yeomans to stand on the victory rostrum crowned World W60 vault champion after the St Albans veteran of these Championships had overcome a life threatening illness. Sue Dassy got 2nd.. Endless rounds of the women's 100m were in progress under an overcast sky, W60+ hammer and the M55+ decathlon ensured the main stadium was a hive of activity. There was some controversy however when 89-year old Pengxue Su missed his 100m 09.00 start in the decathlon, apparently through no fault of his own after spending days travelling from his home in a remote region of China. The onus is on the competitor to get himself to the start ready to compete, but Meet Director, the much respected Alan Bell, aware of potential adverse publicity, told Su he would allow him to start if there was a free lane in another age group but his time would not count towards his score. After he had run with the M60 and therefore able to start in the event, his three opponents from Australia, Finland and Guatemala, in true sportsman style unanimously agreed to ask that Su's time count.

Out on the other side of the city at Ern Clark Centre, Philip Spivey had also got off to a golden start winning the M55 Weight Throw (20.68m) and Steve Whyte captured the M50 title. It was gold for Sue Lawrence in the W45 hammer and silver for W40 Andrea Jenkins. A total of 126 women entered the hammer, a testimony to how successfully this event has caught on since first introduced internationally by Veteran women in Rome in 1985. Fortunately none of the nine British walkers got disqualified in the 5,000m track walk that attracted an encouraging 162 entries. Amongst the many Olympians there was Christoph Höhne, gold medallist in the 50km walk in Mexico in 1968. Still remarkably agile he went on to take the M75 10km (65.23sec) and 20km (2.17.36) from another Olympian, Ed Shillabeer. Ian Richards won the M65 silver and our oldest walker, Will Norbert, won the M80 gold.

Just across the road from the main stadium in Perry Lakes Park the cross-country was a showpiece for good organisation, on-site refreshments, music, a taped 4 x 2km flat course, excellent commentary and prompt medal presentation. Victory did not come easy to the British individual and team medallist despite ideal weather conditions. More countries were represented here than at current IAAF Championships, with runners from Sri Lanka, Singapore, the Philipppians, the Argentinians taking some individual medals and Mexico fielded strong women's teams. The host country took the lion's share of the team awards.

Day 2, (w3.4) for the women's 100m finals, the 32-strong W35 entry now whittled down to the final 8, the crown went to the Indonesian Beijing Olympic hurdler Dedeh Erawati in 12.18 from Carol Maul de Aldana one of only two female competitors from Guatemala, and Australian Natasha Hughes. Claire Spurway did very well to hold off Brandi Bernert, USA who was 3rd in Lyon and title winner in Porto Alegre, for 5th place. Wendy Seegers, Aus, took the W40 in 11.88 (w3.8). After a 12.86 semi Michelle Thomas lost out in the final (12.91) to McGowan USA in the W45 sprint. A tearful Perth resident, Julie Brims, could not control her emotion as she dipped to take the W50 race after being out of the sport for almost three years following a serious head injury. Caroline Powell was again in peak form, after a 14.07ht she got the first of her W60 gold medal haul and was never in danger. Hendrika White, in her first GB Masters vest, was 4th W65 and Brenda Fee got the W70 silver medal. The sprints would not be the same without

the durable Californian Irene Obera, now aged 82 and already with age group titles from 35 through to the W80 title here in 16.67sec.

It was also day 2 for the older age groups decathlon and start of the M35-49 event; men's 800m heats and women's triple jump where British medallists featured prominently in the older age category. The longest jump however came in the W40 from the 42-year old Polish athlete Szykulska clearing 11.48m. Ludwig Ramsey was lucky to be drawn in a slow M55 800m Ht2 of 4, taking it on from the front and dictating the pace he held the position to the line after a difficult flight out leaving him with no time to acclimatise. Days 2 and 3 are the overload point for the Officials. 46-year old Swede Matthias Sunneborn, had quickly set about pushing at the M45 World decathlon record score boundary with a first day 11.37 100m, LJ 6.63m, shot 11.93m, HJ 1.72m, and a searing 52.78sec 400m giving him 919pts and a first day score of 4306pts. The hurdles were the only event he won on the 2nd day but had enough points to take him through to a winning 7508pts. It was the M40 pole vaulting segment however that kept the Officials late for dinner, won by the Australian Geoffrey Gibbons (4.30m) from Aussie Paul Jeffery (4.10) and Shinichi Yamada, Japan.

On the second track it was a full day also with the women's walk and men's hammer, an event that was to be dominated by Europeans in the M45+. Fábán Zoltán, Hungary, defended his M45 title throwing 63.97m, M50 Steve Whyte silver, M55 Phil Spivey threw 60.08m to win by over 5m from the Austrian Gottfried Gausenbauer (54.79m) and Burton Haupept of South Africa. M80 Warwick Dixon got a bronze medal. The Frenchman Gerard Guyot threw the M70 hammer 47.17m with his first throw and called it a day. It would have won him the M60 title!

Day 3 with gusting wind; was devoted primarily to the men's 100m preliminaries and 800m finals, conclusion of the decathlon and start of the W55+ heptathlon in the main stadium, whilst in the second stadium, the men's hammer; women's weight, W35-50 heptathlon and the 5000m.

We had no entries in the M35 100m, four of the nine fastest ducked under 11.00sec to get through to the final, won by the 38 year old Swede Martinez in 10.94 from the tall Trinidadian Dwayne Caines 10.95. The popular Tam Ossai – TJ to his many followers, was also under 11.00 in the first of 5 M40 heats (10.80sec) and in his semi. Clashing with the only other sub 11sec qualifier, Australian Ashley McMahon, in the final, the tall North Londoner's long stride took him ahead in the last few metres for another major title in 10.58 and McMahon in 2nd equalled his lifetime best. After 7 M45 heats and semis, the M45 final came to a great climax that took the Photo finish Judges 20 minutes before declaring 49 year old American Karnell Vickers the winner in 11.09sec. Takeshi Fukuzato of Japan (11.10) managed to split the USA favourite and co-favourite Reggie Pendland 11.12 in a much anticipated final. Paul Richardson and Scott Dorset had already gone out and Will Macgee's 11.58 took him to 9th place. Nor was it any easier for the M50, Donald Brown reached the final here. The USA also dominated the M55 final with Jeff Battista 7th and Michael Vassiliou 8th.

In pole position after taking the first of 5 M60 heats in 12.20, Stephen Peters had every reason to believe he could win the final. Angered by a questionable was it/wasn't it a false start after the second time of asking in his semi, he appealed and was given the benefit of the doubt by the Meet Director. He had to sit it out until after the last event that evening and run faster than the 9 finalist. Getting it all out of his system, he

clocked a solo 12.28, only Zorn of Germany had run faster in the semis. What would the Meet Director have done without that tenth lane! Steven went on to take the final in 12.11sec from Oe of Japan 12.23. Arguably the greatest Masters sprinter of all time, Stephen has won eight out of ten 100/200/400m World Championships titles before injury prevented him missing a few. Defending M65 champion, Bill Collins, was again a popular winner in a world record (subject to ratification) time of 12.17 with David Hinds 6th and Brendan Lynch 8th. Peter Crombie, Aus. retained his M70 world title as Vic Novell got the bronze. Tony Bowman had a wide winning margin in his M80 final and our oldest competitor, Dalbir Singh Deol, lined up with five others to race for the M90 crown, won in 20.14sec by the defending champion and much feted Peruvian, Hugo Delgado Flores, from James Sinclair Australia 20.61 and Dalbir – absolutely brilliant.

Poor Carole Filer! After winning five of her individual heptathlon events, including scoring 1063pts in the hurdles (13.51sec) ahead of her nearest rival who scored 686pts, Carole's winning 5648 total will not count as a W60 record, nor will any of the others count as national records as WMA will not approve when the hurdles were found not to be of the correct specification. In an unprecedented move, two gold medals were awarded in the W70 80mH when Fuen Teng of China and **Marianne Maier, Austria, were both given 15.93sec. Both well inside the current world record held by 73-year old Marianne.**

Mike Toal came through in the last 150m to snatch the M45 800 World title in a tactical final and Rodney Mills won the M80 final. The Spaniard Pous Perez ran 1.54.38 to take the M35 race. International Media were there to record and interview the doyenne of Masters Athletics, Scottish born Perth resident, Prisoner of War survivor and multi age category world record breaker, John Gilmore. Now aged 97 this truly remarkable man deserves every accolade, cameras clicked as he crossed the finish line to win the M95 800m. He had retired some years ago but could not resist the temptation to run in his adopted home city in the sport that has given him so much pleasure. Incredibly alert, he enquired after several BMAF members he ran against over the years and related accurately his world record times for the 1500-10k titles he won in Hannover and Christchurch in 1977/81. "As you get older you always deteriorate, but you always have the ambition to do as well as you did last time and that's the beauty of Masters Athletics" he explained.

Six British W50 women including two former international athletes, Lucy Elliott and Zara Hyde-Peters, clashed in a talented 28-strong 5000m field. After her tactical win in the cross-country over the current World Mountain Running Champion, New Zealander Sally Gibbs, Lucy went on to take her second gold medal (17.31.01) by a clear 7sec from Sally and the Dane Jacobsen. Zara finished 4th, Susan Ridley 7th, Jackie Newton 11th, Ann-Marie McGilvray 19th and Tracey Gibson 20th. W45 Caroline Mayers, W65 Janette Stevenson and W70 Pauline Rich all collected a bronze medal. BMAF cross-country champion, Ben Reynolds, retained his world M50 title in a two race 37-strong entry. The M60 race was almost as large, won by Scottish Veterans Harrier Paul Thompson in 18.28.86 and Team Manager Archie Jenkins managed to fit in his race. David Oxland got his second M65 silver medal.

The 48-year old German Peter Esenwein, sent the javelin out over 65m on Day 4, devoted mostly to field events, women's 800m and long hurdles rounds. A 4.6–5.0 wind on the back straight caused the bar to rattle during the M35 pole vault, won

at 4.70m by Eric Reuillard, France. The following day Glyn Price tied for M50 2nd place with the Slovakian Josef Vasina, clearing 3.80m and M60 Alan Williams went on yet again to take a World title. 22 men entered the M45 shot, 15 turned up and 12 were allowed through to the final, won by the Greek Fanartzis, 14.08m.

What a Championships South Africa Burton Haupt had, winning the M55 discus 51.19m, reached out to 15.84m in the shot, won the throws pentathlon, 2nd in the Weight and 3rd in the hammer. 31 men contested the M60 discus won with a 54.45m second attempt by Ralph Fruguglietti, USA. The wind on Day 5 caused the postponement of the M45 discus as the M85 javelin with light weight, had already started. W40 Clare Lacey's javelin was delayed by an hour.

Three M35 had a run through in their 400mH preliminaries and only one was eliminated in the second round, the final went to Hirata of Japan 55.24. Matthew Dalton and Charles Romito bettered their qualifying times for 5th and 6th as did M45 Stephen Freeman. Richard White placed 2nd M55. Tony Bowman had no difficulty hurdling to 3rd M80.

After the first Rest Day, revitalised Officials were ready for the 08.00 start of the 10km road walks, a busy field events day, women's 800m, more hurdles and a jaw dropping 39 heats of the 200m! What a relief to see Midland Masters Greg Dunston back in action again and reaching the M50 100mH final after a serious hamstring tear. Donald Brown 2nd and Glen Reddington saw all three Britons reach the final.

Enjoying the blazing last day of October sun on their back; sharing parallel runways with pole vaulters and well informed Commentary, the triple jumpers kept the spectators focused on the home straight. Welshman Navid Childs steadied himself for his last jump as he now needed to better the 15.09 his M35 colleague Lawrence Harvey cleared on his final attempt. Lawrence held his breath, Navid fouls again. Both first timers, Lawrence knew he had got his first World Masters gold medal and Navid the silver from his 14.21 first jump, after a great series in a straight final. "I turned 35 a few months ago and competed in the BMAF Track & Field. I cannot believe how seamless the whole procedure is here and how well organised the Masters are. It's fantastic" said Harvey. The jumps were happy hunting grounds for stalwarts like Ian Allen, David Dixon, Keith Newton, Iris Holder, Anne Martin and evergreen Pat Oakes, all stood on the rostrum.

After being eliminated in her W50 800m semis, Sharyn Ramage was a surprise entry in the 10,000m on the 2nd track where the Lothian regular distinguishing herself in 12th in a very credible 46.56.40sec. Ian Richards walked to his second silver medal in the 10km road. With such a heavy schedule it is a tribute to the Meet Director, Officials and Organising Committee that they finished exactly on time, freeing up the main track for 17.30 training!

Now into the second half of the Championships on Day 6, with the temperature rising. The Photo Finish was scrutinised again to separate the W35 200m final, with the verdict going to the Spaniard Carolina Garcia's dip, from Debeh, Indonesia, both given 25.27 (w.3.5). Seegers was faster in the W40 sprint 24.35 (w3.7). France's W55 Nicole Alexis was the only female sprinter to retain her World title. Caroline Powell ran an amazing 28.82 (w1.1) to win by the longest margin. Brenda Fee took the W70 gold in 32.00. Spectators remained in their seats to watch the younger men's finals at the end of the day. They were not to be disappointed as Beardsell and TJ delivered again, both retaining their World M35/40 crown.

Beardsell winning time 21.76sec (w2.5) was faster than his 21.97 in Lyon. Ossai's 21.81 (w1.7) was also faster. Eight heats and three semis saw off all our M45-ies, Steven Peters sped to a 24.11sec M60 victory to retain his title, only 0.11sec shy of one of the oldest world records in the books held by fellow Britain Ron Taylor since 1994. The late Alasdair Ross's presence was sadly missed; he was third in Lyon on 31 August 2015 only to succumb to pancreatic cancer on 4 July this year.

Bill Collins was to retain his M65 title but only after a bit of drama. He collapsed after winning his heat complaining of cramp spreading to his chest area and was rushed to hospital. Advised by doctors to stay in overnight, the tough Texan refused telling the doctors that he had his semi early in the morning and final late evening. Ranked in the top three in the Seventies amongst USA hotbed of sprinters, he missed the 1980 Olympics when the USA boycotted the Games. He suffers from Guillain-Barre syndrome that left him unable to walk for months in 2011. Here he went on to take the double in 25.55sec.

Ben Reynolds may have been surprised to find Kenyan Paul Kibet sitting on his shoulder in the 10,000m on the second track as he was not listed on the programme. Setting out to defend his title, the VAC man could not match the Kenyan's sprint finish to take what now is the last World Masters 10,000m to be held on the track, in 33.13.34sec. John Skelton M65 and M70 Martin Ford added to their medal tally.

A 6.06m jump secured victory for Kung of Hong Kong from Paul Guest 5.87m in the M55 early morning long jump series. There was a large British entry in this event with Carole Filer and Iris Holder also upping the current British record, subject to ratification. The high jump attracted a very good entry, particularly from Japan. 39-year old Miyuki Fukumoto cleared 1.73m in the W35 and Fukumoto Yoshisiha, cleared 2.02 for the M40 title, just missing out on 2.05m. 99 men finished the 20km road walk; the British were led home by M65 Peter Boszko winning the bronze medal after the surprised DQ of Ian Richards who was lying 2nd throughout.

A weather warning was issued for the penultimate day for a likely 39°. Fortunately the 1500m finals were the longest races with the throws pentathlon and some high/long jumps in the older age groups. 28 W50 ran in the semis in what was one of the most competitive. Lucy Elliott and Sally Gibbs clashed again but it was the South African, Salome Vermeulen who snatched it on the line, 4.48.27 from Lucy 4.48.55 and Gibbs 4.49.97. The Kiwi turned up the following morning and won the half marathon, what a racing schedule. All age groups were heavily subscribed, after semis and other races during the week; these are remarkably fast final times in the conditions. Ros Tabor, Pat Gallagher, ubiquitous Anne Martin made the podium and lovely to see former Commonwealth Games 3000m runner and now Coach, Penny Forse (nee Yule), running competitively again. The M35 was a straight final, won in 3.54.75 by the Spaniard, Louah. Leslie Newall found his 4.11.55 was still not good enough to get an M40 medal. Canadian Olympic finalist Paul Osland, took the M50 race in 4.16.34, SWVAC member Simon Anderson missed out on silver by 1/1000 in 4.17.00 from Australian Schwerkolt 4.16.99. Bashir Hussian was another busy finalist; he was scheduled for the steeplechase the following morning. "It's 40° on that back straight now" grasped one of the many British finalists.

After clocking 50.54 to get through to the M35 400 final, Stewart Marshall was DQ-d for running out of his lane. One has much sympathy for the Coventry athlete so easily done with 12 lanes on the back straight and running into the blazing

sun, Richard Beardsell sailed it in 48.53sec, the second fastest M35 ever by a British O/35. The first four were all inside 50sec, Lawrence Baird finished 6th. A sub 50 was also required for the M40 title, won by Antwon Dussett USA. Six heats and three semis were necessary in the M45/50 races. The qualifying races do give the athlete value for money in what was a truly a top international field. Sprinters from Chinese Taipei, Japan, Estonia, NZ, Chile etc. took on the USA, Jamaica and Barbados. Mark Gomes, USA, won the M45 in 50.60sec. The Miami-based German, Roland Groeger, made it an M50 sprint triple winning here in 51.41sec 0.02 outside the world record. There was another medal for M55 Richard White. Steven Peters unfortunately had to pull out of the final where David Elderfield came through for 2nd, and Bob Douglas in 7th bettered his heat and semi time. The World M90 crown went to VAC's Dalbir Singh Deol.

Bleach added to the water jump temporarily turned it blue but all was crystal clear for the steeplechase on the last day in the second stadium where, after placing 4th twice already, Claire Thompson went on to win the W40 race by a huge margin and take a gold medal back to Glasgow. The Pole, Danuta Woszczek, stretched the W35 out winning in 7.05.24, Cathy Wellam finished 3rd. It was bronze for W45 Julie Wilson and Anne Martin added to her pot of gold. Bashir also got on the podium.

A marathon running club on the South side of the city organised the half and full marathon; the first 5km run on cycle tracks along the bank of the Swan river, turning North over the Narrows Bridge where the Swan meets the Ocean and out to the W. Australian University and back, a scenic traffic free course. Archie Jenkins and Lynne Marr did a superb job getting Age Group teams declared with so many first timers. The temperature had dropped considerably, 17° at 06.00 rising to 27° by 11.00, but a strong headwind along a 5km stretch buffeted the runners. Nonetheless, the large British entry returned with an individual and team medal haul, led home by Perth-based NMAC member Richard Bason, 21st overall and 6th M40 (2.56.44) from M45 Adam Baker (2.56.59). VAC's Susan McDonald's 3.15.0 took her to 2nd W45 place and first of the British women. Jo Newens got the W45 bronze. The W50 race was won in 3.02 by Jacobsen, Denmark. BMAF Assistant Road Running Secretary, Dave Beattie, was third scoring member in the winning M65 team, led home by silver medallist Ian Kitching in 3.25.40sec and Francis Day 4th. Did SCVAC members Marian and Terence Povey set a record as both were scoring members of the winning W60 and 3rd place M55 team. Our older runners were all home in excellent times, W65 Elizabeth Neville 3.47.11 for 3rd place and Brenda Kinch 4.46, 2nd W70. Overall winners, both Australians, were 44-year old Wayne Spiers in 2.34.46 and 37-year old Christine Oosthuisen 2.57.35.

The Kenyans were spotted running through the dark streets on the North side at 05.00 for the 06.00 Half Marathon start, the shuttle buses had already left. They went on to take the first three individual places in a combined 3.33.56sec for an unassailable M40 team gold. Figueiredo from Portugal finished 4th in 1.11.42 that gave him M45 victory and EVAC's New York-based Paul Thompson came in 6th 1.12.48 for the M50 gold having already got a silver medal in the cross-country. Twelve countries shared the men's team medals. Australia won most of the women team awards with the British teams collecting four silver medals.

BMAF Chairman Arthur Kimber and Kevin Dillon had assembled teams for practically all age group relays where the host nation went on to take five titles in both relays. Neither

they nor the USA however were a match for the British M35 squad of Stewart Marshall, Lawrence Baird, Richard Beardsell and TJ Ossai who swept to a clear double victory in 42.32, 3.21.07sec.

100:

M40 (3.4): 1 Ossai, Tamunonengiye-Ofo 10.58 (10.85/1.1 qr); **M45 (3.2):** 9 Macgee, Will 11.58; **(QR):** Dorset, Scott 12.12w; Richardson, Paul 12.60/1.9; **M50(QR):** Reddington, Glen 12.70w; 5; Brown, Donald 12.13w Grew, Robert 12.82w; Palman-Brown, Anthony 13.39w; **M55 (2.3)** 7 Battista, Jeff 12.39 (12.32w qr); 8 Vassiliou, Michael 12.48 (12.40/2.0qr); **(QR):** Guest, Paul 12.57w; Skinner, William 13.91w; Young, Neil 15.19w; Elliott, Winston 32.90w; **M60 (1.6)** 1 Steve Peters 12.11; **(QR)** Franklyn, Walwyn 13.24/0.7; Douglas, Bob 13.78w; **M65 (2.8)** 6 Hinds, David 13.40; 8 Lynch, Brendan 13.54; **M70 (4.0)** 3 Novell, Victor 13.37; **(QR):** Forse, Alan 14.58w; ; **M80(4.7)** 1 Bowman, Tony 14.85; 4 Field, Colin 16.09; **M90(2.1):** 3 Deol, Dalbir Singh 21.30; **W35 (3.4):** 5 Spurway, Claire 12.47 (12.53/nwi qr); **(QR):** Ainslea, Cross 14.76 NWI; **W45 (1.5):** 2 Thomas, Michelle Gabriel 12.91/1.5 **(QR)** Breslin, Jacqueline 15.40w Richardson, Lesley 17.97w; **W55: (QR)** Lee, Vicki 15.92w; **W60 (2.3):** 1 Powell, Caroline 14.16 (14.07nwi qr); Ahmet, Lyn 16.43w; **W65 (2.1):** 4 White, Hendricka 15.39 (15.49Q /0.9); **W70 (3.6):** 2 Fee, Brenda 15.44 (15.67/2.0 **(BRITISH RECORD in QR)**; **W75 (0.9):** 4 Holder, Iris 17.81; 7 Fraser, Dorothy 20.46;

200:

M35 (2.5) 1 Beardsell, Richard 21.76 (21.97Q/0.6qr); **M40 (1.7)** 1 Ossai, Tamunonengiye-Ofo 21.81; **(QR):** White, Ed 23.47/2.0; Muggeridge, Matthew 23.71q/w; **M45 (QR):** Macgee, Will 23.69Q/w; Dorset, Scott 25.39w; Richardson, Paul 26.22w; **M50 (QR):** Reddington, Glen 26.43Q/w; 4; Procter, Martin 27.33Q/2.0; Palman-Brown, Anthony 27.97w; **M55 (1.4)** 5 Battista, Jeff 24.92; 8 Vassiliou, Michael 25.25; **(QR):** Ilo, Peter 25.83Q/w; Skinner, William 27.98w; May, Michael 31.33w; **M60 (2.3)** 1 Peters, Steve 24.11 (24.68/0.4 qr); **(QR):** Franklyn, Walwyn 27.49w; Douglas, Bob 28.11w; **M65(QR):** Hendrie, Bruce 29.88w; Madden, Paul 33.99w; **M70 (1.8)** 4 Novell, Victor 28.05; **(QR):** Forse, Alan 30.63/1.7; **M80 (3.0):** 2 Bowman, Tony 31.90; 7 Field, Colin 36.95; **M90 (3.1):** 3 Deol, Dalbir Singh 48.77; **W35 (3.5)** 4 Spurway, Claire 25.54 (25.95Q/1.7qr); **(QR):** Ward, Jody 29.84/1.7; Graham, Jan 33.83w; **W45 (1.9)** 4 Thomas, Michelle Gabriel 26.56; **(QR):** Hollinshead, Emma 29.56w; **W60 (1.1)** 1 Powell, Caroline 28.82 (= **EUROPEAN RECORD**); **(QR):** Argent, Fiona 36.07w; **W65(4.1)** 4 White, Hendricka 32.09; 7 Marler, Caroline 32.75 (32.74w qr) **(QR):** Stanley, Patricia 43.77w; **W75 (4.2):** 5 Holder, Iris 39.60; 7 Fraser, Dorothy 42.90;

400:

M35: 1 Beardsell, Richard 48.53 **(BRITISH RECORD)**; 6 Baird, Lawrence 50.13; **(QR):** Marshall, Stewart 50.54Q; Romito, Charles 55.52; **M40:** 6 Darby, Brian 51.93; **(QR):** Muggeridge, Matthew 53.27; **M45(QR):** Shortridge, David 1:00.23; **M50(QR):** Grew, Robert 57.36q; **M55:** 3 White, Richard 55.83; 4 Ilo, Peter 56.07; 6 Vassiliou, Michael 56.78; **(QR):** Ramsey, Ludwig 59.98; Skinner, William 1:05.26; **M60:** 2 Elderfield, David 56.55; 7 Douglas, Bob 1:00.66; **(QR):** Peters, Steve 59.69Q; Franklyn, Walwyn 1:02.55; **M65(QR):** Hendrie, Bruce 1:07.83; **M70 (QR):** Eland, Albert Gordon 1:10.98; Forse, Alan 1:15.14; **M75 (QR):** Kimber, Arthur 1:30.10; **M80:** 4 Mills, Rodney 1:22.59 **(BRITISH RECORD)**; **M90:** 1 Deol, Dalbir Singh 1:57.83

(BRITISH RECORD); W35(QR): Graham, Jan 1:18.37; **W45:** 8 Hollinshead, Emma 1:05.52; **(QR):** Wilson, Julie 1:09.08; **W60:** 1 Powell, Caroline 1:06.18; **W65:** 3 Marler, Caroline 1:11.34 **(EUROPEAN RECORD)**; 4 Tabor, Rosalind 1:14.52; **W70:** 2 Fee, Brenda 1:17.70 **(BRITISH RECORD)**; **(QR):** Stanley, Patricia 1:56.67; **W75:** 2 Stewart, Kathleen 1:25.94;

800:

M45: 1 Toal, Mike 2:03.05; 5 Bruce, Richard 2:05.79; **(QR):** Ronald, Andrew 2:15.07; **M50:** 8 Anderson, Simon 2:11.37 (2:10.66qr); **(QR):** Fraser, Ian 2:23.33; Roberts, Alan 2:49.15; **M55:** 6 Ramsey, Ludwig 2:19.58; 11 Bryce, Alexander 2:21.81 (2:19.43qr); **(QR):** Hill, Keith 2:32.52; Elliott, Winston 2:47.34; **M60:** 11 Webster, Graham 2:38.54; **(QR):** Lamb, Graham 2:41.66; Dillon, Kevin 3:40.44; **M65:** 11 Hendrie, Bruce 2:41.88; **(QR):** Snow, Ian 2:44.86; Duhig, Peter 2:49.35; Cannon, Francis 3:10.39; **M70:** 10 Eland, Albert Gordon 2:50.11; 12 Brennan, Philip 2:58.93 (2:54.26qr); **(QR):** Roberts, Barrie 3:10.38; **M75 (QR):** Kimber, Arthur 3:49.61; **M80:** 1 Mills, Rodney 3:08.53; **W45:** 4 Hollinshead, Emma 2:31.45; 6 Mayers, Caroline 2:33.14; **W50:** Ramage, Sharyn 3:02.96; **W55 (QR):** Lawless, Caroline 3:07.17; Marr, Lynne 3:23.33; **W60:** 6 Hands, Phyllis 3:07.35; **W65:** 3 Tabor, Rosalind 2:47.38; 6 Marler, Caroline 2:59.10; 10 Forse, Penny 3:01.66; **(QR):** Stevenson, Janette 3:00.33q; **W70:** 3 Gallagher, Patricia 3:18.79; **W75:** 2 Stewart, Kathleen 3:31.47; 8 Stracey, Betty 4:03.75; **W80:** 2 Martin, Anne 4:34.67;

1500:

M40: 4 Newell, Leslie 4:11.55; **M45** 7 Ronald, Andrew 4:27.06; 13 Grant, Gary 4:42.98; **M50:** 3 Anderson, Simon 4:17.00; 6 Hussain, Bashir 4:33.16; **(QR):** Roberts, Alan 5:32.42; **M55:** 9 Smith, Stephen 4:42.92; 13 Bryce, Alexander 4:48.92; **(QR):** Hands, Benjamin 4:48.78q; Doxey, Steven 5:07.10; Hill, Keith 5:12.75; Wintemute, Robert 5:16.47; Hick, Karl 5:24.33; Graham, Roderick 5:43.22; **M60:** 12 Webster, Graham 5:25.98 (5:20.87 qr); 14 Lamb, Graham 5:36.90; **(QR):** Jenkins, Archie 6:00.30; Denholm, John 6:02.87; Dillon, Kevin 7:28.79; **M65:** 3 Oxlade, David 5:03.95; 14 Bradshaw, Arnold 5:30.29; 15 Snow, Ian 5:41.81 (5:35.94qr) **(QR):** Duhig, Peter 5:54.56; **M70:** 9 Brennan, Philip 5:59.87 (5:57.08qr); 13 Roberts, Barrie 6:28.83 (6:22.02qr); **W35:** 4 Wellam, Kathy 5:06.83; **W40:** 4 Thompson, Claire 4:55.95; **W45:** 4 Mayers, Caroline 5:01.52; 7 Wilson, Julie 5:11.75; **W50:** 2 Elliott, Lucy 4:48.55; 4 Hyde Peters, Zahara 4:52.05; 12 Newton, Jackie 5:27.53; 12 Newton, Jackie 5:27.53; **(QR):** Ramage, Sharyn 5:53.89; **W55:** 15 Lawless, Caroline 6:15.54; **W60:** 8 Hands, Phyllis 6:30.72; **W65:** 3 Tabor, Rosalind 5:45.77; 4 Stevenson, Janette 5:50.62; 7 Forse, Penny 6:04.63; **W70:** 3 Gallagher, Patricia 6:44.27; **W75:** 5 Stracey, Betty 7:57.94; **W80:** 3 Martin, Anne 9:16.34;

5000:

M45: 19 Grant, Gary 18:05.41; **M50:** 1 Reynolds, Ben 16:01.64; 4 Anderson, Simon 16:29.46; 13 Fraser, Ian 18:19.76; 30 Gallagher, Saul 20:31.20; 32 Hodgson, Graham 21:02.59; 33 Roberts, Alan 21:37.68; **M55:** 21 Doxey, Steven 19:32.45; 23 Oxlade, Colin 19:51.94; 24 Hill, Keith 20:07.26; 29 Hick, Karl 20:40.94; **M60:** 1 Thompson, Paul 18:28.86; 14 Webster, Graham 20:17.54; 15 Proffitt, David 20:18.36; 17 Goodwin, Steve 20:32.36; 23 Murray, Andrew 22:15.71; 24 McGilvray, Kevin 22:27.38; 25 Denholm, John 22:33.67; 26 Jenkins, Archie 23:02.52; 30 Sargent, Rob 24:24.76; **M65:** 2 Oxlade, David 18:47.75; 13 Sutherland, Alex 19:59.66; 19 Bradshaw, Arnold 21:11.41;

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24 Brown, Dennis 21:32.65; **M70:** 4 Ford, Martin 20:13.65; 10 Brackstone, Anthony 21:54.15; 13 Brennan, Philip 22:30.47; 17 Roberts, Barrie 24:15.29; **M75:** 16 Green, Les 40:57.95; **W35:** 4 Wellam, Kathy 19:41.85; **W40:** 3 Mccourt, Cathy IRL 18:19.30; **W45:** 3 Mayers, Caroline 19:18.45; **W50:** 1 Elliott, Lucy 17:31.01; 4 Hyde Peters, Zahara 18:55.16; 11 Newton, Jackie 20:49.21; 19 McGilvray, Ann-Marie 23:09.47; 20 Gibson, Tracey 23:45.35; **W55:** 11 Farmer, Diane 22:54.79; **W60:** 8 Fellowes, Janet 24:15.72; **W65:** 3 Stevenson, Janette 21:08.25; 6 Brown, Barbara 23:46.28; **W70:** 3 Rich, Pauline 25:44.77; **W75:** 5 Stracey, Betty 30:54.02;

10000:

M50: 2 Reynolds, Ben 33:19.16; 9 Fraser, Ian 38:32.82; 12 Angell, Dean 41:12.71; 14 Anderson, Simon 42:56.55; 15 Gallagher, Saul 43:49.38; 17 Roberts, Alan 46:25.46; **M55:** 8 Feechan, Colin 38:02.40; 13 Oliver, Steve 40:25.03; **M60:** 9 Proffitt, David 41:19.50; **M65:** 2 Skelton, John 39:50.46; 9 Sutherland, Alex 44:28.04; 11 Day, Francis 45:49.23; 13 Bradshaw, Arnold 47:06.28; **M70:** 3 Ford, Martin 44:20.82; 5 Brackstone, Anthony 46:36.42; 7 Brennan, Philip 49:22.44; **M75:** 9 Green, Les 1:35:40.54; **W40:** 3 McCourt, Cathy IRL 38:50.77; **W50:** 12 Ramage, Sharyn 46:56.40; **W65:** 4 Brown, Barbara 49:33.95; **W70:** 2 Rich, Pauline 54:11.83;

3000SC:

M50: 3 Hussain, Bashir 11:04.94; **M55:** 6 Hands, Benjamin 11:53.43; 11 Peters, Michael 12:54.23;

2000SC:

M65: 6 Snow, Ian 8:54.20; 9 Duhig, Peter 9:03.67; **W35:** 3 Wellam, Kathy 7:43.87; **W40:** 1 Thompson, Claire 7:25.49; **W45:** 3 Wilson, Julie 8:10.23; **W80:** 1 Martin, Anne 13:38.34 (**WORLD RECORD**);

80H:

M80 (-0.1): 1 Bowman, Tony 15.15; **W55 (1.1)** 7 Clarke, Gaye 14.58; **W60 (0.7):** 1 Filer, Carole 13.52; 5 Ahmet, Lyn 16.84; 9 Argent, Fiona 19.20; **W65 (-1.9):** 1 Fail, Jean 15.86; **W70 (-0.9):** 6 Oakes, Patricia 20.87;

100H:

M50 (0.5) 2 Brown, Donald 14.72; 8 Dunson, Greg 21.77 (14.97/0.7 QR); (**QR**): Reddington, Glen 15.79q/0.7; **M60 (-0.7):** 7 Hall, Terry 19.20; **W35 (0.3):** 3 Scott, Jane 15.30; 6 Ward, Jody 19.45;

110H:

M35 (0.1) 3 Dalton, Matthew 16.72; 4 Pritchard, Ashley 18.49; **M40 (0.1):** 5 Hayman, Nigel 15.90; **M45 (0.9)** 7 Shortridge, David 24.87;

200H:

M80 (1.8): 3 Bowman, Tony 39.96 (**BRITISH RECORD**);

300H:

M60: 7 Hall, Terry 55.84; 8 Talbot, Duncan 56.45; **W50** 2 Finegan, Geraldine IRL 49.48; **W60:** 2 Filer, Carole 53.79 (**BRITISH RECORD**); 5 Ahmet, Lyn 1:07.31; 6 Argent, Fiona 1:09.04;

400H:

M35: 5 Dalton, Matthew 1:00.14; 6 Romito, Charles 1:02.02; **M45:** 8 Freeman, Stephen 1:04.48; (**QR**): Shortridge, David 1:20.31; **M55:** 2 White, Richard 1:04.83 (1:04.50qr);

HJ:

M40: 5 England, Andrew 1.70m; **M50:** 5 Allen, Ian 1.70m; 7 Byron, Mark 1.60m; **M55:** 6 Phelan, Richard 1.55m; **M60:** 5 Torode, Ian 1.45m; 8 Talbot, Duncan 1.40m; 10 Wade, Trevor 1.35m; **W50:** 3 Finegan, Geraldine IRL 1.45m; **W55:** 3 Clarke, Gaye 1.31m; 8 Barker, Hazel 1.27m; **W60:** 1 Filer, Carole 1.35m;

PV:

M50: =2 Price, Glyn 3.80m; **M55:** 7 Phelan, Richard 3.05m; **M60:** 1 Williams, Allan 3.30m; **W45:** 1 Hill, Irie 3.50m; **W60:** 1 Yeomans, Sue 2.75m; 2 Dassie, Sue 2.15m;

LJ:

M35: 3 Childs, Navid 6.67w; 5 McMullen, Carl 6.44w; **M45:** 12 Newton, Keith 5.38w (5.54/1.2 qr); **M50:** 3 Allen, Ian 5.71w; 7 Procter, Martin 5.02w (5.03/0.5 qr); **M55:** 2 Guest, Paul 5.87m/0.9 (**BRITISH RECORD**); 6 Phelan, Richard 5.42w; 8 Dixon, David 5.27w; (**QR**) Skinner, William 4.50m/+0.0; **M60:** 10 Wade, Trevor 4.54m/-0.6; 13 Torode, Ian 4.34m/+0.0; 14 Gibbs, Barry 4.30m/-0.5; **M70:** 3 White, Roy 4.32w; **W35:** 4 Scott, Jane 5.48/0.4; 8 Ward, Jody 4.45w; **W45:** 12 Breslin, Jacqueline 3.82/+0.0; **W55:** 9 Clarke, Gaye 4.12w (4.06/-0.8 qr); 12 Lee, Vicki 3.65/1.2; **W60:** 1 Filer, Carole 4.62w; (4.48/1.2 (=BRITISH RECORD)); 9 Ahmet, Lyn 3.45/1.5; **W65:** 10 Howarth, Grete 1.69m/1.2; **W75:** 2 Holder, Iris 3.05/+0.0 (**BRITISH RECORD**); **W80:** 2 Martin, Anne 2.43/0.0;

TJ:

M35: 1 Harvey, Lawrence 15.09mw; 2 Childs, Navid 14.21w; **M45:** 3 Newton, Keith 12.55w; **M55:** 2 Dixon, David 11.86w; 6 Phelan, Richard 10.93w; 10 Skinner, William 9.37w; **M60:** 10 Torode, Ian 9.06m/1.1; **W45:** 9 Breslin, Jacqueline 7.96w; **W60:** 6 Ahmet, Lyn 7.26w; **W70:** 3 Oakes, Patricia 6.41w; **W75:** 2 Holder, Iris 7.07m/1.7 (**BRITISH RECORD**); **W80:** 3 Martin, Anne 5.35w;

SP:

M40: 6 Lay, Graham 12.39m; **M50:** 4 Whyte, Stephen 12.85m; **M55:** 7 Broadbridge, Bob 12.83m; **M65:** 7 Tyler, Geoffrey 12.05m; **W45** 7 Lawrence, Sue 9.56m (9.91qr); (**QR**): Richardson, Lesley 6.36; **W55:** 6 Barker, Hazel 9.16m; 9 Dunsford, Wendy 8.51m; 11 Moore-Fox, Lucinda IRL 8.37m; **W60:** 9 Dassie, Sue 7.72m; **W65:** 2 Thompson, Vilma 9.71m; **W80:** 4 Martin, Anne 7.14m; 8 Dunsford, Barbara 4.22m;

DT:

M35: 7 Pritchard, Ashley 36.13m; **M40:** 9 Lay, Graham 33.56m; **M45:** 5 Derrien, Paul 38.43m; **M50:** 4 Whyte, Stephen 46.31m; **M55:** 4 Broadbridge, Bob 42.23m; **M60(QR):** Needham, Tim 30.22m; **M65:** 10 Tyler, Geoffrey 36.94m (40.14qr); **M80:** 4 Dixon, Warwick 29.12m; **W40:** 5 Jenkins, Andrea 28.52m; **W45:** 5 Thrush, Jane Camilla 29.99m; 9 Lawrence, Sue 24.98m; **W50:** 6 Dunsford, Wendy 23.17m; **W75:** 4 Derrien, Carole 19.10m; **W80:** 6 Dunsford, Barbara 9.20m;

HT:

M45: 12 Derrien, Paul 40.06m; **M50:** 2 Whyte, Stephen 52.12m; **M55:** 1 Spivey, Phillip 60.08m (**BRITISH RECORD**); 6 Broadbridge, Bob 45.96m; 12 Gibson, Darren 39.54m; **M60:** 17 Needham, Tim 29.96m; **M80:** 3 Dixon, Warwick 38.57m; **W40:** 2 Jenkins, Andrea 47.98m; 10 Taylor, Clare 36.61m; **W45:** 1 Lawrence, Sue 39.04m; 8 Thrush, Jane Camilla 30.86m; **W50:** 10 Loveridge, Marion 36.08m; **W55:** 5 Dunsford, Wendy 31.25m; 6 Moore-Fox, Lucinda IRL 29.07m; 8 Morgan, Angela 27.03m; 14 Lamb, Jill 18.28m; **W65:** 4 Thompson, Vilma 25.10m; **W75:** 6 Derrien, Carole 24.85m; **W80:** 2 Martin, Anne 23.22m; 5 Dunsford, Barbara 15.08m;

JT:

M40: 7 Lay, Graham 44.74m; **M70:** 6 White, Roy 29.13m; 12 Kuester, David 22.16m; **W40:** 8 Lacey, Claire 25.54m; **W45:** 5 Lawrence, Sue 26.57m; **W55:** 8 Barker, Hazel 20.26m;

WT:

M50: 1 Whyte, Stephen 19.65m; **M55:** 1 Spivey, Phillip 20.68m (**BRITISH RECORD**); 5 Broadbridge, Bob M57 16.64m; 12 Gibson, Darren M55 12.34m; **M60:** 16 Needham, Tim ; **W40:** 2 Jenkins, Andrea 15.11m (**BRITISH RECORD**); **W45:** 2 Lawrence, Sue 11.84m; 4 Thrush, Jane Camilla 9.23m; **W50:** 8 Loveridge, Marion 12.12m; **W50:** 8 Loveridge, Marion 12.12m; **W55:** 6 Dunsford, Wendy 10.00m; 9 Morgan, Angela 8.59m; 15 Moore-Fox, Lucinda IRL 7.39m; **W60:** Dassié, Sue 9.97m; **W65:** 4 Thompson, Vilma 10.89m; 8 Oxlade, Linda 7.39m; **W75:** 6 Derrien, Carole 8.74m; **W80:** 4 Martin, Anne 7.93m; 5 Dunsford, Barbara 5.22m;

DECATHLON & HEPTATHLON

M35: 9 Pritchard, Ashley (12.71w-5.45mw-9.61m-1.54m-1:04.47-DNF-34.22m-3.30m-35.64m-6:00.01) 3990; **M45:** 7 Butler, Geoff 4096 (14.39-5.29m-8.03m-1.51m-1:07.77-22.20-22.43m-2.10m-23.25m-5:36.06; **M55:** 11 Moncrieff, Ken (14.25w-4.28mw-9.33m-1.36m-1:13.14-21.92w-24.02m-2.50m- 24.17m-6:57.57) 4353; **M60:** 12 Gibbs, Barry (14.87-4.36m-8.81m-1.24m-1:14.70-23.06-24.22m-2.00m-33.77m- 6:45.18) 4551; **W35:** 6 Ward, Jody (19.59/-3.9-1.35m-6.83m-30.89/-2.9-4.07m/2.9-16.60m-3:07.20) 2634; **W40:** 9 Butler, Maria (18.40/-2.1-1.33m-8.19m-34.18/-2.6-3.37m/2.6-19.31m-4:09.89) 2171; **W50:** 2 Finegan, Geraldine IRL (13.71/2.1-1.45m-10.66m-30.34/-3.3-4.31m/2.3-30.50m-2:44.08) 5441; 12 Taylor, Marise (16.51/-2.1-1.18m-6.90m-33.04/-3.3-3.46m/1.4-15.47m-3:20.12) 3170; **W55:** 4 Clarke, Gaye (14.60/3.0-1.36m-7.53m-32.61/2.6-4.00m/2.0-14.04m-3:17.74) 4563; **W60:** 1 Filer, Carole (13.51/2.1-1.36m-6.31m-30.52/2.4-4.48m/2.4-16.32m-3:14.96) 5648;

WEIGHT PENTATHLON:

M50: 1 Whyte, Stephen (51.69m-12.56m-46.36m-34.46m-18.93m) 3944; 8 McKenzie, Eddie (29.42m-10.90m-29.16m-33.15m-9.82m) 2462; 9 Stokes, David (28.10m-9.19m-30.94m-26.67m-10.89m) 2302; **M55:** 4 Broadbridge, Bob (45.51m-12.73m-40.74m-34.43m-16.21m) 3923; 12 Ahmet, Alex (23.87m-8.54m-18.25m-22.44m-6.65m) 1796; **M60:** 12 Oakes, Paul (36.07m-10.45m-31.75m-33.60m-13.63m) 3080; **M70:** 12 Kuester, David (28.71m-8.44m-23.31m-22.05m-11.91m) 2587; **W40:** 1 Jenkins, Andrea (44.68m-9.76m-40.50m-24.59m-14.43m) 3704 (**BRITISH RECORD**); **W45:** 1 Lawrence, Sue (36.87m-9.87m-28.50m-26.18m-10.56m) 3301; 4 Thrush, Jane Camilla (31.02m-9.71m-28.95m-25.14m-9.51m) 3027; 4 Thrush, Jane Camilla (31.02m-9.71m-28.95m-25.14m-9.51m) 3027; **W55:** 8 Dunsford, Wendy (29.51m-8.49m-24.46m-11.91m-9.13m) 2778; **W60:** 8 Dassié, Sue (19.65m-7.44m-16.20m-12.84m-9.92m) 2406; **W65 :** 5 Thompson, Vilma (26.96m-9.44m-20.65m-18.57m-9.86m) 3573; 11 Oxlade, Linda (15.79m-4.50m-12.01m-12.64m-7.38m) 1919; **W75:** 6 Derrien, Carole (23.32m-6.10m-18.27m-12.33m-9.06m) 3146; **W80:** 5 Dunsford, Barbara (14.75m-4.12m-7.58m-6.66m-4.63m) 1803;

5000W:

M65: 2 Richards, Ian 24:55.00; 7 Boszko, Peter 28:17.90; **M75:** 3 Shillabeer, Edmund 33:42.46; 7 Stewart, Ronald 40:34.20; **M80:** 1 Will, Norbert 36:05.97; **W50:** 7 Noel, Maureen 32:05.20; **W55:** 10 Bishop, Fiona Jane 34:38.10; 13 Oliver, Carrie 38:23.57; **W60:** 5 Duhig, Cath 30:46.22;

10k Road RW

M65: 2 Richards, Ian 52:27.00; 5 Boszko, Peter 58:12.00; **M75:** 2 Shillabeer, Edmund 1:08:14.00; **M80:** 2 Will, Norbert 1:16:18.00; **W50:** 8 Noel, Maureen 1:04:11.00;

W60: 3 Duhig, Cath 1:01:52.00; **TEAM: M65:** 1 Great Britain 2:58.53;

20kRW:

M65: 3 Boszko, Peter 2:05:17.00; **M75:** 2 Shillabeer, Edmund 2:22:53.00; **M80:** 1 Will, Norbert 2:52:02.00; **W50:** 6 Noel, Maureen 2:14:48.00; **W60:** 3 Duhig, Cath 2:10:10.00;

8000XC:

M40: 12 Williams, Iain 31:51.38; 17 Storey, Jonathan 45:31.17; **M45:** 14 Grant, Gary 30:31.79; 29 Oulton, Gregory 44:55.90; **M50:** 2 Thompson, Paul 27:17.56; 5 Anderson, Simon 28:20.51; 8 Hussain, Bashir 29:26.01; 12 Fraser, Ian 31:00.71; 27 Gallagher, Saul 34:44.14; 33 Hodgson, Graham 36:47.81; 35 Roberts, Alan 37:02.01; **M55:** 9 Smith, Stephen 30:48.50; 13 Doxey, Steven 31:39.48; 14 Feechan, Colin 31:50.70; 16 Oxlade, Colin 32:16.23; 21 Oliver, Steve 32:47.71; 28 Hick, Karl 35:34.99; 33 Dolton, Alan 38:02.67; **M60:** 4 Thompson, Paul M60 30:47.34; 10 Webster, Graham M64 33:49.78; 13 Proffitt, David M63 34:17.09; 19 King, David M63 36:32.43; 21 Murray, Andrew M63 36:43.39; 26 Jenkins, Archie M64 38:52.96; 27 Denholm, John M64 38:54.62; 28 McGilvray, Kevin 39:31.06; 31 Sargent, Rob M62 43:11.59; 37 Lippitt, Martin M63 46:24.34; 38 Dillon, Kevin M62 52:26.98; **M65:** 1 Skelton, John M65 31:04.73; 2 Oxland, David M65 31:41.42; 12 Sutherland, Alex M68 33:31.52; 20 Brown, Dennis M69 35:37.11; 26 Bradshaw, Arnold M69 36:14.52; 36 Snow, Ian M66 40:04.62; **M70:** 3 Ford, Martin 34:48.72; 6 Brackstone, Anthony M73 37:15.71; 10 Oldfield, John M73 38:34.85; 15 Roberts, Barrie M73 42:57.81; **M75:** 20 Green, Les M85 1:16:53.51; **W40:** 4 Thompson, Claire 31:18.72; 6 Hodgson, Lucy 32:11.01; 18 Storey, Julie 52:57.33; **W50:** 1 Elliott, Lucy W50 29:39.48; 6 Ridley, Susan W51 34:53.87; 7 Newton, Jackie W52 35:11.29; 16 Ramage, Sharyn 37:56.53; 19 Gibson, Tracey 39:34.82; **W55:** 5 Farmer, Diane 38:29.12; 11 Lawless, Caroline 40:57.40; 14 Bishop, Fiona Jane 42:17.86; 18 Hill, Karen 45:35.14; 19 Marr, Lynne 46:20.03; 20 Thomas, Jean 47:51.87; 22 Doxey, Wendy 52:14.08; **W60:** 7 Needham, Janice W63 37:10.06; 12 Fellowes, Janet W61 40:44.20; 15 Boyman, Susan W63 44:34.55; **W65:** 2 Stevenson, Janette W67 36:06.00; 3 Tabor, Rosalind W67 37:05.64; 4 Forse, Penny W67 37:10.43; 5 Brown, Barbara W65 39:22.71; **W70:** 4 Mc Nelis, Evelyn W70 IRL 41:57.31; 7 Rich, Pauline W71 44:46.47; 8 Bowcott, Lesley W72 46:27.28; **W75:** 6 Stracey, Betty W77 54:22.85; **Team: M40:** 2 Great Britain 1:47:56; **M50:** 2 Great Britain 1:25:06; **M55:** 2 Great Britain 1:34:20; **M60:** 3 Great Britain-1:38:56 ; **M65:** 1-Great Britain-1:36:19; **M70:** 2-Great Britain-1:50:40; **W40:** Equal 2 Great Britain 1:56:29; **W50:** 1 Great Britain 1:39:46; **W55:** 3 Great Britain 2:01:46; **W60:** 3-Great Britain-2:02:31; **W65:** 1-Great Britain-1:50:23; **W70:** 2-Great Britain-2:25:38;

HALF MARATHON:

M35: 3 Anderson, Gavin 1:20:51.00; **M40:** 7 Williams, Iain 1:24:14.00; **M45:** 18 Simpson, Mark 1:42:58.00; 28 Oulton, Gregory 2:10:47.00; **M50:** 1 Thompson, Paul 1:12:48.00; 6 Hollinshead, Christopher 1:19:11.00; 9 Bungay, Graham 1:22:35.00; 21 Gallagher, Saul 1:43:01.00; **M55:** 10 Feechan, Colin 1:28:05.00; 11 Deakes, Kevin 1:29:10.00 ; 14 Doxey, Steven 1:30:33.00; 15 Oxlade, Colin 1:31:19.00; 21 Bowman, Paul 1:36:19.00; **M60:** 1 Thompson, Paul 1:23:01.00; 4 Proffitt, David 1:33:42.00; 6 Webster, Graham 1:35:40.00; 14 Murray, Andrew 1:48:55.00; 16 Denholm, John 1:50:49.00; 20 Sargent, Rob 1:57:29.00; 27 Dillon, Kevin 2:39:35.00; **M65:** 14 Brown, Dennis 1:39:38.00; 16

Baillie, Norman 1:44:05.00; **M70**: 3 Ford, Martin 1:37:28.00; 5 Brackstone, Anthony 1:43:51.00; 8 Henderson, Leigh 1:52:20.00; 9 Brennan, Philip 1:53:50.00; **M75**: 9 Green, Les 3:35:01.0; **W35**: 7 Quested, Eleanor 1:40:45.00; 13 Trevena, Charlotte 1:52:16.00; 14 Graham, Jan 1:52:33.00; 19 Beedie, Kirstin 2:07:44.00; **W40**: 3 Hodgson, Lucy 1:27:19.00; 9 Gibbs, Lydia 1:47:32.00; **W45**: 13 Sharma, Naomi 1:51:06.00; **W50**: 10 Noel, Maureen 1:46:33.00; **W55**: 8 Oliver, Carrie 1:59:55.00; 13 Bishop, Fiona Jane 2:12:05.00; 15 Doxey, Wendy 2:28:52.00; 18 King, Helen 3:12:05.00; **W60**: 3 Radford, Joy 1:45:05.00; 10 Goodwin, Gill 2:23:33.00; **W65**: 2 Brown, Barbara 1:55:00.00; **TEAM**: **M35**: 3 Great Britain 4:28:06; **M45**: 3 Great Britain 5:25:04; **M50**: 2 Great Britain 3:54:34; **M55**: 2 Great Britain 4:27:48; **M60**: 1 Great Britain 4:32:23; **M65**: 4 Great Britain 5:16:00; **M70**: 1 Great Britain 5:15:09; **W35**: 2 Great Britain 5:25:34; **W40**: 2 Great Britain 5:01:24; **W55**: 2 Great Britain 6:40:52; **W60**: 2 Great Britain 6:03:38;

MARATHON:

M40: 6 Bason, Richard 2:56:44.00; 14 Greer, Jason 3:35:19.00; 20 Lockhart-Thomas, Paul 4:16:18.00; **M45**: 6 Baker, Adam 2:56:59.00; 16 Butler, Geoff 3:43:50.00; **M50**: 5 Craig, Michael 2:59:40.00; 31 Roberts, Alan 4:39:17.00; 32 Adams, Terry 5:09:30.00; **M55**: 8 Oliver, Steve 3:21:42.00; 19 Franey, Nick 4:18:18.00; 21 Povey, Terence 4:22:52.00; **M60**: 4 Rafferty, Graham 3:21:10.00; 8 Bloomfield, Ian 3:28:30.00; 10 King, David 3:39:16.00; 13 Goodwin, Steve 3:52:41.00; **M65**: 2 Kitching, Ian 3:25:40.00; 4 Day, Francis 3:35:46.00; 6 Beattie, David 3:54:02.00; **M70**: 4 Oldfield, John 4:37:29.00; **W35**: 4 Pett, Shaye 3:34:05.00; **W40**: 5 Savage, Debbie 3:39:40.00; 12 Randle, Helen 5:09:08.00; 16 Storey, Julie 5:49:50.00; **W45**: 2 McDonald, Susan 3:15:02.00; 3 Newens, Jo 3:26:35.00; **W60**: 4 Fellowes, Janet 3:58:16.00; 6 Povey, Marian 4:22:52.00; **W65**: 3 Neville, Elizabeth 3:47:11.00; **W70**: 2 Kinch, Brenda 4:46:25.00; **TEAM**: **M40**: 2 Great Britain 10:48:21; **M45**: 2 Great Britain 11:18:18; **M50**: 5 Great Britain 12:48:27; **M55**: 3 Great Britain 12:02:52; **M60**: 2 Great Britain 10:42:21; **M65**: 1 Great Britain 10:55:28; **W35**: 1 Great Britain 10:15:42; **W40**: 3 Great Britain 14:38:38; **W60**: 1 Great Britain 12:08:19;

4x100:

M35: 1 Great Britain and Northern Ire 42.32 (**BRITISH RECORD**) (Marshall, Stewart-Beardsell, Richard-Baird, Lawrence-Ossai, Tamunonengiye-Ofori); **M40**: 2 Great Britain and Northern Ire 46.37 (Newton, Keith-White, Ed-Muggeridge, Matthew-Darby, Brian); **M50**: 6 Great Britain and Northern Ire 51.35 (Grew, Robert-Brown, Donald-Palman-Brown, Anthony-Allen, Ian); **M55**: 2 Great Britain and Northern Ire 48.28 (Guest, Paul-Vassiliou, Michael-Ilo, Peter-Battista, Jeff); **M60**: 6 Great Britain and Northern Ire 58.10 (Torode, Ian-Douglas, Bob-Wade, Trevor-Franklyn, Walwyn); **M65**: 4 Great Britain and Northern Ire 1:00.35 (Hendrie, Bruce-Cannon, Francis-White, Roy-Eland, Albert Gordon); **M75**: 4 Great Britain and Northern Ire 1:23.29 (Field, Colin-Kimber, Arthur-Mills, Rodney-Bowman, Tony); **W35**: 3 Great Britain and Northern Ire 55.91 (Scott, Jane-Breslin, Jacqueline-Clarke, Gaye-Ward, Jody); **W45**: 4 Great Britain and Northern Ire 1:10.62 (Barker, Hazel-Hands, Phyllis-Ramage, Sharyn-Wilson, Julie); **W60**: 2 Great Britain and Northern Ire 59.48 (**BRITISH RECORD**)(Dassie, Sue-Filer, Carole-Ahmet, Lyn-Powell, Caroline);

4x400:

M35: 1 Great Britain and Northern Ire 3:21.07 (Marshall, Stewart-Baird, Lawrence-Ossai, Tamunonengiye-Ofori-Beardsell, Richard); **M40**: 2 Great Britain and Northern Ire 3:42.64 (Muggeridge, Matthew-White, Ed-Shortridge, David-Darby, Brian); **M50**: 5 Great Britain and Northern Ire 3:57.16 (Grew, Robert-Anderson, Simon-Allen, Ian-Guest, Paul); **M55**: 2 Great Britain and Northern Ire 3:49.17 (Ilo, Peter-Ramsey, Ludwig-Vassiliou, Michael-White, Richard); **M60**: 3 Great Britain and Northern Ire 4:35.09 (Hall, Terry-Webster, Graham-Douglas, Bob-Franklyn, Walwyn); **M65**: 2 Great Britain and Northern Ire 4:43.68 (Snow, Ian-Duhig, Peter-Oxland, David-Hendrie, Bruce); **M70**: 4 Great Britain and Northern Ire 5:19.13 (Brennan, Philip-Roberts, Barrie-White, Roy-Eland, Albert Gordon); **W35**: 6 Great Britain and Northern Ire 5:36.28 (Ward, Jody-Lawless, Caroline-Marr, Lynne-Breslin, Jacqueline); **W45**: 4 Great Britain and Northern Ire 4:54.77 (Clarke, Gaye-Wilson, Julie-Ramage, Sharyn-Hollinshead, Emma); **W60**: 4 Great Britain and Northern Ire 5:50.33 (Ahmet, Lyn-Hands, Phyllis-Filer, Carole-Powell, Caroline); **W65**: 2 Great Britain and Northern Ire 5:12.77 (Tabor, Rosalind-Stevenson, Janette-White, Hendricka-Marler, Caroline); **W75**: 2 Great Britain and Northern Ire 7:25.65 (**BRITISH RECORD**) (Stewart, Kathleen-Tracey, Betty-Martin, Anne-Fraser, Dorothy);

FINAL MEDAL COUNT

(Position-Country-Gold-Silver-Bronze-Total) all events.

	G	S	B	Total
1 Australia	211	181	143	535
2 United States of America	74	51	56	181
3 Great Britain & N. Ireland	52	66	51	169
4 Germany	44	54	51	149
5 France	39	21	16	76
6 Finland	29	35	19	83
7 Japan	24	20	20	64
8 New Zealand	21	23	35	79
9 Poland	19	21	15	55
10 South Africa	19	18	9	46
11 Italy	14	25	14	53
12 Norway	14	7	4	25
13 Spain	13	17	11	41
14 China	11	9	15	35
15 Canada	9	4	8	21
16 Latvia	8	4	6	18
17 Denmark	8	4	5	17
18 Austria	8	3	4	15
19 Czech Republic	7	9	15	31

THANK YOU BRIAN

Brian Owen, the Masters Athletics editor for the past thirteen years and part time sports journalist for more than 50 years, has unfortunately had to make the decision to retire due to health reasons.

So on behalf of the BMAF and all it's members I would like to say a huge thank you to him for the dedication and commitment he has shown to our sport for the past five decades.

BMAF Cross Country Relays Long Eaton. 19th November

**Words: Mel James
Pictures: Dave Griffiths**

With 98 teams actually finishing, this was by far the largest field of competitors the BMAF Cross Country Relays have witnessed for at least 16 years. The Long Eaton venue is very close to the M1 and being in central England is very accessible for many clubs to travel. It was also pleasing to see clubs as far apart as Hastings and Glasgow competing this year.

The weather was perfect for cross country competition, bright, fine with very little breeze.



Race One. Women 35+, 45+, 55+ and 65+ with Men 65+ (approx. 3k per lap)

A great first leg from Lisa Palmer competing for her club Heanor RC within the 35+ age group, easily led the field home, her closest competitor Clare Elms (Dulwich) competing within the 45+ age group was

almost half a minute behind. Both had competed the previous week representing England in the Five Nations International in Glasgow, with Clare successfully winning the o/50 title there.

They had both given their clubs healthy leads, within their age groups. Telford's Michelle Clarke just held off Zoe Doyle (Belgrave) to hold second place, although these two were a minute behind Heanor the leading 35+ team. Clare Jolliffe put Bristol & West's o/45 team into second place behind Dulwich with Holme Pierrepont's Christine Heaton finishing in the third o/45 team position.

Bingley's Sue Becconsall, also a 55+ International representative the week previous, led her team into first place in the 55+ age group, with Barnsley AC and Burnden RR finishing in second and third place respectively. There were only two teams contesting the 65+ age group and Hastings had travelled up with an "A" and "B" team. The "A" team took the lead on the first leg. No Men's teams contested the 75+ age group therefore we only had 65+ men's teams competing within this first race. John Hill had an excellent run representing the Halesowen club and they led Sale Harriers by over a minute, with Rotherham in third place.

On the second leg Louise Insley maintained Heanor's lead, but Sophie Carter had now put Belgrave into second place with Telford third. An excellent run from Bristol's Sarah Everitt put them into 45+ possible gold position with now a minute lead over Dulwich, Holme Pierrepont still held third place. The placings within the 55+ also changed with Bingley still holding first place, but Burnden followed by Rotherham Harriers now held second and third placings. Hastings "A" still held their first place in the 65+ age group.

Paul Allen ensured that Halesowen kept their first place within the Men's 65+ age group, but a great run from Blackheath's Robert Brown brought them from fourth to second place. An even quicker run from Bingley's Bryan Parkinson catapulted them into third place from fifth.

On the last leg Sarah Harris ensured Heanor RC their Gold medals and a tremendous run from Claire Martin put Telford back into second place for their Silver Medals. Claire was overall winner in last week's International and with her excellent run today also picked up the fastest leg of the day and recorded the quickest time ever on this course. Belgrave held on to take the Bronze medals. Bristol & West's healthy lead ensured them the 45+ Gold medals with Dulwich Runners staying in second place for their Silvers. Penistone Footpath Runners overhauled Holme Pierrepont to clinch their Bronze medals. Claire Elms first leg run gave her the fastest 45+ leg, also reducing previous time by 5 seconds. As on the second leg Bingley Harriers kept their lead to obtain the 55+ Gold medals, with Burnden Road Runners in Silver position and Rotherham Harriers taking the Bronze. Sue Becconsall's first leg leading run earned her the quickest 55+ leg, knocking almost 2 minutes off last year's recorded record for this leg. Hastings "A" team

obtained the Gold medals, with their Sylvia Huggett receiving the quickest leg medal.

Bob Minting brought Blackheath & Bromley home to obtain the 65+ Gold medals, with Rotherham Harriers taking home the Silvers. Bingley Harriers relegated Halesowen into fourth place, but Halesowen had the satisfaction of their John Hill obtaining the fastest lap and also achieving the quickest time ever run by a 65+ on this lap.

Race Two. Men 35+ (5 laps), 45+ (5 laps) and 55+ (4 laps)



Andy Peat fastest man on the day

Birchfield's Andy Peat had an outstanding run, finishing 23 seconds ahead of the next team runner, Leicester's Mark Powell. Not only did he beat Mark's quickest time from last year's event, his 9m-23s puts him as the quickest ever recorded. Scott Hazel brought Coventry into third place just 3 second's adrift of Leicester, with Salford, N Derby, Rotherham And Rushcliffe all in close attention. Darren Newbold competing for Hallamshire Harriers put his team in the o/45 team Gold position with a great run, finishing in 10th overall place. In 11th place just 13 seconds down, Richmond's Tony Lambert put them, into second position, with Rotherham holding third place. In the o/55 age group it was Simon Calrow (Wolverhampton)

taking a 6 second lead from Salford's Stan Owen, with Cambuslang a further 15 seconds behind them.

On stage two, Rotherham shot from 6th place to take the lead with an outstanding leg from Gareth Sampson, with Gordon Lee (Leicester) and Salford's Glyn Billington "tying" for the battle for team medals. In the o/45 age group, Hallamshire furthered their lead over Richmond with a fine run from Stuart Maycock, with Dulwich now occupying 3rd place from their original 7th place, courtesy of Stephen Davies's good run. Salford's Derek Crewe promoted them into lead within the o/55 age group, with Cambuslang still in second position and Wolverhampton now holding on to third place.

The third stage saw Rotherham still holding their Gold position, with Salford just a mere 4 seconds ahead of Leicester. Charnwood in 4th place were only a further 5 seconds down on Leicester. The o/45 age group placings remained the same as the second stage with Hallamshire, Richmond and Dulwich in the medal positions. On the penultimate stage for the 55+ age group, Dave Thom put Cambuslang into a 29 second lead over Salford and Peter Mountain put Bristol into third position from their previous 4th placing.

Stage four saw the 35+ age group's positions change again with Salford's Chris Tully promoting them to the lead for the first time over Rotherham Harriers, with Peter Swaine's great run for Charnwood putting them into third place also for their first time, Leicester also only a second behind them.

As for the 35+ age groups, this was also the penultimate stage for the 45+ teams, Mark Crawford put Richmond into pole position for the first time within this age group and Hallamshire still held onto second place from Dulwich, with Penistone Footpath Runners into 4th place for the first time. Cambuslang Harrier's Colin Donnelly made sure that their long trip down from Scotland was worthwhile by not only ensuring them of their Gold Medal's, but by also winning his medal for the quickest 55+ leg of the day, also his 10m-26s was the quickest 55+ to date. Woodford Green's Tony Pamphilon produced the 3rd quickest leg of the day, to promote them to Silver Medallists, with Chris Ireland's 2nd quickest time putting Sheffield RC, into a deserved bronze position.

Salford Harriers safely held on to their lead to take home their Gold medals within the 35+ age category, Leicester Coritanion's pushed up into second place with Rotherham Harriers holding on to Bronze medal position from Charnwood. Richmond and Zetland were the worthy Gold medallists within the 45+ age groups, with Hallamshire Harriers receiving Silver and Dulwich Runners taking home their Bronze medals. Darren Newbold's excellent first leg run for Hallamshire Harriers earned him the quickest 45+ leg runner of the day.

The Long Eaton club's hosting of this event, led by Rob Fox, was a resounding success and judging by the entries and feedback from the athletes, on behalf of

the BMAF, I will negotiate a return to Long Eaton again in 2017.

W35: 1 Heanor RC 33:42 (1 Lisa Palmer (1) 10:42- 2 Louise Insley (1) 12:09; 3 Sarah Harris (1) 10:51); 2 Telford AC 34:37 (1 Michelle Clarke (2) 11:42- 2 Rachel Coupe (3) 12:19- 3 Claire Martin (2) 10:36); 3 Belgrave Harriers 36:00 (1 Zoe Doyle (3) 11:44- 2 Sophie Carter (2) 11:51- 3 Fiona Maddocks (3) 12:25); 4 Cheadle RC 'A' 36:12 (1 Amanda Davies (5) 11:58- 2 Jenny Day (4) 12:21- 3 Rebecca Harrison (4) 11:53); 5 Sale Harriers Manchester 36:39 (1 Katherine Wellam (4) 11:57- 2 Anne Chinoy (5) 12:23- 3 Helen Armitage (5) 12:19); 6 Staffs Moorlands AC 38:03 (1 Debbie Hope (10) 12:49- 2 Kerry Marchant (6) 11:36- 3 Joanne Hackett (6) 13:38); 7 Derby AC 38:07 (1 Tracey Greenway (8) 12:22- 2 Sarah Holford (8) 12:59- 3 Steph Spencer (7) 12:46); 8 Cheadle RC 'B' 38:11 (1 Ruth Watchornrice (9) 12:23- 2 Julie Hulbert (10) 13:19- 3 S Hollinshead (8) 12:29); 9 Long Eaton RC 38:29 (1 Steff Warwick (11) 12:51- 2 Jodie Smith (9) 12:45- 3 Sarah Semmens (9) 12:53); 10 Holme Pierrepont RC 'A' 39:45 (1 Janet Atkinson (16) 13:14- 2 Emma Cupitt (13) 13:20- 3 Claire Hayesgill (10) 13:11); 11 Penistone Footpath Runners 40:06 (1 Lesley Latchem (7) 12:18- 2 Sally Smith (7) 13:01- 3 Sarah Walch (11) 14:47); 12 Halesowen AC 40:33 (1 Kerri James (15) 13:09- 2 Ellen Ambrose (16) 14:30- 3 Samantha Morton (12) 12:54); 13 Vale Royal AC 41:01 (1 Helen Smith (6) 12:13- 2 Sarah Gibbs (12) 14:17- 3 Debbie Broad (13) 14:31); 14 Mansfield Harriers 41:03 (1 Beverley Armstrong (13) 12:57- 2 Gemma Arbon (17) 15:11- 3 Kahli Johnson (14) 12:55); 15 Barnsley AC 41:20 (1 Kerry Storrar (14) 13:05- 2 Naomi Biddlestone (11) 13:09- 3 Helen Jonescrofts (15) 15:06); 16 Dulwich Runners AC 41:50 (1 Kim Hainsworth (12) 12:56- 2 Ros Tabor (14) 14:06- 3 J Sheltonpereda (16) 14:48); 17 Holme Pierrepont RC 'B' 42:06 (1 Michelle Noble (18) 13:50- 2 Sue Chicken (18) 14:28- 3 Ann Gould (17) 13:48); 18 Clowne Road Runners Club 'A' 43:42 (1 Jacqueline Robson (17) 13:48- 2 Karen Shipman (15) 13:47- 3 S Massingham (18) 16:07);

Fastest legs: 1 Claire Martin Telford AC 10:36; 2 Lisa Palmer Heanor RC 10:42; 3 Sarah Harris Heanor RC 10:51; 4 Kerry Marchant Staffs Moorlands 11:36; 5 Michelle Clarke Telford AC 11:42; 6 Zoe Doyle Belgrave 11:44; 7 Sophie Carter Belgrave 11:51; 8 Rebecca Harrison Cheadle RCA 11:53; 9 Katherine Wellam Sale 11:57; 10 Amanda Davies Cheadle RC A 11:58;

W45: 1 Bristol & West AC 36:17 (1 Clare Jolliffe (2) 11:43- 2 Sarah Everitt (1) 11:50- 3 Penny Gardiner (1) 12:44); 2 Dulwich Runners AC 36:54 (1 Clare Elms (1) 11:09- 2 Michelle Lennon (2) 13:23- 3 Angie Norris (2) 12:22); 3 Penistone Footpath Runners 39:20 (1 Julie Darigala (5) 13:09- 2 Dawn Broom (4) 13:11- 3 Julia Johnson (3) 13:00); 4 Holme Pierrepont RC 39:39 (1 Christine Heaton (3) 12:25- 2 Brandon Ruth (3) 13:13- 3 Editha Vanloon (4) 14:01); 5 Telford AC 'A' 40:41 (1 Alison Preece (4) 12:49- 2 Lisa Blagden (5) 13:59- 3 Julie Kirby (5) 13:53); 6 Heanor RC 40:44 (1 Anna Shipley (7) 13:21- 2 Rita Fisher (7) 14:26- 3 Jill Burke (6) 12:57); 7 Croft Ambrey RC 42:08 (1 Susan Davies (9) 14:02- 2 Suzanne Powell (9) 14:02- 3 Elizabeth Bowers (7) 14:04); 8 Sale Harriers Manchester 42:41 (1 J Cordingley (6) 13:11- 2 Helen Reagan (6) 13:53- 3 Marinda Breddy (8) 15:37); 9 Birchfield Harriers 'A' 43:16 (1 Helen Bloomer (8) 13:38- 2 Julie Rogers (8) 14:23- 3 Mary Ross (9) 15:15); 10 Long Eaton RC 45:18 (1 Wendy Ray (11) 15:36- 2 Catherine Benson (11) 14:39- 3 Vreni Verhoeven (10) 15:03); 11 Mansfield Harriers 46:08 (1 Julie Lowe (13) 16:08- 2 Diane Stewart (12) 15:21- 3 Sharon Armitage (11) 14:39); 12 Rotherham Harriers & AC 48:49 (1 Philippa James (12) 15:53- 2 J Dutton (13) 16:28- 3 Alison Brown (12) 16:28); **Incomplete Teams:** Vale Royal AC (1 Julie Annable (10) 14:42- 2 Debbie Broad (10) 13:59); **Fastest legs:** 1 Clare Elms Dulwich Runners 11:09; 2 Clare Jolliffe Bristol & West

11:43; 3 Sarah Everitt Bristol & West 11:50; 4 Angie Norris Dulwich Runners 12:22; 5 Christine Heaton Holme P 12:25; 6 Penny Gardiner Bristol & West 12:44; 7 Alison Preece Telford AC 12:49;

W55: 1 Bingley Harriers 39:11 (1 Sue Beconsall (1) 12:24- 2 Rebecca Weight (1) 13:48- 3 Mary Green (1) 12:59; 2 Burnden Road Runners 40:49 (1 Gwen Kinloch (3) 13:35- 2 Anne Ferguson (2) 14:02- 3 Leslie Fisher (2) 13:12); 3 Rotherham Harriers & AC 'A' 43:25 (1 Paula Fisher (4) 14:09- 2 Janice McWilliam (3) 14:04- 3 Sharon Burton (3) 15:12); 4 Barnsley AC 46:08 (1 Jenny Wakeman (2) 12:58- 2 Linda Westlake (4) 15:23- 3 Anne Bennett (4) 17:47); 5 Hastings Runners 46:54 (1 Janice Young (5) 15:40- 2 Stephanie Miller (5) 15:11- 3 Jane Hughes (5) 16:03) 6 Matlock AC 49:07 (1 Karen Morley (7) 15:45- 2 Tessa Whittaker (7) 16:34- 3 Tessa Brough (6) 16:48); 7 Mansfield Harriers 50:00 (1 Maddy Collinge (6) 15:44- 2 Christine Fell (6) 15:42- 3 Denise Winfield (7) 18:34); 8 Rotherham Harriers & AC 53:00 (1 Gillian Neal (8) 16:04- 2 Wendy Whitaker (8) 16:46- 3 Gillian Taylor (8) 20:10); **Fastest legs:**

1 Sue Beconsall Bingley 12:24; 2 Jenny Wakeman Barnsley 12:58; 3 Mary Green Bingley 12:59; 4 Leslie Fisher Burnden 13:12; 5 Gwen Kinloch Burnden 13:35; 6 Rebecca Weight Bingley 13:48; 7 Anne Ferguson Burnden 14:02; 8 Janice McWilliam Rotherham 14:04; 9 Paula Fisher Rotherham 14:09 10 Stephanie Miller Hastings 15:11
W65: 1 Hastings Runners 'A' 51:38 (1 Sarah Marzaioli (1) 16:39- 2 Yocklin Richardson (1) 18:37- 3 Sylvia Huggett (1) 16:22); 2 Hastings Runners 'B' 54:29 (1 C Sanderson (2) 17:47- 2 Margaret Balch (2) 17:31- 3 Anne Brooks (2) 19:11); **Fastest Legs:** 1 Sylvia Huggett Hastings 16:22; 2 Sarah Marzaioli Hastings 16:39; 3 Margaret Balch Hastings 17:31; 4 C Sanderson Hastings 17:47; 5 Yocklin Richardson Hastings 18:37; 6 Anne Brooks Hastings 19:11; **M65:** 1

Blackheath & Bromley Harriers 38:32 (1 Peter Hamilton (4) 13:03- 2 Robert Brown (2) 12:39; 3 Bob Minting (1) 12:50); 2 Rotherham Harriers & AC 38:45 (1 Michael Marsters (3) 12:55- 2 Malcolm Palfreyman (4) 13:21- 3 Robert Tintinger (2) 12:29); 3 Bingley Harriers & AC 'A' 39:09 (1 Stuart Thompson (5) 13:19- 2 Bryan Parkinson (3) 12:28- 3 Les Haynes (3) 13:22); 4 Halesowen AC 40:21 (1 John Hill (1) 11:59- 2 Paul Allen (1) 13:30- 3 David Lloyd (4) 14:52); 5 Sale Harriers Manchester 41:32 (1 Michael Curley (2) 12:33- 2 Michael Dunne (5) 13:50- 3 Brian Goulden (5) 15:09); 6 Stratford Upon Avon AC 41:43 (1 Roger Wilson (6) 14:10- 2 David Jones (6) 13:44- 3 Philip Brennan (6) 13:49); 7 Barnet & District AC 42:05 (1 John Shirley (8) 15:35- 2 Nicholas Bingham (7) 13:50- 3 Desmond Michael (7) 12:40); 8 Bingley Harriers & AC 'B' 46:17 (1 Fred Gibbs (9) 16:17- 2 Tony Kingham (9) 14:45- 3 Mike Smith (8) 15:15); 9 Salford Harriers & AC 46:46 (1 Roland Bowness (7) 14:27- 2 Dennis Moran (8) 16:10- 3 Robert Towell (9) 16:09); **Fastest legs:** 1 John Hill Halesowen 11:59; 2 Bryan Parkinson Bingley A 12:28; 3 Robert Tintinger Rotherham 12:29; 4 Michael Curley Sale Harriers 12:33; 5 Robert Brown Blackheath 12:39; 6 Desmond Michael Barnet 12:40; 7 Bob Minting Blackheath 12:50; 8 Michael Marsters Rotherham 12:55; 9 Peter Hamilton Blackheath 13:03; 10 Stuart Thompson Bingley 13:19;

M35: 1 Salford Harriers & AC 50:11 (1 Billy McCartney (4) 9:51- 2 Glyn Billington (3) 10:01- 3 Richard Brook (2) 10:24- 4 Chris Tully (1) 9:51- 5 Stuart Robinson (1) 10:04); 2 Leicester Coritanian AC 50:51 (1 Mark Powell (2) 9:46- 2 Gordon Lee (2) 10:06- 3 Chris Southam (3) 10:28- 4 Ludovic Renou (4) 10:02- 5 Gareth Deacon (2) 10:29); 3 Rotherham Harriers & AC 'A' 50:59 (1 Richard Harris (6) 9:56- 2 Gareth Sampson (1) 9:51- 3 Chris Adams (1) 10:08- 4 Damian Worsdall (2) 10:24- 5 Steven Marshall (3) 10:40); 4 Charnwood AC 'A' 51:11 (1 Mark Couldwell (9) 10:01- 2 Gary Burnett (5) 10:08- 3 Martin Makin (4) 10:16- 4 Peter Swaine (3) 9:56- 5 Michael Kingsbury (4) 10:50); 5 Birchfield Harriers 'A' 51:49 (1 Andrew Peat (1) 9:23- 2 Simon McNamee (6) 11:06- 3 Mike Morley (6) 10:43- 4 Orlando

Corea (5) 10:03- 5 Alex Parker (5) 10:34) 6 Halesowen AC 52:00 (1 Adam Cross (8) 9:59- 2 David Turvey (7) 10:32- 3 Tom Kenderdine (5) 10:40- 4 Roger Mallard (6) 10:13- 5 Mark Turner (6) 10:36); 7 North Derbyshire RC 53:25 (1 Chris Adams (5) 9:52- 2 Andy Tarry (4) 10:15- 3 Ian Monaghan (7) 11:16- 4 Andrew Todd (7) 11:17- 5 Steven Penney (7) 10:45); 8 Rushcliffe AC 53:44 (1 Marlon Dunkley (7) 9:57- 2 Kevin Bowen (8) 10:39- 3 Tom York (8) 11:08- 4 Andy Wardle (12) 11:57 -5 Stephen Dickens (8) 10:03) ; 9 Bournville Harriers 53:48 (1 Richard Bayliss (11) 10:24- 2 C Collins (10) 10:29 -3 Iain Jones (10) 11:12- 4 Stuart Pearson (9) 11:15- 5 Paul Thompson (9) 10:28); 10 Wolverhampton & Bilston 'A' 54:14 (1 Dave Smith (13) 10:31- 2 Stefan Andrews (13) 11:08- 3 James Toddington (13) 11:00- 4 James Lewis (8) 10:40- 5 Gareth Briggs (10) 10:55) ; 11 Richmond & Zetland Harriers 54:41 (1 Steve Middleton (12) 10:25- 2 David Hack (12) 10:52- 3 Carl Jones (11) 10:54- 4 Lee Davies (10) 11:22 -5 Julian Simpson (11) 11:08); 12 Salford Harriers & AC 'B' 54:46 (1 John Lloyd (14) 10:31- 2 Michael Grace (11) 10:41- 3 Philip West (12) 11:05- 4 David Hudson (13) 11:38- 5 Mathew Holt (12) 10:51); 13 Ripley Running Club 55:11 (1 Dean Taylor (20) 11:32- 2 Richard Kimber (18) 11:05- 3 Paul Sorrell (17) 10:38- 4 Robert Coates (15) 11:07- 5 Tim Clayton (13) 10:49); 14 Coventry Godiva Harriers 55:37 (1 Scott Hazell (3) 9:49- 2 Iwan Jones (9) 11:00- 3 John Wilson (9) 11:08- 4 Simon Clarke (11) 11:37- 5 Howard Andersen (14) 12:03); 15 Charnwood AC 'B' 55:44 (1 Adam Lockton (18) 11:08- 2 Derek Guess (17) 11:18- 3 David Locker (16) 10:45- 4 Alistair Parkin (16) 11:16- 5 James Douglas (15) 11:17); 16 Matlock Athletic Club 56:32 (1 Andrew Sheldon (17) 10:47- 2 Simon Croft (16) 11:19- 3 Peter Wilmot (18) 11:45- 4 Chris Hallas (18) 12:02- 5 Colin Davenport (16) 10:39); 17 Dulwich Runners AC 56:39 (1 Wayne Lashley (10) 10:21- 2 James Burrows (15) 11:21- 3 Thomas South (14) 11:09- 4 Ross Rook (14) 11:24- 5 Kevin Chadwick (17) 12:24); 18 Penistone Footpath Runners 56:49 (1 Jon Waller (15) 10:38- 2 Damian Kilpin (14) 11:03- 3 Richard Mackie (15) 11:15- 4 Gary Dean (17) 12:23- 5 John Broom (18) 11:30); 19 Wolverhampton & Bilston 'B' 58:06 (1 Darren Edwards (22) 11:36- 2 Robert Hawley (19) 11:22- 3 Jason Paddock (19) 11:43- 4 Stuart Whitehouse (19) 12:31- 5 Jason Corns (19) 10:54); 20 Holme Pierrepont RC 59:12 (1 Wayne Mcaneaney (19) 11:17- 2 John Suthers (20) 12:06- 3 Will Meredith (20) 11:32 -4 Steve Tupholme (20) 12:25- 5 Arry Nathan (20) 11:52); 21 Long Eaton Running Club 1:01:47 (1 Peter Wallis (25) 13:51- 2 Michael Widdowson (24) 11:47- 3 Neil Smith (23) 12:20- 4 Mark Lay (22) 11:43 -5 Tim Doyle (21) 12:06); 22 Heanor Running Club 1:02:53 (1 Ashley Deeming (16) 10:43- 2 Paul Winfield (21) 12:43- 3 Paul Mercer (21) 12:40- 4 Stephen Wardle (21) 13:33- 5 Eamon O'hanelon (22) 13:14);

Incomplete Teams: Rotherham Harriers & AC 'B' (1 Chris Griffiths (24) 11:49- 2 John Massingham (22) 12:18- 3 Neil Mason (22) 12:08- 4 John Comrie (23) 14:36); Salford Harriers & AC 'C' (1 Andrew Martin (23) 11:45 -2 James O'connor (23) 12:54- 3 Paul Mcnamara (24) 14:10- 4 Gary Thomason (24) 13:54); Birchfield Harriers 'B' (1 Simon Rhodes (21) 11:33); **Fastest legs:** 1 Andrew Peat Birchfield 9:23; 2 Mark Powell Leicester 9:46; 3 Scott Hazell Coventry 9:49; 4 Gareth Sampson Rotherham , Chris Tully Salford & Billy McCartney Salford all 9:51; 7 Chris Adams North Devon 9:52; 8 Richard Harris Rotherham A , Peter Swaine Charnwood A 9:56;

M45: 1 Richmond & Zetland Harriers 53:19 (1 Tony Lambert (2) 10:15- 2 Andrew Pearson (2) 10:42- 3 Ken Harker (2) 10:58- 4 Mark Crawford (1) 10:47- 5 Gregg McDonald (1) 10:37); 2 Hallamshire Harriers 53:53 (1 Darren Newbould (1) 10:02- 2 Stuart Maycock (1) 10:33- 3 David Palmer (1) 10:46- 4 Micah Wilson (2) 11:31- 5 Dean Furniss (2) 11:01); 3 Dulwich Runners AC 55:09 (1 Charles Lound (7) 11:02- 2 Stephen Davies (3) 10:22- 3 Tony Tuohy (3) 10:36- 4 Holger Betz (3) 11:23- 5 Mark Foster (3) 11:46); 4 Penistone Footpath Runners 55:21 (1 Matthew Robinson (11) 11:23- 2

Shaun Dimelow (6) 10:11 -3 Martin Ball (5) 11:10- 4 Robin Clough (4) 11:19- 5 Antony Wright (4) 11:18); 5 Salford Harriers & AC 'A' 55:49 (1 David Lockett (5) 10:48- 2 Roger Alsop (4) 10:41- 3 Charles Foster (4) 10:56- 4 Trevor Rayner (6) 12:22- 5 Paul Birkett (5) 11:02); 6 Mansfield Harriers 56:03 (1 Phillip Shaw (10) 11:19- 2 Nigel Watkin (11) 12:02- 3 Ged Naylor (11) 11:27- 4 Andy Wetherill (10) 10:58- 5 Paul Butcher (6) 10:17); 7 Sutton In Ashfield Harriers 56:14 (1 Glenn Baird (6) 10:48- 2 Dean Cross (7) 10:59- 3 Paul Whittingham (6) 11:17- 4 Brent Stevenson (5) 11:32 -5 Paul Dobbs (7) 11:38); 8 Long Eaton RC 56:21 (1 Ian Chant (9) 11:12 -2 Edmond Murden (10) 11:43- 3 Andrew Dickenson (9) 10:56- 4 Timothy Baggs (8) 11:30- 5 Michael Howard (8) 11:00); 9 Barnsley AC 57:16 (1 Mark Havenhand (4) 10:41- 2 Keith Littlewood (5) 10:51- 3 Liam Tart (8) 12:00- 4 Robert Davies (9) 12:08- 5 David Brooksbank (9) 11:36); 10 Nene Valley Harriers 58:04 (1 Sean Beard (8) 11:10- 2 David Neal (8) 10:52- 3 Christopher Mooney (7) 11:11- 4 Chris Armstrong (7) 11:48 -5 Paul Parkin (10) 13:03); 11 Rotherham Harriers & AC 58:28 (1 Ian Whyman (3) 10:31- 2 Howard Darwin (9) 11:32- 3 Andrew Roscamp (10) 12:06 -4 Nigel Brookes (11) 12:26- 5 Paul Risley (11) 11:53); 12 Burnden Road Runners 1:04:09 (1 Stew Jones (16) 12:50- 2 Marcus Taylor (13) 11:51- 3 Colin Rigby (12) 11:37 -4 Andy Warburton (12) 14:40 -5 Paul Christie (12) 13:11); 13 North Derbyshire RC 1:05:46 (1 Gary Elkington (14) 11:52- 2 Andrew Lees (15) 13:34- 3 John Malcolm (13) 13:03- 4 T Elkington (14) 14:00 -5 Steve Bennett (13) 13:17); 14 Rushcliffe AC 1:06:01 (1 Jonathan Maston (15) 12:06- 2 Martin Findlay (14) 13:08- 3 Martin Phillips (14) 13:52- 4 Morton Hoelbjerg (13) 12:58 -5 David Sweet (14) 13:57); 15 Holme Pierrepont RC 1:07:19 (1 Gary Cragg (13) 11:44- 2 Richard Jones (12) 12:45- 3 Martin Spencer (15) 15:28 -4 Mark Enstone (15) 14:21- 5 Neil Devonport (15) 13:01);

Incomplete Teams: Coventry Godiva Harriers (Martyn Brunt (12) 11:28); **Fastest legs:** 1 Darren Newbould Hallamshire 10:02; 2 Shaun Dimelow Peniston 10:11; 3 Tony Lambert Richmond 10:15; 4 Paul Butcher Mansfield 10:17; 5 Stephen Davies Dulwich 10:22; 6 Ian Whyman Rotherham 10:31; 7 Stuart Maycock Hallamshire 10:33; 8 Tony Tuohy Dulwich 10:36; 9 Gregg McDonald Richmond 10:37; 10 Roger Alsop Salford 10:41 & Mark Havenhand Barnsley 10:41;

M55: 1 Cambuslang Harriers 44:24 (1 Frank Hurley (3) 11:35- 2 Paul Thompson (2) 11:13- 3 Dave Thom (1) 11:10 - 4 Colin Donnelly (1) 10:26); 2 Woodford Green AC 46:47 (1 Alun Evans (7) 11:55- 2 Richard Holland (5) 12:30- 3 David Cox (4) 11:22- 4 Tony Pamphilon (2) 11:00); 3 Sheffield RC 46:56 (1 Les Morton (10) 12:29- 2 Mike Quinn (6) 12:05- 3 Jed Turner (6) 11:24 -4 Chris Ireland (3) 10:58); 4 Bristol & West 47:13 (1 Mark Scrutton (4) 11:43- 2 David Gapper (4) 11:46 -3 Peter Mountain (3) 12:16 -4 Jeremy Hogan (4) 11:28); 5 Salford Harriers & AC 'A' 47:49 (1 Stanley Owen (2) 11:20- 2 Derek Crewe (1) 11:11- 3 Phillip Quibell (2) 11:56- 4 Russell Derbyshire (5) 13:22); 6 Wolverhampton & Bilston 47:58 (1 Simon Calrow (1) 11:14- 2 Kevin Koren (3) 12:04- 3 Lionel Spittle (5) 12:30- 4 Duncan Davies (6) 12:10); 7 Long Eaton Running Club 49:42 (1 Alan Maplethorpe (8) 12:13- 2 David Riley (11) 13:13- 3 Richard Wilkinson (8) 12:36- 4 Robert Fox (7) 11:40); 8 Barnet & District AC 50:10 (1 Melfin Davies (11) 12:31- 2 Jonathan Kilsby (8) 12:36- 3 Yitzhak Benaroya (7) 12:21 -4 David Wilcock (8) 12:42); 9 Rotherham Harriers & AC 50:59 (1 Terry Eastwood (6) 11:49- 2 David Nuttall (9) 13:24- 3 Paul Clemmens (9) 13:10- 4 Peter Neal (9) 12:36); 10 Sale Harriers Manchester 51:19 (1 Jerry Smith (13) 13:12- 2 Frank Cordingley (12) 12:33- 3 Bruce Green (12) 13:09- 4 Nick Peach (10) 12:25); 11 Dulwich Runners AC 52:05 (1 Stephen Smythe (5) 11:48- 2 Mike Mann (7) 12:59- 3 Graham Laylee (10) 13:48- 4 Andrew Murray (11) 13:30); 12 Hastings Runners 54:33 (1 Andrew Lee (9) 12:28- 2 Nick Webb (10) 12:47- 3 David Bratby (11) 13:30- 4 Ken Hughes (12) 15:48); **Incomplete Teams:** Matlock Athletic Club (1 James Thorneycroft (12) 12:37); Coventry Godiva Harriers (Peter Banks (14) 13:47);

Fastest of all legs: 1 Colin Donnelly Cambuslang 10:26; 2 Chris Ireland Sheffield 10:58; 3 Tony Pamphilon Woodford 11:00; 4 Dave Thom Cambuslang 11:10; 5 Derek Crewe Salford 11:11; 6 Paul Thompson Cambuslang 11:13; 7 Simon Calrow Wolverhampton 11:14; 8 Stanley Owen Salford 11:20; 9 David Cox Woodford 11:22; 10 Jed Turner Sheffield 11:24;

British and Irish Cross Country International report Glasgow 12th November. Words Mel James

The Glasgow long term forecast for the weekend had predicted rain, but by Friday night the forecast had changed and we were welcomed with dry conditions for the event. Tollcross Park had hosted the BMAF Championships in 2014 and its undulating course was welcomed by the athletes as a change from the usual flat International courses. Despite overnight rain and snow only days before, the course had drained well and was only tacky in low lying places.

Race One. 6k All Women and Men 65+ age groups.

Claire Martin in the o/40 age group led the race from start to finish, gradually pulling away from her two younger rivals, Gillian Palmer and Emma Macready. By lap two, her lead had increased to 70 metres and at the finish it was around 120 metres. This was Claire's seventh consecutive age group victory in the England vest. Emma also competing for England had the satisfaction of being runner up and winning the o/35 age group medal after a gruelling battle with Scotland's Gillian Palmer for the title, there was only 3 seconds between them at the finish. Her teammate Michelle Sandison finished in bronze position to help Scotland comfortably obtain the team Gold Medals. England's Louise Rudd was also amongst the o/35's in gaining her Silver o/40 medal; her 4th overall placing ensured England of their o/40 team Gold.

In 7th position overall, England's amazing Clare Elms was not only winning the o/50 age group Gold, but successfully beating all the other o/45's and her much younger counterparts. Scotland's Fiona Matheson was doing similar in the o/55 age group for her Gold, with only Clare Elms and two other o/45's in front of her.

Ireland's Carmel Parnell obtained her 7th consecutive age group title on winning the o/60 age group also helping Ireland to their o/60 team Gold. England's Angela Copson went one better by winning the o/65 Gold; it was her 9th consecutive age group win and the last in this age group as she will be competing in the 70+ age group at the next International. Scotland finished in Silver and Bronze position, through Ann White and Jeanette Craig respectively, thus helping them to win the o/65 team Gold. Scotland also won team Gold in the 70+ age group, with England's Dot Fellows winning the individual Gold.

Within the 8 women's age groups Scotland did well on home soil by obtaining 3 Golds. England won 4 and Ireland 1.

Incorporated within the women's race were the men's 65+ age groups, also contested over 6k. The o/65 age group provided a close battle for medals with Ireland's JJ Murphy just edging out Scotland's Andy McLindon for his Gold, with England's John Skelton 4 seconds behind for the Bronze, England receiving the team Golds. Jim Patterson gained Northern Ireland its first medal in winning the o/70 age group Gold, with England winning the team competition by just one

point from Northern Ireland. England's Roger Wilson obtained Gold in the o/75 age group and following him, on the final lap a battle ensued for the remaining two medals. George Black on home soil managed to pull away from both Welshman Brian Gough and Peter Covey (England) to take his Silver and despite Gough pulling away from him on the final climb, Covey outsprinted Gough on the short run in to take the Bronze medal with both given the same finishing time, England were successful for the team Gold medals.

Of the three men's age groups within this race, England was victorious in all three.

Race Two. 8k Men 50-64

This race conformed to its pre-race expectations. The leading trio of England's Paul Ward and Ben Reynolds accompanied by Welshman Austin Davies were locked together on the completion of the first lap of four. On the second lap nothing had changed with Ward still guiding them along. On the third lap, Ward still led but they were all still in close attendance with each other, it was not until the final lap that Paul Ward took a slight lead taking the Gold from his fellow Englishman Ben Reynolds by just 5 seconds. Austin Davies this time having to be content with his Bronze, last year's winner Pauric McKinney was a long way adrift of the trio in 4th place. The two leading Englishmen ensured team Gold for England. Only 11 seconds separated the first three places in the o/55 age group, with England's Julian Critchlow taking Gold from Ireland's Mick Burns, Scotland's Neil Thin receiving the Bronze. England just shading out Ireland for the winning team medal by 1 point. In the o/60 age group it was also a close call for the medals, England's John Lowdon eventually pulling away from Ireland's Paul Elliot with Welshman Alan Davies third. Only 15 seconds separating all three. Ireland scored well to take the team Gold.

Race Three. 8k Men 35-49

It was a sea of green at the finish of this the last race with Ireland occupying the first three places. In fact if it wasn't for an exceptional run from England's Howard Bristow competing in the o/40 age group, Ireland would have scored their complete o/35 team in the first four overall places. They still scored a perfect Ten (1234 points) to take the team Gold though. Howard's excellent run for England helped his team to the o/40 Gold medals assisted by second placed teammate Colin Snook, with Scotland's Robert Gilroy closely finishing in third place for his Bronze. Wales were delighted to obtain a Gold medal in the o/45 age group. Scottish based Don Naylor, competing in his first ever Welsh masters' vest led Wales home, with Ireland's Stephen Duncan and Peter Matthews in a photo finish for the silver medal. The line judges ruled in Stephen's favour. With only 6 seconds separating the Gold and Silver placings. Ireland also achieving team Gold in this age group.

As in the Women's Competition, England's men won the combined age group shield, winning a total of 6 age groups to Ireland's 3. The combined total of 10 age groups to Ireland's 4 and Scotland's 3 enabled England to retain the overall winning shield.

The evening banquet was well attended by nearly 500 guests and the athletes had the privilege of receiving their medals from Commonwealth Games Gold Medallist, Lachie Stewart.

My thanks to the SVHC organising committee, Campbell Joss, Ada Stewart, Andy Law, Alastair Macfarlane and John Bell for a thoroughly enjoyable event; the course feedback from the athletes was a positive liking and the whole weekend was a resounding success.

Next year we are visiting the walled city of Derry, Northern Ireland and it looks to be one not to miss.

Please put the date in your diary. (November 18th 2017)

W35-1-20:26-Emma Macready-ENG; 2-20:29-Gillian Palmer-SCO; 3-20:53-Michelle Sandison-SCO; 4-20:57-Dianne Lauder-SCO; 5-21:02-Lisa Palmer-Blount-ENG; 6-21:08-Michelle Kenny-ROI; 7-21:09-Katie White-SCO; 8-21:16-Amy Bulman -N/IRE; 9-21:17-Norah Newcombe Pieterse-ROI; 10-21:22-Finola Diver-ROI; 11-21:31-Denise Toner-ROI; 12-21:37-Jodie Smith -N/IRE; 13-21:42-Sophie Carter-ENG; 14-21:43-Karen Alexander -N/IRE; 15-21:55-Carla Maley-ENG; 16-22:10-Fiona Bussell-WAL; 17-22:30-Suzanne Higgins -N/IRE; 18-22:40-Helen Marshall-WAL; 19-23:03-Claire Bruce-WAL; 20-23:05-Ceri Bartley-WAL; **W40**-1-19:58-Claire Martin-ENG; 2-20:45-Louise Rudd-ENG; 3-21:02-Lesley Chisholm-SCO; 4-21:14-Paula Richardson-ENG; 5-21:27-Maria McCarthy-ROI; 6-21:30-Joasia Zakrzewski-SCO; 7-21:40-Paula Grant-ROI; 8-21:50-Sharon Muir-SCO; 9-21:51-Adele Walsh-ROI; 10-21:52-Jennifer MacLean-SCO; 11-22:07-Jo Donnelly-WAL; 12-22:34-Stephanie Maclean Dann-ENG; 13-22:43-Mary Leech-ROI; 14-23:36-Helen-Marie Davies-WAL; 15-24:05-Rachel Matthews-WAL; 16-24:11-Geraldine Quigley -N/IRE; 17-24:13-Joanne Rees-WAL; 18-25:39-Rhonda Brady -N/IRE; 19-26:44-Bridgeen Canavan-N/IRE; 20-26:50-Patricia Campbell -N/IRE; **W45**-1-21:11-Mandy Vernon-ENG; 2-21:20-16-4512-Annette Kealy-ROI; 3-21:41-Jackie Carthy-ROI; 4-21:44-Jacqueline Rockliffe-ENG; 5-22:11-Karen Kennedy-SCO; 6-22:15-Elaine Leslie-ENG; 7-22:17-Colette Touhy-ROI; 8-22:20-Pauline Thom -N/IRE; 9-22:21-42-Fiona Dagleish-SCO; 10-22:33-Victoria Carter-ENG; 11-22:38-Jackie McMonagle -N/IRE; 12-22:38-Jennifer Forbes-SCO; 13-23:15-Donna Evans-ROI; 14-23:32-Lindsey Currie-SCO; 15-23:58-Jane Horler-WAL; 16-24:20-Lou Summers-WAL; 17-25:45-Paula Wallace -N/IRE; 18-26:13-Penny Kennedy-WAL; 19-27:42-Sian Phillips-WAL; 20-2830-Joan Melanophy -N/IRE; **W50**-1-21:01-Clare Elms-ENG; 2-21:55-Jane Wassell-ENG; 3-22:22-Niamh O'Sullivan-ROI; 4-22:30-Hilary McGrath-SCO; 5-22:35-Claire Jolliffe-ENG; 6-22:55-Debbie Matchett -N/IRE; 7-23:04-Hannah Shields -N/IRE; 8-23:11-Susan Ridley-SCO; 9-23:17-Sharon Cahill-ROI; 10-23:22-Ceri Diss-WAL; 11-23:39-Mary Western-SCO; 12-24:04-Sue Phillips-ENG; 13-24:07-Orla Gormley-ROI; 14-24:25-Adrienne Atkins-ROI; 15-24:27-Heather Kelly -N/IRE; 16-24:30-Rhona Anderson-SCO; 17-24:40-Susan Watson-WAL' 18-25:07-Aine McNeill -N/IRE; 19-25:38-Emma Collins-WAL; 20-25:45-Judith Oakley-WAL; **W55**-1-21:24-Fiona Matheson-SCO; 2-23:20-Sue Beconsall-ENG; 3-23:28-Monica Williamson-ENG; 4-23:33-Cath Wheeler-WAL; 5-23:57-Pamela McCrossan-SCO; 6-23:59-Carole Page-ENG; 7-24:14-Isobel Burnett-SCO; 8-24:23-Penelope Barber-ENG; 9-25:05-Mary Sweeney-ROI; 10-25:12-Ruth Perioli -N/IRE; 11-25:53-Carolyn Eynon-WAL; 12-26:02-Lorna Coyle-SCO; 13-26:21-Charlotte Stephens-ROI; 14-26:24-Annie Williams-WAL; 15-27:09-Sheelagh Jones-ROI; 16-27:15-Bridget Duffy-ROI; 17-27:22-Alison Whitelaw-WAL; 18-29:58-Kate Montgomery-N/IRE; 19-30:19-Mabel McFall -N/IRE; **W60**-1-23:11-Carmel Parnell-ROI; 2-23:22-Christine Kennedy-ROI; 3-24:25-Pauline Moran-ROI; 4-24:32-Sue Haslam-ENG; 5-24:47-Maggie Statham-ENG; 6-25:11-Anna Garnier-ENG; 7-25:30-Jane Kerridge-SCO; 8-25:40-Innes Bracegirdle-SCO; 9-25:48-Lyne Valentine-ENG; 10-25:51-Mary Mackin -N/IRE; 11-26:09-Margaret Martin-SCO; 12-26:24-Nuala Reilly-ROI; 13-26:33-Dawn Kenwright-WAL; 14-27:05-Hazel Davies-WAL; 15-27:07-Fiona Davies-WAL; 16-27:17-Linden Nicholson-SCO; 17-28:53-Yvonne Williams-WAL; **W65**-1-24:15-Angela Copson-ENG; 2-24:23-Ann White-SCO; 3-25:41-Jeanette Craig-SCO; 4-25:59-Ros Tabor-ENG; 5-26:24-Margaret Glavey-ROI; 6-26:27-Hazel Bradley-SCO; 7-27:40-Margaret Moody-ENG; 8-27:46-Christine Birch-WAL; 9-28:42-Beth McLafferty-SCO; 10-28:49-Joan Coyle-ROI; 11-28:58-Phyllis Browne-ROI; 12-

29-23-Carol Lynch-ROI; 13-29:25-Sue James-ENG; 14-29:29-Ann James-WAL; 15-29:57-Margaret Docking-WAL; 16-30:37-Margrett Monk-WAL; **W70**-1-28:27-Dot Fellows-ENG; 2-29:09-Evelyn McNellis-ROI; 3-29:20-Kathleen O'Brien-ROI; 4-30:07-Elizabeth Gilchrist-SCO; 5-30:11-Liz Corbett-SCO; 6-30:15-Anne Docherty-SCO; 7-31:10-Pauline Rich-ENG; 8-31:19-Lesley Bowcott-ENG; 9-31:47-Brigid Quinn-N/IRE; 10-32:34-Carol Farrington-WAL; 11-33:12-Carol Wolstenholme-ENG; 12-33:29-Pam Benson-ROI; 13-33:38-Brenda Jones-WAL; 14-33:50-Ann Woodlock-ROI; 15-37:37-Clare Johnson-WAL; 16-38:08-Pauline Thomas-WAL; **M65**-1-21:54-J.J. Murphy-ROI; 2-22:00-Andy McLinden-SCO; 3-22:04-John Skelton-ENG; 4-22:23-David Oxland-ENG; 5-22:30-Ben Grant-ENG; 6-22:43-Richard Marks-WAL; 7-23:01-Martin McEvilly-ROI; 8-23:13-Arthur Daley-ENG; 9-23:21-George Sim-SCO; 10-23:43-Alex Sutherland-SCO; 11-23:59-John Todd-ROI; 12-24:47-Gerry Bell-N/IRE; 13-24:47-Pat O'Shea-ROI; 14-24:57-Ernest Hall -N/IRE; 15-25:03-Michael Cranwell-WAL; 16-25:12-Robert Marshall-SCO; 17-26:17-Michael Davies-WAL; 18-26:58-Barry Morris -N/IRE; 19-28:00-Sandy Johnstone-WAL; 20-28:56-Francis Boal -N/IRE; **M70**-1-23:59-Jim Patterson -N/IRE; 2-24:11-Frank Reilly-ROI; 3-24:25-Stewart McCrae-SCO; 4-24:30-Peter Giles-ENG; 5-24:35-Charlie Maban -N/IRE; 6-24:38-Bobby Young-SCO; 7-24:45-Malcolm Renyard-ENG; 8-24:47-Geoffrey Newton-ENG; 9-25:10-Dic Evans-WAL; 10-25:13-Gordon Orme-WAL; 11-25:24-Paul Allen-WAL; 12-26:04-Terry Mee-ROI; 13-26:40-Peter Cartwright-SCO; 14-27:12-Tony Grey -N/IRE; 15-27:26-Pat Healy-ROI; 16-27:32-Pat Bonass-ROI; 17-28:36-Dave Fairweather-SCO; 18-36:08-John Llewellyn-WAL; **M75**-1-26:12-Roger Wilson-ENG 2-26:47-George Black-SCO; 3-27:00-Peter Covey-ENG; 4-27:00-Brian Gough-WAL; 5-27:20-David Moorkite-ENG; 6-27:30-John Gardener-WAL; 7-27:50-Mike Duggan-ROI; 8-28:51-Watson Jones-SCO; 9-29:54-Hugh Young -N/IRE; 10-30:04-Walter McCaskey-SCO; 11-30:48-Jim Bennett-ROI; 12-33:42-Jim Scobie-SCO; 13-34:32-Alan Lewis-ENG; 14-36:51-Roger Harrison-Jones-WAL; 15-41:41-Tadgh Twoomey-ROI; **M50**-1-25:02 Paul Ward-ENG; 2-25:07-Ben Reynolds-ENG; 3-25:14-Austin Davies-WAL; 4-25:55-Pauric McKinney-ROI; 5-26:07-Philip Tweedie -N/IRE; 6-26:12-Neill Carty -N/IRE; 7-26:15-Colm Burke-ROI; 8-26:19-Aengus Burke-ROI; 9-26:26-Phelam Glynn-ROI; 10-26:27 Tony Wright-ENG; 11-26:33-Guy Bracken-ENG; 12-26:44-Chris McGuigan -N/IRE; 13-26:53-Philip Parry-ENG; 14-27:00-Guy Woods-ENG; 15-27:08-Stan Mackenzie-SCO; 16-27:10-Pat Malone-ROI; 17-27:31-Jim Buchanan-SCO; 18-27:44-Alan Derrick-SCO; 19-27:50-Bernard Brady -N/IRE; 20-28:00-Royston Whitehouse-WAL; 21-28:11-Jerry Mower-WAL; 22-28:12-Mick Traynor-ROI; 23-28:15-Seanie Meyler -N/IRE; 24-28:17-Matt Wray -N/IRE; 25-28:25-Denis Williams-SCO; 26-28:38-Roger Farrington-WAL; 27-28:56-Thomas Guest-WAL; 28-29:14-Steve Worsley-SCO; 29-29:54-Mike Robbins-WAL; 30-30:18-Robert McCulloch-SCO; **M55**-1-26:20-Julian Critchlow-ENG; 2-26:25-Mick Byrne-ROI; 3-26:31-Neil Thin-SCO; 4-26:48-Robert Atkinson-ENG; 5-27:02-Tommy Payne-ROI; 6-27:14-David Clarke -N/IRE; 7-27:23-Martin McDonald-ROI; 8-27:37-Mark Hall-ENG; 9-27:55-James Gallacher-SCO; 10-28:04-Jim Stafford-ROI; 11-28:06-Paul Merrison-ENG; 12-28:22-David James-WAL; 13-28:31-David Hughes-WAL; 14-28:32-Dave Thom-SCO; 15-28:35-Rob Sheen-WAL; 16-29:06-Nigel Grier -N/IRE; 17-29:08-John Patience -N/IRE; 18-29:28-Kneath Phillipart-WAL; 19-29:48-Jeff Farquhar-SCO; 20-31:01-Laurence Johnston -N/IRE; **M60**-1-28:01-John Lowden-ENG; 2-28:08-Paul Elliott-ROI; 3-28:16-Alan Davies-WAL; 4-28:35-Frank Hurley-SCO; 5-28:39-Neilus Ahearne-ROI; 6-28:42-Paul Thompson-SCO; 7-28:45-David Cox-ENG; 8-28:59-Alastair Dunlop-SCO; 9-29:12-Martin Kearney-ROI; 10-29:19-Peter Grey -N/IRE; 11-29:24-Brian Martin-ENG; 12-29:29-Irwin Fairclough -N/IRE; 13-29:32-Eddie Walsh-ROI; 14-29:40Elio Lepore-WAL; 15-29:53Frankie Barton-SCO; 16-30:26 Gerry O'Doherty -N/IRE' 17-31:03-Peter Lilburn -

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N/IRE; 18-31:52-Steve Roberts-WAL; 19-32:49-Lenny Hughes-WAL; **M35**: 1-23:50-Michael Harty-ROI; 2-23:58-Paddy Hamilton-ROI; 3-24:05-Tim Twoomey-ROI; 4-24:17-Emmett Dunleavy-ROI; 5-24:17-Alan Bogle-N/IRE; 6-24:31-Michael Herlihy-ROI; 7-24:45-Andrew Peat-ENG; 8-24:58-Iain Reid-SCO; 9-25:04-Michael Eccles-ENG; 10-25:07-Philip Burnden-ENG; 11-25:09-Grant Baillie-SCO; 12-25:10 Michael McMahon-ROI; 13-25:25-Matthew Hornsby-ENG; 14-25:27-Chris Devine-SCO; 15-25:29-Jonny Steede -N/IRE; 16-25:39-Christopher Smith-ENG; 17-25:48-Colin Thomas-SCO; 18-25:48-Andrew Considine -N/IRE; 19-25:53-David Henderson-SCO; 20-25:59-Richard Mair-SCO; 21-26:16-Kevin Jeffress-ENG; 22-26:39-Jamie Wardrop-WAL; 23-26:47-David Proctor-N/IRE; 24-26:50-Doug Nichols-WAL; 25-27:02-Robin Woods-WAL; 26-27:14-Ben Butler-Madden-WAL; 27-27:23-David Turtle -N/IRE; 28-27:34-Stuart Crees-WAL; 29-27:36-Kevin O'Boyle -N/IRE; 30-31:38-Jos Jones-WAL; **M40**: 1-24:08-Howard Bristow-ENG; 2-24:34-Colin Snook-ENG; 3-24:39-Robert Gilroy-SCO; 4-25:02-Nick Jones-ENG; 5-25:12-Huw Evans-WAL; 6-25:31-Mike Burrett-ENG; 7-25:33-Jamie Reid-SCO; 8-25:37-Richard Gorman-ROI; 9-25:43-Paul Fleming-ROI; 10-25:48-Justin Thomas-ENG; 11-25:51-Paul Buckley-ROI; 12-26:06-Frank Quinlan-ROI; 13-26:09-Cris Walsh-SCO; 14-26:19-Anthony Glover -N/IRE; 15-26:23-Roibeard Millar-ROI; 16-26:25-Ciaran Diviney-ROI; 17-26:25-Graeme Paterson-SCO; 18-26:35-Paul Halford-WAL; 19-26:38-Barrie Atkinson -N/IRE; 20-26:43-Justin Carter-SCO; 21-26:49-Paul Horan -N/IRE; 22-26:50-Jez Brown-WAL; 23-26:53-John Butters-ENG; 24-27:18-Stephen Allan-SCO; 25-27:49-Martin Green -WAL; 26-28:09-Gareth Briggs -N/IRE; 27-28:24-Alex Brennan-N/IRE; 28-28:34-David Noble-N/IRE; **M45**: 1-24:49-Don Naylor-WAL; 2-24:55-Stephen Duncan-ROI; 3-24:55-Peter Matthews-ROI; 4-25:00-Terry Scott-ENG; 5-25:17-John Clifford-ENG; 6-25:18 Des Kennedy-ROI; 7-25:18-Eamon White -N/IRE; 8-25:20-Stuart Doyle-ENG; 9-25:58-Gareth Booth-ENG; 10-26:00-Paul Whear-ENG; 11-26:14-Gerard Heery-ROI; 12-26:17-Nigel McKibben -N/IRE; 13- ENG; 11-27:57-David Hogg-M45-SCO; 12-28:15-Brian Scally-M50-SCO; 13-28:20-Marc McColi-M35-SCO; 14-28:28-David Eckersley-M50-SCO; 15-28:46-Malcolm Tuff-M55-ENG; 16-28:51-Brian McKee -M50-N/IRE; 17-28:52-Jason Harding-M45-ENG; 18-28:54-Alick Walkinshaw-M55-SCO; 19-28:56-Des Dickson-M55-SCO; 20-29:00-Phillip Teece-M55-ENG; 21-29:25-Alex Chishol SCO; 22-29:30-Noel Connor-M50-N/IRE; 23-29:59-Colin Feechan-M55-SCO; 24-30:06-Martin Paton-M35-SCO; 25-30:15-Sean Casey-M45-SCO; 26-31:02-Dermot Connolly -M55-N/IRE; 27-31:06-John Hynd-M55-SCO; 28-31:10-Robert Rogerson-M55-SCO; 29-31:24-Robert Wilson -M55-N/IRE; 30-32:30-Alan Newman-M60-ENG; 31-33:36-Iain Pettigrew-M45-SCO; 32-33:44-Hugh Laverty-M60-SCO; 33-34:40-Martin Slevin-M50-ENG; 34-34:50-Peter Farlay-M35-SCO; 35-36:11-William Halliday-M55-SCO; 36-47:57-Kevin Dillon-M60-ENG; N/IRE; 28-28:21-Paul Flynn-WAL; 29-28:40-Chris Yorke-WAL; 30-28:55 Mark Walker -N/IRE; **OPEN RACE**: 1-25:30-Ben Hukins-M35-SCO; 2-25:38-Stephen Hunter-M35-ROI; 3-25:50-Steve Millward-M35-ENG; 4-26:10 Martin Footman-M35-ENG; 5-26:29-Garry Mathew-M35-SCO; 6-26:37-Iain Twaddle-M45-ENG; 7-27:20-Fergus Bates-M45-ENG; 8-27:28-Chris Greenhalgh-M40-SCO; 9-27:31-Andrew Cartwright-M40-ENG; 10-27:38-Michael Thompson-M45 ROI; 21-26:54-Paul Monaghan-SCO; 22-27:04-Russell Whittington-SCO; 23-27:26-Andy Peet-WAL; 24-27:49-Cathel McLaughlin -N/IRE; 25-28:03-Roger Clark-SCO; 26-28:14-Francis Tumelty -N/IRE; 27-28:16-Martin Wilcox - 17-26:49-Paulm Blaney-ROI; 18-26:49-Eamonn Kirk-WAL; 19-26:50-Darren Newbould-ENG; 20-26:51-Noel Marum- 15-26:44-Duncan Bell-WAL; 16-26:46-Gareth Jenkins-SCO 26:40-Graham McCabe-SCO; 14-26:41 Ian Johnston-SCO;;

TEAMS:

W35: 1 SCOTLAND 9; 2 ENGLAND 19; 3 IRELAND 25; 4 NORTHERN IRELAND 34; 5 WALES 53; **W40**: 1 ENGLAND 7; 2 SCOTLAND 17; 3 IRELAND 21; 4 WALES 40; 5 NORTHERN IRELAND 53; **W45**: 1 ENGLAND 11; 2 IRELAND 12; 3 SCOTLAND 26; 4 NORTHERN IRELAND 36; 5 WALES 49; **W50**: 1 ENGLAND 8; 2 SCOTLAND 23; 3 IRELAND 25; 4 NORTHERN IRELAND 28; 5 WALES 46; **W55**: 1 ENGLAND 11; 2 SCOTLAND 13; 3 WALES 29; 4 IRELAND 37; 5 NORTHERN IRELAND 47; **W60**: 1 IRELAND 6; 2 ENGLAND 15; 3 SCOTLAND 26; 4 WALES 42; **W65**: 1 SCOTLAND 11; 2 ENGLAND 12; 3 IRELAND 26; 4 WALES 37; **W70**: 1 SCOTLAND 15; 2 ENGLAND 16; 3 IRELAND 17; 4 WALES 39; **M35**: 1 IRELAND 10; 2 ENGLAND 39; 3 SCOTLAND 50; 4 NORTHERN IRELAND 61; 5 WALES 97; **M40**: 1 ENGLAND 13; 2 IRELAND 40; 3 SCOTLAND 40; 4 WALES 70; 5 NORTHERN IRELAND 80; **M45**: 1 IRELAND 22; 2 ENGLAND 26; 3 WALES 57; 4 SCOTLAND 64; 5 NORTHERN IRELAND 69; **M50**: 1 ENGLAND 24; 2 IRELAND 28; 3 NORTHERN IRELAND 42; 4 WALES 70; 5 SCOTLAND 75; **M55**: 1 ENGLAND 13; 2 IRELAND 14; 3 SCOTLAND 26; 4 NORTHERN IRELAND 39; 5 WALES 40; **M60**: 1 IRELAND 16; 2 SCOTLAND 18; 3 ENGLAND 19; 4 WALES 35; 5 NORTHERN IRELAND 38; WALES (NS) 30; **M65**: 1 ENGLAND 12; 2 IRELAND 19; 3 SCOTLAND 21; 4 WALES 38; 5 NORTHERN IRELAND 44; **M70**: 1 ENGLAND 19; 2 NORTHERN IRELAND 20; 3 SCOTLAND 22; 4 IRELAND 29; **M75**: 1 ENGLAND 9; 2 SCOTLAND 20; 3 WALES 24; 4 IRELAND 33; **COMBINED WOMEN**: 1 ENGLAND 36; 2 SCOTLAND 33; 3 IRELAND 26; 4 WALES 14; 5 NORTHERN IRELAND 8; **COMBINED MEN**: 1 ENGLAND 77; 2 IRELAND 61; 3 SCOTLAND 59; 4 WALES 315; 5 NORTHERN IRELAND 23; **COMBINED OVERALL**: 1 ENGLAND 77; 2 IRELAND 61; 3 SCOTLAND 59; 4 NORTHERN IRELAND 23; 5 WALES 31; WALES (NS) 30;







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WORLD INDOOR MASTERS CHAMPIONSHIPS

DAEGU – South Korea

19 – 25 March 2017



Daegu, the third city of South Korea, is host to the 7th WMA Indoor Athletic Championships. We have good knowledge of this city after organising travel arrangements for over 150 clients to the IAAF World Champs in 2011. We can offer flights via Seoul at competitive prices or the opportunity to travel by train from Seoul to Daegu and view the amazing scenery en-route. Airport transfers and good city centre hotel options all possible, with the support of our local ground agent. And more good news - No Visa is required for UK citizens!

EUROPEAN MASTERS CHAMPIONSHIPS

AARHUS – Denmark

27 July – 06 August 2017

EMACS 2017

– bliv en del af holdet



As European Capital of Culture in 2017 Aarhus features new athletics facilities at Viby and the refurbished city stadium of CERES Park. The city will welcome an expected 4,000 participating master athletes who will attend during the 11 days of the championships. Alongside the event will be the opportunity to compete in an organised Half Marathon. Direct and indirect flights will be offered, along with airport transfers and good city centre hotel options

WORLD MASTERS CHAMPIONSHIPS

MALAGA - Spain

(Preliminary dates) 08 – 20 September 2018



This will be the second time that Spain has hosted the Masters athletics showpiece after the edition held in San Sebastian in 2005. A great chance to combine some competitive athletics with a relaxing beach break on the Costa del Sol. With more than 4,000 athletes and 3,000 supporters from more than 80 countries expected to attend we are pleased to offer 'FLEXIBLE' travel arrangements to include numerous flight options from various UK departure airports, return airport transfers and city / beach hotels not far from the event venues. Additional nights can be added to extend your stay.

In order to be the first to receive our full travel programmes for these events, please register below

MASTERS ATHLETICS TRAVEL 2017 / 18

REQUEST FORM

Date Received []

NAME _____ Tel No _____ Email _____

ADDRESS _____

Please tick as appropriate

	<u>Flights</u>	<u>Airport Transfers</u>	<u>Hotel</u>
2017 WORLD INDOOR MASTERS CHAMPIONSHIPS – Daegu	[]	[]	[]
2017 EUROPEAN MASTERS CHAMPIONSHIPS – Aarhus	[]	[]	[]
2018 WORLD MASTERS CHAMPIONSHIPS – Malaga	[]	[]	[]

