

MASTERS ATHLETICS

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British Masters Athletic Federation
Spring 2017 Issue 115





Katie Skelding

MASTERS ATHLETICS

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INTERNATIONAL FIXTURES 2017

27 Jul - 06 Aug 2017 European Masters Track & Field Championships - Aarhus, Denmark

10 Sep 2017 European Masters Marathon Championships - Wroclaw, Poland

18 Nov 2017 British & Irish Masters Cross Country International - Londonderry, N. Ireland

NATIONAL

20 May 2017 BMAF Road Relay Championships Sutton Park, Sutton Coldfield Birmingham B74 2YT

18 Jun 2017 BMAF Outdoor Pentathlon Championships Horspath Athletics Ground, Oxford Rd, Horspath Oxford OX4 2RR

18 Jun 2017 BMAF 5 km Road Championships Horwich Leisure Centre, Victoria Road, Horwich BL6 5PY

24-25 Jun 2017 BMAF Track & Field Championships Alexander Stadium, Walsall Rd, Perry Barr, Birmingham B42 2LR

25 Jun 2017 BMAF 30km Multi-Terrain Championships Cascades Leisure Centre, Thong Lane, Gravesend, DA12 4LG

02 Jul 2017 BMAF Track & Field Inter-Area Challenge Norman Green Sports Centre Blossomfield Road Solihull B91 1NB

02-03 Sep 2017 BMAF Decathlon, Heptathlon, Throws Pentathlon and North of England Masters (NMAC, NEMAA, IOMVAC) Sheffield Hallam University, Woodbourn Road, Sheffield, S9 3HL

BMAF 10000m Track and 10000m Track Walk Championships Venue and date to be confirmed

03 Sep 2017 BMAF Half Marathon Championships Delapre Park, Northampton, NN4 8AW

08 Oct 2017 BMAF Marathon Championships Chester Racecourse, Chester, CH1 2LY

28 Oct 2017 BMAF Cross Country Relays West Park Long Eaton NG10 4AA

25 Nov 2017 England Masters Cross Country Inter-Area Challenge

REGIONAL

04 Jun 2017 MMAC Track & Field Championships Pingles Leisure Centre, Avenue Road, Nuneaton CV11 4LX

27 Aug 2017 VAC/SCVAC Track & Field Championships Kingsmeadow Stadium, Kingston Road, Kingston upon Thames KT1 3PB

JOIN THE 300 PLUS CLUB

December Winners. Edgar Nicholls £125, Graham Hopcroft, Ian Jolliffe, Brian Holden, Hylda Stewart & Joss Harwood all £10.

The 300 plus club exists to provide financial support the Masters Athletics magazine. For £15 per year you can purchase a share numbered between 1 and 999. Once a month one of these numbers is selected at random to receive a prize of £125, and five runners-up each receive £10.

If you are not already a supporter and wish to purchase one or more shares, then please get in touch at 300plus@bmaf.org.uk.

Annual General Meeting

Please note that our AGM will be held on Saturday 24 June at the Track & Field Championships, Alexander Stadium, at 18.30. All members are invited to attend and can vote.

Any Proposals or nominations for the election of Officers of the Federation may be submitted through your Club and should reach Bridget Cushen, Honorary Secretary, 156 Mitcham Road, Croydon, CR0 3JE by 24 May.

The following positions fell vacant through the year: Vice Chairman, Policy & International Affairs, and Track & Field Secretary.

Signed: **Bridget Cushen** April 2017

Secretary's Report

In defence of the “Also Ran” Daegu, Liverpool and Lee Valley

Whatever you're standard of fitness, you are welcome to compete in whatever event you chose; that is what we are here for, to provide competition in 5-year age categories. Reading through some athletic media you might be led to believe that victory is easy; far from it as any Age Group champion will testify. The packed 2-day programme at our Indoor Championships with ages spanning 35 through to 97, the cross-country championships in Liverpool led home by Northern runners Helen Berry and Richard Burney with yesterday's heroes and teams from N. Ireland, Wales, the South and South West all travelling North for a great Championships organised by the NMAC.

As the 109-strong team return home from the World Masters Athletics Indoor Championships in Daegu, crowned second most successful nation behind the Australians, comments were made that some of the competitors did not even understand the Rules of Competition and several were DQ'd for running out of their lane. Korea has had some veteran athletes, predominately road runners, entering Championships since 1977, they were few and for the bulk of the entries in Daegu it was their first and possibly only chance to take part in a World Championships. Why miss the opportunity? An information campaign on Rules, training, coaching, what to expect etc. when Daegu won the Bid four years ago would have worked, but where the Masters are part of their National Association such information is low on their priority list, or obviously non-existent.

WMA are always keen to rotate their Championships around the Globe and Daegu is only the second time that the Indoor has been held outside of Europe. Kamloops, Canada, hosted the event in 2010. The interest these Championships engendered in Asia is axiomatic from the strong support from the host nation and surrounding countries. Let us hope this will result in a surge of interest in our sport in that Region.

World Masters Indoor

Excellently organised, the Opening and Closing Ceremonies and the facilities were the best and most lavish ever. The Championships broke all records in the number of competitors for an Indoor Meet - 4,325 competitors from a WMA record 73 countries representing all Global Regions, entering a staggering 7,759 events, up from the previous Championships 3,852 competitors from 70 countries in Budapest.

Three days before the Opening Ceremony the 50 Chinese Masters team were told they would not be allowed to travel to Daegu amid political tensions in that area. The row between the two countries followed the deployment by the host nation of a controversial USA missile defence system, prompted the Chinese Athletics Federation to withdraw their entire delegation. All our athletes have returned home safely with memories of a very different culture. Getting use to no

morning pre-competition cuppa for example as many hotels did not provide Western food, although there was ample local delicacy.

On the first day of competition, one of the oldest records on the books, the W65 3000m walk held by Stevenage walker Mary Worth since 1995; fell to the Perth double champion Heather Carr of Australia in 16.57.96. We had no female walkers but only had to wait to the morning of Day 2 for the medals to roll in. Joe Appiah in the hurdles, cross-country stalwarts like Jane Pidgeon, Suzy Tawney, Joan Howe, Ros Tabor and the younger categories Katherine Wellam and Lynne Champion notching up six individual medals and leading teams to three gold medals. M60 Scottish Veteran Harrier Paul Thomson was the only individual medal winner in the men's races although Team Manager Archie Jenkins got teams together to medal in the M35 and M65 races. The Throwers complained of smog on the first few days on arrival. With sprinters Tam Ossai, Mensah Elliott, Jason Carty, Ciaran Harvey, Kevin Burgess et al in seemingly endless rounds of the 60m and Carole Filer and the hurdlers yet to bat, things looked rosy for the Brits. The full results were quickly available over the internet but the Streaming took a little longer; our IT Manager, Peter Kennedy, added a link on the BMAF website and families were able to follow daily proceedings.

Our final haul of 118 medals, with only the Australians ahead with 124 and USA taking home 108, is one of our most successful teams and retains our envious reputation that the British Masters is the most successful section of British athletics. 60 nations shared the spoils. Easy victories? Joe Appiah who has the 1996 Swedish Olympian Matthias Sunneburn in his age group, or Ros Tabor who is in a particularly strong W65 group and the throwers who bring home a pile from all Championships, would certainly have a different opinion!

Bridget Cushen

Running Legend Ed Whitlock dies.

6/3/1931-13/3/2017

The passing of the London-born Ontario-based mining engineer at aged 86 will be mourned by all who had the privilege of meeting this extraordinary athlete.

As a Youth he ran cross-country for Ranelagh Harriers, later joining Walton AC where he ran in the same race as the Enigma Code Breaker Alan Turing. Emigration to Canada, marriage and career kept him out of athletics until reaching the then veteran age of 40 and with his son's interest in running, he joined the Canadian Masters, competing in the World Masters Championships in Hannover in 1979 where aged 48 he won his qualifying 800m in 2.02.08, finishing 4th in the final in 2.01.08 behind Crajcic of Rhodesia, and a 4.14.9/4.09.6 1500m semi and final victory.

He became famous for always racing in one of his four pairs of old school Brooks shoes and his training consisted of a 4-mile circuit around his local cemetery, adding “no one in there is going to interrupt me!”. He claimed never to have

done speed work, yet as an 80-year old he front ran a 1500m in 5.48.93. An annual Cambridge mile race is held on a crushed red clay track at Galt Collegiate in the southern Ontario city. The event is inspired by the first sub-four mile in 1954. Aged 82 he ran the mile in 7.01.00sec. He set two M85 World Indoor Records in March 2016 1500m 6.38.87 and 3000m 13.41.96sec, following up a month later with a Half marathon time of 1.50.47. At aged 69 he became the oldest person to run the marathon in under 3 hours. Turning 70, he lowered his own World Best to an unbelievable 2:54:48 at age 73. Age Graded, this equates to a 20-year old running a marathon in 2.03! His last marathon was the Toronto Waterfront last October where he lowered the M85 World Best to 3.56.34. A frequent visitor to London, he competed in the annual Ranelagh v South London H Mob match in December. He died from prostate cancer one week after his 86th birthday.

Anniversary

The UK League will celebrate its 50th Anniversary in 2019. There must be some members who competed in the very first one, if so, do let us know.

Bridget Cusheen April 2017

UK Veteran Women's Track and Field Rankings

Compiled by Sally Gandee
(National Union of Track Statisticians)

Part One - Outdoor



The 2016 United Kingdom Veteran Women's Track and Field ranking booklet is now available and includes over 10000 track and field performances

To buy a copy, please send a cheque / postal order for £5 along with a LARGE self-addressed A5 envelope to;

Sally Gandee, 4 Westfield Road, Hertford, SG14 3DJ.

BMAF Indoor Pentathlon 2017 - Lee Valley - 12th

February 2017

Category / Pos / Bib / Name / 60H / HJ / SP / LJ / 800 /

Region / Age / Points

---- **W35** ---- / 1 / 81 / Crossley, Kelly / 11.22 / 1.30m / 7.33m / 3.86m / 02:35.47 / NMAC / W37 / 2362 / -565 / -470 / -373 / -319 / -635 / ---- **W40** ---- / 1 / 83 / Norman, Diana / 10.06 / 1.60m / 11.15m / 5.10m / 02:24.43 / SCVAC / W42 / 4100 / -885 / -928 / -686 / -747 / -854 / 2 / 84 / Pain, Stephanie / 10.23 / 1.27m / 8.33m / 4.20m / 02:51.03 / EVAC / W43 / 2853 / -854 / -512 / -480 / -469 / -538 / 3 / 82 / Carter, Trudi / 12.06 / 1.24m / 7.30m / 3.91m / 03:23.51 / SWVAC / W44 / 2057 / -548 / -470 / -406 / -388 / -245 / ---- **W45** ---- / 1 / 86 / Machin, Julia / 9.38 / 1.63m / 10.41m / 5.03m / 02:42.76 / SCVAC / W46 / 4357 / -1037 / -1093 / -690 / -825 / -712 / 2 / 87 / Westcott, Andrea / 14.59 / 1.12m / 4.93m / 2.11m / 03:24.08 / EVAC / W46 / 1259 / -245 / -409 / -264 / -31 / -310 / DNF / 85 / Jacob-Williams, Susanne / 13.01 / 1.21m / 6.87m / DNS / Germany / W46 / -432 / -512 / -412 / 0 / 0 / --- - **W50** ---- / 1 / 88 / Brown, Monica / 11.05 / 1.36m / 8.01m / 4.24m / 03:08.70 / EVAC / W52 / 3312 / -802 / -806 / -535 / -645 / -524 / 2 / 90 / Taylor, Marise / 11.83 / 1.21m / 6.78m / 3.67m / 03:20.56 / MMAC / W53 / 2578 / -675 / -599 / -434 / -454 / -416 / 3 / 89 / Feely, Christine / 14.76 / 1.12m / 5.51m / 3.07m / 03:03.82 / EVAC / W54 / 1943 / -287 / -481 / -331 / -272 / -572 / ---- **W55** ---- / 1 / 94 / Roginski, Jill / 11.98 / 1.18m / 8.61m / 3.61m / 03:22.41 / MMAC / W58 / 3030 / -727 / -655 / -648 / -514 / -486 / 2 / 95 / Stephenson, Tessa / 14.59 / 1.09m / 8.58m / 3.48m / 03:41.76 / EVAC / W56 / 2339 / -373 / -523 / -645 / -469 / -329 / 3 / 93 / Lee, Vicki / 13.45 / 1.12m / 5.69m / 3.33m / 04:07.4 / NMAC / W56 / 2051 / -514 / -566 / -386 / -418 / -167 / ---- **W60** ---- / 1 / 97 / Filer, Carole / 10.18 / 1.42m / 6.98m / 4.32m / 03:08.25 / EVAC / W61 / 4484 / -1113 / -1171 / -561 / -918 / -721 / 2 / 96 / Argent, Fiona / 14.56 / 1.00m / 5.89m / 2.42m / 04:07.48 / VAC / W63 / 1826 / -451 / -481 / -454 / -196 / -244 / ---- **M35** ---- / 1 / 13 / Nicholls, Clint / 8.9 / 5.84m / 9.45m / 1.83m / 03:10.22 / EVAC / M37 / 3132 / -800 / -591 / -474 / -687 / -580 / 2 / 11 / McMullen, Carl / 9.13 / 5.79m / 8.79m / 1.56m / 02:56.00 / NMAC / M37 / 2941 / -748 / -580 / -432 / -464 / -717 / 3 / 18 / Reidy, Sean / 9.07 / 5.34m / 8.25m / 1.59m / 02:50.41 / EVAC / M36 / 2903 / -761 / -481 / -399 / -488 / -774 / 4 / 15 / Pritchard, Ashley / 9.78 / 5.22m / 9.55m / 1.59m / 03:27.02 / NMAC / M37 / 2474 / -613 / -457 / -480 / -488 / -436 / 5 / 6 / Fidgett, Adam / 11.45 / 4.92m / 10.38m / 1.53m / 03:27.68 / EVAC / M35 / 2119 / -327 / -396 / -531 / -434 / -431 / 6 / 8 / Lam, Vinh / 12.13 / 4.19m / 5.42m / 1.41m / 03:23.27 / Australia / M38 / 1531 / -234 / -259 / -227 / -345 / -466 / ---- **M40** ---- / 1 / 20 / Ross, Ivan / 10.33 / 5.22m / 5.42m / 1.53m / 03:04.60 / Ireland / M42 / 2520 / -583 / -519 / -251 / -464 / -703 / 2 / 22 / Straiton, Peter / 17.41 / 5.05m / 8.29m / 1.56m / EVAC / M41 / 1409 / 0 / -481 / -440 / -488 / 0 / ---- **M45** ---- / 1 / 44 / Smith, Gary / 9.03 / 5.44m / 8.48m / 1.65m / 03:34.12 / EVAC / M45 / 3225 / -927 / -648 / -497 / -636 / -517 / 2 / 40 / Pearson, David / 9.96 / 5.34m / 8.60m / 1.62m / 03:30.22 / SWVAC /

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M49 / 3018 / -733 / -621 / -505 / -610 / -549 / 3 / 28 / Byrne, Kevin / 10.23 / 4.86m / 8.26m / 1.59m / 03:23.48 / Ireland / M45 / 2855 / -679 / -504 / -481 / -585 / -606 / 4 / 38 / Ness, Chris / 11.42 / 4.33m / 6.90m / 1.53m / 03:08.10 / VAC / M46 / 2508 / -470 / -382 / -384 / -528 / -744 / 5 / 42 / Petley, Neal / 10.39 / 4.56m / 6.49m / 1.41m / 03:40.94 / NMAC / M48 / 2327 / -650 / -433 / -354 / -426 / -464 / DNF / 43 / Reece, Matthew / DNS / DNS / DNS / DNS / MMAC / M48 / 0 / 0 / 0 / 0 / DNF / 33 / Gately, Ronan / DNS / DNS / DNS / DNS / Ireland / M48 / 0 / 0 / 0 / 0 / 0 / ---- **M50** ---- / 1 / 48 / James, Adrian / 10.47 / 4.70m / 9.99m / 1.50m / 03:27.74 / MMAC / M51 / 3019 / -671 / -537 / -588 / -577 / -646 / 2 / 46 / Cripps, Paul / 10.54 / 4.69m / 8.09m / 1.56m / 03:28.09 / SCVAC / M50 / 2926 / -658 / -535 / -454 / -636 / -643 / 3 / 49 / Odele, Wole / 10.86 / 4.50m / 6.76m / 1.59m / 03:19.74 / SCVAC / M52 / 2824 / -601 / -485 / -362 / -661 / -715 / 4 / 45 / Christian, Richard / 10.57 / 4.24m / 8.04m / 1.32m / 03:33.88 / SCVAC / M51 / 2530 / -652 / -421 / -451 / -411 / -595 / 5 / 53 / Warn, Derek / 11.79 / 4.52m / 7.92m / 1.29m / SCVAC / M51 / 1763 / -447 / -492 / -443 / -381 / 0 / 6 / 52 / Smerdon, Andy / 11.92 / 3.75m / 7.62m / 1.38m / Open / M54 / 1621 / -427 / -308 / -422 / -464 / 0 / DNF / 47 / Easey, Alan / 12.27 / 4.48m / DNS / DNS / VAC / M53 / -376 / -481 / 0 / 0 / 0 / DNF / 50 / Osborne, Derek / DNS / DNS / DNS / DNS / Wmaa / M53 / 0 / 0 / 0 / 0 / 0 / DNF / 51 / Palmer, Gary / DNS / DNS / DNS / DNS / VAC / M50 / 0 / 0 / 0 / 0 / 0 / ---- **M55** ---- / 1 / 55 / Mayor, John / 9.39 / 5.07m / 9.44m / 1.53m / 03:35.57 / EVAC / M58 / 3660 / -974 / -732 / -606 / -687 / -661 / 2 / 57 / Slaughter, Brian / 10.81 / 4.63m / 9.69m / 1.41m / 03:28.14 / VAC / M59 / 3211 / -692 / -602 / -625 / -569 / -723 / 3 / 58 / Smith, Alan / 11.7 / 4.24m / 9.13m / 1.38m / 03:46.07 / VAC / M55 / 2729 / -539 / -494 / -582 / -536 / -578 / DNF / 54 / Ley, Peter / 10.91 / 4.54m / 9.48m / DNS / VAC / M56 / -675 / -576 / -609 / 0 / 0 / ---- **M60** ---- / 1 / 60 / McGing, Peadar / 10.38 / 4.37m / 10.07m / 1.47m / 03:37.05 / Ireland / M61 / 3546 / -829 / -619 / -640 / -723 / -735 / 2 / 59 / Leon, Clem / 11.34 / 3.88m / 7.89m / 1.41m / 03:34.42 / SCVAC / M61 / 3013 / -654 / -473 / -476 / -653 / -757 / 3 / 63 / Torode, Ian / 12.76 / 3.91m / 8.84m / 1.32m / 04:32.71 / SWVAC / M60 / 2359 / -432 / -481 / -548 / -552 / -346 / ---- **M65** ---- / 1 / 67 / Essex, Adrian / 12.09 / 4.07m / 8.60m / 1.35m / 03:52.68 / SCVAC / M66 / 3225 / -619 / -626 / -588 / -687 / -705 / 2 / 70 / Lonsdale, William / 14.55 / 3.99m / 8.07m / 1.29m / 04:04.08 / SVHC / M65 / 2657 / -285 / -597 / -545 / -610 / -620 / 3 / 64 / Cowley, David / 12.15 / 3.46m / 8.54m / 1.23m / 06:34.96 / MMAC / M69 / 2170 / -609 / -431 / -583 / -544 / -3 / ---- **M70** ---- / 1 / 71 / Dunn, Lawrie / 12.55 / 3.89m / 8.10m / 1.26m / 03:58.85 / MMAC / M70 / 3232 / -601 / -677 / -508 / -679 / -767 / ---- **M80** ---- / 1 / 72 / Bowman, Tony / 11.44 / 3.25m / 8.12m / 1.11m / 06:35.19 / NMAC / M81 / 3286 / -1030 / -686 / -620 / -723 / -227 / ---- **Senior** ---- / 1 / 78 / Moreno, Peter / 8.48 / 6.45m / 11.39m / 1.86m / 03:03.01 / Open / M27 / 3431 / -862 / -686 / -569 / -679 / -635 / 2 / 73 / Al Dawsari, Abdullah / 9.31 / 5.67m / 8.31m / 1.68m / 02:51.94 / Open / M21 / 2851 / -677 / -516 / -385 / -528 / -745 / 3 / 80 / Skinner, Tom / 9.62 / 5.41m / 10.21m / 1.68m / 03:05.56 / Open / M34 / 2713 / -613 / -463 / -498 / -528 / -611 / 4 / 75 / Hyslop, Matt

/ 9.85 / 5.64m / 9.58m / 1.56m / 02:57.97 / Open / M24 / 2656 / -568 / -510 / -460 / -434 / -684 / 5 / 79 / Shaw, James / 10.17 / 5.66m / 8.98m / 1.62m / 03:17.36 / Open / M25 / 2431 / -508 / -514 / -425 / -480 / -504 / DNF / 74 / Enoe, Shenten / DNS / DNS / DNS / DNS / Open / M31 / 0 / 0 / 0 / 0 / 0 /

BMAF Ten Mile Championships - Netherhall - 26th February 2017

1 Scott-Buckleuch James M35 55.36 1st M35, 2 Ryall Mark M35 55.43 2nd M35, 3 Jones Nick M40 56.07 1st M40, 4 Grant Andrew M45 56.58 1st M45, 5 Barker Michael M35 57.42 3rd M35, 6 Smith David M45 58.13 2nd M45, 7 Macdowall Tony M35 59.58, 8 Zakrzewski Joasia W40 61.41 1st W40, 9 Kelly Tim M45 62.30 3rd M45, 10 Spellman Greg M50 62.45 1st M50, 11 Harding Jason M45 63.10, 12 Johnson Lawrence M55 64.35 1st M55, 13 Grant Ben M65 66.45 1st M65, 14 Leslie Elaine W45 67.27 1st W45, 15 Dooley Carolyn W40 68.17 2nd W40, 16 Buckle Michelle W40 69.05 3rd W40, 17 Dixon Lindsay W40 69.12, 18 Ryall Linsey W35 70.28 1st W35, 19 Oliver Steve M55 71.33 2nd M55, 20 Hill Walter M60 71.49 1st M60, 21 Strange Michael M60 72.08 2nd M60, 22 Dyer Carey W40 75.19, 23 Gibson Tracey W50 75.55 1st W50, 24 Edgley Trevor M65 76.05 2nd M65, 25 Wright Ian M60 76.58 3rd M60, 26 Gardener John M75 78.36 1st M75, 27 Fletcher Ron M65 79.01 3rd M65, 28 Bentley Kelly W50 79.15, 29 Smith Glyn M70 79.25 1st M70, 30 Matthews Harry M70 79.47 2nd M70, 31 Meah Gerald M55 81.31 3rd M55, 32 Scholes Rod M70 83.02 3rd M70, 33 Dillon Kevin M60 83.44, 34 Matthews Kim W55 86.26 1st W55, 35 Oliver Carrie W55 88.41 2nd W55, 36 Johnson Andrew M70 90.02, 37 Johnson June W70 100.3 1st W70

BMAF Indoor Championships 2017 - Lee Valley - 11th to 12th March 2017

All Photos: www.tomphillipsphotos.co.uk

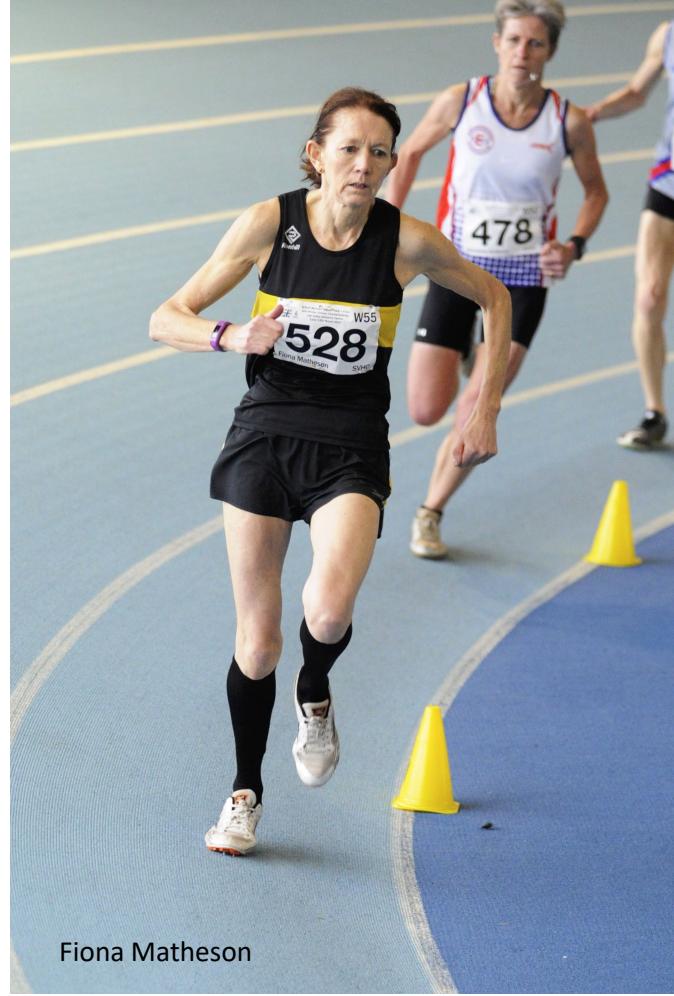
/ Position Bib Name Age Team Finals Heat # /

W35 60 Metre / Championship: 7.78 C / Finals

/ 1 425 Claire Spurway W38 SCVAC 7.90 2 / 2 421 Susan McLoughlin W39 VAC 8.19 2 / 3 409 Naana Adusei W37 NMAC 8.36 2 / 4 419 Nene Harrison W36 SCVAC 8.72 2 / 5 426 Jody Ward W38 MMAC 8.94 1 / 6 422 Heidi Nicholas W36 EVAC 8.96 2 / 7 413 Ainslea Cross W36 MMAC 9.22 1 / 8 414 Amanda Dodge W37 EVAC 9.83 1 / **W40 60 Metre / Championship: 8.06 C 07/03/2015 Giare Skervin, Midland Mast / Finals** / 1 438 Julia Hubbard W41 SWVAC 8.14 / 2 436 Fiona Davidson W44 SVHC 8.17 / 3 444 Natalie Mulholland W42 NEMAA 8.35 / 4 453 Paula Williams W44 MMAC 8.52 / 5 434 Amanda Cook W40 WMAA 8.75 / 6 450 Lisa Tanushi W42 EVAC 9.17 / **W45 60 Metre / Championship: 8.37 C / Finals** / 1 472 Michelle Thomas W45 WMAA 8.24 C / 2 470 Anita Saunders W46 NMAC 8.43 / 3 459 Joanna Flowers W48 VAC 8.57 / 4 471 Juliet Sidney W49 WMAA 8.71 / 5 467 Deborah Ricci W47 MMAC 9.10 / 6 455 Jackie Breslin W48 SCVAC 9.73 / 7 468 Lesley Richardson W47 SCVAC 11.03 / **W50 60 Metre / Championship: 8.40 C / Finals** / 1 479 Angela Bates W51 VAC 8.62 2 / 2 484 Monica Brown W52

EVAC 8.67 2 / 3 492 Jayne Henderson W51 NEMAA 8.69 2 / 4 480 Tracy Bezance W52 EVAC 8.91 2 / 5 506 Fiona Steele W51 SVHC 8.95 1 / 6 490 Melanie Garland W54 WMAA 9.26 1 / 7 504 Sharon Samuel W52 WMAA 9.35 1 / 8 510 Michele Wakefield W51 SCVAC 9.35 2 / 9 507 Marise Taylor W53 MMAC 9.60 1 / **W55 60 Metre / Championship: 8.57 C / Finals** / 1 530 Averil McClelland W58 NMAC 9.03 2 / 2 520 Susan Frisby W56 MMAC 9.15 2 / 3 537 Angela Sonn W56 WMAA 9.40 2 / 4 521 Janice Hardcastle W57 EVAC 9.47 1 / 5 542 Lesley Willis W55 MMAC 9.49 1 / 6 522 Lesley Hopkins W55 VAC 9.65 1 / 7 517 Gaye Clarke W56 EVAC 9.74 2 / 8 543 Rosalind Zeffertt W55 SCVAC 9.82 1 / **W60 60 Metre / Championship: 8.76 C 12/03/2016 Helen Godsell, Southern Cou / Finals** / 1 554 Helen Godsell W63 SCVAC 8.81 2 / 2 561 Caroline Powell W63 SWVAC 9.03 2 / 3 557 Jane Horder W60 MMAC 9.08 2 / 4 547 Sue Dassie W64 SCVAC 9.92 2 / 5 545 Carol Alker W62 EVAC 9.95 1 / 6 563 Christine Salvary W60 SCVAC 10.04 1 / 7 551 Christine Fry W61 SCVAC 10.08 1 / 8 544 Lyn Ahmet W64 SCVAC 10.52 1 / **W65 60 Metre / Championship: 9.52 C 12/03/2016 Moira West, Southern Cou / Finals** / 1 579 Moira West W67 SCVAC 9.46 C / 2 580 Hendricka White W66 SCVAC 9.68 / 3 577 Anne Nelson W65 VAC 10.11 / 4 576 Emily McMahon W66 EVAC 10.17 / 5 569 Jean Fail W67 SWVAC 10.30 / **W70 60 Metre / 70 Champions: 10.43 C / Finals** / 1 585 Patricia Oakes W70 WMAA 11.45 / 2 581 Ann Bolitho W74 SCVAC 11.75 / 3 584 Daphne Marler W70 WMAA 14.28 / **W80 60 Metre / Finals** / 1 590 Dorothy Fraser W80 WMAA 13.30 / **M35 60 Metre / Championship: 7.02 C / Heats** / 1 15 Mark Hanson M35 OPEN C 7.02 Q 1 / 2 10 Marvin Edwards M37 NMAC 7.20 Q 2 / 3 9 Liam Collins M38 NEMAA 7.25 Q 1 / 4 38 Symon Woan M35 NMAC 7.33 Q 2 / 5 14 Peter Hall M37 MMAC 7.32 q 1 / 6 25 Carl McMullen M37 NMAC 7.45 q 2 / 7 36 Mark Vallier M39 OPEN 7.50 1 / 8 7 Navid Childs M35 WMAA 7.78 2 / 9 19 Alexander Lee M35 SCVAC 7.81 2 / 10 20 Stephen Leek M36 SVHC 7.82 2 / 11 39 Amr Ziko M38 EVAC 7.87 1 / **M35 60 Metre / Championship: 7.02 C / Finals** / 1 15 Mark Hanson M35 OPEN 6.99 C / 2 9 Liam Collins M38 NEMAA 7.17 / 3 10 Marvin Edwards M37 NMAC 7.18 / 4 38 Symon Woan M35 NMAC 7.36 / 5 14 Peter Hall M37 MMAC 7.40 / 6 25 Carl McMullen M37 NMAC 7.46 / **M40 60 Metre / Championship: 7.03 C / Heats** / 1 70 Esmei Ossai M41 SCVAC C 7.02 Q 1 / 2 55 Mensah Elliott M40 SCVAC 7.06 Q 2 / 3 45 Dominic Bradley M40 MMAC 7.04 Q 1 / 4 84 Joshua Wood M42 SCVAC 7.20 Q 2 / 5 67 Ashley McMahon M41 AUSTRALIA 7.23 q 1 / 6 61 Ciaran Harvey M43 SCVAC 7.33 q 2 / 7 47 Stuart Channon M40 VAC 7.46 q 1 / 8 48 Mark Collins M43 EVAC 7.47 2 / 9 50 Leon Creaney M40 MMAC 7.99 1 / 10 54 David Dupouy M44 FRANCE 8.73 2 / **M40 60 Metre / Championship: 7.03 C / Finals** / 1 70 Esmei Ossai M41 SCVAC 6.99 C / 2 55 Mensah Elliott M40 SCVAC 7.03 C / 3 45 Dominic Bradley M40 MMAC 7.05 / 4 84 Joshua Wood M42 SCVAC 7.26 / 5 67 Ashley McMahon M41 AUSTRALIA 7.27 / 6 61 Ciaran Harvey M43 SCVAC 7.29 / 7 47 Stuart Channon M40 VAC 7.47 / **M45 60 Metre / Championship: 7.18 C / Heats** / 1 93 Jason Carty M47 SCVAC 7.37 Q 3 / 2 86 Joe Appiah M46 SCVAC 7.51 Q 2 / 3 123 Giuseppe Minetti M47 SCVAC 7.64 Q 1 / 4 142 David Swalwell M47 NEMAA 7.69 q 1 / 5 98 Mark Davidson M48 SVHC 7.75 q 3 / 6 150 Martin White M46 MMAC 7.83 q 2 / 7 120 Neil Lincoln M46 SCVAC 7.88 3 / 8 147 Daniel Tomlinson M47 VAC 7.97 2 / 9 121 Mark Mcallister M45 SCVAC 8.04 3 / 10 87 Michele Beltramo M48 ITALY 8.04 1 / 11 145 Stephen

Terry-Short M46 MMAC 8.09 1 / 12 117 Nick Lauder M46 VAC 8.17 2 / 13 125 James Morgan M45 WMAA 8.31 3 / 14



Fiona Matheson

134 Dave Roberts M49 SCVAC 8.93 1 / **M45 60 Metre / Championship: 7.18 C / Finals** / 1 93 Jason Carty M47 SCVAC 7.27 / 2 86 Joe Appiah M46 SCVAC 7.41 / 3 123 Giuseppe Minetti M47 SCVAC 7.50 / 4 98 Mark Davidson M48 SVHC 7.71 / 5 142 David Swalwell M47 NEMAA 7.76 / 6 150 Martin White M46 MMAC 7.86 / **M50 60 Metre / Championship: 7.43 C / Heats** / 1 164 Richard Cooper M50 OPEN 7.80 Q 1 / M50 60 Metre / 2 198 Rohan Samuel M51 VAC 7.81 Q 2 / 3 169 Fausto Furlotti M53 SCVAC 7.83 Q 1 / 4 205 Mark White M51 VAC 7.92 Q 2 / 5 158 Donald Brown M53 MMAC 7.95 q 2 / 6 187 Wole Odele M52 SCVAC 7.99 q 1 / 7 161 Paul Canning M50 EVAC 8.03 1 / 8 172 Paul Goodison M53 OPEN 8.08 2 / 9 180 Barrington King M51 SCVAC 8.22 1 / 10 162 Richard Christian M52 SCVAC 8.51 1 / 11 191 Glen Reddington M54 SCVAC 8.56 2 / 12 186 Chris Michael M54 VAC 9.35 2 / 13 175 Richard Halsey M54 SCVAC 9.88 2 / **M50 60 Metre / Championship: 7.43 C / Finals** / 1 198 Rohan Samuel M51 VAC 7.72 / 2 169 Fausto Furlotti M53 SCVAC 7.78 / 3 205 Mark White M51 VAC 7.88 / 4 164 Richard Cooper M50 OPEN 7.88 / 5 187 Wole Odele M52 SCVAC 7.90 / 6 158 Donald Brown M53 MMAC 7.93 / **M55 60 Metre / Championship: 7.64 C / Heats** / 1 243 Pat Logan M56 NIMAA 7.77 Q 2 / 2 221 Dougie Donald M58 MMAC 7.98 Q 1 / 3 240 Gary Leek M56 SVHC 8.00 Q 2 / 4 262 John Statham M56 MMAC 8.05 Q 1 / 5 272 Mark Woods M56 SCVAC 8.12 q 2 / 6 228 Julien Gittens M55 NMAC 8.20 q 2 / 7 253 Keith Powell M56 WMAA 8.40 1 / 8 267 Adrian Walley M56 OPEN 8.50 1 / 9 246 Iain Moody M55 MMAC 8.83 2 / 10 218 Adrian Day M58 VAC 9.00 1 / 11 244 Michael May M56 VAC 9.65 1 / ---



Diana Norman

233 Henry Hopkins M59 MMAC DNF 2 / **M55 60 Metre / Championship: 7.64 C / Finals** / 1 243 Pat Logan M56 NIMAA 7.69 / 2 262 John Statham M56 MMAC 7.92 / 3 240 Gary Leek M56 SVHC 7.99 / 4 272 Mark Woods M56 SCVAC 8.21 / 5 228 Julien Gittens M55 NMAC 8.29 / **M60 60 Metre / Championship: 7.93 C / Finals** / 1 282 Kevin Burgess M60 EVAC 7.98 2 / 2 276 Simon Barrett M64 SCVAC 8.46 2 / 3 304 Robert Phin M60 SVHC 8.47 2 / 4 281 Ian Broadhurst M62 WMAA 8.55 2 / 5 315 Ian Willoughby M63 MMAC 8.87 1 / 6 286 Roderick Davies M60 WMAA 8.95 1 / 7 280 David Blunt M63 VAC 8.99 1 / 8 284 Peter Coote M62 MMAC 9.58 1 / **M65 60 Metre / Championship: 8.17 C / Finals** / 1 341 Christopher Monk M65 MMAC 8.19 2 / 2 333 David Hinds M66 VAC 8.84 2 / 3 335 Geoffrey Kitchener M67 VAC 9.12 2 / 4 357 Tony Wells M68 EVAC 9.14 2 / 5 338 Mike Maisey M66 SCVAC 9.21 2 / 6 353 John Steel M69 MMAC 9.57 1 / 7 356 Patrick Webber M68 WMAA 9.92 1 / 8 345 Patrick Reynolds M66 IRELAND 10.63 1 / **M70 60 Metre / Championship: 8.35 C 07/03/2015 Ian Foster, Eastern VAC / Finals** / 1 380 Victor Novell M72 SCVAC 8.73 / 2 376 Allan Long M74 VAC 8.98 / 3 383 James Smith M72 SVHC 9.14 / 4 365 Lawrie Dunn M70 MMAC 9.50 / 5 366 Albert Eland M71 NMAC 9.73 / 6 372 Charles Isetts M74 VAC 9.86 / **M75 60 Metre / Championship: 8.80 C / Finals** / 1 389 Barry Ferguson M75 VAC 9.76 / 2 393 Geoff Hudson M77 MMAC 10.27 / 3 388 Roger Bruck M77 SCVAC 10.41 / **M80 60 Metre / 80 Champions: 9.64 C / Finals** / 1 400 Colin Field M80 SCVAC 11.17 / 2 402 Richard Pitcairn-Knowles M84 VAC 13.04 / **M90 60 Metre / Finals** / 1 407 Dalbir Singh Deol M90 VAC 13.60 / M95 60 Metre / Finals / 1 408 Charles Eugster M97 VAC 15.90 / **W35 200 Metre / Championship: 24.98 C / Finals** / 1

424 Katie Skelding W35 VAC 26.66 / 2 409 Naana Adusei W37 NMAC 28.03 / 3 410 Emilie Bokor-Ingram W35 DENMARK 28.58 / **W40 200 Metre / Championship: 26.44 C / Finals** / 1 438 Julia Hubbard W41 SWVAC 26.87 / 2 447 Claire Smith W40 EVAC 28.12 / 3 451 Kirstie Taylor W42 SCVAC 28.26 / 4 444 Natalie Mulholland W42 NEMAA 28.54 / 5 446 Sally Parry W42 SCVAC 30.15 / 6 433 Lourdes Camos W43 SPAIN 32.91 / **W45 200 Metre / Championship: 26.36 C / Finals** / 1 470 Anita Saunders W46 NMAC 28.64 / 2 459 Joanna Flowers W48 VAC 28.65 / 3 467 Deborah Ricci W47 MMAC 30.84 / 4 458 Deborah Doherty W48 SCVAC 31.67 / **W50 200 Metre / Championship: 27.43 C / Finals** / 1 506 Fiona Steele W51 SVHC 29.09 2 / 2 492 Jayne Henderson W51 NEMAA 29.19 2 / 3 479 Angela Bates W51 VAC 29.31 1 / 4 483 Yolanda Broek W53 VAC 29.66 2 / 5 486 Janet Dickinson W50 SWVAC 30.64 2 / 6 510 Michele Wakefield W51 SCVAC 30.82 2 / 7 490 Melanie Garland W54 WMAA 31.85 1 / 8 488 Christine Feely W54 EVAC 33.33 1 / **W55 200 Metre / Championship: 28.63 C / Finals** / 1 537 Angela Sonn W56 WMAA 31.72 / 2 538 Tessa Stephenson W56 EVAC 33.40 / 3 541 Hilary West W59 NMAC 33.87 / 4 543 Rosalind Zeffertt W55 SCVAC 34.77 / **W60 200 Metre / 60 Champions: 29.62 C 08/03/2015 Caroline Powell, South West V / 60 Champions: 29.62 C 13/03/2016 Helen Godsell, Southern Cou / Finals** / 1 554 Helen Godsell W63 SCVAC 29.92 / 2 562 Ed Roe W61 VAC 31.98 / 4 545 Carol Alker W62 EVAC 33.57 / W65 200 Metre / Finals / 3 580 Hendricka White W66 SCVAC 32.97 / 5 577 Anne Nelson W65 VAC 35.74 / **W70 200 Metre / 70 Champions: 36.73 C / Finals** / 1 585 Patricia Oakes W70 WMAA 44.64 / W80 200 Metre / Finals / 1 590 Dorothy Fraser W80 WMAA 47.27 / 2 592 Dorothy McLennan W81 IRELAND 66.07 / **M35 200 Metre / Championship: 22.76 C 08/03/2015 Richard Beardsell, Northern Vet / Finals** / 1 34 Gavin Stephens M39 VAC 23.22 / 2 14 Peter Hall M37 MMAC 23.82 / 3 7 Navid Childs M35 WMAA 24.45 / 4 39 Amr Ziko M38 EVAC 25.97 / **M40 200 Metre / Championship: 22.69 C 13/03/2016 Esmei Ossai, Southern Cou / Finals** / 1 45 Dominic Bradley M40 MMAC 23.02 / 2 43 Adam Bellis M40 SCVAC 23.25 / 3 69 Matthew Muggeridge M40 SWVAC 24.51 / 4 59 Andrew Gordon M42 VAC 26.10 / 5 53 Paul Dodds M42 NEMAA 26.84 / **M45 200 Metre / Championship: 23.20 C / Heats** / 1 88 Dominic Bokor-Ingram M49 VAC 24.56 Q 1 / 2 104 Michael Gardiner M48 MMAC 25.35 Q 2 / 3 123 Giuseppe Minetti M47 SCVAC 24.92 Q 1 / 4 107 Glenn Gray M48 SCVAC 25.76 Q 2 / 5 142 David Swalwell M47 NEMAA 25.42 q 1 / 6 150 Martin White M46 MMAC 25.46 q 1 / 7 147 Daniel Tomlinson M47 VAC 25.84 1 / 8 119 Andy Lewis M49 SCVAC 25.93 2 / 9 117 Nick Lauder M46 VAC 26.45 2 / 10 125 James Morgan M45 WMAA 26.89 1 / 11 145 Stephen Terry-Short M46 MMAC 26.94 2 / --- 98 Mark Davidson M48 SVHC DNF 2 / **M45 200 Metre / Championship: 23.20 C / Finals** / 1 104 Michael Gardiner M48 MMAC 24.31 / 2 88 Dominic Bokor-Ingram M49 VAC 24.41 / 3 123 Giuseppe Minetti M47 SCVAC 24.62 / 4 142 David Swalwell M47 NEMAA 25.65 / 5 107 Glenn Gray M48 SCVAC 26.15 / **M50 200 Metre / Championship: 23.88 C / Finals** / 1 205 Mark White M51 VAC 25.13 2 / 2 169 Fausto Furlotti M53 SCVAC 25.27 2 / 3 161 Paul Canning M50 EVAC 26.31 2 / 4 172 Paul Goodison M53 OPEN 26.68 1 / 5 199 Harold Sewell M50 SCVAC 26.77 2 / 6 162 Richard Christian M52 SCVAC 27.91 1 / 7 186 Chris Michael M54 VAC 31.37 1 / **M55 200 Metre / Championship: 24.70 C / Heats** / 1 243 Pat Logan M56 NIMAA 25.90 Q 2 / 2

235 Ronnie Hunter M55 SVHC 26.63 Q 1 / 3 272 Mark Woods M56 SCVAC 26.44 Q 2 / 4 242 Bob Lewis M55 SCVAC 26.75 Q 1 / 5 236 Peter Ilo M55 SCVAC 26.49 q 2 / 6 262 John Statham M56 MMAC 26.78 q 1 / 7 240 Gary Leek M56 SVHC 27.51 1 / 8 233 Henry Hopkins M59 MMAC 28.66 2 / 9 218 Adrian Day M58 VAC 29.07 2 / 10 244 Michael May M56 VAC 32.72 1 / **M55 200 Metre / Championship: 24.70 C / Finals** / 1 243 Pat Logan M56 NIMAA 25.13 / 2 272 Mark Woods M56 SCVAC 25.98 / 3 236 Peter Ilo M55 SCVAC 26.00 / 4 242 Bob Lewis M55 SCVAC 26.13 / 5 235 Ronnie Hunter M55 SVHC 26.19 / 6 262 John Statham M56 MMAC 26.62 / **M60 200 Metre / Championship: 25.24 C 07/03/2015 Alasdair Ross, Veterans Ath / Finals** / 1 282 Kevin Burgess M60 EVAC 26.75 2 / 2 276 Simon Barrett M64 SCVAC 26.99 2 / 3 281 Ian Broadhurst M62 WMAA 26.99 2 / 4 289 Bob Douglas M63 SVHC 28.22 2 / 5 286 Roderick Davies M60 WMAA 29.02 1 / 6 304 Robert Phin M60 SVHC 29.52 1 / 7 316 Robert Woolliams M61 EVAC 30.39 1 / **M65 200 Metre / Championship: 27.28 C / Finals** / 1 326 Adrian Essex M66 SCVAC 28.00 2 / 2 341 Christopher Monk M65 MMAC 28.11 2 / 3 333 David Hinds M66 VAC 28.64 2 / 4 352 David Spencer M67 SCVAC 28.68 2 / 5 357 Tony Wells M68 EVAC 30.17 1 / 6 319 Paul Anthony M68 MMAC 30.34 2 / 7 342 John Moore M66 EVAC 31.41 1 / 8 353 John Steel M69 MMAC 33.13 1 / 9 345 Patrick Reynolds M66 IRELAND 36.83 1 / **M70 200 Metre / 70 Champions: 27.89 C / Finals** / 1 380 Victor Novell M72 SCVAC 30.20 / 2 383 James Smith M72 SVHC 30.62 / 3 366 Albert Eland M71 NMAC 32.87 / 5 382 David Shelton M71 NMAC 34.38 / 6 386 David Whittaker M72 VAC 35.58 / **M75 200 Metre / 75 Champions: 30.70 C / Finals** / 1 388 Roger Bruck M77 SCVAC 35.78 / **M80 200 Metre / Finals** / 4 398 Tony Bowman M81 NMAC 33.45 / **M90 200 Metre / Finals** / 1 407 Dalbir Singh Deol M90 VAC 52.46 / **W35 400 Metre / Championship: 57.17 C / Finals** / 1 421 Susan McLoughlin W39 VAC 60.79 / 2 410 Emilie Bokor-Ingram W35 DENMARK 62.74 / **W40 400 Metre / Championship: 58.88 C / Finals** / 1 445 Diana Norman W42 SCVAC 60.35 / 2 443 Stacy McGivern W40 EVAC 62.28 / 3 447 Claire Smith W40 EVAC 64.49 / **W45 400 Metre / Championship: 61.09 C / Finals** / 1 477 Emma Wood W45 SCVAC 60.10 C / 2 462 Monique Krefting W47 SCVAC 60.75 C / 3 459 Joanna Flowers W48 VAC 64.65 / 4 471 Juliet Sidney W49 WMAA 70.26 / **W50 400 Metre / 50 Champions: 62.51 C / Finals** / 1 480 Tracy Bezance W52 EVAC 65.84 / 2 485 Alison Collins W52 SCVAC 67.15 / 3 481 Tracey Bosworth W51 SWVAC 70.88 / **W55 400 Metre / Championship: 62.11 C / Finals** / 1 527 Joan Lasenby W56 EVAC 76.19 / 2 541 Hilary West W59 NMAC 76.48 / 3 538 Tessa Stephenson W56 EVAC 79.88 / 4 537 Angela Sonn W56 WMAA 1:24.15 / **W60 400 Metre / Championship: 67.88 C 07/03/2015 Caroline Powell, South West V / Finals** / 1 561 Caroline Powell W63 SWVAC 69.72 / 2 546 Edith Caux W60 EVAC 72.66 / 3 562 Ed Roe W61 VAC 74.43 / 4 558 Joan Howe W61 NMAC 74.77 / 5 553 Anna Garnier W62 VAC 75.12 / **M35 400 Metre / Championship: 49.07 C 07/03/2015 Richard Beardsell, Northern Vet / Finals** / 1 9 Liam Collins M38 NEMAA 50.38 / 2 34 Gavin Stephens M39 VAC 50.96 / 3 3 Tom Bolan-Ashworth M37 NMAC 51.35 / 4 35 Darren Towart M39 NEMAA 53.58 / **M40 400 Metre / Championship: 49.99 C / Finals** / 1 43 Adam Bellis M40 SCVAC 52.02 / 2 67 Ashley McMahon M41 AUSTRALIA 53.32 / 3 69 Matthew Muggeridge M40 SWVAC 54.83 / 4 50 Leon Creaney M40



MMAC 55.00 / 5 74 Ivan Ross M42 IRELAND 57.66 / 6 53 Paul Dodds M42 NEMAA 57.93 / **M45 400 Metre / Championship: 51.11 C / Heats** / 1 88 Dominic Bokor-Ingram M49 VAC 57.49 Q 2 / 2 104 Michael Gardiner M48 MMAC 58.54 Q 1 / 3 129 Michael Osunsami M48 SCVAC 58.30 Q 2 / 4 130 David Pearson M49 SWVAC 59.03 Q 1 / 5 141 Jason Steel M45 SCVAC 58.61 q 2 / 6 111 Richard Holt M45 SCVAC 59.23 q 1 / 7 92 Simon Byway M47 SCVAC 59.33 1 / 8 122 David McKeown-Webster M47 SCVAC 60.27 1 / 9 145 Stephen Terry-Short M46 MMAC 61.20 2 / 10 110 William Harris M46 VAC 61.56 2 / **M45 400 Metre / Championship: 51.11 C / Finals** / 1 88 Dominic Bokor-Ingram M49 VAC 53.24 / 2 104 Michael Gardiner M48 MMAC 53.48 / 3 129 Michael Osunsami M48 SCVAC 56.03 / 4 141 Jason Steel M45 SCVAC 57.64 / 5 111 Richard Holt M45 SCVAC 59.01 / 6 130 David Pearson M49 SWVAC 59.62 / **M50 400 Metre / Championship: 54.09 C / Finals** / 1 201 Jonathan Tilt M54 SCVAC 55.36 2 / 2 205 Mark White M51 VAC 57.01 2 / 3 199 Harold Sewell M50 SCVAC 57.69 2 / 4 187 Wole Odele M52 SCVAC 57.85 1 / 5 173 Nicholas Grocock M54 SCVAC 59.58 2 / 6 161 Paul Canning M50 EVAC 61.86 1 / 7 162 Richard Christian M52 SCVAC 62.85 1 / **M55 400 Metre / Championship: 55.93 C / Finals** / 1 269 Richard White M57 MMAC 57.46 2 / 2 236 Peter Ilo M55 SCVAC 58.53 2 / 3 242 Bob Lewis M55 SCVAC 59.90 2 / 4 211 Colin Bates M56 SCVAC 60.98 2 / 5 256 Kevin Pye M57 MMAC 61.45 2 / 6 226 Paul Edwards M57 MMAC 62.87 2 / 7 246 Iain Moody M55 MMAC 63.36 1 / 8 264 Steven Taylor M58 NMAC 65.42 1 / 9 230 Chris Gunstone M58 MMAC 68.20 1 / **M60 400 Metre / Championship: 58.28 C 07/03/2015 Alasdair Ross, Veterans Ath / Finals** / 1 281 Ian Broadhurst M62 WMAA 60.92 / 2 289



Charles Eugster

Bob Douglas M63 SVHC 61.26 / 3 276 Simon Barrett M64 SCVAC 61.40 / 4 295 Ivars Licietis M61 EVAC 62.58 / 5 312 Ray Watkins M64 SCVAC 65.69 / **M65 400 Metre / Championship: 61.40 C 07/03/2015 Paul Anthony, Midland Mast / Finals** / 1 352 David Spencer M67 SCVAC 64.92 / 2 326 Adrian Essex M66 SCVAC 65.57 / 3 333 David Hinds M66 VAC 69.46 / 4 319 Paul Anthony M68 MMAC 71.17 / **M70 400 Metre / Championship: 66.08 C / Finals** / 1 365 Lawrie Dunn M70 MMAC 72.83 / 2 366 Albert Eland M71 NMAC 73.68 / 3 359 Terry Bissett M73 SCVAC 74.72 / **M75 400 Metre / 75 Champions: 71.90 C 08/03/2014 / Finals** / 1 387 John Batchelor M76 VAC 74.11 / 2 390 John Garber M75 EVAC 1:24.96 / **M80 400 Metre / Finals** / 1 401 Rodney Mills M80 NMAC 1:26.88 / **W35 800 Metre Run / 35 Champions: 2:18.70 C / Finals** / 1 415 Zoe Doyle W38 VAC 2:17.01 C / 2 418 Jacqueline Etherington W38 SVHC 2:28.67 / **W40 800 Metre Run / Finals** / 1 445 Diana Norman W42 SCVAC 2:15.65 / 2 431 Lourdes Bradley W42 SPAIN 2:32.14 / 3 452 Claire Thompson W40 SVHC 2:35.10 / **W45 800 Metre Run / Finals** / 1 473 Frida Run Thordardottir W47 ICELAND 2:30.12 / 2 464 Nicola Neill W45 EVAC 2:32.04 / 3 476 Julie Wilson W49 SVHC 2:32.47 / 4 469 Stephanie Robson W45 VAC 2:45.88 / **W60 800 Metre Run / 60 Champions: 2:37.67 C / Finals** / 1 558 Joan Howe W61 NMAC 2:46.15 / 2 553 Anna Garnier W62 VAC 2:48.78 / 3 560 Maxine Jones W60 IRELAND 2:51.88 / 4 555 Phyllis Hands W61 SVHC 3:08.40 / **W65 800 Metre Run / Finals** / 1 572 Nancy Hitchmough W66 MMAC 2:54.90 / 2 574 Sue James W66 SCVAC 3:36.29 / **W70 800 Metre Run / Finals** / 1 583 Patricia Gallagher W71 WMAA 3:23.66 / **W75 800 Metre Run / Finals** / 1 589 Betty Stracey W77 EVAC 4:24.10 / **Women 800 Metre Run / Finals**

/ 1 528 Fiona Matheson W55 SVHC 2:32.67 / 2 482 Cathryn Brady W51 IRELAND 2:40.37 / 3 478 Christine Anthony W54 EVAC 2:42.98 / 4 523 Jenny Hughes W56 SCVAC 2:43.80 / 5 527 Joan Lasenby W56 EVAC 2:49.78 / 6 541 Hilary West W59 NMAC 2:53.91 / 7 508 Patricia Thomas W52 VAC 2:59.52 / **M35 800 Metre Run / Championship: 1:58.99 C / Finals** / 1 6 Aaron Brown M36 VAC 1:59.55 / 2 17 Jevgeni Judin M38 SWVAC 2:00.95 / 3 37 Peter Rhys Watkeys M35 WMAA 2:01.27 / 4 32 Sean Reidy M36 EVAC 2:03.39 / 5 33 Glen Richardson M38 EVAC 2:07.06 / 6 1 Joe Ashley M38 SCVAC 2:07.12 / 7 25 Carl McMullen M37 NMAC 2:09.74 / 8 30 Thomas Procter-Legg M35 MMAC 2:10.99 / **M40 800 Metre Run / Championship: 1:58.88 C / Finals** / 1 75 Richard Scott M43 SWVAC 2:02.44 / 2 41 David Allworthy M40 OPEN 2:04.61 / 3 82 Christopher Westcott M44 EVAC 2:04.83 / 4 46 Scott Browne M40 WMAA 2:09.20 / 5 44 Jim Bennett M43 SCVAC 2:14.15 / 6 63 Jason Kabel M44 OPEN 2:15.57 / 7 62 Angelo John M44 SAINT VINCENT AND THE GRENADIN 2:15.59 / **M45 800 Metre Run / Championship: 1:58.90 C / Finals** / 1 146 Mike Toal M45 NMAC 2:07.27 / 2 85 Nick Andrews M46 OPEN 2:07.88 / 3 97 Robert Datnow M45 VAC 2:08.14 / 4 143 Mark Symes M48 SCVAC 2:10.32 / 5 152 David Woods M48 OPEN 2:10.94 / 6 95 Andy Coleman M49 EVAC 2:12.94 / 7 102 Peter Downhill M48 EVAC 2:13.27 / 8 141 Jason Steel M45 SCVAC 2:16.73 / 9 137 David Shortridge M46 SCVAC 2:22.54 / 10 124 John Moore M47 NEMAA 2:23.28 / **M50 800 Metre Run / Championship: 2:03.06 C / Heats** / 1 153 Simon Anderson M53 SWVAC 2:19.44 Q 2 / 1 184 Jonny Lowe M53 MMAC 2:19.44 Q 2 / 3 154 Rob Andrew M53 MMAC 2:20.19 Q 1 / 4 157 David Blackman M50 SCVAC 2:22.13 Q 1 / 5 185 Larry Mangelshot M53 SCVAC 2:19.47 q 2 / 6 166 Brett Davis M53 WMAA 2:19.74 q 2 / 7 170 Andy Gannaway M54 VAC 2:20.22 2 / 8 194 Tony Roberts M51 EVAC 2:22.88 1 / 9 156 Mark Ashby M54 SCVAC 2:25.30 1 / 10 182 Paul Lemmon M54 VAC 2:38.70 1 / 11 208 Philip York M54 SWVAC 2:41.36 2 / **M50 800 Metre Run / Championship: 2:03.06 C / Finals** / 1 157 David Blackman M50 SCVAC 2:08.59 / 2 154 Rob Andrew M53 MMAC 2:11.52 / 3 184 Jonny Lowe M53 MMAC 2:14.63 / 4 153 Simon Anderson M53 SWVAC 2:17.22 / 5 185 Larry Mangelshot M53 SCVAC 2:18.98 / 6 166 Brett Davis M53 WMAA 2:23.61 / **M55 800 Metre Run / Championship: 2:16.80 C 13/03/2016 Richard White, Midland Mast / Heats** / 1 238 Gary Ironmonger M55 VAC 2:20.08 Q 1 / 2 216 Andrew Cunningham M55 SCVAC 2:21.24 Q 2 / 3 237 Chris Ireland M56 NMAC 2:20.25 Q 1 / 4 223 Malcolm Down M55 EVAC 2:21.89 Q 2 / 5 266 Jed Turner M56 NMAC 2:20.55 q 1 / 6 211 Colin Bates M56 SCVAC 2:21.01 q 1 / 7 227 Rob Fox M57 MMAC 2:22.80 2 / 8 256 Kevin Pye M57 MMAC 2:24.21 1 / 9 248 Peter Mountain M59 SWVAC 2:24.32 2 / 10 213 Geoffrey Brewster M58 EVAC 2:24.43 1 / 11 257 Ludwig Ramsey M57 MMAC 2:24.47 2 / 12 222 John Donaldson M58 EVAC 2:25.35 2 / 13 264 Steven Taylor M58 NMAC 2:30.25 1 / 14 230 Chris Gunstone M58 MMAC 2:31.15 2 / 15 263 Andrew Stewart M56 VAC 2:37.86 2 / 16 217 Austin Davies M58 WMAA 2:38.45 1 / **M55 800 Metre Run / Championship: 2:16.80 C 13/03/2016 Richard White, Midland Mast / Finals** / 1 238 Gary Ironmonger M55 VAC 2:16.92 / 2 216 Andrew Cunningham M55 SCVAC 2:17.66 / 3 237 Chris Ireland M56 NMAC 2:18.00 / 4 223 Malcolm Down M55 EVAC 2:18.26 / 5 266 Jed Turner M56 NMAC 2:21.08 / 6 211 Colin Bates M56 SCVAC 2:22.12 / **M70 800 Metre Run / 70 Champions**:

2:39.50 C / Finals / 1 368 Peter Giles M72 VAC 2:52.79 / 2 371 John Horton M72 SWVAC 2:53.20 / 3 362 Phil Brennan M74 MMAC 3:05.21 / **M75 800 Metre Run / Finals** / 1 387 John Batchelor M76 VAC 2:47.30 / 2 390 John Garber M75 EVAC 3:13.34 / **M80 800 Metre Run / Finals** / 1 401 Rodney Mills M80 NMAC 3:27.89 / **Men 800 Metre Run / Finals** / 1 278 David Bedwell M63 MMAC 2:26.88 / 2 343 David Oxland M65 MMAC 2:31.81 / 3 334 Peter Kennedy M65 VAC 2:37.35 / 4 339 Michael Mann M68 VAC 2:41.07 / 5 351 Ian Snow M66 SWVAC 2:47.51 / 6 327 John Exley M69 SCVAC 2:50.81 / 7 324 Peter Duhig M67 EVAC 2:56.16 / 8 287 Kevin Dillon M62 NMAC 3:34.97 / **W35 1500 Metre Run / 35 Champions:** **4:33.35 C / Finals** / 1 418 Jacqueline Etherington W38 SVHC 5:01.93 / 2 427 Katherine Wellam W37 NMAC 5:12.16 / **W40 1500 Metre Run / Finals** / 1 441 Christine Lathwell W40 EVAC 5:07.46 / 2 452 Claire Thompson W40 SVHC 5:13.57 / 3 431 Lourdes Bradley W42 SPAIN 5:23.96 / **W45 1500 Metre Run / Finals** / 1 473 Frida Run Thordardottir W47 ICELAND 5:00.51 / 2 476 Julie Wilson W49 SVHC 5:14.96 / 3 457 Lynne Champion W48 SCVAC 5:18.17 / 4 469 Stephanie Robson W45 VAC 5:33.14 / **W50 1500 Metre Run / 50 Champions:** **4:40.07 C 08/03/2014 / Finals** / 1 511 Lisa Webb W51 VAC 5:18.91 / 2 482 Cathryn Brady W51 IRELAND 5:24.79 / **W55 1500 Metre Run / Finals** / 1 528 Fiona Matheson W55 SVHC 5:05.39 / 2 525 Carol Jones W59 VAC 6:05.88 / **W60 1500 Metre Run / 60 Champions:** **5:17.93 C / Finals** / 1 553 Anna Garnier W62 VAC 5:41.00 / 2 560 Maxine Jones W60 IRELAND 5:42.70 / 3 564 Andrea Sanders-Reece W61 VAC 6:15.00 / 4 555 Phyllis Hands W61 SVHC 6:17.10 / **W65 1500 Metre Run / Finals** / 1 572 Nancy Hitchmough W66 MMAC 5:50.80 / 2 574 Sue James W66 SCVAC 7:11.07 / **W70 1500 Metre Run / Finals** / 1 583 Patricia Gallagher W71 WMAA 7:06.14 / **W75 1500 Metre Run / Finals** / 1 588 Kathleen Stewart W77 NEMAA 8:05.21 / 2 589 Betty Stracey W77 EVAC 8:28.49 / **M35 1500 Metre Run / Championship:** **3:58.62 C / Finals** / 1 11 Jozsef Farkas M37 SVHC 4:10.15 / 2 6 Aaron Brown M36 VAC 4:10.34 / 3 26 Ian Moran M36 NMAC 4:13.43 / 4 13 Mark Gardner M35 NMAC 4:17.30 / 5 1 Joe Ashley M38 SCVAC 4:22.23 / 6 22 Tony Macdowall M35 VAC 4:37.85 / 7 8 Andy Cohen-Wray M39 EVAC 4:41.28 / 8 18 Hermann Kruger M36 SCVAC 4:41.76 / **M40 1500 Metre Run / 40 Champions:** **4:08.64 C / Finals** / 1 76 Nick Shasha M42 EVAC 4:19.29 / 2 82 Christopher Westcott M44 EVAC 4:21.21 / 3 58 Stuart Flack M42 SCVAC 4:26.30 / 4 46 Scott Browne M40 WMAA 4:30.02 / 5 57 Simon Fell M40 EVAC 4:32.27 / 6 71 Matthew Preston M44 VAC 4:40.06 / **M45 1500 Metre Run / Finals** / 1 143 Mark Symes M48 SCVAC 4:25.55 / 2 138 David Smith M49 MMAC 4:30.54 / 3 94 Mark Champion M49 SCVAC 4:49.28 / 4 124 John Moore M47 NEMAA 4:51.36 / 5 100 Andy Del Nevo M49 SCVAC 5:02.69 / **M50 1500 Metre Run / Championship:** **4:11.87 C 07/03/2015 Guy Bracken, North East M / Finals** / 1 153 Simon Anderson M53 SWVAC 4:29.39 / 2 202 Tony Tuohy M54 VAC 4:41.08 / 3 185 Larry Mangelshot M53 SCVAC 4:42.67 / 4 195 Andrew Rolt M50 SCVAC 4:42.77 / 5 179 Martin Kelk M50 SCVAC 4:46.07 / 6 193 Steve Roberts M52 VAC 4:48.02 / 7 182 Paul Lemmon M54 VAC 5:14.54 / **M55 1500 Metre Run / Championship:** **4:27.01 C 07/03/2015 Stephen Smith, Northern Vet / Finals** / 1 212 Guy Bracken M55 NEMAA 4:17.70 C / 2 238 Gary Ironmonger M55 VAC 4:40.07 / 3 223 Malcolm Down M55 EVAC 4:41.03 / 4 239 Simon Le Mare M55 EVAC 4:44.58 / 5 227 Rob Fox M57



John Batchelor

MMAC 4:45.84 / 6 211 Colin Bates M56 SCVAC 4:51.57 / 7 264 Steven Taylor M58 NMAC 5:09.89 / 8 224 Steven Doxey M56 NMAC 5:18.13 / 9 263 Andrew Stewart M56 VAC 5:25.75 / 10 251 Colin Oxlade M58 SCVAC 6:13.47 / **M60 1500 Metre Run / 60 Champions:** **4:35.52 C / Finals** / 1 278 David Bedwell M63 MMAC 4:57.26 / 2 301 Alan Newman M63 SCVAC 5:33.36 / 3 317 Ian Wright M60 MMAC 5:38.74 / 4 288 Alan Dolton M60 SCVAC 5:55.27 / **M65 1500 Metre Run / 65 Champions:** **5:14.50 C / Finals** / 1 343 David Oxland M65 MMAC 5:14.18 C / 2 339 Michael Mann M68 VAC 5:28.18 / 3 351 Ian Snow M66 SWVAC 5:30.44 / 4 327 John Exley M69 SCVAC 5:31.96 / 5 332 Peter Hamilton M69 SWVAC 5:34.78 / 6 318 Ray Aiken M65 SVHC 5:41.28 / 7 324 Peter Duhig M67 EVAC 6:15.23 / **M70 1500 Metre Run / Finals** / 1 368 Peter Giles M72 VAC 5:25.51 / 2 362 Phil Brennan M74 MMAC 6:03.71 / 3 371 John Horton M72 SWVAC 6:05.76 / **M75 1500 Metre Run / Finals** / 1 387 John Batchelor M76 VAC 5:46.54 / 2 390 John Garber M75 EVAC 7:01.32 / **M80 1500 Metre Run / Finals** / 1 402 Richard Pitcairn-Knowles M84 VAC 9:01.69 / --- 401 Rodney Mills M80 NMAC DNF / **W35 3000 Metre Run / 35 Champions:** **10:08.35 C / Finals** / 1 418 Jacqueline Etherington W38 SVHC 11:03.46 / **W40 3000 Metre Run / Finals** / 1 448 Steph Spencer W44 MMAC 11:12.25 / 2 452 Claire Thompson W40 SVHC 11:19.29 / **W45 3000 Metre Run / Finals** / 1 473 Frida Run Thordardottir W47 ICELAND 10:54.46 / 2 457 Lynne Champion W48 SCVAC 11:22.72 / 3 469 Stephanie Robson W45 VAC 11:44.05 / --- 476 Julie Wilson W49 SVHC DNF / **W55 3000 Metre Run / Finals** / 1 528 Fiona Matheson W55 SVHC 10:28.93 / 2 523 Jenny Hughes W56 SCVAC 12:39.06 /



M35 3000 Metre Run / 35 Champions: 8:50.77 C / Finals / 1
 21 Bruno Lima M35 PORTUGAL 8:47.69 C / 2 11 Jozsef Farkas M37 SVHC 9:07.75 / 3 13 Mark Gardner M35 NMAC 9:23.09 / 4 22 Tony Macdowall M35 VAC 9:56.37 / 5 8 Andy Cohen-Wray M39 EVAC 10:40.31 / **M40 3000 Metre Run / Finals / 1**
 73 Grant Ramsay M44 SVHC 9:34.05 / 2 57 Simon Fell M40 EVAC 9:52.01 / **M45 3000 Metre Run / Finals / 1** 151 Kerry-Liam Wilson M46 SVHC 9:10.53 / 2 143 Mark Symes M48 SCVAC 9:17.51 / 3 101 James Douglas M45 MMAC 9:18.95 / 4 138 David Smith M49 MMAC 9:28.63 / 5 114 Ian Johnston M49 SVHC 9:43.67 / --- 100 Andy Del Nevo M49 SCVAC DNF / --- 135 Calvin Scoltock M47 MMAC DNF / **M50 3000 Metre Run / 50 Champions: 8:58.67 C 08/03/2015 Guy Bracken, North East M / Finals / 1** 153 Simon Anderson M53 SWVAC 9:39.86 / 2 202 Tony Tuohy M54 VAC 9:47.22 / 3 190 Simon Rayner M53 OPEN 9:49.44 / 4 196 Anthony Roper M53 MMAC 10:15.84 / 5 195 Andrew Rolt M50 SCVAC 10:39.38 / 6 181 Don Lawless M52 SVHC 11:06.38 / **M55 3000 Metre Run / Finals / 1** 212 Guy Bracken M55 NEMAA 9:07.70 / 2 259 Colin Ridley M55 EVAC 9:43.15 / 3 227 Rob Fox M57 MMAC 10:25.92 / 4 249 Pete O'Connell M56 SCVAC 10:50.65 / 5 224 Steven Doxey M56 NMAC 11:17.20 / 6 251 Colin Oxlade M58 SCVAC 11:44.08 / 7 263 Andrew Stewart M56 VAC 11:46.20 / **M65 3000 Metre Run / 65 Champions: 11:25.51 C 08/03/2015 Aleksander Swiecicki, Midland Mast / Finals / 1** 343 David Oxland M65 MMAC 11:13.56 C / 2 339 Michael Mann M68 VAC 11:30.28 / 3 344 Don Powell M66 SCVAC 11:35.29 / 4 332 Peter Hamilton M69 SWVAC 11:50.19 / 5 320 Dave Beattie M69 SCVAC 11:58.68 / 6 327 John Exley M69 SCVAC 12:03.49 / **M70 3000 Metre Run / Finals / 1** 368 Peter Giles M72 VAC 11:30.22 / 2 362 Phil

Brennan M74 MMAC 13:11.19 / **M75 3000 Metre Run / Finals / 1** 387 John Batchelor M76 VAC 12:25.75 / **M60 3000 Metre Run / Finals / 1** 283 Alan Camp M60 VAC 10:45.29 / 2 278 David Bedwell M63 MMAC 11:00.25 / 3 306 Huw Roberts M60 WMAA 11:34.29 / 4 301 Alan Newman M63 SCVAC 11:57.63 / 5 309 Malcolm Thirlaway M60 NEMAA 12:09.58 / 6 317 Ian Wright M60 MMAC 12:33.58 / 7 288 Alan Dolton M60 SCVAC 12:53.01 / **W60 3000 Metre Run / 60 Champions: 11:29.52 C / Finals / 8** 555 Phyllis Hands W61 SVHC 13:38.41 / **W70 3000 Metre Run / Finals / 1** 586 Pauline Rich W71 VAC 14:33.99 / **W75 3000 Metre Run / Finals / 1** 588 Kathleen Stewart W77 NEMAA 17:12.99 / 2 589 Betty Stracey W77 EVAC 17:57.64 / **M80 3000 Metre Run / Finals / 1** 402 Richard Pitcairn-Knowles M84 VAC 18:42.54 / **W35 60 Metre Hurdles / 35 Champions: 9.26 C / Finals / 1** 423 Jane Scott W35 SVHC 10.23 / **W40 60 Metre Hurdles / Finals / 1** 445 Diana Norman W42 SCVAC 9.46 / 2 432 Sarah Burke W43 VAC 9.84 / 3 453 Paula Williams W44 MMAC 9.87 / 4 434 Amanda Cook W40 WMAA 10.17 / **W50 60 Metre Hurdles / Championship: 9.71 C / Finals / 1** 509 Jan Timberlake W50 WMAA 11.91 / 2 507 Marise Taylor W53 MMAC 12.08 / 3 481 Tracey Bosworth W51 SWVAC 14.01 / **W55 60 Metre Hurdles / Championship: 9.89 C 12/03/2016 Susan Frisby, Midland Mast / Finals / 1** 520 Susan Frisby W56 MMAC 10.17 / 2 517 Gaye Clarke W56 EVAC 10.89 / 3 533 Jill Roginski W58 MMAC 11.61 / 4 514 Mary Barrett W58 IRELAND 11.64 / 5 515 Penny Butcher W58 EVAC 11.84 / **W60 60 Metre Hurdles / Championship: 10.69 C / Finals / 1** 557 Jane Horder W60 MMAC 9.92 C / 2 550 Carole Filer W61 EVAC 10.06 C / 3 544 Lyn Ahmet W64 SCVAC 13.21 / **W65 60 Metre Hurdles / 65 Champions: 11.46 C 12/03/2016 Emily McMahon, Eastern VAC / Finals / 1** 576 Emily McMahon W66 EVAC 12.55 / 2 569 Jean Fail W67 SWVAC 13.66 / **W70 60 Metre Hurdles / Finals / 1** 585 Patricia Oakes W70 WMAA 14.09 / **M35 60 Metre Hurdles / Championship: 8.03 C 12/03/2016 Mensah Elliott, Southern Cou / Finals / 1** 9 Liam Collins M38 NEMAA 8.14 / 2 27 Clint Nicholls M38 EVAC 8.89 / 3 32 Sean Reidy M36 EVAC 8.94 / 4 25 Carl McMullen M37 MMAC 9.12 / **M40 60 Metre Hurdles / Championship: 8.85 C 07/03/2015 Peter Davey, Southern Cou / Finals / 1** 55 Mensah Elliott M40 SCVAC 8.07 C / 2 60 Carson Graham M40 SVHC 9.29 / **M45 60 Metre Hurdles / Championship: 8.66 C / Finals / 1** 86 Joe Appiah M46 SCVAC 8.46 C / 2 139 Gary Smith M46 EVAC 8.93 / 3 107 Glenn Gray M48 SCVAC 9.87 / 4 130 David Pearson M49 SWVAC 9.98 / 5 137 David Shortridge M46 SCVAC 13.53 / **M50 60 Metre Hurdles / 50 Champions: 8.81 C / Finals / 1** 158 Donald Brown M53 MMAC 9.18 / 2 191 Glen Reddington M54 SCVAC 9.63 / 3 162 Richard Christian M52 SCVAC 10.44 / **M55 60 Metre Hurdles / Finals / 1** 245 John Mayor M58 EVAC 9.53 / 2 226 Paul Edwards M57 MMAC 10.25 / 3 246 Iain Moody M55 MMAC 10.77 / **M60 60 Metre Hurdles / 60 Champions: 9.94 C 12/03/2016 Ian Willoughby, Midland Mast / Finals / 1** 315 Ian Willoughby M63 MMAC 10.02 / 2 305 Robert Reynolds M60 OPEN 10.03 / 3 307 Rashpal Singh M64 MMAC 12.75 / **M65 60 Metre Hurdles / Finals / 1** 357 Tony Wells M68 EVAC 10.36 / 2 326 Adrian Essex M66 SCVAC 11.87 / **M70 60 Metre Hurdles / 70 Champions: 10.06 C / Finals / 1** 365 Lawrie Dunn M70 MMAC 12.20 / 2 377 Robert Maggio M70 EVAC 18.64 / **M75 60 Metre Hurdles / Finals / 1** 389 Barry Ferguson M75 VAC 11.48 / **M80 60 Metre Hurdles / Finals / 1** 398 Tony Bowman M81 NMAC 11.47 / **W35 High Jump / 35**

Champions: 1.68m C / Finals / 1 422 Heidi Nicholas W36 EVAC 1.45m / 2 412 Maria Chacon W39 SPAIN 1.40m / 3 426 Jody Ward W38 MMAC 1.30m / W40 High Jump / Finals / 1 435 Claudia Cubbage W44 SCVAC 1.35m / 2 449 Kirsty Tanner W43 SCVAC 1.25m / --- 429 Ayamba Akim W44 VAC DQ / **W45 High Jump / Finals / 1 460 Irie Hill W48 MMAC 1.45m / W50 High Jump / Finals / 1 490 Melanie Garland W54 WMAA 1.40m / 2 486 Janet Dickinson W50 SWVAC 1.35m / 3 509 Jan Timberlake W50 WMAA 1.25m / **W55 High Jump / 55 Champions: 1.42m C / Finals / 1 515 Penny Butcher W58 EVAC 1.30m / 2 517 Gaye Clarke W56 EVAC 1.30m / 3 519 Teresa Eades W58 SCVAC 1.27m / 4 532 Susan Richardson W55 NMAC 1.24m / 5 521 Janice Hardcastle W57 EVAC 1.21m / **W60 High Jump / Finals / 1 550 Carole Filer W61 EVAC 1.33m / 2 568 Sue Yeomans W63 SCVAC 1.18m / **W65 High Jump / Finals / 1 576 Emily McMahon W66 EVAC 1.09m / **W70 High Jump / Finals / 1 585 Patricia Oakes W70 WMAA 1.03m / **M35 High Jump / 35 Champions: 2.01m C 08/03/2015 Daniel Graham, Northern Vet / Finals / 1 27 Clint Nicholls M38 EVAC 1.80m / 2 31 Andrew Reeves M35 MMAC 1.65m / **M40 High Jump / Finals / 1 66 Alwyn Lombaard M42 VAC 1.80m / 2 56 Andrew England M44 NMAC 1.70m / 3 60 Carson Graham M40 SVHC 1.60m / --- 54 David Dupouy M44 FRANCE NH / **M45 High Jump / Finals / 1 91 Kevin Byrne M45 IRELAND 1.60m / 2 149 Jeroen Van Riel M47 NETHERLANDS 1.55m / **M50 High Jump / Finals / 1 183 Steve Linsell M53 NMAC 1.70m / 2 177 Paul Husbands M50 MMAC 1.60m / 3 187 Wole Odele M52 SCVAC 1.60m / 4 192 Mark Roach M51 SWVAC 1.50m / **M55 High Jump / 55 Champions: 1.65m C / Finals / 1 252 Richard Phelan M55 EVAC 1.40m / **M60 High Jump / Finals / 1 280 David Blunt M63 VAC 1.45m / 2 274 Paul Askew M62 MMAC 1.45m / 3 311 Trevor Wade M60 SCVAC 1.40m / **M65 High Jump / Finals / 1 335 Geoffrey Kitchener M67 VAC 1.21m / **M70 High Jump / Finals / 1 384 Edward Wagner M71 NMAC 1.22m / 2 363 Juan Chacon Chacon M72 SPAIN 1.12m / **M75 High Jump / Finals / 1 388 Roger Bruck M77 SCVAC 1.21m / **M45 Pole Vault / Finals / 1 91 Kevin Byrne M45 IRELAND 3.20m / 2 90 Andrew Buchanan M46 SCVAC 3.00m / --- 115 Egryn Jones M45 SCVAC NH / **M50 Pole Vault / Finals / 1 155 John Andrews M53 SCVAC 3.40m / 2 168 Simon Eastwood M51 EVAC 2.90m / 3 167 Alan Easey M53 VAC 2.80m / **M55 Pole Vault / Finals / 1 253 Keith Powell M56 WMAA 2.60m / --- 229 Kelvyn Grundy M58 NMAC NH / --- 241 Allan Leiper M56 SCVAC NH / **M60 Pole Vault / Finals / 1 314 Allan Williams M63 SCVAC 3.20m / 2 280 David Blunt M63 VAC 3.10m / 3 302 Paul Oakes M63 EVAC 2.60m / **W35 Pole Vault / 35 Champions: 3.35m C / Finals / 1 417 Jemma Eastwood W38 EVAC 3.30m / **W40 Pole Vault / Finals / 1 435 Claudia Cubbage W44 SCVAC 2.40m / **W45 Pole Vault / Finals / 1 460 Irie Hill W48 MMAC 3.40m / **W50 Pole Vault / Finals / 1 499 Jacqueline Montgomery W52 SCVAC 2.60m / 2 502 Sandra Pedley W51 EVAC 1.90m / **W55 Pole Vault / Finals / 1 519 Teresa Eades W58 SCVAC 2.50m / **W60 Pole Vault / Finals / 1 568 Sue Yeomans W63 SCVAC 2.60m / 2 559 Jennifer Ibbetson W60 NMAC 2.30m / 3 547 Sue Dassie W64 SCVAC 2.10m / **M75 Pole Vault / Finals / --- 392 John Howe M75 WMAA NH / **W35 Long Jump / 35 Champions: 5.51m C / Finals / 1 422 Heidi Nicholas W36 EVAC 4.59m / 2 426 Jody Ward W38 MMAC 4.18m / 3 413 Ainslea Cross W36 MMAC 3.75m / 4 414 Amanda Dodge W37 EVAC 3.31m / **W40 Long Jump / Finals / 1 436 Fiona Davidson W44 SVHC 4.93m / 2******************************************************



443 Stacy McGivern W40 EVAC 4.89m / 3 434 Amanda Cook W40 WMAA 4.52m / 4 433 Lourdes Camos W43 SPAIN 4.19m / 5 449 Kirsty Tanner W43 SCVAC 3.80m / **W45 Long Jump / Finals / 1 455 Jackie Breslin W48 SCVAC 3.61m / 2 468 Lesley Richardson W47 SCVAC 2.76m / **W50 Long Jump / 50 Champions: 4.49m C 12/03/2016 Jo Willoughby, Midland Mast / Finals / 1 490 Melanie Garland W54 WMAA 4.46m / 2 486 Janet Dickinson W50 SWVAC 4.41m / 3 484 Monica Brown W52 EVAC 4.40m / 4 509 Jan Timberlake W50 WMAA 4.13m / 5 507 Marise Taylor W53 MMAC 3.59m / 6 488 Christine Feely W54 EVAC 3.10m / **W55 Long Jump / Finals / 1 520 Susan Frisby W56 MMAC 4.19m / 2 532 Susan Richardson W55 NMAC 4.09m / 3 530 Averil McClelland W58 NMAC 4.05m / 4 519 Teresa Eades W58 SCVAC 4.03m / 5 515 Penny Butcher W58 EVAC 3.85m / 6 542 Lesley Willis W55 MMAC 3.78m / 7 543 Rosalind Zeffertt W55 SCVAC 3.61m / 8 521 Janice Hardcastle W57 EVAC 3.45m / **W60 Long Jump / 60 Champions: 4.02m C / Finals / 1 550 Carole Filer W61 EVAC 4.44m C / 2 551 Christine Fry W61 SCVAC 3.60m / 3 568 Sue Yeomans W63 SCVAC 3.44m / 4 563 Christine Salvary W60 SCVAC 3.31m / 5 544 Lyn Ahmet W64 SCVAC 3.27m / **W70 Long Jump / Finals / 1 585 Patricia Oakes W70 WMAA 2.62m / 2 584 Daphne Marler W70 WMAA 1.87m / **M35 Long Jump / 35 Champions: 6.87m C / Finals / 1 25 Carl McMullen M37 NMAC 6.18m / 2 27 Clint Nicholls M38 EVAC 5.90m / 3 19 Alexander Lee M35 SCVAC 5.75m / 4 20 Stephen Leek M36 SVHC 5.53m / 5 39 Amr Ziko M38 EVAC 4.84m / **M40 Long Jump / Finals / 1 47 Stuart Channon M40 VAC 5.68m / 2 60 Carson Graham M40 SVHC 5.65m / 3 78 Franck Triolaire M43 FRANCE 5.25m / 4 54 David Dupouy M44 FRANCE 4.24m / **M45 Long Jump / Championship: 6.15m C / Finals / 1 118 Mark Lawrence M46 MMAC 6.25m C / 2 119 Andy Lewis M49 SCVAC 6.19m C / 3 86 Joe Appiah M46 SCVAC 6.12m / 4 120 Neil Lincoln M46 SCVAC 5.96m / 5 127 Samuel Nash M45 SCVAC 5.74m / 6 126 John Munroe M48 SCVAC 5.51m / 7 139 Gary Smith M46 EVAC 5.42m / 8 110 William Harris M46 VAC 4.64m / --- 134 Dave Roberts M49 SCVAC FOUL / **M50 Long Jump / 50 Champions: 5.72m C / Finals / 1 204 Richard Weekes M52 VAC 4.98m / 2 167 Alan Easey M53 VAC 4.92m / 3 188 Keith Palmer M52 EVAC 4.57m / 4 175 Richard Halsey M54 SCVAC 3.54m / **M55 Long Jump / Finals / 1 228 Julien Gittens M55 NMAC 5.37m / 2 252 Richard Phelan M55 EVAC 4.83m / 3 233 Henry Hopkins M59 MMAC 4.82m / 4 268 Clifford Warren M55 VAC 4.80m / 5 253 Keith Powell M56 WMAA 4.48m / **M60 Long Jump / 60 Champions: 5.23m C / Finals / 1 311 Trevor Wade M60 SCVAC 4.50m / 2 307 Rashpal Singh M64 MMAC 4.43m / 3 280 David Blunt M63 VAC 4.20m / 4 286 Roderick Davies**********************



M60 WMAA 4.19m / 5 302 Paul Oakes M63 EVAC 4.13m / **M65 Long Jump / Finals** / 1 326 Adrian Essex M66 SCVAC 3.98m / 2 345 Patrick Reynolds M66 IRELAND 2.79m / **M70 Long Jump / Finals** / 1 376 Allan Long M74 VAC 4.12m / 2 383 James Smith M72 SVHC 4.02m / 3 385 Roy White M70 SCVAC 3.81m / 4 364 Peter Daw M72 SWVAC 3.65m / **M75 Long Jump / Finals** / 1 388 Roger Bruck M77 SCVAC 3.34m / **M95 Long Jump / Finals** / 1 408 Charles Eugster M97 VAC 1.29m / **W40 Triple Jump / 40 Champions: 10.89m C / Finals** / 1 445 Diana Norman W42 SCVAC 10.53m / 2 433 Lourdes Camos W43 SPAIN 8.83m / 3 449 Kirsty Tanner W43 SCVAC 8.04m / **W45 Triple Jump / Finals** / 1 455 Jackie Breslin W48 SCVAC 7.85m / **W50 Triple Jump / Finals** / 1 512 Jo Willoughby W53 MMAC 9.44m / 2 490 Melanie Garland W54 WMAA 9.15m / 3 509 Jan Timberlake W50 WMAA 8.79m / **W55 Triple Jump / 55 Champions: 8.90m C / Finals** / 1 519 Teresa Eades W58 SCVAC 8.88m / 2 532 Susan Richardson W55 NMAC 8.28m / **W60 Triple Jump / Finals** / 1 544 Lyn Ahmet W64 SCVAC 7.41m / 2 563 Christine Salvary W60 SCVAC 7.06m / 3 547 Sue Dassie W64 SCVAC 6.54m / **W70 Triple Jump / Finals** / 1 585 Patricia Oakes W70 WMAA 6.20m / 2 584 Daphne Marler W70 WMAA 4.53m / **M35 Triple Jump / 35 Champions: 14.02m C / Finals** / 1 25 Carl McMullen M37 NMAC 11.22m / 2 20 Stephen Leek M36 SVHC 10.40m / **M40 Triple Jump / Finals** / 1 64 Stephen Lake M44 SCVAC 11.08m / 2 52 Peter Davey M43 SCVAC 10.35m / **M45 Triple Jump / Finals** / 1 128 Keith Newton M48 SCVAC 11.86m / 2 120 Neil Lincoln M46 SCVAC 11.58m / 3 131 Ben Radcliffe M47 SCVAC 11.11m / 4 116 Marek Kowalski M45 EVAC 10.41m / 5 134 Dave Roberts M49 SCVAC 9.72m / **M50 Triple Jump / 50 Champions: 11.90m C / Finals** / 1 176 Paul Harrison M50 EVAC 10.82m / 2 162 Richard Christian M52 SCVAC 8.56m / --- 183 Steve Linsell M53 NMAC FOUL / **M55 Triple Jump / Finals** / 1 228 Julien Gittens M55 NMAC 11.67m / 2 225 Albert Earle M59 MMAC 10.45m / 3 233 Henry Hopkins M59 MMAC 10.22m / 4 268 Clifford Warren M55 VAC 9.95m / 5 261 David Shields M56 WMAA 9.19m / **M60 Triple Jump / Finals** / 1 280 David Blunt M63 VAC 9.24m / --- 307 Rashpal Singh M64 MMAC FOUL / **M65 Triple Jump / 65 Champions: 10.70m C / Finals** / 1 330 David Folgate M65 EVAC 10.14m / 2 326 Adrian Essex M66 SCVAC 8.12m / 3 345 Patrick Reynolds M66 IRELAND 6.55m / **M70 Triple Jump / Finals** / 1 381 Norman Rice M74 VAC 7.90m / 2 383 James Smith M72 SVHC 7.81m / 3 385 Roy White M70 SCVAC 7.67m / 4 377 Robert Maggio M70 EVAC 5.19m / **W35 Shot Put / 35 Champions: 11.34m C / Finals** / 1 420 Monique Heijns W39 NETHERLANDS 10.82m / 2 419 Nene Harrison W36 SCVAC 10.01m / **W40 Shot Put / Finals** / 1 445 Diana

Norman W42 SCVAC 10.80m / 2 435 Claudia Cubbage W44 SCVAC 10.16m / 3 453 Paula Williams W44 MMAC 10.02m / 4 430 Cath Alford W44 WMAA 9.20m / **W45 Shot Put / Finals** / 1 463 Sue Lawrence W46 SCVAC 9.85m / 2 474 Camilla Thrush W48 SCVAC 9.02m / 3 468 Lesley Richardson W47 SCVAC 7.08m / 4 470 Anita Saunders W46 NMAC 6.88m / **W50 Shot Put / Finals** / 1 513 Julie Wilson W54 EVAC 9.28m / 2 486 Janet Dickinson W50 SWVAC 9.13m / 3 494 Karen Llewellyn W53 WMAA 9.10m / 4 489 Lorna Foster W53 MMAC 9.07m / 5 505 Janet Smith W52 SCVAC 8.93m / 6 488 Christine Feely W54 EVAC 6.00m / **W55 Shot Put / Championship: 11.71m C / Finals** / 1 514 Mary Barrett W58 IRELAND 10.79m / 2 516 Claire Cameron W58 SVHC 9.21m / 3 520 Susan Frisby W56 MMAC 8.49m / 4 533 Jill Roginski W58 MMAC 8.43m / 5 518 Wendy Dunsford W56 EVAC 8.14m / 6 538 Tessa Stephenson W56 EVAC 8.02m / 7 524 Oriana Johnson W55 EVAC 7.42m / 8 542 Lesley Willis W55 MMAC 7.28m / 9 531 Angela Morgan W58 SCVAC 7.16m / 10 515 Penny Butcher W58 EVAC 6.89m / 11 535 Brenda Russell W58 EVAC 6.00m / **W60 Shot Put / 60 Champions: 11.36m C / Finals** / 1 559 Jennifer Ibbetson W60 NMAC 8.95m / 2 547 Sue Dassie W64 SCVAC 8.07m / 3 548 Anje de Lang W61 NETHERLANDS 7.67m / 4 550 Carole Filer W61 EVAC 7.22m / 5 565 Stephanie Stamp W64 EVAC 7.04m / 6 556 Pat Higgins W60 MMAC 6.83m / **W65 Shot Put / Finals** / 1 578 Vilma Thompson W65 SCVAC 10.26m / **W70 Shot Put / Finals** / 1 587 Liz Sissons W72 SCVAC 7.64m / 2 581 Ann Bolitho W74 SCVAC 6.18m / 3 582 Elizabeth Brandon W71 SCVAC 6.08m / **M35 Shot Put / 35 Champions: 14.67m C / Finals** / 1 27 Clint Nicholls M38 EVAC 9.27m / 2 7 Navid Childs M35 WMAA 8.45m / **M40 Shot Put / Finals** / 1 42 Ken Baker M43 EVAC 13.15m / 2 65 Graham Lay M41 SCVAC 12.62m / 3 77 Stuart Thurgood M40 SCVAC 12.17m / 4 40 Simon Achurch M42 EVAC 11.91m / 5 79 Daniel Upton M41 VAC 11.37m / **M45 Shot Put / Finals** / 1 119 Andy Lewis M49 SCVAC 12.46m / 2 148 John Twiddle M48 NMAC 11.78m / 3 136 Andrew Sheerin M46 SWVAC 11.53m / 4 103 Peter Evans M48 VAC 9.59m / 5 132 Vito Ricci M49 MMAC 7.76m / **M50 Shot Put / 50 Champions: 15.38m C / Finals** / 1 206 Stephen Whyte M52 EVAC 13.29m / 2 197 Stuart Ryan M54 NEMAA 13.14m / 3 160 David Burrell M52 EVAC 11.99m / 4 203 Andrew Turner M53 WMAA 11.67m / 5 171 Jim Gillespie M54 EVAC 9.05m / **M55 Shot Put / Finals** / 1 241 Allan Leiper M56 SCVAC 13.02m / 2 214 Robert Broadbridge M57 SWVAC 12.20m / 3 231 Michael Hausler M57 EVAC 12.04m / 4 219 Renzo Di Libero M55 VAC 11.39m / 5 247 John Moreland M58 MMAC 11.30m / 6 220 Stephen Dobson M55 SWVAC 10.69m / 7 255 Glyn Pugh M56 WMAA 10.38m / 8 210 Nick Barton M57 SCVAC 9.97m / 9 271 Peter Wishart M56 VAC 9.65m / **M60 Shot Put / Championship: 14.22m C / Finals** / 1 290 John Fenton M60 SCVAC 11.74m / 2 308 Trevor Straker M64 NEMAA 10.90m / 3 303 Graeme Packman M62 EVAC 10.22m / 4 302 Paul Oakes M63 EVAC 10.07m / 5 277 Kevin Bates M64 OPEN 9.70m / 6 300 Timothy Needham M64 EVAC 7.83m / **W65 Shot Put / 65 Champions: 12.72m C**
12/03/2016 Neil Griffin, Southern Cou / Finals / 1 331 Neil Griffin M68 SCVAC 12.41m / 2 355 Geoff Tyler M68 EVAC 12.40m / 3 347 Tony Richards M67 VAC 11.10m / 4 348 Bunt Scott M66 EVAC 9.92m / 5 321 John Blackwell M66 EVAC 9.67m / 6 350 Robert Smith M65 SCVAC 9.34m / 7 345 Patrick Reynolds M66 IRELAND 7.30m / **M70 Shot Put / 70 Champions: 12.75m C / Finals** / 1 369 Barry Hawksworth

M70 MMAC 12.21m / 2 370 Mike Hazlewood M71 NMAC 10.88m / 3 379 Garry Negus M74 SCVAC 10.30m / 4 384 Edward Wagner M71 NMAC 9.76m / 5 373 Richard Jegou M72 MMAC 9.60m / 6 367 John Gilbert M73 VAC 8.91m / 7 375 David Kuester M72 MMAC 8.53m / M75 Shot Put / Finals / 1 397 John Watts M77 NMAC 11.03m / 2 391 Peter Hallett M77 EVAC 8.20m / 3 396 Richard Turner M75 OPEN 8.14m / **M80 Shot Put / Finals** / 1 399 Warwick Dixon M81 SCVAC 8.39m / 2 403 Clifford Taylor M84 VAC 8.11m / **M85 Shot Put / Finals** / 1 406 John Kirkham M88 VAC 6.72m / 2 405 James Farrar M88 NMAC 4.81m / **W40 Discus Throw / 40 Champions: 36.92m C / Finals** / 1 439 Claire Lacey W41 SCVAC 18.93m / **W45 Discus Throw / Finals** / 1 463 Sue Lawrence W46 SCVAC 27.42m / 2 474 Camilla Thrush W48 SCVAC 26.87m / **W50 Discus Throw / Finals** / 1 486 Janet Dickinson W50 SWVAC 26.03m / 2 513 Julie Wilson W54 EVAC 24.76m / 3 494 Karen Llewellyn W53 WMAA 21.20m / 4 490 Melanie Garland W54 WMAA 21.02m / **W55 Discus Throw / Finals** / 1 516 Claire Cameron W58 SVHC 26.33m / 2 536 Deborah Singleton W58 VAC 23.60m / 3 518 Wendy Dunsford W56 EVAC 23.13m / 4 524 Oriana Johnson W55 EVAC 17.66m / **W60 Discus Throw / Finals** / 1 565 Stephanie Stamp W64 EVAC 12.72m / **W70 Discus Throw / Finals** / 1 587 Liz Sissons W72 SCVAC 16.27m / **M35 Discus Throw / 35 Champions: 42.12m C / Finals** / 1 29 Ashley Pritchard M37 NMAC 36.09m / 2 12 Adam Fidgett M35 EVAC 27.95m / **M40 Discus Throw / Finals** / 1 40 Simon Achurch M42 EVAC 31.94m / 2 79 Daniel Upton M41 VAC 30.84m / 3 83 Ian Williams M41 WMAA 27.87m / **M45 Discus Throw / Finals** / 1 148 John Twiddle M48 NMAC 33.88m / 2 103 Peter Evans M48 VAC 28.70m / 3 132 Vito Ricci M49 MMAC 25.68m / 4 105 Leeroy Golding M49 NMAC 25.10m / 5 134 Dave Roberts M49 SCVAC 19.02m / **M50 Discus Throw / Finals** / 1 159 Kevin Brown M52 MMAC 46.98m / 2 197 Stuart Ryan M54 NEMAA 40.35m / 3 203 Andrew Turner M53 WMAA 35.76m / 4 160 David Burrell M52 EVAC 33.53m / 5 206 Stephen Whyte M52 EVAC 32.53m / 6 171 Jim Gillespie M54 EVAC 27.91m / **M55 Discus Throw / 55 Champions: 44.41m C 12/03/2016 John Moreland, Midland Mast / Finals** / 1 247 John Moreland M58 MMAC 42.07m / 2 254 Chris Privett M57 VAC 40.59m / 3 210 Nick Barton M57 SCVAC 38.87m / 4 231 Michael Hausler M57 EVAC 35.05m / 5 255 Glyn Pugh M56 WMAA 30.49m / 6 271 Peter Wishart M56 VAC 28.85m / **M60 Discus Throw / Finals** / 1 303 Graeme Packman M62 EVAC 35.67m / 2 308 Trevor Straker M64 NEMAA 35.17m / 3 302 Paul Oakes M63 EVAC 33.57m / 4 284 Peter Coote M62 MMAC 27.69m / 5 300 Timothy Needham M64 EVAC 27.33m / **M65 Discus Throw / Championship: 41.71m C 13/03/2016 Michael Ferne, Southern Cou / Finals** / 1 355 Geoff Tyler M68 EVAC 40.40m / 2 329 Michael Ferne M69 SCVAC 40.22m / 3 348 Bunt Scott M66 EVAC 34.71m / 4 321 John Blackwell M66 EVAC 31.95m / 5 350 Robert Smith M65 SCVAC 26.70m / 6 354 Clive Thomson M65 SCVAC 24.31m / **M70 Discus Throw / 70 Champions: 37.80m C 13/03/2016 Mike Hazlewood, NMAC / Finals** / 1 370 Mike Hazlewood M71 NMAC 35.54m / 2 369 Barry Hawksworth M70 MMAC 35.28m / 3 367 John Gilbert M73 VAC 29.23m / 4 373 Richard Jegou M72 MMAC 27.01m / 5 375 David Kuester M72 MMAC 24.75m / **M75 Discus Throw / Finals** / 1 397 John Watts M77 NMAC 38.12m / 2 396 Richard Turner M75 OPEN 22.36m / **M80 Discus Throw / Finals** / 1 399 Warwick Dixon M81 SCVAC 27.64m / 2 403 Clifford Taylor M84 VAC

15.70m / **M85 Discus Throw / Finals** / 1 406 John Kirkham M88 VAC 14.50m / **W40 Hammer Throw / 40 Champions: 46.62m C 12/03/2016 Andrea Jenkins, Eastern VAC / Finals** / 1 430 Cath Alford W44 WMAA 31.87m / 2 437 Tracey Gould W40 VAC 30.72m / **W45 Hammer Throw / Finals** / 1 463 Sue Lawrence W46 SCVAC 35.98m / 2 474 Camilla Thrush W48 SCVAC 29.78m / **W50 Hammer Throw / Finals** / 1 501 Barbara Norris W50 SWITZERLAND 46.93m / 2 505 Janet Smith W52 SCVAC 39.84m / 3 495 Marion Loveridge W54 MMAC 38.63m / 4 486 Janet Dickinson W50 SWVAC 34.51m / 5 513 Julie Wilson W54 EVAC 30.70m / 6 494 Karen Llewellyn W53 WMAA 30.53m / 7 489 Lorna Foster W53 MMAC 5.58m / **W55 Hammer Throw / 55 Champions: 35.55m C / Finals** / 1 526 Karen Jones W56 SWVAC 35.69m C / 2 540 Kim Weir W55 VAC 32.73m / 3 518 Wendy Dunsford W56 EVAC 27.85m / 4 516 Claire Cameron W58 SVHC 25.60m / 5 531 Angela Morgan W58 SCVAC 23.83m / 6 535 Brenda Russell W58 EVAC 23.67m / **W60 Hammer Throw / Finals** / 1 556 Pat Higgins W60 MMAC 26.80m / 2 559 Jennifer Ibbetson W60 NMAC 22.88m / 3 565 Stephanie Stamp W64 EVAC 19.44m / 4 548 Anje de Lang W61 NETHERLANDS 17.14m / **W65 Hammer Throw / Finals** / 1 573 Rosemary Hutton W69 SWVAC 26.09m / **W70 Hammer Throw / Finals** / 1 582 Elizabeth Brandon W71 SCVAC 20.53m / 2 587 Liz Sissons W72 SCVAC 19.39m / **M40 Hammer Throw / 40 Champions: 55.59m C / Finals** / 1 77 Stuart Thurgood M40 SCVAC 50.80m / 2 40 Simon Achurch M42 EVAC 41.76m / 3 79 Daniel Upton M41 VAC 31.12m / 4 65 Graham Lay M41 SCVAC 29.44m / **M45 Hammer Throw / Finals** / 1 148 John Twiddle M48 NMAC 38.57m / 2 136 Andrew Sheerin M46 SWVAC 31.66m / 3 132 Vito Ricci M49 MMAC 27.58m / **M50 Hammer Throw / Finals** / 1 206 Stephen Whyte M52 EVAC 58.41m / 2 163 Wesley Clarke M53 VAC 45.48m / 3 160 David Burrell M52 EVAC 42.86m / **M55 Hammer Throw / 55 Champions: 50.31m C / Finals** / 1 254 Chris Privett M57 VAC 43.07m / 2 247 John Moreland M58 MMAC 39.35m / 3 255 Glyn Pugh M56 WMAA 34.77m / 4 215 Ian Cooley M59 NMAC 33.47m / 5 214 Robert Broadbridge M57 SWVAC 6.35m / **M60 Hammer Throw / Finals** / 1 294 Eugene Lawlor M61 IRELAND 48.71m / 2 275 Mike Bale M60 SCVAC 32.66m / 3 300 Timothy Needham M64 EVAC 30.48m / 4 303 Graeme Packman M62 EVAC 23.60m / **M65 Hammer Throw / 65 Champions: 47.08m C / Finals** / 1 348 Bunt Scott M66 EVAC 34.81m / 2 354 Clive Thomson M65 SCVAC 33.46m / 3 321 John Blackwell M66 EVAC 29.83m / 4 350 Robert Smith M65 SCVAC 23.16m / 5 326 Adrian Essex M66 SCVAC 20.88m / **M70 Hammer Throw / Championship: 45.75m C / Finals** / 1 369 Barry Hawksworth M70 MMAC 48.72m C / 2 370 Mike Hazlewood M71 NMAC 35.79m / 3 379 Garry Negus M74 SCVAC 33.90m / 4 367 John Gilbert M73 VAC 30.90m / 5 378 Christopher Melluish M72 SCVAC 30.76m / 6 375 David Kuester M72 MMAC 30.18m / 7 373 Richard Jegou M72 MMAC 28.39m / 8 377 Robert Maggio M70 EVAC 12.50m / **M75 Hammer Throw / Finals** / 1 396 Richard Turner M75 OPEN 27.13m / **M80 Hammer Throw / Finals** / 1 399 Warwick Dixon M81 SCVAC 29.77m / 2 403 Clifford Taylor M84 VAC 24.45m / **M85 Hammer Throw / Finals** / 1 406 John Kirkham M88 VAC 19.62m / **W40 Javelin Throw / 40 Champions: 32.20m C 13/03/2016 Diana Norman, Southern Cou / Finals** / 1 450 Lisa Tanushi W42 EVAC 27.24m / 2 439 Claire Lacey W41 SCVAC 23.29m / **W45 Javelin Throw / Finals** / 1 463 Sue

Lawrence W46 SCVAC 25.00m / 2 474 Camilla Thrush W48 SCVAC 22.26m / --- 458 Deborah Doherty W48 SCVAC FOUL / **W50 Javelin Throw / Finals** / 1 491 Caroline Garratt W53 VAC 39.06m / 2 486 Janet Dickinson W50 SWVAC 24.29m / 3 494 Karen Llewellyn W53 WMAA 17.73m / **W60 Javelin Throw / Finals** / 1 565 Stephanie Stamp W64 EVAC 11.81m / W70 Javelin Throw / Finals / 1 587 Liz Sissons W72 SCVAC 15.69m / **M35 Javelin Throw / 35 Champions: 44.72m C / Finals** / 1 20 Stephen Leek M36 SVHC 40.16m / 2 29 Ashley Pritchard M37 NMAC 40.13m / 3 35 Darren Towart M39 NEMAA 39.00m / **M40 Javelin Throw / Finals** / 1 40 Simon Achurch M42 EVAC 39.54m / 2 83 Ian Williams M41 WMAA 31.90m / **M45 Javelin Throw / Finals** / 1 89 Andrew Bruce M46 SVHC 41.06m / 2 103 Peter Evans M48 VAC 36.17m / 3 149 Jeroen Van Riel M47 NETHERLANDS 33.16m / 4 112 David Hunt M49 VAC 32.62m / 5 134 Dave Roberts M49 SCVAC 23.46m / **M50 Javelin Throw / Finals** / 1 189 Trevor Ratcliffe M53 SCVAC 51.02m / 2 197 Stuart Ryan M54 NEMAA 41.92m / 3 160 David Burrell M52 EVAC 36.70m / **M55 Javelin Throw / 55 Champions: 44.95m C / Finals** / 1 231 Michael Hausler M57 EVAC 36.01m / 2 210 Nick Barton M57 SCVAC 32.71m / 3 220 Stephen Dobson M55 SWVAC 31.22m / **M60 Javelin Throw / Finals** / 1 284 Peter Coote M62 MMAC 33.23m / 2 302 Paul Oakes M63 EVAC 32.98m / 3 308 Trevor Straker M64 NEMAA 26.17m / **M65 Javelin Throw / 65 Champions: 39.31m C / Finals** / 1 325 Joe Eastwood M67 SCVAC 32.53m / 2 348 Bunt Scott M66 EVAC 27.17m / 3 350 Robert Smith M65 SCVAC 25.21m / 4 345 Patrick Reynolds M66 IRELAND 13.00m / **M70 Javelin Throw / Finals** / 1 369 Barry Hawksworth M70 MMAC 34.94m / 2 370 Mike Hazlewood M71 NMAC 32.41m / 3 364 Peter Daw M72 SWVAC 32.17m / 4 385 Roy White M70 SCVAC 28.58m / 5 375 David Kuester M72 MMAC 22.34m / 6 367 John Gilbert M73 VAC 21.49m / 7 377 Robert Maggio M70 EVAC 9.21m / **M80 Javelin Throw / Finals** / 1 399 Warwick Dixon M81 SCVAC 17.41m / 2 403 Clifford Taylor M84 VAC 15.97m / **M85 Javelin Throw / Finals** / 1 406 John Kirkham M88 VAC 10.08m / **W40 Weight Throw / 40 Champions: 14.17m C 12/03/2016** Andrea Jenkins, Eastern VAC / Finals / 1 430 Cath Alford W44 WMAA 9.39m / **W45 Weight Throw / Finals** / 1 463 Sue Lawrence W46 SCVAC 11.42m / 2 474 Camilla Thrush W48 SCVAC 9.15m / **W50 Weight Throw / Finals** / 1 505 Janet Smith W52 SCVAC 14.15m / 2 513 Julie Wilson W54 EVAC 10.85m / 3 494 Karen Llewellyn W53 WMAA 9.75m / **W55 Weight Throw / 55 Champions: 12.72m C / Finals** / 1 526 Karen Jones W56 SWVAC 10.52m / 2 516 Claire Cameron W58 SVHC 9.44m / 3 518 Wendy Dunsford W56 EVAC 9.15m / 4 535 Brenda Russell W58 EVAC 7.49m / 5 531 Angela Morgan W58 SCVAC 6.57m / **W60 Weight Throw / Finals** / 1 559 Jennifer Ibbetson W60 NMAC 12.97m / 2 556 Pat Higgins W60 MMAC 10.40m / 3 547 Sue Dassie W64 SCVAC 9.45m / 4 565 Stephanie Stamp W64 EVAC 7.43m / **W65 Weight Throw / Finals** / 1 573 Rosemary Hutton W69 SWVAC 9.57m / **W70 Weight Throw / Finals** / 1 587 Liz Sissons W72 SCVAC 7.77m / **M40 Weight Throw / 40 Champions: 11.32m C 13/03/2016** Simon Achurch, Eastern VAC / Finals / 1 77 Stuart Thurgood M40 SCVAC 15.13m C / 2 65 Graham Lay M41 SCVAC 11.13m / 3 79 Daniel Upton M41 VAC 10.94m / 4 40 Simon Achurch M42 EVAC 10.31m / **M45 Weight Throw / Finals** / 1 148 John Twiddle M48 NMAC 10.76m / 2 136 Andrew Sheerin M46 SWVAC 10.70m / **M50 Weight Throw / Finals** / 1 206 Stephen Whyte M52 EVAC

18.97m / 2 160 David Burrell M52 EVAC 13.29m / 3 203 Andrew Turner M53 WMAA 13.13m / 4 171 Jim Gillespie M54 EVAC 10.15m / **M55 Weight Throw / 55 Champions: 18.78m C 13/03/2016** Robert Earle, Eastern VAC / Finals / 1 254 Chris Privett M57 VAC 15.47m / 2 247 John Moreland M58 MMAC 14.05m / 3 255 Glyn Pugh M56 WMAA 13.05m / 4 215 Ian Cooley M59 NMAC 12.92m / **M60 Weight Throw / Finals** / 1 294 Eugene Lawlor M61 IRELAND 14.52m / 2 275 Mike Bale M60 SCVAC 12.80m / 3 300 Timothy Needham M64 EVAC 11.08m / **M65 Weight Throw / 65 Champions: 17.78m C / Finals** / 1 348 Bunt Scott M66 EVAC 12.81m / 2 321 John Blackwell M66 EVAC 12.42m / 3 354 Clive Thomson M65 SCVAC 12.36m / 4 350 Robert Smith M65 SCVAC 10.85m / 5 326 Adrian Essex M66 SCVAC 9.51m / **M70 Weight Throw / Finals** / 1 369 Barry Hawksworth M70 MMAC 18.13m / 2 370 Mike Hazlewood M71 NMAC 13.79m / 3 379 Garry Negus M74 SCVAC 13.03m / 4 375 David Kuester M72 MMAC 12.94m / 5 367 John Gilbert M73 VAC 11.82m / 6 373 Richard Jegou M72 MMAC 10.42m / **M75 Weight Throw / Finals** / 1 396 Richard Turner M75 OPEN 9.59m / **M80 Weight Throw / Finals** / 1 399 Warwick Dixon M81 SCVAC 10.88m / **M85 Weight Throw / Finals** / 1 406 John Kirkham M88 VAC 8.05m / M55 3000 Metre Race Walk / Finals / 1 258 Francisco Reis M56 SCVAC 14:05.21 / 2 265 Ray Thomson M59 NMAC 20:45.01 / **M60 3000 Metre Race Walk / Finals** / 1 296 Malcolm Martin M62 SCVAC 15:52.97 / 2 310 Ian Torode M60 SWVAC 19:23.16 / **M65 3000 Metre Race Walk / Finals** / 1 346 Ian Richards M68 VAC 14:53.81 / 2 322 Peter Boszko M67 MMAC 16:43.39 / 3 340 Roger Michell M69 MMAC 18:01.85 / **M70 3000 Metre Race Walk / Finals** / 1 360 John Borgars M70 EVAC 20:08.45 / W35 3000 Metre Race Walk / Finals / 1 416 Carolyn Dyall W39 MMAC 17:15.59 / **W45 3000 Metre Race Walk / Finals** / 1 465 Melanie Peddle W48 EVAC 17:43.03 / 2 461 Wendy Kane W48 MMAC 17:52.17 / **W50 3000 Metre Race Walk / Finals** / 1 497 Helen Middleton W54 EVAC 17:34.30 / 2 496 Angela Martin W52 SCVAC 19:57.97 / **W60 3000 Metre Race Walk / Finals** / 1 549 Cath Duhig W62 EVAC 18:39.29 / **M75 3000 Metre Race Walk / 75 Champions: 16:45.13 C / Finals** / 1 394 Ronald Penfold M75 VAC 19:13.27 / 2 395 Ron Stewart M75 NEMAA 23:49.60 / **M80 3000 Metre Race Walk / Finals** / 1 404 Norbert Will M81 NIMAA 21:47.49 /

Report on the 2017 BMAF Cross Country Championships (Liverpool)
Report: Mel James Photos: David Aspin

This was the BMAF's first visit to Wavertree Park, (Liverpool) for our annual cross country championships. It was an excellent venue for the athletes, with all of the facilities based at the Liverpool Harriers club house. The only disappointment was the weather conditions; we were faced with light to heavy rain throughout the afternoon.

Race One. (Women's + Men's 65+ age group).

At the end of the first large lap, Holmfirth's Helen Berry had a slight lead over Hayley Kuter (Salford Harriers)

with the evergreen Nick Rose competing for his Bristol club in close attendance. Christine Lathwell (Stopsley), Carol Parsons (Ellesmere), Clare McKeown (Border), Elaine Leslie (Jarrow), Michelle Clarke (Telford) and Andrea Hildrip (Vale Royal) were all in the mix for medal positions at this stage.



On the final lap Helen Berry did enough to hold off the challenge of Nick Rose to obtain her 40+ Gold medal. It was an amazing performance from Nick Rose though, to finish in second place overall within a class British competition at the age of 65. Nick still coaches athletes at the Bristol club and decided to step up his own training routine for the last 10 weeks, to target this event. A very quick last lap also from Carol Parsons obtained her 35+ Gold medal, finishing in third place overall. Finishing in 5th overall place earnt Christine Lathwell the Silver 40+ medal. Clare McKeown won the battle of the 45+ age group, from Elaine Leslie with the three medallist's finishing within 18 seconds of each other. The race for the Silver 35+ medal was won 4th placer Hayley Kuter (Salford) with North Shield's Carla Maley, taking the Bronze. Not too far behind the younger women a fine run by Jane Wassell (Stroud) obtained her the 50+ Gold medal and the race for the Silver was won by Lucy Pitcairn-Knowles (Tonbridge) by a mere second from Arena 80's Caroline Wood. Within

the 55+ age group, Monica Williamson (Leamington) raced to the Gold, from second placer, Norwich's Jane Clarke. Jennifer Wakeman from the Barnsley club was the Gold medallist in her 60+ age group and the outstanding Angela Copson easily obtained her 65+ Gold, with Pauline Rich (Worthing) taking the 70+ Gold.



The men's age groups within the race produced some excellent running also, with Dave Oxland (Notts) finishing in Silver position from Oxford's Roy Treadwell within their 65+ age group, Roy just obtaining his Bronze by a mere 4 seconds from John Hill. . There was just 9 seconds between 70+ gold medallist Robert Chapman (Tavistock) and Tadworth's Geoff Newton for their age group medals. Roger Wilson (Stratford) was a clear winner within his 75+ age group. Likewise in the oldest age group Ian Barnes (Darlington) easily obtained his 80+ Gold medal.

The team medallists were:-

Women 35+ to 44 Gold. Tonbridge AC. (S Houghton, L Pitcairn-Knowles, N Ridge) Silver. Newcastle Staffs AC. (M Buckle, L Dixon, C Dyer)

Women 45+ to 54 Gold. Bingley Harriers (L Watson, S Robson, S Becconsall) Silver. Jarrow & Hebburn (E Leslie, H Robinson, V Thompson)

Women 55+ to 64 Gold. Burnden Road R. (L Fisher, G Kinloch, A Ferguson)

Men 65+ to 74 Gold. Bingley Harriers (B Parkinson, G Bell, P Ellerton) Silver. Prestatyn R C. (M Davis, G Hughes, J Hickman) Bronze. Salford Harriers (T Daniels, R Towell, D Moran)

Men 75+ Gold. Prestatyn AC. (Roger Harrison-Jones, D Hughes, R Harrison-Jones)



Race Two. (Men 35+ to 64.)

On the completion of the first lap of this three lap race, Shettleston's Jethro Lennox, was leading a group of 10 athletes mainly consisting of 35+ and 40+ contenders, amongst them was Paul Green, Sullivan Smith, Richard Burney, Michael Aldridge, Stephen Skates, Terry Scott and Andrew Leach plus the two 50+athletes, Ben Reynolds and Paul Ward. By lap two, the race pace was stepped up even more, resulting with the leading group dispersing; local club runner Richard Burney had now developed a 10 metre lead over a trio consisting of Jethro Lennox, Sale's Paul Green and Sullivan Smith. (Cambridge) With all four athletes contesting the 40+ age group medals. On the final lap Richard Burney increased his lead to win the race by about 15 metres. The battle for Silver behind him was really exciting, with Sullivan Smith and Paul Green locked together for the last 2k, the spectators were enjoying the contest, with Paul eventually just taking the Silver from Welshman Sullivan by a mere second.



Stephen Skates representing the Prestatyn club was the 35+ gold medallist. A close race between Paul Ward (Telford) 50+ and Tyne Bridge's Terry Scott 45+ resulted in Paul just edging out Terry by 3 seconds. With both athletes taking home their age group Gold's. The contest for the 55+ medals was as exciting as the 40+ contest. Only 6 second's separated the three medallists, with Graeme Saker (Tonbridge) taking the Gold, from Colchester's Colin Ridley and North Belfast's David Clarke travelling home with the Bronze. David's club mate Matt Shields also made the trip over from N. Ireland a success in winning the 60+ Gold medal.



The team medallists were:-

Men 35+ to 44 Gold. Wolverhampton & Bilston (D Smith, G Briggs, J Lewis) Silver. Salford Harriers (R Brook, M Grace, P Birkett)

Men 45+ to 54 Gold. Thames Hare & Hounds (B Reynolds, S Baines, A Weir) Silver. Southport Waterloo AC. (F Rafferty, M Thompson, J Sprackland) Bronze. Salford Harriers & AC. (I Grime, S Pennington, I Jackson)

Men 55+ Gold. North Belfast Harriers (D Clarke, M Shields, J Patience) Silver. Sheffield R C. (C Ireland, J Turner, M Quinn) Bronze. Warrington AC. (D Gill, M Ward, T McCarthy)

I would like to express my thanks, on behalf of the BMAF, to Alex Rowe and his team of officials for hosting another successful event.

Carrying on our tradition of taking the BMAF Cross Country Championships around the UK and N. Ireland, we are next year holding these championships at Forres, Scotland on Saturday March 17th.

Forres are so very proud to host this event next year; they have promised us a warm Scottish welcome to their town, with catering supplied and souvenirs of our visit there to participating athletes. Please pencil this one in your diary.

Mel James.

BMAF Cross Country Secretary.

Results: BMAF Cross Country Championships - Liverpool - 18th March 2017

Race 1: M65+ and Women / pos / bib / time / given_name / family_name / First Claim Club / category / category pos / 1 / 201 / 0:23:45 / Helen / Berry / Holmfirth Harriers AC / W40 / W40-1 / 2 / 158 / 0:24:12 / Nicholas / Rose / BRIW / M65 / M65-1 / 3 / 199 / 0:24:14 / Carol / Parsons / Ellesmere Port RC / W35 / W35-1 / 4 / 197 / 0:24:28 / Hayley / Kuter / Salford Harriers & AC / W35 / W35-2 / 5 / 207 / 0:24:34 / Christine / Lathwell / STOP / W40 / W40-2 / 6 / 224 / 0:25:02 / Clare / McKeown / Border Harriers & AC / W45 / W45-1 / 7 / 223 / 0:25:12 / Elaine / Leslie / Jarrow & Hebburn AC / W45 / W45-2 / 8 / 214 / 0:25:20 / Michelle / Clarke / Telford AC / W45 / W45-3 / 9 / 198 / 0:25:25 / Carla / Maley / North Shields Polytechnic Club / W35 / W35-3 / 10 / 195 / 0:25:27 / Andrea / Hilldrup / Vale Royal AC / W35 / W35-4 / 11 / 243 / 0:25:46 / Jane / Wassell / Stroud & District AC / W50 / W50-1 / 12 / 203 / 0:25:48 / Louise / Dawson / City of Stoke AC / W40 / W40-3 / 13 / 155 / 0:26:00 / David / Oxland / Notts AC / M65 / M65-2 / 14 / 213 / 0:26:03 / Kath / Aspin / New Marske Harriers AC / W45 / W45-4 / 15 / 202 / 0:26:04 / Michelle / Buckle / Newcastle Staffs AC / W40 / W40-4 / 16 / 225 / 0:26:10 / Christine / Murphy / Liverpool Harriers & AC / W45 / W45-5 / 17 / 227 / 0:26:11 / Helen / Smith / Vale Royal AC / W45 / W45-6 / 18 / 222 / 0:26:16 / Wendy / King / Chelmsford AC / W45 / W45-7 / 19 / 163 / 0:26:17 / Roy / Treadwell / Oxford City AC / M65 / M65-3 / 20 / 258 / 0:26:18 / Monica / Williamson / Leamington Cycling & AC / W55 / W55-1 / 21 / 206 / 0:26:21 / Sasha / Houghton / TONB / W40 / W40-5 / 22 / 148 / 0:26:22 / John / Hill / Halesowen A & CC / M65 / M65-4 / 23 / 230 / 0:26:26 / Lesley / Watson / Bingley Harriers & AC / W45 / W45-8 / 24 / 153 / 0:26:30 / Desmond / Michael / BARN / M65 / M65-5 / 25 / 211 / 0:26:31 / Kerry / Storrar / Barnsley AC / W40 / W40-6 / 26 / 240 / 0:26:33 / Lucy / Pitcairn-Knowles / TONB / W50 / W50-2 / 27 / 244 / 0:26:34 / Caroline / Wood / Arena 80 AC / W50 / W50-3 / 28 / 246 / 0:26:37 / Jane / Clarke / City Of Norwich AC / W55 / W55-2 / 29 / 236 / 0:26:42 / Debbie / Matchett /

Ballydrain Harriers / W50 / W50-4 / 30 / 143 / 0:26:43 / Arthur / Daley / Gloucester AC / M65 / M65-6 / 31 / 145 / 0:26:47 / John / Exley / Oxford City AC / M65 / M65-7 / 32 / 165 / 0:26:50 / Peter / Young / Ryde Harriers / M65 / M65-8 / 33 / 216 / 0:26:53 / Katherine / Davis / North Shields Polytechnic Club / W45 / W45-9 / 34 / 226 / 0:26:54 / Stephanie / Robson / Bingley Harriers & AC / W45 / W45-10 / 35 / 208 / 0:27:10 / Kerry / Marchant / Staffordshire Moorlands AC / W40 / W40-7 / 36 / 221 / 0:27:12 / Debbie / Hope / Staffordshire Moorlands AC / W45 / W45-11 / 37 / 234 / 0:27:16 / Stefanie / Godfrey / Cambridge & Coleridge AC / W50 / W50-5 / 38 / 245 / 0:27:21 / Sue / Becconsall / Bingley Harriers & AC / W55 / W55-3 / 39 / 204 / 0:27:31 / Lindsay / Dixon / Newcastle Staffs AC / W40 / W40-8 / 40 / 152 / 0:27:39 / Michael / Mann / DUL / M65 / M65-9 / 41 / 200 / 0:27:44 / Claire / Thompson / Vale Royal AC / W35 / W35-5 / 42 / 257 / 0:27:45 / Heather / Robinson / Jarrow & Hebburn AC / W55 / W55-4 / 43 / 156 / 0:27:46 / Bryan / Parkinson / Bingley Harriers & AC / M65 / M65-10 / 44 / 269 / 0:27:49 / Angela / Copson / RUNOR / W65 / W65-1 / 45 / 151 / 0:28:00 / Anthony / Lintern / CRAW / M65 / M65-11 / 46 / 210 / 0:28:04 / Nina / Ridge / TONB / W40 / W40-9 / 47 / 142 / 0:28:08 / Gerry / Bell / Bingley Harriers & AC / M65 / M65-12 / 48 / 217 / 0:28:15 / Vikki / Filsell / THH / W45 / W45-12 / 49 / 265 / 0:28:20 / Jennifer / Wakeman / Barnsley AC / W60 / W60-1 / 50 / 140 / 0:28:29 / Peter / Banks / Coventry Godiva Harriers / M65 / M65-13 / 51 / 139 / 0:28:30 / Philip / Bailey / Southport Waterloo AC / M65 / M65-14 / 52 / 141 / 0:28:31 / Dave / Beattie / CRAW / M65 / M65-15 / 53 / 259 / 0:28:35 / Anna / Garnier / THH / W60 / W60-2 / 54 / 229 / 0:28:39 / Vicki / Thompson / Jarrow & Hebburn AC / W45 / W45-13 / 55 / 228 / 0:28:41 / Nicola / Thompson / Charnwood AC / W45 / W45-14 / 56 / 170 / 0:28:48 / Robert / Chapman / Tavistock AC / M70 / M70-1 / 57 / 146 / 0:28:50 / Ron / Fletcher / Cumberland Fell Runners / M65 / M65-16 / 58 / 178 / 0:28:57 / Geoff / Newton / TAD / M70 / M70-2 / 59 / 248 / 0:28:59 / Lesley / Fisher / Burnden Road Runners / W55 / W55-5 / 60 / 262 / 0:29:03 / Margaret / Loraine / Gateshead Harriers & AC / W60 / W60-3 / 61 / 249 / 0:29:06 / Mary / Green / Bingley Harriers & AC / W55 / W55-6 / 62 / 205 / 0:29:08 / Carey / Dyer / Newcastle Staffs AC / W40 / W40-10 / 63 / 147 / 0:29:33 / Steve / Herington / Hereford Couriers RC / M65 / M65-17 / 64 / 255 / 0:29:35 / Kathryn / Morton / Stroud & District AC / W55 / W55-7 / 65 / 218 / 0:29:37 / Natasha / Geere / Spennborough & District AC / W45 / W45-15 / 66 / 164 / 0:29:38 / Peter / Weatherhead / Wirral AC / M65 / M65-18 / 67 / 215 / 0:29:43 / Lyndsay / Derbyshire / Burnden Road Runners / W45 / W45-16 / 68 / 191 / 0:29:49 / Roger / Wilson / Stratford-upon-Avon AC / M75 / M75-1 / 69 / 154 / 0:29:51 / Michael / Moorhouse / Matlock AC / M65 / M65-19 / 70 / 251 / 0:29:55 / Gwen / Kinloch / Burnden Road Runners / W55 / W55-8 / 71 / 261 / 0:30:01 / Christine / Kilkenny / Cannock & Stafford AC / W60 / W60-4 / 72 / 166 / 0:30:05 / Paul / Allen / Halesowen A & CC / M70 / M70-3 / 73 / 250 / 0:30:21 / Kirsty / Johnstone / BARN / W55 / W55-9 / 74 / 172 / 0:30:22 / Peter / Ellerton / Bingley Harriers & AC / M70 / M70-4 / 75 / 181 / 0:30:28 / Glyn / Smith / Cambridge & Coleridge AC / M70 / M70-5 / 76



/ 0:36:12 / Dennis / Moran / Salford Harriers & AC / M70 / M70-11 / 102 / 192 / 0:36:27 / Ian / Barnes / Darlington Harriers & AC / M80 / M80-1 / 103 / 275 / 0:36:48 / Lesley / Bowcott / WW / W70 / W70-2 / 104 / 184 / 0:37:10 / Roger / Harrison-Jones / Prestatyn RC / M75 / M75-7 / 105 / 267 / 0:37:15 / Ann / Bath / 262 / W65 / W65-3 / 106 / 193 / 0:38:49 / James / Pittillo / Teviotdale Harriers / M80 / M80-2 / 107 / 266 / 0:40:27 / Carole / Williams / Vale Royal AC / W60 / W60-7 / 108 / 187 / 0:42:32 / David / Hughes / Prestatyn RC / M75 / M75-8 / 109 / 185 / 0:43:38 / Ronald / Harrison-Jones / Prestatyn RC / M75 / M75-9 / 110 / 159 / 0:44:52 / George / Routledge / Heaton Harriers & AC / M65 / M65-24 / 111 / 272 / 0:49:25 / Janette / Kilgour / Heaton Harriers & AC / W65 / W65-4 /

Race 2: M35-64 / pos / bib / time / given_name / family_name / First Claim Club / category / category pos / 1 / 17 / 0:25:35 / Richard / Burney / Liverpool Harriers & AC / M40 / M40-1 / 2 / 22 / 0:25:45 / Paul / Green / Sale Harriers Manchester / M40 / M40-2 / 3 / 31 / 0:26:46 / Sullivan / Smith / Cambridge & Coleridge AC / M40 / M40-3 / 4 / 27 / 0:26:04 / Jethro / Lennox / Shettleston Harriers / M40 / M40-4 / 5 / 12 / 0:26:14 / Michael / Aldridge / Wootton Road Runners / M40 / M40-5 / 6 / 9 / 0:26:19 / Stephen / Skates / Prestatyn RC / M35 / M35-1 / 7 / 83 / 0:26:21 / Paul / Ward / Telford AC / M50 / M50-1 / 8 / 48 / 0:26:24 / Terry / Scott / Tyne Bridge Harriers / M45 / M45-1 / 9 / 69 / 0:26:30 / Andrew / Leach / North Herts RRC / M50 / M50-2 / 10 / 33 / 0:26:35 / Simon / Wurr / THH / M40 / M40-6 / 11 / 3 / 0:26:49 / James / Horman / Liverpool Harriers & AC / M35 / M35-2 / 12 / 75 / 0:26:52 / Ben / Reynolds / THH / M50 / M50-3 / 13 / 38 / 0:26:53 / Ian / Grime / Salford Harriers & AC / M45 / M45-2 / 14 / 30 / 0:26:58 / Martin / Shore / THH / M40 / M40-7 / 15 / 81 / 0:27:03 / Kevin / Usher / NMAC / M50 / M50-4 / 16 / 8 / 0:27:22 / Craig / Pearson / Cannock & Stafford AC / M35 / M35-3 / 17 / 35 / 0:27:26 / Simon / Baines / THH / M45 / M45-3 / 18 / 34 / 0:27:36 / Mark / Wynne / Liverpool Pembroke & Sefton Harriers & AC / M40 / M40-8 / 19 / 49 / 0:27:45 / David / Smith / Wolverhampton & Bilston AC / M45 / M45-4 / 20 / 39 / 0:27:59 / Nigel / Haycock / Cannock & Stafford AC / M45 / M45-5 / 21 / 23 / 0:28:05 / Mark / Holgate / Barlick Fell Runners / M40 / M40-9 / 22 / 1 / 0:28:14 / Scott / Green / Owls AC Leicester / M35 / M35-4 / 23 / 16 / 0:28:19 / Jason / Burgess / Trentham RC / M40 / M40-10 / 24 / 111 / 0:28:21 / Graeme / Saker / TONB / M55 / M55-1 / 25 / 82 / 0:28:24 / Michael / Ussher / HIGH / M50 / M50-5 / 26 / 109 / 0:28:25 / Colin / Ridley / Colchester Harriers AC / M55 / M55-2 / 27 / 91 / 0:28:27 / David / Clarke / North Belfast Harriers / M55 / M55-3 / 28 / 54 / 0:28:33 / Andy / Weir / THH / M45 / M45-6 / 29 / 14 / 0:28:34 / Gareth / Briggs / Wolverhampton & Bilston AC / M40 / M40-11 / 30 / 45 / 0:28:44 / Francois / Rafferty / Southport Waterloo AC / M45 / M45-7 / 31 / 25 / 0:28:46 / Iwan / Jones / Coventry Godiva Harriers / M40 / M40-12 / 32 / 15 / 0:28:49 / Richard / Brook / Salford Harriers & AC / M40 / M40-13 / 33 / 94 / 0:28:51 / Mark / Cursons / HARR / M55 / M55-4 / 34 / 21 / 0:28:54 / Michael / Grace / Salford Harriers & AC / M40 / M40-14 / 35 / 96 / 0:28:57 / Steve / Evereett /

Durham City Harriers & AC / M55 / M55-5 / 36 / 50 / 0:29:01
 / Graham / Smith / St Albans Striders / M45 / M45-8 / 37 / 99
 / 0:29:12 / Chris / Ireland / Sheffield RC / M55 / M55-6 / 38 /
 84 / 0:29:13 / Stephen / Watmough / Warrington AC / M50 /
 M50-6 / 39 / 53 / 0:29:14 / Matthew / Thompson /
 Southport Waterloo AC / M45 / M45-9 / 40 / 63 / 0:29:20 /
 Tim / Field / Sunderland Harriers & AC / M50 / M50-7 / 41 /
 44 / 0:29:23 / Steve / Pennington / Salford Harriers & AC /
 M45 / M45-10 / 42 / 76 / 0:29:26 / Anthony / Roper / BRIW /
 M50 / M50-8 / 43 / 77 / 0:29:27 / David / Russell /
 Harpenden Arrows RC / M50 / M50-9 / 44 / 105 / 0:29:30 /
 Paul / Merrison / Sunderland Harriers & AC / M55 / M55-7 /
 45 / 58 / 0:29:33 / Paul / Birkett / Salford Harriers & AC /
 M50 / M50-10 / 46 / 74 / 0:29:38 / Sammy / Rashid /
 Liverpool Pembroke & Sefton Harriers & AC / M50 / M50-11
 / 47 / 24 / 0:29:40 / Mark / Hulmston / Wirral AC / M40 /
 M40-15 / 48 / 47 / 0:29:42 / Andrew / Ronald / Falkirk
 Victoria Harriers / M45 / M45-11 / 49 / 5 / 0:29:43 / Tony /
 Macdowall / VPTH / M35 / M35-5 / 50 / 60 / 0:29:44 / Peter /
 Clough / Crook & District AC / M50 / M50-12 / 51 / 134 /
 0:29:45 / Matt / Shields / North Belfast Harriers / M60 /
 M60-1 / 52 / 28 / 0:29:47 / James / Lewis / Wolverhampton & Bilston AC / M40 / M40-16 / 53 / 52 / 0:29:52 / Paul / Thacker / Cannock & Stafford AC / M45 / M45-12 / 54 / 85 / 0:29:53 / Mark / Aspinall / Clayton le Moors Harriers / M55 / M55-8 / 55 / 57 / 0:29:55 / Douglas / Bentall / TONB / M50 / M50-13 / 56 / 100 / 0:29:57 / Lawrence / Johnson / Low Fell RC / M55 / M55-9 / 120 / 106 / 0:30:00 / David / Norman / Wirral AC / M55 / M55-10 / 57 / 6 / 0:30:06 / Wesley / McDowell / Dromore AC / M35 / M35-6 / 58 / 102 / 0:30:19 / Peter / Knight / MMAC / M55 / M55-11 / 59 / 88 / 0:30:32 / Michael / Bridgeland / Chelmsford AC / M55 / M55-12 / 60 / 37 / 0:30:37 / Dean / Furniss / Hallamshire Harriers Sheffield / M45 / M45-13 / 61 / 78 / 0:30:38 / John / Sprackland / Southport Waterloo AC / M50 / M50-14 / 119 / 71 / 0:30:40 / Brian / McKee / Dromore AC / M50 / M50-15 / 62 / 42 / 0:30:44 / Paul / Lester / Cannock & Stafford AC / M45 / M45-14 / 63 / 122 / 0:30:45 / Brian / Martin / Quakers RC / M60 / M60-2 / 64 / 128 / 0:30:47 / Stanley / Owen / Salford Harriers & AC / M60 / M60-3 / 65 / 97 / 0:30:57 / Martin / Farran / Leeds City AC / M55 / M55-13 / 66 / 51 / 0:31:03 / Marcus / Taylor / Burnden Road Runners / M45 / M45-15 / 67 / 73 / 0:31:04 / Mark / Pitcairn-Knowles / TONB / M50 / M50-16 / 68 / 61 / 0:31:07 / Philip / Coleman / TONB / M50 / M50-17 / 69 / 41 / 0:31:09 / Ian / Jackson / Salford Harriers & AC / M45 / M45-16 / 70 / 87 / 0:31:10 / Anthony / Barbat / Wallasey AC / M55 / M55-14 / 71 / 46 / 0:31:31 / Colin / Rigby / Burnden Road Runners / M45 / M45-17 / 72 / 20 / 0:31:37 / Martin / Dearden / Staffordshire Moorlands AC / M40 / M40-17 / 73 / 4 / 0:31:48 / Nick / Hulme / Staffordshire Moorlands AC / M35 / M35-7 / 74 / 113 / 0:31:49 / Jed / Turner / Sheffield RC / M55 / M55-15 / 75 / 98 / 0:31:51 / David / Gill / Warrington AC / M55 / M55-16 / 76 / 66 / 0:31:55 / Russell / Godwin / Colwyn Bay AAC / M50 / M50-18 / 77 / 118 / 0:31:59 / Irwin / Fairclough / NEWB / M60 / M60-4 / 78 / 70 / 0:32:03 / Paul / Lemmon / Bingley Harriers & AC / M50 / M50-19 / 79 / 55 / 0:32:05 / Christopher / Armstrong / NENE / M50 / M50-20 / 80 / 29 /



0:32:07 / Richard / Longley / Trentham RC / M40 / M40-18 / 81 / 136 / 0:32:10 / Mervyn / Ward / Warrington AC / M60 / M60-5 / 82 / 108 / 0:32:11 / John / Patience / North Belfast Harriers / M55 / M55-17 / 83 / 67 / 0:32:18 / Paul / Goodwin / Liverpool Harriers & AC / M50 / M50-21 / 84 / 95 / 0:32:23 / Karl / Dines / Willowfield Harriers / M55 / M55-18 / 85 / 130 / 0:32:25 / Michael / Quinn / Sheffield RC / M60 / M60-6 / 86 / 56 / 0:32:34 / Edmund / Ashton / Burnden Road Runners / M50 / M50-22 / 87 / 112 / 0:32:40 / William / Thomas / Burnden Road Runners / M55 / M55-19 / 88 / 135 / 0:32:47 / Lionel / Spittle / Wolverhampton & Bilston AC / M60 / M60-7 / 89 / 79 / 0:32:50 / Stephen John / Thompson / Vale Royal AC / M50 / M50-23 / 90 / 80 / 0:32:52 / Michael / Thornton / Jarrow & Hebburn AC / M50 / M50-24 / 91 / 126 / 0:32:54 / Jim / Newberry / North Belfast Harriers / M60 / M60-8 / 92 / 121 / 0:33:08 / Robert / Johnson / Southport Waterloo AC / M60 / M60-9 / 93 / 117 / 0:33:25 / Clive / Edgington / Meirionnydd RC / M60 / M60-10 / 94 / 133 / 0:33:34 / Stephen / Roberts / Oswestry Olympians / M60 / M60-11 / 95 / 132 / 0:33:57 / Charlie / Ritchie / Cambridge & Coleridge AC / M60 / M60-12 / 96 / 7 / 0:34:08 / Paddy / McShane / Jarrow & Hebburn AC / M35 / M35-8 / 97 / 103 / 0:34:11 / Tony / McCarthy / Warrington AC / M55 / M55-20 / 98 / 72 / 0:34:19 / Michael / McNally / Jarrow & Hebburn AC / M50 / M50-25 / 99 / 101 / 0:34:53 / Stewart / Jones / Burnden Road Runners / M55 / M55-21 / 100 / 107 / 0:34:58 / Andrew / O'Connor / St Helens Sutton AC / M55 / M55-22 / 101 / 89 / 0:35:21 / Michael / Bunn / Jarrow & Hebburn AC / M55 / M55-23 / 102 / 43 / 0:35:35 / Matthew / Mason / Ely Runners / M45 / M45-18 / 103 / 123 / 0:35:37 / John / Martin / Falkirk Victoria Harriers / M60 / M60-13 / 104 / 19 /



Leslie / 0:25:12 / 2 / Heather / Robinson / 0:27:45 / 17 / Vicki / Thompson / 0:28:39 / 19 / Race 1 / W55 / 1st / Burnden Road Runners / 26 / Lesley / Fisher / 0:28:59 / 5 / Gwen / Kinloch / 0:29:55 / 9 / Anne / Ferguson / 0:30:41 / 12 /

Teams Race 2 / M35 / 1st / Wolverhampton & Bilston AC / 51 / David / Smith / 0:27:45 / 12 / Gareth / Briggs / 0:28:34 / 16 / James / Lewis / 0:29:47 / 23 / 2nd / Salford Harriers & AC / 56 / Richard / Brook / 0:28:49 / 18 / Michael / Grace / 0:28:54 / 19 / Paul / Birkett / 0:29:33 / 19 / Race 2 / M45 / 1st / Thames Hare & Hounds / 21 / Ben / Reynolds / 0:26:52 / 4 / Simon / Baines / 0:27:26 / 7 / Andy / Weir / 0:28:33 / 10 / 2nd / Southport Waterloo AC / 51 / Francois / Rafferty / 0:28:44 / 11 / Matthew / Thompson / 0:29:14 / 14 / John / Sprackland / 0:30:38 / 26 / 3rd / Salford Harriers & AC / 53 / Ian / Grime / 0:26:53 / 5 / Steve / Pennington / 0:29:23 / 16 / Ian / Jackson / 0:31:09 / 32 / 4th / Cannock & Stafford AC / 59 / Nigel / Haycock / 0:27:59 / 8 / Paul / Thacker / 0:29:52 / 23 / Paul / Lester / 0:30:44 / 28 / 5th / Sunderland Harriers & AC / 77 / Tim / Field / 0:29:20 / 15 / Paul / Merrison / 0:29:30 / 19 / Peter / Richardson / 0:36:25 / 43 / 6th / Tonbridge AC / 85 / Douglas / Bentall / 0:29:55 / 24 / Mark / Pitcairn-Knowles / 0:31:04 / 30 / Philip / Coleman / 0:31:07 / 31 / 7th / Burnden Road Runners / 94 / Marcus / Taylor / 0:31:03 / 29 / Colin / Rigby / 0:31:31 / 33 / Edmund / Ashton / 0:32:34 / 32 / 8th / Jarrow & Hebburn AC / 125 / Michael / Thornton / 0:32:52 / 40 / Michael / Mcnally / 0:34:19 / 41 / Brian / Hurst / 0:39:07 / 44 / Race 2 / M55 / 1st / North Belfast Harriers / 30 / David / Clarke / 0:28:27 / 3 / Matt / Shields / 0:29:45 / 7 / John / Patience / 0:32:11 / 20 / 2nd / Sheffield RC / 44 / Chris / Ireland / 0:29:12 / 6 / Jed / Turner / 0:31:49 / 16 / Michael / Quinn / 0:32:25 / 22 / 3rd / Warrington AC / 65 / David / Gill / 0:31:51 / 17 / Mervyn / Ward / 0:32:10 / 19 / Tony / McCarthy / 0:34:11 / 29 / 4th / Burnden Road Runners / 93 / William / Thomas / 0:32:40 / 23 / Stewart / Jones / 0:34:53 / 30 / Andy / Warburton / 0:41:06 / 40 /



Teams Race 1 / M65 / 1st / Bingley Harriers & AC-M65 / 45 / Bryan / Parkinson / 0:27:46 / 10 / Gerry / Bell / 0:28:08 / 12 / Peter / Ellerton / 0:30:22 / 23 / 2nd / Prestatyn RC / 94 / Michael / Davis / 0:31:24 / 28 / Gareth / Hughes / 0:32:07 / 32 / John / Hickman / 0:34:14 / 34 / 3rd / Salford Harriers & AC / 104 / Thomas / Daniels / 0:33:18 / 33 / Robert / Towell / 0:34:19 / 35 / Dennis / Moran / 0:36:12 / 36 / Race 1 / M75 / 1st / Prestatyn RC / 23 / Roger / Harrison-Jones / 0:37:10 / 6 / David / Hughes / 0:42:32 / 8 / Ronald / Harrison-Jones / 0:43:38 / 9 / Race 1 / W35 / 1st / Tonbridge AC / 35 / Sasha / Houghton / 0:26:21 / 9 / Lucy / Pitcairn-Knowles / 0:26:33 / 11 / Nina / Ridge / 0:28:04 / 15 / 2nd / Newcastle Staffs AC / 37 / Michelle / Buckle / 0:26:04 / 8 / Lindsay / Dixon / 0:27:31 / 13 / Carey / Dyer / 0:29:08 / 16 / Race 1 / W45 / 1st / Bingley Harriers & AC / 38 / Lesley / Watson / 0:26:26 / 9 / Stephanie / Robson / 0:26:54 / 13 / Sue / Becconsall / 0:27:21 / 16 / 2nd / Jarrow & Hebburn AC / 38 / Elaine /



Athlete Stories from Daegu - BILL LONSDALE

On 9th March I picked up a slight tear of my hamstring whilst training at the Brunel University Indoor Athletics Stadium. Only two weeks before my intended participation in the M65 Pentathlon. Intensive physio before I caught my flight didn't give me confidence that I'd be able to start. On arrival in Daegu I called on the wonderful under-appreciated resource of the British Masters Medical Services and specifically Fiona Jacobs. She got me on the start line and I ended up achieving five season's bests in the five disciplines a personal best overall and the Bronze medal. Amazing experience with lots of support and encouragement from the rest of the team.



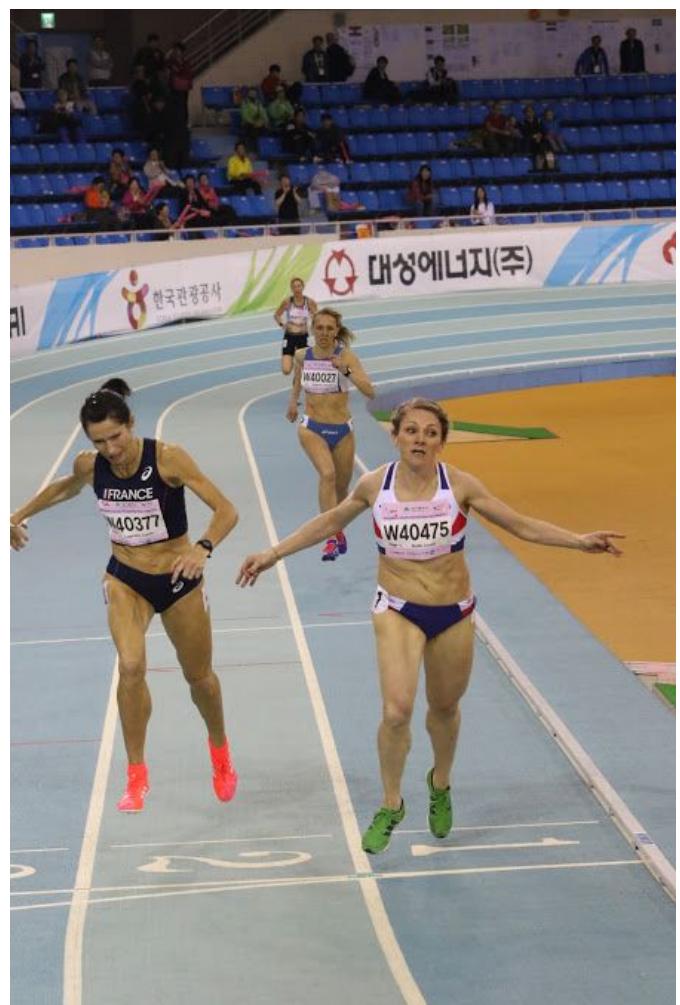
Athlete Stories from Daegu - LOUISE RUDD

Daegu was my first championship since winning both 800m and 1500m V40 in Lyon. Last year was an experiment to not have a championship and try to get faster - always difficult when getting older!

I had only raced 3 times before going to Daegu but I had put trained hard with many 70 mile weeks and the low weeks still over 50. Combined with a full time job and a son that plays national league basketball, its quite difficult at times.

I was very excited about Daegu as its such an unusual place. I was travelling alone for the first time. It was brilliant to make new friends and watch team GB perform so well.

My original plan had been to just do the 3000m & 1500m but all races were straight finals so I decided to do the 800m - especially as the Italian girl that I narrowly beat in Lyon was racing.



The 3000m I took out hard from the front and stayed at the front to win comfortably - beating all the V35s in the process as they had combined us. I was rewarded with my first ever drugs test - which was quite an embarrassing & stressful experience.

The 800m was the next day & I wasn't sure how I would feel but the Italian took the race out hard and I was quite calm and sat back until the last 150m when I went past her. I didn't realise she had faded to 3rd and that a French girl was closing but I'd done enough to win.

After a days rest I had the 1500m again with the V35s. A Tunisian Paralympian was favourite (V35) and she set off fast,

again I stayed calm and with 3 laps to go I had reeled her on and went past her comfortably to win outright.



World Masters Athletics Championships Indoor - Daegu - 19th - 25th March



60M

W35 Preliminaries: 3 Spurway, Claire W38 7.94Q, Final: 2 Spurway, Claire W38 7.95 **W45** Preliminaries: 2 Thomas, Michelle Gabriel W45 8.25Q , 18 Richardson, Lesley W47 10.93, Final: 1 Thomas, Michelle Gabriel W45 8.19 **W55** Preliminaries: 6 McClelland, Averil W58 9.05q, 10 Kelly, Angela W56 9.47, Final: 7 McClelland, Averil W58 9.10 **W60** Preliminaries: 4 Powell, Caroline W63 9.21Q, 5 Horder, Jane W60 9.22q, 8 Dassie, Sue W64 9.86q Final: 4 Powell, Caroline W63 9.20, 5 Horder, Jane W60 9.24, 7 Dassie, Sue W64 9.80 **M40** Preliminaries: 1 Ossai, Tamunonengiye-ofo M41 7.18, 2 Elliott, Mensah M40 7.27Q, 3 Harvey, Ciaran M43 7.35Q Semi-Finals: 2 Ossai, Tamunonengiye-ofo M41 7.06Q, 3 Elliott, Mensah M40 7.07Q, 5 Harvey, Ciaran M43 7.35Q, Final: 1 Ossai, Tamunonengiye-ofo M41 7.04, 3 Elliott, Mensah M40 7.10, 4 Harvey, Ciaran M43 7.29 **M45** Preliminaries: 1 Carty, Jason M47 7.33Q, 4 Appiah, Joe M46 7.59Q, 20 Shortridge, David M46 8.25q, Semi-Finals: 1 Carty, Jason M47 7.21Q 3, 3 Appiah, Joe M46 7.35Q 2, 17 Shortridge, David M46 8.15 1 Final: 2 Carty, Jason M47 7.22, 3 Appiah, Joe M46 7.30 **M50** Preliminaries: 10 Brown, Donald M53 7.97Q 2, 25 Walker, Stuart M52 8.52 3, 29 Douglas-Home, Sholto M54 8.78 10 Semi-Finals: 12 Brown, Donald M53 7.98 1 **M55** Preliminaries: 19 White, Stuart M55 8.57q 6 Semi-Final: 15 White, Stuart M55 8.45 1 **M60** Preliminaries: 2 Burgess, Kevin M60 8.06Q 1, 3 Elderfield, David M61 8.22Q 4, 10 Franklyn, Walwyn M64 8.44q 1, 11 Barrett, Simon M64 8.47q 212 Ko, Semi-Finals: 1 Burgess, Kevin M60 7.88Q 2, 3 Elderfield, David M61 8.01Q 2, 10 Franklyn, Walwyn M64 8.33 2, 12 Barrett, Simon M64 8.47 2 Final: 1 Burgess, Kevin M60 7.91, 4 Elderfield, David M61 8.11 **M65** Preliminaries: 12 Hinds, David M66 8.98 1 **M75** Preliminaries: 2 Treacher, Anthony M77 9.23Q 1, 5 Ferguson, Barry M75 9.65q 1 Final: 2 Treacher, Anthony M77 9.32, 5 Ferguson, Barry M75 9.70 **M80** 2 Bowman, Tony M81 9.52 **M95** 1 Eugster, Charles M97 15.42

All 3 races were seasons bests. After just a few hours we had the 4x200m. We were a mix of 2 sprinters and 2 middle distance athletes, a V45, a V40 and two V35s so we had to compete as a V35 team. I was on first leg which was rather scary as I've never run in lanes on an indoor track and was surprised how steep it was in lane 5! The aim was not to step out of my lane as there had been many disqualifications in the week. We ran very well as a team to come in 2nd to a strong Spanish team - however the team GB boys pointed out that the Spanish had come out of their lane and after looking at the footage the track judge had to disqualify them so I managed to receive my 4th gold.



200 m

W35 Preliminaries: 3 Spurway, Claire W38 26.30q 2 Final: 3 Spurway, Claire W38 25.93 **W45** Preliminaries, 3 Thomas, Michelle Gabriel W45 27.43q 1 Final: 3 Thomas, Michelle Gabriel W45 26.86 **W55** Preliminaries: 3 McClelland, Averil W58 29.69Q 3, 8 Kelly, Angela W56 33.15 2 Final: 3 McClelland, Averil W58 29.46 **W60** Preliminaries: 1 Powell, Caroline W63 30.28Q 1 Final: 3 Powell, Caroline W63 29.50 **W65** 1 Marler, Caroline W66 31.68 **W70** 4 Stanley, Patricia W73 46.21 **M35** Preliminaries: 2 Collins, Liam M38 23.24Q 2 Final: 2 Collins, Liam M38 22.90 **M40** Preliminaries: 1 Ossai, Tamunonengiye-ofo M41 23.70Q 4, 7 Harvey, Ciaran M43 24.13Q 1 Semi-Finals: 2 Ossai, Tamunonengiye-ofo M41

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22.98Q 2, 6 Harvey, Ciaran M43 23.84q 1 Final: 1 Ossai, Tamunonengiye-ofo M41 22.25, 5 Harvey, Ciaran M43 23.73
M45 Preliminaries: 5 Osunsami, Michael M48 25.53Q 2, 14 Shortridge, David M46 26.60 2, 15 Golding, Leeroy M49 26.70 2 Semi-Finals: 8 Osunsami, Michael M48 25.47 2 **M55** Preliminaries: 2 Tunstall, Neil M55 25.82Q 5, 6 Guest, Paul M55 26.04q 5, 19 May, Michael M56 32.25 4 Final: 3 Tunstall, Neil M55 25.64 **M60** Preliminaries: 3 Elderfield, David M61 26.91Q 3 4 Burgess, Kevin M60 26.93Q 5 5 Barrett, Simon M64 27.17Q 2, 11 Franklyn, Walwyn M64 27.76q 4 Semi-Finals: 3 Elderfield, David M61 26.43Q 2, 4 Barrett, Simon M64 26.80Q 1 -- Burgess, Kevin M60 DNF 1 Final: 2 Barrett, Simon M64 26.83 **M65** Preliminaries 7 Hinds, David M66 28.43q 3 Semi-Finals: 10 Hinds, David M66 28.51 1 **M75** Preliminaries: 1 Treacher, Anthony M77 31.42Q 2 Final: 1 Treacher, Anthony M77 30.71 **M80** 3 Bowman, Tony M81 32.34

400 m

W50 Preliminaries: 5 Collins, Alison Jane W52 1:08.40q 2 Final: 4 Collins, Alison Jane W52 1:06.94 **W60** 1 Powell, Caroline W63 1:06.90 **W65** Preliminaries: 1 Marler, Caroline W66 1:12.60Q 1, 5 Tabor, Rosalind W67 1:21.09q 2 Final: 2 Marler, Caroline W66 1:11.72, 4 Tabor, Rosalind W67 1:17.05 **M35** Preliminaries: 1 Bolan-Ashworth, Tom M37 51.52Q 2 Final: 4 Bolan-Ashworth, Tom M37 51.02 **M40** Preliminaries: 2 Coogan, Mike M44 54.91Q 2 Semi-Finals: 2 Coogan, Mike M44 53.44Q 2 Final: 2 Coogan, Mike M44 51.07 **M45** Preliminaries: 13 Osunsami, Michael M48 57.64 2, 14 Freemanst, Stephen M49 57.64 3, 17 Shortridge, David M46 59.49 2, 18 Golding, Leeroy M49 1:01.04 1 **M55** Preliminaries: 4 Lewis, Bob M55 1:00.58q 1 Final: 5 Lewis, Bob M55 1:00.34 **M60** Preliminaries: 4 Elderfield, David M61 1:01.82Q 1, 5 Barrett, Simon M64 1:01.99q 3, 7 Franklyn, Walwyn M64 1:02.48q 2, 8 Licietis, Ivars M61 1:02.51q 1 Semi-Finals: 4 Licietis, Ivars M61 1:03.43Q 2 -- Elderfield, David M61 DNF 2 Finals: 4 Licietis, Ivars M61 1:02.58 **M65** Preliminaries: 9 Hinds, David M66 1:09.70 1 **M75** 2 Treacher, Anthony M77 1:12.27 **M80** 3 Bowman, Tony M81 2:01.99

800 m

W35 2 Doyle, Zoe W38 2:17.35, 4 Wellam, Katherine W37 2:54.09 **W40** 1 Rudd, Louise W42 2:17.05 **W50** 4 Ramage, Sharyn W54 3:00.23 **W55** 8 Marr, Lynne W55 3:21.05 **W60** 1 Howe, Joan W62 2:56.55 W65 3 Tabor, Rosalind W67 2:56.14 **M35** 3 Watkeys, Peter M35 2:01.56 **M40** Preliminaries: 10 West, Scott M41 2:14.66q 3 **M45** Preliminaries: 10 Freemanst, Stephen M49 2:19.06q 3 Final: 8 Freemanst, Stephen M49 2:15.47 **M50** Preliminaries: 11 Scally, Brian M50 2:21.26 2, 21 Roberts, Alan M52 2:51.18 4 **M55** Preliminaries: 3 Fox, Robert M57 2:22.83Q 2 Final: 6 Fox, Robert M57 2:20.25 **M60** Preliminaries: 16 Dillon, Kevin M62 3:31.82 1 **M65** Preliminaries: 2 Thorp, Stewart M65 2:43.78Q 2, 7 Snow, Ian M66 2:46.49q 2 Final: 5 Thorp, Stewart M65 2:34.06, 9 Snow, Ian M66 2:50.96

1500 m

W35 2 Doyle, Zoe W38 4:46.06 **W40** 1 Rudd, Louise W42 4:39.35 **W50** 6 Ramage, Sharyn W54 6:07.79 **W55** 3 Tawney, Susie W57 5:41.70 **W60** 1 Howe, Joan W62 5:53.94 **W65** 2 Tabor, Rosalind W67 5:57.97 **M35** 4 Farkas, Jozsef Zoltan M37 4:05.44 **M45** 9 Champion, Mark M49 4:46.05 2 **M50** 2 Anderson, Simon M53 4:29.68 2, 3 Scally, Brian M50 4:31.52 2, 19 Roberts, Alan M52 6:00.85 1 **M55** 1 Bracken, Guy M55 4:17.19 2, 5 Fox, Robert M57 4:44.26 2, 14 Doxey, Steven

M56 5:09.46 1 **M60** 13 Jenkins, Archie M64 6:42.63 **M65** 4 Thorp, Stewart M65 5:16.06 2

3000 m

W35 - Wellam, Katherine W37 DNF **W40** 1 Rudd, Louise W42 10:06.05 **W45** 4 Champion, Lynne W48 11:26.01 **W50** 4 Ramage, Sharyn W54 12:47.07, - Pidgeon, Jane W53 DNF **W55** 1 Tawney, Susie W57 11:59.15 **W60** 3 Fellowes, Janet W61 14:15.89 **W65** 2 Tabor, Rosalind W67 12:27.24 **M35** 3 Farkas, Jozsef Zoltan M37 8:55.93, 7 Golabek, Tony M35 9:38.10, 8 Kane, Dean M37 9:46.81 **M45** 7 Champion, Mark M49 10:21.91 **M50** 1 Anderson, Simon M53 9:36.27, 3 Scally, Brian M50 9:41.89, 14 Roberts, Alan M52 12:47.92 **M55** 1 Bracken, Guy M55 9:09.15 2, 5 Fox, Robert M57 10:15.84 2, 12 Doxey, Steven M56 11:08.21 2 **M60** 2 Thompson, Paul M60 10:38.68, 12 Sargent, Robert M62 14:16.21 **M65** 5 Thorp, Stewart M65 11:17.61 **M75** 8 Green, Les M78 24:02.33

Cross Country 8000 m

W35 2 Wellam, Katherine W37 42:09.11 **W45** 2 Champion, Lynne W48 33:35.00 **W50** 1 Pidgeon, Jane W53 35:30.00, 4 Gibson, Tracey W52 36:49.00, 5 Ramage, Sharyn W54 37:13.00 **W55** 2 Tawney, Susie W57 36:14.00, 7 Doxey, Wendy W57 50:14.00 **W60** 1 Howe, Joan W62 37:50.00, 6 Fellowes, Janet W61 42:35.00 **W65** 2 Tabor, Rosalind W67 37:33.00 **Teams:** **W50** 1 Great Britain 1:49:32 Pidgeon Jane 35:30, Gibson Tracey 36:49, Ramage Sharyn 37:13 **W55** 1 Great Britain 2:08:46 Tawney Susie 36:14, Marr Lynne 42:18, Doxey Wendy 50:14 **W60** 1 Great Britain 1:57:58 Tabor Rosalind 37:33, Howe Joan 37:50, Fellowes Janet 42:35 **M35** 4 Golabek, Tony M35 28:44.00, 5 Kane, Dean M37 29:14.00 **M50** 4 Anderson, Simon M53 29:31.00, 5 Scally, Brian M50 29:54.00, 16 Roberts, Alan M52 36:16.00, 17 Parkin, Paul M52 36:29.00 **M55** 8 Doxey, Steven M56 32:38.00 **M60** 2 Thompson, Paul M60 31:10.00, 14 Murray, Andrew M64 38:29.00, 17 Jenkins, Archie M64 41:16.00, 20 Sargent, Robert M62 42:39.00, 24 Dillon, Kevin M62 50:11.00 **M65** 5 Thorp, Stewart M65 33:44.00, 11 Snow, Ian M66 38:58.00 **M70** 6 Black, Kenneth M73 46:19.00 **M75** 9 Green, Les M78 1:14:49.00 **Teams:** **M35** 3 Great Britain 1:28:23 Golabek Tony 28:44, Kane Dean 29:14, Champion Mark 30:25 **M50** 1 Great Britain 1:35:41 Anderson Simon 29:31, Scally Brian 29:54, Roberts Alan 36:16 **M60** 4 Great Britain 1:50:55 Thompson Paul 31:10, Murray Andrew 38:29, Jenkins Archie 41:16 **M65** 2 Great Britain 1:59:01 Thorp Stewart 33:44, Snow Ian 38:58, Black Kenneth 46:19

Half Marathon

W50 2 Gibson, Tracey W52 1:36:56.00 **W55** 20 Doxey, Wendy W57 2:21:53.00 **W60** 3 Fellowes, Janet W61 1:52:55.00 **Teams:** **W50** 2 Great Britain 5:51:44 Gibson Tracey 1:36:56, Fellowes Janet 1:52:55, Doxey Wendy 2:21:53 **M50** 39 Roberts, Alan M52 1:42:29.00 **M60** 1 Thompson, Paul M60 1:19:52.00, 19 Murray, Andrew M64 1:44:27.00, 28 Sargent, Robert M62 1:49:51.00, 61 Dillon, Kevin M62 2:27:29.00 **M70** 7 Black, Kenneth M73 2:06:13.00 **M75** 3 Green, Les M78 3:07:27.00 **Teams:** **M50** 5 Great Britain 6:16:11 Roberts Alan 1:42:29, Black Kenneth 2:06:13, Dillon Kevin 2:27:29 **M60** 3 Great Britain 4:54:10 Thompson Paul 1:19:52, Murray Andrew 1:44:27, Sargent Robert 1:49:51

60 m Hurdles

W60 1 Horder, Jane W60 9.90R, 2 Filer, Carole W61 10.20 **W70** 1 Oakes, Patricia W70 14.31 **M35** Preliminaries 1

Collins, Liam M38 8.20Q 2, 4 Nicholls, Clint M38 8.89Q 1
 Final 1 Collins, Liam M38 8.19, 5 Nicholls, Clint M38 8.85
M40 Preliminaries: 1 Elliott, Mensah M40 8.05Q 2 Final: 1
 Elliott, Mensah M40 7.93 **M45** Preliminaries: 1 Appiah, Joe
 M46 8.57Q 2, 12 Shortridge, David M46 12.12 2 Final: 1
 Appiah, Joe M46 8.42 **M50** Preliminaries: 4 Brown, Donald
 M53 9.16Q 2, 6 Allen, Ian M51 9.52q 1, 7 Bontemps,
 Francois M53 France 9.94q 2 Final: 5 Brown, Donald M53
 9.46 -- Allen, Ian M51 DNF **M55** Preliminaries: 2 Tunstall, Neil
 M55 9.40Q 2 -- Mayor, John M58 DNF 1 Final: 2 Tunstall,
 Neil M55 9.16 **M75** 3 Ferguson, Barry M75 12.62 **M80** 1
 Bowman, Tony M81 11.30

4x200 m Relay

W35 1 Great Britain and Northern Ire 'A' 1:49.86 1) Rudd,
 Louise 42 2) Thomas, Michelle Gabrielle 45 3) Doyle, Zoe 38
 4) Spurway, Claire 38 **W60** 1 Great Britain and Northern Ire 'A'
 2:04.66 1) Filer, Carole 61 2) Dassie, Sue 64 3) Horder, Jane
 60 4) Powell, Caroline 63 **W55** 3 Great Britain and Northern
 Ire 'A' 2:08.16 1) Marler, Caroline 66 2) Tawney, Susie 57 3)
 Kelly, Angela 56 4) McClelland, Averil 58 **M65** 6 Great Britain
 and Northern Ire 'A' 2:06.55 2 1) Hinds, David 66 2) Bowman,
 Tony 81 3) Thorp, Stewart 65 4) Treacher, Anthony 77 **M55** 1
 Great Britain and Northern Ire 'A' 1:48.14 1) Guest, Paul 55 2)
 Lewis, Bob 55 3) Mayor, John 58 4) Tunstall, Neil 55 **M45** 4
 Great Britain and Northern Ire 'A' 1:44.73 1) Osunsami,
 Michael 48 2) Newton, Keith 48 3) Golding, Leeroy 49 4)
 Brown, Donald 53 **M40** 1 Great Britain and Northern Ire 'A'
 1:33.23 2 1) Ossai, Tamunonengiye-ofori 41 2) Harvey, Ciaran
 43 3) Elliott, Mensah 40 4) Coogan, Mike 44 **M35** 5 Great
 Britain and Northern Ire 'A' 1:38.70 2 1) Collins, Liam 38 2)
 Freemanst, Stephen 49 3) Shortridge, David 46 4) Bolan-
 Ashworth, Tom 37

High Jump

W60 1 Filer, Carole W61 1.38m **W70** 1 Oakes, Patricia W70
 1.05m **M55** 8 Phelan, Richard M55 1.40m

Pole Vault

W60 1 Dassie, Sue W64 2.10m **M50** 5 Walker, Stuart M52
 2.50m **M55** 5 Leiper, Allan M56 3.20m -- Phelan, Richard
 M55 NH **M60** 1 Williams, Allan M63 3.30m

Long Jump

W45 9 Richardson, Lesley W47 2.81m **W55** 3 McClelland,
 Averil W58 4.32m **W60** Long Jump 1 Filer, Carole W61
 4.52m **W70** 2 Oakes, Patricia W70 3.00m **M45** 2 Appiah, Joe
 M46 6.24m **M50** 1 Allen, Ian M51 6.04m **M55** 1 Guest, Paul
 M55 5.61m, 6 Phelan, Richard M55 5.10m, 10 May, Michael
 M56 3.36m **M75** 3 Treacher, Anthony M77 3.86m **M95** 1
 Eugster, Charles M97 1.25m

Triple Jump

W70 1 Oakes, Patricia W70 6.30m **M45** 4 Newton, Keith M48
 12.44m **M50** 3 Allen, Ian M51 11.40m, 10 Walker, Stuart M52
 8.10m **M55** 5 Phelan, Richard M55 10.78m

Shot Put

W45 8 Richardson, Lesley W47 6.44m **W50** 4 Foster, Lorna
 W53 8.70m **W55** 3 Cameron, Claire W58 9.46m, 6 Dunsford,
 Wendy W56 8.19m, 11 Russell, Brenda W58 6.04m **W80** 2
 Dunsford, Barbara W81 4.50m **M45** 9 Glendower, David M49
 7.14m **M50** 1 Nicholls, John M51 15.36m **M55** 2 Leiper, Allan
 M56 12.33m **M60** 7 Birkett, John M60 8.94m **M75** 6 Sloan,
 James M75 9.67m

Discus

W50 5 Foster, Lorna W53 24.66m **W55** 2 Cameron, Claire
 W58 26.65m, 3 Dunsford, Wendy W56 23.22m, 5 Russell,
 Brenda W58 17.30m **W75** 3 Derrien, Carole W78 18.40m
W80 2 Dunsford, Barbara W81 9.33m **M45** Discus 5 Golding,
 Leeroy M49 26.83m, 8 Glendower, David M49 20.31m **M50** 2
 Brown, Kevin M52 45.12m **M55** 4 Leiper, Allan M56 34.92m
M75 4 Sloan, James M75 28.20m

Hammer

W50 6 Foster, Lorna W53 27.33m **W55** 3 Dunsford, Wendy
 W56 30.12m, 6 Cameron, Claire W58 27.59m, 8 Russell,
 Brenda W58 25.24m **W75** 5 Derrien, Carole W78 21.25m
W80 1 Dunsford, Barbara W81 15.06m **M45** 6 Glendower,
 David M49 23.95m **M55** 4 Gibson, Darren M56 40.32m

Weight

W55 8 Russell, Brenda W58 7.64m **W60** 7 Dassie, Sue W64
 10.22m **W75** 5 Derrien, Carole W78 8.55m **W80** 1 Dunsford,
 Barbara W81 5.54m **M45** 7 Glendower, David M49 8.22m
M55 4 Gibson, Darren M56 13.47m

Pentathlon 800m

W60 2 Filer, Carole W61 3:40.70 431 **W70** 1 Oakes, Patricia
 W70 5:03.34 169

Pentathlon 1000 m

M35 4 Nicholls, Clint M38 3:09.91 583 **M55** 2 Mayor, John
 M58 3:29.80 709 **M65** 1 Lonsdale, William M65 3:50.92 718

Hurdles Pentathlon

W60 1 Filer, Carole W61 10.26 1100 **W70** 1 Oakes, Patricia
 W70 14.56 629, **M35** 1 Nicholls, Clint M38 8.79 3 825 **M55** 1
 Mayor, John M58 9.50 1 949 **M65** 3 Lonsdale, William M65
 13.07 471

High Jump Pentathlon

W70 1 Oakes, Patricia W70 1.03m 759 **M35** 4 Nicholls, Clint
 M38 1.71m 585 **M55** 2 Mayor, John M58 1.57m 731 **M65** 3
 Lonsdale, William M65 1.41m 758

Long Jump Pentathlon

W60 1 Filer, Carole W61 4.42m 962 **W70** 1 Oakes, Patricia
 W70 2.73m 459 **M35** 4 Nicholls, Clint M38 5.87m 597 **M55** 1
 Mayor, John M58 5.17m 762 **M65** 3 Lonsdale, William M65
 4.27m 693

Shot Put Pentathlon

W60 1 Filer, Carole W61 6.89m 552 **W70** 1 Oakes, Patricia
 W70 6.59m 676 **M35** 4 Nicholls, Clint M38 9.39m 469 **M55** 4
 Mayor, John M58 9.56m 615 **M65** 3 Lonsdale, William M65
 8.15m 551

Pentathlon Final

W60 1 Filer, Carole W61 4112 **W70** 1 Oakes, Patricia W70
 2692 **W35** 3 Nicholls, Clint M38 3059 **M55** 1 Mayor, John
 M58 3766 **M65** 3 Lonsdale, William M65 3191

3000 m Walk

M65 2 Richards, Ian M68 15:00.69, 4 Boszko, Peter M67
 16:29.55, 6 Michell, Roger M69 17:43.39

10000 m Walk

M65 2 Richards, Ian M68 52:13.00, 3 Boszko, Peter M67
 57:10.00, 4 Michell, Roger M69 59:27.00

MEDAL TABLE (Top 12)	G	S	B	Total
Australia	59	40	25	124
Great Britain & NI	50	35	33	118
United States	42	34	32	108
Spain	38	26	16	80
Germany	27	22	34	83
Korea	27	20	18	65
Japan	26	26	18	70
France	26	20	20	66
Poland	25	18	18	61
Finland	16	8	11	35
Czech Republic	14	13	18	45
New Zealand	14	12	7	33

BMAF 10k Road Championships - Gravesend, Kent - 9th April 2017

1 32:24 Sullivan Smith EMAC M40-1, 2 32:40 Howard Bristow SCVAC M40-2, 3 34:19 Peter Tucker OPEN M35-1, 4 34:24 Dominic O'Mahoney SCVAC M40-3, 5 34:57 Mark Vaughan EMAC M45-1, 6 35:04 Ian Johnston SVHC M45-2, 7 35:12 David Smith MMAC M45-3, 8 35:25 Chris Biddle OPEN M35-2, 9 36:02 Craig Pearson MMAC M35-3, 10 36:12 Lee Taylor EMAC M40 M40-4, 11 36:36 Gary Ironmonger VAC M55-1, 12 37:02 Mark Cursons VAC M55-2, 13 37:20 Tony Tuohy VAC M50-1, 14 37:28 Nigel Haycock MMAC M45-4, 15 37:44 Tom Conlon VAC M55-3, 16 37:50 John Lowden SCVAC M60-1, 17 37:59 Mike Boyle VAC M55-4, 18 38:02 Andy Howey SCVAC M50-2, 19 38:07 Matt Shields OPEN M60-2, 20 38:39 Martin Kelk SCVAC M50-3, 21 39:01 Mary James SCVAC W40-1, 22 39:06 Christine Lathwell EMAC W40-2, 23 39:16 David Oxland MMAC M65-1, 24 39:20 Sarah Gruber OPEN W40-3, 25 39:32 Christopher Armstrong EMAC M50-4, 26 39:34 Philip Coleman SCVAC M50-5, 27 39:52 Dom Fiore SCVAC M45-5, 28 40:38 Terry Knightley SCVAC M55-5, 29 40:49 Mark Champion SCVAC M45-6, 30 40:55 Mark Pitcairn-Knowles SCVAC M50-6, 31 41:02 Paul Lester MMAC M45-7, 32 41:05 Don Lawless SVHC M50-7, 33 41:16 Desmond Michael SCVAC M65-2, 34 41:23 Tim Nash SCVAC M50-8, 35 41:44 Mark Gowers EMAC M55-6, 36 41:47 Huw Roberts WMAA M60-3, 37 41:56 John Ridge SCVAC M45-8, 38 41:59 Roy Treadwell SCVAC M65-3, 39 42:42 Ruth Jones SCVAC W35-1, 40 42:43 Clem Dixon SCVAC M55-7, 41 42:46 Alan Newman SCVAC M60-4, 42 42:51 Terry Booth VAC M50-9, 43 43:08 Richard Piotrowski SWVAC M70-1, 44 43:28 Robert O'Rourke VAC M50-10, 45 56 43:29 Mark Cross SCVAC M55-8, 46 43:41 Peter Giles VAC M70-2, 47 43:44 Dennis Briggs VAC M40-5, 48 43:45 Tony Harran VAC M55-9, 49 43:47 Sasha Houghton SCVAC W40-4, 50 44:01 John Exley SCVAC M65-4, 51 44:08 Maureen McCarthy EMAC W55-1, 52 44:10 Lucy Pitcairn-Knowles SCVAC W50-1, 53 44:15 Michael Ellsmore VAC M60-5, 54 44:34 Joy Wright SCVAC W40-5, 55 44:45 Colin Oxlade SCVAC M55-10, 56 44:49 Sarah Hotham SCVAC W40-6, 57 44:55 Stephen Parker VAC M60-6, 58 44:59 Trevor Edgley SCVAC M65-5, 59 45:03 Lisa Webb VAC W50-2, 60 45:07 Nina Ridge SCVAC W40-7, 61 45:12 Peter Hamilton SWVAC M65-6, 62 45:19 Yuko Gordon EMAC W65-1, 63 45:39 Valdis Pauzers VAC M60-7, 64 45:42 Maurice Hemingway EMAC M60-8, 65 46:08 Tony Hyde EMAC M50-11, 46:10 Geoff Newton SCVAC M70-3, 67 46:17 Jim Brown

VAC M65-7, 68 46:19 Gerald Meah EMAC M55-11, 69 46:29 Maggie Statham VAC W60-1, 70 46:33 Robert Brown SCVAC M65-8, 71 46:39 John Denyer VAC M65-9, 72 46:42 Dave Beattie SCVAC M65-10, 73 46:51 Paul Ross-Davies WMAA M65-11, 74 46:53 Martin Hawkins SCVAC M55-12, 75 46:56 Anne Ellen EMAC W60-2, 76 47:06 Satha Alaganandasundaram VAC M55-13, 77 47:07 Marie Watson SCVAC W50-3, 78 47:11 Glyn Smith EMAC M70-4, 79 47:21 Ros Tabor VAC W65-2, 80 47:21 Tony Rea SCVAC M70-5, 81 47:34 Cain Bradley VAC M55-14, 82 48:12 Kim Howes SCVAC W50-4, 83 48:47 Martyn Rouse VAC M70-6, 84 48:56 Val Purnell SCVAC W55-2, 85 49:03 Mary Setyabule OPEN W45-1, 86 49:47 Jane Georgiou VAC W60-3, 87 50:07 Edward Skinner VAC M60-9, 88 50:09 Nicola Hopkinson VAC W50-5, 89 50:25 Ian Marshall SCVAC M65-12, 90 50:27 David Moorekite SCVAC M75-1, 91 51:16 Mick Jefferies SCVAC M65-13, 92 51:23 Dianne Crisp VAC W55-3, 93 52:04 Barry Bell SCVAC M65-14, 94 52:25 Robert Sargent VAC M60-10, 95 52:53 Sue James SCVAC W65-3, 96 53:27 Pauline Rich VAC W70-1, 97 53:43 Janice Moorekite SCVAC W55-4, 98 53:59 Jo Taylor SCVAC W60-4, 99 54:31 Tony Austin VAC M60-11, 100 55:51 Michael Johnson VAC M75-2, 101 56:03 June Johnson MMAC W70-2, 102 57:42 Tony Berry SWVAC M80-1, 103 1:03:42 Carol Muir VAC W45-2, 104 1:04:46 Kevin Dillon NMAC M60-12, 105 1:06:58 Patricia Cummins VAC W75-1, 106 1:07:40 Pam Jones VAC W80-1, 107 1:10:35 Richard Pitcairn-Knowles VAC M80-2, 108 1:16:35 Jeannette Giles SCVAC W75-2

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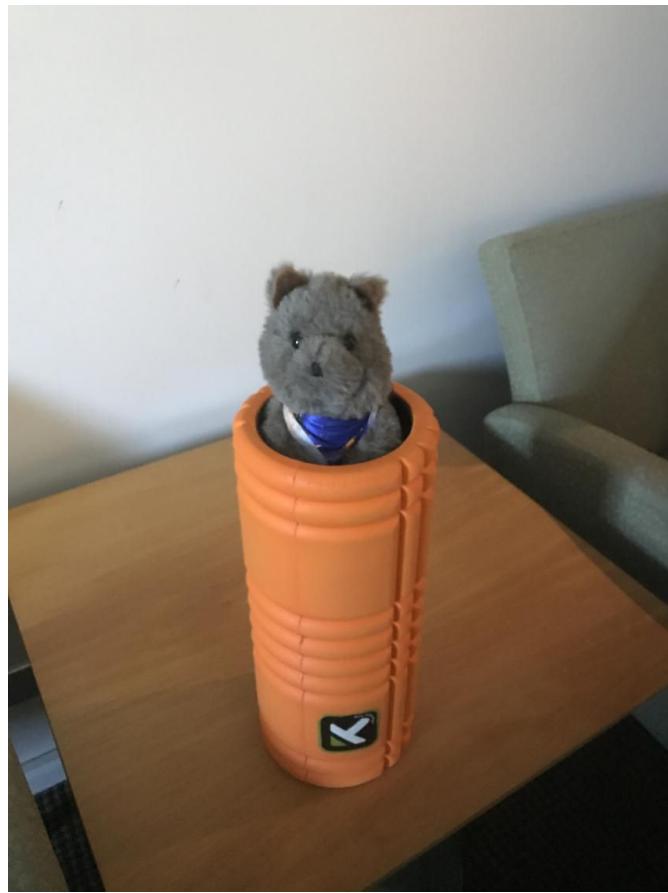
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W55 1 Worthing Striders 53:27 Pauline Rich 1:06:58 Patricia Cummins 53:59 Jo Taylor

My Path to Perth: World Masters Athletics Championships, November 6, 2016

by Paul Thompson (with pictures by Shamala Thompson)

This article was conceived on the 26-hour flight home to Peekskill, New York, USA following my trip to Perth, Australia to compete in the World Masters Athletics Championships (WMAC). In my bag was a cuddly toy quokka (the games' mascot, essentially a rat) and four medals. I thought my Perth accomplishments would be hard to trump but then on the day I arrived home Trump won the US Presidential election. These championships were the culmination of a life long journey to run for Team GB (Great Britain). Now before I take you through the race footprint by footprint let me briefly chart the journey and the final countdown.



Quokka in the foam roller ready to fly to the US

The Journey

The journey to this point has been a long and winding one with potholes here and there. I've run quite seriously for many years, typically as a good club runner. Turning 40 was something of a turning point. Upwards. Over the years most of my rivals, as well as those who ran way ahead of me, have retired or else simply not aged as well as me. I've stayed the course and one by one risen through the rankings.

For 2016 I had two key goals. To run a spring marathon as close as possible to 2:30 (I did 2:32:02 in Manchester in April) and to medal at the World Masters Athletics Champs. To help me reach my goals my wife Shamala (Sham) 'recruited' Boulder-based Lee Troop to be my coach. That was my fiftieth birthday gift! Since January 2016 'Troopy' has been my coach. His training and guidance, Sham's motivation and management, and Urban Athletics teammates pushing me

into the discomfort zone have proved key to my steady improvement in the first part of 2016.

Unfortunately, extensive work travel – long flights to Africa and Asia - crimped my training in the early summer of '16 and exacerbated an old IT band injury. Long runs and workouts got dropped while stretch and strength work curtailed. By late August, with barely 10 weeks left to Perth, I raced the Percy Sutton 5K and warmed down in some discomfort.

Things started to pick-up in late August. First I lost my job. That put an abrupt end to my travel and I now had time on my hands, time to train and for TLC for the legs. I headed to Boulder, where Sham and I have an apartment, in early September for a two-week stint. I stretched, rolled, iced and did strength work. I steadily built up the miles and by the end of my Boulder stint I was doing workouts with Troopy's group.

The acid test would be the Bronx 10. I like this race and it would be the ideal bellwether given it was just a month before Perth. I lined up nervous. 54:16 later I was pumped, confidence emboldened. It proved I was in great shape and trending better. After a few more weeks of heavy lifting I started a ten-day taper.

8K Cross Country

Sham and I flew to Perth touching down 5 days before my opening race, the 8K cross country (XC). This was my appetizer, the half my main course. We were in an apartment, booked through Airbnb, literally a stone's throw from the XC course. I joked with fellow competitors that I was 'localized'. I knew the course back to front having trained on it for days. I failed to make the most of home advantage. Aussie Bruce Graham out-kicked me in the closing stages so I had to settle for a silver medal. My medal tally doubled when Team GB won silver. While disappointed I was hopeful of gold in the half marathon 10 days later.

The Final Countdown

The final stage of the build-up to the half was not ideal. Sham and I flew the five plus hours to Singapore to catch-up with family and friends. This meant getting re-acquainted with running in the hot and humid climate that I'd gotten familiar with while living there from 1998 to 2004. It made me feel sluggish and nibbled away at my confidence. We flew back to Perth a few days before the half. We got to our hotel around 2am on Saturday, the race being on Sunday. I slept well and after a quick breakfast ventured out for a final run – a steady shuffle to the next day's race start followed by strides. I felt great. The sluggishness of Singapore was a distant memory. Later that day Sham and I rode the Transperth buses to get familiar with the mid race section. I felt ready.

Race Day

I woke up at 4am on race day. The start was scheduled for 6:30am, 30 minutes after the marathon start. I followed my usual pre-race morning routine – coffee, oatmeal, toilet, shower, etc. – and left the hotel to run the two miles or so to the start with Sham soon after 5am. The conditions were looking good. The sky was crystal clear, promising bright sun, and the temperatures in the low 60s F. But the wind was strong enough to leave flags bolt sideways.

Warming up

The West Australia Marathon Club (WMAC) was the venue for the start and finish. The marathon start got delayed by 15 minutes while the half was pretty much on time. This would exacerbate the job of overtaking. Both races shared the same course – an out and back, retracing our steps precisely, along the Swan River with the marathon runners repeating. The delay would mean half marathon runners catching the slower marathon runners sooner rather than later. Each race comprised all age groups and both sexes.



Early stages and already tracking Kosgei.

The gun went and I quickly settled into the large lead group comprising all the main contenders. Those contenders included some Kenyans. This was the first time Kenya had a team at the WMA. Stephen Kihara and Joel Kipkemoi Kosgei wore M50 tags though it turned out Kihara was actually M55. Other overall contenders included Australians Bruce Graham (M50) (1st in the XC, 3rd in the 5000m (16:14) and 10000m (33:49)), John Meagher (M50) (4th in the 10000m in 34:24 and a 2:32 marathon from 2015) and David Sweeney (M55) (gold medalist in the XC, 5000m (16:43) and 10000m (33:15); born and raised in the UK), Dutchman Patrick Kwist (M45) (gold medalist in the 5000m (15:38), bronze in the 10000m (32:10) and M45 winner of the half in Lyon in 2015 (1:10:12)), Czech Vladimir Srb (M35) (3rd in the M35 half in Lyon (1:11:48)), and Portuguese Davide Figueiredo (M45) (4th in 10000m (32:32) and 4th in the M45 half at the 2015 European Masters Champs (1:08:48)).

My game plan was simple. To sit tight, track the lead M50 runners and then try to get away in the final 5K. And so for the first few Ks I sat in behind Kihara and Kosgei and ran alongside Sweeney. The narrow pedestrian / bike path left little room for error and no more than three abreast. The course had kilometer rather than mile markers and no clocks. My Garmin showed 5:24 for mile 1 and 5:29 for mile 2. It felt effortless. But in the third mile the Kenyans, led by their M40 runners, and Figuerido injected some pace and got away. Kihara and Kosgei opened a small gap on me which I then worked to slowly close.

The wind started to pick up as we approached the Narrows Bridge. I covered both miles 3 and 4 in 5:27. I overtook Kosgei approaching the bridge and caught Kihara on it. The small incline onto the bridge combined with a blustery wind slowed the pace. Soon after the descent off the bridge Srb, Kwist, Kihara and I settled into a tight pack. I sat behind to get relief from the strong head wind towards the half way point next to the University of Western Australia's campus in

Nedlands. By now it was in the mid-70s F. I grabbed a water at the drinks station.



The view of Perth from the banks of the Swan River

While the course was very fast – flat, straight and smooth surface – runner traffic and some twists and turns slowed things down. We were catching and having to overtake the tail end marathon runners on the left side of the bike path while dodging head on collisions with the lead marathoners on the right side. Not surprisingly the wind and congestion slowed our pace. Miles 5 and 6 were covered in 5:31 and 5:37. Soon after the sharp U turn at the half way I decided to inject some pace.

I figured the wind would be largely behind on the 3-mile stretch back to the Narrows and that the man to beat for gold M50 was a heavy breathing Kihara. Kwist and Srb came with me while Kihara dropped away. The pace quickened from 5:35 for mile 7 to 5:25 for mile 8. A few tight turns on the approach to the bridge and the short but sharp incline onto it with winds gusting haphazardly slowed mile 9 to 5:32. Once off the bridge foot traffic became a problem again. The path was full of the lead marathoners on their second lap running towards us and locals venturing out to walk dogs etc. Mile 10, covered in 5:40, proved the slowest mile of the race. Kwist and I got away from Srb. We ran side by side. I felt strong. We covered the 11th mile in 5:35.

The finish venue came into view with around two miles to run. I kept pressing Kwist: I was sure I was a clear first place M50 – and that felt great – but I was keen to beat a fast M45. Some 100 metres ahead, just a little too far for me to chase, I could make out John Sang (KEN, M45). Kwist and I ran mile 12 in 5:36. As we closed in on the finish I kicked hard and found myself running alone around the WMAC complex and onto the finishing straight, a bumpy unpaved surface made good by an all-weather mat. I crossed the line in 1:12:47, a few seconds ahead of Kwist after a last mile under 5:30.

I finished 6th overall. Sweeney was next over the line in 1:13:42 (the Strava FlyBy shows us head to head) more than enough to get his 4th gold and likely the best age grade performance across all age groups. Now there's a target for me in 2021! My nearest M50 rivals were some way behind – Graham was 2nd in 1:14:58 and Meagher third in 1:15:59. Kosgei ran 1:19:31 so clearly paid the price for the fast early pace. Kenyans dominated the overall race (M35-85) taking the top 3 places. Francis Komu was overall winner in 1:11:06.



On the podium with Graham (left) and Meagher (right)

Post-Race

Victory was especially sweet. I was a world champion. Accepted many good caliber M50 runners, including Brits like Ben Reynolds and Graham Green, were absent. But you can only beat those that make the trip and toe the line. My time placed me top of the 2016 UK rankings for the half (to go with that for the 10 miles and marathon). The Garmin data points, with Bronx 10 and Greater Manchester Marathon equivalents in parentheses) are as follows: VO2 est. of 59 (66 and 64), average heart rate of 173 (163 and 180) and maximum heart rate of 183 (196 and 201), average cadence of 177 (180 and 178) and average stride length of 1.64m (1.66m and 1.53m).

For the next few hours I did what I do best: milling around talking to fellow runners, the usual race post-mortem banter, and eating and drinking whatever free stuff was on offer. Finishing first meant I finally got to stand at the top of the podium with the national anthem ringing out. I felt full of pride, pity I had forgotten the words. Coincidentally another Paul Thompson, an M60 running for Team GB, also won a gold. Fancy that! I got to revisit the podium, this time to collect M50 team silver with team mates Christopher Hollinshead (6th M50 in 1:19:11) and Graham Bungay (9th M50 in 1:22:35) behind Australia.

The quokka is now resident in the US but might have to head to the UK to settle. He's concerned he'll get deported as he's an illegal resident. Troopy was happy though concerned fellow Aussies might try him for treason for coaching a Pommy. He may have to give up any designs on returning to live in Australia. The WMA was a great experience, not least because of the camaraderie amongst masters' runners from all over the world. It's now 2017. My main goals are the London Marathon –another crack at 2:30, hamstring

tendinitis permitting – and the half marathon at the European Masters Athletics Championships in Aarhus, Denmark in early August. In 2018 I might aim for the next WMAC in Malaga, Spain.



The Thompson Twins - Paul Thompson (M60) and Paul Thompson (M50).

World and European Championships from 2018

Apr 2018 (TBC)

European Masters Indoor Track & Field Championships
Madrid, Spain

8-20 Sep 2018

World Masters Track & Field Championships
Malaga, Spain

May 2018

European Masters Athletics Championships Non Stadia
Venue To Be Confirmed

Apr 2019 (TBC)

World Masters Indoor Track & Field Championships
Torun, Poland

5-17 Sep 2019

European Masters Track & Field Championships
Jessolo, Italy

21 Jul - 02 Aug 2020

World Masters Track & Field Championships
Toronto, Canada

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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 enroute. 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

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2018 WORLD MASTERS CHAMPIONSHIPS – Malaga	[]	[]	[]	