

MASTERS ATHLETICS

APRIL 2003

INDOOR ACTION FROM:

San Sebastián

& Glasgow

Club Cross Country Championships.

Michel Roux is the Marathon Chef.

Athletics, Ageing and Health by Dr Tony Crocker
Fixtures 2003

World, European & British Outdoors Records.

Reports from the officers and Clubs



Walwyn Franklyn wins from Viv Oliver and Alasdair Ross, M50 60 metres at Kelvin Hall (picture Jeremy Hemming)

MASTERS ATHLETICS

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16 th April	European & BMAF Indoor Championships
16 th July	BMAF Cross Country Championships BMAF 10k Road Championships BMAF Road Relays European Road & Walking Championships BMAF Track & Field Championships BMAF Half Marathon Championships
16 th October	BMAF 5k Road Championships World Masters Championships BMAF Pentathlon Championships BMAF 10 mile Championships BMAF Marathon Championships BMAF Decathlon & Heptathlon
16 th December	Weights Decathlon BMAF Weights Pentathlon & 10k Walk International Cross Country

Items for inclusion to reach the editor before the 16th of the month prior to publication date.

FROM THE EDITOR

Can we have more input from the Clubs and Members?

It is your Magazine and we have so many interesting members with interesting things to say, so please post or email information to me.

I look forward to your input; please note I need copy and photographs at least four weeks prior to the publication date.

BRIAN OWEN.

"Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, WR14 3BX (Phone/Fax: 01684 565721)

Email-brian.owen2@btinternet.com)

Annual General Meeting

I hereby give notice that the AGM of the British Masters Athletic Federation will be held in Derby on 7 June 2003.

Any proposals or amendments to the Constitution should reach the Secretary, 156 Mitcham Road, Croydon, Surrey CRO 3JE, 30 days before the meeting date.

Bridget Cushen
Honorary Secretary

300 Club Winners

October 2002 –

£ 125 Geoff Barratt.
£ 10- D Allun, M. Carter, A Parkinson,
S. Gisborne, D. Weatherburn.

November 2002 –

£ 125 Margaret Moore.
£ 10- P.Allen, A Martin, N Carter, R. Quinlan,
Peggy Taylor.

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MASTERS ATHLETICS APRIL 2003

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Unsolicited material would be welcomed, preferably typed (DO NOT TYPE IN CAPITAL LETTERS). Copy submitted on "Floppy Disc / CD", needs to be accompanied by a hard copy. Email attachments are acceptable in any Microsoft format.
If you require the return of your information and photographs, please enclose a "stamped Addressed Envelope".

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This Magazine is posted to the home address of all registered BMAF members, based on the information supplied by Affiliated Clubs and Associations.

Masters Athletics will take every care to ensure that advice given to assist readers with training, diet and injuries is safe.

Masters Athletics or its contributors cannot, however, accept any responsibility for injury, loss or damage caused by such advice.

CHAIRMAN'S REPORT

This will be my last Chairman's report for the magazine. Due to family illness, I shall not be standing for re-election at the AGM. I have really enjoyed the challenge of the position. The highlights have been the meetings I have chaired, especially the council & AGM's. Also attending many of the events and championships over the three years.

I am indebted to the executive in particular Danny, Bridget and Keith for their unfailing & valuable support and help throughout my tenure. The job would be impossible without their backing.

With the appointment of Brian Owen to the magazine editor, I feel sure we can expect a consistently high quality publication every three months. He needs all our support with material and positive feedback.

I am sorry to see that the change of name to Masters has caused upset among some members. I hope they will come to terms with the new name and continue to enjoy their involvement in athletics with exactly the same enthusiasm.

Maurice Doogan has gone to a great deal of trouble to have the new logo designed. I personally think it is excellent and portrays the spirit of the BMAF very well indeed.

We are all indebted to those officers retiring from their posts this summer. Ken Rushton has done a great job setting up the road championships. His experience and sensible input at meetings will be greatly missed.

Ron Franklin has been taking minutes at BMAF and BMAF meetings since the inauguration of the Federation in 1975. This is many many hours of minutes and a vital service to the organisation. Many thanks Ron; meetings will not be the same without you there.

The AGM and the track and field are only a few weeks away. I hope your training is going well for your event be it in Derby or at one of the road championships during the summer months.

Thanks to all for your support over the past three years and every success to the next chairman.

Mick Statham
BMAF

Chairman
March 2003

SECRETARY'S REPORT

World Masters Athletics biennial General Assembly will be held in July in Puerto Rico. WMA and E/VAA Councils are proposing that men be classified as masters on reaching their 35th birthday. The proposal is highly likely to be carried as in many countries there is very little or no competition for sprinters, jumpers,

hurdlers etc. aged 30 and over unless they are of international standard. Furthermore, local Bye-Laws require older athletes to produce a medical certificate before they are allowed to train in a stadium, should they collapse or die, their family can sue the stadium owners! Women, who had a break from competitive athletics to raise a family for instance, sometimes found doctors very reluctant to issue them a certificate. That was one of the chief reasons why women had a lower starting age. 23 countries already recognise masters at 35. The IAAF will have to agree to any changes at their Congress in Paris in August and has already stated that its remit is to promote athletics; they are likely therefore to sanction any WMA decision.

The BMAF are likely to support the proposal as it gives British athletes a choice of declaring themselves masters or remain seniors. We are putting forward a proposal on allowing older athletes to run and score as a team member in an otherwise incomplete younger team, and a proposal that the 4k hammer, shot putt and 600g javelin be used by women age groups 35 through to W59. Also that the 500g javelin be used by the W60+

Our AGM will be held on Saturday 7 June at 1830 at the Track & Field Championships. Our Chairman, Mick Statham, is not seeking re-election, nor is our Road Running Secretary, Ken Rushton, due to pressure of work but Ken will see out this year's schedule. For over 25 years Ron Franklin has been recording the meetings proceedings, now he has finally decided to pack away his pencil and notebook and concentrate on his many other interests. I am sure you will join me in sincerely thanking these three officers for their hard work and dedication to the BMAF. We are now seeking nominations for the above offices to reach me by 8 May. If you would like to get involved and put something back into your sport, we hold just two Delegates meetings per year and an Executive Council meeting when necessary, plus the AGM, or perhaps you have some ideas for developing our road running section.

Bridget Cushen March 2003

TRACK AND FIELD SECRETARYS REPORT

Firstly I would offer three votes of thanks. The first to the Scottish Vets Committee and especially, the Indoors sub-committee, for the superbly organised Indoor Championships at Kelvin Hall, in February. The second to ALL the athletes who represented British Masters Athletics so magnificently in San Sebastian at the European Indoors at all levels and claiming bucket loads of medals. Pity about the kit (not the main reason for lack of photos with the report – but the e-ways are full of those 'discussions'), but hopefully now settled. The final thanks to the chiropractors, both in Glasgow and San Sebastian, who continue to keep athletes 'up for it' and without whom the performances and medal tally would have been greatly reduced

OUTDOOR CHAMPIONSHIPS - DERBY

The Entry Form is in the magazine – please note, the 10000m is retained, but with adjustments to the normal timetable on the Sunday. The provisional timetable will be available by Easter, but the 10k will come with mandatory conditions.

WORLD CHAMPIONSHIPS – PUERTO RICO

Entries are now closed and I expect the British contingent to be reduced from that in Brisbane, due partly by cost, the expected conditions (temperature/humidity) but also the clash with school time (another matter we will continue to address). However can I ask all those going to P.R. to make themselves known to me and the medical team – I will know the names of those entered, but like San Sebastian, cannot put a name to every face. Become a fully involved member of the TEAM, like a raffle, you have entered so you are part of the affair. We are there for ALL of you, well, if you wear matching blue shorts (Refer earlier reports), but we do need to know who you are and where you are. **READING THE NOTICE BOARD IS ESSENTIAL** (Position of which will be outlined in the Athletes Handbook – can someone please show the page to Cliff the Quiff, who has an aversion to reading instructions, or even knowing who the T.M. is)

INTERLAND

This will mainly be of interest of those NOT going to P.R. We have been invited to a match in France – Le Touquet on 21st June 2003. This is provisional, as the Netherlands are unable to organise the fixture and France have stepped in. Any athletes interesting in competing for the British Team please send me an S.A.E. so I can forward fuller details when I receive them, together with selection procedures.

Other Championships can be found in the fixtures list and fuller entry details will be published in the July edition.

GENERAL MATTERS

I have, over the last few Months attended various Area Club Committee meetings and functions. Which has reinforced the need for a British (not English) National Calendar. For all Track and Field fixtures. This is To ensure that athletes have the possibility to compete in numerous Competitions. Dates for our Championships have to be adjusted to Suit the variation in dates for International championships, so dates For Area Club/Regional Championships Need to flexible. Conversations with various athletes at Recent competitions, has confirmed my Feelings that an athletes commission Needs to be formed to advise on the Affairs of each section of Track and Field – an ATHLETES FORUM. The Sections would be Sprints, Middle/Long Distance, Hurdles, Jumps, Throws/Weights and Combined Events. Each section would provide advice on all aspects of that discipline

as well as considering the continuing Upgrading of rules etc. and what should Be put forward or fought Against/reversed at the International General Assemblies. The Forum would also be a catalyst for the extension/improvement of BMAF Championships and BMAF assisted competitions (English Regional Championships?), as well as the Interland. So, I need you to volunteer to be part of that Forum, and we have already made a start with the Throws/Weights section, so what about the rest of you. I know a lot of you are coaching and officiating, as well as having family commitments, but I am not asking for endless hours of your time. The idea is that queries, proposals etc., are dealt with by e-mail, with get togethers for face to face discussions (maybe over a beer or a glass of wine) in Derby, Puerto Rico, Germany/New York (World Masters Indoors 2004) or wherever. Treat it as part of training; the odd extra hour here and there makes a difference. To start with, less frustration. Also part of Team Bonding. [Not as good as being 'out on the town' with the T.V.H. posse, but some of you have to make a start somewhere] Matters will only improve if you the athletes make yourself aware of the full picture and then stand up to be counted, we will never change the mindset without that. The question of Standards needs to be addressed, which we can attend to once, the new Records Officer is in place. The main issue being, as David Burton has rightly pointed out, what are they trying to achieve – apart from preventing medals being given to people for just turning up!!! [That alone will ensure my postman is kept busy] **So one final matter.** On reading this, it is already a month old and by the time the next issue hits your doormat, you will be four months behind affairs. How do you change that – LET ME HAVE YOUR E-MAIL ADDRESS? I know a lot of you have one; I get e-mails from members on a regular basis, who have never been in contact or registered before. So are you one of those, get e-volved. I know older members say they have no access to a computer etc., or are retired. Come on, you can do better than that. You enter, travel to and compete in Championships, and train on a regular basis – so the grey matter must be still active. Go to your local library or council offices, virtually all councils have computer and e-mail facilities and they can advise you on how to set up an e-mail address. However your best bet has got to be your children or grandchildren, all youngsters have access to computers in one way or another and will sort something out for you – so chat them up, pester them, show them you are not past it. You may still think of yourself as a Veteran, but we have chosen to be Masters, so master things. Make e-mail connection one of this years objectives. You are not a couched potato physically – so you need not be one mentally. See you at Sutton Park, Derby wherever, and have a good summer. But please remember. (Doogans' rules) it is mandatory to enjoy it, otherwise what is the point. Some of us can say, we were there when the W40's won the 4 x 200 by a est (did I get the spelling right Averil?), breaking the Championship Record by SEVEN seconds – guess who was second –

MASTERS ATHLETICS APRIL 2003-

YES. That's enjoyment. What's yours – it has to be, DOING IT.

Maurice [T.M. in P.R. – the scowling One, if you are not wearing matching Blue shorts]

LETTER

MASTERS OF WHAT?

When I hit the forty mark more than a quarter of a century ago, I became a Veteran and I am puzzled by the modern trend for older athletes to be referred to as Masters. My dictionary, which is admittedly also something of an antique, gives several definitions for the word, but there isn't anything that covers ancient men continuing to try to do things they should know better than to attempt at an advanced age.

I am not a member of the teaching profession or in charge of a ship or a university college and I don't play chess. My education fell short of gaining a Master's degree and I have never acted as a master of ceremonies or foxhounds. I do have a dog, but whether he regards me as his master is open to question, and my wife and family only seem to look upon me as the master of the house when it comes to paying bills. Master can also refer to a young boy and although I suppose this must have been my legal title once upon a time that was at the opposite end of the age spectrum and many years distant from where I now find myself.

There is also a definition of master that relates to the acquisition of skills or having a great ability in a certain area, such as the great artists who are referred to as 'The Masters', but my painting has been confined to decorating kitchens and bathrooms so I could never hope to be listed among their ranks. This meaning is used in various other sports, such as the Masters series in tennis and Masters championships in snooker and darts. One of golf's most prestigious tournaments is the US Masters at Augusta in Florida and there are also golfing events for young masters and junior masters. However in all these cases entry depends on ability and while this meaning of the word would be flattering if used in connection with my athletic prowess, I have never claimed to be a master of the running art. I am sure this will be readily confirmed by anyone who has ever seen me in action.

Where then has this new title come from? How is it creeping into our sport to muddle further the ageing minds of those it seeks to describe? Well I think the answer probably lies on the other side of the Atlantic, where a 'Veteran' means just one thing, namely a former member of the U.S. armed forces. There are Veterans' parades, associations, clubs, and conventions and those who died in the wars of the last century are remembered each year on November 11th with a national holiday known as 'Veterans' Day'. Against this background, it is quite understandable for the Americans not to refer to their older athletes as Veterans, but why do we have to follow suit over here? Confusion is only ever likely to arise when we compare records or meet up at World Championships and the majority of us will not be directly involved with either. It should also be remembered that under such circumstances those for whom English is the mother tongue could well be in a minority and in many European languages a derivative of master is the local word for 'champion'.

For those of us who grew up in the thirties and early forties, the phrase 'Master Race' does not conjure up visions of healthy competition between older athletes – anything but! At that time, Winston Churchill said that Britain and America were two great nations divided by a common language and in my opinion those divisions should be allowed to remain. All my friends and acquaintances understand what I mean when I refer to myself as a Veteran athlete and to my pastime as Veterans' athletics. I can see no reason to switch from a title that clearly describes what we are and what we do, to one that doesn't and having discussed this matter with several of my contemporaries, I know I am not alone in questioning the need for a change. Perhaps wider consultation should take place with those who actually do the running around, the walking around, the jumping around and the throwing things around and this must include the views of the Ladies. Having checked my dictionary's definitions of the feminine equivalent of 'Master', it isn't hard to guess what they would think.

KEN HAITH
CAMBRIDGE HARRIERS (V 65)

Male 2002 T&F lists are available from David Burton at 22 Chandlers Way Steyning W Sussex BN44 3NG. Cost £3-50 +A5sae (33p) & also male Top10 & Age Bests cost £3 +sae

OBITUARY

THE death of Ian Steedman at the end of 2002 leaves a huge gap in the Scottish veteran athletics scene, writes Denis Shepherd.

Ian was a skilled meeting convenor, having organised the British Veteran championships event amongst others, and was also an experienced announcer and a founder member of the Scottish Association of Track Statisticians. His knowledge of and passion for athletics, especially in the veteran sector, was legendary.

His own veteran career culminated in M65 100m hurdles gold and 300m hurdles silver at the 1993 world championships in Japan. That same season I had the honour of losing out to Ian at Grangemouth in the race to become the first ever Scottish open veteran track champion as he clocked 51.8 for the 300m hurdles in a race run concurrently with my event, the M40 400m hurdles.

"I heard you coming closer and just hoped I would keep ahead," he said to me afterwards - although knowing Ian I am sure he would have pulled out a little extra if necessary.

Ian, who would have been 75 in March, was born in New Zealand and came to Scotland in 1952 when he met his wife Betty, a fellow member of Edinburgh Athenians. They were married in 1954 - coincidentally on the day Landy and Bannister broke the 4-minute barrier in the Commonwealth Games in Canada - and two years later Ian started the Musselburgh-based Lewisville Spartans, this club now having changed its name several times to become Musselburgh & District AC.

A schoolteacher and later a lecturer in further education before retiring, Ian also represented Scottish Veterans on the British Veterans' Committee - but his family life meant even more to him. His sons Douglas and Kenneth now live in San Francisco and Hull respectively and Ian was very proud to see Lawrie, one of his

four grand-children, do well as an under-15 boy in Hull.

In the recent Scottish veterans' event in the Kelvin Hall, he would also have been proud to see Betty, also a keen competitor and a track referee, complete a hat trick of wins and also be awarded the Ireland Quaich for the best field performance.

Athletics, Ageing and Health

Dr Tony Crocker

I expect that like me you meet acquaintances, or even people on the train, who hear that you are still engaged in active athletics and who then say things like: "That's fabulous. If only I'd kept it up". Worst - for me - are the ones who murmur, "I think you are marvellous at your age". And that includes a lot of relatively young athletes!

Stereotypes get in our way. Us middle aged and older people shouldn't try to act like youngsters! Last summer my neighbours, in a fit of caring and kindness, suddenly rushed over to my garden to rescue me. Because I was in trouble? No!! Because my life was in danger? No! Because they'd seen me get it all wrong before and knew what would come next? No! ---However, some six or seven seconds before their lifeboat arrived I heard one of them shout. ---"That old man's climbing a tree again!" They chided me gently: "You shouldn't be doing things like that at your age!" How were they to know I still harbour an ambition to become Tarzan when I grow up?

Back to athletics. Enthusiastic responses from us, to people who say such things as "I wish I still ran - I used to be quite good at school"; rarely seem to bring newcomers into our sport. They all would like to be fitter. Indeed many researches show that concern over health is the primary reason why older people take up exercise. Shelly Rich and her colleagues, report that active older adults have very positive attitudes towards the benefits they believe exercise bestows - health, social interaction and tension release, are all regularly mentioned. Of importance though is that this is only reporting the responses of the committed. What about the non-exercisers? Well,

many of these would like to shed the odd stone or two; but competitive athletics? 'At my age?'

What is the evidence about, health and physical activity? Are 35 plus competitors wearing out faster than necessary? Do enough members of the medical world know how to differentiate between people who are exercising regularly *and intensely*, and those who are exercising gently because doctors think it will keep them alive longer? Does research tell us anything?

One problem that we immediately find is fear. Fear in research institutions. Measuring the ways in which our bodies react under intensive physical demands is rarely carried out. There is terror in the research community that any person doing something intensively, like running flat out, (attached to something like a heart rate monitor, or an oxygen uptake measuring instrument), will have a heart attack. Then there will be an enquiry, possible massive claims for compensation, closure of the unit etc. So they play it safe. Typically this means that in the laboratory they won't allow peoples' hearts to beat faster than about 70% of the estimate of what is the safe maximum the heart can manage. But what should that be? Taking the participant's age away from 220 makes a crude estimate. So in the case of a 40 year old the heart could beat at up to 180 per minute before the researchers would stop the exercise. A seventy year old would be stopped when his/her heart reached 150 beats per minute. Effectively if we applied that to competition that would put the kybosh on almost any veteran ever taking part in a sprinting event or sprint finish at the end of a race. Athletes taking part in explosive events like jumps and throws would also exhibit very brief peaks above this 'safe' level every time they reached the 'grunt point' in their event. Many health centres use this sort of rough formula when carrying out health checks. I believe that for fit athletes this formula is a potential source of error. Known risk is associated with exercise at high intensities - *if the participant is an average member of society*. Fit veteran athletes are not average members of society. In America nowadays one third of the adult population is sedentary, over one third is officially 'overweight'; roughly 25% are officially obese. Grossly overweight people are at a significantly increased risk of having a heart attack, if they put a sudden strain on their heart. These people are part of the general public and so form a large percentage of the research sample in

Studies which show-increased risk when exertion is high.

There are several modifications to the heart rate calculations. Tanaka's is reported in the American Journal of Cardiology. He suggests the 220 minus age formula underestimates the levels to which older fit people can safely go for heartbeat. He recommends using a formula, 208 minus 70% of age. So for the 40 year old the max stays at roughly the same - 180, but for the 70 year old the suggested limit rises to 160. It's a small move and doesn't meet the need for us athletes to know more about the physiology and risks, if any, faced by the very fit, explosive event veterans whose heart rates are likely to reach 200 in a tight competition. Or, for that matter, the longer distance runner under pressure at the end of a tough race.

There is good news associated with becoming involved in high levels of physical activity. Gunnar Erikson's Norwegian studies show that the high incidence of death being linked to very low levels of physical activity has been recently supplemented by researches, which show that taking up physical activity can reverse this. However, once again, because most knowledge about ageing and health is based on the general population, knowledge of average adult health tends to be what the doctors, nurses, physiotherapists, etc know about.

Patsy Westcott writing in Saga Magazine in December 2002 illustrates this with a caution from Dr Anne McArdle of Liverpool University's 'Research into Ageing Project'. It is for older people to take regular exercise...but, "avoid anything too strenuous. We have to remember, that Anne McArdle isn't writing for us. She is writing for the majority of people over the age of fifty. Talking to Anne makes it very clear that we need to emphasise her warning to anyone taking up athletics again after a long lay off. When older people take up exercise after many years of relative inactivity the likelihood of injuring muscles is high if too much effort is made in the early months. Muscles that have been unfit for years heal very slowly and sometimes fail to heal completely. Bringing people back into athletics carries responsibility. We shouldn't be too enthusiastic for more effort and higher performances too soon. Spend the first six months encouraging newcomers and returnees to enjoy getting back into fitness and the atmosphere of athletics.

Health and exercise research seems better when it comes to advising older citizens about how to get going in exercise. Here, frequently the approach is about developing habits of regular exercise, functional capacity, quality of life, and independence. One important negative comes from Barbara Resnick. She reports that 50% of older adults, who take up exercise, have dropped out by the end of six months. It's worth knowing why this is and so perhaps avoiding some of the pitfalls, when trying to persuade our friends, family and neighbours to join us in regular training for athletics. It's probably worth knowing the health advantages. Several general points stand out. Robert Mazzeo lists some of these in Sports Medicine. The evidence is overwhelming that regular exercise reduces, or prevents a number of health-associated declines that come with ageing. Older people are able to make considerable advances in their ability to adapt and respond to both endurance and strength training. Cardiovascular functions and muscle mass both decrease with ageing in the normal adult population. However, these can be somewhat reversed or dramatically slowed down by involvement in regular physical exercise. The risk of developing such as heart disease, osteoporosis and diabetes, are all reduced. Importantly, several psychological functions also improve: memory, alertness, and ability to learn new things, sleep patterns, avoidance of depression. Watanabe and his colleagues in Japan compared older people in three exercise programmes over a period of 12 weeks. One group was in low energy output exercise, one in moderate and one in high exercise expenditure. There was clear evidence that the greater the energy expenditure the greater the improvement in psychological well being.

Finishing on a personal note. I guess that I'm like many veteran athletes. I don't train in order to stay healthy. I train because I enjoy competition. If that also keeps me healthy then lucky old me. People drop out of activities they don't enjoy. So if you are bringing in friends, family, work colleagues, make sure some of it is enjoyable.

Motor References

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Patsy Wescott "The Test of time" Saga Magazine, December 2002, pages - 137 - 139

Veterans A.C. Cross Country Championships, Wimbledon, 18th January 2003.

PHIL GRISTWOOD, 43, who works for Glaxo Smith Kline in Welwyn, led all the way in the three-lap race that included a steep hill in each reports Alastair Aitken.
Ealing's Gristwood, whose wife Julia Gristwood was the second W40, only started running seriously a dozen years ago and ran a 2:25 marathon in 1994, put his recent good form down to his Tuesday group sessions under his adviser Ex-international Tony Simmons.

The remarkable feature of this year's Vets AC Championship was the high standard of the M50 runners who had no fewer than eight in the first twelve home. There was a battle for second place between Tony Harran, Bob Treadwell, Grenville Tuck and Steve Smythe that was only concluded in the last 100 metres when Smythe went into second place. Smythe, had come third in the Kent Veteran Cross Country Championship, which was his first ever individual Kent County medal that he had obtained since he began in 1971. He coaches the clear women's Vets AC winner Gill Johnson, 39, who was twentieth overall out of the seventy seven finishers and, followed up her win in the Brighton 10k that she ran in 35:59 in late November. Clare Wyngarde set a new W40 course record with 43:02 but she still finished behind Jane Georghou who won the over 50 title and has the over 45 course record to her credit. Three men who have had serious set backs recently were all running again and did well. Keith Spacie (67) who had won all the major over 65 cross-country titles in the United Kingdom when he was a 65 year old had a cartilage operation in April. That he feels is still not quite right but he was a runaway victor in his category. Bingley guest Neil Robson, who won the BVAF M50' 10mile title on the road in 2000 was the second over 50 to finish at Wimbledon but has had arthritis in his hip since late 2001; then there was the over 70 winner Derek Thomas (72), the ex-Walthamstow Avenue footballer of the 1950's, who had a heart scare in the Summer and a prostrate problem and yet he topped the over 70's times in the 800m last year!

MASTERS ATHLETICS APRIL 2003-CLUB NEWS

1 W Gristwood (ESM,M40) 32:18; 2 S Smythe (Dul,M40) 32:55; 3 R Treadwell (RSB:M50) 32:57; 4 T Harran (Herne Hill, M40) 33:06; 5 G Tuck (HW, M50) 33:12; 6 K Daniel (Blackheath H) 33:29; 7 I Emery (WSEH, M50) 34:24; 8 G Crispie (SoC, M40) 34:42; 9 P Kennedy (WSEH,M50) 34:48; 10 M Mann (Dul M50) 35:03; 11 S Littlewood (HW, M50) 35:18; 12 M Elsmore (Camb H, M50) 35:37; 13 J Wallace (Wimb W, M45) 35:39; 14 K Fennelly (Vets AC, M45) 35:43. M55 1 A Mathews (Burn J) 35:59; 2 G Bradbury (HW) 38:58; 3 R Graham (WSEH) 39:05;

M60 T Kimber (Barn) 41:26; 2 J Garber (Barn) 44:42; 3 D Brooks (Thurr) 47:15.

M65 1 K Spacie (THH) 40:00; A Howard (Ranelagh) 40:49; 3 F Gander (Belgrave) 43:46; M70 1 D Thomas (Camb H) 48:33; 2 W Clapham (Blackheath H) 50:03

Women 1 J Johnson (Dulw, W35) 36:48; 2 J Georgiou (Farn J, W50) 38:58; 3 R Tabor (Dulw, W50) 39:52; 4 J Taylor (Wimb W, W45) 40:14; 5 C Brighton (Burn J, W45) 40:21; 6 P Bongers (Holl Sports, W50) 41:28; 7 C Wyngarde (Dul, W40) 43:02; 8 M Moody (Vets AC, W50) 43:13; 9 J Gristwood (ESM, W40) 44:32; 10 H Emery (WSEH; W 50) 45:07; W55 1 J Grant (South London H) 54:34.

SOUTH WEST V.A.C

The SWVAC track and field championships (including 1hr track run) will be held on Sun June 15th at Exeter arena.

Entry forms can be obtained from Ken Ballam, 7 Sandford Court, 32 Belle Vue Rd., Bournemouth BH6 3DR tel 01202-429137.

The SWVAC Track and field seminar. Theory and practical advice and coaching for veterans. Will be held on Sat 24th May, at the Yate track.

The event will run from 11am till 5pm. The fee is £10 to Dr Julian Kennedy, 133 Beaufort Rd., Bournemouth BH6 5AX.

Joe Phillips

It is with great sadness that we announce the death of Joe Phillips at

the age of 68. He passed away at his home on Sunday January 12th after apparently suffering a heart attack.

Joe, who was a member of South West Vets, Southern Vets and Wessex and Bath AC, has been a leading javelin thrower for many years. He is the current British M60 and M65 javelin record holder and reigning BVAF M65 champion. He also won a silver medal at the WAVA Championships in Brisbane in 2001. He will be greatly missed by all in British masters athletics.

V. A. A. - NORTH EAST. CROSS COUNTRY CHAMPIONSHIPS **Sat. 8th February 2003**

Darlington;

Race 1; 5km. Results

W.35-1. D. James Elvet Striders 20.17; 2. C. Ratcliff Durham City 20.44; 3. K. Bentley Birtley 21.58;
W.40-1. S. White Tynedale 21.38; 2. S. Milburn Newton Aycliffe 21.50; 3. L. Marr Tynedale 22.14;
4. D. Elliott Chester-le-Str 22.26;
5. A. Nott Heaton 23.35;
W.45 S. Allen Hough & Pet'lee 19.59; 2. M. Greenall Newton Aycliffe 29.07
W.50-1. L. Woods New Marske 23.27;
W.55-1. V. Hancock Durham City 23.19;
W.60-1. C. Lee Gosfort 23.51;
2. K. Stewart North Sh. Poly 25.37;
3. J. Bell Blackhill Bound 25.38;
4. I. Conaghan New Marske 26.52;
M.70-1. E. Appleby Heaton 23.02;
2. W. McNeill Durham City 25.53;
3. H. Crave Heaton 31.00;
M.75-1 J. Caddy Middlesbrough 29.48; **M.80** J. Johnston Coquetdale 36.12;
Race 2 10km.
M.40-1. B. Rushworth Sunderland 34.11; 2. P. Merrison Wallsend 34.21;
3. I. Crampton Durham City 34.49;
4. R. Rush Sunderland 36.07;
5. T. Hardman Elvet Striders 36.37;
6. G. Harde Sunderland 36.43;
7. P. Milburn Newton Aycliff 38.17;
8. M. Brunskill Hart. Burn Rd 38.29;
9. M. Baker Wallsend 38.34; 10. C. Guy Wallsend 38.45; 11. M. Telford Wallsend 40.32; 12. G. Shield Durham City 41.34;
M.45-1. G. Forster Sunderland 35.11;
2. A. Dent Blaydon 35.26;
3. T. Livingston New Marske 35.59;
4. K. Mackey South Shields 36.52;

5. T. McPhail Wallsend 36.56;
6. J. Dickinson Tynedale 37.07;
7. D. Anderson Wallsend 37.20;
8. N. Cassidy Tynedale 37.27;
9. M. Ingram Crook 37.50;
10. P. Walton N.E.V.A.C 38.05;
11. R. Pollard Middlesbrough 38.55;
12. T. Dunn South Shields 39.02;
13. P. Carter Crook 39.21;
14. G. Pemberton N.E.V.A.C 40.15;
15. M. Bennett Elvet Striders 40.17;
16. C. Gibson Newton Aycliffe 40.47
17. J. Hutchinson Elvet Striders 43.55; 18. A. Mullis Heaton 44.57;
19. J. McLeod Wallsend 50.56;
M.50-1. A. Jenkins Morpeth 36.16;
2. V. Tindle Sunderland 37.48;
3. J. Dennis Crook 38.00;
4. E. Maddison Sunderland 39.33;
5. R. Murray Wallsend 42.45;
6. A. Richardson Wallsend 42.56;
7. K. Greenall Newton Aycliffe 44.27; 8. G. Steanson N.E.V.A.C 44.37; 9. P. Gibso Elvet Striders 46.04; 10. D. Tait Saltwell 60.36;
M.55-1. L. Christopher Sunderland 38.41; 2. J. Robinson Rich. & Zet 39.04; 3. A. Ward Morpeth 42.30;
4. G. Routledge Heaton 58.41;
M.60
1. T. O'Gara Wallsend 40.22;
2. R. Wilson Sunderland 41.54;
3. E. Whittaker Blackhill Bound 45.48; 4. R. Stewart North Sh. Poly 48.57; 5. A. Purdham Crook 50.34;
6. A. Purvis Elvet Striders 53.41;
M.65-1. W. Ryder Morpeth 40.59;
2. B. Cordes Morpeth 43.07;
3. R. Pinkney South Shields 43.56;
4. I. Barnes Darlington 44.40;
5. J. Conaghan Heaton 46.32;
6. R. Checkley Heaton 52.10;

M.V.A.C

REPORT FROM THE CHAIR- 2003.

As I write this report for the last year I am conscious of the great soul searching which has gone on in the Club since British Masters took their new name at the AGM at Watford in July.

MVAC was well represented at this meeting and our members were able to give their views and listen to the arguments both for and against a change of name. It was interesting to see some of our 'younger' members present and hear their opinions. In the event the meeting decided that the change to Masters would benefit the

National movement with a large majority voting for the change.

British Masters Athletic Federation is just that. A coming together of like minded Clubs with a common aim, to further the ideals of the older athlete in sport. We as Midland Veterans play a leading role in the work of the Federation but are proud of our autonomy. When your General Committee met in August it was decided that the Club would ask your views on a preferred title. The result of that vote was inconclusive. Out of a membership of 825 we had 238 returns. 102 voted to stay as Veterans, 130 to change to Masters and there were 6 spoiled papers.

As we require a clear two thirds majority to implement any change Midlands Veterans Athletic Club members have made their choice to retain their proud name.

However, this debate has highlighted the need for us to become more interactive with the feelings of our membership as a whole. Each year we are joined by new members fresh from the ranks of senior athletics, we welcome their presence but are we catering for their needs? The last thing that we need is to be regarded as unsympathetic dinosaurs, fossils stuck in the past, grumbling old codgers. We need new blood on our Committee, perhaps a new Chair, and new ideas. We have a significant number of members looking for a change, please come to our AGM at Tamworth and give us your views and ideas and perhaps come and join us in developing MVAC further into the second millennium. Prove that the title Veteran in the British sense represents those who have experience and wisdom on their side and who are still able to put these into practice proficiently. Does this sound like you?

Before closing I must thank all the members of the Committee who have been so supportive this year. Eric Horwill our President for his official presence at our events, our Team Managers and Secretaries for all their hard work. Officials and organising Clubs without whom we could not function, the Newsletter Team for keeping us in touch with activities throughout the year and of course all the athletes who have supported our events.

Congratulations to Brian Owen on his appointment as Editor of "Masters Athletics", and to Margaret and Colin on their Golden Wedding Anniversary, may they have many more happy years together - Colin will always be Number One in her book.

Irene Nicholls, Chair MVAC



Margaret and Colin Simpson

MIDLAND VETERANS A.C. XC CHAMPIONSHIPS, 19 th January 2003

MEN (10k)-1 A Wilton (Staffs M-M40) 32:08; 2 P Levell (Bir-M40) 34:39; 3 S Jennings (Notts-M45) 35:14; 4 P Carbutt (B&R -M50) 35:19; 5 R Hailey (Tel-M45) 35:29; 6 M Eustace (Tip-M40) 35:42; 7 A Hetherington (R&N-M40) 35:47; 8 M Walton (B-Row-M45) 35:48; 9 P Plant (Tel-M40) 35:54; 10 S Riley (Leam-M40) 35:56; 11 R Gray (B-Row-M40) 36:11; 12 R Stanier (Tip-M45) 36:23; 13 S Geggie (Hales-M40) 36:29; 14 G Farmer (Chase-M50) 36:41; 15 T Wood (Tip-M40) 36:46; 16 K Brailsford (Der-M50) 36:48; 17 A Smith (Tel-M40) 36:54; 18 P Williams (Staffs M-M50) 37:01; 19 P Llewellyn (B-Row-M55) 37:08; 20 S Jones (Tel-M40) 37:14; 21 N Timms (Saracens-M40) 37:15; 22 S Loundes (Chase-M45) 37:21; 23 G Cox (Tip-M45) 37:24; 24 R Elliott (Kenil-M50) 37:27; 25 B Wareing (Spark-M50) 37:33; 26 G Patton (Mass F-M60) 37:47; 27 M Ford (Chelt-M55) 37:52; 28 P Hurcombe (B-Row-M40) 38:06; 29 N Bassett (Staffs M-M40) 38:18; 30 S Parkes (Mass F-M45) 38:23; 31 D Martin (MVAC-M50) 38:31; 32 J Hassall (Tel-M55) 38:40; 33 I Redford (Mass F-M45) 38:49; 34 B Axford (R&N-M45) 38:56; 35 G Aston (Worc-M50) 39:08; 36 J Heywood (Hun-M55) 39:18; 37 P Cross (Tel-M50) 39:30; 38 M Salter (Notts-M40) 39:36; 39 S Colbourne (R&N-M45) 39:42; 40 R Britton (Staffs M-M50) 40:01; 41 B Russell (Tip-M55) 40:11; 42 J Hill (MVAC-M50) 40:27; 43 N Nealon (Hun-M40) 42:03; 44 T Williams (Tip-M55) 42:14; 45 J Lane (unatt-M55) 42:32; 46 A Elliott (Bir-M60) 42:33; 47 M Ludford (B-Row-M45) 42:38; 48 T Howarth (Mass F-M45) 42:56; 49 M Smith (Mass F-M50) 43:12; 50 S Tattersall (Der-M50) 43:35; 51 D Lyons (Mass F-M65) 44:02; 52 G Latham (Trent-M60) 44:18; 53 A Grice (Tip-M50) 44:91; 54 J Haden (Tip-M50) 44:29; 55 A Ippie (Bridg-M40) 44:42; 56 G Oliver (100k-M65) 45:05; 57 G Kidman (Spark-M60) 45:19; 58 A Ogilby (Mass F-M60) 45:25; 59 G Jones (Worc-M55) 45:49; 60 T Jukes (Trent-M60) 46:48; 61 M Butterly (Der-M60) 47:28; 62 R Bunn (Hales-M60) 47:37; 63 D Calder (unatt-M50) 48:25; 64 M Knight (Der-M60) 49:56; 65 B Aston (Hales-M65) 50:35; 66 B Kyd (RSC-M65) 53:02; 67 A Gilmour (MVAC-

M60) 53:13; 68 D Phillips (Mass F-M55) 56:57; 69 J Clulee (B-Row-M55) 64:56;

WOMEN & M70 + (5k)- 1 J BurJ Burke (Der-W40) 21:14; 2 J Pidgeon (Notts-W35) 21:30; 3 S Tawney (Leam-W40) 22:00; 4 W ray (Ilkes-W40) 22:05; 5 V Carter (RSC-W35) 22:11; 6 L Carmichael (NVH-W35) 22:42; 7 L White (Cov-W50) 22:55; 8 D Fellows (C&S-W55) 22:59; 9 J Jackson (Der-W45) 23:28; 10 J Clarke (W Brom-W45) 23:40; 11 C Lawson (Der-W35) 24:28; 12 D Howarth (Leigh-M70) 24:35; 13 P Morris (S&SH-M70) 24:45; 14 B Parkinson (R&N-W55) 24:54; 15 E

parsons (R&N-W50) 25:17; 16 J Poole (Ilkes-W40) 25:29; 17 C Jones (FOD-W45) 26:05; 18 J Bryan (C&S-W60) 26:54; 19 C Simpson (S&SH-M70) 28:33; 20 T Wyer (RSC-M70) 29:04; 21 R Smith (Worc-M70) 30:08; 22 C Cox (Tip-W45) 30:32; 23 J Quantrell (MVAC-M75) 35:00; 24 J Haden (Tip-M75) 40:14; 25 W Mottram (WBrom-M70) 45:09; Teams (M40) 1. Telford : 2. Tipton; 3. Birmingham Rowheath; M50 - 1. Tipton; 2. Derby ; M60-Massey Ferguson; Women-Derby.

Welsh Veterans Cross country
Championships - 8th Dec
2002

The 2002/3 championships were held in Singleton Park, Swansea on Sunday December 8th in conjunction with the Welsh Inter-Regional championships.

Conditions were surprisingly good - fine and dry, if a little cold and fairly firm underfoot. The courses were slightly modified from those previously used, going south and west of the Botanical Gardens and were probably slightly under the stated distances.

The male and female races incorporated the AAW /VVAA championships as well as the inter-region representative competition. Some members of regional teams did not enter the championship whilst some championship athletes were not eligible for or not selected by the regions. Both regional and championship races included team events but in the championship athletes could opt for "younger" club teams without affecting their individual eligibility. Moreover, individual championships were in five-year bands whilst inter-region and all team events were in ten-year groupings.

Whilst the numerous competitions helped raise the standard it did make the post-race compilation of results: especially that of club teams a complex and lengthy exercise. Moreover, the fact that the accompanying senior races were part of the AAW Winter Grand Prix series meant that Louise Copp and Barbara Harries, both Cardiff, and Martin Rees, Gareth Davies and Shaun Tobin, all Swansea, opted for the alternative races. Not only did they forgo individual honours but also their decision was to the severe detriment of their clubs in the team competition.

The individual race winners were two of the athletes who had travelled furthest to compete - Cath Wheeler from Overton in the Women's and Bernie Jones (Wrexham), now living in Cheshire, in the Men's race.

MASTERS ATHLETICS APRIL 2003-WELSH MASTERS CLUB NEWS

With home advantage Swansea Harriers won the Women's team event but were edged out by Bridgend AC in the Men's. Ironically this was mainly due to ex-Swansea athlete Andy Eynon. He was a surprise second placer, and had only just been "cleared" to represent his new club. David Wilson-Evans in fourth place for Swansea was ruled ineligible to count for them in the team championship due to having run for England in the master's international a fortnight earlier.

Yet again, the Amman Valley club outperformed its larger rivals by closing in teams in all four age categories and collecting one set of silver medals and two sets of bronze.

Senior Women 5.6 Km

1 Louise Copp (W35 19-06; 2 Rachel Goddard 19-18; 3 Sam Bretherick 19-38
4 Nicola Knapp 20-07; 5 Sam Gray 20-23; 6 Sian Pritchard 20-40; 7. Rebecca Evans 20-43; 8 Georgina Parnell 20-47; 9 Sharon Griffiths 20-50; 10 Barbara Harries (W40) 20-54;

Senior Men 11.2Km

1 Andreas Jones 33-31; 2 Mark Jennings 34-29; 3 D Martin Rees (M45) 34-38; 4 Matthew Collins 34-44; 5 Gareth Davies (M40) 34-54; 6 Shaun Tobin (M40) 35-18;

The male and female Veteran races incorporated the AAW/WVAA Championships as well as the inter-region representative competition. Some members of inter-region teams did not enter the championship whilst some championship athletes were not eligible for or not selected by the regions. Both regional and championship races included team events but in the championship athletes could opt for "younger" club team without affecting their individual eligibility. Moreover, individual championship in five-year age bands whilst inter-region and all team events were in ten-year bands.

Female Veterans 5.6Km
(included M70 Men)

1 Cath Wheeler -/Overton H W40 20-25; 2 Ann Nixon E/F of Dean W45 20-38; 3 Ann Evans S/Pontypridd R W45 20-45; 4 Diane Spencer W/Swansea H W40 21-12; 5 Fiona

Davies S/Bridgend AC W45 21-16; 6 Janet Williams N/Orion H W40 21-56; 7 Ceri Brambley Tucker W/Neath H W35 22-02; 8 Debbie Brambley W/Neath H W35 22-08; 9 Yvonne Bullen S/Les Croupiers W35 22-10; 10 Edwina Turner S/Les Croupiers W45 22-13; 11 Dawn Kenwright W/Sarn Helen ORC W45 22-17; 12 Wendy Huggins W/Swansea H W45 22-22; 13 Maureen Emmett -/C of Salisbury W45 22-33; 14 Ann Saxena E/Newport H W45 22-44; 15 Lorna Shaw E/---W35 23-10; 16 Anna Cambule W/Swansea H W35 23-11; 17 Frances M Williams S/Cardiff AAC W45 23-14; 18 Wendy Edwards S/Cardiff AAC W40 23-56; 19 Kath Bradbury W/Amman V W40 24-02; 20 Lynne Park E/---W35 24-04; 21 Karen Potter E/---W35 24-25; 22 Sue Neal S/Les Croupiers W50 24-58; 23 Pauline Thomas W/TROTS W60 25-09; 24 Margaret Monk E/Club69 W50 25-15; 25 Joanne Laity S/---W35 25-19; 26 Shelagh Adkins E/Cardiff AAC W55 25-31; 27 Maggie Oliver N/Eryri H W50 25-53; 28 *Doug Morris Oswestry OAC M70* 25-53*; 29 Anna Parry W/Amman V W45 26-10; 30 Anita James W/Amman V W40 27-57; 31 Brenda Jones N/Bro Dysinni W60 28-06; 32 Josie Grindulis S/Les Croupiers W40 28-21; 33 Lyn Brown W/Amman V W35 28-23; 34 Marjorie Griffiths N/---W45 28-27; 35 Olga Bizby W/Amman V W45 28-30; 36 Susan Thomas W/---W45 28-32; 37 Frances E Williams S/Cardiff AAC W35 28-39; 38 Claire Johnson S/Les Croupiers W55 29-00; 39 *J Hubert Daniels Swansea HAC M70* 29-30; 40 Ruth Harrison W/---W45 29-39; 41 Anne Thomas W/Amman V W45 30-03; 42 Ann Mogford /Amman V W35 30-27; 43 Jill Yorke E/Lliswerry W55 31-08; 44 Rosemary Fitzgerald W/Amman V W55 31-21; 45 Phillipa Reilly E/Newport H W35 31-54;

Teams

W35 1 West (1 3 4 7 9) 24; 2 South (5 8 12 14 16) 55; 3 East (6 10 11 18) 45 (4); 4 North (2) 2 (1)

W45

1 South (2 3 4 8 9) 26; 2 West (5 6 10 14 17) 52; 3 East (1 7 11 12 22) 53; 4 North (13 15 16) 44 (3);

Club W35

1 Swansea H (1 6 7) 14; 2 Cardiff AAC (8 9 12) 29; 3 Amman Valley H (10 13 15) 37;

Club W45

1 Les Croupiers (3 7 14) 27; 2 Amman Valley H (11 13 15) 41;

Male Veterans 11.2Km

1 Bernie Jones N/Wrexham M40 31-41; 2 Andy Eynon -/Bridgend M40 31-46; 3 Richie Bullen S/Les Croup M40 31-56; 4 David W-Evans W/Swansea M45 32-15; 5 John Foster E/Lliswerry M40 32-52; 6 Stephen Davies N/Mansfield M40 32-57; 7 Phil Crane E/Neath M40 33-01; 8 Jeremy Collins W/Swansea M50 33-01; 9 Adrian Woods E/Bridgend M40 33-06; 10 Phil Kendrick E/Spa-Tans M40 33-12; 11 Paul Smith E/Les Croup M45 33-30; 12. Peter Osborne W/Swansea M40 33-42; 13 Martin Webborn -/Swansea M40 33-53; 14 Dmitri Vorres E/---M40 33-58; 15 Dic Evans W/Cardiff M55 34-08; 16 Richard V Jones -/Swansea M40 34-06; 17 David N Davies E/Spa-Tans M45 34-11; 18 D Huw Roberts -/Bridgend M45 34-14; 19 Dave Powell E/Les Croup M50 34-18; 20 Kevin Taylor W/Amman V M40 34-22; 21 Aaron Jones W/Swansea M45 34-27; 22 Nigel Webb S/Les Croup M40 34-29; 23 Jeff Rees W/Neath M45 34-33; 24 Kevin Lewis W/Swansea M40 34-38; 25 Alan Kerr S/Bridgend M45 34-45; 26 Mark Williams E/Griffithstown M40 34-52; 27 Barry Johnson S/Les Croup M50 34-53; 28

Richard Marks W/Sarn Helen M50 34-59; 29 Haydn Jones N/---M40 35-02; 30 Kevin Wilkinson S/San Domenico M50 35-04; 31 Bob Bamsey W/Neath M45 35-07; 32 Dai Roberts W/---M40 35-25; 33 Gareth Protheroe E/Brecon M50 34-47; 34 Howard Carpenter W/Neath M45 34-55; 35 Emyr Davies N/Eryri M60 36-00; 36 John Griffiths W/Sarn Helen M50 36-02; 37 Keith Powell W/Cornelly M50 36-04; 38 Gary Thomas W/Amman V M40 36-17; 39 Peter King E/Presteigne M55 36-26; 40 Rob Hackett -/Neath M45 36-30; 41 Jon Embling -/Bridgend M45 36-34; 42 Mark Davies E/---M40 36-41; 43 Dickie Bowen W/Neath M55 36-44; 44 Paul Allen -/Halesowen M55 36-49; 45 Arthur Egan N/Wrexham M55 36-52; 46 Les Chapman W/Amman V M50 36-58; 47 Stuart Davidson S/Bridgend M50 37-11; 48 Paul Day E/Newport M50 37-23; 49 David Bainton E/Abertillery M50 37-25; 50 Colin Bradley E/Lliswerry M45 37-30; 51. Graham Shone N/---M50 37-33; 52. Philip Miles E/---M50 37-40; 53. Alan Perkins W/Port Talbot M50 37-56; 54. Kelvin Sullivan S/Les Croup M40 38-00; 55. Ken Parry -/Thrill Gm M60 38-13; 56 Harford Evans W/Amman V M50 38-15; 57 John Plain S/Les Croup M50 38-32; 58 John Cobb /Windsor SEH M45 38-36; 59 Phil Morris /Unattached M40 38-57; 60. Ian Morris /TROTS M40 38-58; 61. John H Collins -/Swansea M65 39-01; 62 Lyn Rees W/Sarn H M50 39-14; 63 David A Jones N/---M50 39-20; 64 Rob Fowler W/Amman V M55 39-26; 65 Tony Liggins /Thrill Gm M45 39-31; 66 Clive Cooksey E/Club 69 M60 39-35; 67 Richard O'Brien /Thames H & HM50 39-47; 68 Dave Bright -/Les Croup M45 39-53; 69 Michael Davies S/Les Croup M50 39-57; 70 R Collier Unattached M45 40-03; 71 T Peter Morris S/Les Croup M55 40-07; 72 Alan R James N/Wrexham M55 40-21; 73 Keith Paterson S/Pegasus M50 40-31; 74 Simon Partridge Neath M50 40-37; 75 Tony Burt /Cornelly M60 41-03; 76 Huntie Monk E/Club69 M50 41-10; 77 Gerald Bunt S/---M50 41-15; 78 D Lynn Hughes -/Bridgend M60 41-35; 79 B Mogford /Amman V M40 42-18; 80 Emyr Joseph -/3Ms M40 42-46; 81 David A Williams N/Wrexham M50 43-06; 82 Jim O'Brien -/Port Talbot M60 42-26; 83 John Davies -/Port Talbot M50 43-36; 84 Colin Anthony -/Port Talbot M55 44-33; 85 Glynne Davies /Swansea M55 44-40; 86 Alan S Smith -/3Ms M65 44-46; 87 Cled Jones -/Les Croups M60 45-18; 88 Dave Rosser /Amman V M65 45-39;

Teams Inter-region

M40

1 East (4 56 7 8 9) 34; 2 West (3 10 15 16 18) 62; 3 South (2 17 20 29) 68; 4 North (1 5 22) 28 (3)

M50

1 West (1 2 5 9 10) 27; 2 East (3 7 11 16 17) 54; 3 South (4 6 15 21 26) 72; 4 North (1 13 18 22 28) 84

Club Teams

M40

1 Bridgend AC (2 7 15 21) 45; 2 Swansea H (10 11 13 17) 51; 3 Les Croupiers (3 9 18 34) 64; 4 Neath H (6 19 23 24) 72; 5 Amman Valley (16 25 35 37) 113;

M50

1 Les Croupiers (3 4 21) 28; 2 Sarn Helen RC (5 9 23) 37; 3 Amman Valley (14 20 24) 58; 4 Swansea H (1 22 40) 63; 5 Wrexham AC (12 29 36) 78; 6 Bridgend AC (15 31 34) 81; 7 Port Talbot H (18 37 38) 93

I have been advised of the sad death of Bob Brierley a M65 World Veterans Marathon Champion, Glyn Williams a coal miner turned successful

Marathon Athlete who departed this earth within a week of each other.

Alistair Wood, another Ultra distance star died Aged only 69.

COLIN FAIRLEY

Colin was one of our oldest and longest serving members, died on the 16th February aged 85.

DONATIONS

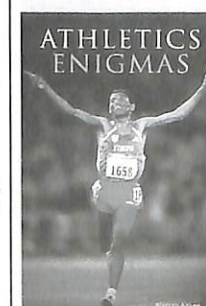
May we thank Tony Rawlinson for his kind donation, and wish him all the best for 2003. Donations have also been received from: J .Abell, B Holden, A Sowden & Ena Ulrich, who are all thanked for their generosity.

ATHLETICS ENIGMAS by Alastair Aitken

An updated second print available Middle of April 2003

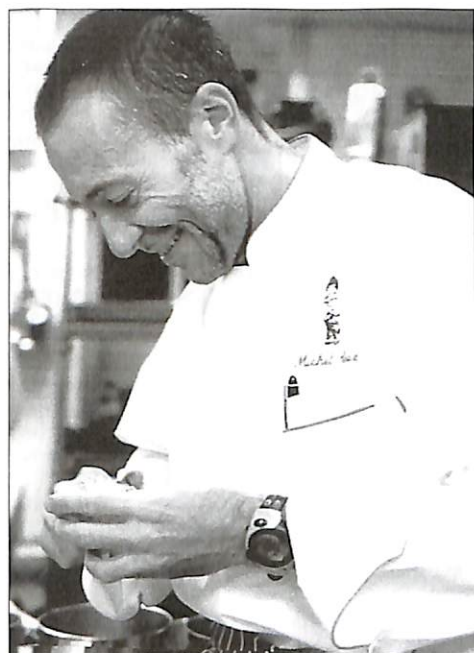
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The Marathon Chef



Michel Roux is the owner and Chef de Cuisine of La Gavroche, one of only two London restaurants to earn three stars in The Michelin Guide. He is also an author and keen marathon runner. As a celebrity chef he took over from his father some ten years ago. At that time he was a heavy smoker and had just become the father of his first child – Emily. It was difficult to sleep at nights and migraines tormented his days. Deciding to give up smoking was easy. So was putting on 26 pounds in the next three months. Something had to be done.

He had always loved running and remembered school cross-country races with nostalgic affection. It was time to get back into shorts. Regular running in the local park led to a new ambition. To take part in the London Marathon. Three years later he made it. In the very credible time of three hours twenty-seven minutes. AND he went back to work the next day!

Michel was hooked. But he was also hooked on good food. Running dispelled the migraines and the extra blubber. He slept like a baby. It hadn't been difficult to drop drinking spirits. But running made him hungry. Loving good food and being faced with the common option of a diet of dreary low fat meals wasn't for him. He decided he wasn't giving up high quality, enjoyable, real foods. Eating a bit less was one obvious answer. He argues that enjoying good food and good wine isn't snobbish. But strongly advises against buying the cheap ingredients. Go for quality.

His latest book "The Marathon Chef – food for getting fit" is one of the first chances to get our hands on a first rate cook book that is written by an expert chef with inside knowledge about the needs of runners. Illustrated with pictures of Michel in various training situations and

portraits of fabulous looking food this is a book for enjoyable reading just as much as for recipes, which are worth trying.

He provides several warnings. Out go ready meals – full of undesirable additives, dump the cheap cakes and cheap confectionery. Don't over prepare raw foods that don't need preparation. "If it tastes good raw – leave it alone". One piece of advice he offers several times – "Don't forget that water is the perfect thirst quencher." Beer, tea and coffee aren't good substitutes for water. They all contain diuretics and these all work to dry you out. If you are eating out in restaurants avoid items on the menu with words like 'braised', 'stew', 'cream' in the description.

Then the positive advice; keep up the carbohydrates, these convert into the glycogen (a simple body sugar). We use this sugar during exercise. Go for whole grain cereals, flours, breads; brown rice, potatoes, pulses, beans, and root vegetables. But don't 'pig out' on any of these the night before a race. It doesn't work! Protein enables body growth and repair, so eat/drink fruit juices, nuts, seafood, beans, pumpkin seeds, and butter. These also provide essentials traces of zinc, copper, vitamin E, and vitamin C. Finally he points out that we don't need to avoid eating fat if we lead an active life. Marathon runners need 30% of their diet to be fat. Cheese is high on fats. Enjoy them.

By page 18 Michel moves into information about carbohydrates with high, medium and low rates for being digested (and so turned into energy we can use) plus lists of foods in these categories. Advice about food the night before, during, and after the race ("Avoid the grilled steaks and oysters offered at the feeding stations in the Paris Marathon"). A week's training menus and a list of attractive marathons complete the early part of the book.

Succeeding chapters are divided into such as Breakfasts, Soups and Starters, Main Courses, Deserts, Breads, Pastas. All with the runner in mind.

But what about the cooks who buy this book? Well, my brother gave me my first cookery book for Christmas some 50 years ago. He was relieved to find I was working for the Scout's 'Master Cook' badge rather than "going funny". Several years later my wife, (new, young and rapidly becoming less trusting of her genius husband), bought her first cookbook in self-defence. Since then we have bought dozens and enjoy playing with new recipes. We aren't experts but we do enjoy our food. I like this new one by Michel because it is readable; it's focussed on the needs of athletes; because it gave me back cheese in my diet; because the recipes are different. We've been able to sit together at home saying 'Ooh, that sounds good', and the ones we've tried so far have all tasted terrific.

Try this easy starter. Or like us, follow the quantities suggested for four people and have it

for supper for two. Be a bit generous with the quantities of squash, and peeled shrimps if it's to be a main meal. Don't forget some new, warm, crusty bread. The recipe recommends pumpkin seed biscuits – if you can find these. Michel says it's OK to have real butter and wine too. That's good enough for me.

Squash and Shrimp Soup with Nutmeg. (Serves four) About 175 grams of squash (about 10 ozs).

Ingredients

4 shallots,

1 litre of chicken stock or vegetable stock

#(Warning. Make this a teaspoonful at most.

It'll be terribly greasy otherwise)

200 grams of peeled shrimps (about 11 ozs)

Salt, pepper, nutmeg.

Olive oil.

Method

Remove the squash skin and cut into.

Small pieces.

Peel and chop the shallots

Cook vegetables gently in the olive oil.

Season with salt, pepper and nutmeg.

Add the stock; bring to boil Simmer for 20

Minutes, add the shrimps just before serving.

Bring back to the boil and eat.

#I've also used fish stock; it's good. Watch out for packaged stock granules with high levels of salt content.

Wine suggestions with shrimp meals from Fiona Beckett's "Eating and Drinking": Dry English whites, German Kabinett Riesling or Chablis.

Think of those tumbling vet records!

"Enjoy". As they say.

Review-Tony Crocker Feb 2003

Photo - Tara Fisher

"The Marathon Chef: Food for Getting Fit"

Author: Michel Roux

Published by: Weidenfeld & Nicholson Jan 2003. ISBN 0 297 84309 5

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MASTERS ATHLETICS APRIL 2003-EUROPEAN INDOOR CHAMPIONSHIPS

EUROPEAN INDOOR CHAMPIONSHIPS

Report from San Sebastian Pete Mulholland

It may have been San Sebastian but it certainly wasn't sans medals as the British team came away with 106 of them of which 51 were the colour of gold. In addition quite a few Britons found themselves coming away with championship bests plus a few as European record holders but Esther Linaker topped them all with a world record to boot. As well as breaking the nine-second barrier for 60m on her way for her world shattering W60 record Linaker also captured a championship best over 200m before adding a third gold in the relay.

Two Britons made it three times to the top of the rostrum as individuals as W60 Pat Gallagher simply outclassed the opposition in the 800m, 1500m and the 3000m and W65 Evaun Williams even surprising herself to take the 60m and the long jump alongside her speciality of the shot.

"I hardly ever sprint," admitted Williams, "and as for the long jump that was my first competition for years."

It was a close run thing however for Gallagher who arrived at the venue in what she thought was good time to find that the race had been brought forward. "It was due off in 15 minutes and didn't think they would let me compete.

As well as Gallagher the distance and middle distance women enjoyed an abundance of success with doubles all round being the order of the week.

New 'kid' out of the blocks, W35 Linda Jackson with her easy on the eye style 'sauntered' around the track to take both the 800m and 1500m both as championship bests and such was the manner of her victories there will surely be many more to come. Now at a level that saw her place fourth in the 'Southern' senior cross-country. Jackson only stated running some 18 months ago after a lay off from the days as a 15-year-old when she won French national titles.

Alison Hurford, who came to prominence when winning the steeplechase at Gateshead in the 1999 World Masters proved the benefits of Mike Down's Bristol based track sessions by winning both W40 800m and 1500m.

For the W45s Carole Smith, Denise Farnham and Karen Marshall each won their 800m, 1500m and 3000m respectively, the latter two both in championship bests. This age category also saw the only British 1-2-3 of the meeting as the high flying trio of Sue Yeomans, Anne Wainwright and Judi Stafford vaulted to success with Yeomans' 3.20 now classed as a championship best. The men also picked up their share of

vaulting gold with Glyn Sutton (M55), John Howe (M60) and Bob Brown (M70) and Bernard Thomas (M75) proving a formidable quartet with Brown's 3.70m now standing proudly as a European record while Thomas' 2.00m equals the UK record.

Darrell Maynard admitted to not being at his fittest but a superb M40 400m/800m double saw him grab two championship bests. While he charged away from the off over the two lap events a more cautious it was a more cautious athlete in the 800m. After biding his time before kicking for home, Maynard admitted, "I wasn't too sure of my form and was at one time doubtful whether to compete."

A new M40 talent quickly making his mark was Des Wilkinson having his first taste of international competition at this level as he outclassed a swift 60m hurdles' field. "This is a great meeting," said an exuberant Wilkinson afterwards, "and being only 80% fit, hopefully there could be more titles coming my way."

Unusually for her there were no records but with her usual display of smooth sprinting Val Parsons was unstoppable in both of the W55 sprints

Now quickly approaching the end of his age scale M45 Dave Wilcock once again proved that class will out as he added to his burgeoning CV with yet another 800m gold medal. Not the usual addition of a 1500m win this time around as Wilcock says, "I had an accident at home a couple of days ago and felt that one event was enough."

Kevin Burgess out sprinted John Browne for the M45 60m and the relieved athlete admitted, "I've had hardly any competition for a while now and was excited at last take this title." Browne bounced back to claim the honours in the 200m.

Two gold medals for M65 Tony Crocker a man with height and speed as his 200m and high jump wins suggest while in the same age group, Colin Field finished a vital one place ahead of Arthur Kimber to win the 400m.

Not sure how the 'hard men' of Bingley will react to the brilliant tactical double by Mike Smith in winning both the M60 1500m and 3000m, with a third place in the 800m thrown in for good measure. "Put those medals away Mike and get down to some real work," will probably be the reaction at the next training evening!

Now Wendy Laing has joined her sister Manndy in the W40 category, a group that involves the multi talented Jenny Brown there are no easy pickings. Brown, in an event she has dominated for many a year had to give way to Wendy in the pentathlon but bounced back to strike double gold in the high and triple jump competition.

Carole Filer defended her W45 long jump title with a championship best of 5.12m and made it double gold with a close win over Carole Smith, later to win the 800m, in the

400m

The small in number walking fraternity also played their part as Bill Fotheringham (M70) and Denis Withers (M75) strode to their respective wins over 3000m.

Only one M50 British winner but what a Briton it was as Viv Oliver took the 200m in a European record of 24.05 in the 200m and later charged round for a championship best in the 400m.

A European record also came the way of M70 sprinter Charlie Williams as he easily led home Germany's legendary Walter Reuter, later to win three golds, in the 60 metres.

Award for the unluckiest British athlete of the meeting? Well that must go to Allan

Meddings who after taking the M75 60m in 8.93 for a championship best ran 30.01 in his heat of the 200m. But come the final he had to literally sit from afar as Walter Seltzer, who had finished a way back second in that 60m went on to claim a world record with 29.11. "There was a bump in lane six, a tumbling point for many a competitor, which I hit and that was that. I was in the kind of shape for a world record," admitted a heavily bandaged Meddings afterwards.

Brenda Green put behind her the hip replacement operations of past years and with a perseverance that would surpass that of many a young athlete she was finally rewarded with gold after the W70 400m. Last but not least Mary Wixey whose beatific smile hides a competitive steel showed that at the age of 82 ambition is not stilled. "I may not have a lot of rivals at my age but I'm improving all the time."

The oldest female competitor at these games her enthusiasm is a joy to behold and at each of her four medals winning ceremonies the reaction from the crowd was contagious.

Athletes from 33 countries entered. Total of 1586 athletes entered in the biggest yet indoor champs. Covered age groups from 35+ to 90+. Spain largest with 401 athletes, then France 273, Germany 209, Britain 195, Italy 112 and rest with much smaller groups.

Temperature rose steadily each day reaching 32 degs Centigrade on the day after it all finished. Events started at around 8.30 each day and finished at between 9.00 and 10.00 in the evening during the four days of competition.

Official language for starting etc was Basque - not Spanish. So, good luck with the next issue. "Nor bere lekura" as we say.

Unfortunately there were problems with the provision of Official Pictures at this event . It is hoped that we can get some pictures for the July edition

MASTERS ATHLETICS APRIL 2003-EUROPEAN INDOOR CHAMPIONSHIPS

February 6 - 9	GBR 56.82; P Morgan GBR 64.44	Chavignon FRA 15.47; 3 N Griffin GBR	4:57.62
6 (a), 7 (b), 8 (c), 9 (d)	800 (d): 1 D Wilcock GBR 2:03.59; 2 C	14.96	3000 (a): 1 Smith 10:36.76; 2
M40	Benito ESP 2:06.28; 3 J Rivero ESP	3kmW (c): 1 I Melo Valls ESP	Bereciartua 10:36.76; 3 A Gomez
60 (c): 1 Y Naffzger FRA 7.29 (CBP); 2	2:06.42	14:07.61 (CBP); 2 J Leclair FRA	Alcala ESP 10:49.01
J Hallmaier GBR 7.31; 3 P Diericx BEL	1500 (d): 1 R Perez ESP 4:11.47; 2 F	15:16:00; 3 JP Pin FRA 15:23.63;...9 J	60H (b): 1 B Stierle GER 9.64; 2 G
7.46;...6 R Hunter GBR 7.56 (ht:	Garcia Pavon ESP 4:14.10; 3 P	Gordon GBR 16:49.57	Meuller GER 9.66; 3 F Marchesi SUI
7.48.); 7 G Reddington GBR 7.59 (sf:	Faucheur FRA 4:15.60. in sf (c): K	Pent (a): 1 G Gentle NED 3986 (9.87,	9.85;...6 J Howe GBR 10.25
7.54). in ht: M Baker GBR 7.55; G	Dillon GBR 6:11.42	5.59, 12.67, 1.52, 3:11.80); 2 A	HJ (c): 1 Stierle 1.55; 2 D Fernandez
Powley GBR 8.11	3000(a): 1 F Guerra Gonzalez ESP	Kergand (SUI) 3623(10.06, 5.25,	ESP 1.55; 3 H Albrecht GER 1.50
200 (d): 1 A Mayoral ESP 23.15; 2 K	8:48.48; 2 C Perez Rodriguez ESP	10.12, 1.52, 3:30.26); 3 H Tikkanen	PV (b): 1 Howe 3.10; 2 J Pirinen FIN
Kopecek CZE 23.17; 3 Hallmaier	8:49.71; 3 R Matamoros ESP 8:53.68	FIN 3539;...5 N Phipps GBR 3438	3.00; 3 V Oukhov RUS 3.00; 4 B
23.18;...5 B Morris GBR 23.95 (sf:	60H (b): 1 H Kreiner AUT 8.71; 2	(9.36, 5.02, 9.67, 1.49, 3:31.55);...8	Harlick 2.90
23.26). in hts (b): Hunter 24.46; N	Coker 9.41; 3 JP Porcher FRA 9.63	HALL 3209 (10.32, 5.11, 8.22, 1.43,	LJ (b): 1 Stierle 5.19; 2 I Faychak UKR
Grocock GBR 24.69	HJ (d): 1 S Fougman SWE 1.80; 2 P	3:25.43)	5.16; 3 Pirenen 5.11;...6 M Garvey
400 (d): 1 D Maynard GBR 50.06	Panagos GRE 1.75; 3 P Sladek SLO	4x200 (d): 1 Germany 1:42.86; 2 Great	GBR 4.86;...8 Tunks 4.40; 9 J Parish
(CBP); 2 T Pitillas ESP 50.92; 3 M	1.70;...9 C Hague GBR 1.40	Britain 1:42.90 (Oliver, Franklyn, E	GBR 4.27
Blanco ESP 51.90; 4 K Bentham GBR	PV (c): 1 A Tsonis GRE 4.30; 2 R	Stewart, Sloss); 3 Belgium 1:43.03	TJ (c): 1 Stierle 11.25; 2 Poutanen FIN
51.96. in ht (b): Powley 57.08; M	Nucklies GER 4.30; 3 A Williams GBR	M55	9.80; 3 Pirenen 9.69;...6 Howe 8.88
Cannon GBR 62.49	4.20	60 (c): 1 M Koch GER 7.57 (ER); 2 A	SP (c): 1 J Ursic SLO 12.91; 2 B
800 (d): 1 Maynard 1:58.24 (CBP); 2 A	LJ (b): 1 R Major GER 6.00; 2 G	Basurko ESP 7.77; 3 G Sutton GBR	Allende ESP 12.80; 3 P Sponem FRA
Flamee BEL 1:58.85; 3 S Price GBR	Werthner AUT 5.96; 3 T Wade GBR	7.84;...5 M Clerihew GBR 8.13	12.71
2:00.22;...6 S Toogood GBR 2:03.38	5.93;...5 D Murrie GBR 5.66;...13	200 (d): 1 Koch 24.63 (CBP); 2	3kmW (c): 1 Y Duguet FRA 15:26.84;
(sf (c) 2:03.14). in sf: R Holland GBR	Davies 4.77	Clerihew 26.36; 3 T Bissett 27.12 (ht	2 H Strieder AUT 15:50.83; 3 U
2:13.65	TJ (d): 1 Werthner 13.40 (CBP), 2 W	(b): 26.50). in ht (b): P Clarke GBR	Zetmann GER 16:05.14; 4 W Wright
1500 (d): 1 Flamee 4:08.61; 2 L	Walther GER 13.09; 3 HA Kippers	34.70	GBR 17:22.29; 5 A O'Rawe GBR
Borrego ESP 4:08.65; 3 H Martinez	GER 13.00	400 (d): 1 JL Romero ESP 57.07; 2 A	17:26.88
ESP 4:09.68;...8 J Brown GBR	SP (d): 1 J Grunenwald FRA 14.29	Del Rio ITA 58.20; 3 R Wolf GER	Pent (a): 1 Faychak 3703 (10.35, 4.96,
4:15.24 (sf (c): 4:12.92). in sf (c): C	(CBP); 2 N Royer FRA 14.14; 3 W	58.21	9.54, 1.34, 3:51.08); 2 Pirenen 3575
Sabin GBR 4:26.27; Holland 4:34.01; L	Moustin FRA 12.65; 6 Slaughter 11.14	800 (d): 1 K Geiser ITA 2:16.58; 2 S	(12.16, 4.47, 8.58, 1.25, 3:39.10); 3 B
Richardson GBR 4:52.98.	3kmW (c): 1 M Sousa POR 13:24.23; 2	Campo ESP 2:17.62; 3 O Van Noten	Charles GBR 3129 (12.16, 4.47, 8.68,
3000 (a): 1 J Berrogo Llamas ESP	V Tokarev UKR 13:30.26; 3 C Bradley	BEL 2:22.22;...8 A Eland GBR 2:31.70	1.25, 3:39.10); 4 Harlick 2600 (12.41,
8:37.70 (CBP); 2 A Lupianez ESP	GBR 14:09.60	(sf (c): 2:24.48)	3.49, 9.45, 1.34, 4:28.27)
8:38.86; 3 J Alonso Prieto ESP	Pent (a): 1 G Werthner AUT 4171	1500 (d): 1 Campo 4:36.09 (CBP); 2 V	4x200 (d): 1 Germany 1:46.39 (CBP);
8:47.99; 4 T O'Connor IRL 8:56.39.	(9.74, 6.02, 11.82, 1.76, 3:07.54); 2 K	Gonzalez ESP 4:36.59; 3 Van Noten	2 Great Britain 1:48.11 (Steede, Ross,
Race 1: 8 Richardson 10:24.77. Race	Neuendorf GER 3992 (9.39, 5.78,	4:36.70	Shearsmith, N Gould); 3 Spain 1:55.49
2: 2 Sabin 9:18.87	10.92, 1.70, 3:02.11); 3 P Sladek SLO	3000 (a): 1 O Van Noten BEL 9:33.66	M65
60H (b): 1 D Wilkinson GBR 8.60; 2 R	3978; 4 Slaughter 3808 (9.86, 5.65,	(CBP); 2 V Gonzalez ESP 9:49.96; 3 L	60 (c): 1 A Roca ESP 8.41; 2 B
De Weger NED 8.75; 3 P Boinquet	11.05, 1.58, 2:55.27);...15 B Gibbs	Robayna Garcia ESP 9:53.65	Kimmel GER 8.43; 3 G Adams GER
FRA 8.83;...7 Reddington 9.51 (sf:	GBR 2302 (11.91, 4.58, 7.45, 1.34,	60H (b): 1 M Kacar TUR 9.31; 2 W	8.51. in hts: T Bowman GBR 8.62; B
8.90)	3:35.38)	Beinvogl GER 9.61; 3 H Suominen FIN	Gray 8.63
HJ: 1 M Segatel ITA 1.95; 2 M Chanet	4x200 (d): 1 Spain 1:40.59; 2 Great	9.71	200 (d): 1 T Crocker GBR 27.46; 2 HJ
BEL 1.80; 3 D Micevic ESP 1.75;...7	Britain 1:40.91 (Harrison, Cawson,	HJ (c): 1 GB Vivod SLO 1.60; 2 H	Gasper GER 27.48; 3 HJ Lange GER
Cannon 1.65.	Burgess, Coker); 3 Austria 1:42.13	Suominen FIN 1.50; 3 G Gleitsmann	27.61. in sf (c): Bowman 28.43. in ht
PV (c): 1 R Elias BEL 4.20; 2 K	M50	GER 1.50	(b): C Field GBR 28.94
Giotopoylos GRE 4.00; 3 J Ventin	60 (c): 1 C Anechina ESP 7.71; 2	PV (b): 1 Sutton GBR 3.40; 2 O Colliot	400 (d): 1 Field 66.70; 2 A Kimber
Rivas ESP 4.00	Arossi ITA 7.75; 3 W Franklyn GBR	FRA 3.20; 3 J Bradley GBR 3.20	GBR 67.30; 3 H Hufnagel GER 67.86.
LJ (c): 1 T Straub GER 6.94; 2 A	7.79. in sf: B Hendrie GBR 8.62	LJ (b): 1 CW Kreft GER 5.85; 2 V	800 (d): 1 J De Wyngaert BEL 2:41.00;
Chmielewski POL 6.46; 3 J Shepherd	200 (d): 1 V Oliver GBR 24.05 (ER); 2	Vybostok SLO 5.56; 3 A Cachinero	2 J Sitja ESP 2:41.39; 3 Kimber
GBR 6.43;...13 Powley 5.51.	Franklyn 25.20; 3 F Goeffers BEL	ESP 5.48;...5 Clerihew 5.13	2:42.04;...5 M Fox GBR 2:43.60
TJ (d): 1 R Cameron GBR 14.02; 2	25.78. in ht (b): J Marshall 27.16;	TJ (c): 1 Kreft 12.27; 2 H Kuhlewind	1500 (d): 1 J Libra CZE 5:04.87 (CBP);
Chmielewski 14.01; 3 P Sarra FRA	Hendrie 27.46	GER 11.48; 3 Cachinero 11.29	2 D Meyer GER 5:05.25; 3 A Certenais
13.13;...13 Powley 10.85	400 (d): 1 Oliver 53.62 (CBP); 2 V	SP (c): 1 W Weber GER 13.91 (CBP);	FRA 5:05.49;...7 Kimber 5:24.67
SP (d): 1 M Petrasko LAT 15.18	Felcetti ITA 53.83; 3 Franklyn 55.64;...5	2 A Zenkin POL 13.69; 3 A	3000 (a): 1 M Rosaless ESP 10:39.88
(CBP); 2 J Eriksson FIN 14.16; 3 M	R Sloss GBR 58.04 (sf (c): 57.63). in sf	Semborovsk GER 13.40;...6 B Gillo	(CBP); 2 D Meyer GER 10:41.48; 3
Perplies GER 13.73	(c): Marshall 59.15. in ht: E Stewart	11.25	Libra 10:50.95
3kmW (c): 1 JM Frixon FRA 12:47.04	GBR 60.40. Hendrie 62.68	3kmW (c): 1 A King IRL 15:17.73; 2 A	60H (b): 1 I Bellos GRE 10.07 (ER); 2
(CBP); 2 J Gibbons IRL 13:03.23; 3 D	800 (d): 1 F Gough IRL 2:07.95 (CBP);	Nilelberger AUT 15:58.04; 3 P Pajares	T Bowman 10.37; 3 KH Skramstad
Bogaert BEL 13:46.83. Pent (a) (60H,	2 F Diaz Perez ESP 2:08.80; 3 Y	Arias ESP 16:07.35	NOR 10.78
LJ, SP, HJ, 1000): 1 P Sarra FRA	Levasseur FRA 2:09.14; 7 D Leitch	Pent (a): 1 Beinvogl 3884 (9.83, 4.78,	HJ (c): 1 Crocker 1.48; 2 Bellos 1.45; 3
3757 (9.27, 6.26, 9.84, 1.75, 2:55.2); 2	GBR 2:14.25. in sf: R Minting 2:14.68;	12.10, 1.49, 3:42.59); 2 R Tanttinen	J Guitard FRA 1.39
Eriksson	Hendrie 2:29.44	FIN 3649 (9.80, 4.91, 10.10, 1.49,	PV (b): 1 JF Guieysse FRA 3.00
(3684 (9.14, 5.94, 14.45, 1.75,	1500 (d): 1 Diaz Perez 4:24.41; 2 F	3:58.53); 3 H Hessert GER 3262;...12	(CBP); 2 L Sterckx BEL 2.90; 3 JM
3:29.39); 3 D Delfosse SUI 3569;...8 A	Schmidt GER 4:25.19; 3 K Goldammer	Clarke 2155 (13.96, 3.63, 7.61, 1.25,	Perez ESP 2.70
Waddington GBR 3426 (9.79, 5.69,	GER 4:28.75; 4 Leitch 4:33.25; 5 K	3:55.82)	LJ (b): 1 Bellos 4.94; 2 HJ Gasper
8.06, 1.75, 2:50.98);...12 Powley 3292	Daniel GBR 4:34.95	4x200 (d): 1 Germany 1:44.06; 2 Great	GER 4.83; 3 J Vonasek CZE 4.75
(9.81, 5.54, 9.87, 1.57, 2:54.52);...19	3000 (a): 1 F Diaz Perez ESP 9:19.24;	Britain 1:47.99; 3 France 1:48.10	TJ (c): 1 V Roytman RUS 10.83 (CBP);
Cannon 2812 (10.23, 5.20, 7.97, 1.63,	2 M Puerta Bayon ESP 9:22.71; 3 K	M60	2 Perez 10.35; 3 Vonasek 9.96
3:20.94);...21 M Wayne GBR 2388	Goldammer GER 9:29.92; 4 A Jenkins	60 (c): 1 T Tamaro ITA 8.05; 2 J	SP: 1 P Speckens GER 13.56 (CBP);
(10.96, 4.50, 8.36, 1.45, 3:19.26).	GBR 9:33.38;...6 Daniel 9:36.00	Steede GBR 8.08; 3 J Manninen FIN	2 D Wolf GER 12.43; 3 J Beliard FRA
4x200 (d): 1 France 1:34.57; 2 Great	60H (b): 1 E Longauer SLO 9.08; 2 A	8.10;...5 J Tunks GBR 8.58	10.88
Britain 1:35.07 (Hunter, Bentham,	Miikkulainen FIN 9.22; 3 A Meier SUI	200 (d): 1 W Gross GER 26.04; 2	3kmW (c): 1 A Jordana FRA 16:24.98;
Grocock, Morris); 3 Spain 1:36.36	9.48 in ht: T Hall GBR 10.61	Steede 26.12; 3 Manninen 26.27;...5 J	2 M Sciarreta ITA 17:02.25; 3 M
M45	HJ (c): 1 HT Nieder GER 1.75; 2 J	Ross 27.53 (sf (c): 27.21). in ht (b): B	Gonzalez ESP 17:11.45;...5 E Horwill
60 (c): 1 K Burgess GBR 7.44; 2 J	Ramacher GER 1.75; 3 F Moliner ESP	Shearsmith GBR 28.14. R Sheridan	GBR 20:06.67
Browne 7.55; 3 R Hill NED 7.58;...8 B	1.55; 3	GBR 28.63; C Bruce GBR 29.63	Pent (a): 1 Skramstad 4176 (10.68,
Slaughter GBR 8.20 (sf: 8.14). in ht: R	PV (b): 1 W Ritte GER 4.41 (WR); 2 EJ	400 (d): 1 G Meuller GER 56.78	4.66, 11.07, 1.39, 4:02.31); 2 Bellos
Cawson GBR 7.99; R Murrier GBR	Dewil BEL 3.80; 3 S Taivassalo FIN	(CBP); 2 V Kasparaitis (LIT) 59.92; 3	4153 (10.07, 4.80, 9.25, 1.48, 4:24.11);
7.89; R Davies GBR 8.58	3.60	W Scheidt GER 60.95; 4 Ross 61.75.	3 K Solveberg NOR 3886
200 (d): 1 Browne 23.81; 2 A Harrison	LJ (b): 1 Ritte 6.01; 2 V Zvezdskina RUS	sf (c): Sheridan 65.10	4x200 (d): 1 Germany 1:50.97; 2 Great
GBR 24.63; 3 B Grissmer GER 24.95.	5.84; 3 B Mermet FRA 5.68	800 (d): 1 S Auzmendi ESP 2:24.23; 2	Britain 1:59.94 (Bowman, C Field,
in ht (b): Cawson 25.84; Davies 27.74	TJ (c): 1 V Zvezdskina RUS 12.81; 2 C	Scheidt 2:24.41; 3 M Smith GBR	Gray, Kimber); 3 Italy 2:10.76
400 (d): 1 Harrison 53.89; 2 Grissmer	Marchetti ITA 12.63; 3 I Korosi HUN	2:24.70;...7 J Garber GBR 2:33.27	M70
53.94; 3 V Marcilla ESP 54.77. in ht	12.33	1500 (b): 1 Smith 4:50.42. 2 R Marconi	60 (c): 1 C Williams GBR 8.47 (ER); 2
(b): D Anderson GBR 56.26; M Coker	SP (c): 1 V Koca CZE 15.72; 2 R	ITA 4:50.76; 3 JL Bereciartua ESP	W Reuter GER 8.67. 3 M Konopka

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GER 8.68;...8 P Field GBR 10.66 (sf: 9.55)
 200 (d): 1 Reuter 28.70 (CBP); 2 Konopka 29.94; 3 H Maier GER 31.30; 4 Field 32.29 (sf (c): 31.75)
 400 (d): 1 Reuter 70.92; 2 G Feast GBR 72.18; 3 E Arnold GER 75.51;...6 T Wyer GBR 85.94 (sf (c): 79.68)
 800 (d): 1 F Vicente POR 2:42.51 (CBP); 2 W Davies GBR 3:02.49; 3 I Irureta ESP 3:08.67; 4 Wyer 3:14.95
 1500 (d): 1 M Moreno ESP 5:14.98 (CBP); 2 Vicente 5:16.32; 3 I Ossipov RUS 5:19.90
 3000 (a): 1 Moreno 10:59.69; 2 Vicente 11:09.05; 3 I Ossipov RUS 11:18.49;...9 Davies 14:22.55; 13 J Caddy GBR 15:19.90
 60H (b): 1 H Kandeyoi TUR 10.38 (ER); 2 E Azzoni ITA 10.60; 3 J Przyborski POL 11.00;...7 Field 11.99 (sf: 11.65)
 HJ (c): 1 Kandeyoi TUR 1.36; 2 H Andreac AUT 1.27; 3 A Koec NED 1.24; 4 C Taylor GBR 1.15
 PV (b): 1 R Brown GBR 2.90 (ER); 2 Kandeyoi 2.70; 3 Konopka 2.40
 LJ: 1 Reuter 5.07; 2 V Popov RUS 4.98; 3 A Koec NED 3.64; 4 J Christie GBR 2.77
 TJ (c): 1 Popov 10.54 (ER); 2 Kandeyoi 8.98; 3 H Rwidma (SUI) 8.39
 SP (c): 1 L Saarinen FIN 13.07 (CBP); 2 H Plukarz SWE 12.08; 3 A Aguirregomezcor ESP 11.31;...6 Taylor 10.52
 3kmW (c): 1 W Fotheringham GBR 17:57.70; 2 J Lehtu SLO 20:23.07; 3 C Depoix FRA 20:38.60
 Pent (a): 1 Popov 4142 (10.78, 4.87, 10.01, 1.29, 4:39.94); 2 Kandeyoi 4130 (10.54, 4.29, 10.17, 1.47, 4:54.64); 3 G Maier GER 3354;...5 Taylor 2970 (13.96, 3.35, 11.21(UK rec); 1.17, 4:41.55)
 4x200 (d): 1 Germany 2:00.86; 2 Great Britain 2:01.08 (Williams, Feast, P Field, Meddings); 3 Germany 2:14.76 M75
 60 (c): 1 A Meddings GBR 8.93 (CBP); 2 W Selzer GER 8.97; 3 H Hoffmann GER 9.11
 200 (d): 1 Selzer 29.11 (WR); 2 H Krenzer GER 32.87; 3 A Fischer GER 34.21 (sf (c): Meddings) 30.01
 400 (d): 1 Selzer 68.65 (WR); 2 C Vidal FRA 76.85; 3 L Marmont ESP 80.88
 800 (d): 1 Vidal 3:03.91; 2 A Igesund NOR 3:03.97; 3 Z Huici ESP 3:10.67;...6 F Copping GBR 3:46.81
 1500 (d): 1 Igesund 6:22.37; 2 J Garin Iraola ESP 6:47.19; 3 J Caddy GBR 7:03.90
 3000 (a): 1 Igesund s3:33.89; 2 R Legrand FRA 13:59.94; 3 Garin Iraola 14:11.05; 4 Caddy 15:19.90
 60H (b): 1 Hoffmann 12.76; 2 F Buys NED 12.91; 3 G Meyer GER 14.01
 HJ (c): 1 B Nevrupe SWE 1.33; 2 D Geza HUN 1.30
 PV (b): B Thomas GBR 2.00 (=UK rec)
 LJ (b): 1 D Geza HUN 4.03; 2 Hoffmann 4.02; 3 M Jarvinen FIN 3.81
 TJ (c): 1 Geza 8.32; 2 Jarvinen 8.32; 3 H Albrecht GER 7.14
 SP (c): 1 Y Makela FIN 11.25; 2 M Von Wachenfeldt SWE 11.00; 3 Nevrupe 10.31
 3kmW: 1 D Withers GBR 20:27.21; 2 Copping 25.18.68
 Pent (a): 1 N Metelkine 3208 (15.01, 3.80, 9.53, 1.11, 4:59.96); 2 H Albrecht GER 2311
 M80
 60 (c): 1 U Sansonetti ITA 9.96; 2 B

Subrero ITA 10.07; 3 K Spychala POL 13.31
 200 (d): 1 Sansonetti 34.39; 2 A Magnusson SWE 36.37
 400 (d): 1 Sansonetti 89.03; 2 F Gil Almela ESP 90.65
 800 (d): 1 Gil Almela 3:39.33; 2 A Gomes POR 3:40.16; 3 E Pauwels BEL 3:46.91
 1500 (d): 1 Pauwels 7:26.48 (CBP); 2 Gomes 7:28.34; 3 J Kariainen FIN 8:54.05
 60H (b): 1 Sobrero 13.82; 2 Magnusson 13.89
 HJ (c): 1 E Zensch AUT 1.24 (CBP); 2 Magnusson SWE 1.12; 3 J Asensio ESP 1.06
 PV (b): Zensch 1.80
 LJ (a): 1 Magnusson 3.49; 2 Sobrero 3.47; 3 Asensio 2.87
 TJ (c): 1 Zensch 7.13; 2 Asensio 6.22; 3 Spychala 4.34
 SP (c): 1 V Makela FIN 9.65; 2 O Missoni ITA 8.56; 3 M Barby FRA 7.66
 3kmW (c): 1 J Karjalainen FIN 23:43.73; 2 J Bouillon FRA 25:18.68; 3 B Saraben FRA 27:32.94
 M85
 60 (c): 1 H Liedtke SWE 10.99; 2 E Eble
 SP (c): Eble 5.83 (CBP)
 M90
 60 (c): 1 V Colo ITA 11.50; 2 F Mahlo GER 12.07
 200 (d): 1 Mahlo 41.74; 2 Colo 41.85
 400 (d)/SP (c): Mahlo 1:50.06/6.17
 HJ (c)/LJ (b)/TJ (c): Colo 0.94/2.96/6.52 (WR)
 W35
 60 (c): 1 C Wiederkehr SUI 7.84; 2 M Icarre FRA 7.85 (sf: 7.80 CBP); 3 K Deak HUN 8.00, in ht: A Onatade GBR 8.76
 200 (d): 1 Wiederker 25.05 (CBP); 2 Icarre 25.23; 3 A Scheithe GER 25.58, in sf: Onatade 30.20
 400 (d): 1 R Marchi ITA 61.83; 2 K Bogemans BEL 62.01; 3 D Denisty BEL 63.84
 800 (d): 1 R Del Olmo ESP 2:24.33; 2 CA Gray GBR 2:24.85; 3 B Ropers FRA 2:25.24
 1500 (d): 1 L Jackson GBR 4:40.35 (CBP); 2 Del Olmo 4:46.55; 3 EM Ramos ESP 4:46.93;...6 J Pidgeon GBR 4:56.47;...9 Gray 5:07.50
 3000 (a): 1 Jackson 10:00.67 (CBP); 2 E Walch AUS 10:07.42; 3 M Castro Solina ESP 10:09.44;...7 Pidgeon 10:39.84
 60H (b): 1 A Thirtey GER 9.12; 2 C Wiederkehr SUI 9.35; 3 V Krepkina UKR 9.45
 HJ (a): 1 C Tahraoui FRA 1.55; 2 P Sanchez ESP 1.55; 3 Denisty 1.50
 PV (d): 1 G Auth HUN 3.10 (CBP); 2 M Markotegi ESP 3.00; 3 P Nadal ESP 2.80
 LJ (c): 1 Deak 6.01 (CBP); 2 V Krepkina UKR 5.61; 3 A Scheithe GER 5.47; 4 C Johnson GBR 5.22
 TJ (d): 1 V Krepkina UKR 11.82; 2 E Neviana ITA 11.57; 3 K Wrzesniok GER 10.00
 SP (b): 1 M Sterlekar SLO 13.34 (CBP); 2 Johnson 12.83; 3 E Webber GER 10.07
 3kmW (c): 1 G Winkler AUT 15:18.06; 2 P Mauricio POR 15:33.64; 3 B Primas GER 15:52.47
 Pent (a): 60H, HJ, SP, LJ, 800): 1 Deak 3460 (9.00, 1.57, 11.04, 6.07, 2:42.81); 2 Johnson 3048 (9.27, 1.51, 12.22, 5.00, 2:44.33); 3 K Wrzesniok GER 2821;...6 C Goddard GBR 2188 (11.68, 1.39, 9.95, 4.56, 3:13.64)
 4x200 (d): 1 Germany 1:50.16; 2 France 1:51.43; 2 Great Britain 1:55.42

W40
 60 (c): 1 A Moritz GER 7.95 (CBP); 2 R Marz GER 7.98; 3 C Muller SUI 8.15; 4 A McClelland GBR 8.16 (sf: 8.13);...6 M Laing GBR 8.57 (ht: 8.43), in ht: H Barker GBR 9.00
 200 (d): 1 A Grissmer GER 26.22 (CBP); 2 Marz 26.29; 3 McClelland 26.62;...5 A Beadnall GBR 28.09 (sf: 27.83), in sf: J Harcastle GBR 31.79
 400 (d): 1 D Hachotte FRA 61.03; 2 Z Peto AUT 61.54; 3 C Berthault FRA 63.57;...6 S Stables GBR 66.19 (sf (c): 65.83)
 800 (d): 1 A Hurford GBR 2:24.42; 2 R Dominguez ESP 2:23.83; 3 M Hoffmann GER 2:24.04; 4 J Brown GBR 2:26.50;...7 K Murphy GBR 2:30.98
 1500 (d): 1 Hurford 5:00.18; 2 S Tawney GBR 5:01.62; 3 M Bodilis Loacac FRA 5:04.04; 4 Murphy 5:11.16
 3000 (a): 1 A Reghenez FRA 10:39.46; 2 R Talavera ESP 10:40.41; 3 Tawney 10:42.43; 11 L Marr GBR 11:52.68
 60H (b): 1 C Muller SUI 8.82 (sf: 8.76); 2 A Moritz SUI 9.12; 3 M Laing 9.08; 4 Stables 9.36, in ht: H Barker GBR 10.12; A Fenwick GBR 10.18
 HJ (b): 1 Brown 1.63 (ER); 2 P Kolhorn NED 1.60; 3 H Freyer-Krause GER 1.55;...7 Stables 1.45
 PV (d): 1 C Forcellini ITA 3.10 (CBP); 2 S Ailus FIN 3.10; 3 S Anzinger AUT 2.60
 LJ (c): 1 Z Peto AUT 5.22 (CBP); 2 M Laing 5.11; 3 C Forcellini ITA 5.11; 4 W Laing GBR 5.07; 5 J Pryce GBR 5.01; 6 Fenwick 4.91
 TJ (d): 1 Brown 11.05; 2 Pryce 10.70; 3 S Tavevaru AUT 10.31
 SP (b): 1 A Anton GER 11.82; 2 M Kedziora POL 11.08; 3 N Munarriz ESP 10.88; 4 A George GBR 10.33;...7 Barker 9.05
 3kmW (c): 1 F Garcia ESP 15:51.73 (CBP); 2 B Borde FRA 16:03.73; 3 M Sirolla ESP 17:09.37;...5 E Harris GBR 20:47.01
 Pent (a): 1 W Laing 3478 (9.29, 1.57, 11.10, 5.27, 2:32.56); 2 Brown 3306 (9.90, 1.63, 10.45, 5.03, 2:32.10); 3 Z Peto AUT 3188;...5 Barker 2719 (10.03, 1.45, 9.13, 4.37, x)
 4x200 (d): 1 Great Britain 1:47.11 (CBP) (McLelland, M Laing, W Laing, Beadnall); 2 Germany 1:47.13; 3 France 1:54.62
 W45
 60 (c): 1 L Jorba Vives ESP 8.23 (ER); 2 S Oost NED 8.56; 3 C Welker FRA 8.65;...8 J Stafford GBR 10.00
 200 (d): 1 Oost 27.63 (CBP); 2 C Filer GBR 28.19; 3 Welker 28.27;...6 E Roe GBR 29.17
 400 (d): 1 Filer 63.66; 2 C Smith GBR 63.98; 3 MA Blaude BEL 65.75, sf (c): Roe 65.99
 800 (d): 1 Smith 2:28.43; 2 R Perhofer ITA 2:29.19; 3 M Martinez ESP 2:35.48; 4 D Howard GBR 2:43.55
 1500 (d): 1 D Farnham GBR 5:04.05 (CBP); 2 P Grandinetti ESP 5:11.04; 3 Martinez 5:11.75;...7 Howard 5:33.69
 3000 (a): 1 K Marshall GBR 10:44.48 (CBP); 2 O Leve-Brakebusch FRA 10:54.85; 3 E Demeraux FRA 10:58.78;...7 Howard 11:46.84;...10 A Lippitt GBR 13:25.57
 60H (b): 1 M Sanguos ESP 9.58; 2 C Filer (GBR) 9.68; 3 B Brunner GER 10.32
 HJ (b): 1 A Reinhold GER 1.45 (CBP); 2 Brunner 1.40; 3 J Wimart FRA 1.40
 PV: 1 S Yeomans GBR 2.70 (CBP); 2 A Wainwright GBR 2.60; 3 Stafford 2.20
 LJ (c): 1 Filer 5.12 (CBP); 2 L Vives Jorba ESP 5.09; 3 R Behrens GER 5.02
 TJ (d): 1 Behrens 10.72; 2 S Zahkna (SUI) 8.78; 3 Stafford 8.12

SP (b): 1 T Schenkels NED 12.23; 2 Reinhold 10.44; 3 A Holder GER 9.95)
 3kmW (c): 1 A Minnella ITA 16:14.61 (CBP); 2 P Toru FRA 16:27.75; 3 A Wheeler GBR 17:02.80
 Pent (a): 1 B Bunner 3228 (10.16, 1.42, 10.13, 4.53, 3:06.63); 2 S Zahkna (SUI) 2376 (11.85, 1.21, 9.42, 3.94, 3:12.41); 3 Wainwright 1978 (13.01, 1.21, 6.41, 3.98, 2:53.51)
 4x200 (d): 1 Spain 1:59.27 (CBP); 2 Great Britain 1:59.70 (Roe, C Smith, Stafford, Filer); 3 Germany 2:05.43
 W50
 60 (c): 1 S Succhi ITA 9.15; 2 AB Eriksson SWE 9.21; 3 I Thomas GER 9.47;...8 AG Howartg GBR 10.29
 200 (d): 1 Eriksson 29.95; 2 Succhi 30.51; 3 A Bongart-Wittge GER 31.25; 4 M Waters GBR 33.33, in sf: Howarth 36.16
 400 (d): 1 Eriksson 68.23; 2 D Klomp NED 68.82; 3 CA Wright BEL 70.08
 800 (d): 1 Klomp 2:41.22; 2 Wright 2:43.08; 3 B Rahim FRA 2:43.77
 1500 (d): 1 W Egger ITA 5:21.69; 2 A Vaghi ITA 5:39.12; 3 H Mierswiak POL 5:47.74
 3000 (a): 1 Egger 11:26.35; 2 Vaghi 12:04.40; 3 Mierswiak 12:21.19
 60H (b): 1 M Metsankyla FIN 11.67; 2 J Longauerova SLO 11.70; 3 Howarth 12.10
 HJ (b): P Garvey GBR 1.37 (UK rec)
 PV (d): U Ritte GER 2.73
 LJ (b): 1 Ritte 4.34; 2 I Thomas GER 4.28; 3 M Metsankyla FIN 4.18;...5 Garvey 3.78; 6 Howarth 3.66
 TJ (d): 1 Metsankyla 8.80; 2 M Tsitoulia GRE 6.98
 SP (b): 1 E Mesa Soriano ESP 12.28 (CBP); 2 N Zoubekkhina RUS 11.71; 3 L Zheleznova RUS 10.95
 3kmW (c): 1 F Silva POR 15:13.75 (CBP); 2 M Joffin FRA 16:44.29; 3 JM Briz ESP 17:32.94
 Pent (a): 1 J Longauerova SLO 3323 (11.22, 4.11, 9.75, 1.27, 3:33.48); 2 M Metsankyla FIN 3323 (11.95, 3.6, 9.17, 1.21, 2:59.29); 3 U Kappei GER 2066
 4x200 (d): 1 Great Britain 2:10.91; 2 France 2:13.12; 3 Germany 2:16.76
 W55
 60 (c): 1 V Parsons GBR 8.98; 2 AM Maguire IRL 9.24; 3 W Riexinger GER 9.34;...7 J Browne GBR 9.51 (sf: 9.35)
 200 (d): 1 Parsons 30.46; 2 Browne 30.89; 3 Maguire 31.21
 400 (d): 1 A Martinez ESP 78.09; 2 C Stedler GER 78.39; 3 L Markova ALB 1:51.06
 800 (d): 1 P Gallagher GBR 2:40.92; 2 AM Pruede FRA 2:50.02; 3 A Martinez ESP 2:51.11
 1500 (d): 1 Gallagher 5:28.85; 2 Pruede 5:46.95; 3 G Guerrero ESP 6:30.68
 3000 (a): 1 Gallagher 11:27.57; 2 C Marchadier FRA 11:49.18; 3 Pruede 11:45.55; 4 P Rich GBR 12:37.56
 60H (b): 1 M Daehler SUI 10.73 (WR); 2 R Jonkers NED 11.67; 3 P Oakes GBR 11.73
 HJ (b): 1 Daehler 1.25; 2 C Stedler GER 1.20; 3 M Sullivan SWE 1.20
 PV (d): 1 K Forster GER 2.50 (CBP); 2 D Wildman GER 2.10; 3 M Sullivan SWE 2.00
 LJ (b): 1 Forster 4.36 (CBP); 2 AK Eriksen GER 4.28; 3 Daehler 4.27
 TJ (d): 1 AM Kukka FIN 8.84; 2 Daehler 8.79; 3 Oakes 8.76
 SP (b): 1 T Albrecht GER 9.97; 2 B Chalou BEL 9.95; 3 A Schmitz GER 9.79
 3kmW (c): 1 S Loyer FRA 17:15.40; 2 F De Wolf BEL 18:47.90; 3 R Blume GER 20:30.05

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Pent (a): 1 Daehler 4353 (10.82, 4.30, 10.74, 1.27, 3:10.39); 2 Oakes 3330 (11.69, 3.93, 8.30, 1.21, 3:57.29); 3 J Wladika AUT 3253
 4x200 (d): Germany 2:09.64
 W60
 60 (c): 1 E Linaker GBR 8.98 (WR); 2 G Reichert GER 9.39; 3 R Dijkman NED 9.62;...8 M Mills GBR 10.36
 200 (d): 1 Lineker 30.43 (CBP); 2 Reichert 31.05; 3 M Axtell GBR 32.34
 400 (d): 1 E Ruben (SUI) 77.86; 2 A De Lavergne FRA 79.21; 3 H Blakstad NOR 84.08
 800 (d): 1 A Kolesnikova RUS 2:57.64; 2 Ruben 2:59.02; 3 A Staubergerman GER 3:02.81
 1500 (d): 1 Staubergerman GER 6:03.93; 2 B Berghaus GER 6:09.88; 3 E Carlsen NOR 6:16.67; 4 E Osborne GBR 6:19.52;...6 B Stracey GBR 6:48.66; 7 B Cushen 7:12.35
 60H (b): 1 R Franchi ITA 11.50 (CBP); 2 J Charles GBR 12.18; 3 Dijkman 12.60
 HJ: 1 E Graff BEL 1.36 (CBP); 2 U Stelling GER 1.36; 3 Dijkman 1.27
 LJ (b): 1 E Graff BEL 4.16; 2 E Heimann GER 3.70; 3 HN Blakstad NOR 3.57; 4 Charles 3.56
 TJ (d): 1 Dijkman 8.51; 2 Charles 8.01; 3 E Heimann GER 7.33
 SP (b): 1 K Illgen GER 11.79; 2 R von

Werholt GER 9.55; 3 O Schmitt FRA 7.49
 3kmW: 1 W Seiler GER 17:45.31; 2 P Karetie FIN 18:09.62; 3 J Langford GBR 19:07.67
 Pent (a): Charles 3350 (12.17, 3.41, 6.94, 1.15, 3:59.02)
 4x200 (d): 1 Great Britain 2:17.18 (Linaker, Axtell, Charles, Mills); 2 Germany 2:33.63; 3 Germany B 2:48.68
 W65
 60 (c): 1 E Williams GBR 9.86; 2 E Mazzenga ITA 10.29; 3 L Kaas (SUI) 10.34; 4 D Fraser GBR 10.42 (sf: 10.17)
 200 (d): 1 Mazzenga 34.81; 2 Fraser 35.46 (sf: 34.99); 3 T Loki HUN 35.90
 400 (d): 1 Mazzenga 81.07; 2 B Ekluno SWE 81.61; 3 Fraser 81.68
 800 (d): 1 Ekluno 3:11.40; 2 J Sommier FRA 3:22.39; 3 N Gastaldi ITA 3:45.46
 1500 (d): 1 Ekluno 6:18.06; 2 E Kuhnert AUT 6:40.98; 3 R Tena Reales ESP 7:14.70
 60H (b): 1 Kaas 11.63; 2 D Cambruzzi ITA 16.38
 HJ (b): 1 Kaas 1.18 (CBP); 2 GL Perugini ITA 1.12; 3 I Junge GER 1.09
 PV (d): 1 D McLennan IRL 1.60; 2 S Champion IRL 1.50
 LJ (a): 1 Williams 3.42; 2 E Arnold GER 3.34; 3 V Belbeze FRA 3.29
 SP (b): Williams 10.65; 2 A Vilcinskiene

(LIT) 10.03; 3 H Penka (BUL) 9.53
 3kmW (c): 1 J Sommier FRA 18:29.75; 2 P Horwill 21:05.75
 Pent (a): Cambruzzi 2426 (16.19, 2.55, 6.73, 1.06, x)
 W70
 60 (c): 1 A Larsson SWE 10.19 (CBP); 2 G Schumacher GER 10.99; 3 B Green GBR 12.17
 200 (d): 1 Larsson 36.36 (CBP); 2 Schumacher 41.19; 3 C Happ GER 42.96; 4 Green 44.76
 400 (d): Green 1:55.34
 60H (b)/TJ (d): Larsson 12.84/7.99 (WR)
 HJ (b): C Happ GER 1.09
 LJ (b): 1 Larsson 3.50; 2 Happ 3.07
 SP (b): 1 R Hansenns BEL 8.00; 2 R Baumann GER 7.43; 3 M Grant-Stevens 6.16
 W75
 60 (c): 1 I Lorenz GER 10.96; 2 A Poluschinsky GER 14.31
 200 (d): 1 Lorenz 40.13 (WR)
 HJ (b): C Wippersteg GER 1.03
 LJ (b): 1 Lorenz 2.93; 2 Wippersteg 2.51
 SP (b): 1 Wippersteg 7.29; 2 I Pleuger GER 7.23; 3 Lorenz 6.65
 W80
 60 (c)/LJ (a)/TJ (d)/SP (b): M Wixey GBR 13.62/1.96/4.11/4.02

300 PLUS CLUB

The 300 Club draw supports your "Masters Athletics" financially. It only costs £ 12 per year per number there is no limit to the number of shares you can hold.

Draws are held each month with a first prize of £ 125, and five prizes of £ 10, and the draw is made at major events throughout the year.

José Waller, Jack Fitzgerald and accountant Les Brown administer the scheme, and deserve much praise for their much-appreciated work in this valued project.

Should you wish to join please complete the following application form and send with your cheque for £ 12, direct to **Mrs. José Waller, 26, Westwood Road, East Ogwell, Newton Abbot, Devon, TQ12 6YB.**

300 PLUS CLUB

I would like to become a member of the 300 Plus Club. I enclosed a cheque for £ 12 payable to Veteran/Masters Athletics.

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**BRITISH MASTERS INDOOR CHAMPIONSHIPS KELVIN HALL, GLASGOW
FEBRUARY 15TH & 16TH**

BOB BROWN set the only World Record in the first "British Masters Indoor Championships" comments your editor.

The seventy year old holds all the British bests from age 55 upwards, and all of the European bests from age 60 upwards. However, his name did not figure on the World lists until the retired Physical Education Teacher cleared 3.17 in the new Manchester Sports City Arena in January.

As that clearance broke the existing World Record, Bob was presented with a bottle of "Bubbly".

He commented on that day that he had been Vaulting for more than 40 years, "I just love Vaulting" he said, and in reference to the bubbly said "I think I'll come back to Manchester again".

In Glasgow the Notts Athletic Club member was in even better form improving the record to 3.20, to claim his second World record of the year.

WALWYN FRANKLYN won Silver medals in the World and European Championships at M45, but had to work hard to win the M50 400 metres from the European Silver medallist Viv Oliver in a new British Record of 54.53, to Viv's 54.70.

TONY BOWMAN was another British record breaker in the M65 60 metre Hurdles, knocking 2/10's off the existing best to record 10.30.

TONY BATEMAN added 5 centimetres to the M65 British best winning at 1.56, from Tony Crocker.

Tony was also in double record form adding the Long Jump record 4.77 with a win over Dave Burton.

ANNE WAINWRIGHT set new British figures in the W45 Pole Vault of 2.70, and I was able to congratulate the lady personally the week after as she watched Irie Hill win the "Birmingham Games Vault".

PAM GARVEY equalled the existing best of 1.36 in the Women's 50 High Jump.



Darrell Maynard wins from Kermit Bentham in M40-400

It had been widely predicted that the M40 400 metres record would be strongly challenged in a shoot out between Darrell Maynard and Kermit Bentham.

The end result was victory for the European 800 metres Champion with a couple of metres to spare from second placed Bentham.

Maynard was also almost half a second clear in the 200 metres from Scot David Mulheron, with Bentham third.

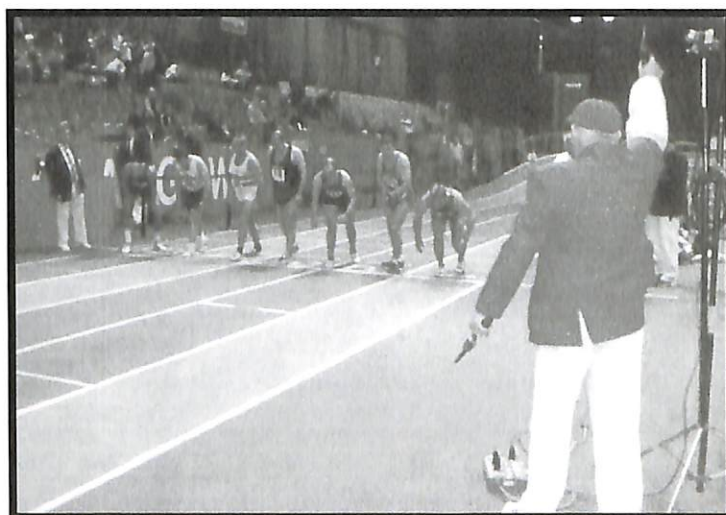
In the sprints there were several doubles, with Eric Smart winning both events in 7.33 and 23.44. The feat being matched by Robert Fraser in the M55, John Steede in the 60's, and George Cheetham in the 70's.

Julie Money did likewise in the Women's 35 sprints; Helen Godsell matched this in the 45's, Mary Waters in the 50's. Val Parsons, Esther Linaker, Dorothy Fraser and Brenda Green also repeated the achievement in the older groups.

New Master Sean Price ran a great sub two minute 800 metres to win his first title in 1-59.42, whilst David Wilcock, John Potts, Michael Smith, Arthur Kimber and Kathleen Stewart ran impressive Middle Distance doubles.

Alan Williams was in good form in the 45's Pole Vault clearing 4.05, and Neil Griffin had a mighty 15.19 effort to win the 50's Shot.

John Charlton had the highest points score of 3890 in the Men's Pentathlon, and Jenny Brown scored 3735 in the Women's event.



Start of the Pentathlon 1,000 metres.

60 METRES

M40

Heat 1- 1 Ricky Huskison EVAC 7.44; 2 Steve Smith VAA-NE 7.49; 3 Trevor Sinclair EVAC 7.51; 4 Pat Logan VAC 7.53; 5 Akin Oyediran OPEN 7.81; Heat 2- 1 David Mulheron OPEN 7.53; 2 Barry Morris VAC 7.55; 3 Bruce Scott 7.66; 4 Henry Tucker OPEN 7.97; Heat 3- 1 Nick Bennett MVAC 7.47; 2 Martin Weetman MVAC 7.55; 3 Mark Baker VAC 7.63; 4 Dominic Hancock 7.66; 5 Warren Fraser MVAC 7.89; 6 Anthony Sullivan OPEN 8.20; Heat 4- 1 Ronnie Hunter SVHC 7.51; 2 Alan Crawford OPEN 7.58; 3 George Charlton VAA-NE 7.65; 4 Des Wilkinson EVAC 7.72; 5 Alastair Dooley SVHC 7.87; 6 Dave Shields SWVAC 8.66; Semi Final 1- 1 Ricky Huskison EVAC 7.51; 2 Barry Morris VAC 7.54; 3 Martin Weetman MVAC 7.62; 4 George Charlton VAA-NE 7.65; 5 Trevor Sinclair EVAC 7.65; 6 Ronnie Hunter SVHC 7.91; Semi Final 2- 1 David Mulheron OPEN 7.47; 2 Nick Bennett MVAC 7.48; 3 Alan Crawford OPEN 7.50; 4 Pat Logan VAC 7.52; 5 Mark Baker VAC 7.72; FINAL- 1 Ricky Huskison EVAC 7.41; 2 Nick Bennett MVAC 7.43; 3 David Mulheron OPEN 7.48; 4 Alan Crawford OPEN 7.48; 5 Pat Logan VAC 7.56; 6 Barry Morris VAC 7.62;

M45

Heat 1- 1 Eric Smart VAA-NE 7.47; 2 Stephen Davis SWVAC 7.88; 3 Ian Scholes NVAC 8.06; Heat 2- 1 John Browne SCVAC 7.54; 2 David Grieve OPEN 7.66; 3 Michael Williams SVHC 7.80; 4 Tennyson James EVAC 7.95; FINAL- 1 Eric Smart VAA-NE 7.33; 2 John Browne SCVAC 7.35; 3 David Grieve OPEN 7.62; 4 Michael Williams SVHC 7.77; 5 Stephen Davis SWVAC 7.83; 6 Tennyson James EVAC 7.84;

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M50

Heat 1-1 Viv Oliver MVAC 7.74; 2 Walwyn Franklyn SCVAC 7.76; 3 Brian Bostock EVAC 8.38; Heat 2-1 Alasdair Ross SCVAC 7.80; 2 John McGarry SVHC 7.99; 3 Doug Lucas VAC 8.17; 4 Tony Wells EVAC 8.30; FINAL- 1 Walwyn Franklyn SCVAC 7.57; 2 Viv Oliver MVAC 7.63; 3 Alasdair Ross SCVAC 7.66; 4 Doug Lucas VAC 7.93; 5 John McGarry SVHC 7.99; 6 Tony Wells EVAC 8.36;

M55

Heat 1-1 Robert Fraser SCVAC 7.85; 2 Allan MacLeod NVAC 8.59; 3 David Whittaker VAC 8.88; 4 John Steel MVAC 9.01; Heat 2- 1 Graham Pope VAC 8.18; 2 Mike Clerihew SVHC 8.18; 3 Maurice Dennehy OPEN 8.30; 4 Terrance Page VAA-NE 8.40; 5 Robert Tennant Gray OPEN 10.14; FINAL- 1 Robert Fraser SCVAC 7.71; 2 Graham Pope VAC 8.01; 3 Mike Clerihew SVHC 8.09; 4 Maurice Dennehy OPEN 8.39; 5 Terrance Page VAA-NE 8.47; 6 Allan MacLeod NVAC 8.54;

M60

Heat 1-1 John Steede SVHC 8.17; 2 John Ross SVHC 8.47; 3 Charles Isetts VAC 8.77; 4 Robert Sheridan SWVAC 8.82; Heat 2-1 Huw Morgan WVAA 8.48; 2 Mike Garvey MVAC 8.67; 3 Brian Shearsmith NVAC 8.71; 4 John Scott SVHC 8.79; 5 Robert Smoult VAA-NE 9.05; FINAL- 1 John Steede SVHC 8.20; 2 Huw Morgan WVAA 8.33; 3 John Ross SVHC 8.47; 4 Mike Garvey MVAC 8.60; 5 Brian Shearsmith NVAC 8.64; 6 Charles Isetts VAC 8.65;

M65

1 Peter Matthews NVAC 8.44; 2 Alan Mellett MVAC 8.58; 3 David Burton MVAC 8.61; 4 Tony Bowman NVAC 8.66; 5 Alan Carter EVAC 8.98; 6 John Evans MVAC 9.82; 7 David Ebbs NVAC DNF; **M70** 1 George Cheetham MVAC 9.19; 2 Andrew Blackman VAC 9.26; 3 Stanley Bowers OPEN 9.51; 4 Keith Whitaker NVAC 10.05; 5 Bill Morrow MVAC 10.94;

M75

1 Rodney Clark NVAC 10.81;

M85

1 Tony Rawlinson EVAC 13.33;

W35

Heat 1-1 Julie Money NVAC 8.10; 2 Kathryn Nicholson SVHC 8.49; 3 Susan Freebairn SVHC 8.85; 4 Angie Alstrachen EVAC 9.26; Heat 2-1 Karen Buck-Suddaby NVAC 8.40; 2 Euphemia Scott SCVAC 8.62; 3 Abiola Onatade SCVAC 8.78; 4 Joan Chalmers SVHC 9.04; FINAL-1 Julie Money NVAC 8.04; 2 Karen Buck-Suddaby NVAC 8.24; 3 Kathryn Nicholson SVHC 8.42; 4 Euphemia Scott SCVAC 8.60; 5 Abiola Onatade SCVAC 8.82; 6 Susan Freebairn SVHC 8.89;

W40

Heat 1-1 Janet Lyon SVHC 8.55; 2 Denise Timmis EVAC 8.74; 3 Gaye Clarke EVAC 8.86; Heat 2-1 Manndy Laing NVAC 8.46; 2 Pamela Dutton MVAC 8.77; 3 Hazel Barker NVAC 8.89; 4 Angela Kelly SVHC 8.99;

FINAL

1 Manndy Laing NVAC 8.39; 2 Janet Lyon SVHC 8.53; 3 Denise Timmis EVAC 8.69; 4 Pamela Dutton MVAC 8.73; 5 Gaye Clarke EVAC 8.82; 6 Hazel Barker NVAC 9.12;

W45

1 Helen Godsell SCVAC 8.28; 2 Christine Young SCVAC 9.34;

W50

1 Mary Waters EVAC 9.52; 2 Anne Nelson VAC 9.91; 3 Grete Howarth NVAC 10.19;

W55

1 Val Parsons SCVAC 8.88; 2 Jean Browne SCVAC 9.54; 3 Joyce Rammell SVHC 9.92;

W60

1 Esther Linaker SVHC 9.05; 2 Mollie Mills MVAC 10.18; 3 Nanette Cross VAC 10.28; 4 Dorothy Morgan WVAA

10.39;

W65

1 Dorothy Fraser EVAC 10.32; 2 Mary Webb WVAA 10.35; 3 Betty Steedman SVHC 10.52;

W70

1 Brenda Green SCVAC 12.62;

W80

1 Mary Wixey SWVAC 13.19;

200 METRES

M40

Heat 1-1 Darrell Maynard WVAA 23.60; 2 George Charlton VAA-NE 24.73; 3 Nicholas Grocock SCVAC 24.74; 4 Glen Reddington SCVAC 25.20; 5 Martin Weetman MVAC 25.50; Heat 2-1 Kermitt Bentham VAA-NE 23.84; 2 Ronnie Hunter SVHC 24.58; 3 Bruce Scott SVHC 24.71; 4 Michael May VAC 29.03; Heat 3-1 David Mulheron OPEN 23.94; 2 Alan Crawford OPEN 24.36; 3 Pat Logan VAC 24.78; 4 Jon Evans VAA-NE 26.49; Heat 4-1 Barry Morris VAC 24.51; 2 Paul Ramsden SCVAC 25.43; 3 Alastair Dooley SVHC 25.44; 4 Warren Fraser MVAC 25.55; SEMI 1-1 Darrell Maynard WVAA 23.37; 2 Alan Crawford OPEN 24.22; 3 Barry Morris VAC 24.27; 4 Nicholas Grocock SCVAC 24.72; 5 George Charlton VAA-NE 24.96; SEMI 2-1 David Mulheron OPEN 23.54; 2 Kermitt Bentham VAA-NE 23.54; 3 Ronnie Hunter SVHC 24.41; 4 Bruce Scott SVHC 24.69; 5 Paul Ramsden SCVAC 25.93; FINAL-1 Darrell Maynard WVAA 23.09; 2 David Mulheron OPEN 23.52; 3 Kermitt Bentham VAA-NE 23.77; 4 Alan Crawford OPEN 24.36; 5 Barry Morris VAC 24.40;

M45

Heat 1-1 Eric Smart VAA-NE 24.52; 2 David Grieve OPEN 24.91; 3 Alan Harrison SCVAC 25.03; Heat 2-1 Michael Williams SVHC 24.66; 2 John Browne SCVAC 24.71; 3 Stephen Davis SWVAC 26.08;

FINAL-1 Eric Smart VAA-NE 23.44; 2 Michael Williams SVHC 24.23; 3 John Browne SCVAC 24.64; 4 David Grieve OPEN 25.29; 5 Alan Harrison SCVAC 29.53;

M50

Heat 1-1 Walwyn Franklyn SCVAC 25.48; 2 Doug Lucas VAC 25.50; 3 Brian Bostock EVAC 26.55; Heat 2-1 Viv Oliver MVAC 24.48; 2 Alasdair Ross SCVAC 24.89; 3 John McGarry SVHC 26.29; 4 John Moore EVAC 26.49; FINAL-1 Viv Oliver MVAC 24.19; 2 Walwyn Franklyn SCVAC 24.39; 3 Alasdair Ross SCVAC 24.52; 4 Doug Lucas VAC 25.60; 5 John McGarry SVHC 26.45;

M55 FINAL

1 Robert Fraser SCVAC 25.78; 2 Terry Bissett SCVAC 26.96; 3 Winston Thomas SCVAC 27.68; 4 Terrance Page VAA-NE 28.02; 5 John Steel MVAC 30.44;

M60

Heat 1-1 John Steede SVHC 26.91; 2 Norman Gould SVHC 27.67; 3 John Ross SVHC 27.78; 4 Bruce Charles MVAC 30.44; 5 Robert Smoult VAA-NE 31.52; Heat 2-1 Brian Shearsmith NVAC 28.21; 2 Robert Sheridan SWVAC 28.47; 3 Huw Morgan WVAA 28.52; 4 Charles Isetts VAC 28.92;

FINAL 1 John Steede SVHC 26.43; 2 Norman Gould SVHC 27.23; 3 John Ross SVHC 28.02; 4 Brian Shearsmith NVAC 28.27; 5 Robert Sheridan SWVAC 29.71;

M65

Heat 1-1 David Burton MVAC 28.57; 2 Alan Mellett MVAC 28.96; 3 Peter Matthews NVAC 29.42; 4 John Baron NVAC 31.27; Heat 2-1 Tony Crocker MVAC 28.65; 2 Tony Bowman NVAC 29.09; 3 Anthony McManus SVHC 34.95; 4 Hugo Fletcher SVHC 38.32; FINAL- 1 David Burton MVAC 28.36; 2 Tony Bowman NVAC 28.81; 3 Peter Matthews NVAC 28.94; 4 Alan Mellett MVAC 29.57;

M70 FINAL

1-George Cheetham MVAC 31.67; 2 Stanley Bowers OPEN 34.09; 3 Norman Carter MVAC 38.89; 4 Bill Morrow MVAC 40.22; 5 Andrew Blackman VAC DNF

W35

Heat 1-1 Julie Money NVAC 27.43; 2 Kathryn Nicholson SVHC 28.04; 3 Abiola Onatade SCVAC 30.78; Heat 2-1 Fiona Kirtion VAC 28.09; 2 Euphemia Scott SCVAC 28.59; 3 Angie Alstrachen EVAC 31.07; FINAL-1 Julie Money NVAC 27.04; 2 Kathryn Nicholson SVHC 27.73; 3 Euphemia Scott SCVAC 28.89; 4 Abiola Onatade SCVAC 30.43; 5 Angie Alstrachen EVAC 32.04

W40 FINAL

1 Angela Beadnall VAA-NE 28.39; 2 Janet Lyon SVHC 28.73; 3 Pamela Dutton MVAC 29.38; 4 Sally Stagles EVAC 29.42; 5 Angela Kelly SVHC 29.80;

W45 FINAL

1 Helen Godsell SCVAC 28.45; 2 Carole Filer EVAC 28.50; 3 Christine Young SCVAC 32.41;

W50 FINAL

1 Mary Waters EVAC 33.48; 2 Anne Nelson VAC 34.27; 3 Cathy Lyon-Green MVAC 35.92; 4 Grete Howarth NVAC 37.93;

W55 FINAL

1 Val Parsons SCVAC 30.65; 2 Jean Browne SCVAC 32.37;

W60 FINAL

1 Esther Linaker SVHC 31.29; 2 Mary Axtell SCVAC 33.76; 3 Jean Hulls SCVAC 34.01; 4 Nanette Cross VAC 36.55;

W65 FINAL

1 Dorothy Fraser EVAC 35.52; 2 Mary Webb WVAA 35.86;

W70 FINAL

1 Brenda Green SCVAC 47.78;

400 METRES

M40

Heat 1-1 Darrell Maynard WVAA 53.68; 2 Tony Noel MVAC 54.89; 3 Ricky Huskisson EVAC 55.34; 4 Andy Payne VAC 59.34; 5 Michael May VAC 68.67; Heat 2-1 Kermitt Bentham VAA-NE 53.30; 2 Danny Brown MVAC 56.08; 3 Paul Ramsden SCVAC 56.60; 4 Warren Fraser MVAC 56.61; FINAL-1 Darrell Maynard WVAA 50.41; 2 Kermitt Bentham VAA-NE 50.76; 3 Tony Noel MVAC 53.86; 4 Ricky Huskisson EVAC 55.54; 5 Danny Brown MVAC DNF;

M45

Heat 1-1 Alan Harrison SCVAC 55.70; 2 Tennyson James EVAC 56.04; 3 Carl Pinder MVAC 56.35; 4 Clive Pengelly SWVAC 57.90; 5 John Taylor NVAC 60.12; Heat 2-1 John Shearer SVHC 56.01; 2 David Anderson IoMVAC 57.13; 3 Craig Douglas OPEN 57.24; 4 Michael Coker SCVAC 59.23;

FINAL 1 Alan Harrison SCVAC 54.33; 2 John Shearer SVHC 55.95; 3 Carl Pinder MVAC 56.26; 4 David Anderson IoMVAC 57.70; 5 Tennyson James EVAC 57.79;

M50

Heat 1-1 Walwyn Franklyn SCVAC 57.65; 2 Peter Browne SCVAC 57.83; 3 Brian Bostock EVAC 59.51; Heat 2-1 Viv Oliver MVAC 58.29; 2 Doug Lucas VAC 58.58; 3 John Moore EVAC 59.55; 4 Tony Wells EVAC 59.58;

FINAL-1 Walwyn Franklyn SCVAC 54.53 (BRITISH RECORD); 2 Viv Oliver MVAC 54.70; 3 Doug Lucas VAC 55.96; 4 Peter Browne SCVAC 55.98; 5 Brian Bostock EVAC 60.42;

M55

Heat 1-1 Terry Bissett SCVAC 63.17; 2 Graham Pope VAC 63.49; 3 Winston Thomas SCVAC DNF; Heat 2-1 Robert Fraser SCVAC 61.56; 2 Albert Eland NVAC 63.39; 3 Trevor Alderdice NVAC 64.84; 4 David Whittaker VAC 71.35; FINAL- 1 Robert Fraser SCVAC 59.32; 2 Terry Bissett SCVAC 61.61; 3 Albert Eland NVAC 64.06; 4 Graham Pope VAC DNF;

M60 FINAL

1 John Steede SVHC 61.41; 2 John Ross SVHC 61.77; 3 Robert Sheridan SWVAC 65.63; 4 Brian Shearsmith NVAC 66.50; 5 Geoff Hudson MVAC DNF;

M65

Heat 1-1 John Baron NVAC 72.14; 2 Arthur Kimber SCVAC 74.62; 3 Hugo Fletcher SVHC 90.14; Heat 2-1 Alan Carter EVAC 80.85; 2 Tony Bowman NVAC 86.10; 3 Anthony McManus SVHC 87.83; FINAL- 1 Tony Bowman NVAC 68.50; 2 Arthur Kimber SCVAC 69.33; 3 John Baron NVAC 71.01; 4 Alan Carter EVAC 78.13; 5 Anthony McManus SVHC 83.53;

M70 FINAL

1 Geoffery Feast VAC 77.81; 2 Tom Wyer MVAC 85.08;

M75 FINAL

1 Hugh McGinlay SVHC 87.89;

W35 FINAL

1 Fiona Kirtion VAC 64.74; 2 Euphemia Scott SCVAC 66.23; 3 Susan Kneill MVAC 75.55;

W40 FINAL

1 Angela Beadnall VAA-NE 66.17; 2 Sally Stagles EVAC 67.15;

W45 FINAL

1 Carole Smith SWVAC 67.31;

W50 FINAL

1 Diny Klomp NED 70.36; 2 Mary Waters EVAC 81.40;

W65 FINAL

1 Dorothy Fraser EVAC 81.37;

W70 FINAL

1 Brenda Green SCVAC 123.71;

800 METRES

1 Sean Price WVAA 1-59.42; 2 Stephen Toogood EVAC 2-01.82; 3 Derek Watson SVHC 2-05.03; 4 Kevin Pye MVAC 2-06.84; 5 Andy Payne VAC DNF;

M45 FINAL

1 David Wilcock SCVAC 2-02.17; 2 Ray Daniel VAC 2-02.92; 3 Gary Armitage NVAC 2-08.04; 4 Alex McIndo SVHC 2-10.03;

M50 FINAL

1 Joe Gough OPEN 2-10.26; 2 Brian McKay SVHC 2-11.44; 3 Derek Leitch SVHC 2-11.59; 4 Stewart Halton MVAC 2-14.05; 5 Jon Hancock NVAC 2-14.57; 6 David Gee NVAC 2-14.74; 7 Bernard Wareing MVAC 2-14.99;

M55 FINAL

1 John Potts MVAC 2-19.91; 2 Pat Kelly SVHC 2-22.09; 3 Albert Eland NVAC 2-22.24; 4 Francis Cannon SVHC 2-22.96; 5 Rod Scholes NVAC 2-24.64;

M60 FINAL

1 Michael Smith NVAC 2-19.94; 2 John Hodge SCVAC 2-36.16

M65 FINAL

1 Arthur Kimber SCVAC 2-40.67; 2 Peter Dibb NVAC 2-45.55; 3 Mike Fox MVAC 2-51.70; 4 Hugo Fletcher SVHC 3-14.02;

M70 FINAL

1 Tom Wyer MVAC 3-09.72;

M75 FINAL

1 Hugh McGinlay SVHC 3-27.77;

W35 FINAL

1 Carol Ann Gray SVHC 2-19.65; 2 Bernadine Pritchett VAC 2-22.18; 3 Mary

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Edwards SCVAC 2-25.86; 4 Susan Kneill MVAC 2-47.01;

W40 FINAL

1 Sharyn Ramage SVHC 2-36.32 ;

W45 FINAL

1 Jane Weston NVAC 2-30.08; 2 Carole Smith SWVAC 2-32.60 ; 3 Violet Blair SVHC 2-35.25; 4 Alison Wilson SCVAC 2-36.80;

W50 FINAL

1 Jane Morley NVAC 58.55;

W60 FINAL

1 Kathleen Stewart VAA-NE 3-00.66;

1500 METRES

M40 FINAL

1 Bernie Jones WVAA 4-16.53; 2 Martin Duthie SVHC 4-17.13; 3 Nick Overton EVAC 4-19.01; 4 Michael Plint OPEN 4-29.59;

M45 FINAL

1 David Wilcock SCVAC 4-17.96 ;2 Alastair Dunlop SVHC 4-21.44; 3 Alex McIndoe SVHC 4-22.61; 4 Kevin Archer VAA-NE 4-24.19; 5 Gary Armitage NVAC 4-27.73; 6 Guy Van Herp SVHC 4-27.97; 7 Paul McKerracher SVHC 5-03.48; 8 Brian Worthington MVAC 5-18.19; 9 Rob Sargent VAC 5-27.16; 10 Kevin Dillon NVAC 6-12.64;

M50 FINAL

1 David Gee NVAC 4-29.19; 2 Archie Jenkins SVHC 4-32.37 ; 3 Bernard Wareing MVAC 4-32.51; 4 Jon Hancock NVAC 4-33.52; 5 Derek Leitch SVHC 4-35.72; 6 Stuart Littlewood VAC 5-00.70; Stewart Halton MVAC & William Prat OPEN DNF;

M55 FINAL

1 John Potts MVAC 4-41.57; 2 Robert Young SVHC 4-48.08;

M60 FINAL

1 Michael Smith NVAC 4-50.58; 2 Graham Reid SVHC 5-15.36; 3 Ian Leggett SVHC 5-26.20;

M65 FINAL

1 Arthur Kimber SCVAC 5-32.45; 2 Edmond Simpson VAC 5-36.68; 3 Peter Dibb NVAC 5-38.52; 4 James Parker SVHC 6-09.88;

M70 FINAL

1 William McBrinn SVHC 6-02.66 ;

M75 FINAL

1 Hugh McInlay SVHC 7-04.82; 2 James Caddy VAA-NE 7-11.45;

W35 FINAL

1 Bernadine Pritchett VAC 4-48.44; 2 Jane Pidgeon NVAC 4-54.29; 3 Carol-Ann Gray SVHC 4-54.89; 4 Mary Edwards SCVAC 4-59.20; 5 Emma Hudson NVAC 5-18.79; 6 Julie Herron EVAC 5-30.94;

W40 FINAL

1 Pauline Joan Atkinson NVAC 4-48.79; 2 Susie Lawney MVAC 5-06.91; 3 Sharyn Ramage SVHC 5-19.60; 4 Susie Hancock OPEN 5-30.39; 5 Lynne Marr SVHC 5-35.87;

W45 FINAL

1 Denise Farnham SCVAC 5-08.27; 2 Jane Weston NVAC 5-11.43; 3 Alison Wilson SCVAC 5-26.52;

W50 FINAL

1 Jane Morley NVAC 6-01.90;

W60 FINAL

1 Kathleen Stewart VAA-NE 6-06.58; 2 Betty Stracey EVAC 6-58.66;

3000 METRES

M40 FINAL

1 Rob Hand VAA-NE 8-56.07; 2 Bernie Jones WVAA 9-00.63; 3 Keith Farquhar SVHC 9-01.34; 4 Nick Overton EVAC 9-02.17; 5 Craig Sabin MVAC 9-23.11;

M45 FINAL

1 Steve May SWVAC 9-04.43; 2 Kevin Archer VAA-NE 9-26.93; 3 Ian Stewart SVHC 9-32.20; 4 Alan Dent VAA-NE 9-32.61; 5 David Wilcock SCVAC 9-38.91; 6 Paul McKerracher SVHC 10-38.87; 7 Brian Worthington MVAC 11-11.28; 8 Rob Sargent VAC 11-32.76;

M50 FINAL

1 David Gee NVAC 9-31.22; 2 Archie Jenkins SVHC 9-40.34; 3 Jon Hancock NVAC 9-49.57; 4 Ewan Paterson SVHC 9-52.84; 5 John Hamratty SVHC 10-03.19; 6 Stuart Littlewood VAC 10-24.44

M55 FINAL

1 Colin Youngson SVHC 9-56.91; 2 Robert Young SVHC 10-02.51; 3 Pat Kelly SVHC 11-00.02;

M65 FINAL

1 Edmond Simpson VAC 11-33.96; 2 Peter Dibb NVAC 12-12.28

M75 FINAL

1 James Caddy VAA-NE 15-20.44; 2 Hugh McInlay SVHC 15-55.54;

W35 FINAL

1 Alison Bathie SCVAC 10-33.69; 2 Susan Redley SVHC 10-40.84; 3 Jane Pidgeon NVAC 10-43.68; 4 Emma Hudson NVAC 11-23.64

W40 FINAL

1 Pauline Joan Atkinson NVAC 10-23.65; 2 Jill Harris SWVAC 10-44.30; 3 Susie Lawney MVAC

10-49.41; 4 Susie Hancock OPEN 11-28.16; 5 Lynne Marr SVHC 11-41.31;

W45 FINAL

1 Denise Farnham SCVAC 10-36.82;

W60 FINAL

1 Betty Stracey EVAC 14-12.20;

3000m Walk

1 Colin Bradley WVAA 14-34.30;

M60 FINAL

1 Alan O'Rawe VAA-NE 18-56.84;

M65 FINAL

1 Dave Stevens VAC DISQ;

M75 FINAL

1 Denis Withers MVAC 20-32.38;

M80 FINAL

1 Len Croo MVAC 20-23.14;

W40 FINAL

1 Elizabeth Harris VAC 20-35.76;

W60 FINAL

1 Jill Langford MVAC 19-07.02;

W65 FINAL

1 Pamela Horwill MVAC 20-42.10;

60m HURDLES

M40 FINAL

1 Des Wilkinson EVAC 8.53; 2 Glen Reddington SCVAC 9.04; 3 John Mayor EVAC

M45 FINAL

1 Michael Coker SCVAC 9.35; 2 Ian Scholes NVAC 9.45; 3 Clive Pengelly SWVAC 9.99;

M50 FINAL

1 Tony Wells EVAC 9.69; 2 Peter Mould MVAC 10.52;

M55 FINAL

1 Bob Groves NVAC 15.51;

M65 FINAL

1 Tony Bowman NVAC 10.30 (British Record)

M70 FINAL

1 Keith Whitaker NVAC 13.26;

M85 FINAL

Tony Rawlinson EVAC DNF;

W40 FINAL

1 Wendy Laing NVAC 9.09; 2 Manndy Laing NVAC 9.11; 3 Sally Stagles EVAC 9.34 ; 4 Gaye Clarke EVAC 9.78; 5 Hazel Barker NVAC 10.13; 6 Alison Fenwick VAC 10.50;

W50 FINAL

1 Janet Lawson EVAC 10.02 ; 2 Grete Howarth NVAC 12.71;

W55 FINAL

1 Pat Oakes SCVAC 11.96;

W60 FINAL

1 Nanette Cross VAC 12.03; Jean Hulls SCVAC DNF;

HIGH JUMP

M40 FINAL

1 Andrew Waddington SWVAC 1.75; 2 Charlie Murray SVHC 1.65; 3 John Bancroft SCVAC 1.65; 4 John Mayor EVAC 1.60;

M45 FINAL

1 Chris Hesketh NVAC 1.70; 2 Brian Slaughter SCVAC 1.55; 3 Colin Hague SWVAC 1.50; 4 Trevor Wade SCVAC 1.50; 5 David Blunt VAC 1.50;

M50 FINAL

1 William Lonsdale SVHC 1.55; 2 John Martindale SVHC 1.46; 3 Eric Bull SVHC 1.40;

M55 FINAL

1 Maurice Dennehy OPEN 1.50; 2 Bob Groves NVAC 1.48; 3 Keith Tugwell NVAC 1.43; 4 Allan MacLeod NVAC 1.35;

M60 FINAL

1 Collin Green MVAC 1.30; 2 Ernie Chambers SWVAC 1.20;

M65 FINAL

1 Anthony Bateman SCVAC 1.56 (British Record); 2 Tony Crocker MVAC 1.50; 3 John Freebairn SVHC 1.35;

M70 FINAL

Norman Carter MVAC 1.15;

M85 FINAL

Tony Rawlinson EVAC 0.95 ;

W40 FINAL

1 Wendy Laing NVAC 1.60; 2 Sally Stagles EVAC 1.50; 3 Hazel Barker NVAC 1.45; 4 Gaye Clarke EVAC 1.35;

W50 FINAL

Pam Garvey MVAC 1.36 (Equals British Record);

W55 FINAL

Pat Oakes SCVAC 1.15;

POLE VAULT

M40 FINAL

Kenneth Lyon SVHC 3.30;

M45 FINAL

1 Allan Williams SCVAC 4.05; 2 John Taylor NVAC 3.70; 3 Rod Woodruff VAC 4.20; 4 Peter Hill MVAC 3.00;

M50 FINAL

John Loughran VAA-NE 3.00;

M55 FINAL

1 John Bradley MVAC 3.30; 2 Bob Masson SVHC 3.20

M70 FINAL

1 Robert Brown MVAC 3.20 (World Record); 2 John Oulton SVHC 2.00;

W40 FINAL

1 Janet Lyon SVHC 2.60;

W45 FINAL

Anne Wainwright MVAC 2.70 (British Record); 2 Sue Yeomans SCVAC 2.60;

W50 FINAL

Val Neal NVAC 2.00;

W65 FINAL

1 Dorothy McLennan SCVAC 1.70; 2 Sheila Champion SCVAC 1.50;

LONG JUMP

M40 FINAL

1 Trevor Sinclair EVAC 5.95; 2 Akin Oyediran OPEN 5.89; 3 Mark Line OPEN 5.62; 4 Kenneth Lyon SVHC 5.50; 5 Glen Reddington SCVAC 5.41; 6 Charlie Murray SVHC 5.04; 7 Dave Shields SWVAC 4.67;

M45 FINAL

1 Trevor Wade SCVAC 5.63; 2 Colin Hague SWVAC 4.53;

M50 FINAL

Keith Bennington NVAC 5.38;

M55 FINAL

1 Mike Clerihew SVHC 5.11; 2 Maurice Dennehy OPEN 4.97; 3 Allan MacLeod NVAC 4.56;

M60 FINAL

1 Mike Garvey MVAC 4.76; 2 Collin Green MVAC 4.67;

M65 FINAL

1 Anthony Bateman SCVAC 4.77 (British Record); 2 David Burton MVAC 4.47; 3 John Evans MVAC 3.64; 4 David Ebbs NVAC 3.38;

M70 FINAL

1 Geoffrey Feast VAC 3.87; 2 John Oulton SVHC 3.57; 3 Bill Morrow MVAC 2.84;

M75 FINAL

Rodney Clark NVAC 2.10;

W35 FINAL

1 Joan Chalmers SVHC 4.14; 2 Angie Alstrachen EVAC 3.90;

W40 FINAL

1 Manndy Laing NVAC 4.87; 2 Janice Pryce MVAC 4.81; 3 Alison Fenwick VAC 4.54; 4 Denise Timmis EVAC 4.50; 5 Gaye Clarke EVAC 4.31; 6 Hazel Barker NVAC 4.15;

W45 FINAL

1 Carole Filer EVAC 4.74; 2 Anne Wainwright MVAC 3.97; 3 Christine Young Heather Wallace SVHC

W50 FINAL

1 Pam Garvey MVAC 3.55; 2 Grete Howarth NVAC 3.32; 3 Cathy Lyon-Green MVAC 3.02;

W55 FINAL

Pat Oakes SCVAC 3.57;

W60 FINAL

Dorothy Morgan WVAA 3.29;

W65 FINAL

Betty Steedman SVHC 3.18;

W80 FINAL

Mary Wixey SWVAC 1.87;

TRIPLE JUMP

M40 FINAL

1 Akin Oyediran OPEN 13.65; 2 Rez Cameron SCVAC 13.52; 3 David Dixon VAA-NE 12.40; 4 Jon Evans VAA-NE 11.42; 5 Kenneth Lyon SVHC 11.14; 6 Geoff Powley EVAC

W40 FINAL

10.88; 7 Paul Hopes NVAC 10.84; 8 Wallace SVHC 10.75;

M45 FINAL

1 Albert St. C Earle MVAC 12.29; 2 Trevor Wade SCVAC 10.97; 3 Colin Hague SWVAC 8.55;

M50 FINAL

1 Keith Bennington NVAC 10.78; 2 Alan Maddocks MVAC 10.49; 3 Eric Bull SVHC 9.48;

M55 FINAL

Mike Clerihew SVHC 10.12; M60 FINAL

1 Collin Green MVAC 10.07; 2 Ernie Chambers SWVAC 8.38;

M65 FINAL

1 Tony Crocker MVAC 9.55; 2 Trevor Driver NVAC 9.00; 3 John Evans MVAC 8.62;

M70 FINAL

Norman Carter MVAC 6.57;

M75 FINAL

Hugh Gallacher OPEN 4.55;

W35 FINAL

1 Alison Hesketh NVAC 9.50; 2 Shona McKinnon SVHC 8.64; 3 Susan Freebairn SVHC

W40 FINAL

1 Janice Pryce MVAC 10.89; 2 Manndy Laing NVAC 10.33; 3 Jenny Brown SCVAC 10.20; 4 Pamela Dutton MVAC 9.14;

W50 FINAL

Cathy Lyon-Green MVAC 6.26

W55 FINAL

Pat Oakes SCVAC 8.10;

W60 FINAL

Dorothy Morgan WVAA 6.86;

W65 FINAL

Betty Steedman SVHC 6.80

W80 FINAL

Mary Wixey SWVAC 4.07;

SHOT

M40 FINAL

Bosco Reid NIVAC 11.51; M45 FINAL
1 Ian Lindley NVAC 13.22; 2 Michael Small VAC 13.17;

M50 FINAL

1 Neil Griffin SCVAC 15.19; 2 Merrik Bousfield NVAC 13.24 ;

M55 FINAL

1 Brian Gillo SWVAC 11.31; 2 James MacBeath SVHC 9.82 ;

M60 FINAL

1 Garry Negus SCVAC 12.45; 2 Jim Sloan SVHC 11.00; 3 William Gentleman SVHC 9.56 ;

M65 FINAL

1 John Freebairn SVHC 11.22; 2 Eric Kitney SCVAC 10.19; 3 Ian Miller EVAC 10.05; 4 Brian Webb WVAA 8.84;

M70 FINAL

MASTERS ATHLETICS APRIL 2003-OUTDOOR RECORDS

100 Metres	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	9.97	na	10.74	11.11	12.2
M40/W40	10.84	10.61	10.9	11.99	11.28	12.0
M45/W45	10.96	11.23	11.1	12.50	12.25	12.5
M50/W50	10.95	11.50	11.5	12.50	13.10	13.15
M55/W55	11.57	11.57	11.57	13.30	13.43	13.93
M60/W60	11.70	11.70	11.70	13.89	13.89	14.25
M65/W65	12.62	12.65	12.71	14.29	14.40	14.84
M70/W70	12.91	13.27	13.34	15.33	15.33	16.59
M75/W75	13.4	13.64	14.88	16.12	15.91	19.26
M80/W80	14.35	14.66	15.79	18.42	18.42	na
M85/W85	16.16	16.95	16.3	21.18	21.18	48.40
M90/W90	18.08	na	19.9	47.84	na	na
M95/W95	24.01	na	na	na	na	na
M100/W100	43.00	na	na	na	na	na
200 Metres	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	20.11	na	21.93	22.81	24.5
M40/W40	21.86	22.02	22.27	24.84	24.95	25.00
M45/W45	22.13	22.21	22.21	25.46	25.85	26.47
M50/W50	22.91	22.91	22.91	25.72	26.52	26.52
M55/W55	23.37	23.37	23.37	27.90	27.53	28.66
M60/W60	24.00	24.00	24.00	28.87	28.87	29.95
M65/W65	25.6	25.93	26.06	30.46	31.12	31.75
M70/W70	26.8	27.09	27.23	32.24	32.24	33.19
M75/W75	28.14	28.60	30.78	34.40	34.40	44.84 (35.98 p)
M80/W80	30.89	31.08	33.82	41.11	41.22	na
M85/W85	35.82	36.52		49.83	49.83	na
M90/W90	42.78 (p40.97)	na	76.8	na	na	na
M95/W95	57.58	na	na	na	na	na
400 Metres	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	46.91	Na	50.56	50.87	54.02
M40/W40	48.10	47.86	49.55 (48.74p)	53.68	56.93	55.3
M45/W45	50.20	50.23	50.23	56.82	57.91	57.91
M50/W50	51.39	51.60	51.8	58.51	61.82	64.06
M55/W55	52.6	53.04	53.98	62.40	64.50	65.50
M60/W60	53.88	54.65	58.31	67.80	69.94	69.11
M65/W65	57.52	57.52	60.84	71.45	73.71	78.25
M70/W70	61.29	61.29	68.46	78.26	79.14	79.45
M75/W75	66.88	65.34	72.2	88.42 (88.17 p)	88.17	87.70 (88.17p)
M80/W80	72.85	78.66	93.26	1:40.45	109.86	na
M85/W85	90.99	87.11	115.13	2:13.68	na	na
M90/W90	1:57.46	na	na	3:06.85	na	na
M95/W95	2:38.64	na	na	na	na	na
800 Metres	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	1:49.81	na	1:56.53	1:56.53	2:07.91
M40/W40	1:51.25 (p 1:50.69)	1:50.69	1:51.25	1:59.25	1:59.25	2:13.02
M45/W45	1:56.16	1:56.16	1:57.2	2:02.82	2:02.82	2:14.92
M50/W50	1:58.65	1:59.45	2:01.0	2:21.05	2:21.05	2:21.9
M55/W55	2:03.7	2:04.69	2:04.9	2:22.47	2:22.47	2:22.47
M60/W60	2:10.42	2:13.81	2:15.2	2:36.94	2:36.94	2:51.46
M65/W65	2:14.33	2:18.70	2:21.0	2:44.43	2:54.5	2:54.5
M70/W70	2:20.52	2:29.96	2:34.35	3:10.72	3:10.72	3:36.14
M75/W75	2:40.0	2:45.81	2:45.82	3:31.37	3:31.37	3:43.11
M80/W80	2:53.5	3:04.29	3:15.32	3:54.81	3:54.81	na
M85/W85	3:28.15	3:45.5	4:19.81	5:00.58	5:46.85	na
M90/W90	4:28.20	na	4:38.99	6:59.18	na	na
1500 Metres	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	3:36.56	na	3:57.73	3:57.73	4:12.0
M40/W40	3:47.64	3:46.7	3:53.8	3:59.78	3:59.78	4:20.7
M45/W45	3:58.3	3:58.3	3:58.3	4:05.44	4:05.44	4:40.97
M50/W50	4:05.2	4:09.52	4:09.0	4:43.10	4:43.10	4:48.78
M55/W55	4:12.5	4:14.33	4:23.3	4:57.4	4:57.4	4:57.4
M60/W60	4:27.65	4:32.1	4:36.04	5:24.72	5:24.72	5:51.16
M65/W65	4:39.87	4:39.87	4:44.0	5:48.48	5:57.74	6:07.13
M70/W70	4:57.65	4:57.65	5:12.51	6:14.52	6:14.52	6:47.68
M75/W75	5:22.7	5:39.12	5:45.43	6:42.13	6:42.13	7:29.3
M80/W80	6:04.28	6:16.13	6:39.4	7:32.22	7:32.22	na
M85/W85	7:03.38	7:29.4	7:41.45	10:33.40	11:14.60	na
M90/W90	9:23.34	na	9:23.24	na	na	na
M95/W95	13:53.8	na	na	na	na	na
M100/W100	16:46.41	na	Na	Nna	na	na
5000 Metres	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	13:07.40	na	15:11.28	15:12.06	16:08.15
M40/W40	13:45.6	13:43.15	14:15.9	15:51.7	15:20.59	16:13.8
M45/W45	14:23.6	14:23.6	14:42.67	15:55.71	15:55.71	17:09.3
M50/W50	14:55.60	15:06.0	15:14.7	17:17.02	17:17.02	17:49.09

MASTERS ATHLETICS APRIL 2003-OUTDOOR RECORDS

M55/W55	15:41.72	15:42.35	15:44.1	18:32.5	18:32.5	19:43.07
M60/W60	16:16.51	16:24.0	16:24.0	19:14.8	19:47.91	21:02.3
M65/W65	16:38.8	17:13.8	18:02.12 (17:38.4 p)	21:37.8	21:30.10	21:37.8
M70/W70	18:33.38	18:34.72	19:16.8	22:55.39	23:18.5	23:21.1
M75/W75	20:00.13	20:00.13	20:00.13	25:14.44	25:14.44	26:22.55
M80/W80	21:57.88	23:06.93	23:39.1	28:32.67	28:32.67	na
M85/W85	25:47.54	26:50.2	24:51.7	37:02.30	40:55.10	na
M90/W90	36:00.64	na	36:13.91	na	na	na
M95/W95	50:23.53	na	na	na	na	na
10000 Metres	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	27:17.48	na	31:20.28	31:20.28	33:34.7
M40/W40	28:30.88	28:30.88	29:43.54	32:12.07	32:12.07	34:26.4
M45/W45	30:02.56	30:16.8	31:05.69	32:34.06	32:34.05	34:37.3
M50/W50	31:01.90	31:42.61	31:59.6	35:37.0	35:37.0	36:55.29
M55/W55	32:46.5	32:38.92	33:10.69	37:47.95	37:47.95	42:12.8
M60/W60	34:14.08	34:14.88	35:14.26 (34:51 p)	41:38.0	41:38.0	43:01.1
M65/W65	34:42.2	36:32.64	36:48.8	44:20.9	44:20.9	46:19.40
M70/W70	38:04.13	38:31.50	39:24.09	48:10.98	47:22.51	48:10.98
M75/W75	42:03.4	42:03.4	41:47.31	52:08.73	52:08.73	54:44.8
M80/W80	44:29.4	47:44.60	48:06.0	58:40.03	58:40.03	na
M85/W85	52:50.80	52:50.80	55:03.48	86:55.70	na	na
M90/W90	71:40.78	na	na	na	na	na
Steeplechase (3ft)	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35 /W35	na	8:22.98	na	7:05.76	na	na
M40/W40 (3k)	8:41.5	8:41.5	9:03.5	7:47.56	na	na
M45/W45 (3k)	9:16.1	9:16.1	9:29.5	7:38.08	na	na
M50/W50 (3k)	9:38.8	9:38.8	9:58.2	7:43.99	na	na
M55/W55 (3k)	9:55.05	10:29.73	10:52.83	8:13.4	na	na
M60/W60 (2k)	7:03.8	na	10:40.01	10:29.91	na	na
M65/W65 (2k)	7:53.00	na	na	na	na	na
M70/W70 (2k)	8:38.17	na	na	na	na	na
M75/W75 (2k)	9:28.78	na	na	na	na	na
M80/W80 (2k)	11:11.20	na	na	na	na	na
Steeplechase (2ft 6in)	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
W35 (2k)	na	na	na	6:30.83	6:31.25	7:05.76
W40 (2k)	na	na	na	7:06.6	7:20.85	7:20.85
W45 (2k)	na	na	na	7:44.53	7:54.67	7:54.67
W50 (2k)	na	na	na	7:58.78	8:44.15	8:17.12
W55 (2k)	na	na	na	7:58.43	9:02.37	11:30.22
M60/W60 (2k)	6:30.21	7:01.22	7:03.8	8:47.61	na	na
M65/W65 (2k)	7:25.10	7:25.10	7:57.90	10:23.84	11:56.57	na
M70/W70 (2k)	8:03.47	8:29.14	na	11:24.25	na	na
M75/W75 (2k)	9:17.38	10:11.95	na	na	na	na
M80/W80 (2k)	10:52.46	11:39.21	na	na	na	na
M85/W85 (2k)	13:50.9	na	na	na	na	na
High Hurdles	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35 110/100	na	13.11	na	12.47	12.47	13.95
M40/W40 110/80	13.96	14.16	14.4	11.25	11.40	11.68
M45/W45 110/80	14.7 (120 yd)	15.43	15.47	12.22	12.34	12.57
M50/W50 100/80	13.57	14.24	14.51	12.68	13.02	13.02
M55/W55 100/80	14.49	14.75	15.18	13.19	12.31	14.87
M60/W60 100/80	14.74	14.42	15.8 (15.78 p)	13.89	13.89	15.39
M65/W65 100/80	16.30	17.09	17.32	15.63 (p 14.91)	14.91	na
M70/W70 80	12.99	14.00	14.22	18.91	17.32	na
M75/W75 80	13.68	14.84	18.24	25.56	33.66	na
M80/W80 80	16.98	16.95	21.81	na	na	na
M85/W85 80	18.06	19.82	27.66	na	na	na
M90/W90 80	22.76		na	na	na	na
Long Hurdles	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35 /W35 400	na	49.75	na	52.94	52.94	60.29
M40/W40 400	52.7	53.20	53.20	62.08 (p 61.02)	62.08	65.33
M45/W45 400	55.18	55.18	56.1	64.09	66.02	65.9
M50/W50 400/300	58.1	58.77	59.59	47.01	48.43	48.43
M55/W55 400/300	58.92	58.92	64.04	49.14	52.11	55.20
M60/W60 300	42.31	42.31	47.00 (46.1 p)	53.05	53.05	54.67
M65/W65 300	45.20	46.97	49.21	63.53	65.74	na
M70/W70 300	49.07	52.22	55.55	68.82	na	na
M75/W75 300	55.33	57.69	na	na	na	na
M80/W80 300	62.61	63.09	na	na	na	na
M85/W85 300	89.11	94.72	na	na	na	na
High Jump	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	2.26	na	2.03	1.96	1.72
M40/W40	2.11	2.07	1.87	1.72	1.72	1.65
M45/W45	2.00	2.00	1.80	1.76	1.68	1.55
M50/W50	1.98	1.98	1.76	1.57	1.57	1.47

MASTERS ATHLETICS APRIL 2003-OUTDOOR RECORDS

M55/W55	1.83	1.83	1.70	1.46	1.46	1.37
M60/W60	1.72	1.70	1.61	1.38	1.38	1.30
M65/W65	1.66	1.58	1.55	1.27	1.28	1.25
M70/W70	1.52	1.50	1.36	1.22	1.22	0.98
M75/W75	1.44	1.44	1.21	1.10	1.08	0.91
M80/W80	1.34	1.34	1.06	1.00	0.93	na
M85/W85	1.20	1.20	1.02	(p 0.80)	0.80	na
M90/W90	1.05	na	na	na	na	na
Pole Vault	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	5.62	na	4.22	4.22	3.40
M40/W40	5.50	5.21	4.87	3.50	3.20	3.20
M45/W45	5.10	4.80	4.45 (4.50 p)	3.38	2.90	2.90
M50/W50	4.57	4.40	4.15	3.25	2.90	2.90
M55/W55	4.26	4.26	3.80	3.00	2.80	2.16
M60/W60	3.90	3.90	3.65	2.63	2.50	na
M65/W65	3.77	3.61	3.61	2.25	1.90	na
M70/W70	3.30 (3.31 p)	3.31	3.20 (3.31 p)	2.16	na	na
M75/W75	2.95	2.61	2.10	1.70	na	na
M80/W80	2.51	2.32	2.00	na	na	na
M85/W85	2.24	2.00	1.70	na	na	na
Long Jump	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	8.12	na	6.99	6.99	5.86
M40/W40	7.57	7.57	7.42	6.21	6.41	5.42
M45/W45	7.27	7.27	6.54	5.59	5.59	5.18
M50/W50	6.84	6.84	6.08	5.40	5.13	5.04
M55/W55	6.35	6.35	5.77	5.01	5.01	4.20
M60/W60	6.07	5.85	5.40	4.75	4.75	3.87
M65/W65	5.43 (p 5.47)	5.47	4.96	4.47	4.64	3.63 (3.72 p)
M70/W70	5.19	5.15	4.52	4.15	4.15	3.55
M75/W75	4.78	4.44	4.12	3.34	3.77	2.92
M80/W80	4.19	3.95	3.14	2.78	2.16	2.11
M85/W85	3.75	3.29	2.52	2.19	na	Na
M90/W90	3.07	na	na	na	na	Na
Triple Jump	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	17.92	na	14.02	14.23	11.86
M40/W40	16.58	15.58	14.63	12.48	12.29	11.16
M45/W45	14.55	14.18	13.81	11.98	11.23	10.16
M50/W50	13.55	14.07	13.34	11.37	11.37	9.77
M55/W55	13.85	13.85	12.58	9.93	9.93	9.12
M60/W60	12.68	12.68	10.62	10.03	10.03	8.40
M65/W65	11.94	11.94	10.64	9.03	9.51	7.42
M70/W70	10.61	10.41	9.31	7.87	7.46	6.72
M75/W75	10.05	9.78	7.77	6.31	5.93	5.93
M80/W80	8.95	8.01	na	5.65	4.55	4.35
M85/W85	7.91	7.32	na	5.50	na	na
M90/W90	6.59	na	na	na	na	na
SHOT	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	21.35	na	21.38 (p21.46)	21.46	16.15
M40/W40 7.26k/4k	21.41	20.44	16.56	19.05	19.05	15.72
M45/W45 7.26k/4k	20.77	20.77	15.80	16.95	16.95	11.25
M50/W50 6k/3k	18.45	18.45	15.61	14.85	14.82	12.13
M55/W55 6k/3k	17.50	17.50	13.57	14.47	14.47	13.22
M60/W60 5k/3k	18.20	18.20	13.77	13.20	13.20	12.20
M65/W65 5k/3k	15.12	14.43	13.30	12.21	12.21	11.04
M70/W70 4k/3k	14.77 (p 14.80)	14.80	11.21	9.57	9.57	7.01
M75/W75 4k/3k	13.84	13.11	10.13	7.91	7.91	4.95
M80/W80 4k/3k	12.27	11.88	7.83	7.71	7.59	4.14
M85/W85 4k/3k	10.42	9.50	5.45	5.92	5.91	3.95
M90/W90 4k/3k	6.97	na	na	5.24	na	na
M95/W95 4k/3k	5.11	na	na	3.39	na	na
M100 4k/3k	3.15	na	na	na	na	na
DISCUS	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35 2k/1k	na	71.26	na	69.60	69.60	58.02
M40/W40 2k/1k	69.48	65.81	58.42	67.10	67.10	56.40
M45/W45 2k/1k	66.12	62.52	54.68	59.30 (p64.09)	64.09	44.26
M50/W50 1.5k/1k	68.40	68.40	57.94	45.48	45.48	33.68
M55/W55 1.5k/1k	61.22	64.58	49.20	43.36	43.36	40.86
M60/W60 1 k	65.52	65.52	53.42	39.24	39.08	37.56
M65/W65 1k	55.62	55.62	55.64	34.95	36.11	34.95
M70/W70 1k	49.34	49.34	39.21	27.54	27.54	15.76
M75/W75 1k	45.68	45.68	34.20	22.44	22.44	11.78
M80/W80 1k	37.86	37.86	24.02	20.50	20.50	9.74
M85/W85 1k	30.81	27.12	15.17	13.92	13.80	8.85
M90/W90 1k	22.06	na	na	12.10	na	na
M95/W95 1k	13.56	na	na	na	na	na
M100 1k	8.91	na	na	na	na	na

MASTERS ATHLETICS APRIL 2003 – OUTDOOR RECORDS

Hammer	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35 7.26k/4k	na	83.62	na	61.68	67.40	51.56
M40/W40 7.26k/4k	75.66	80.03	70.88	54.07	51.85	46.10
M45/W45 7.26k/4k	64.70	62.86	62.13	45.76	45.76	40.84
M50/W50 6k/3k	63.76 (66.92 p)	66.92	65.53 (66.92 p)	51.73	51.36	45.00
M55/W55 6k/3k	63.70	63.70	53.70	50.56	45.91	45.02
M60/W60 5k/3k	61.70	61.70	52.90	46.04	46.04	43.90
M65/W65 5k/3k	53.32	53.32	44.94	44.38	44.38	29.52
M70/W70 4k/3k	50.78	50.72	41.78	30.60	37.24	na
M75/W75 4k/3k	40.68	45.96	27.78	25.55	25.55	na
M80/W80 4k/3k	34.72	34.58	na	20.94	20.04	na
M85/W85 4k/3k	28.01	27.30	na	18.26	15.48	na
M90/W90 4k/3k	18.97	na	na	(p 14.40)	na	na
M95/W95 4k/3k	10.60	na	na	na	na	na
Javelin	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35 800g/600g	na	92.80	na	67.00	64.89	65.18
M40/W40 800g/600g	78.84	82.24	71.51	64.06	53.02	64.06
M45/W45 800g/600g	67.92	70.96	58.14	47.74	37.79	40.32
M50/W50 700g/500g	65.76	65.88	53.78	48.56	41.50	36.46
M55/W55 700g/500g	65.74	64.17	51.58	46.08	44.44	39.52
M60/W60 600g/400g	64.74	60.07	46.66	41.28	41.28	36.06
M65/W65 600g/400g	55.02	54.70	44.66	34.49	36.79	32.20
M70/W70 500g/400g	49.20	48.34	34.27	28.20	28.20	28.20
M75/W75 500g/400g	41.24	42.97	25.70	23.02	23.02	11.52
M80/W80 500g/400g	33.84	35.83	23.14	19.86	19.86	9.79
M85/W85 500g/400g	27.34	31.72	16.58	13.74	13.74	4.40
M90/W90 500g/400g	17.44	na	na	9.33	na	na
M95/W95 500g/400g	13.92	na	na	na	na	na
M100 600g/400g	6.69	na	na	na	na	na
Decathlon - Heptathlon(1994)	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
W35	na	na	na	na	na	5536
M40/W40	7942	na	7942	na	na	5747
M45/W45	8070	na	7344	na	na	5276
M50/W50	8113	na	7365	na	na	5356
M55/W55	8726	na	7761	na	na	5388
M60/W60	8610	na	7582	na	na	5904
M65/W65	7667	na	6712	na	na	4514
M70/W70	8451	na	5844	na	na	na
M75/W75	7825	na	4394	na	na	na
M80/W80	7410	na	4745	na	na	na
M85/W85	5993	na	4142	na	na	na
Pentathlon (1994)	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	<u>na</u>	na	<u>na</u>	<u>na</u>	na	<u>3987</u>
M40/W40	4085	na	<u>3880</u>	<u>na</u>	4017 p	<u>4226</u>
M45/W45	4066	3806 p	<u>3745</u>	<u>na</u>	na	<u>3505</u>
M50/W50	4283	na	<u>3654</u>	<u>na</u>	4208 p	<u>3745</u>
M55/W55	4185	3970 p	<u>3970</u>	<u>na</u>	na	<u>3174</u>
M60/W60	4383	na	<u>3902</u>	<u>na</u>	na	<u>3714</u>
M65/W65	4275	na	<u>3343</u>	<u>na</u>	na	<u>3582</u>
M70/W70	4286	3976 p	<u>3355</u>	<u>na</u>	na	<u>na</u>
M75/W75	3918	na	<u>2226</u>	<u>na</u>	na	<u>na</u>
M80/W80	3411	3577 p	<u>2487</u>	<u>na</u>	na	<u>na</u>
M85/W85	2152	na	<u>na</u>	<u>na</u>	na	<u>na</u>
3000 Metres Walk	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	na	na	na	na	13:31.7
M40/W40	na	na	12:46.03	na	na	15:16.90
M45/W45	na	na	12:54.1	na	na	15:05.2
M50/W50	na	na	13:10.09	na	na	15:57.7
M55/W55	na	na	13:57.4	na	na	16:14.6
M60/W60	na	na	14:30.8	na	na	16:28.5
M65/W65	na	na	15:12.9	na	na	17:55.78
M70/W70	na	na	16:58.73	na	na	19:04.5
M75/W75	na	na	16:19.5	na	na	na
M80/W80	na	na	18:52.85	na	na	na
M85/W85	na	na	na	na	na	na
5000 Metres Walk	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	18:30.43	na	na	21:20.61	23:26.18
M40/W40	na	20:39.09	22:09.8	na	22:49.06	24:38.4
M45/W45	na	21:16.0	22:12.66	na	24:00.1	26:55.75
M50/W50	na	21:55.0	22:39.0	na	25:01.6	27:09.12
M55/W55	na	22:44.5	23:48.1	na	25:28.0	28:16.0
M60/W60	na	24:06.0	24:40.9	na	26:38.0	28:22.0
M65/W65	na	25:05.02	27:14.0	na	28:38.1	30:50.93
M70/W70	na	26:56.0	26:56.0	na	30:05.0	31:44.5
M75/W75	na	27:40.0	27:40.0	na	32:44.76	na

MASTERS ATHLETICS APRIL 2003

M80/W80	na	29:24.1	29:24.1	na	34:48.49	na
M85/W85	na	37:46.90	35:49.1	na	41:52.51	na
10000 Metres Walk	WORLD	EUROPEAN	BRITISH	WORLD	EUROPEAN	BRITISH
M35/W35	na	na	na	na	na	50:46.0
M40/W40	na	na	44:50.59	na	na	52:43.71
M45/W45	na	na	45:23.5	na	na	54:00.7
M50/W50	na	na	45:11.9	na	na	58:12.7
M55/W55	na	na	50:39.1	na	na	57:50.4
M60/W60	na	na	50:56.4	na	na	62:37.8
M65/W65	na	na	56:49.6	na	na	64:04.8
M70/W70	na	na	55:55.9	na	na	na
M75/W75	na	na	55:00.6	na	na	na
M80/W80	na	na	61:25.4	na	na	na
M85/W85	na	na	73:58.8	na	na	na

Should records be superior to World, or European this is because of conditions not being fully satisfied or the performance awaiting ratification?

MASTERS STAR IN BIRMINGHAM CHAMPIONSHIPS

Gail Devers 36 years old was a Gold Medallist in the 9th I.A.A.F. World Championships, winning the 60 metres Hurdles in 7.81 seconds (Women 35 World Record).

Regina Jacobs matched the performance with Gold in the Women's 1500 metres in 4:01.67; she of course is the absolute World Record holder with 3:59.98 set in Boston in February.

Inessa Kravets of the Ukraine won fine Silver in the Long Jump with 6.72 metres.

Merlene Ottey, 43 in two months time finished fourth in the Women's 60 metres in 7.20, she had earlier set a new World 40's best of 7.17 in the semi-final.

Inha Babakova of the Ukraine finished 8th in the Women's High Jump with 1.92.

Letita Vriesde of Suriman was sixth in her heat of the 800 metres in 2:03.82.

DISTANCE LISTS 2002 are now available from the compilers listed below (Cost £3.00 + SAE for each distance)

5km: Martin Duff, Ramatuelle, Spronketts Lane, Warninglid, West Sussex, RH17 5SA.

5Mile: John Shave, 89 Montgomery Road, Cove, Farnborough, Hants, GU14 0AZ.

10km: Bruce Davidson, Birch Lea, School Lane, Thorney Hill, Christchurch, Dorset, BH23 8DT.

10Mile : Pete Mulholland, 71 St Julian's Farm Road, West Norwood, London, SE27 0RJ

Half-Marathon &

Marathon Martin Duff, Ramatuelle, Spronketts Lane, Warninglid, West Sussex, RH17 5SA.

MASTERS ATHLETICS APRIL 2003

FIXTURES

April 21st	SWVAC 10k Championship	Yeovilton	
April 27 th	England v Ireland Walks	Leamington Spa	
May 3 rd	20k BMAF	Sutton Park, Sutton Coldfield	
May 4 th	BMAF 10k Championships	Chelmsley Wood	Secretary, Rainbow Cottage, 15, Meadow Lane, Alvechurch, B48 7HL (0121 445 5327) See advert in this edition
May 4 th	SWVAC Half Marathon Champs	Exeter.	
May 5 th	SCVAC 10k Road Championships	Blackheath Harriers Ted Pepper Memorial	
May 6 th	Welsh Vets League	Neath	01656 863951
May 7 th	WMTFL North & East Divisions	Telford & Nuneaton	Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, Wv14 3BX
May 8 th	WMTFL South	Redditch	Brian Owen
May 14 th	SWVAC Grand Prix 10k	Wareham	
May 17 th	BMAF Road Relays	Sutton Park	Details in Masters Athletics New Year Edition.
May 24 & 25 th	European Road & Walking Champs	Upice, Czech Rep.	Details on Web Site
June 1st	SWVAC Grand Prix 10k	Poole	
June 4 th	Welsh Vets League	Cardiff	01656 863951
June 7 th	SWVAC 5k Championships	DML, Plymouth	
June 7 th & 8 th	BMAF Track & Field Champs	Derby	Entry Form this edition
June 8 th	BMAF Half Marathon	Norwich	Richard Polley, 6, Hare Close, Mulbarton, Norfolk, NR14 8QQ (01508 578062)
June 11 th	WMTFL East & South	Leamington & Alexander Stadium	Brian Owen
June 12 th	WMTFL North	Burton	Brian Owen
June 15 th	SCVAC Track & Field Championships	Battersea	t.b.c.
June 15 th	SWVAC Track & Field Championships	Exeter Arena	Ken Ballam, 7, Sandford Court, 32, Belle View Road, Bournemouth, BH6 3DR
June 22 nd	BMAF 5k Road Championships	Horwich	Andrew Shaw, 7, Smith Lane, Egerton, Bolton, BL7 9ET (01204 591194)
June 22 nd	MVAC T&F Championships	Solihull	M V Priestman, 57, Maple Road, Rubery, Birmingham, B45 9EB (0121 453 4809) Closing date 30 th May 2003.
Jun 29 th	Welsh Vets Championships	Cardiff	01656 863951
June 29 th	SWVAC Grand Prix 10 miles	Portland	
July 1 st to 13 th	World Masters Championships	Carolina, Puerto Rico	Details on Web Site
July 2 nd	WMTFL East & North	Loughborough & Sutton Coldfield	Brian Owen
July 3 rd	WMTFL South	Worcester	Brian Owen
July 12 th	England v Ireland Walks	Dublin	the
July 13 th	SWVAC Grand Prix 10 miles	Wellington	
July 15 th	Welsh Vets League	Neath	01656 863951
July 20 th	EVAC Track & Field Champs.	Luton	Wendy Stone, 58, Wycliffe Grove, Werrington, Peterborough, PE4 5DE
July 27 th	Solihull Classic, BMAF Pentathlon, MVAC 10k Track Open Sprints & 1000 metres	Solihull	Entry form this edition.
July 27 th	BMAF 10 mile Championship	Stoke-on-Trent	Cliff Knowles, 38, Danebower Road, Trentham, Stoke-on-Trent, ST4 8TJ (01782 644750)
July 27 th	SWVAC Grand Prix 10k	St. Eval, Newquay, Cornwall	
Aug 3 rd	SWVAC Grand Prix Half Mar.	Sturminster Newton, Dorset.	
August 4 th	WMTFL South	Brierly Hill	Brian Owen
August 6 th	WMTFL East and North	Rugby & Stafford	Brian Owen
August 6 th	Welsh Vets League	Cardiff	01656 863951
August 9 th	BMAF 50k Walk	Heaton Park, Manchester	
August 17 th	Sirene Jogging Veterans 10 Mile	Middelkerke, Belgium	
August 24 th	SWVAC Grand Prix Half Mar.	Pewsey Carnival	
August 31 st	WMTFL Cup Final	Brierley Hill	Brian Owen
September 13 th & 14 th	BMAF Decathlon & Heptathlon	Sheffield	the
September 7 th	BMAF Marathon Championships	Wolverhampton	Marathon Office, 11, Litchfield Street, Stone, Staffordshire ST15 8NA (01785 811375)
September 7 th	SWVAC Marathon Champs	Redruth, Cornwall.	
September 14 th	SWVAC Grand Prix Half Mar.	Seaton, Devon	
September 21 st	Inter-Area Track and Field	Warrington	
September 28 th	Weights Decathlon	Milton Keynes	the
October 5 th	BMAF Weights Pentathlon & BMAF 10k Walk	Burton-on-Trent	Phil Owen, 19, Shackland Drive, Measham, Derby, DE12 7LD 01530 272272
October 5 th	SWVAC Grand Prix 5 mile	Milford Keyhaven, Dorset	
November 8 th	SWVAC Grand Prix Half Mar.	Cheddar	
November 22 nd	British & Irish XC	Celtic Manor, Newport, Wales.	
November 23 rd	SWVAC 5 mile Champs	Falmouth	
December 21 st	SWVAC Grand Prix 5 mile	Hemyock, Devon	
2004			Details on Web Site
April 18 th to 24 th	World Non-Stadia Champs	New Zealand	Details on Web Site
July 7 th to August 1st	European Track & Field Champs	Aarhus, Denmark	Details on Web Site

BRITISH MASTERS ATHLETIC FEDERATION

OPEN 10K ROAD CHAMPIONSHIPS & INTER AREA CLUB CHALLENGE

Promoted by Midland Veterans Athletic Club

SUNDAY 4TH MAY 2003 AT CHELMSLEY WOOD, BIRMINGHAM (STARTING AT 11.30am)

Closing date Monday 28th April – no late entries

BMAF Championship Medals in all 5 year Age Groups

Teams: M40-49 (4 to score), M50-59, M60+ (3 to score) W35-44, W45+ (3 to score)

(It is possible for older athletes to down age to a younger team if their own age Open Club team is incomplete)

Entry Fees: £6.00 BMAF Affiliated (non-affiliated or unattached £8.00 & proof of age)

Entries to: BMAF 10K, Rainbow Cottage, 15 Meadow Lane, Alvechurch, Worcs B48 7LH

BMAF 10K Championships 2003

Name..... M/F Open Club.....

Address 1st Claim Area Veteran Club.....

..... Veteran Number

..... Post Code Date of Birth/...../.....

Telephone Number..... Age on Race Day Team Age

I enclose Cheque for £.....(payable to MVAC) and 9" x 6" SAE for number & travel details.

**I understand that the organisers of the event will not be responsible for any loss or injury to myself
and I agree to abide by UKA Laws presently in force.**

SIGNED..... DATE

This is also the Midland Veterans AC Club Championships. Medals will be awarded to paid up MV members and Teams. Note that only Registered 1st Claim MV members should quote MVAC as their Open Club.

SOLIHULL CLASSIC 2003

Norman Green Stadium ,Sunday 27th July 2003

(Closing date for entries 12th July 2003)

B.M.A.F. & M.V.A.C. Pentathlon Championships £10:00 11 am.

M.V.A.C. 10,000 metres Track Championship £ 5:00

100 metres Classic Sprints (all age groups))

200 metres Classic Sprints (all age groups))

400 metres Classic Sprints (all age groups)) £ 1:50

Classic Mile (all age groups))

Classic 3,000 metres (all age groups))

Entry Form

Name..... Address.....

Date of Birth..... Age Group..... M..... F..... Telephone..... M/VetClub.....

Club..... M/Vet No..... events entered.....

**I enclose Cheque for £.....(payable to MVAC) and 9" x 6" SAE for number & travel details. I understand that the
organisers of the event will not be responsible for any loss or injury to myself and I agree to abide by UKA Laws presently in
force.**

Entries to – Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, Wt14 3BX.



HORWICH R.M.I. HARRIERS PRESENT
under UKA Rules, permit number 5648

*British
Masters Athletics*



The British Masters Athletic Federation 5k Road Championships Sunday, 22nd June, 2003

around Horwich Town Centre

Men's Race 1.55 p.m. • Ladies' Race 2.25 p.m.

***Part of the Horwich Carnival Festival of Cycling and Running
3 lap town centre course - flat and fast***

Changing, showering and presentation at Horwich Leisure Centre, Victoria Road, Horwich
Due to the number of races in the afternoon, there will be no delay in the start times.

CLOSING DATE FOR POSTAL ENTRIES - 6th JUNE 2003

ENTRY FEE £5.00 (member of BMAF Area Club), £7.00 (Non member)

Postal entries to Gareth Hughes, 8 Vauze House Close, Blackrod,
Bolton BL6 5BZ. Tel 01204 695528 email: soforarun@ntlworld.com

Please make cheques payable to "Horwich R.M.I. Harriers"

Please include large SAE for number and directions, etc

Horwich RMI Harriers' website is at www.horwichrmiharriers.co.uk



British Masters 5k Road Championship 2003 Entry Form

Name M/F D.O.B. Age

Address Postcode

Club Tel No

BMAF Championship Entrant (please tick) BMAF Area Club

Accommodation Information Pack (hotel and guest house discount) required (please tick)

Declaration: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UKA and I agree to abide by their rules. I am medically fit, and understand that the organisers will be in no way responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event.

Signed Date

BMAF Open National Track & Field Championships

Moorways Sports Complex, Moor Lane, Allenton, Derby.

Sat/Sun 7th-8th June 2003

(Under IAAF/WMA Rules)

FIRST EVENT 9.30am

SAT: 100m, 400m, 1500m, 5000m, 300/400mH, Hammer(W), Shot(W), Weight(W), Discus(M), Javelin(M), Long Jump, High Jump(W), Pole Vault(M), 3000m Walk

SUN: 200m, 800m, 10000m, 80/100/110mH, 2000/3000m S'chase, Discus(W), Javelin(W), Hammer(M), Shot(M), Weight(M), Triple Jump, Pole Vault(W), High Jump(M), 5000m Walk

Provisional Timetable together with Hotel Accommodation details will be posted on website after Easter:
(www.bmaf.org.uk)

Entry Fee: Non-affiliated £11.00 first event. Affiliated: £8.00 first event. £5.00 each extra event.

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO 'BMAF'

Postal stamps are **NOT** acceptable as payment of entry fees

MALE ☐

FEMALE ☐

Please use capital letters

Surname _____ First Name _____

Address _____

Postcode _____

Birth of Date _____ Age Group for Event _____

Telephone No. Home _____ Work _____

BVAF Affiliated Club: EVAC ☐ IoMVAC ☐ MVAC ☐ NVAC ☐ NIVAC ☐ SVHC ☐

SWVAC ☐ SCVAC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please tick)

Membership Number _____

FOR NON-AFFILIATED ATHLETES ONLY

I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details

EVENT

PB2002/03

EVENT

PB2002/03

Payment enclosed for Entry fees as follows:

First Event	£11.00 for non BMAF Affiliated Member	£ _____
	£8.00 for BMAF Affiliated Member	£ _____
Each subsequent Event	£5.00	£ _____
Total		£ _____

[SAE(not by phone)for Confirmation of Entry/SAE for Hotel details]

I enclose a cheque/PO in sterling currency payable to BMAF.

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2003 Track & Field Championships

Signed _____ Date _____

Entries close 24th MAY 2003

Entries to: Maurice Doogan, 5 Stadium Street, Chelsea, London SW10 0PU.

BOURNESPORTS

Church Street, Stoke on Trent, ST4 1DJ

TELEPHONE:
01782 410411

All orders plus £3 post & packing. Send cheque/
postal order or telephone your order quoting
Visa, Mastercard or Switchcard

Fax: 01782
411072



GB MASTERS KIT

Vest £15 - Shorts £13.95

Crop top £18.95

Tee shirts £15.95

Tracksuit £49.95

Tights £19.99

Briefs £12.95

Lyra shorts £15

Long sleeve tops £21.95



GB VETS KIT to clear

Vests were £15 Now £10

Crop tops were

£18.95 Now £12.50

Long sleeve tops

were £19.95 Now £15

Tee shirts were

£15.95 Now £12

Offer £10

SAVE £5

Offer £12

SAVE £4



PUMA TEAM ENGLAND

C.W.G RINGER

TEE SHIRT

Sizes XS, S, M, L

Usual £21.95

SALE £6

SAVE £16

SALE £6

SALE £6

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PUMA TEAM ENGLAND

WOVEN PANTS

UNISEX

lightweight, fully

lined, elastic

tie waist, fob

pocket, gener-

ous

zips at ankles,

sizes XS to

suit height

5' to 5'3", or

5 to suit

height 5'4"

to 5'6",

USUAL £34.95

SALE £10

SAVE £25

SALE £10

SAVE £25

SALE £10

SAVE £25

SALE £10

SAVE £25

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