

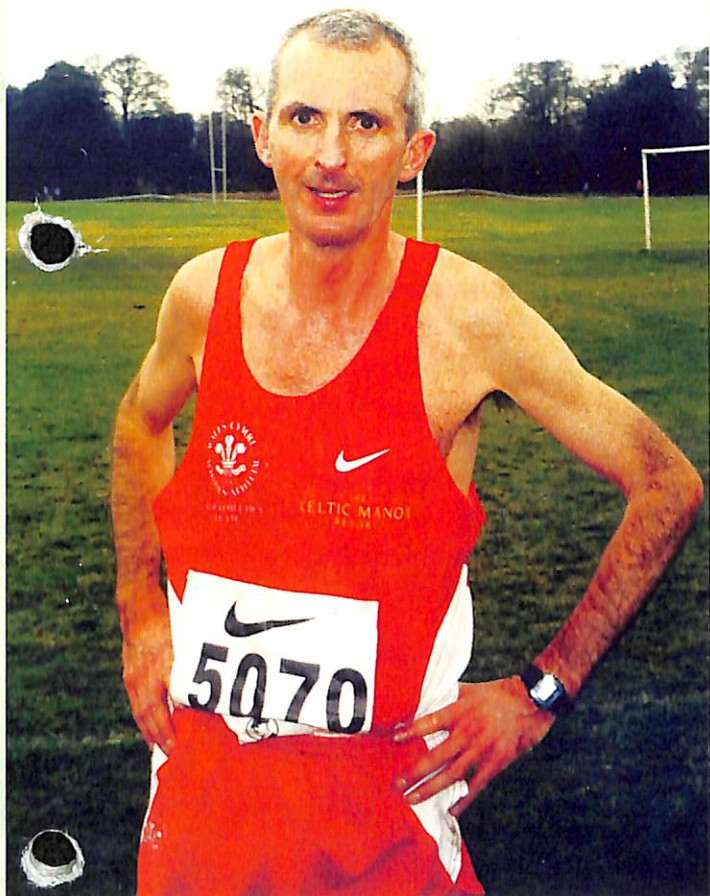
MASTERS ATHLETICS

The Newspaper of the British Masters Athletic Federation

British
Masters Athletic
Federation



December 2003 Number 66



Martin Rees a great winner in Cardiff.



The Women's race gets under way in the International XC.

British & Irish XC.

Bridget Cushen .

B.M.A.F. XC Relays.

Pete Mulholland.

B.M.A.F. Decathlon & Heptathlon

John Charlton.

B.M.A.F. Weight Pentathlon &
Inter Area.

Results , Fixtures & Features on
Masters Athletics in the U.K. and
Beyond.

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2004	
16 th April	International Cross Country BMAF Indoor Championships. World Indoor Championships
16 th July	B.M.A.F. Cross Country Championship World Non Stadia Championships Weight Decathlon BMAF Track & Field BMAF Road Relays
16 th October	European Track & Field Decathlon & Heptathlon
16 th December	Cross Country Relays International XC

Items for inclusion to reach the editor by the following dates:
16th March, 16th June, 16th September, 16th November 2004.

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 (CD's, Floppy Discs or Typed information –Word, RTF, Text, HTML. Excel and Photo files by disc or CD please!

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

Donations Masters Athletics

Many thanks for the kind donations from:

Peter Post.

N. Wray

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300 PLUS CLUB WINNERS:**April 2003**

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May 2003

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August 2003

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CHANGE OF ADDRESS

Please note that members changing their address
Should tell their Club Membership Secretary.

MASTERS ATHLETICS DECEMBER 2003

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CHAIRMAN'S REPORT**Winston Thomas**

Firstly, from my plea for minute secretary and Road Racing Secretary, many thanks to the several persons that came forward from which we now have these positions covered, see Secretary's report. Following on from this I will make another for our clubs in general, that are short of helpers and committee members, whilst this is not directly a BMAF matter it is far from ideal that several of our clubs are struggling for new "blood" on their committees and it is left to a few to try and run everything, so I would ask all members of clubs to think about what you can do to help your club help you and others.

Following my last report I have to say that I have had a fruitful meeting with UK Athletics and hopefully through your clubs there will be information from this as to where we go from here.

UKA see BMAF as the recognised body for Masters Athletics in the UK, and as such we have the dictate to run our section of the sport within UKA set up, so let us start to see how this can be done better than we do now, (down to the clubs.)

As you will see I have had the proposed UKA-Sport England re-organisation structure printed in the magazine so that everyone should know about it, and this will be the future for athletics at some point, whether the regions and clubs that are against it like it or not, it will be the future as per the Minister of Sport and we have to work to be apart of this.

How we do this, I have to say this will be the thing that all clubs and members have to look at and work towards, and without burying our heads in the sand and say we are against, and we do not want to change, ETC, as very much like the main regions North, Midlands, South and AAA we are going to have to change at some point, and should we be left behind when this happens then we can forget about the Masters as a movement. These are things that will be left for you the members and your clubs to discuss so that we as BMAF have a consensus and are able to move our sport forward.

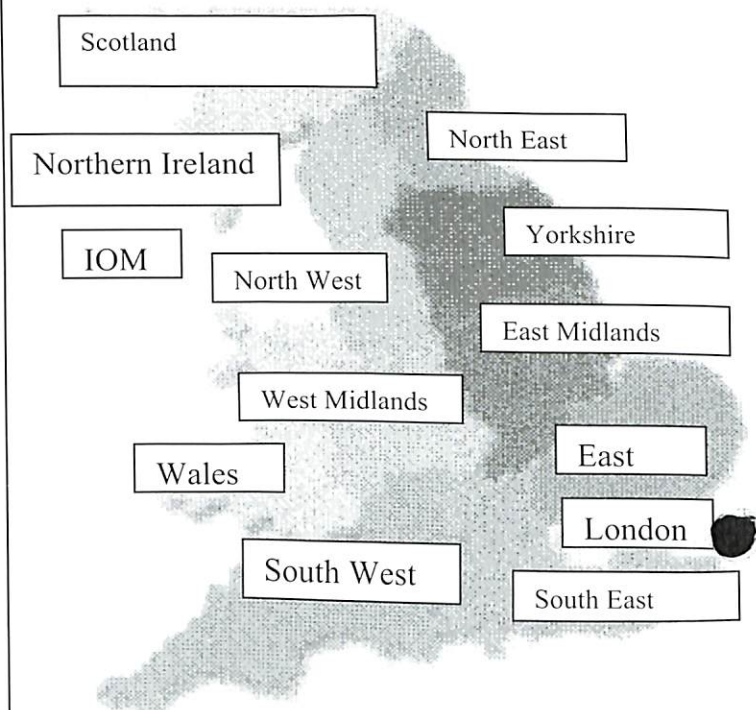
The BMAF Committee have discussed the first part of what will now be called "BMAF Future" and have agreed to some points and made some decisions (with two members against) which will be sent to all clubs for continued decisions, from which it is hoped that by the next General Assembly we are able to have a road map on the way forward.

Following on from this I attended the UKA forum at Loughborough in November, and the main discussions were the setting up and running of the hubs as set out, within the Government/Sport England plans, and within the discussion the role of the Masters not any different from the rest of the athletics family, as most of the interest was mainly around the Elite development, and the high performance centres, the most important thing that arose from the meeting was the fact that these "hubs" will be club driven, and it is important that the clubs get involved in what is to happen within the hubs, and this also means the Masters/Veterans clubs, and this is whether they are against or for the situation, letters will be going out to club secretaries and it is hoped that all clubs will update its members, and look to talk with their hub directors as to how the Masters will fit into the workings of these hubs (regions).

I hope that for the next magazine we have some thoughts on the way forward within our clubs and the possible liaison within the set hubs.

Success to all of you.

Sport England is currently implementing a radical modernisation programme and developing a new strategy for sport.

**North East (VAA-NE)**

A North East Darlington, Durham, Gateshead, Hartlepool, Middlesbrough, Newcastle-upon-Tyne, North Tyneside, Northumberland, Redcar & Cleveland, South Tyneside, Stockton-on-Tees, Sunderland

Yorkshire (NON AFF)

B Yorkshire Barnsley, Bradford, Calderdale, Doncaster, East Riding of Yorkshire, Kingston-upon-Hull, Kirklees, Leeds, North Lincolnshire, North East Lincolnshire, North Yorkshire, Rotherham, Sheffield, Wakefield, York

North West (NVAC, IOM)

C North West Blackpool, Blackburn with Darwen, Bolton, Bury, Cheshire, Cumbria, Halton, Knowsley, Lancashire, Liverpool, Manchester, Oldham, Rochdale, St Helens, Salford, Sefton, Stockport, Tameside, Trafford, Warrington, Wigan, Wirral

West Midlands (MVAC)

D West Midlands Birmingham, Coventry, Dudley, Herefordshire, Sandwell, Shropshire, Solihull, Staffordshire, Stoke-on-Trent, Telford & Wrekin, Walsall, Warwickshire, Wolverhampton, Worcester

East Midlands (MVAC)

E East Midlands Derbyshire, Derby City, Leicestershire, Leicester City, Lincolnshire, Northamptonshire, Nottingham City, Nottinghamshire, Rutland

East (EVAC)

F East Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Luton, Norfolk, Peterborough, Southend-on-Sea, Suffolk, Thurrock.

London (VAC?)

G London London Boroughs

South East (SCVAC?)

H South East Berkshire, Bracknell Forest, Brighton & Hove, Buckinghamshire, Hampshire, Isle of Wight, Kent, Medway, Milton Keynes, Oxfordshire, Slough, Windsor & Maidenhead, Portsmouth, Reading, Southampton, East Sussex, West Sussex, Surrey, West Berkshire, Wokingham

South West (SWVAC)

I South West Bath & North East Somerset, Bournemouth, Bristol, Cornwall, Devon, Dorset, Gloucestershire, Isles of Scilly, North Somerset, Plymouth, Poole, Somerset, South Gloucestershire, Swindon, Torbay, Wiltshire

Wales (WM)- Scotland (SVHC) -Northern Ireland (NIVAC)

SECRETARY'S REPORT**BRIDGET CUSHEN**

The Organising Committee in Puerto Rico has contacted us regarding fees they claim are owing to them by athletes who competed in the multi events and the marathon and are threatening to hold on to results book/videos ordered until the outstanding money is paid. We are pursuing with them and World Masters Athletic Council. Our website will be updated on progress.

Applications for membership are coming in steadily from men aged 35-39. We welcome them to our ranks; this age category will be added to all our championships forthwith. World Masters Athletics and the European VAA are also including M35-39 category but not as official Championships.

The length of the BMAF cross country course, currently 10km for men aged up to 69, and 5km for women and M70-plus, has come under scrutiny. Some female distance runners think that 5km is too short whilst others, and some M70-plus, who use this race as part of their endurance build up, find 5km over a tough course in adverse weather conditions as much as they wish to cope with. It has been suggested that the distance be increased to 6km, or that men and women run the same distance, 8km, as the World Masters. The British & Irish International is run over 8km.

You have any opinion on this, get in touch direct with our Cross Country Secretary.

An international photographer contacted me recently. He had been commissioned to take a shot of an O/60 man jumping over a bed of flowers, he hastily added, but since all your members look so incredibly young and fit for their age, you better send me an O/70. 72-year old Peter Field drew the short straw!

TRACK AND FIELD SECRETARYS REPORT**From Maurice Doogan**

As we are about to enter a new year let me outline the progression that will be underway in 2004.

The Indoor Pentathlon has been taken out of the main Indoor Championships to give it a stage of its own. In 2004, it will be incorporated into a MCAA meeting at the NIA in Birmingham. In 2005 we are promised that it will be incorporated into the AAA Indoor Pentathlon Championships, something a couple of years ago, I only dreamed about.

Track and Field Championships will include Pre-Masters competitions for the M35 age group.

Beginning with the Pentathlon and then the main Indoors at the NIAC in Cardiff, in February.

We now have a National Calendar where Area Club Championships are planned so that Masters athletes have more fixtures, with more meaningful competition. However, as with all progression, it is not without its difficulties. In the coming year, in trying to improve the status of the Indoor Pentathlon, the only offer I got to stage the 'stand alone' Pentathlon, meant a clash with the Scottish Indoor Heptathlon - it was an offer I could not refuse, not something planned.

With the National Calendar, we now have a template with which to work in future years. The aim is to provide you with more and bigger competitions throughout the year. I do not expect you to suddenly compete in all of these - they are to give you choice and assist in your build up, to whatever is your goal, be it the National Championships, the World/Europeans or selection for the Interland.

The Combined Events and Throws Championships continue to attract ever-growing numbers of competitors. We will attempt to put in vein, the proposal to include some of these into an Area Club Championship, not only to give them a greater profile, but also to introduce these events to a wider audience.

2004 brings with it the first World Masters Indoor Championships (which includes the Indoor Weight Throw), which has associated Cross Country races and an outdoor Throws Challenge. The Interland is now back in the calendar with the 2004 match being held in Belgium [a W35/M40 competition, two competitors from each country, in the standard four team match format], where selection is on current form, not pedigree or residence. The 2005 match is to be in South East England.

Talks are underway on all fronts to continue the fight for equality of treatment for Masters Athletes, but this will only progress with a united TEAM effort - are you doing your bit, United in thought, United in deed. Show you are a team player, by wearing the kit - new vest now on sale, as are the bl... .., need I say more.

Have a good Christmas, but easy on the pudding and TV couched potato mode, not good news for the hopefully competitive athlete in February and March - trust me, I have been there, but now a thing of the past (!!!). The National Calendar [T+F] is included in the Fixtures listing and the Entry Form for Main Indoors is contained within this issue. For the Indoor Pentathlon, please refer to the advert also in this issue.

MEDICAL INSURANCE COVER AT ORGANISED ATHLETICS COMPETITIONS

Doubts about 'blanket' cover for Masters athletes under Overseas Travel Insurance policies, arose prior to athletes departure for the World Masters Athletics Championships in Puerto Rico this summer. These doubts turned into reality, when it was found out that the (very) small print, excluded athletes taking part in organised athletics competitions, in virtually ALL policies.

The situation was rectified by a quick fix solution, but we need to address this problem, so I will outline the straightforward short-term solution. Competing in the UK. As you will be a member of a UK Club and/or Masters Area Club, who should be affiliated to UK Athletics, you will come within their jurisdiction. This gives you basic Public Liability and Third Party Insurance, whilst involved in athletics activities with your Club - training and competing [but not however, whilst training independently of your Club]. You also have medical cover under the N.H.S.

Competing in the European Union. Third Party Insurance will come with your Entry Fee package. You will also have personal accident medical cover under an extension of the N.H.S. scheme, providing you take a validated E111 Form with you. This can be obtained and validated at any Post Office [It would be prudent, to take the original together with a photocopy, on all European trips.]

Competing World Wide - this will apply to those going to New Zealand for the Long Distance World Championships in April. You will almost certainly need, top up insurance cover for medical expenses etc., for the days you are training/acclimatising, competing and easing back [basically every day you are running/walking on or adjacent to the competition areas].

This top up insurance cover is obtainable from www.sportscoverdirect.com - which is underwritten on the Lloyds of London market. The insurers however no longer cover any one over 70, unlike this year. The underwriters at the annual review have accepted an extension to the normal limit of 65, to 69 but not over 70. [For additional information - write (with SAE for reply) or e-mail Maurice Doogan] We will now look to put together, a scheme to provide British Masters Athletes with short term to yearly Travel Insurance to provide the standard personal/sport/medical cover but also with competitive athletics cover built in and not at a premium. We will also see if we can get cover for the over 70's, albeit with possibly special conditions attached, but at least get cover.

BRITISH & IRISH INTERNATIONAL MASTERS CROSS COUNTRY - THE RADIANCY of MARTIN REES

**WORDS BRIDGET CUSHEN
PICTURES BRIAN OWEN**

There was an air of preordainment in Bute Park, Cardiff, on Saturday 22 November. The rain had eased off; Martin Rees, wearing the red colours of Wales, stood on the start line amongst one of the strongest fields ever assembled in the 16-year history of this fiercely competitive international meeting. Selected 6-man teams in 5-year age groups from 40 through to 59 years, representing the five Home Counties.

After the first of the five 2km laps over the flat parkland, Mike Boyle, England, held a slight lead from a tightly packed group until Rees decided to stride out down by the rugby pitches. By lap three he had built up a 7sec lead from Kevin Lamb, leading a wall of England M40/45 runners that included John Convery, still in the Bingley senior team for the Northern/National road and English cross country relays. Mark Hargreaves, with the fastest time in the BMAF relays in Glastonbury, 2002 BMAF cross country champion, Rob Hand, Boyle, Ron Adams and the first M45's David Neil, Andy Weatherill and Steve Robinson. Pat Nugent leading a strong M40 team for Ireland and Ieuan Ellis for Wales. Mike Hager, who ran for Tipton in the Midland road relays, was trailing this group but only 2nd M50!

Rees raced to an 11sec victory on home soil to become the first man over 50 ever to win the race outright, a decade after he first won it as an M40. There was a great tussle between Hargreaves and Lamb for 2nd and 3rd. Neill, in 7th place led England to the M45 trophy and Londoner Charlie Dickinson; the M55 team to a 9-point win.

Pushing back the ageing process would be too simple a superlative for the Swansea Harrier. As his proud young daughter hugged him, he was reticent about his phenomenal record since turning 50 - World 5000m track record in May, British best performances on the road for 5km, 5 and 10 miles and a 66.42 half marathon. Missing the 10k best by a mere second in the National 10k and 2nd Britain home in the Swansea 10k. He describes his working week thus: four 12-hour shifts at a steel works, up to 120 miles training.

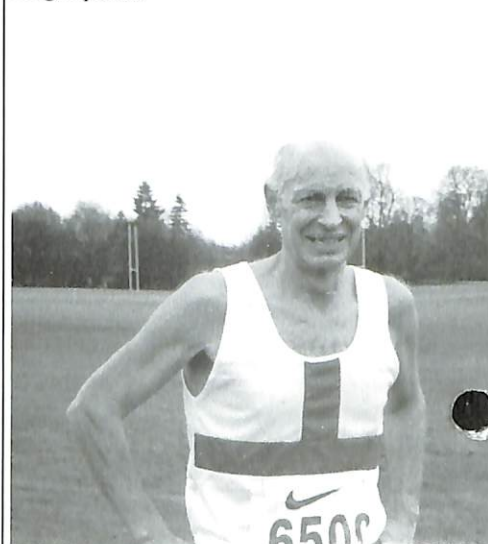
travel/competition and time for his family. No, he was not waiting for the prize giving and banquet, he had to report for work at 0600 next morning. Looking ahead, he is likely to tackle the 3000m Indoor record in Cardiff in February and the only British M50 road best, the 10k, to elude him. What a mentor!



Anne Keenan-Buckley leads the Women's Race With only six weeks training behind her, W40 Anne Keenan-Buckley shot into the lead in the women's race over 6km. Failing to spot a right hand turn marker in the woods and pursued by W35 Tracy Morris having a storming run for Wales, it was the sporting Kathryn Bailey lying third, who yelled after them bringing them back on course. Anne, still a scoring member of Ireland's senior international team, pulled away for another comfortable title, leading a super Irish W40 team to an 11-point win. In the W35 race Eileen Laing and Susan Ridley were well up for Scotland after the first lap, the Irish W35 team were without the injured Noleen Porter, 2nd last year. The gap between Morris and Bailey closed but the Welsh girl had the strength to sprint to the line for the W35 title. Kathryn Bailey joined the SWVAC in March on reaching 35, delighted with her run but somewhat taken aback by the high standard. Laing came through strongly for the bronze just holding off a determined Helen Wheeler. Louise Copp, Wales, split the two Irish runners for the individual W40 silver, coming in ahead of Ann Carroll. Carmel Parnell W45 Ireland, and the defending W50 champion Karen Marshall from N. Ireland, were decisive age group winners. Jane Davies had another splendid run, leading the England W55 team to victory. Christine Lee did likewise in the W60 race with Pam Jones, now a W65, racing through to silver. The W40 and W45 team awards went to Ireland.



Graham Patton led from start to finish in the M60-plus 8km race to collect yet another age group title. The Scottish team were packing well at half way with four the leading 10. Martin Ford closed in behind Patton ahead of the leading Scot, Bob Young, with Colin Bolton and John Firth moving up to take England home by a single point.



Steve James was well on his way early in the M65 race with Fred Gibbs 2nd. Only James Reid, collecting his and N Ireland's second individual medal, prevented a clean sweep as Keith Spacie, looking strong throughout, finished 4th for England.



Brian Ashwell was a convincing winner

BRITISH & IRISH MASTERS CROSS COUNTRY-MASTERS ATHLETICS OCTOBER 2003

of the M70 from Hugh Gibson, Scotland and Northerner Eric Appleby. England won all the men's team titles. Ted Bridge, the 4th Welshman home, is not the only team bronze medallist in the family. His son Ted Jnr also got a team bronze in the M40 race!

WOMEN'S RACE (W35+ 6k)

1 Ann Keenan-Buckley Republic of Ireland F40 19.53; 2 Tracey Morris Wales F35 20.05; 3 Kathryn Bailey England F35 20.09; 4 Eileen Lang Scotland F35 20.41; 5 Helen Wheeler England F35 20.42; 6 Sharon Coyne England F35 20.47; 7 Louise Copp Wales F40 20.49; 8 Ann Carroll Republic of Ireland F40 21.04; 9 Carmel Parnell Republic of Ireland F45 21.05; 10 Nicki Nealon England F35 21.06; 11 Sue Ridley Scotland F35 21.11; 12 Bernadette Muckian Republic of Ireland F35 21.12; 13 Jane Clarke England F40 21.13; 14 K Marshall Northern Ireland F50 21.19; 15 Susan Finch Scotland F40 21.21; 16 Suzanne Carson Scotland F35 21.22; 17 Helen Burrell England F40 21.24; 18 Kay Byrne Republic of Ireland F40 21.26; 19 Bridie Tready Republic of Ireland F35 21.27; 20 Sheila Allen England F45 21.30; 21 Frances Gill Wales F40 21.31; 22 Joan Hough Republic of Ireland F45 21.32; 23 Cath Wheeler Wales F40 21.33; 24 Sonia Armitage Scotland F40 21.35; 25 Melissa Watson Wales F35 21.42; 26 Jill Cole England F40 21.44; 27 Mags Grennan Republic of Ireland F45 21.46; 28 Nicola Haines-Jones Wales F35 21.58; 29 Carol Evans England F40 21.59; 30 Anne Evans Wales F45 22.05; 31 Ann Nixon Wales F45 22.06; 32 Gail Duckworth England F45 22.07; 33 Tricia Affleck Scotland F45 22.15; 34 Frances Judge Republic of Ireland F35 22.18; 35 Maria Holland England F45 22.22; 36 Grainne Butler Republic of Ireland F40 22.37; 37 Janet Ross England F45 22.38; 38 Helen Yule Wales F35 22.39; 39 Angela Brand-Barker Wales F40 22.43; 40 Alison Whitelaw Wales F45 22.48; 41 Susan Cooper England F50 22.50; 42 Jessie Miller Scotland F45 22.52; 43 Andrea Cameron Scotland F35 23.01; 44 Mary Jennings Republic of Ireland F45 23.03; 45 Jane Davies England F55 23.05; 46 Helen Morton Scotland F45 23.07; 47 Christine Kilkenny England F50 23.09; 48 Jacqui Thompson Scotland F40 23.27; 49 Zina Marchant England F50 23.38; 50 Louise Finnegan Republic of Ireland F35 23.40; 51 Carol Wolstenholme England F55 23.41; 52 Jane Waterhouse Scotland F50 23.46; 53 Dawn Kenwright Wales F45 23.51; 54 Ros Tabor England F50 23.54; 55 Edwina Turner Wales F50 23.59; 56 A Sandford Northern Ireland F35 24.02; 57 Joan Coyle Republic of Ireland F55 24.05; 58 Margaret McCreary Republic of Ireland F50 24.07; 59 Pat Gallagher Wales F55 24.10; 60 R Harkens Northern Ireland F35 24.11; 61 Judith Witterick England F55 24.12; 62 Linda White England F55 24.14; 63 Lynne Marr Scotland F40 24.30; 64 M Elliott Northern Ireland F35 24.40; 65 Margaret Docking Wales F50 24.46; 66 F McCourt Northern Ireland F45 24.48; 67 Hazel Bradley Scotland F50 24.56; 68 S Dodds Northern Ireland F40 25.21; 69 Ann McGreal Republic of Ireland F50 25.22; 70 R Magill Northern Ireland F45 25.24; 71 Ann James Wales F50 25.25; 72 B Brown Northern Ireland F45 25.57; 73 Mary Delaney Republic of Ireland F50 26.00; 74 Liz Bowers Scotland F50 26.12; 75 Christine Lee England F60 26.22; 76 Kathleen O'Brien Republic of Ireland F55 26.26; 77 Mary Hickey-Nolan Republic of Ireland F50 26.30; 78 F Argent Northern Ireland F50 26.31; 79 Mary Walsh Republic of Ireland F55 26.46; 80 Pam Benson Republic of Ireland F55 26.56; 81 Sue Neal Wales F50 27.04; 82 Pam Jones England F60 27.07; 83 Sheelagh Adkins Wales F55 27.32; 84 Maureen Fitzgerald Republic of Ireland F60 27.39; 85 Jeanne Bryan England F60 27.43; 86 Margaret Oliver Wales F55 28.00; 87 Ruth Collishaw Wales F55 28.03; 88 Pauline Thomas Wales F60 28.15; 89 Barbara Sloss Scotland F50 28.22; 90 Brenda Jones Wales F60 28.41; 91 Kathleen Stewart England F60 29.16; 92 Geraldine Walsh Republic of Ireland F60 29.17; 93 Mary Gartrell Wales F60 31.32; 94 N Cross Northern Ireland F50 31.59; 95 Veronica Holt Wales F60 33.14; 96 Kerry Blake Republic of Ireland F60 37.04; 97 Sheila C Champion Republic of Ireland F60 49.02;

F35 Teams

1-England 11; 2-Scotland 19; 3- Wales 24; 4-Northern Ireland 31; 5-Republic of Ireland 54;

F40 Teams

1-Republic of Ireland 11; 2-Wales 19; England 21; 4-Scotland 30;

F45 Teams

1-Republic of Ireland 8; 2-England 18; 3- Wales 22; 4-Scotland 34; 5-Northern Ireland 51;

F50 Teams

1-England 9; 2-Wales 28; 3-Scotland 29; 4- Republic of Ireland 32; 5-Northern Ireland 36;

F55 Teams

1-England 8; 2-Republic of Ireland 18; 3-Wales 25;

F60 Teams

1-England 7; 2- Wales 20; 3-Republic of Ireland 22;

MEN'S RACE (40-59 10k)

1 Martin Rees Wales M50 30.31; 2 Mark Hargreaves England M40 30.42; 3 Kevin Lamb England M40 30.42; 4 John Convery England M40 30.47; 5 Mick Boyle England M40 30.49; 6 Ron Adams England M40 31.08; 7 David Neill England M45 31.09; 8 Rod Hand England M40 31.11; 9 Mike Hagar England M50 31.14; 10 Pat Nugent Republic of Ireland M40 31.15; 11 Andy Weatherall England M45 31.30; 12 Steve Robinson England M45 31.34; 13 Tom O'Connor Republic of Ireland M40 31.42; 14 Jim Stafford Republic of Ireland M40 31.51; 15 Ieuan Ellis Wales M40 31.53; 16 P Smith Northern Ireland M40 31.54; 17 James McMahon Republic of Ireland M40 31.57; 18 Richard Bullen Wales M40 31.58; 19 D Brady Northern Ireland M40 31.59; 20 Tommy Payne Republic of Ireland M45 32.01; 21 Keith Farquhar Scot M40 32.02; 22 David Wilson-Evans Wales M45 32.13; 23 Gareth Davies Wales M40 32.17; 24 Ted Partridge (Jun) Wales M40 32.18; 25 Bob Atkinson England M45 32.19; 26 Michael Hassett Republic of Ireland M45 32.27; 27 Martin McDonald Republic of Ireland M45 32.31; 28 Dominic Bonner Republic of Ireland M40 32.33; 29 Ian Williamson Scotland M40 32.35; 30 M Shields Northern Ireland M45 32.36; 31 Tom Anderson Scotland M45 32.37; 32 Alex Rowe England M45 32.41; 33 Ben Lawler Republic of Ireland M45 32.45; 34 Pat Hefferman Republic of Ireland M40 32.48; 35 Philip Carbutt England M50 32.49; 36 Brian Grean England M45 32.50; 37 Martin Duthie Scotland M40 32.55; 38 Bernie Jones Wales M45 32.58; 39 Philip Crane Wales M40 33.00; 40 Steven McLoone Scotland M40 33.01; 41 Eugene Moynihan Republic of Ireland M45 33.02; 42 Ian Stewart Scotland M45 33.07; 43 Martyn Flower Wales M45 33.11; 44 Mike Robbins Wales M40 33.13; 45 Stan Owen England M50 33.14; 46 John Foster Wales M45 33.17; 47 Mike Simpson Scotland M45 33.28; 48 Charlie Dockinson England M55 33.29; 49 P McIlroy Northern Ireland M40 33.32; 50 Roy Bailey England M50 33.43; 51 Doug Cowie Scotland M50 33.44; 52 Eugene Coppinger Republic of Ireland M45 33.46; 53 Mick McGeech Wales M45 33.48; 54 Steve Davies Wales M45 33.50; 55 Brian Craig Scotland M45 33.59; 56 Richard Grant England M50 34.01; 57 Pat Carlan England M45 34.02; 58 John Todd Republic of Ireland M50 34.08; 59 R Wilson Northern Ireland M45 34.10; 60 Ken Moss England M50 34.11; 61 P Murphy Northern Ireland M45 34.14; 62 Archie Jenkins Scotland M50 34.19; 63 Martin McEvilly Republic of Ireland M55 34.26; 64 Duncan Overton England M55 34.28; 65 Jeremy Collins Wales M50 34.29; 66 Brian Rankin Republic of Ireland M50 34.33; 67 R Rodgers Northern Ireland M40 34.34; 68 D McHenry Northern Ireland M55 34.34; 69 T Eakin Northern Ireland M50 34.39; 70 Harry Matthews England M55 34.45; 71 J Patience Northern Ireland M40 34.48; 72 John Sheridan Republic of Ireland M55 34.53; 73 N Quinn Northern Ireland M45 34.56; 74 Pat O'Shea Republic of Ireland M50 34.57; 75 J Newberry Northern Ireland M50 34.59; 76 Campbell Joss Scotland M50 35.06; 77 Die Evans Wales M55 35.17; 78 Malcolm Reynard England M55 35.20; 79 Jim White Scotland M50 35.29; 80 G Bell Northern Ireland M50 35.34; 81 Richard Marks Wales M50 35.36; 82 Fred Connor Scotland M50 35.36; 83 Kevin Toner Republic of Ireland M55 35.37; 84 George Mitchell Scotland M55 35.38;

85 D Clarke Northern Ireland M50 35.43; 86 Steve Brown Wales M50 35.46; 87 Joe Gough Republic of Ireland M50 35.51; 88 David Davies Wales M55 35.56; 89 Paul Ross-Davies Wales M50 36.09; 90 Hefin Richards Wales M50 36.15; 91 F Davidson Northern Ireland M45 36.21; 92 Andy Rennie Scotland M50 36.22; 93 Frank Yeoman Scotland M55 36.26; 94 Richard Bowen Wales M55 36.34; 95 Pat Comey Republic of Ireland M55 36.38; 96 Liam O'Hare Republic of Ireland M50 36.50; 97 G P Bell Northern Ireland M50 36.55; 98 Ian Gordon Scotland M55 37.10; 99 J Cairns Northern Ireland M45 37.19; 100 Steven Lynch Republic of Ireland M50 37.29; 101 J Hayes Northern Ireland M55 37.52; 102 Arthur Egan Wales M55 38.43; 103 D Seaton Northern Ireland M55 38.56; 104 H Andrews Northern Ireland M55 39.41;

M40 Teams

1- England 10; 2-Republic of Ireland 36; 3- Wales 56; 4-Scotland 78; 5-Northern Ireland 76;

M45 Teams

1-England 12; 2-Republic of Ireland 31; 3-Wales 54; 4-Scotland 68; 5-Northern Ireland 87;

M50 Teams

1-England 14; 2-Scotland 49; 3-Wales 53; 4- Republic of Ireland 57; 5-Northern Ireland 67;

M55 Teams

1-England 9; 2-Republic of Ireland 17; 3-Wales 31; 4-Scotland 37; 5-Northern Ireland 38;

MEN'S RACE (60+ 8k)

1 Graham Patton England M60 28.18; 2 Martin Ford England M60 28.36; 3 Bob Young Scotland M60 28.47; 4 Emyr Davies Wales M60 29.00; 5 Peter Cartwright Scotland M60 29.04; 6 Brian Campbell Scotland M60 29.10; 7 Ray Fuller Republic of Ireland M60 29.29; 8 Steve James England M65 29.33; 9 B Smith Northern Ireland M60 29.52; 10 Fred Gibbs England M65 29.53; 11 Malcolm Howells Wales M60 30.10; 12 J Reid Northern Ireland M65 30.12; 13 Keith Spacie England M65 30.15; 14 Colin Bolton England M60 30.17; 15 Ken Buckle Wales M60 30.20; 16 John Firth England M60 30.21; 17 Ian Leggett Scotland M60 30.39; 18 Christy Greagh Republic of Ireland M60 30.51; 19 Peter Moody Wales M60 30.54; 20 John Collins Wales M65 31.05; 21 Dennis Hayes England M65 31.20; 22 Sean Cooney Republic of Ireland M60 31.44; 23 Brian Ashwell England M70 31.50; 24 F Murdoch Northern Ireland M60 31.58; 25 G Nicholl Northern Ireland M60 32.07; 26 Jim McEvoy Republic of Ireland M65 32.11; 27 Dave Naylor Wales M65 32.22; 28 Charlie Cruise Republic of Ireland M60 32.35; 29 Carwyn Hughes Wales M65 32.37; 30 Brian Blandford Wales M65 32.42; 31 Steve Cromar Scotland M65 33.25; 32 Walter McCaskey Scotland M65 33.26; 33 J Monaghan Northern Ireland M60 33.32; 34 Hugh Gibson Scotland M70 33.33; 35 Paddy Craddock Republic of Ireland M65 33.51; 36 K Hawtin Northern Ireland M65 33.59; 37 Eric Appleby England M70 34.20; 38 John Winters Republic of Ireland M65 34.22; 39 William Neenan Republic of Ireland M70 34.35; 40 Joe Cleverly England M70 34.47; 41 Geoff Oliver England M70 35.35; 42 Alan Smith Wales M70 35.39; 43 Tom O'Reilly Scotland M70 36.05; 44 Bill Davies Wales M70 36.55; 45 William Hamill Scotland M70 37.32; 46 Doug Morris Wales M70 37.47; 47 M Spottswood Northern Ireland M65 38.17; 48 Eddie Burns Scotland M65 38.22; 49 J Metcalfe Northern Ireland M70 38.29; 50 Ted Partridge (Sen) Wales M70 39.49; 51 Brendan Early Republic of Ireland M70 40.04; 52 R Grimason Northern Ireland M70 40.31; 53 J McKeag Northern Ireland M70 44.59; 54 Nick Corish Republic of Ireland M70 48.04;

Men 60 Teams

1-England 13; 2-Scotland 14; 3- Wales 24; 4-Republic of Ireland 37; 5-Northern Ireland 43;

M65 Teams

1-England 7; 2-Wales 22; 3-Northern Ireland 33; 4-Republic of Ireland 35; 5- Scotland 40;

M70 Teams

1-England 9; 2-Scotland 20; 3-Wales 27; 4-Republic of Ireland 35; 5-Northern Ireland 43;

World Masters Mountain Running Championship

Words John Collins

Race day was generally fine and warm but not too hot. Prior to the races there were speeches, an Oompah band, the release of hundreds of balloons and rather more startling a multi-gun volley by a detachment of local militia in traditional uniforms using what appeared to be antique muzzle loading rifles.

The system of races is that each five year age band of men and women set off separately at twenty minute intervals starting with the oldest. Whilst this made for excellent and fair "head to head" racing in each category it did mean that one had no idea what was happening except in one's own race. In my case (M65) we were second group away. From the start the eventual winner made his intentions clear, followed by a string of about eight of us, with me at the rear. Two runners did try to chase him initially but they soon fell back to the group. At about four kilometres two Germans then made a surge away from the group and opened up a fifty-metre gap. At about 6 km one of the pair started to falter and fall away from his colleague. In the mean time I had moved up to fifth. At 8k I decided to make my challenge and quickly caught and passed the third runner. Almost immediately though a little Italian that I thought I had dropped appeared at my shoulder. He edged past me and proceeded to slowly open up a gap. As we turned the final corner he was about forty metres clear. The final climb was reminiscent of a mountain stage of the Tour de France with people on either side shouting one on, ringing cowbells. Came the finish and I'd closed the gap down slightly but not enough - fourth!

Post race arrangements were excellent except for slightly disorganised baggage retrieval - fruit (bananas and grapes) and drinks were plentifully available. One could then relax in the mountain top cafe or else walk back down beside the course and cheer on one's younger teammates. The journey back down to the valley was initially in a shuttle service of minibuses to an intermediate point where one swapped into motor coaches. In our case we were able to alight at our guesthouse to change and shower before continuing down the valley to the presentation function. Here we found that our multi-lingual choir member was MC for the evening.

There must have been well over 800 sitting down to tables in the huge sports hall. A team of youngsters were acting as waitresses, quickly bringing drinks and /or meals as they were ordered. Once most people had food presentations began working down the age groups. Interspersed were short interludes of entertainment - a group, a team of superb acrobatic dancers, a duo with alpenhorns and so on. All the proceedings on stage were also shown on a giant screen at one end of the room. This meant that anywhere in the hall one could see and hear. Even more surprising brochures of results were distributed to everyone,

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including photographs taken that very afternoon. One picture was of the start of the M70 race with Alan in the front.

With home advantage Germany had provided the majority of competitors and also most of the medal winners with one or two Italians, Swiss and Austrians prominent. Of the Home Countries, Bill Gauld (Scotland) was popular winner of the closely contested M70 gold medal; Robin Bryson (N Ireland) took M40 silver and Dave Neill (England) M45 bronze.

RESULTS:

Men 70:

1-Bill Gauld (SCO) 1:00:54.6; 2-J Nuchar (CZE) 1:00:58.0; 3 Boleslaw Mrozinski (POL) 1:10:11.2; 6-Alex Menarry (ENG) 1:06:14.5; 14-Spencer Smith (WAL) 1:09:59.6;

Men 65:

1-Hans Weber (AUT) 53:46.6; 2 -Gerd Althaus (GER) 54:23.9; 3 -Giancarlo Pedrazza (ITA) 55:04.2; 4-John Collins (WAL) 55:11.9; 31-Peter Duffy (ENG) 1:10:54.7;

Men 60:

1-Peter Lessing (GER) 50:20.2; 2-Caspar Scheiber (SUI) 51:21.9; 3-Heinrich Neff (GER) 53:20.1; 4-John Amies (ENG) 53:37.7; 9-Ken Buckle (WAL) 55:37.6; 16-Paul Murray (ENG) 59:05.8; 17 -Keith Burns (SCO) 59:18.5; 23-Stephen Cromar (SCO) 1:01:45.8; 25-Charles Love (SCO) 1:01:56.9; 28-Peter Taylor (ENG) 1:03:37.1; 55-Ian Nimmo (SCO) 1:23:59.6;

Men 55:

1-Omer Van Noten (BEL) 48:06.9; 2-Martin Storchegger (GER) 48:55.7; 3 RobertoOrlandini (ITA) 48:57.6; 5-Duncan Overton (ENG) 49:59.6; 6-Bernard Grant (ENG) 50:11.4; 9-Tony Hesketh (ENG) 50:49.0; 13-Dic Evans (WAL) 51:41.0; 19-Desi McHenry (NIRE) 52:45.5; 20-David Tait (ENG) 53:45.7; 26-Brian Gore (ENG) 56:22.0; 27-Jim Patterson (NIRE) 56:42.6; 29-Ben Preece (SCO) 57:51.6; 58-Ronnie Donaldson (NIRE) 1:06:50.8;

Men 50:

1-Albert Rungger (ITA) 46:29.0; 2-Meinrad Beha (GER) 46:38.9; 3-Gianni Vello (ITA) 46:45.6; 12-Ewan Paterson (SCO) 49:32.0; 21-Steve Brown (WAL) 50:52.1; 30-Harry Jarrett (ENG) 51:50.1; 32-Jackie Winn (ENG) 51:59.8; 35-Nicholas Pearce (ENG) 52:22.8; 38-Mario Foschi (ENG) 52:57.0; 40-Robert James (ENG) 53:18.0; 47-David Armitage (SCO) 54:32.3; 57-Alex McGuire (SCO) 55:42.2; 68-Ian Hines (ENG) 57:14.4; 73-Ashley Jerieson (SCO) 58:42.5; 93-Wesley Kettle (NIRE) 1:02:51.1; 99-Neil Goldsmith (ENG) 1:03:46.4; 107-Jon Brown (NIRE) 1:08:45.5; 110-Martin McVeigh (NIRE) 1:10:32.5; 119-Neil Clayton (ENG) 1:17:41.4;

Men 45:

1-Charly Doll (GER) 43:56; 2-Wolfgang Von Tabouillot (GER) 44:07.4; 3-Neil David (ENG) 44:34.0; 11-Michael Weedall (ENG) 46:52.9; 15-Duncan Frampton (ENG) 47:12.8; 21-Mike Wallis (ENG) 48:18.6; 37-Colin Shuttleworth (ENG) 50:50.7; 52-Andy Beatty (ENG) 52:29.5; 59-Clifford Evans (WAL) 52:48.8; 76-Charles Kendall (ENG) 54:44.5; 77-Chris Tomes (ENG) 54:45.0; 79-Duncan Asquith (ENG) 54:53.5; 82-Gordon Pryde (SCO) 56:16.8; 83-Francis O'Hagan (NIRE) 56:32.5; 92-Dave Hanion (SCO) 57:53.5; 101-Kevin Grogan (IRE) 59:00.5;

Men 40:

1-Helmut Schmuck (AUT) 42:42.2; 2-Robin Bryson (NIRE) 43:00.9; 3-Franco Torresani (ITA) 43:09.9; 4-Deon McNeilly (NIRE) 43:24.1; 4-Craig Roberts (ENG) 43:39.6; 17-Malcolm Fowler (ENG) 46:14.9; 21-Adam Ward (SCO) 46:47.1; 22-Andrew Shaw (ENG) 46:55.3; 33-Stephen Barlow (ENG) 48:22.7; 37-Ian Greenwood (ENG) 48:35.8; 38-Dermot McGonigle (SCO) 48:46.6; 40-Paul Levell (ENG) 48:58.9; 43-John Hepburn (SCO) 49:19.8; 45-Ronnie Gallagher (SCO) 49:34.0; 50-Desmond Crowe (SCO) 50:26.5; 53-Richard Rodgers (NIRE) 50:36.4; 54-Adriaan Davis (SCO) 50:40.8; 74-Alan Smith (SCO) 54:16.0; 101-Edward Burns (SCO) 58:56.0; 102-Edmund O'Hagan (NIRE) 58:57.2;

Women 65:

1-Annemarie Stiegmann (GER) 1:18:33.7; 2-Annemarie Reng (GER) 1:19:16.7; 3-Inge Hufnagel (GER) 1:21:40.6;

Women 60:

1-Emmi Schneider (GER) 1:05:05.2; 2-Barbel Bergh (GER) 1:05:44.5; 3-Barbara Wolf (GER) 1:06:51.4;

Women 55:

1- Marianne Spronk (GER) 57:59.4; 2-Roswitha Schaffler (GER) 59:37.6; 3-Gerlinde Schmittner (GER) 1:01:22.7; 12-Phyllis Lemoncello (SCO) 1:08:17.1; 15-Patrica Overton (ENG) 1:10:14.9;

Women 50:

1-Liane Muschier (GER) 56:23.7; 2-Louise Fairfax (AUS) 57:37.1; 3-Lidia Zentner (GER) 58:25.7; 15-Wendy Dodds (ENG) 1:06:29.6; 21-Linda Gore (ENG) 1:08:15.0; 23-Anne Nimmo (SCO) 1:09:01.2; 26-Ann Watmore (ENG) 1:09:52.4; 31-Diana Jermieson (SCO) 1:17:56.8;

Women 45:

1-Odi Brakebusch-Leveque (FRA) 52:36.5; 2-Renate Kieninger (GER) 54:00.0; 3-Blanka Paulu (CZE) 54:50.4; 10-Maureen Laney (ENG) 57:58.6; 11-Karen Slater (ENG) 58:04.5; 12-Elizabeth Tomes (ENG) 58:50.7; 15-Katherine Harvey (ENG) 59:34.3; 27-Barbar Brown (NIRE) 1:09:20.5; 28-Hilary Bloor (ENG) 1:11:48.6;

Women 40:

1-Marie Heilig-Dunventaster (GER) 49:41.8; 2-Fabiola Rueda (SUI) 50:47.3; 3-Barbara Imgraben (GER) 51:28.1; 10-Kate Beatty (ENG) 56:36.0; 13-Sue Beconsall (ENG) 57:20.8; 14-Shannon Alwynne (NIRE) 57:26.3; 15-Sonia Armitage (SCO) 57:34.4; 20-Suzanne Budgett (ENG) 1:00:17.5; 30-Lois Noble (SCO) 1:06:14.2; 38-Jean Buck (ENG) 1:14:12.4;

Women 35:

1-Daniela Gassmann (SUI) 49:18.1; 2-Ludmila Melicherova (SVK) 49:47.3; 3-Tina Walter (GER) 50:28.5; 4-Jackie Hargreaves (ENG) 54:54.1; 11-Evelyn Dugdale (ENG) 57:28.4;

B.M.A.F. MARATHON WOLVERHAMPTON SEPTEMBER 7th

M40:

1-Dennis Walmsley 2:34.32; 2-Chris Finill 2:40.28; 3-Nigel Share 2:46.44; 4-Simon Link 2:55.18; 5-Malcolm Eustace 2:55.22; 6-Terry Bullock 3:04.56; 7-Michael Hutton 3:07.52; 8-Colin Highfield 3:08.18; 9-Chris Sprules 3:11.38; 10-Ian MacKay 3:12.14; 11-Ian Wood 3:13.14; 12-Steve Edwards 3:19.54; 13-Phil Watson 3:31.34; 14-Duane Daugherty 3:35.5; 15-Kishore Sharma 3:43.30; 16-Stephen Ganguly 3:48.40; 17-Alistair Dixon 3:54.00; 18-Keith Fletcher 3:54.08; 19-Neville Broadbent 3:58.51; 20-Tim Wilson 4:12.12; 21-Andrew Jones 4:12.21; 22-Ian George 4:14.19; 23-Patel Deepak 4:15.20; 24-Ian Wade 4:16.10; 25-Paul Rivett 4:24.10; 26-Rory Colman 4:35.23; 27-John Bird 4:41.27; 28-Dave Prosser 4:44.16; 29-Garry Lane 5:11.22; 30-Janangin Bobash 5:18.59; 31-Roger Walis 5:38.52;

M45:

1-Stephen Smythe 2:46.54; 2-Amamath Ahir 2:52.09; 3-Graham Williams 2:52.23; 4-John McNally 3:07.36; 5-Steve Locker 3:09.56; 6-Dave Halford 3:15.26; 7-Bernie Priekulis 3:17.56; 8-Paul Crookall 3:19.20; 9-Mark Hughes 3:19.34; 10-Simon Fielder 3:33.00; 11-Adrian Sole 3:33.38; 12-Jonathon Farrimond 3:40.14; 13-Wanch D Rozario 3:41.27; 14-Bernard Wilkes 3:42.58; 15-Paul Wiekowski 3:48.39; 16-Colin Cookson 3:53.23; 17-Alistair Smith 4:04.20; 18-Brendan Connolly 4:04.23; 19-Michael Flavell 4:08.51; 20-John Horgan 4:11.18; 21-Christopher Smith 4:17.58; 22-Max Liberson 4:24.52; 23-mark Baker 4:31.30; 24-Phil Curry 4:40.58;

M50:

1-Howard Roberts 2:47.16; 2-Geoff Farmer 2:47.24; 3-William Willnott 2:53.58; 4-Michael Stacey 2:55.46; 5-John Wilkins 2:55.46; 6-Gerry Bell 3:05.16; 7-Nick Brooke 3:13.44; 8-Graeme Clazey 3:31.39; 9-Charles Taylor 3:32.30; 10-Clive Gillman 3:40.14; 11-Stephen

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Ramsden 3:42.11; 12-Gregory Perkins 3:45.20; 13-Michael Doyle 3:46.46; 14-Jack Brooks 3:50.59; 15-Tom Bradbury 3:55.37;
16-Richard Evans 3:59.15; 17-Michael Alsworth 4:11.00;
18-Jerry Sappor 4:18.38; 19-Malcolm Perry 4:25.40;
20-John Davison 4:35.13;

M55:

1-Eric Ranicar 2:51.23; 2-Trevor Edgley 2:55.46;
3-Lew Badger 3:23.35; 4-Graham Lawton 3:30.43;
5-Phillip Howells 3:49.40; 6-Roger Biggs 3:56.18;
7-Frank Barnsley 4:26.59; 8-Roger Michael 4:36.16;
9-John Young 4:40.31; 10-Preston Grundy 4:40.44; 11-Mike Humm 4:49.30; 12 Brent Iddles 5:58.59; 13-Soelcor Perkins 6:16.50; 14-David Aquire 6:16.33;

M60:

1-Derek Walton 3:15.42; 2-Danny Kay 3:51.58;
3-Kio Veldan 4:07.57; 4-John Dodd 4:16.15; 5-Allan Bradshaw 4:27.47; 6-Edward Tabberer 4:40.30;
7-Phil Duffy 4:48.60; 8-Joe Donnelly 6:01.48;

M65:

1-david Perry 3:46.36; 2-John Dawson 4:26.39;
3-Les Green 4:57.00;

M70:

1-Geoff Oliver 3:35.25; 2-Mervyn Huggins 3:47.13;
3-William Hamill 4:03.43;

M75:

Dennis Keogh 4:35.14;

W35:

1-Judith Webb 3:59.56; 2-Denise Rogers 4:54.47;
3-Joyne Ball 5:04.12; 4-Patsy Stokes 5:05.29; 5-Nina Smith 5:23.09;

W40:

1-Andrea Dennison 3:01.59; 2-Angela Banks 3:40.27;
3-Alison Pretious 3:43. '9; 4-Jacqueline Eddleston 4:21.52; 5-Mary Smith 4:25.40; 6-Eruline Whittle 4:40.47; 7-Carol Cooper 5:05.29;

W45:

1-Susan Preston 3:49.34; 2-Carole Rimmington 3:59.01;
3-Ianthe Clough 4:42.50;

W50:

1-Lesley Woodward 3:44.09; 2-Gert Cowling 3:59.08; 3-Margaret Moody 4:05.11;

W55:

Anne Furbank 3:29.27;

W60:

Patrica Seabrook 4:26.20;

BMAF NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS 2003 Millfield School, Glastonbury, 25 October 2003 WORDS PETE MULHOLLAND PICTURES JEREMY HEMMING

In an event gradually growing in stature the hard and fast playing fields of Millfield School proved an ideal venue for those coming away from a track season. Consistency proved the name of the game for M40 winners Woodford Green in holding off former South of England road relay champions Bideford by 12 seconds with Bournemouth a further 11 seconds in arrears for third for the closest finish of the day.

The opening quartet of Richard Holland, Dave Cox, Gerry Carr and Larry Mangleshot had solidly put Woodford in contention before former European M40 3000m indoor champion Tom O'Connor roared into the lead for them to present Tony Pamphilon the 'glory leg' for their ever success in this competition.

On this final stage, from being way back off the action, Flora London Marathon veterans' champion Mark Hargreaves of Bournemouth was busy clocking the fastest time of the day but not quite quick enough to close down on second place Bideford.

With Barnet and District supplying the three fastest times of the M50 four-man event through Dave Wilcock, Des Michael and Tony Cousins respectively they certainly shocked current British Masters road relay champions Invicta East Kent who followed them home over two minutes in arrears.

It was in fact a double celebration for Wilcock, after suffering a summer of injury as the former World Masters champion over 800m and 1500m had turned 50 just a few days prior to this event.

A further reversal of the form book took place in the M60 three-stage race as Aldershot, Farnham and District finished well clear of current national road champions Bingley Harriers while 'Southern' champions Thames Hare and Hounds placed third.

Two former senior cross-country champions Les Presland (Hants) and Dave Gibson (Kent) supplied the class with the latter's 18:53 proving the only sub-19 minutes for the category.

The west country clubs of Bristol and City of Bath both ran out easy victors in the W35 and W45 events when competing here over what for them was almost home territory.

However Bristol were given a fright over the first two stages as Francis Gill and Nicky Haines-Jones gave Neath Harriers a clear lead after the first two of the three stages. But the women from Wales then ran out of steam as Michelle Wannell recorded the fastest time of the event to present Bristol with a winning margin in excess of five minutes.

Ann Nixon with the W45's only sub-20 minute time gave Forest of Dean a clear lead over Invicta's Elizabeth Batty and Bath's Zina Marchant on stage one but two solid runs by the latter's colleagues Lyndsey Dow and Sue Brigden resulted in a clear margin of over two minutes.

RESULTS

W 35

1-Bristol AC 58:40 (Alison Hurford 19:18, Sian Monahan 20:12, Michelle Wannell 19:10); 2-Neath Harriers 1:03:50 (Frances Gill 19:16, Nicky Haines-Jones 19:33, Christine Lloyd 25:01); 3-Poole Runners 'A' 1:04:09 (Christine Thomas 19:38, Carol Doe 23:04, Daveena Tweed 21:27); 4-Huncote Harriers 1:04:28 (Sandra Stevens 23:38, Joanna Ashmore 22:10, Nicki Nealon 18:40); 5-Tiverton Harriers 1:04:51 (Emma Kington 22:20, Debbie Bidmead 23:31, Caroline Hewitt 19:00); 6-City of Portsmouth AC 1:05:15 (Judy Oakley 20:29, Judy Morris 20:58, Lynne Newton 23:48); 7-Woodford Green 1:06:41 (Bernadine Pritchett 21:00,

Alex Wardle 22:43, Sue Cord 22:58); 8-Langport Runners 1:10:23 (Beverley Farley 21:22, Tracey Monaghan 0:25:02, Alice Allen 23:59); 9-Torrington A C 1:10:43 (Marilyn Blair 19:43, Sharon Copp 24:28, Hilary Mortimer 27:32); 10-Serpentine R C 'A' 1:14:03 (Beate Vogt 27:20, Theresa Brady 22:07, Cristal Beukes 24:36); 11-City of Bath AC 1:15:38 (Lynda Keepen 22:54, Marion Stoneman 29:17, Clare Freeman 23:27); 12-Forest of Dean A C 1:17:30 (Sharon Dawson 25:49, Sarah Jane White 26:15, Lynne Park 25:26);

W 45

1-City of Bath AC 1:04:36 (Zina Marchant 0:20:43, Lyndsey Dow 0:22:29, Sue Brigden 0:21:24); 2-Forest of Dean A C 1:08:43 (Ann Nixon 0:19:53, Carol Jones 0:23:22, Jackie Green 0:25:28); 3-Invicta East Kent



Fastest Women on the day Nicky Nealon of Huncote

1:09:35 (Elizabeth Batty 0:20:17, Pam Clayton 0:24:55, Annie Ross Davies 0:24:23); 4-Westbury Harriers 1:11:06 (Pat Gallagher 0:21:53, Maureen Coffey 0:23:39, Marilyn Palmer 0:25:34); 5-Serpentine R C 'A' 1:13:21 (Ena Urich 0:24:19, Margaret Sills 0:25:35, Hazel Patterson 0:23:27); 6-Langport Runners 'A' 1:16:53 (Liz Martin 0:24:08, Gina Masters 0:26:00, Chrissie Brooks 0:26:45); 7-Poole Runners 'B' 1:20:32 (Anne Townner 0:30:15, Janet Damon 0:24:58, Miriam Grey 0:25:19); 8-Gillingham Trotters 1:27:11 (Carol Bashford 0:33:27, Jeanette Haskett 0:29:20, Elaine Mitchell 0:24:24); 9-Langport Runners 'B' 1:27:45 (Dec Howells 0:28:36, Jenny Byron 0:27:38, Liz Foy 0:31:31);

W55

1-Gillingham Trotters 1:31:53 (Sue Daddy 33:09, Doreen Foord 0:28:55, Arminal Dake-Bryan 0:29:49);

M40

1-Woodford Green 1:42:36 (Richard Holland 0:17:22, Dave Cox 0:17:24, Gerry Carr 0:17:08, Larry Mangleshot 0:17:00, Tom O'Connor 0:16:26, Tony Pamphilon 0:17:16); 2-Bideford AAC 1:42:48 (Peter Hockin 0:16:32, Mike Spencer 0:17:06, Simon Edney 0:17:22, Riekey Butcher 0:17:19, Martin Owen 0:17:47, Bill O'donnell 0:16:42); 3-Bournemouth A C 1:42:59 (Mike Grist 0:16:28, Ray McIlmurray 0:18:11, Tony Chutter 0:17:45, Graham Moxham 0:17:44, Gary Eagle 0:16:46, Mark Hargreaves 0:16:05); 4-Bristol AC 1:45:56 (Clive Bromahall 0:16:19, Jim Peters 0:18:01, Nick Rose 0:16:20, Mike Collin 0:17:41, David Bedwell 0:18:43, Graham Cuthbert 0:18:52); 5-Barnet and District 1:47:25 (Keith Turner 0:17:36, Francis Robinson 0:19:41, Adrian Mason 0:16:50, Andy Kelleher 0:17:11, Mel Parker 0:19:02, Richard McCormick 0:17:05, 6-West Cheshire AC 1:49:37 (Ken Begley 0:17:16, Graham Earlam 0:18:40, Gary Munslow 0:18:27, Paul Price 0:19:10, Andy Starkey 0:17:34, Paul Frodsham 0:18:30); 7-Neath Harriers 1:49:49 (Howard Carpenter 0:19:01, Bob Bamsey 0:18:56, David Davies 0:18:44, Tudor Harries 0:18:18, Ian Williams 0:17:55, Phil Crane 0:16:55); 8-Wells City Harriers 1:54:11 (Steve Masters

0:17:46, Paul Chadwick 0:19:19, Dickie Wythe 0:18:00, John Etherington 0:19:30, Dave Stanfield 0:19:21 David Barlow 0:20:15; 9-Langport Runners 2:12:20 (Rodger Clayton 0:20:58, John Cox 0:20:55, Martin Monaghan 0:22:25, Trevor Howells 0:22:36, Kevin Lewis 0:21:17, Paul Leonard 0:24:09);

M50

1-Barnet and District 1:12:02 (Des Michael 0:17:38, Liam Oihare 0:19:03, Tony Cousins 0:17:50, Dave Wilcock 17:31); 2-Invicta East Kent 1:14:05 (Paul Ross Davies 0:18:14, Trevor Edgely 0:18:56, Mike Stacey 0:18:01, Tony Culshaw 0:18:54); 3-Aldershot F & Dist. 'A' 1:14:26 (Peter Adams 0:18:20, Jim Wood 0:18:32, Pat Quigley 0:18:37, Peter Beacham 0:18:57); 4-City of Portsmouth AC 1:17:54 (J Pike 0:19:54, Peter Newton 0:19:18, Ed Connolly 0:19:42, Godfrey Rhimes 0:19:00,



Winning Barnet Team M50-Dave Wilcock, Des Michael, Tony Cousins, Liam O'Hare

5-Wells City Harriers 1:19:35, Bob Martin 0:19:35, Tony White 0:20:03, Stuart Marsh 0:20:06, Ed Tickner 0:19:51, 6-S West Road Runners 1:22:59 (Trevor Dymond 0:20:44, David Bendy 0:22:51, John Osborne 0:20:36, David Phillips 0:18:48); 7-Aldershot F & Dist. 'B' 1:23:37 (Steve Crawte 0:20:50, Martin Duff 0:20:43, A.N. Other 0:20:16, S.O. Else 0:21:48); 8-Poole Runners 'A' 1:24:23 (Alan Lewis 0:20:07, Mike Townner 0:22:41, Ron Walmsley 0:20:56, Keith Fraser 0:20:39); 9-South West Vets AC 1:27:15 (Bill Valentine 0:20:40, Dave Hollinger 0:24:05, Ron Paine 0:22:29, Bob Minting 0:20:01);

M60

1-Aldershot Farnham & Dist 1:00:11 (Terry Ryles 21:37, Les Presland 19:41, Dave Gibson 18:53); 2-Bingley Harriers 1:01:01 (Dave Barber 0:22:12, Fred Gibbs 0:19:35, Les Haynes 0:19:14); 3-Thames Hare & Hounds 'A' 1:01:25 (Keith Spacie 0:20:13, Robin Dickson 0:20:39, Michael Johnson 0:20:33); 4-Hallamshire Harriers 1:04:19 (Jim Dixon 0:23:50, Billy Wilson 0:21:25, Bob Toogood 0:19:04); 5-Exmouth Harriers 1:07:09 (John Perratt 0:21:40, Ray Elston 0:21:52, Roger Cowd 0:23:37);

several times but gradually Peter Ryan got away from the field.

Sometime after 10pm (shortly after I had gone on duty for my fourth judging spell) there was a massive cloud burst which lasted over two hours with some thunder and lightning flooding parts of the course. Peter held his lead to the end despite severe back pain over the last six miles. Willie Mutze from Holland came through strongly at the end to produce a most exciting finish. Peter managed to hold on for victory.



Cath Duhig and Martin Fisher

RESULT:

1-P Ryan M45 19:57.35; 2-W Mutze M40 (HOL) 19:58.30; 3-S Brown W50 20:23.25; 4-I Statter M45 20:29.30; 5-S Varin W50 (FRA) 20:34.58; 6-C Flint M55 20:50.26; 7-P King M50 20:59.44; 8-C Duhig W45 21:27.43; 9-M Fisher M40 21:27.46; 10-D Cox M55 21:35.06; 11-D Jones M50 21:39.08; 13-W Botman M55 (NED) 21:56.48; 14-J Bispham M45 22:14.17; 15-A Zoon M45 (NED) 22:22.11; 16-M Vandervoorde M45 (NED) 22:31.29; 17-A Short M55 22:45.37; 18-R de Wolf (NED) 22:46.57; 19-F Devoght M60 (NED) 22:53.19; 20-M Dekker M45 (NED) 22:55.33; 21-P van der Kroft M55 (NED) 22:56.11; 22-H Fairhurst W35 22:57.18; 23-J de Vos M45 (NED) 22:57.58; 24-J van Gorp M60 (NED) 22:58.46; 25-J Visser M65 (NED) 23:07.52; 26-A Wilmot M55 23:33.19; 27-D Evans M55 23:40.16; 28-K Watts M50 23:44.24; 29-Hans van der Knaap M40 (NED) 23:46.01; 30-J Searsson M40 23:49.22;

B.M.A.F 30k CHAMPIONSHIPS LEEK WOOTON 23RD AUGUST

Midlands R.W.A. organiser Glyn Jones had to change venue and dates several times before he finally nailed the event to Leek Wooton.

On a warn day and on a safe but testing circuit at Warwickshire Police HQ, a very reasonable field faced the starter. Following so closely the 50k at Stockport, many competitors started cautiously, the exception being Chris Cheeseman who

raced away to take the title from, Richard Emsley and Steve Arnold.

1-C Cheeseman M40 2:41.09; 2-R Emsley M50 2:55.29; 3-S Arnold M40 2:59.02; 4-R Penfold M60 3:05.40; Bradley M45 3:12.41; 6-T Morris M55 3:19.02; 7-D M55 3:24.41; 8-N Smith M40 3:24.50; 9-D Manning M50 3:25.56; 10-B Austin M55 3:31.13; 11-E Horwill M70 3:39.21; 12-J Culshaw M65 3:50.04; 13-T Kent M65 3:53.32; 14-J Sturgess M60 3:57.41; 15-J Fitzgerald M80 4:24.52; Team: 1-Surrey WC 10:18:42; 2-Leicester WC 10:42:10

MCAA & MARA WOMENS 10k

1-Ann Wheeler W45 61:56; 3-Pam Horwill W65 73:01; 4-Jill Yorke W55 75:28; Team: Dudley & Stourbridge 291;

DUBLIN GRAND PRIX MASTERS RESULT

Pat Murphy and James Gibbons led from the start, but the Manx contingent soon made their mark in the Women's competition.

Anne McGill, not fully recovered from her efforts in "Upice" manage to split the I.O.M. ladies.

The team result was always going to be close, the age related tables proving a fair leveller for the more senior walkers. Many thanks to Bernie O'Callaghan once again for organising the event, and we all hope he will be soon free from injury and back into competition.

Men 3k:

1-P Murphy M40 (IRE) 13:05; 2-J Gibbons M40 (IRE) 13:28; 3-J Ball M40 (ENG) 15:05; 4-M De Witt M50 (USA) 15:47; 5-D Kates M50 (ENG) 16:12; 6-J Lennon M50 (IRE) 16:33; 7-P Cassidy M60 (ENG) 17:05; 8-D Sharpe M45 (ENG) 17:19; 9-A O'Rawe M60 (ENG) 17:25; 10-E Horwill M70 (ENG) 20:09; 11-B Spratt M55 (ENG) 23:33;

Women 3k:

1-L Corran W45 (IOM) 16:38; 2-A McGill W45 (IRE) 17:33; 3-M Cox W50 (IOM) 17:39; 4-K Howard W45 (ENG) 17:50; 5-J Whelan W35 (IRE) 19:20; 6-F Fernandez W50 (ENG) 19:37; 7-P Reynold W55 (ENG) 19:53; 8-A Gormley W35 (IRE) 20:14; 9-P Horwill W65 (ENG) 20:23; 10-S Champion W65 (IRE) 25:47; Team: 1-England 79.5%; 2-Ireland 78.5%;

Age Related Awards:

Men - Pat Murphy; Women - Pam Horwill;

B.M.A.F 50k, STOCKPORT, 9th AUGUST

The competition was held on the second hottest day ever record in Stockport 38°C. The referee stopped proceeding at 6hours 15 minutes, on safety grounds.

MEN 50k:

1-M Smith M50 5:00.41; 2-S Arnold M40 5:32.00; 3-B Dobson M60 5:40.44; 4-M Byrne M40 5:48.24; 5-K French M60 6:13.02; 6-E Horwill M70 6:12.03; Team: Coventry Godiva 197 points.

RWA WOMEN 5k Championships.

3-A Wheeler W45 29:31; 7-P Horwill W65 36:37; 8-J Yorke W55 37:55;

B.M.A.F. Weight Pentathlon Burton-on-Trent, Sunday 5th

October:

WORDS & PICTURES

BRIAN OWEN

Burton A.C. and their Officials performed

RACE WALKING REVIEW WORDS & PICTURE FROM ERIC HORWILL 100-MILES WALK, NEWMARKET

26/27 July

One of the best fields for a long time faced the starter in this years Centurions qualifying event.

The weather at first was quite mild and reasonable, and the early lead changed

MASTERS ATHLETICS DECEMBER 2003

Wonders to complete this mammoth task
Highlights came in the Men 70 event where



Gordon Hickey set a new British Record of 3837 points, and also set a British Record in the Shot of 12.31.

Janus Gercs also set new British figures in the M80 Group of 2711.

Not to be outdone Susan Freebairn, and Beatrice Simpson also set British bests in the W35 and W45 events.



Organiser Phil Owen in the Javelin

Weight Pent: (HT, SP, DT, JT, HH)

M40: 1 A Turner (WM) 3335 (45.61, 14.16, 44.64, 34.09, 13.65); 2 M Richards (MV) 1879 (23.42, 10.80, 28.08, 24.73, 7.57); 3 S Wooley (MV) 1843 (21.93, 9.23, 25.42, 31.47, 8.07); 4 T Twidale (MV) (17.55, 8.31, 20.48, 28.90, 7.22);

M45: 1 M Small 3504 (43.18, 13.53, 40.09, 40.35, 12.66); 2 C Howell (MV) 1978 (30.18, 7.90, 21.86, 24.81, 9.07); 3 M Bale (SCV) 1885 (29.05, 8.02, 25.00, 19.48, 8.30); 4 R Howells (EV) 1355 (EV) 1355 (23.26, 7.35, 21.57, 27.05, dns.);

M50: 1 J Little (NV) 3583 (43.69, 12.16, 45.81, 32.87, 16.22); 2 J Wild (NE) 3163 (38.41, 10.95, 40.40, 34.17, 13.94); 3 W Renshaw (NV) 2634 (30.91, 10.82, 40.39, 20.33, 12.02); 4 C Francis (VAC) 2616 (33.54, 10.35, 27.87, 29.54, 12.74);

M55: 1 N Griffin (SCV) 3995 (39.49, 13.05, 45.33, 37.40, 14.97); 2 C Melluish (SCV) 3204 (47.58, 8.85, 19.11, 15.42); 3 B Hawkesworth (MV) 3016 (27.09, 9.71, 27.16, 34.71, 12.04); 4 B Hatch 2992

(21.34, 12.13, 37.72, 37.65, 9.49); 5 D Webster (EV) 2673 (32.44, 9.56, 33.81, 23.63, 9.82); 6 R Jegou (MV) 2271 (27.67, 8.70, 26.57, 21.12, 9.43); 7 F Martin (EV) 2005 (23.54, 8.09, 20.20, 21.22, 9.43); **M60:** 1 J Kee (EV) 3634 (46.17, 10.07, 36.00, 27.82, 16.04); 2 P Duckers (MV) 3017 (34.00, 10.34, 24.41, 30.60, 13.69); 3 J Howe (WM) 2805 (24.87, 10.33, 35.42, 29.22, 10.34); 4 M Jones (MV) 2606 (24.45, 10.76, 30.13, 22.91, 10.79); 5 P Owen (MV) 2499 (22.21, 8.43, 27.75, 38.78, 8.20); **M65:** 1 C Brand (SCV) 3910 (28.77, 10.63, 39.13, 40.03, 12.78); 2 J Freebairn (SVH) 3759 (34.45, 10.51, 33.95, 32.79, 13.13); 3 I Miller (EV) 3350 (28.18, 10.22, 33.37, 23.35, 13.46); 4 B Sumner (MV) 3115 (31.62, 9.09, 25.67, 28.87, 11.24); 5 N Fuiick (SCV) 2044 (25.15, 7.12, 18.07, 20.42, 6.45); **M70:** 1 G Hickey (SCV) 3837 (British Record) (37.00, 12.31br, 27.32, 30.14, 13.62); 2 P Barber (VAC) (42.27, 8.00, 28.68, 17.23, 14.52); 3 J Hanus (SCV) 3190 (31.51, 9.55, 30.29, 17.67, 12.95); 4 P McEvoy (SCV) 3022 (39.44, 6.80, 27.24, 12.49, 13.58); 5 G Roberts (MV) 1935 (23.86, 6.91, 16.31, 11.84, 8.71);

M75: 1 W Kingsbury (WM) 2800 (26.79, 7.37, 20.91, 12.46, 10.92); 2 N Carter (MV) 2621 (22.85, 6.98, 21.69, 18.19, 8.42);

M80: 1 J Gercs (MV) 2711 (British Record) (15.74, 7.48, 19.60, 18.06, 7.76);

W35: 1 S Freebairn (SVH) 3324 (British Record) (36.96, 10.25, 42.06, 27.17, 12.29); **W40:** 1 D Smith (NV) 3000 (37.51, 7.06, 22.05, 29.17, 10.77); 2 A George (MV) 2411 (26.34, 9.77, 22.85, 16.18, 8.15); 3 J Wilson (SCV) 2228 (20.65, 7.32, 22.98, 23.15, 8.39);

W45: 1 B Simpson (SCV) 3273 (British Record) (33.77, 8.33, 26.39, 22.20, 9.60); 2 E Crompton (NV) 2314 (18.39, 7.28, 19.36, 21.19, 7.78); 3 P Higgins (MV) 2153 (25.31, 6.20, 15.85, 14.03, 7.20);

W50: 1 R Martin (EV) 2639 (28.37, 9.16, 23.02, 12.48, 9.75); 2 V Kirkland (MV) 1947 (22.68, 6.80, 16.17, 10.42, 8.38);

W55: 1 B Terry (SCV) 2631 (24.97, 8.63, 18.54, 13.25, 8.80);

BMAF 10k Track Walk: **M45:** 1 Colin Bradley (WMAC) 52:37.8; 2 Trevor Jones (VAC) 53:36.5;

M50: 1 Richard Emsley (SC) 52:30.9; 2 Sean Pender VAC 63:34.5;

M55: 1 Anthony King (IRE) 55:10.7; 2 Colin Turner (MVAC) 57:26.3; 3 David Fall (MVAC) 61:47.2; 4 Robert Austin (MVAC) 64:33.6;

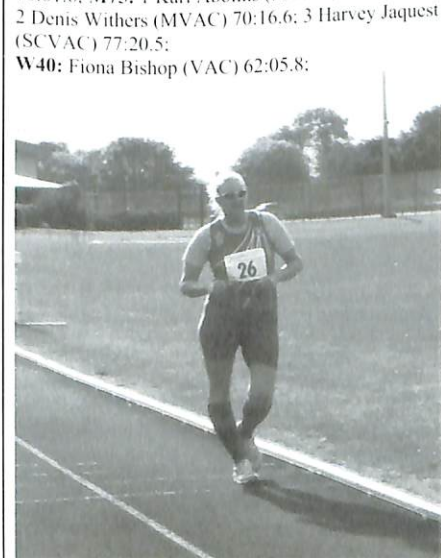
M60: 1 Ronald Penfold (VAC) 55:32.8; 2 Glyn Jones (MVAC) 60:52.0; 3 Keith Batten (MVAC) 71:28.0;

M65: 1 David Stevens (SCVAC) 57:55.3; 2 Brian Nelson (MVAC) 59:03.7; 3 Kenneth Ballam (VAC) 59:42.1; 4 Ron Powell (SCVAC) 60:00.0; 5 Colin Stapleford (MVAC) 62:01.3; 6 William Newhall (MVAC) 64:57.5; 7 Jim Guest (MVAC) 66:00.4;

M70: 1 Doug Fotheringham (MVAC) 63:24.0 (Midland Record); 2 Gordon Chapman (MVAC) 70:01.6; **M75:** 1 Karl Abolins (MVAC) 67:57.3;

2 Denis Withers (MVAC) 70:16.6; 3 Harvey Jaquest (SCVAC) 77:20.5;

W40: 1 Fiona Bishop (VAC) 62:05.8;



W45: 1 Ann Wheeler (MVAC) 59:09.4 (Midland

Record); 2 Sheila Owen (MVAC) 62:09.3;

3 Anne Belchambers (VAC) 64:50.3;

W55: 1 Ann Lewis (SCVAC) 59:29.9; 2 Jill York (WMAC) 65:04.3;

W65: 1 Maureen Spellman (VAC) 66:45.6; 2 Pam Horwill (MVAC) 71:48.3 (Midland Record);

Danielle's Diary (Sanderson) **World 100km Championships,** **Taiwan, 9th Nov 2003**

The IAU World Cup 100K was held in rural southwest Taiwan on November 16. The course was a steep 12.5 km climb up 380 meters of mountain, turnaround, and back down. This was repeated four times. The course was undoubtedly the most challenging since the inception of these annual World Championships. Competitors had to contend with temperature approaching 30 degrees Celsius, and humidity of around 85 – 90 %. Of the 294 starters in the 100km race, only 149 finished – a dropout rate of nearly 50%. The race started at 9 a.m. and was held in conjunction with a 50K, 25K, 10K, 5K, and fun 1.5K run in which nearly twenty thousand locals participated.

I was the sole women's GB representative, having achieved qualification with my bronze medal in last year's European Championships, in a time of 7 hours 47 min. I had targeted the race all year, but for several months the race was in jeopardy because of SARS (Severe Acute Respiratory Syndrome), which hit Taiwan hard last winter. The GB men's team comprised Dennis Walmsley (Bourton Road Runners), Greg Dell (Woodstock Harriers AC), Chris Finill (Harrow AC), and Matt Lynas (Thames Hare and Hounds). Other England ultra-runners participating in the open race and the World Masters' Association Championships were Hilary Walker, Sharon Gayter, Jackie Leak, and Siri Terjesen.

I trained extremely hard for the race, concentrating on long hill repetitions and long hilly runs of up to 36 miles. My speed work showed that I was in good shape, as my mile and two-mile reps were faster than I have achieved for many years. I was incredibly comfortable when I ran 36 min 59 s for the hilly Moor Park 10km a month before the race. But I was dreadfully nervous in the build-up to the Championships as so much can go wrong in a 100km race, particularly such a gruelling one as this was going to be. In the last fortnight before travelling to Taiwan I used the acclimatisation chamber at the Olympic Medical Institute. To simulate race conditions I ran on an incline of 5%, in temperatures of around 28 – 30 degrees and 80% humidity. The journey to Taiwan was arduous in itself – about 36 hours of travelling, with flights to Amsterdam, Bangkok and Taipei. We then had a long coach transfer through Taipei to the Domestic Terminal, a flight to Kaoshiung and a two-hour coach journey to the Hibiscus Resort in the scenic Tseng Wen Dam area where the race was taking place. We also had an eight-hour time difference to contend with.

The Hibiscus Resort athlete's village was luxurious, and the organizers had gone to great trouble to provide amenities such as English-speaking front desk staff, Internet access terminals, and local sightseeing tours. Athletes were treated to sumptuous buffets of local cuisine such as shark fin, and countless species of fish and shellfish, beautifully presented. As a vegetarian, however, I stuck to the copious supplies of Powerbars and other food, which I had brought from home. The weight of my luggage proved a source of much amusement to other members of the team! There were many cultural events staged for the entertainment of the foreign participants, such as the children's dragon dance, men's kung fu, and local dance troupes. Two earthquakes, of magnitude 4.6 and 4.7 on the Richter scale the day before the race, provided further excitement!

The World Championships Opening Ceremony was spectacular, but involved several hours of standing, listening to bi-lingual speeches by various dignitaries. As the sun was beating down intensely, and we were wearing full GB tracksuits, it wasn't exactly optimal preparation for the following day's exertions, but it obviously meant an enormous amount to the sponsors and organisers of the race, so we bore it with good grace and smiles on the face!

My intensive training paid off. I wore a heart rate monitor for the race, to ensure that I didn't over-exert on some of the more severe uphill sections early on. My 25km splits were faster than I had anticipated, and at no point did I feel that I couldn't continue. I was surprisingly strong on the downhill sections and suffered much less muscle damage than I had expected. There was some drama in the last few kilometres, as I overtook Russian and Japanese

athletes, but unfortunately at 98 km I was myself overtaken by Elke Hiebl of Germany. I couldn't out-sprint her, but held on to finish in 4th place, just 14 seconds off the bronze medal, and to win the Vet40 race in the World Masters' Championships. I finished in 8:23:20. I was delighted to take many notable scalps, including beating all of the Russian, Japanese, American and French women, and being beaten by only 27 men. It was undoubtedly the best performance of my international running career, which has now spanned a dozen years and around 18 GB vests.

Two Italians won the World 100km Championships, Mario Fattore (last year's winner) won the men's race in 7:04:57 and Monica Casiraghi won the women's race in 8:04:47.

Siri fell early on in the race and slowed down quite a bit to finish 18th woman in 9:40:38. Despite having broken two fingers less than a week earlier during a

100-mile Himalayan race that coincided with her 50th birthday, Hilary Walker, the epitome of an endurance athlete, crossed the line in 11:46:45. Sharon Gayter finished in 11:49:37. Jackie Leak ran a strong first 40K but had to drop out with severe stomach cramping at 50K.

Dennis led the GB men home with a 7th place overall finish and top Vet40honours in 7:41:02. Chris Finill finished in 8:03:34, in 14th place and Greg Dell suffered badly on the last lap but hung on to complete the scoring team in 8:45:07. Sporting his first GB vest, Matt Lynas unfortunately had to pull out with a sprained ankle, incurred approaching halfway. The men's team finished in 5th place, out of 14 national teams that managed to complete a scoring team.

The Taiwanese people were wonderfully hospitable and the country was delightful. I will undoubtedly remember the trip fondly for many years!

British Masters Age Records 10 Mile

M40 48:16 Keith Anderson

Flint, USA 23/08/1997

M45 49:36 Martin Rees

Woking 01/03/1998

M50 50:43 Martin Rees

Woking 30/03/2003

M55 54:51 Steve James

Hornsea 13/03/1993

M60 57:04 Steve James

Leyland 10/05/1998

M65 60:12 Ron Lucas

Stoke 02/06/1991

M70 66:19 Bob Peart

Brampton 20/11/1999

M75 75:41 Don Adie

Nuneaton 15/09/2002

M80 76:04 Gordon Porteus

Irvine 24/07/1994

M85 114:30 Alfred Gibson

Sandiacre 05/09/1993

W35 54:31 Paula Fudge

Hendon 08/08/1987

W40 53:51 Priscilla Welch

Washington, USA 05/05/1987

W45 55:33 Joyce Smith

Hendon 05/10/1986

W50 60:30 Paula Fudge

Portsmouth 08/09/2002

W55 65:22 Carol Ann Wolstenholme

Pocklington 23/02/2003

W60 70:19 Anne Chapman

Folkestone 05/04/1996

W65 72:25 Ena Ulrich

Twickenham 20/10/2002

W70 78:28 Louise Gilchrist

Sale 03/08/2003

W75 100:23 Grace Bulger

Portsmouth 08/10/1995

W80 105:26 Jenny Wood-Allen

Arbroath 07/02/1995

W85 2:31:16 Jenny Wood-Allen

Arbroath 01/03/1998

W90 3:15:18 Jenny Wood-Allen


Arbroath 03/03/2002

An extended version appears on

www.veterans10mile.org.uk

Any amendments to Pete Mulholland petehwac@aol.co

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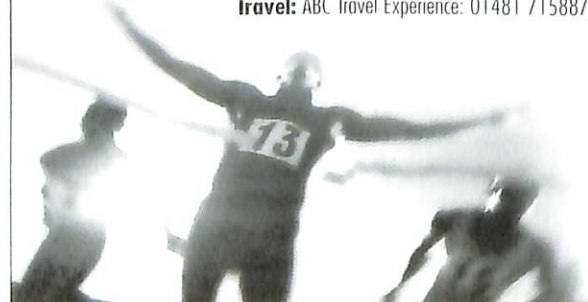
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Martin Rees was born in 1953 coronation year in Neath and although he did some athletics at school, it was not until he reached the grand old age of 38 that the running bug caught hold of him.

It was a friend at the Corrus plant in Port Talbot where the Welsh Wizard of the roads works on the weighbridge, introduced him to running, and he has gone from strength to strength.

This year has been a truly magic year and he has recorded the following performances:

3000 Metres Track	8:50.3 (World M50 Record)
5000 metres Track	14:53.2 (World M50 Record)
10 mile	50:43 (British M50 Record)
5 mile	24:44 (British M50 Record)
Half Marathon	66:42 (World M50 Record)

Whilst at Bourton he recorded 30:37 for the 10k on the road.

Martin's son David was first member of the family to win a Welsh vest, however, this year Martin became the first 50 year old to represent Wales in a full international in the "Swansea Bay 10k".

He is looking forward to the International Cross Country in Cardiff, where he will be well up the field.

(Infact he won the race outright)

EVAC Ballot on the club's name

After a ballot to it's members Eastern Veterans Athletic Club has decided not to change it's name.

A FAMILY AFFAIR

An unlikely combination seen at the masters cross country international at Cardiff was the father and son Wrexham pairing of Ted and Ted Partridge in what may have been unique in an event for which selection has to be

earned, writes Pete Mulholland.

Ted snr, 71, admits, "This will be my second international race as I ran for Wales a few years ago as an M60." It will also mean a second Welsh vest for Ted jnr but a wider time scale comes into play having cross-country representative honours as a schoolboy but after leaving school he retired from the sport to take up golf with some success.

"I was in my fifties when after an accident I thought it would be a good idea to get fit, said Ted snr. "I then won a few trophies for my age which boosted my ego. After that running became a way of life."

The almost obligatory London Marathon then took a hold when 'young' Ted went along to support his dad in one of his eight such races in the capital and led to him at the age of 36 to make a return to the sport.

"I still find time for a weekly game of golf but running is my main sport now, Ted jnr admitted before adding, "I have run five London Marathons and also won a few local races as a pre vet," but it was a recent success in winning the North Wales 5-mile championship that clinched a return to the international scene after a gap of 25 years at the age of 42.

X Rated. Well not really it was mainly in your minds!
TREVOR DRIVER

It is amazing how an article of mine, which was not published, has caused more interest than those that have been!

When our worthy editor stated that the contribution "might cause offence to some of our members" I was inundated with requests for a copy. I was also asked by quite a few short of work solicitors "was it about a client of mine?"

Perhaps to satisfy your curiosity I should give an outline of the main points and omit names.

I had written in response to Prof. Crocker's article on ageing and health and asked why our genial intellect had failed to include any advice on sex (no mention being made that this very good friend of mine might have forgotten what it was).

I then suggested that he could have used material from a selection of books written by some of our notable members, and listed titles and authors. Useful snippets could have been obtained from "Sex and the Law, but not necessarily in that order" from a solicitor friend of mine, or "Viagra and Me" by another dear friend.

This friend describes how he inadvertently overdosed, and was subjected to a most embarrassing incident whilst taking part in a sprint relay.

More appropriate material perhaps could have been gathered from statistics. In the book "Sex and the average Welsh couple" by yet another friend, the frequency for each age group is outlined. I suspect that offence could have taken, over the figure of 0.15 times per month for the over 70's. The author had made allowance for the depression caused by the performance of the national Rugby team to date, and may well be looking at a revision following the good show against England in Australia.

I also drew attention to my own work "Problem, What Problem?" where I counsel people on their sexual problems. I can't say a lot about this until the case is over, but I am pleading not guilty. The seven cases of blackmail could be a problem, but I am sure the Judge (another good friend of mine) will be sympathetic. Curiosity, I hope is now satisfied.

SWVAC T&F CHAMPIONSHIPS, EXETER, SUNDAY 15th JUNE:

Hour: 1- Reed Keith M45 14.031.5m (35+ laps); 2- Perratt John M65 14.010.45m (35+ laps); 3- Valentine William M50 13.668.1m (34+laps); 4- Royal Joan W65 12.453.3m (31+laps); 5- Shillabeer Edmund M60 10.033.15 (25+ laps); 6- McCarthy Bernard M75 7.635.8m (19+ laps);

100m -

M40: 1- Leonard Nick 12.3; 2- Beaglehole Tim 12.5; **M45:** 1- Davis Stephen 12.1; 2- Jackson Ken 12.6; **M50:** 1- Applegate Mike 12.8; 2- Woolley Dave 13.5; 3- Herdman Allan 13.6; **M55:** 1- Faulkner Anthony 14.1; 2- Clarke Pete 17.7; **M60:** Whitton David 15.3; **M65:** Peaty John 18.9; **M70:** Winzer Gerald 17.5; **M75:** Lester Allan (Guest) 18.4; **W35:** 1- Howard Julie 14.0; 2- Dabbs Linda 14.3; 3- Hewings Sue 14.7; **W40:** 1- Ellacott Janice 13.6 (CBP); 2- Hooper Sue (Guest) 14.1; 3- Skinnard Paula 14.6; **W50:** Burkitt Annie 16.0; **W55:** Alexanden Rosemarie 16.0 (CBP); **W65:** Webb Mary (Guest) 17.3;

200m -

M40: Beaglehole Tim 26.6; **M45:** 1- Stephen Davis 25.4; 2- Pengelly Clive 26.3; 3- Jackson Ken 27.6; **M50:** 1- Minting Bob 26.3; 2- Applegate Mike 27.1; 3- Herdman Allan 28.1; 4- Woolley Dave 28.2; **M55:** 1- Erith Mike 28.8; 2- Faulkner Anthony 30.1; 2- Clarke Pete 36.8; **M60:** 1- Whitton David 32.2; **M65:** Burkitt Tim 37.5; **W35:** 1- Howard Julie 29.7; 2- Hewings Sue 30.4; **W40:** 1- Ellacott Janice 28.0 (CBP); 2- Hooper Sue (Guest) 28.8; 3- Skinnard Paula 31.3; **W50:** Burkitt Annie 33.4; **W65:** Webb Mary (Guest) 37.3 (CBP);

400m -

M40: Higgins Dave 54.5; **M45:** 1- Lang Stephen 54.4; 2- Kay Graeme 58.5; 3- McLaren Alec 58.5; **M50:** 1- Minting Bob 56.1; 2- Herdman Allan 61.4; **M55:** 1- Erith Mike 63.1; 2- Clarke Pete 86.6; **M65:** 1- Coles Frank 67.4 (CBP); 2- Burkitt Tim 85.7; **M70:** Davies William 80.3; **M75:** Lester Allan (Guest) 95.0; **W35:** Dabbs Linda 65.3; **W45:** Darby Anne 70.6; **W50:** Burkitt Annie 78.0;

800m -

M45: 1- May Steve 2m07.9; 2- Lang Stephen 2m08.4; 3- Fulcher Grant 2m09.3; 4- McLaren Alec 2m14.2; **M50:** Minting Bob 2m09.6; **M55:** 1- Mike East 2m12.8 (CBP); 2- Burkitt Tim 2m12.0; **M60:** Hindle Michael 2m44.5; **M65:** Barber Eric 2m46.6; **M70:** 1- Davies William 3m01.4; 2- Winzer Gerald 3m19.5;

1500m -

M40: 1- Higgins Dave 4m13.4; 2- Trent Alan 4m46.8; 2- Bright Clive 4m48.4; **M45:** 1- May Steve 4m28.7; 2- McLaren Alec 4m40.3; **M55:** 1- Erith Mike 5m01.4; 2- Clarke Pete 6m24.2; **M65:** 1- Lyons Bruce 5m41.9; 2- Barber Eric 5m47.8; **M70:** Davies William 6m15.8; **W35:** 1- Owen Lucy 4m58.5 (CBP); 2- Hewitt Caroline 5m04.6; **W40:** Newman Catherine 4m50.6 (CBP); **W45:** Harris Jill 5m02.0 (CBP);

3000m -

M40: Bright Clive 10m16.1; **M45:** 1- May Steve 10m03.3; 2- Wythe Dickie 10m04.1; **M50:** Cox Alan 10m40.7; **M65:** Barber Eric 12m11.3; **W35:** 1- Hewitt Caroline 10m29.9 (CBP); 2- Owen Lucy 10m37.0; 3- Hewings Sue 11m29.7; **W40:** Newman Catherine 10m03.8 (CBP); **W45:** Darby Anne 12m05.1;

5000m -

M40: Trent Alan 18m20.8; **M45:** Wythe Dickie 17m52.6; **M60:** Forward Peter 20m25.3; **M65:** Barber Eric 21m08.8; **W35:** Hewings Sue 23m18.8; **W50:** Lee Becky 21m46.6;

400m Hurdles -

M45: Pengelly Clive 1.06.5; **M55:** Clarke Pete 1.43.3;

300m Hurdles -

W50: Lee Becky 1.03.6; **M60:** Loten Brian 57.4 (CBP);

110m Hurdles -

M40: Waddington Andrew 19.8; **M45:** Pengelly Clive 18.8;

100m Hurdles -

M55: 1- Faulkner Anthony 21.7; 2- Clarke Pete 27.7; **M60:** Loten Brian 20.9;

80m Hurdles -

W50: Fail Jean 13.7;

3000m Steeplechase -

M45: Wythe Dickie 10m56.8 (CBP); **M55:** Clarke Pete 14m18.1;

3000m Walk -

M45: Stanley Watts 16m35.2; **M50:** Valentine William 16m12.9; **M60:** 1- Shillabeer Edmund 16m48.7; 2- Ballam Ken 17m58.7; **M65:** Short John 19m42.5; **M70:** Davies Ronald (Guest) 20m45.1;

5000m Walk -

M45: Stanley Watts 30m45.8; **M60:** 1- Shillabeer Edmund 29m08.6; 2- Ballam Ken 31m08.4; **M65:** Short John 33m02.7;

High Jump -

M40: Waddington Andrew 1.75 (Record); **M45:** 1- Hague Colin 1.50; 2- Ashford Ray 1.40; 3- Jackson Ken 1.20; **M50:** Minting Bob 1.50; **M55:** Faulkner Anthony 1.35; 2- Clarke Pete 1.25; **W55:** Hindle Janice 1.00;

Long Jump -

M40: Waddington Andrew 5.53; **M45:** Jackson Ken 5.35; 2- Ashford Ray 5.22; 3- Hague Colin 4.74; **M55:** Clarke Pete 3.32; **M60:** 1- Loten Brian 3.87; 2- Hindle Michael 3.56; **W35:** Hewings Sue 3.59; **W40:** Skinnard Paula 3.84;

W50: Fail Jean 4.51; **W55:** Hindle Janice 2.98; 2- Meneer Gibby 2.75; **W80:** Wixey Mary 1.93;

Triple Jump -

M45: Hague Colin 8.93; **M55:** 1- Faulkner Anthony 8.67; 2- Clarke Pete 7.63; **M60:** Loten Brian 9.64 (CBP); **W50:** Fail Jean 9.23; **W55:** 1- Meneer Gibby 6.96; 2- Hindle Janice 6.48; **W80:** Wixey Mary 3.50;

Pole Vault -

M45: Brewer Ian 2.00; **M55:** Clarke Pete 1.40; **M60:** 1- Chillery Bryan 2.80; 2- Loten Brian 2.20;

Hammer -

M55: Faulkner Anthony 30.64; 2- Clarke Pete 15.97; **M60:** Grant Murray 32.8; 2- Eccles George 21.50; **M75:** Lester Allan (Guest) 23.28; **W35:** Hallden Catarina 28.39 (Record); **W40:** Moulton Susan 22.42; **W55:** 1- Hoskins Gillian 38.46 (Record); 2- Alexanden Rosemarie 36.39; 3- Woodger Margaret 27.29; 4- Meneer Gibby 16.77; **W60:** Derrien Carole 28.81;

Shot -

M45: Hague Colin 7.48; **M50:** 1- Holden Bruce 13.26; 2- Hall Bryan 10.92; **M55:** 1- Faulkner Anthony 8.27; 2- Clarke Pete 7.61; **M60:** 1- Loten Brian 9.76; 2- Grant Murray 8.14; **M65:** Webb Brian (Gst) 8.91 (Record); **W35:** 1- Howard Julie 8.47; 2- Hallden Catarina 8.18; **W40:** Woolgar Lorrie 6.30; 2- Moulton Susan 6.27; **W45:** Earl Terry (Guest) 6.52; **W50:** Pearson Mo 9.93; **W55:** Hoskins Gillian 9.31 (Record); 2- Woodger Margaret 7.10; 3- Meneer Gibby 5.79; **W60:** Derrien Carole 6.92; **W80:** Wixey Mary 3.90 (Record);

Discus -

M50: 1- Holden Bruce 34.60; 2- Hall Bryan 33.39; **M55:** 1- Faulkner Anthony 23.39; 2- Clarke Pete 20.39; **M60:** 1- Loten Brian 34.70; 2- Grant Murray 34.34; 3- Eccles George 32.11; **M65:** Webb Brian (Guest) 24.27; **M75:** Lester Allan (Guest) 20.41; **W35:** 1- Hallden Catarina 27.55; 2- Howard Julie 16.72; **W40:** Moulton Susan 28.38; 2- Pearson Mo 26.05; 3- Skinnard Paula 13.10; **W55:** 1- Hoskins Gillian 21.25; 2- Woodger Margaret 19.60; 3- Meneer Gibby 11.80; **W60:** Derrien Carole 22.01; **W80:** Wixey Mary 8.62;

Javelin -

M45: Ashford Ray 33.22; **M50:** 1- Hall Bryan 37.38; 2- Holden Bruce 34.81; **M55:** Clarke Pete 20.85; **M60:** 1- Eccles George 38.52; 2- Loten Brian 30.65; **M65:** Webb Brian (Guest) 31.20; **M75:** Lester Allan (Guest) 12.06; **W35:** Hallden Catarina 16.97; **W40:** Moulton Susan 18.35; **W55:** 1- Hoskins Gillian 22.65 (Record); 2- Woodger Margaret 17.76; 3- Meneer Gibby 12.95; **W60:** Derrien Carole 18.05; **W80:** Wixey Mary 8.05 (Record);

Pentathlon:

M45: R Ashford 2965 (5.17, 23.47, 26.8; 33.22, 4:41.6); **M50:** J Kennedy 2740 (4.78, 24.20, 28.1; 38.13, 5:43.5); **M55:** P Clarke 1568 (3.22, 20.39, 36.7, 19.60, 6:15.9); **M60:** 1 B Loten 2737 (3.87, 33.23, 31.2, 30.65, 6:29.1); 2- I Sneddon 2621 (3.86, 28.8, 31.2, 26.16, 6:11.5);

SCVAC PENTATHLON, DEANGATE 27th SEPTEMBER

W35: 1- I Barauskiena 2413 (CBP) (21.1, 1.49, 6.83, 4.69, 2:54.4); 2- D Copping 2284 (SCBP) (19.8, 1.37, 7.38, 4.29, 2:55.1);

W40: 1- T May 2544 (SCBP) (16.5, 1.40, 6.45, 4.24, 2:56.3); 2- C Pates 2366 (19.7, 1.43, 7.36, 4.29, 2:58.5);

W45: E Slater 1677 (19.5, 1.31, 6.37, 3.17, 3:51.2); **M40:** 1- M Woods 2587 (CBP) (5.04, 29.90, 24.3, 20.23, 5:02.6); 2- S Langford 2173 (5.53, 28.71, 26.0, 18.54, 6:10.3);

M45: 1- B Gibbs 2202 (CBP) (4.69, 33.77, 28.2, 16.38, 5:55.0); 2- R Davies 1521 (4.73, 14.23, 27.4, 17.11, 8:31.4);

M60: 1- B Charles 2966 (4.51, 29.59, 29.2, 24.70, 6:08.4); 2- K Burnett 1683 (2.93, 20.23, 34.0, 21.55, 6:59.5);

SCVAC INDOOR PENTATHLON ETON, 2nd NOVEMBER

W35: 1- M Austin 2926 (CBP) (10.3, 4.62, 1.29, 8.60, 8.6); 2- A Alstrachen 2127 (11.1, 3.82, 1.08, 6.54, 8.9);

W40: D Copping 3090 (CBP) (11.2, 4.51, 1.35, 7.73, 8.9);

M40: 1- M Woods 2519 (11.6, 4.84, 1.52, 8.62, 7.7); 2- G Capon 2389 (11.7, 4.84, 1.55, 7.29, 7.9); 3- P Stepney 2372 (10.9, 5.07, 1.49, 6.36, 8.2);

M45: B Morris 3272 (CBP) (10.4, 5.28, 1.49, 8.45, 7.4);

M50: B Gibbs 2623 (11.9, 4.75, 1.25, 8.30, 8.3); **M55:** 1- D Ives 2875 (CBP) (12.0, 3.89, 1.40, 9.15, 8.7); 2- J Rayner 2718 (12.2, 4.48, 1.22, 9.21, 9.21, 9.2);

M60: 1- J Howe 3671 (10.0, 3.95, 1.36, 10.99, 8.8); 2- B Charles 2991 (12.0, 4.22, 1.24, 8.22, 8.8); 3- R Bruck 2989 (13.1, 4.27, 1.30, 9.10, 8.8); 4- B harlick 2376 (12.8, 3.56, 1.21, 9.00, 10.01);

M70: J Day 3294 (CBP) (11.8, 3.39, 1.21, 9.39, 9.9);

VAA NE PENTATHLON 14th September

M40: 1- G harden 2216 (4.65, 19.36, 27.3, 24.18, 4:41.2); 2- C Murdy 2091 (4.94, 20.19, 28.3, 31.34, 5:35.4); 3- R Anderson 1775 (4.30, 18.90, 27.5, 22.11, 5:35.0); 4- P Young 1553 (4.31, 33.79, 29.9, 32.32, 7:48.5); **M45:** A readman 2643 (5.19, 18.81, 25.4, 25.05, 5:30.8); **M55:** 1- A Rowell 3043 (4.17, 25.59, 29.6, 33.49, 5:16.7); 2- G Routledge 627 (2.70, 16.96, 43.3, 20.23, 7:30.6); **M65:** R Checkley 1901 (2.88, 20.87, 35.1, 18.61, 6:23.2); **W40:** 1- L Smith 1846 (3.93, 11.39, 31.2, 16.84, 3:19.8); 2- L Marr 798 (2.64, 12.29, 39.6, 11.56, 2:55.6); **DT:** 1- J Wild M50 40.08;

2- D Field M70 35.55; 3- G Routledge M55 19.31, 4- A-M Larkin W35 16.87; **HT:** 1- J Wild M50 36.66; 2- D Field M70 25.26; 3- A-M Larkin W35 17.48; 4- G Routledge M55 16.11; **JT:** 1- J Wild M50 32.62; 2- D Field M70 31.75; 3- G Routledge M55 21.08;

**SURREY CROSS COUNTRY
PETERSHAM RICHMOND**

Words Alastair Aitken

M40 runner Mike Boyle, won the Surrey Veterans cross country Championships by nearly three clear minutes at Richmond

Park on the 11th of October and like the rest of the winning Herne Hill team which included Tony Harran and Vic Maughan coached by famous Southern adviser Stan Allen. As a matter of interest Boyle liked the dry fast course because it did not disturb his rhythm. He is more suited to fast cross-country courses rather than undulating more muddy one's. How did it all start for Mike Boyle: - From an overweight footballer to a Champion Master.

Mike Boyle who has been a National Veteran (Masters) Champion on the Track and on the Road came into running seriously by accident and now runs all the year round he told.

"I used to be 12½ stone as a footballer. I worked at Battersea and used to drive in to work and it took me ages, about three-quarters of an hour. I decided I could run to work quicker than drive in. That was how I started running. Running to and from work. I was 12½ stone when I was 24 and I am now 10stone 4lbs. Also there was George Robinson who worked at our place. I actually ran 70minutes for a half-marathon before I even joined Herne Hill Harriers. I was running to and from work originally and playing football in the weekends." Boyle added about his years as a young runner compared to being a veteran 'I did 66 minutes for a half marathon and yet I have done 67 as a vet. On the road I did 30.20 for 10k and as a vet 30.47!

'When I was 30 I used to run 100 miles in a week but when you are 40 you have to think about it more and I do 60 miles a week but that's enough really and it is solid as well. Consistent but nothing spectacular in training'.

Carol Evans a previous winner of the Women's race battled most of the way with another previous winner Janet Ray and then declared the importance of the help of her husband being able to keep her in the sport, despite starting a family 'I could not do it if it was not for my husband' said South London Harrier Carol Evans after her second victory in the Surrey Veterans Women's cross country

I can remember reporting for Athletics Weekly on the Hyde Park Road Relay in March 1980 when the event was of paramount importance, as far as the Universities of Europe were concerned and, I saw her husband Andy Evans running in the Leeds University team that won the event. It was a really strong international 'Students' competition in those days and he later went on to run 2:18 as an international marathon man and still races and coaches Carol who is now 40 comes in: "I was pregnant in 2000 and in 2001 I had an illness and looked after Bob our child, who

is now six months old so, I had those two years out and now also we work hard from home in an accountancy practise. I really could not do without Andy to encourage me. He is a tower of strength for me. If he was not there you probably would not see me because he puts everything in perspective. He has got one of the best attitudes I know. When you talk about all those people who put in time and energy and compete and contribute you would have to put him amongst the top on the list. He is just one of those people. He is so modest. It is unbelievable and it is a juggling act with our child as he did not sleep well at all for the two weeks before the Surrey Vets"

Men:- 1 M Boyle (Herne H) 32:44; 2 T Harran (Herne H) 35:41; 3 V Vaughn (Herne H) 35:48 4 C Edgington (S Lon, M45) 35:51 5 D Ogden (S Lon) 35:55 **M50** D Gaskell (Stragglers) 36:52. **M55** S Bagery (HW) 38:11 **M60** R Dicksen (THH) 42:26 **M65** K Spacie (THH) 40:20 **M70** J Chandler (Waverly) 51:49 **M75** D Adie (Dulwich Runners) 50:27 **Team 40-49** Herne Hill 6; 2 South London Harriers 21; 3 Hercules Wimbledon 41 **M50-59** 1 South London Harriers 13; 2 Hercules Wimbledon 17; 3 Thames Hare & Hounds 21 **Men 60** 1 Thames Hare & Hounds 20; Herne Hill 21; 3 Belgrave 27. **Women** C Evans (S Lon, W40) 23:45; 2 J Ray (DMV, W40) 24:06; 3 G O'Connor (S Lon, W40) 24:12; 4 M Pautard (Ling, w40) 24:36; 5 S Harrison (Woking, W40) 24:40; 6 A Crossman (Woking) 25:01; 7 J Davies (E&E, W55) 25:08; 8 S Young (DMV, W45) 25:10. **W50** M Statham (Holland Sports) 26:21 **W60** M O'Leary (E & E) 32:09 **W65** P Hewlett (Ranelagh) 38:50 **W 35-39 Team** 1 South London 10; 2 Woking 19, 3 Stragglers 28 **W45+ team** 1 Epsom & Ewell 17; 2 Dorking & Mole Valley 17; 3 South London 28.

Where are they now?

EVAC celebrates 25 years in 2004, the Secretary wishes to contact those early members who took part in the first ever Championships held at Hinchbrook Park Huntingdon in March 1979, who have "gone missing" over the years. If any reader knows of their whereabouts would they please contact?

EVAC Secretary, Peter Chaplin, 1, Gunning Way Cambridgeshire CB4 3SQ Telephone 01223 517120 or e-mail peter.chapstar@virgin.net.

They are,

Brian Harbottle Lowestoft AC.
E "Bill" King Peterborough AC
D. Briggs Northampton Ph. AC,
Peter Chillingham Colchester AC
G. Jones Huntingdon AC
F. Claridge Vauxhall Motors AC
J. Currie Holbeach AC,
Terry Cole Huntingdon AC
N. Pears Colchester AC,
K. Robinson C&C AC
A.W. Gale Kettering TH AC.
H. Taylor March AC
S. Guynne Huntingdon AC,

J. Taylor Nene Valley H
R. Swain Holbeach AC,
C.N. Johnson?
C. Racey?
M.J. Bentley,
R. Emmerson,
D. Richards,
R. Hayward,
S. Lee
F. Playdell.

We would like to invite them to our SILVER JUBILEE CROSS COUNTRY CHAMPIONSHIP at ARRINGTON on Sunday, 8th February 2004

Peter Chaplin, Secretary

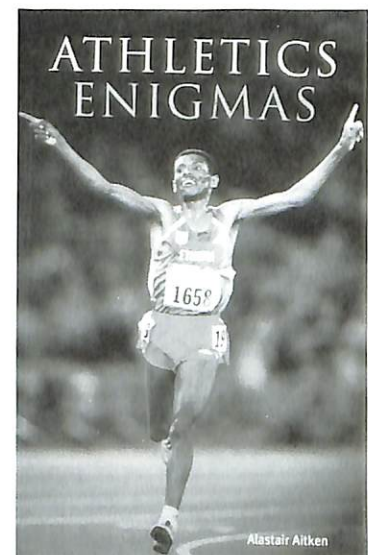
Yeovil Olympiads have a brand new track and it has been suggested that they organise perhaps two open evening track and field meetings-one in December and one in Jan/Feb. They are keen to know how much interest there is.

Initially they were to be for Masters only but I would suggest they mix all ages in an open-graded meet. I realise some of you are too far away or not

Interested-fair enough. But if you are able and willing to compete and/or officiate would you let me know by return as the Yeovil club committee are meeting within the next ten days to decide whether to go ahead. Please also forward this to athlete friends of all ages.

Thank you.

Dr Julian Kennedy, SWVAC track and field secy.



**A GREAT READ FOR
CHRISTMAS
By ALASTAIR AITKEN**



ROBIN SYKES, over the past 15 years Robin has appeared in several British Masters Championships, winning medals in the Discus, Shot, Hurdles and Long Jump.

Proficiency in ANY sport is, obviously, a combination of the physical and the mental. The Master athlete is quite often pre-occupied with former, e.g. the, maintaining/increasing level of performance staying clear of injuries, putting in the necessary training content and so on. Many are obsessed with staying PHYSICALLY fit but is it really more MENTALLY fit we must become as the years pass?

Few, so often, consider the latter but the psychological implications are crucial. One must maintain ENTHUSIASM as one ages --- if that's not mind over body, what is? The Masters are the "thinking athletes" of the world. Some cynic once said that the only similarity between Track & Field to day and that of 50-60 years ago is the name of the events. Even that isn't quite true (I'll never be convinced that the Triple Jump is a better description of the event than the old, and ACCURATE, Hop, Step & Jump) Whatever similarity or otherwise more and more masters are appearing on the scene each year proving more and more that top class physical performance can extend LONG after the age of 30. In this, the most age conscious country in the world, PE Colleges, the Police, the Armed Forces, etc. etc all refused entry to those over 30 (In 99% of cases recruits to all the above came straight from school) Professional

Footballers stayed at 29 for as long as they could get away with it, staving off the inevitable "Free Transfer" at the end of their 3rd decade. Some remarkable performances have been recorded in ALL Masters age groups, many defying belief.

Among the world's top athletes there is very little difference in their training. Success is likely to be achieved through intelligent application of the methods according to the INDIVIDUAL in question (not forgetting mental attitude, of course!)

There is little point in Masters consulting The training programmes of Dwain Chambers, Allen Johnson, El-Gharouj or John Godina. For older athletes (especially over 60s) there are different problems to be encountered. First, Intensity of training. Few Vets will train as often each week as they did in their younger days even the "Marathon Diet" fanatics of

middle distance and distance running. Those who still TRY to maintain this type of training (and enjoy it!) must be few and far between and if there are any I'd like to see them (if they're still vertical. That is!) This is one time the body does age quicker and insufficient rest periods between training in this type of training in this particular age group runs a high risk of injury, frequently permanent.

Secondly, content. This is where REAL thinking begins as Master athletes are compelled to study and overhaul their training content.

Each individual will meet, and counter, the challenges of his / her own particular events. To clarify this line of thinking one or two examples follows. These are just a few which spring to mind but, obviously, there will be others for those whose events aren't mentioned here. In the first instance the hurdler, no longer able to do 3 strides between obstacles.5 is too many so 4 is the obvious adjustment. This, however, isn't always so easy at it involves leading with either leg alternately (a bit like trying to write with the non-accustomed hand) The Long Jumper may find that his run-up of yesteryear is now too long and that, coupled with shortening stride length creates a real problem in hitting the Board accurately (Even for world class athletes getting one's take-off foot on a 20cm (8in) board is never easy) The Shot Putter, finding it increasingly difficult to 'lift' the Shot reverts to the Rotational technique --- great for increased range and speed but extremely difficult to remain in the circle!

All such adjustments, whatever your event, are, naturally, a matter of trial and error --- hopefully more trial than error. Always Remember (no matter what the approach to training-even if it IS the same as 40-50yrs ago) the two basic ingredients must always remain -- BENEFIT & ENJOYMENT. There will always be new challenges -- that's one of the main attractions of the sport. Finally, for those obsessed with the medal rostrum --- if you can't currently out-run, out-jump or out-throw the opposition then you just simply have to OUT-LIVE them!

Sykes on T.V.

One of the nicest aspects of British Masters Championships (especially for those of us who have to travel from the outback) is not only the fun and camaraderie of the competition but the post Championship "chats" whether at trackside, in the stand or back at the hotel.

On one such discussion the topic of current Television coverage of the sport cropped up. For those of us brought up, and influenced by, the biennial "Olympia" of Liefenstahl or the occasional 10 second Pathe News coverage before the main feature. The present era would appear to be manna from heaven. This isn't quite the case. Obviously one has to try to be subtle here in this era of litigation so scarcely disguised 'hidden references have to be used. Like "Mission Impossible" I'll deny all knowledge, of course, if cornered! They say it's

an ominous sign when one's opinions are out of step with others---happily I can report here that there are a considerable number of fellow Masters who agree entirely.

On one channel, the "mother of all stations" (is it her sister?) there are more Staff, commentators, presenters, interviewers, etc. etc. etc., than the entire British team! There's usually a long preamble from innumerable studio guests before we even get to the action. Then there are the trackside interviews, sometimes performed away from the arena. There used to be a popular Radio show in; the 50s about the LAPD where a favourite common interrogation question was; "Just give us the facts, man, just the facts" To this channel I would say, "Just give us the action, man, just the ACTION" -- and edit out the preambles, trackside interviews, forest strolls and all the other totally unnecessary trimmings!

Another channel (named, I think, after a Continent) invariably seems to start every programme with 5 women's events before the male species appears. Now, I'm not a male chauvinist (well, I am really) but sexism, like any other prejudice, works both ways. Frequently we see 25 laps of anorexic women whilst a Discus or a Long Jump takes place simultaneously without as much as a glimpse of coverage. The commentator here is not only an experienced performer but a high-level competitor of former years but his main claim to fame, sadly, is that he can tell you the AGE of every single athlete in the world -- not too much about background, personal heroes, past performances, hobbies but CERTAINLY how old they are;

Lane 1.... the 21yr old

Lane 2.... the 20 yr old.

Lane 3....the 19 yr old.

Talk about Chinese water torture! (if this is exaggerated listen for yourself next time)

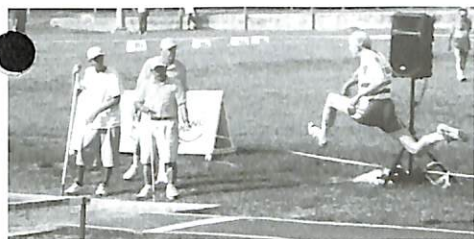
The final station (related to the upper atmosphere) appears less but is little better.

The presenter seems to want to show us his teeth for an hour (recently capped, maybe?) before we move on to a team, which is, in reality, an out-of-season football commentator and a field events "expert" who is, to put it kindly, an embarrassment. Many years ago there was an old football commentator who never indulged in jargon, never tried to impress with nonstop chattering loving every minute of the sound of his own voice as so many do today.

He simply IDENTIFIED the players. He KNEW that people could see for themselves what was happening! Pity there weren't more like him around to day, particularly in athletics! If you think I'm being over-critical (maybe I am) then it was reported recently that the BBC's viewing figures for the last World Athletics Championships were "disastrous" which I'm led to believe, a 35% drop in viewing statistics from previous major championships with, again I'm informed, less than 12% watching what is, after all, the second biggest Track & Field meeting in the world. So, I'm not alone -and neither are the rest of us old cronies involved in the discussions mentioned at the beginning.

Maybe we are all cynical but then, for the length of time we've been involved in our sport, we're entitled to be!

LETTERS



Dear Editor,

Well it's me again, and it's the same topic I'm afraid - wind gauges and horizontal jumps (see 'Masters Athletics', New Year 2003). Previously I lamented on the lack of wind gauges at horizontal jumps competitions, particularly for the older age groups, and how I had marks up to 30cm further than my official British M55 Triple Jump record.

Well, now I'm in the M60 age group, and my experiences have changed very little. At the British Masters in Derby, I noted that the younger age Triple Jumpers had a wind gauge and an operator present. When it was our turn to jump, I had to find and then plead with the Field Events Referee to provide a wind gauge operator. Eventually this was provided and, before the great wind change of up to 5 mps against that day, I managed to increase the standing M60 record from 10.62 to 11.59 (wind +1.8 mps).

My next opportunity was at the World Masters in Puerto Rico, where we had to jump in less than ideal conditions (only able to jump in one direction, into the prevailing wind). I was able to take advantage of a lull to increase the record to 11.99 (+0.2) and the Gold medal.

Returning to the UK, I had a number of competitions including jumps of 11.99 and 11.98, all without a wind gauge. Therefore, convinced that I could jump well beyond 12 metres, and with the inter-area Vets in Warrington in mind, I took the Dave Burton's advice by writing to the inter-area organisers asking if it would be at all possible to provide a wind gauge for the Warrington competition. In fact on the day, there were no wind gauges available for any of the events. Despite this, I sought out the Field Referee and asked if we could turn the Triple Jump competition round to go with the wind. His response, "but there's not much of a breeze", was eventually overcome when the massed ranks of the Triple Jump fraternity present lined up behind me!

I jumped 12.41m, which is 99.4% Age Graded, which equates to 17.97metres, is the second furthest jump ever by anyone over 60, but not a British Record because there was no wind gauge available!

Shame really.

Sean Power, Cardiff AAC, Welsh Masters

WORLD DOUBLE DECATHLON CHAMPION

Hi Guys, character building or just stupid ness, a very tired Brian here, got back from Austria yesterday (6th October) as the new World Double Decathlon Champion and World record holder. The old record was 9470 and I scored 12216 points (my Decathlon score on route was 6116). I was up against the local hero and favourite George Werthner, his claim to fame is coming 4th behind Daley at Moscow scoring 8225, after 16 events we were neck and neck and he was by this time carrying an injury, he then had to call it a day, pushed him to the limit! No super performances from me just trying to keep it going as you finish one event they get you onto the next. The worst combination on the first day was the 5000 and then they gave us a 1-hour break before 800. The 2nd day was bad weather I cleared 2.65 in the PV before the rain came so decided not to vault again after a 2hour delay.... you then had 3000 followed by 400H and then 1500 and finally 10K. The 10K ran at 8.30pm on Sunday and with 6 laps to go I was dead and felt like walking. However having XC and London Marathon experience helped me say come on grit the teeth and finished with 47.15.11.1 predicted I would score 12227 before I went so not bad. Very well organised, great opening everyone was presented to the area government and attended a civic reception.

A nice long rest now waits... The championships are being staged again during 2004 at Gateshead 24/25th

September.

BRIAN SLAUGHTER

Dear Editor

Looking at the results of the B.M.A.F. 10 Miles Championship published in October's "Masters Athletics", I noticed that you recorded the fact that 289 Masters finished in fact only 129 of these were taking part in the B.M.A.F. Championship. The total field for this race, which was an excellent event, held over a challenging course and well-presented, numbered 400 runners.

Working out team results where non-B.M.A.F. participants have to be eliminated is not a simple matter, and I have put a proposal to the B.M.A.F that team scores should be worked out on a cumulative time basis rather than position. The cross-country championships (apart from the "International") adopted this method two years ago and it is time saving where mixed age groups are competing along with non-scorers.

Our rules allow for runners who compete individually to be counted in a younger age group team provided they are properly declared in advance, so "time" scoring would simplify things.

This method is, I understand, used by the World Masters in their competitions.

Your opinions are welcome; I believe any proposal has to go before the 2004 A.G.M. **Maurice Morrell, N.V.A.C.**

As we do not have a Road Running Secretary to organise this valuable part of our results service, I have to rely on the information I can obtain from the event.

EDITOR.

Many thanks for your excellent magazine. Your article on the World Masters and the first three in each event is outstanding.
Leo Benning, South Africa

I look forward to receiving your brilliant magazine. It beats anything I know.

Danny Daniels, Vice Chairman Athletics, Canada

INTER AREA MATCH, WARRINGTON, 21st September 2003: Words and Pictures Brian Owen.

Midland Veterans Athletic Club won a poorly supported Inter Area Match at Warrington, with 18 points to spare in the Men's match and 6 points in the Women's event.



M.V.A.C. Team

Steve Peters was in his World Championship form winning both short sprints, and during the meeting explained that although he started the World event as a Man 45 group, his 50th Birthday during the event allowed him to set a new Men's 50 World record at 400 metres.



Steve Peters

Avril McClelland won no less than Five Silvers in Puerto Rico, and had great wins in the sprints here.

Darrall Maynard was running as a Guest as he did not represent his Club in the Welsh Masters League, he was however in fantastic form winning the 400 in 49.9 seconds.

Darrall intends to devote his time to the 800 metres next season as he feels more likely to achieve success in the World and European Championships after Christmas. Unsung hero of the day was Derek Fellows (Midland's Team Manager), who spent a small fortune on the phone replacing the Athletes who had dropped out during the week.

Overall Scores 1 MVAC 258; 2 NVAC 240; 3 EVAC 209; 4 WMAA 151;

Men's Score 1- MVAC 134; 2- NVAC 128; 3- EVAC 108; 4- WMAA 108;

200m

M40 1- Warren Fraser (M) 24.10; 2- P.Hickey (N) 24.70; 3- Andy Smith (E) 24.90; 4- S.Wadley (W) 27.40; **M50** 1- Steve Peters (E) 24.20; 2- Paul Anthony (M) 27.20; 3- B.Williamson (W) 28.40;

M60 1- Ian Foster (E) 27.50; 2- J.Howe (W) 28.90; 3- Alan Mellett (M) 29.50; 4- B.Shearsmith (N) 30.20;

1500m

M40 1- B.Jones (W) 4:17.2; 2- P.Hall (N) 4:18.1; 3- Peter Plant (M) 4:22.2; 4- Tony Bell (E) 6:55.8; **M50** 1- Bernard Wareing (M) 4:38.6; 2- Peter Binns (E) 4:46.2; 3- K.Moss (N) 4:47.5; 4- R.Davies, (W) 4:52.9; **M60** 1- B.Swindells (N) 5:03.8; 2- K.Buckle (W) 5:20.9; 3- Brian Ashwell (M) 5:22.4; 4- Martin Simmonds (E) 5:34.4;

100m H:

M50 1- Tony Wells (E) 15.7; 2- J.Charlton (N) 16.9; 3- C.Power (W) 30.8; **M60** 1- J. Howe (W) 17.0; 2- Martin Simmonds (E) 21.4; 3- T.Driver (N) 25.6;

2K Walk:

M40 1- D.Turner (N) 9:17.0; 2- Steve Arnold (M) 9:22.8; 3- C.Bradley (W) 9:58.5; 4- Tony Bell (E) 11:11.5;

M50 1- Dave Henley (M) 10:16.2; 2- Roger Mills (E) 10:25.4; 3- J.Payne (N) 12:26.5; 4- D.Ainsworth (W) 12:51.5;

M60 1- Peter Cassidy (E) 10:50.1; 2- Colin Shafro (N) 11:21.0; 3- Colin Stapleford (M) 11:53.6; 4- J.Collins (W) 12:33.9;

110m H:

M40 1- Des Wilkinson (E) 16.1; 2- Ian Scholes (N) 16.7; 3- Ian Moody (M) 22.0; 4- G.Miller (W) 26.9;

M50 1- John Little (N) 12.5; 2- S.Peters (E) 1.25; **M60** 1- T.Crocker (M) 1.45; 2- C.Shafro (N) 1.35; 3- J.Gandee (E) 1.35; 4- J.Howe (W) 1.30;

Shot: **M40** 1- Ewart Hulse (W) 12.67; 2- Alan Marriott (N) 11.08; 3- Mervyn Richards (M) 10.49; 4- Andy Smith (E) 8.64; **M50** 1- Merrick Bousfield (N) 12.50; 2- Brian Hatch (E) 12.29; 3- Roy Stevenson (M) 11.95; 4- Stuart Powell (W) 8.51; **M60** 1- Mike Jones (M) 10.93; 2- John Howell (W) 10.38; 3- Jack Kee (E) 10.08; 4- Graham Smith (N) 9.52;

Discus: **M40** 1- Alan Marriott (N) 37.34; 2- Ewart Hulse (W) 36.98; 3- John Moreland (M) 36.65; 4- Andy Smith (E) 23.85; **M50** 1- John Little (N) 44.40; 2- Dave Webster (E) 34.00; 3- Roy Stevenson (M) 30.66; 4- Stuart Powell (W) 26.14; **M60** 1- Graham Smith (N) 36.19; 2- Jack Kee (E) 35.45; 3- John Howe (W) 33.06; 4- Mike Jones (M) 31.93;

Long Jump: **M40** 1- T.Sinclair (E) 5.97; 2- David Richards (W) 5.88; 3- Mark Line (N) 5.66; 4- Ian Moody (M) 5.21; **M50** 1- John Charlton (N) 5.23; 2- Bob Cutler (M) 4.80; 3- Brian Williamson (W) 4.58; 4- Steve Peters (E) 3.14; **M60** 1- Tony Crocker (M) 4.72; 2- Martin Simmonds (E) 4.45; 3- Jim Parrish (N) 4.04; 4- Se Power (W) 3.75;

Javelin **M40** 1- Kevin Murch (M) 59.36; 2- Mark Line (N) 46.42; 3- Andrew Davies (W) 37.80; 4- Trevor Sinclair (E) 36.28; **M50** 1- John Davies (W) 38.78; 2- Peter Wainwright (M) 36.80; 3- Brian Hatch (E) 35.98; 4- Merrick Bousfield (N) 35.60; **M60** 1- Phil Owen (M) 39.89; 2- Trevor Driver (N) 32.76; 3- John Gandee (E) 31.74; 4- John Howe (W) 29.92;

Triple Jump: **M40** 1- T.Sinclair (E) 12.26; 2- D.Richards (W) 12.24; 3- P.Hopes (N) 11.57; 4- Ian Moody (M) 10.30; **M50** 1- Bob Cutler (M) 9.66; 2- W.Williamson (W) 9.11; 3- T.Driver (N) 9.00; **M60** 1- Sean Power (W) 12.41; 2- Geo Jeffcott (M) 9.50; 3- J.Gandee (E) 8.82; 4- Jim Parrish (N) 8.34;

Women's Result: 1 MVAC 124; 2 NVAC 112; EVAC 101; WMAA 43;

200m

W35 1- Julie Money (N) 27.4; 2- Wendy Marrant (M) 29.40; 3- Jan Hardecastle (E) 30.50; **W40** 1- Avril McClelland (N) 27.20; 2- S.Hooper (W) 29.30; 3- Carole Filer (E) 30.00; 4- Polly Gerner (M) 30.70; **W50** 1- Caroline Marler (N) 30.7; 2- Sue Burradage (E) 32.5; 3- Viv Kirkland (M) 34.9;

80m H **W40** 1- Manndy Laing (N) 12.4; 2- Gaye Clarke (E) 13.3;

400m: **M40** 1- D Maynard (GST) 49.9; 2- S.Price (W) 53.0; 3- Tony Noel (M) 54.6; 4- J.Wright (N) 55.3; **M50** 1- J.Watkins (W) 59.2; 2- Tony Wells (E) 59.3; 3- Laurence Oldfield (M) 60.8; **M60** 1- V.Blanchard (N) 59.9; 2- H.Morgan (W) 65.4; 3- Martin Simmonds (E) 65.9; 4- George Jeffcott (M) 67.7;

3000m: **M40** 1- Martin Farran (N) 9:24.9; 2- M.Robins (W) 9:25.0; 3- Craig Sabin (M) 9:29.0; 4- Tony Bell (E) 13:08.2; **M50** 1- Richard Elliott (M) 9:52.5; 2- Ken Moss (N) 9:53.7; 3- S.Brown, (W) 10:34.0; **M60** 1- Fred Gibbs (N) 10:43.0; 2- Reg Phipps (M) 11:13.5; 3- K.Buckle (W) 11:23.8;

800m: **M40** 1- Steve Toogood (E) 2:03.2; 2- Peter Ivens (M) 2:06.7; 3- Phil Hall (N) 2:10.0; 4- B.Namaani (W) 2:13.7; **M50** 1- Bernard Wareing (M) 2:19.2; 2- Peter Binns (E) 2:22.4; 3- Tony Peers (N) 2:25.2; 4- R.Davies (W) 2:25.7; **M60** 1- B.Swindells (N) 2:32.0; 2- Tony Young (M) 2:32.8; 3- John Garber (E) 2:39.4; 4- T.Pugh (W) 3:12.5;

100m:

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100m:

400m: **M40** 1- D Maynard (GST) 49.9; 2- S.Price (W) 53.0; 3- Tony Noel (M) 54.6; 4- J.Wright (N) 55.3; **M50** 1- J.Watkins (W) 59.2; 2- Tony Wells (E) 59.3; 3- Laurence Oldfield (M) 60.8; **M60** 1- V.Blanchard (N) 59.9; 2- H.Morgan (W) 65.4; 3- Martin Simmonds (E) 65.9; 4- George Jeffcott (M) 67.7;

3000m: **M40** 1- Martin Farran (N) 9:24.9; 2- M.Robins (W) 9:25.0; 3- Craig Sabin (M) 9:29.0; 4- Tony Bell (E) 13:08.2; **M50** 1- Richard Elliott (M) 9:52.5; 2- Ken Moss (N) 9:53.7; 3- S.Brown, (W) 10:34.0; **M60** 1- Fred Gibbs (N) 10:43.0; 2- Reg Phipps (M) 11:13.5; 3- K.Buckle (W) 11:23.8;

800m: **M40** 1- Steve Toogood (E) 2:03.2; 2- Peter Ivens (M) 2:06.7; 3- Phil Hall (N) 2:10.0; 4- B.Namaani (W) 2:13.7; **M50** 1- Bernard Wareing (M) 2:19.2; 2- Peter Binns (E) 2:22.4; 3- Tony Peers (N) 2:25.2; 4- R.Davies (W) 2:25.7; **M60** 1- B.Swindells (N) 2:32.0; 2- Tony Young (M) 2:32.8; 3- John Garber (E) 2:39.4; 4- T.Pugh (W) 3:12.5;

100m:

M40 1- Paul Williams (M) 12.1; 2- John Wright (N) 12.2; 3- Andy Smith (E) 12.5; 4- N.Hetherington (W) 13.3; **M50** 1- Steve Peters (E) 11.9; 2- Alan Baxter (M) 13.1; 3- John Charlton (N) 13.3; 4- J.Watkins (W) 14.0; **M60** 1- Ian Foster (E) 13.2; 2- Alan Mellett 14.3; 3- J.Howe, (W) 14.3; 4- Bryan Shearsmith (N) 15.1;

Relay (200-200-400-800):

M40 1- WM 2:34.8; 2- MV 2:36.9; 3- NV 2:43.9; 4- EV 2:45.8; **M50** 1- MV 3:13.2; 2- EV 2:59.3; 3- WM 3:05.4; 4- NV 3:13.2; **M60** 1- MV 3:11.2; 2- NV 3:11.5; 3- EV 3:18.5; 4- WM 3:40.5;

Hammer:

M40 1- Russell Payne (M) 44.99; 2- Ewart Hulse (W) 42.65; 3- Dave Abernathy (N) 40.56; 4- Andy Smith (E) 20.98; **M50** 1- John Little (N) 47.00; 2- Barry Hawksworth (M) 33.48; 3- Dave Webster (E) 32.49; 4- John Davies (W) 24.74; **M60** 1- Jack Kee (E) 45.95; 2- Graham Smith (N) 36.56; 3- John Howe (W) 24.94; 4- Phil Owen (M) 22.09;

Pole Vault

M40 1- J.Taylor (N) 3.50; 2- J.Bradley (M) 3.10; 3- D.Osborne (W) 3.00;

High J:

M40 1- C.Hesketh (N) 1.75; 2- A.Osborne (M) 1.75; 3- G.Miller (W) 1.40; 4- D.Wilkinson (E) 1.25; **M50** 1- J.Charlton (N) 1.40; 2- B.Cutler (M) 1.30; 3- B.Williamson (W) 1.25; 4- S.Peters (E) 1.25; **M60** 1- T.Crocker (M) 1.45; 2- C.Shafro (N) 1.35; 3- J.Gandee (E) 1.35; 4- J.Howe (W) 1.30;

Shot:

M40 1- Ewart Hulse (W) 12.67; 2- Alan Marriott (N) 11.08; 3- Mervyn Richards (M) 10.49; 4- Andy Smith (E) 8.64; **M50** 1- Merrick Bousfield (N) 12.50; 2- Brian Hatch (E) 12.29; 3- Roy Stevenson (M) 11.95; 4- Stuart Powell (W) 8.51; **M60** 1- Mike Jones (M) 10.93; 2- John Howell (W) 10.38; 3- Jack Kee (E) 10.08; 4- Graham Smith (N) 9.52;

Discus:

M40 1- Alan Marriott (N) 37.34; 2- Ewart Hulse (W) 36.98; 3- John Moreland (M) 36.65; 4- Andy Smith (E) 23.85; **M50** 1- John Little (N) 44.40; 2- Dave Webster (E) 34.00; 3- Roy Stevenson (M) 30.66; 4- Stuart Powell (W) 26.14; **M60** 1- Graham Smith (N) 36.19; 2- Jack Kee (E) 35.45; 3- John Howe (W) 33.06; 4- Mike Jones (M) 31.93;

Long Jump:

M40 1- T.Sinclair (E) 5.97; 2- David Richards (W) 5.88; 3- Mark Line (N) 5.66; 4- Ian Moody (M) 5.21; **M50** 1- John Charlton (N) 5.23; 2- Bob Cutler (M) 4.80; 3- Brian Williamson (W) 4.58; 4- Steve Peters (E) 3.14; **M60** 1- Tony Crocker (M) 4.72; 2- Martin Simmonds (E) 4.45; 3- Jim Parrish (N) 4.04; 4- Se Power (W) 3.75;

Javelin

M40 1- Kevin Murch (M) 59.36; 2- Mark Line (N) 46.42; 3- Andrew Davies (W) 37.80; 4- Trevor Sinclair (E) 36.28; **M50** 1- John Davies (W) 38.78; 2- Peter Wainwright (M) 36.80; 3- Brian Hatch (E) 35.98; 4- Merrick Bousfield (N) 35.60; **M60** 1- Phil Owen (M) 39.89; 2- Trevor Driver (N) 32.76; 3- John Gandee (E) 31.74; 4- John Howe (W) 29.92;

Triple Jump:

M40 1- T.Sinclair (E) 12.26; 2- D.Richards (W) 12.24; 3- P.Hopes (N) 11.57; 4- Ian Moody (M) 10.30; **M50** 1- Bob Cutler (M) 9.66; 2- W.Williamson (W) 9.11; 3- T.Driver (N) 9.00; **M60** 1- Sean Power (W) 12.41; 2- Geo Jeffcott (M) 9.50; 3- J.Gandee (E) 8.82; 4- Jim Parrish (N) 8.34;

Women's Result: 1 MVAC 124; 2 NVAC 112; EVAC 101; WMAA 43;

200m

W35 1- Julie Money (N) 27.4; 2- Wendy Marrant (M) 29.40; 3- Jan Hardecastle (E) 30.50; **W40** 1- Avril McClelland (N) 27.20; 2- S.Hooper (W) 29.30; 3- Carole Filer (E) 30.00; 4- Polly Gerner (M) 30.70; **W50** 1- Caroline Marler (N) 30.7; 2- Sue Burradage (E) 32.5; 3- Viv Kirkland (M) 34.9;

80m H

W40 1- Manndy Laing (N) 12.4; 2- Gaye Clarke (E) 13.3;

1500m

W35: 1-Alison Hartop (N) 5-00.5; 2- Jane Pidgeon (M) 5-09.3; 3- Kathleen Warhurst (E) 5-25.3; 4- A.Whitelow (W) 5-26.6; **W40:** 1- Pauline Atkinson (M) 5-59.5; 2- Toni Boa (M) 5-19.9; 3- J.Williams (W) 5-30.1; 4- Shelley Walsh (E) 5-53.2; **W50:** 1- Nancy Hitchmough (M) 5-21.2; 2- M.Docking (W) 5-38.0; 3- Jane Moreley (N) 5-45.6; 4- Sally Gandee (E) 6-49.4;

100m H

W35: 1-Catherine Goddard (E) 18.70; 2- Wendy Morratt (M) 22.30;

2K Walk

W35: 1- Ann Wheeler (M) 10-45.5; 2- Liz Blakie (E) 12-29.2; **W40:** 1-Sheila Owen (M) 11-36.5; 2- Kim Howard (E) 11-39.8; 3- P.Reilly (W) 16-32.2; **W50:** 1-Jill Langford (M) 12-30.3; 2- Francoise Fernandez (E) 12-35.1; 3-J.York (W) 14-00.8;

400m

W35: 1-Julie Rogers (M) 66.4; 2- Di Farmer (E) 69.5; **W40:** 1- Barbara Murray (N) 64.1; 2- Denise Timmis (E) 65.8; 3- Lesley Willis (M) 68.4; 4- A.N.Other (W) 100.0; **W50:** 1- Caroline Marler (N) 68.5; 2- M.Docking (W) 69.7; 3-Yvonne Priestman (M) 73.6; 4- Sue Burridge (E) 79.4;

3000m:

W35: 1- Nicki Nealon (M) 10:13.3; 2- A.Whitelow (M) 11-34.0; 3- Catherine Warhurst (E) 12-06.3; **W40:** 1- Susie Tawnie (M) 11-28.0; 2- F.Davies (W) 11-34.0; 3- Barbara Murray (N) 11-52.6; 4- Shelley Walsh (E) 13-12.8; **W50:** 1- Audrey Foster (N) 11-51.9; 2- Joyce Barrus (M) 11-57.2; 3-Sally Gandee (E) 14-27.2;

800m

W35: 1-Fiona Palmer (M) 2-31.9; 2- Alison Hartop (N) 2-33.1; 3- Di Farmer (E) 2-50.5; **W40:** 1- Pauline Atkinson (N) 2-26.9; 2- Toni Boa (M) 2-41.9; 3- Denise Timmis (E) 2-42.3; 4- J.Williams (W) 2-50.3; **W50:** 1- Nancy Hitchmough (M) 2-39.4; 2- M.Docking (W) 2-43.2; 3- Jane Moreley (N) 3-03.8; 4- Mary Waters (E) 3-24.3;

100m:

W35: 1- Julie Money (N) 13.2; 2- Wendy Morratt (M) 14.3; 3- Catherine Goddard (E) 14.4; **W40:** 1- Avril McClelland (N) 13.1; 2- A N Other (W) 14.5; 3- Gaye Clarke (E) 14.6; 4- Pam Dutton (M) 14.7; **W50:** 1- Sue Burridge (E) 15.8; 2- Viv Kirkland (M) 16.5; 3- Greta Howarth (N) 17.1;

Relays (200-200-400-800):

W35: 1- MVAC 3-12.6; 2- NVAC 3-17.9; 3- EVAC 3-31.0; **W40:** 1- NVAC 3-05.7; 2- MVAC 3-23.1; 3- EVAC 3-28.8; 4- WMAA 3-39.5; **W50:** 1- NVAC 3-08.6; 2- MVAC 3-39.8; 3- EVAC 4-11.9;

Discus

W35: 1-Catherine Goddard (E) 26m71; 2-Alison George (M) 24m12; 3- Karen Llewellyn (W) 19.79; 4- Karen Vaughan (N) 16m40; **W40:** 1- Karen Howarth (N) 30m52; 2- Shirley Quinn (E) 29m80; 3- Debbie Murch (M) 24m03; **W50:** 1- Rosemary Chrimes (M) 30m41; 2- Romana Martin (E) 23m86; 3- Dorothy Morgan (W) 21m79; 4- Jackie Towers (N) 19m04;

High Jump

W35: 1- Wendy Laing (N) 1m60; 2- Jan Hardecastle (E) 1.30; 3- Ann Wainwright (M) 1.20; **W40:** 1- Hazel Barker (N) 1.53; 2-Carol Filer (E) 1.50; 3-Pam Dutton (M) 1.25; **W50:** 1- Pam Garvey (M) 1.35; 2- Sue Burridge (E) 1.25; 3- Maria Williams (N) 1.20;

Long Jump

W35: 1- Wendy Laing (N) 5.14; 2- Catherine Goddard (E) 4.62; 3- Julie Rogers (M) 4.26; **W40:** 1- Carol Filer (E) 4.92; 2- Manndy Laing (N) 4.28; 3- Pam Dutton (M) 3.89; 4- Fran Williams (W) 3.85; **W50:** 1-Pam Garvey (M) 3.72; 2- Sue Burridge (E) 3.64; 3- Greta Howarth (N) 3.46; 4- Dorothy Morgan (W) 3.42;

Shot

W35: 1-Wendy Laing (N) 11.03; 2-Alison George (M) 9.90; 3- Catherine Goddard (E) 9.86; 4- Karen

Llewellyn (W) 8.50; **W40:** 1- Manndy Laing (N) 10.51; 2- Debbie Murch (M) 8.51; 3- Shirley Quinn (E) 7.42; **W50:** 1- Rosemary Chrimes (M) 9.76; 2- Romana Martin (E) 9.27; 3- Caroline Marler (N) 8.67; 4- Dorothy Morgan (W) 6.71;

Javelin

W35: 1-Catherine Goddard (E) 25.80; 2- Julie Rogers (M) 24.02; 3-Karen Vaughan (N) 19.25; 4- Karen Llewellyn (W) 17.81; **W40:** 1- Debbie Murch (M) 23.61; 2- Karen Howarth (N) 19.50; 3- Shirley Quinn (E) 19.22; 4- Phillipa Reilly (W) 8.23; **W50:** 1- Carol Lowndes (M) 26.12; 2- Dorothy Morgan (W) 17.40; 3- Jackie Towers (N) 15.76; 4- Romana Martin (E) 15.71;

B.M.A.F. DECATHLON & HEPTATHON CHAMPIONSHIPS

Sheffield 13/14th September

Words: John Charlton.

Pictures: Julian Kennedy & John Charlton

There were a number of encouraging signs at the Championships, from an all time low of three female entries only five years ago this year saw a record entry of 15. Add to this the 51 male competitors; saw a total record entry of a record 66.



John Charlton & Laurie Dunn

In 2002 there were only two British Athletes who scored more than 6000 points. Whereas no few than 8 Athletes exceed this total, and in addition two Senior Women completed the Decathlon. The usual help, support and encouragement from fellow competitors was abundant, was assisted by clear skies and beautiful sunshine.

A number of newcomers were welcomed into the "Masters" ranks, head by Callum Orr who won gold in the M40's, thanks to a strong second day which pushed Andrew Waddington into second with Geoff Powley third.

A similar situation occurred in both the 45's and 50's, where positions 1 and 2 stayed constant, until the penultimate event, it was left to the line in the 1500 metres when Brian Slaughter snatch Gold from John Mayor, whilst Ian Reeves super 1500 was not quite enough to prevent Ty Lewis winning the Gold.

The two John's Charlton and Howe repeated their successes of 2002, winning the M55 and Men 60 events respectively. John Ross won the M65's by some distance for a British Record and the meetings best overall performance.

In the absence of Tony Rawlinson, due to over training by entering race-walks!



John Ross day's best performer

Norman Carter was the oldest competitor, and he produced an excellent British Record in the M75's with a score of 4754. A special welcome was extended to overseas competitors. Joe McSweeney from Ireland won Silver in the M60's, and Tom Thorne the USA Masters Team Captain.

Tom extended a warm welcome to all British Athletes who intend to contest the Bi-Annual International Challenge match next year in Missouri USA. The match is programme to take place on Saturday and Sunday the 21st and 22nd of August, and this date will give adequate recovery time following the European's should Athletes wish to compete in both.

If you would like to take part in this match would you contact John Charlton 82, Green Lane, Dronfield, Sheffield, S18 2FH (01246 411439) e-mail john@decvet.force9.co.uk

Please express interest by 31st January, and follow this with a firm commitment by 31st May. As this will help Tom Thorne, sort out transportation and accommodation with Host families.

In the Heptathlon, Hazel Barker won the W40 group despite being at the top of her age group, with a score of 4217 and the trophy for the best female performance. Christine Pates and Dorothy Orr won Silver and Bronze medals.

Catherine Goddard achieved Gold in her first ever W35 Heptathlon, with Dawn Copping second.

In the W45 Anne Good lead Anne Wainwright from the first event, and Jackie Towers won the W50 event.

Finally special thanks to David, Brenda and Richard Burton, Ian and Judy Thomas without whose support the meeting would not run as smoothly as it did.



Lewis, Reeve & Kennedy M50

RESULTS:

DECATHLON

M40:

1-Callum Orr 6006 (11.96, 5.42, 9.59, 1.78, 55.31, 17.81, 29.09, 3.40, 35.87, 5:12.24); 2-Andrew Waddington 5589 (11.97, 5.73, 7.65, 1.78, 52.98, 18.70, 23.92, 2.30, 28.71, 4:49.79); 3-Geoff Powley 5318 (12.41, 5.30, 9.44, 1.51, 57.18, 18.95, 27.27, 2.70, 40.88, 5:07.37); 4- Kenny Lyon 5099 (12.42, 5.55, 8.79, 1.51, 56.70, 19.32, 21.11, 3.00, 36.67, 5:28.86); 5- Peter Ley 5029 (13.07, 4.90, 8.42, 1.57, 56.85, 20.12, 30.17, 2.80, 34.79, 5:01.48); 6-Steve Wooley 4641 (12.36, 4.95, 9.07, 1.42, 57.67, 21.85, 29.99, 2.40, 33.59, 5:29.18); 7-Nash Cummings 4602 (12.39, 4.92, 8.53, 1.66, 57.78, 20.86, 24.20, 2.80, 28.74, 6:08.25); 8-Alan Easey 4480 (12.75, 5.22, 7.00, 1.36, 59.12, 19.64, 17.80, 3.10, 26.68, 5:16.41); 9- Peter Stepney 4295 (12.78, 5.06, 6.89, 1.54, 58.89, 20.02, 18.65, 2.20, 20.79, 5:07.89); 10-John Dickinson 4090 (13.23, 4.43, 6.73, 1.45, 58.41, 21.41, 20.06, 2.40, 26.76, 5:03.68)- Stephen Carroll & Dave Richards retired.

M45:

1 Brian Slaughter 6588 (12.57, 5.52, 10.45, 1.57, 55.77, 18.61, 32.88, 2.90, 42.64, 4:40.18); 2-John Mayor 6528 (12.11, 5.93, 8.94, 1.66, 55.12, 16.53, 28.08, 2.50, 32.76, 4:55.21); 3 Gary Walker 5291 (12.89, 5.11, 8.66, 1.51, 65.24, 17.99, 26.69, 3.20, 30.05, 5:53.08); 4-Kenneth Pokornick 5234 (12.61, 5.18, 9.26, 1.48, 58.35, 20.53, 23.60, 2.80, 29.90, 5:46.31); 5-Andrew Laughton 4944 (12.78, 4.92, 6.90, 1.48, 58.86, 19.60, 20.45, 2.70, 16.01, 5:02.53); 6-Ian Harding 4913 (13.26, 4.91, 9.24, 1.51, 62.81, 21.75, 26.53, 2.40, 39.76, 5:49.95); 7-Barry Gibbs 3905 (13.44, 4.70, 7.20, 1.33, 66.07, 22.97, 15.96, 2.10, 31.21, 5:47.74); 8-Rob Howles 3902 (13.66, 4.49, 7.16, 1.39, 70.36, 21.58, 22.64, 2.30, 29.74, 6:09.47);

M50:

1-Tyrone Lewis 6309 (12.68, 5.12, 8.45, 1.48, 58.02, 15.90, 25.05, 3.10, 33.31, 5:21.07); 2-Ian Reeve 6169 (13.23, 4.99, 8.69, 1.51, 59.17, 17.05, 28.02, 2.80, 40.28, 5:14.67); 3-Julian Kennedy 5631 (13.50, 4.77, 10.01, 1.45, 62.04, 18.00, 27.56, 2.50, 35.73, 5:26.18); 4-Terry Hall 5526 (13.28, 5.00, 8.33, 1.45, 60.96, 16.80, 27.28, 2.20, 27.21, 5:26.01); Nick Phipps & Peter Wainwright retired.

M55:

1-John Charlton 6849 (12.89, 5.19, 9.58, 1.42, 60.67, 16.28, 28.64, 2.80, 35.97, 5:48.00); 2-Lawrie Dunn 5073 (14.04, 4.24, 7.01, 1.36, 64.71, 21.31, 23.66, 2.20, 27.96, 5:33.73); 3-Pete Clarke 3339 (16.47, 3.67, 7.68, 1.27, 80.88, 24.53, 23.12, 1.50, 20.40, 6:08.52); Snowy Brookes & Allen MacLeod retired.

M60:

1-John Howe 6054 (14.14, 3.84, 10.56, 1.36, 67.41, 16.97, 37.43, 2.90, 30.76, 8:07.71); 2-Joe McSweeney IRE 5741 (13.49, 4.06, 8.30, 1.30, 64.17, 19.47, 22.71, 2.40, 27.32, 5:58.83); 3-Bruce Charles 5421 (14.00, 4.20, 8.01, 1.24, 67.84, 20.56, 25.28, 2.30, 28.70, 6:02.07); 4-Fred Bush 5134 (13.74, 4.06, 6.08, 1.30, 62.13, 20.24, 16.46, 1.70, 15.09, 5:14.24); 5-Tom Thorne USA 5086 (14.27, 4.15, 10.08, 1.36, 103.53, 19.42, 33.21, 2.50, 36.85, 8:24.08); 6-Brian Loten 4991 (16.47, 4.02, 9.17, 1.21, 74.92, 20.87,

33.44, 2.40, 34.20, 6:40.35); 7-John Scott 4697 (13.76, 4.12, 8.60, 1.24, 69.36, 23.74, 22.52, 1.70, 29.36, 6:59.73); 8-Dai Vaughan 3424 (16.32, 3.60, 8.00, 1.27, 83.39, 30.24, 26.75, 1.70, 24.12, 7:28.99); Peter Duckers retired.

M65:

1-John Ross 7231 (13.17, 4.21, 8.45, 1.27, 61.43, 19.44, 30.18, 2.20, 36.45, 5:38.48); 2-Tony Bowman 5654 (13.79, 3.82, 6.90, 1.30, 66.25, 19.12, 16.97, 1.90, 22.25, 6:39.26); 3-Ian Sneddon 5560 (14.66, 3.94, 7.27, 1.12, 73.77, 21.04, 29.40, 1.90, 27.21, 6:00.37);

M75:

Norman Carter 4754 (17.74, 2.87, 6.71, 1.12, 93.63, 19.62, 21.53, 1.70, 21.46, 8:19.99);

HEPTATHLON

W35:

1-Catherine Goddard 3391 (19.16, 1.33, 9.66, 28.89, 4.72, 26.22, 2:51.82); 2-Dawn Copping 2501 (22.98, 1.30, 6.80, 30.14, 4.35, 18.33, 2:55.77);

W40:

1-Hazel Barker 4217 (12.87, 1.51, 9.26, 29.34, 4.31, 22.28, 3:07.90); 2-Christine Pates 3322 (17.15, 1.45, 7.41, 30.40, 4.19, 19.58, 3:02.10); 3-Dorothy Orr 2700 (15.78, 1.30, 5.47, 33.18, 3.83, 15.94, 3:12.76); 4-Diane Farmer 2553 (17.18, 1.12, 5.41, 31.07, 3.65, 10.56, 2:28.08); Diane Smith retired.

W45:

1-Anne Goad 3940 (15.73, 1.27, 7.89, 30.05, 4.28, 24.84, 3:19.36); 2-Anne Wainwright 3556 (16.07, 1.24, 6.33, 29.60, 4.00, 9.42, 2:53.13); 3-Lorraine Molloy 2183 (19.15, 1.06, 5.97, 34.92, 2.94, 19.18, 3:38.92); 4-Sue Pickersgill 1985 (33.91, 1.15, 5.90, 35.54, 2.49, 17.32, 3:13.98);

W50:

Jackie Towers 2003 (23.37, 0.94, 5.96, 37.52, 2.83, 15.45, 3:21.24);

UK Masters Decathletes

Profile of John Ross-

Mr Consistency for the last

15 years!

By Julian Kennedy

John, a Scotsman born and bred, entered this world in 1938 into a family of four other children. At school he was good at javelin (and still is!). His athletic career began in earnest in the RAF in the years 1956-60 during which he was over two years in Malta as a bomb armourer of aircraft and as well as participating in athletics he played soccer and swam competitively. He came back to be stationed at Cosford where he worked on ejector seats-so that's where he gets his starts! Laziness crept in for some four years after he left the RAF (lack of discipline?) and after being invited to play football after some five minutes into the game the now almost knackered Ross decided he ought to get fit again so he joined Edinburgh A.C. competing in the Scottish and British leagues, mainly throwing javelin but also filling in e.g. PV and relays. He worked for United Wire in Edinburgh for 32 years and after being laid off in 1992 became a court officer at Edinburgh Sheriff Court until his retirement in April 2003. He really started to be interested in multi-events when he became a vet at 40. Since then he has

succeeded in performing at a high level at pentathlon and decathlon up till the present. As well as having a fast javelin arm John is a determined sprinter and middle distance runner and was world champion 800m in Japan in 1993 at M55 after two years of training targeting this event. In decathlon his best scoring events are the 100,400 and 1500m. This year he recorded 59.71 for a win in the US senior games-a time he was running 10 years ago! He attributes much to his training group who mix and match sessions to keep motivated and interested and he says that conditioning (i.e. all-round fitness) is the bedrock of his training and success.

Winter training consists of circuits and heavy weights and to the latter John attributes his maintained speed. Track work is endurance based with multiple reps of 200 and 300m with 4 minutes recovery. In the summer the weights are reduced but reps are increased for endurance. He does track work at Meadowbank thrice weekly along with throws technique.

John, like a good wine has matured with age and like cream rose steadily to the top with dogged persistence after years in the sport. His best multi-event scores came in the pentathlon at the European championships of 2000 in Finland where his point's total of 3994 (4184 year graded) consisted LJ 4.52, Javelin 41.01, 200m 26.38, Discus 32.41 and 1500m 4.59.2. This year at Solihull he again exceeded 4000pts with 4053 for an M65 British record. He has the top 7 best ever masters' pentathlon scores in the UK (all over 3900pts!)-the pentathlon seems ideally suited to this little dynamo who combines throwing strength and technique and fast running. In decathlon it should give all who strive for better scores encouragement to see his progression from M45 (5589pts), M50 (5889pts), M55 (6479pts), M60 (7373 pts British record) and most recently M65 (7321 pts)-another British record by nearly 800pts! His best total at age 60 (7373pts) consisted:

Event	Performance	Points
100	13.06	878
LJ	4.47	684
SP	9.57	616
HJ	1.34	602
400	59.02	899
100H	18.52	656
DT	35.93	672
PV	2.60	573
JT	43.48	804
1500	5:08.3	940

INDOOR RECORDS-MASTERS ATHLETICS DECEMBER 2003

INDOOR RECORDS -12th November 2004.

Men's Events				Women's Events		
60 metres	World	European	British	World	European	British
MW35		6.51	6.51		7.26	7.80
MW40	6.97	6.81	7.05	8.01	7.18	8.04 (8.0h)
MW45	7.02	7.18	7.18	8.02	8.25(8.23p)	8.14
MW50	7.20	7.44	7.46 (7.4h)	8.05	8.42	8.42
MW55	7.53	7.51	7.63 (7.6h)	8.59	8.64	8.64
MW60	7.7	7.76	7.76	9.00	8.98	8.98
MW65	7.8	8.04	8.17	9.34	9.34	9.40
MW70	8.39	8.47	8.47	10.12	9.85	9.98
MW75	8.67	8.71	8.93	10.89	10.89	11.53
MW80	9.39	9.62	9.94	11.52	11.82	12.43
MW85	9.78	9.78	11.4h	12.58	12.57	
MW90	11.84					
MW95	16.96					
MW100	27.29					
200 metres	World	European	British	World	European	British
MW35		20.59	20.59	23.04	23.04	25.29
MW40	22.19	22.38	22.82	25.58	25.58	25.99
MW45	22.57	22.76	22.76	26.06	26.68	27.1
MW50	23.26	24.05	23.8h	26.52	28.24	28.24
MW55	24.09	24.58	24.7h	29.31	29.31	29.31
MW60	25.10	25.25	25.25	30.39	29.93	30.43
MW65	26.20	26.41	26.41	32.0	32.41	32.0h
MW70	27.40	27.40	27.40	33.11	33.11	33.11
MW75	29.57	29.11	30.01	40.52	40.13	41.70
MW80	32.85	33.39	34.00	46.03	45.16	
MW85	36.40	36.40		52.01	51.80	
MW90	68.6p 44.74	44.74				
MW95	66.78					
400 metres	World	European	British	World	European	British
MW35		47.95		53.13	51.99	57.17
MW40	49.14	49.22	49.99	56.82	56.82	60.73
MW45	49.89	51.86	51.48	59.86	59.86	59.86
MW50	52.72	53.57	53.62	62.56	62.56	62.56
MW55	54.36	54.51	56.31	66.99	67.90	68.86
MW60	56.32 55.62	55.70	59.65	70.69	73.23	73.23
MW65	59.35	65.32 (63.91 p)	65.83	71.89	80.38	80.15
MW70	61.31	64.12	72.18	88.79	98.60	1:52.91
MW75	69.59 66.65	68.65	78.90	1:41.15	1:53.86	
MW80	75.58	80.58	1:54.28	2:25.03		
MW85	1:39.05 1:40.86 98.05 1:50.24 (89.57p)			2:39.23		
MW90	1:51.73 47.3p	1:51.73				
800 metres	World	European	British	World	European	British
MW35		1:55.63	1:55.63	2:01.49	1:58.37	2:13.6
MW40	1:48.81	1:55.63	1:55.63	1:58.37	2:01.59	2:18.60
MW45	1:57.32	1:57.32	1:57.32	2:19.7	2:19.7	2:19.7
MW50	2:02.88	2:05.08	2:05.09	2:25.28	2:25.28	2:25.28
MW55	2:08.15	2:08.15	2:08.15	2:36.75	2:36.75	2:40.42
MW60	2:14.75 42	2:18.50	2:16.9	2:44.22	2:45.18	2:56.91
MW65	2:16.80	2:24.82	2:24.81	2:53.54	3:00.05	3:00.05
MW70	2:20.45	2:34.2	2:34.2	3:28.1	3:46.56	
MW75	2:42.35	2:42.35	2:43.35	3:46.79		
MW80	3:11.16	3:11.16	3:59.65	5:16.53		
MW85	3:46.96	4:16.80		5:59.98		
1500 metres	World	European	British	World	European	British
MW35		3:37.40		4:03.08	4:03.61	4:33.35
MW40	3:45.3	3:45.3	3:57.16	4:05.19	4:05.19	4:43.33
MW45	4:03.69	4:03.69	4:03.69	4:44.0	4:40.48	4:44.0
MW50	4:14.73	4:14.73	4:14.73	4:51.8	4:51.68	4:51.68
MW55	4:27.01	4:29.26	4:27.01	5:11.36	5:11.36	5:11.36
MW60	4:37.80	4:37.80	4:37.80	5:41.91	5:41.91	5:59.7
MW65					(5:36.35p)	
MW70	4:47.11	4:53.03	4:53.02	6:06.14	6:03.92	6:14.16
MW75	5:27.4	5:13.1	5:13.1	6:50.6	6:50.6	6:50.6
MW80	5:37.28	5:37.28	5:42.26	7:43.3		
MW85	6:19.34	6:19.34	8:19.34	12:37.13		
MW90	8:16.73	8:41.47(8:39.6p)	8:41.47			
MW95	14:28.4	14:28.4				
3000 metres	World	European	British	World	European	British
MW35		7:40.68		8:39.14	8:43.49	9:32.93
MW40	8:09.13	8:20.16	8:20.16	9:15.91	9:02.83	9:52.84
MW45		(8:09.13p)				
MW50	8:36.64	8:36.64	8:45.19	9:11.67	9:11.67	10:00.05
MW55	8:54.73	8:58.8	8:58.8	10:17.53	10:17.53	10:17.53

INDOOR RECORDS-MASTERS ATHLETICS DECEMBER 2003

MW 55	9:23.43	9:23.43	9:23.43	11:06.13	11:06.13	11:06.13
MW 60	9:43.88	9:43.88	9:43.88	12:06.88	11:48.35	12:33.4
MW 65	10:11.60	10:17.02	10:32.28	13:09.42	13:09.42	13:09.42
MW 70	11:08.49	11:08.49	11:08.49	14:07.09	13:27.8	14:13.7
		(10:56.59p)				
MW 75	12:12.72	12:12.72	12:12.72	15:43.66	15:50.01	
		(12:05.83p)				
MW 80	14:10.79	14:10.79	14:10.79	23:41.32		
MW 85	16:41.3	16:41.3		25:57.92		
60 metres Hurdles	World	European	British	World	European	British
MW35		7.40	7.40	8.04	8.04	8.20
MW 40	7.96	8.30	8.49	8.73	8.73	8.88 (8.8h)
MW 45	8.36	8.51	8.86	9.18	9.50	9.51
MW 50	8.47	8.71	8.92	9.38	9.83	10.02
MW 55	8.63	9.23	9.23	10.08	10.73	10.9
MW 60	9.14	9.39	9.63	10.86	10.86	11.24
MW 65	9.8	10.07	10.30	11.24	11.24	
MW 70	9.89	10.38	10.9h	14.98	11.37	
MW 75	10.09	11.43	15.1h	16.01		
MW 80	12.23	11.65	16.41			
MW 85	14.36	15.11	16.06			
3000 metres Walk	World	European	British	World	European	British
MW35		11:28.81		12:28.76	12:28.76	13:52.12
MW 40	12:25.9	12:40.09	13:07.9	13:33.1	12:33.1	15:59.69
MW 45	12:38.71	12:21.55	13:03.3	14:43.70	14:35.7	15:52.71
MW 50	12:34.9	13:06.0	13:06.0	15:11.2	15:11.2	16:38.4
		(12:55.3p)				
MW 55	13:19.6	13:53.5	14:11.2	15:58.47	15:58.47	17:31.74
		(13:19.6p)				
MW 60	14:34.28	14:29.4	15:00.1	17:22.44	15:59.53	17:27.9
		(13:57.9p)				
MW 65	15:28.8	15:39.67	15:32.58	17:38.4	17:38.4	17:38.4
		(14:46.4 p)			(17:32.0p)	
MW 70	17:03.33	15:27.96	17:28.28	18:26.5	21:50.34	18:23.0
					(17:38.10 p)	
MW 75	18:35.8	17:41.6	17:41.6	22:17.08	21:12.2	
		(17:26.1p)				
MW 80	17:41.4	17:41.4	17:41.4	24:28.00	24:28.00	
MW 85		22:42.03	21:13.8	28:47.11	30:30.99	
High Jump	World	European	British	World	European	British
MW35		2.27	2.25	2.00	1.94 (2.00p)	1.71
MW 40	2.10	2.02	1.83	1.72	1.69	1.69
MW 45	1.92	1.92	1.71(1.76p)	1.58	1.55	1.55
MW 50	2.00	2.00	1.71	1.55	1.55	1.37
MW 55	1.81	1.81	1.65	1.48	1.48	1.36
MW 60	1.65	1.60	1.60	1.32	1.36	1.30
MW 65	1.62	1.62	1.56	1.23	1.24	1.25
MW 70	1.49	1.49	1.26	1.19	1.20	0.93
MW 75	1.40	1.40	1.10	1.00	1.03	0.88
MW 80	1.27	1.27	1.04	0.93	0.93	
MW 85	1.09 (1.07 p)	1.09	0.97	0.80	0.80	
MW 90	0.99	0.94				
MW 95	0.86					
Pole Vault	World	European	British	World	European	British
MW35		5.70		4.25	4.25	3.35 (3.80p)
MW 40	5.18	5.05	4.40	3.20	3.20	3.20
MW 45	4.78	4.77	4.33	3.31	2.75	2.70
MW 50	4.30 (4.32p)	4.61	4.00	3.06	2.80	2.80
MW 55	4.08	4.05	3.80	2.60	2.50	2.00
MW 60	3.91	3.60	3.60	2.50	2.55	
MW 65	3.42	3.30	3.30	2.00	1.80	
MW 70	3.15	2.90	3.20	2.09		
MW 75	2.82	2.63	2.00	1.60		
MW 80	2.75	2.25	1.80	1.20		
MW 85	1.67	1.90				
Long Jump	90 World	160 European	160 British	World	European	British
MW35		7.91		6.81	6.86	5.22
MW 40	7.52	7.52	7.52	5.61	5.87	5.32
MW 45	6.90	6.90	6.40	5.75	5.22	5.12
MW 50	6.50	6.50	5.91	5.00	4.73	4.86
MW 55	6.34	6.34	5.63	4.62	4.61	4.09
MW 60	5.80	5.80	5.35	4.58	4.58	3.80
MW 65	5.31	5.13	4.77	3.92	3.92	3.63
MW 70	5.05	5.07	4.16	3.40	3.88	3.06
MW 75	4.41	4.41	4.03	3.10	2.93	2.71
MW 80	4.01	3.92		2.49	2.10	2.04

INDOOR RECORDS-MASTERS ATHLETICS DECEMBER 2003

MW 85	3.40	3.40	2.22			
MW 90	2.95 296	2.96				
Triple Jump	World	European	British	World	European	British
MW35		15.55		13.85	14.34	11.49
MW 40	16.08	14.94	14.47	11.14	11.14	11.14
MW 45	14.82	13.98	13.10	11.02	11.02	9.70
MW 50	13.72	13.72	12.74	10.49	9.90	9.82
MW 55	13.35	13.35	12.45	9.33	9.11	8.90
MW 60	12.53	12.53	10.24	9.45	9.45	8.35
MW 65	10.92	11.20	10.09	8.12	7.87	7.00
MW 70	9.99 1054	10.54	9.25	7.83	7.99	6.37
MW 75	9.40	9.40	7.20	6.08	6.08	5.17
MW 80	8.30 865	8.10		5.15	4.27	4.38
MW 85	6.95	6.95				
MW 90	6.18 652	6.52				
Shot Put	World	European	British	World	European	British
MW35		20.85	20.85	21.47	21.47	13.45
MW 40	20.07	19.48	16.10	19.16	19.16	13.75
MW 45	15.78	20.40	13.81	14.88	14.88	11.54
MW 50	16.27	16.24	16.01	12.66	14.07	12.48
MW 55	15.74	15.57	14.10	12.57	12.57	12.09
MW 60	16.83	15.83	13.81	12.54	12.54	11.97
MW 65	15.28	14.87	12.51	11.64	11.75	11.75
MW 70	14.39	14.64	10.70	8.58	8.58	7.98
MW 75	13.02	13.02	9.21 (9.46p)	7.75	7.75	
MW 80	11.58	11.58	7.33	6.30 (6.36p)	6.36	4.36
MW 85	9.68	8.25	5.19	5.29	5.29	
MW 90	6.64	6.17				
MW 95	4.06					
MW 100	3.52					

NB: World Records have not altered since 2002; hence I guess there must be a huge batch of records to be processed. Several European and British records are superior to World and European records this could be again delay in processing or even insufficient information put forward to back up a record claim. A few M35 bests have become apparent as they are recognised by EVA, plus some I know off. However, the correct contact for Records is Bob Minting.

RANKINGS

Track & Field (Men)	Bob Minting, "The Rowans", Convent Road, Sidmouth, Devon. EX10 8RD. bob.minting@btopenworld.com
Track & Field (Women)	Sally Gandee, 4, Westfield Road, Hertford, SG14 3DJ.
Multi-Event s	Julian Kennedy, 133, Beufort Road, Bournemouth, BH6 5AX j.kennedy403@ntlworld.com
5k, Marathon	
20m, Marathon	Martin Duff, Ramatuelle, Spronkets Lane, Warringlid, West Sussex, RH17 5SA.
5 Miles	John Shave, 89, Montgomery Raod, Farnborough, Hants, GU14 0AZ jackshave@aol.com
10k	Bruce Davidson, Birch Lea, School Lane, Thorney Hill, Christchurch, Dorset, BH23 8DT.
10 Miles	Pete Mulholland, 71, St Julian's Farm Road, London, SE27 0RJ petehwac@aol.com

BMAF Open Indoor Pentathlon Championships

in conjunction with MCAA Indoor Track & Field Championships

National Indoor Arena, Birmingham.

Sun 1st February 2004

(Under UKA/IAAF/WMA Rules)

FIRST EVENT 11.00am [to be confirmed]

Entry Fees: Affiliated: £12.00
Non-affiliated and M35's: £15.00

Entries close 10th JANUARY 2004

Entry Form: on web site www.bmaf.org.uk

or from [with SAE for reply]:
Maurice Doogan, 5 Stadium Street,
Chelsea, London SW10 0PU.

MASTERS ATHLETICS DECEMBER 2003

FIXTURES

DATE	EVENT	VENUE	DETAILS
2004			
January 18 th	MVAC XC Championships	Perry Barr, Birmingham	Entry form in newsletter
January 18 th	NVAC XC Championships	Graves Park, Sheffield	
January 18 th	SWVAC G/Prix 10 mile	Camborne, Cornwall	Enter Race as individual
Jan 31 st /Feb 1 st	SVHC Indoor Championships & Heptathlon	Kelvin Hall, Glasgow.	
February 1 st	MVAC Road Handicap	Chelmsley Wood	Entry form in newsletter
February 1 st	BMAF Indoor Pentathlon	N.I.A. Birmingham	Entry details on Indoor record page.
February 8 th	SWVAC G/Prix 10 mile	Poole, Dorset.	Enter Race as individual
February 21-22 nd	BMAF Indoor Championships	N.I.A.C at U.W.I.C. , Cardiff	Advert in this edition.
February 23 rd	SWVAC 10 mile Championships	Plymouth Hoe, Devon.	Enter open race
March 7 th	SWVAC G/Prix Half Marathon	Imber, Wiltshire.	Enter Race as individual
March 10-14 th	1 st WMA World Indoor Championships	Sindelfingen, Stuttgart, GERMANY.	Includes Winter Throwing competition and XC race.
March 20 th	BMAF XC Championships	Maiden Castle, Durham	Entry Form in this edition.
March 21 st	SWVAC 10k Championships	Eastleigh, Hants.	Enter open race
April 18 th to 24 th	World Non-Stadia Championships	New Zealand	Details on Web Site
April 18 th	MVAC Road Relay & AGM	Chasewater	
April 25 th	SWVAC G/Prix 10k	Pensford, Somerset.	Enter Race as individual
May 4 th	Welsh Masters League	Neath	Pre Masters M35-39 Welcome
May 5 th	MVTF	Mansfield	
May 8 th	Weight Decathlon	Copthall Stadium, Barnet	
May 12 th	MVTF	Alexander Stadium	
May 13 th	MVTF	Burton-on-Trent	
May 22 nd	BMAF Road Relays	Sutton Park	Entry Form this edition
May 23 rd	NVAC Championships	t.b.c.	
May 30 th	SWVAC G/Prix Half Marathon Championships	Plymouth, Devon.	Enter Race as individual
May 30 th	SVHC Combined Events	Pitreavie	
June 6 th	M.V.A.C. T&F Championships	Solihull	www.mvac.org.uk
June 9 th	Welsh Masters League	Cardiff	Pre Masters M35-39 Welcome
June 9 th	MVTF	Telford & Nuneaton	
June 10 th	MVTF	Redditch	
June 12 th or 13 th	E.V.A.C. T&F Championships	TBC.	
June 13 th	SVHC	Dufries	
June 19 th	INTERLAND	Ghent, BEL.	Maurice Doogan
June 19 th	VAA-NE T&F Championships	Monkton	
June 20 th	S.W.V.A.C. T&F Championships	TBC.	
June 20 th	BMAF Half Marathon	Blackpool	
June 26/27 th	B.M.A.F. Track & Field Championships	Birmingham , Alexander Stadium	
July 4 th	Welsh Masters Championships	Cardiff	Pre Masters M35-39 Welcome
July 4 th	MVAC 10k	Crown School, Burton	tbc
July 7 th	MVTF	Tamworth, Redditch & Loughborough	
July 11 th	BMAF Pentathlon & Walk	Solihull	www.mvac.org.uk
July 13 th	Welsh Masters League	Neath	Pre Masters M35-39 Welcome
July 22 nd to August 1 st	European Track & Field Championships	Aarhus, Denmark	Details on Web Site
August 11 th	Welsh Masters League	Cardiff	With a buffet to follow.
August 11 th	MVTF	Brierley Hill & Rugby	
August 12 th	MVTF	Stafford	
August 23/24 th	International Decathlon & Heptathlon GBvUSA	Indianapolis, USA	
August 29 th	V.A.C. T&F Championships	Battersea park (tbc)	
September 5 th	MVTF Cup Final	Mansfield	
September 11/12 th	Decathlon & Heptathlon	Sheffield	
26 th September	Weight Pentathlon	Copthall Stadium, Barnet	
2005			
March	European Indoor Championships	Eskilstuna, Sweden	
May 13-15 th	European Non Stadia Championships	Vila Real de San Antonio, Portugal.	
July	WMA Track & Field Championships	San Sebastian, Spain	

The Midland Counties Athletic Association invite "Masters" to enter its most comprehensive programme of Indoor Track and Field .

The programme is based on the use of this years World Championship Venue, Birmingham's superb "National Indoor Arena, and the brand new "High Performance Centre" adjacent to Birmingham Alexander Stadium.

In addition to all the regular Indoor events on the 3rd of March competitors will be able to attempt to set British Bests over the regular outdoor distances on the fast indoor 130 metre track. Masters should enter events as Seniors, events will be graded.

The programme is as follows:

Sunday 25 th January	OPEN MEETING (NIA)	Full programme all ages
Saturday 31 st January	Midland Championships Part One (NIA)	only if MCAA qualified
Saturday 7 th February	Midland Championships Part Three(NIA)	only if MCAA qualified.
Sunday 8 th February	OPEN MEETING (NIA)	Full programme all ages
Saturday 14 th February	BIRMINGHAM GAMES (NIA)	Full programme all ages
Sunday 15 th February	BIRMINGHAM GAMES (NIA)	Full programme all ages
Wednesday 3 rd March	OPEN MEETING (HPC)	100 metres & 75-110 metres Hurdles
Wednesday 10 th March	OPEN MEETING (HPC)	Jumps and Shot.

Entry forms can be downloaded from web site www.midlandathletics.org.uk or requested by telephone from 0121-456-1896.

17th NATIONAL OPEN MASTERS ROAD RELAY CHAMPIONSHIPS

SATURDAY, 22nd MAY 2004, SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all Affiliated clubs

Promoted by Midland Veterans A.C. for the British Masters Athletic Federation

Championships will be held over a traffic-free three-mile course

CHAMPIONSHIP	STAGES	START
Women over 55	3	11.00 am
Women over 45	3	11.00 am
Women over 35	3	11.00 am
Men over 70	3	11.00 am
Men over 60	3	11.00 am
Men over 50	6	11.00 am
Men over 40	8	1.30 pm

Medals to the first three teams and three fastest individuals in each championship.

ENTRIES CLOSE ON 24TH APRIL 2004 (Entries from "B" teams will not be accepted).

Entry form and other details from :

**Mr DENIS WITHERS , 2, MIDGLEY DRIVE, SUTTON COLDFIELD,
B74 2TW (Please include 9x4 inch S.A.E.)**

WGT SPORT

The official travel agent of the British Masters Athletics Federation and UK Athletics are pleased to offer special travel packages to the following events.

World Indoor Masters Championships	Germany	10th - 14th March 2004
World Masters Championships Non-Stadia	New Zealand	18th -24th April 2004
European Track & Field Championships	Denmark	22nd July - 1st August 2004

For all these events, we will provide a range of departure dates and airports with varied options to extend your stay.

Accommodation standards will range from budget through to 4 star and will be supported by our exclusive transport system.

We will also be providing GB team polo shirts for all those travelling with WGT Sport.

Contact us on telephone 0121 456 1976 for a brochure

Athletics House, 10 Harborne Road, Birmingham B15 3AA Tel : 0121 456 1976

Fax : 0121 456 5898

E-mail : wgt sport@btconnect.com

745 1001

01535 604 324.

BMAF Open Indoor Track & Field Championships**National Indoor Athletics Centre at U.W.I.C., Cardiff.****Sat/Sun 21st-22nd February 2004**

(Under UKA/IAAF/WMA Rules)

FIRST EVENT 10.00am**SAT:** 60m, 400m, 1500m, 60mH, Shot, Long Jump, High Jump(W), Pole Vault(W/M60+), 3000m Walk.**SUN:** 200m, 800m, 3000m, Triple Jump, High Jump(M), Pole Vault(M40 – M55). Relays 4x200 [Area Clubs – on day].**Provisional Timetable together with Hotel Accommodation details will be posted on website by Christmas:
(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 feesMALE ☐FEMALE ☐**Please use CAPITAL LETTERS**

Surname _____ First Name _____

Address _____

Postcode _____

Birth of Date _____ Age Group for Event _____

Telephone No. Home _____ Work _____

BMAF 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**PB2002/04**

EVENT**PB2002/04**

Payment enclosed for Entry fees as follows:

First Event - £11.00 for non BMAF Affiliated Member

First Event - £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 2004 Track & Field Championships

Signed _____

Date _____

Entries close 7th FEBRUARY 2004**Entries to: Maurice Doogan, 5 Stadium Street, Chelsea, London
SW10 0PU.**

MASTERS ATHLETICS DECEMBER 2003
BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS
SATURDAY 20th MARCH 2004
(Permit applied for)

GRAHAM SPORTS CENTRE, MAIDEN CASTLE, DURHAM CITY
Organised by VAA-NE in partnership with the Durham City Council and the University of Durham
OPEN to ALL Masters and incorporating the VAA-NE championships
Women over 35 years; Men over 40 years of age (on race day)

RACE 1- 5km WOMEN (all ages) and MEN over 70	13.00
RACE 2- 10km MEN 50 - 69	13.45
RACE 3- 10km MEN 40 - 49	15.00

ENTRY FEES Members of a Masters / Veteran Club **£5.50**
All other competitors who must include proof of age **£7.50**
e.g. photocopy of birth certificate, driving licence, passport etc

BMAF Individual Awards to the first three in each five-year age group.

BMAF Team Awards for the first three teams, M40-49 (4 to count)

M50 - 59, M60 -69, W35 - 44, W45 - 54, W 55 + (three to count)

BMAF Championship competitors in M 50-59, M60-69, W 45-54, and W 55+ who wish to count for a M40-49, M50-59, W35-44 and W45-54 teams instead of their own age group, **must declare on the entry form.**

SAE (9x6) required for race number, confirmation and travel directions. Send completed entry form to: **BMAF XC CHAMPIONSHIP, Durham City Council**, Community Services - Leisure section, unit 1, Damson Way, Dragonville Industrial Estate, Durham DH1 2YN Cheques made payable to: **Durham City Council.**

Closing Date: 3rd March 2004

Entries will not be accepted after this date. **No entries on the day.** Confirmation will be sent out after closing date.

BMAF 2004 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on 20th March 2004. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

Surname _____ First name _____ M/F _____

Age on 20/3/2004 _____ D.O.B. _____ Age Group _____

Address _____

_____ Post Code _____

First Claim UKA athletic club _____

BMAF Club _____ Membership No. _____

YOUNGER TEAM DECLARATION M 40-49, M50-59, W35-44, W45-54

Please tick here to enter VAA-NE Championship _____. This championship is open to veterans who are first claim members of a UKA affiliated club and qualify for the NE by having residence in or have been born within the counties of Northumberland, Durham, Tyne and Wear or Cleveland.

I enclose a race fee of £ _____. Tel: (day) _____ (evening) _____

I confirm the above details are correct. Signed _____ Date _____

