

# MASTERS ATHLETICS

*The Newspaper of the British Masters Athletic Federation*

British  
Masters Athletic  
Federation



April 2004 Number 67



Helen Godsell & Steve Peters great Golds In Sindelfingen  
Photo: Tom Godsell.

World Masters Indoor  
Championships.

**Bridget Cushen .**

B.M.A.F. Indoor.

**Pete Mulholland.**

B.M.A.F. Indoor Pentathlon

**Brian Owen.**

B.M.A.F. Cross Country .

**Alastair Aitken.**

RUNNING AT FORTY

**GERALD HARTMANN.**



Gerald with Paula Radcliffe  
Picture : G Hartmann.

# MASTERS ATHLETICS

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16 <sup>th</sup> December 2004	Cross Country Relays International XC
16 <sup>th</sup> April 2005	

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16<sup>th</sup> March, 16<sup>th</sup> June, 16<sup>th</sup> September, 16<sup>th</sup> 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 email disc or CD please!

BRIAN OWEN. "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, WR14 3BX  
(Phone/Fax: 01684 565721  
Email-brian.owen2@btinternet.com)

## Donations Masters Athletics

Many thanks for the kind donations from:

N. Wray, S. Hood & Brian Holden.

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## CHANGE OF ADDRESS

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Contact Editor

## MASTERS ATHLETICS APRIL 2004

- Editor:** Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, WR14 3BX (Phone/Fax: 01684 565721 Email: brian.owen2@btinternet.com)
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- Website:** [www.bmaf.org.uk](http://www.bmaf.org.uk)
- President:** Keith Whitaker.
- Life Vice Presidents:** Norman Ashcroft, Bridget Cushen, Barbara Dunsford, Jack Fitzgerald, Ron Franklyn, George Phipps, Sylvester Stein, Keith Whitaker and Tom Wood.
- Chairman:** Winston Thomas, 67a, Waterside, Kings Langley, Herts, WD4 8HE, (01923 269357). winston.thomas1@virgin.net
- Vice Chairman (Policy Administration for Home and International Affairs)** Eric Shirley, 2, Ladbroke Close, Pinner, Middlesex, HA5 5LR
- Hon. Secretary:** Bridget Cushen, 156, Mitcham Road, West Croydon, CRO 3JE. (020 8683 2602) Email: Bcushen@aol.com
- Hon. Treasurer:** Danny Herman, Bow House, 3, Bow Green Road, Bowdon, Altrincham WA14 3LY. Phone 0161 9412154
- Secretary -Track & Field:** Maurice Doogan, 5, Stadium Street, London, SW10 0PU. (020 7795 2233 Fax: 020 7795 2235 Mobile: 07976 614746 email: maurice@dooganconsulting.co.uk
- Secretary -Road Running** Bill Morris, Manor Farm, Leinthall Earls, Leominster, Herefordshire, HR6 9TR. Phone: 01568 770432 Mobile: 07816 682468 email: morriswmjn@aol.com
- Secretary Race Walking:** Eric Horwill, 79, Enville Road, Wall Heath, Kingswinford, DY6 0JA. (01384 273851)
- Secretary- XC:** Philip Lee, 85, Parlour Close, Histon, Cambs, CB4 9XR. (01223 234856)
- Men's Representative:** Chris Courtney, 10, Milner Crescent, Winlaton, Tyne & wear, NE21 6BN. (0191 4145604) email: w.courtney@blueyonder.co.uk
- Overseas Entries Coordinator:** Wendy Dunsford, 12a, Salisbury Road, Grays, Essex RM17 6BQ. (01375 391895. Please contact before 10pm)
- Chairman of Records Committee:** Bob Minting "The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. email- Bob.Minting@btopenworld.com
- VAA of England:** Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL.
- Website Administrator:** Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778) Email: chrisjager@cwcom.net

## SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

- Eastern VAC:** (General) Peter Chaplin, 1, Gunning Way, Cambridge, CB4 3SQ. (Membership) Eva Osbourne, 61, Damgate, Wymondham, Norfolk NR18 0BG (01953 604501)
- Isle of Man:** Lesley Christian, 1, Chester Mews, The Paddocks, Ballasalla, Isle of Man, IM9 2DH. (Phone 01624 829164 – Email: lesley\_christian@hotmail.com (Membership) Peter Cooper, "Woodheights", Knocksharry, German, IM5 2AG. (Tel/Fax 01624 842477)
- Midlands VAC:** (General Sec.) Edgar Nichols, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL. (Membership) Colin Simpson, 87, Willow Road, Solihull, B91 1UF (0121 705 5139)
- Northern VAC:** (General) Alison Doyle, 6 Valley View, Hyde, Cheshire, SK14 4UD Tele: 0161-366-5175. email: alison.doyle1@talk21.com (Membership) D. Tomkinson, 34, Norden Close, Rochdale, Lancs, OL11 5TF (01706 630081) Dmt1942@hotmail.com [www.northernvets.org.uk](http://www.northernvets.org.uk)
- Veterans AA-NE:** (General) Harry Mathews, 17, Homedale, Prudhoe, Northumberland, NE42 5AY. (Membership) Val Hancock, Low Dryburn Farm, North End, Durham DH1 4NJ.
- Northern Ireland:** Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 624296)
- Scotland:** (General) Willie Drysdale, 6, Kintyre Wynd, Carlisle ML8 5RW (01555 771448) (Membership) E Parsons, 2308, Great Western Road, Glasgow, G15 6SF.
- Southern Counties VAC:** (General) Eric Shirley, 2, Ladbroke Close, Pinner, Middlesex HA5 5LR (Membership) V Thompson, 18, Albany House, Boyfield Street, SE1 0SB (020 7928 9577)
- South West VAC:** David Lord, "Old Lord Nelson", 52, North Street, Wareham, BH20 4AQ (01929 551751) (Membership) Doreen Paine, 72, Trevanian Road, Liscard, Cornwall, PL14 3QN.
- Veterans AC:** (General) Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112) (Membership) Geoff Mellor, 39, Carlton Avenue, Feltham, Middx TW14 0EE (020 8890 9476 email – jgeoffmellor@aol.com)
- Welsh Masters :** (General) John Kersting, Foreshore, 57/59, Elgin Road, Pwll, Llanelli, Carmarthen SA15 4AF (Membership) Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH

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SHOULD YOUR ADDRESS BE INCORRECT PLEASE CONTACT THE EDITOR.

**Veteran Athletics Association of  
England Report from the Chair to  
BMAF Delegates 7th March 2004.**

**T**he Association held both their AGM and Delegates Meetings with a disappointingly small

attendance.

Matters discussed included the need for adequate insurance cover at promotions and Risk Assessment procedures.

A Report from the Chair congratulated the various successful English Teams and thanked the Officers of the Association for their continuing hard work and support. Accounts were received from the Treasurer showing a small surplus for the year.

The decision to increase the levy paid by English Clubs to 40p per head, which had been proposed at our November Meeting, was ratified and will be requested from Clubs in the autumn.

Our Inter Area Club competitions have been enthusiastically supported this year and will continue with EVAC hosting the Track & Field in September, the 10k road challenge in conjunction with the BMAF Portsmouth Championship and the Walks Grand Prix match with the Republic of Ireland on 20th March and in Dublin in October.

Arrangements are well in hand for the British & Irish Masters International Cross Country in November to be held at Lloyd Park, Croydon.

There will be accompanying Open Races over the same distances as the International events. Details of hotels etc will be communicated to Team Managers as soon as possible.

The present management committee was re-elected en bloc. There is still a vacancy for a Road Secretary.

Irene Nicholls

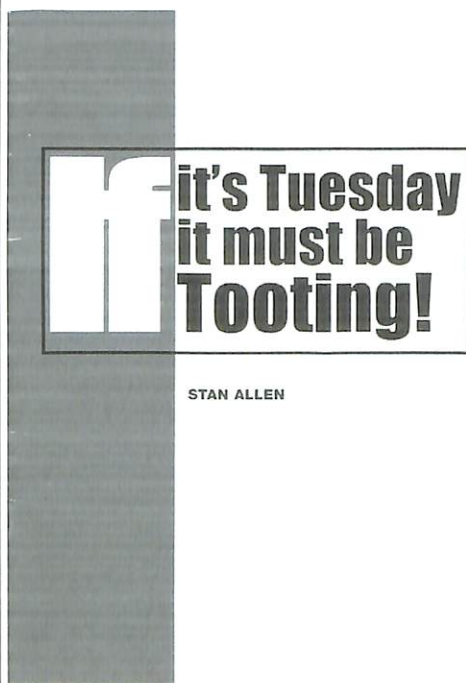
**Puerto Rico Photographic  
Exhibition**

**M**any people who were at the World Masters' Championships in Puerto Rico may remember the photographer Fiona Campbell, who spent a great deal of time photographing the action at the various competition sites. Fiona was pursuing her project on observing 'Senior Athletes' pursuing their sport (she has been looking at more than one sport), and whose activities are looked upon as an inspiring example to others of their age, and to those of the younger generations. Fiona was fortunate enough to win a

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competitive application for a photojournalism award in order to go to Puerto Rico. As a result, we in the School of Sport, PE & Recreation at UWIC, where this year's Masters' Indoor Championships were held, commissioned Fiona to produce a range of images that represented her photographic remit in Puerto Rico. Around 30 of these photographs have now been framed and will be mounted in an exhibition in the Gallery corridor (running off the main reception area) in the main building at UWIC's Cyncoed site - the same site of the indoor arena. The exhibition will begin on Wednesday 17 March, and will continue until at least Friday 14 May. If you are in Cardiff during this period, do take the opportunity to visit the exhibition.

**Sean Power, Director, UWIC Academy  
of Athletics  
University of Wales Institute Cardiff,  
Cyncoed Campus, Cardiff. CF23 6XD:  
Tele 0129 20416530  
e-mail: spower@uwic.ac.uk**



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**INTERLAND SELECTION  
CRITERIA**

The Interland is a quadruple International Match involving France, Belgium, ourselves and a local Belgium team [the Dutch pulled out last year], which this year is due to take place in Ghent, Belgium on Saturday 19th June 2004. The match is an A and B string affair for virtually all track and field disciplines for M40's and W35's. Older athletes can apply; if you are good enough you will get the nod.

However due to constraints, we are putting on next year's event, there are no funds available to assist participating athletes. Each selected athlete will have to bear their own costs, all I can do is to arrange some good value transport from central London and other points south. Last year the coaches left central London [Victoria] at 7.00 am. The cost of this transport is then shared between those involved. Please be sure you can fund this before tendering your credentials.

Selection will be based on current form, with the cut off date being Friday 4th June. This should allow you to have done the County Championships and Senior League fixtures as well as some Masters Area Club Leagues and Championships. If you wish to be selected for this fixture, please WRITE your full details down, name, address, telephone number followed by event(s) and time/height/distance and what competition and where achieved, and POST to me with an SAE for reply. Sorry, but I cannot answer e-mail enquires for this; I must have a hard copy.

Due to the very tight timetable and event progression, it will be difficult to double up, apart from relays. I would wish for more athletes to double up, as it is expensive to travel all that way for one/two events, but I am not sure it is possible. I raised this at last years meeting, about the 'strange' layout of programme that prevented natural doubling, but it may have fallen on deaf ears. I will however continue to press for a more standard timetable, which I will update you about as things progress.

So if still interested, get competing and get some good times... posted. [Twice]

Maurice Doogan

**Liz McColgan**

**In her first appearance in a Scottish Championships for 15 years, Liz won the 3000 metres Indoor title at "Kelvin Hall" in a British Masters O35 record of 9:31.11.**

## **NOTICE**

### **The ANNUAL GENERAL MEETING of the B.M.A.F.**

Will be held at "Alexander Stadium"  
Birmingham, on Saturday the 26<sup>th</sup> June  
2004.

Nominations for Officers and any  
proposals for business should reach the  
Hon. Secretary, 156, Mitcham Road,  
Croydon, Surrey, CRO 3JE by the  
26<sup>th</sup> May 2004.

**Bridget Cushen. Hon. Secretary.**

### **WELSH MASTERS ATHLETIC ASSOCIATION WELSH MASTERS PRESENTATION EVENING**

The "Aberdare Hall" in Cardiff Civic Centre  
was the venue for the Welsh Masters  
Presentation Evening on Friday November 28th  
2003.

The event was reasonably well attended with  
representatives from most Welsh Masters clubs.  
After a superb meal everyone made their way to  
the comfort of the lounge for the awards  
ceremony.

Welsh Masters Chairman Mel James first made  
reference to the success of the British Masters  
Cross-Country International held in Cardiff this  
year.

He thanked everyone involved with the  
organisation of this event.

Cups were then presented to Newport men's  
and Cardiff ladies teams for winning their  
league titles. Steve Wadley (Newport) Nance  
Hailing (Rhondda) Stewart Powell (Cardiff) and  
Dorothy Morgan (Pembroke) then received  
plaques for being the highest points scores in  
their age groups in the same competition.

Ernie Plaine then presented the "Dave  
Williams Memorial Cup" to Sean Power  
(Cardiff) for his services to Welsh Masters  
Athletics.

Sean also received the Bill Kingsbury Shield for  
his performances over the past year in Track &  
Field. An emotional Mary Webb (Cardiff) was  
then the recipient of the Welsh Masters  
Presidents "Tom Wood's cup" for her work and  
support for Welsh Masters Athletics.

Bill Kingsbury made the final presentation of  
the evening it went to John Loney (Rhondda) it  
was a Welsh A.A.W Merit Award in  
recognition of John's thirty plus years service to  
Welsh Athletics as a competitor and official.  
After half an hour of socializing a very  
enjoyable evening had come to an end.

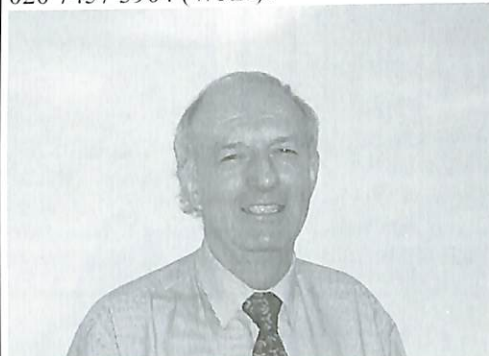
### **Abi Onatade**

Is looking for a female roommate to share  
accommodation at the European  
Championships in Denmark.

Someone who will be staying for the whole  
championships.

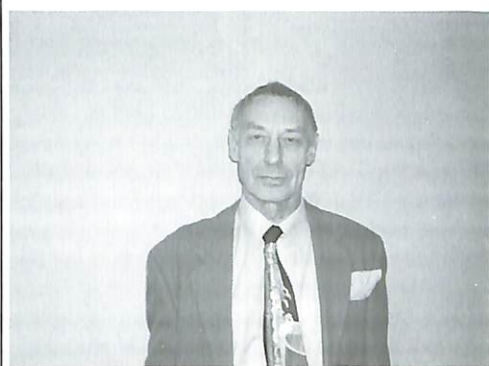
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If you can help please contact as follows.  
07976-418124 (MB) 020 84614890 (HM)  
020 7457 3904 (WRK).



### **OUR NEW ROAD RACE SECRETARY**

**Bill Morris** Manor Farm, Leinthall Earls,  
Leominster, Herefordshire, HR6 9TR.  
Phone: 01568 770432 Mobile: 07816 682468  
email: morriswmjn@aol.com



### **Geoffrey Arnold-Pinchin is our new Minutes Secretary**

**Jenny Wood -Allen, was awarded an  
M.B.E. in the this years New Years  
Honours for her services for charity and  
distance running, congratulations from  
"Masters Athletics".**



**M**artyn Rees wins the  
"Glynneath" 5 on Boxing Day  
for the sixth time, the first time  
a 50 year old has won the race.

**IT IS WITH SADNESS we have  
to advise of the deaths of**

**Brian Gore  
Jim Bryan  
Alan Oglesby**

**Their many friends within our  
ranks will miss them.**

## **Can Osteoporosis occur in Master Athletes?**

**Jörn Rittweger, MD**, Reader in Human  
Physiology Institute for Biophysical and  
Clinical Research into Human Movement  
Manchester Metropolitan University at Cheshire  
writes.

**O**steoporosis is a condition in which the  
bones' mass decreases and their  
structure deteriorate. Both effects lead to  
an increased risk of fracture. Osteoporosis is  
highly prevalent in the elderly. In former times,  
osteoporosis was investigated mostly with  
regards to nutrition and the hormonal changes  
during menopause in women. Very recently,  
though, scientists have become interested in the  
beneficial effects which exercise has for the  
maintenance of bone mass and structure.  
Master Athletes adhere to a high level of  
physical activity even at old age. Theoretically,  
one should expect that their bones be 'in good  
shape'. In reality, however, it is completely  
unknown whether they have a normal or a  
higher bone mass than other people, and  
whether some of them might also get  
osteoporosis at old age.  
Hence we are performing a study to elucidate  
that question.

In order to economise on time and petrol, we do  
not wait until you, the Master Athlete come to  
us, but rather we come to you: **We will be  
present at the BMAF Championships on  
26/27 July in the Alexander Stadium,  
Birmingham. During two entire days, we  
would like to take your bone scans and  
discuss the results with you.**

We would be very happy to study as many  
Athletes as possible. Due to the limited time,  
however, we will be able to investigate only a  
fraction of the participants. In order to keep in  
line with the scientific hypotheses that we wish  
to test, we are most interested in sprinters and  
long distance runners of either gender who are  
older than 60.

Please understand that, on the spot, we will not  
be able to make a definitive diagnosis or even  
prescribe specific treatments. All we can do for  
you personally is give our best advice. We are  
quite certain, though, that this may be quite as  
useful to you as the entire study will be to the  
medical progress.

# 1<sup>st</sup> WORLD MASTERS INDOOR CHAMPIONSHIPS SINDELFINGEN

WORDS: BRIDGET CUSHEN.

PICTURES: Bridget Cushen, Tom Godsell, Averil McClelland, and Warren Hill.

**A** Young, efficient and well-drilled Organising Committee were ready and waiting for the 2,635 competitors from 57 countries who came to Sindelfingen for the first World Masters Indoor championships, Open Winter Throwing events, cross country and Road Race walks from 10-14 March. Our 183 athletes returned to base with 122 medals with only Germany ahead of us on the medal table, and that was without luminaries such as Darrell Maynard who spent most of his trip on the physio's couch. A small team of nine from Australia collected seven medals but Finland had an outstanding team averaging a medal each. World, European and national records fell literally by the dozen during the five days of intense competition in the 4-lane arena and outside, in the home town of Mercedes-Benz.

Men aged 35-39 from 19 countries entered 195 events that were not officially part of the World Championships, tangible proof that a large section of the sport was being neglected. There were however some murmuring that the overloaded programme caused some other events to be relocated to other inferior venues miles away. Masters competition is all about participation. We have some of the best indoor facilities in the world here at the NIA in Birmingham and the new EIS in Sheffield but as a non-funded body, where are we going to find the US\$70k sanction fee demanded by World Masters Athletics. WMA has some serious thinking and long term planning to do. Donato Cipullo of Italy won the 60m in 7.08 from Rohan Samuel; SCVAC in 7.09, Linford Christie has the world M35 record at 6.51 on the same track. Colin Jackson or Jonathan Edwards' M35 records were never threatened but Detlef Pfeiffer, Germany erased Peter Browne's long-standing 1.55.63 M35 800m from the record books with 1.55.21.

Stephen Peters, Viv Oliver, Alastair Ross, John Browne and Wally Franklyn, all of whom continue to reign supreme throughout their age group, dominated the M50 sprints. Is there any other sport in which British competitors can claim the first six placing in the top ten in the world? Only the Russian A Kuzovnikov, who was 4<sup>th</sup>, prevented another clean sweep in the 400m. Franklyn, Ross, Oliver and Peters won the 4 x 200 relay by a clear second in 1.37.37 well inside the previous 1999 record held by Germany.



**IRIE HILL WINS W35 POLE VAULT with 3.80 for a new British Record**



**World record for W45 Team**

There were other glittering performances, the W45 4 x 200 relay of Helen Godsell, Carole Filer, Jos Harwood and Averil McClelland obliterating their 1.59.27 world record set in San Sebastian last year, with a blazing 1.51.30. David Elderfield lowering his own M45 400m record to 51.75 and together with Barry Morris, Malcolm Bramhall and Kevin Burgess, knocked over three seconds off the M45 4 x 200m record set by the Spaniards. Dave Wilcock and Alastair Dunlop's gold and silver after an exciting tactical race with the American, Nolan Shaheed in the M50 1500, won in 4.18.28.

Sarah Heath's W40 800 and 1500 double and Pat Gallagher's medal haul. Wendy Laing and Jenny Brown clearing 1.63 the same as the winner in the W40 high jump.

Trevor Wade's M45 long jump win in a very international 19-man field and Tony Wells back to record breaking performances again in the M55 60mH in 9.12 thus removing Barry Ferguson's 1997 record set during the first European Indoors in Birmingham.

Charmaine Johnson's delight with a PB in the W40 shot behind three ex-East European Internationals and Svetlana Melnikova's mighty heave of 13.21 in the W50 event. Neil Griffin holding pole position again despite the presence of Europe's best and the awesome power and agility of Guido Muller of the host nation as he dominated the M65 sprints. These are just a few of the highlights.

World W50 pole vault champion, Susan Yeoman's SCVAC, had to wipe her eyes and re-checked the list of opponents, one of which read Grania Leaping Rabbitt, Germany. Susan cleared 2.90m to win by 10cm from Ute Ritte with Leaping Rabbitt clearing 2.20 for 4<sup>th</sup>. Leaping Rabbitt was back in action the following day skimming over five flights of 76.2cm high hurdles to finish 5<sup>th</sup> in 11.60 sec!

Away from the Indoor arena, the open events attracted surprisingly large entries. Competitors in the Open Throwing events on the second day

# 1<sup>ST</sup> WORLD MASTERS INDOOR CHAMPIONSHIPS SINDELFINGEN

faced an unexpected challenge, waking up to a very heavy overnight fall of snow and cold wind. Not an apparent problem for the Local Authority as the circle areas was cleared very quickly. The sight of discus, hammer, javelin and weigh throw competitors dressed in layers, with amusingly constructed snowmen as spectators added extra interest!

On Saturday an elated John Brown ran away from the M40-49 field to win the 8km cross country by 10 seconds. The M50 race was, as expected, a thriller bringing together yesterday's internationals with razor sharp 3000m entrants, developing into a two-man race between Bayon of Spain and Sean Rice of South Africa who was runner up to Nigel Gates in the 3000m. Archie Jenkins and Bernard Gough hung on to 5<sup>th</sup> and 6<sup>th</sup>. Steve James was well clear in the M65 and Brenda Jones, Eva Osborne and I were 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> in the W60 event.

Warm sun greeted the 10k walkers from all over Europe and as far away as Japan and India on Sunday morning resulting in an excellent all-ages mixed competition. Christine S-Stegmaier won the W35 in 53.07 with M-A Fernandes, Portugal taking the W50 in 55.21. B. Bengtsson, Sweden the M40 in 44.40 and Gerhard Weidner, Ger recording 55.57 for a M70.

Linz in Austria successfully bid to hold the 2006 event.



Andy Turner wins Silver in the M40 Shot



British Team in Sindelfingen after the closing ceremony



Sarah Heath (616) won both the W40 800 & 1500 Metres.



Women's 40 Team (Charmaine Johnson, Angela Beadnall, Manndy and Wendy Laing) presented with the Gold, however their joy was short lived as German team was reinstated following their protest



Trevor Wade won the M45 Long Jump

# WORLD MASTERS INDOOR CHAMPIONSHIP SINDELFINGEN 2004

## 60 metres

### M35

2. Samuel, Rohan GBR 7.09 (7.05sf)  
Afilake, Olatunde GBR 7.56; Wake,  
Andrew GBR 7.93;

### M40

5. Powell, Dalton GBR 7.35 (7.31sf); 6.  
Fraser, Warren GBR 7.39 (7.36sf); (In  
Hts) : Huskisson, Ricardo 7.41; Mc  
Glynn, Michael 7.44 Reddington, Glen  
7.54;

### M45

2. Elderfield, David GBR 7.39;  
3. Burgess, Kevin GBR 7.46; (In Hts) :  
Slaughter, Brian 8.07;

### M50

1. Peters, Stephen GBR 7.42 ( **European Record**); 3. Browne, John  
GBR 7.55 (7.44 sf); 4. Oliver, Viv  
GBR 7.59 (7.54 sf); 5. Franklyn,  
Walwyn GBR 7.63 (7.62 sf); (In Hts):  
O'Hare, James IRL 8.26;

### M55

(In Hts) : Eland, Albert 8.97;

### M60

5. Foster, Ian GBR 8.13 (8.11 sf); (In  
Hts): Isetts, Charles 8.47;

### M70

3. Williams, Charles GBR 8.63; (In Hts):  
Field, Peter 9.41;

### M75

1. Meddings, Allan GBR 9.23

### W35

(In Hts) : Onatade, Abiola GBR 8.68;  
Alstrachen, Angie GBR 8.74;

### W40

(In Hts) Johnson, Charmaine 8.42;  
Laing, Manndy 8.44; Scott, Euphemie  
8.86; Barker, Hazel 8.91; Hardcastle,  
Janice 8.97;

### W45

2. Mc Clelland, Averil GBR 8.29 (In  
Hts) Goad, Anne 8.66; Booth, Paula  
9.44;

### W50

1. Godsell, Helen GBR 8.30 (**European  
Record**); 3. Lawson, Janet GBR 8.88  
(8.86 ht);

### W60

1. Linaker, Esther GBR 9.02 ;

### W80

1. Wixey, Mary GBR 13.56;

## 200 metres

### M40

#### A-Final

4. Powell, Dalton GBR 23.43;  
(in Heats) Mc Glynn, Michael GBR  
24.23; Fraser, Warren GBR 24.24;  
Huskisson, Ricardo GBR 24.36;  
Grocock, Nicholas GBR 24.59;  
Reddington, Glen GBR 25.21;

### M45

#### A-Final

3. Elderfield, David GBR 24.09 (24.04  
sf)

### M50

#### A-Final

1. Peters, Stephen GBR 23.45 (23.22-  
**European Record**-ht); 2. Ross,  
Alasdair GBR 24.05; 3. Oliver, Viv  
GBR 24.19; 4. Franklyn, Walwyn GBR  
24.99 (24.53 ht);

#### B-Final

1. Browne, John GBR 24.66 (24.48 ht);  
(In Hts) : Sloss, Ramsay GBR 25.82;  
Bell, Philip GBR 26.44 Marshall, John  
GBR 27.07; O'Hare, James IRL 27.38;

### M55

#### B-Final

1. Wells, Tony GBR 25.77;  
3. Anthony, Paul GBR 25.99;

(In Hts): Eland, Albert GBR 29.37; 2.  
55123 2. 55130 Wells,

### M60

#### B-Final

1. Foster, Ian GBR 26.85 (26.74 ht); 2.  
(In Hts): Isetts, Charles GBR 28.13;

### M65

(In Hts) Bowman, Tony GBR 28.59;  
Field, Colin GBR 29.81; Keane, Barry  
IRL 32.65;

### M70

2. Mellett, Alan GBR 28.85 (28.61 ht);  
(In Hts) Field, Peter GBR 31.58;

### M75

1. Meddings, Allan GBR 30.93; 2.

### W35

(in Hts) Onatade, Abiola GBR 30.44;

### W40

(In Hts) Beadnall, Angela GBR 28.58;  
Stagles, Sally GBR 29.02; Scott,  
Euphemie GBR 29.10; Hardcastle,  
Janice GBR 30.39;

### W45

#### A-Final

2. Mc Clelland, Averil GBR 26.74  
(26.60-**British Record**- sf);  
(In Hts) : Filer, Carole GBR 28.59;  
Alison Brown GBR 30.85;

### W50

1. Godsell, Helen GBR 28.25 (28.06-  
**European Record**- sf);

### W60

1. Linaker, Esther GBR 30.48;

### W65

(In Hts) Fraser, Dorothy GBR 35.05;

## 400 METRES

### M40

3. Toogood, Stephen GBR 52.14;  
(In Hts) Maynard, Darrell 53.29;  
Grocock, Nicholas 54.29 Brown,  
Danny 55.65;  
Gannaway, Andy 57.79;

### M45

1. Elderfield, David GBR 51.75  
(**European Record**); 2. Morris, Barry  
GBR 53.04; (In Hts): Bramhall,  
Malcolm 55.21; Williams, Michael  
GBR 56.44;

### M50

1. Peters, Stephen GBR 52.96  
(**European Record**); 2. Franklyn,  
Walwyn GBR 54.27; 3. Oliver, Viv  
GBR 54.55; (In Hts) Sloss, Ramsay  
58.28; Ross, Alasdair 59.37; Marshall,  
John 59.72;

### M55

3. Anthony, Paul GBR 57.32 (57.23 ht);  
(In Hts): Erith, Mike 1:00.38 ;

### M60

2. Blanchard, Vic GBR 58.84 (**British  
Record**); (In Hts): Kimber, Arthur  
1:09.88; Field, Colin 1:09.94; Wilson,  
John 1:15.41;

### M65

(In Hts) Feast, Geoffrey 1:13.40; Field,  
Peter 1:30.83;

### M70

(In Hts) Fox, Mike 1:07.96; Copping,  
Norman Frank 1:37.62;

### W35

2. Finegan, Geraldine GBR 59.45; (in  
Hts): Alstrachen, Angie 1:06.23;

### W40

(In Hts) : Brown, Jenny 1:01.60 ;  
Timms, Denise 1:05.09;

### W45

1. Mc Clelland, Averil GBR 1:02.64;  
(In Hts): Brown, Alison 1:06.36; Smith,  
Carole 1:06.76;

### W60

(In Hts): Hocknell, Marjorie 1:17.12;

### W65

(In Hts): Fraser, Dorothy 1:20.41;

### W70

2. Green, Brenda GBR 2:00, 40

## 800 m

### M40

1. Rothery, Colm IRL 1:55.32  
(**European Record**) ; 2. Toogood,  
Stephen GBR 2:00.11; 3. Price, Sean  
GBR 2:00.44 (in Heats; Gannaway,  
Andy GBR 2:10.07; Lowe, Steven  
GBR 2:11.37;

### M45

(In heats) : Worthington, Brian GBR  
2:43.46;

### M50

1. Dunlop, Alastair GBR 2:02.20  
(**World Record but Wilcock has  
faster time pending**); 2. Wilcock,  
David GBR 2:02.86 4. Gough, Joe IRL  
2:05.61;

(In Heats) Leitch, Derek GBR 2:11.73;  
Anderson, David GBR 2:13.43;  
Archer, Kevin GBR 2:15.17;

### M55

1. Erith, Mike GBR 2:08.91; (In Hts)  
Eland, Albert GBR 2:28.87;

### M60

8. Garber, John B. GBR 2:34.40  
(2:30.19 ht);

### M65

4. Newcombe, John GBR 2:32.86; 5.  
Kimber, Arthur GBR 2:33.87; (In Hts)  
Keane, Barry IRL 2:50.14;

### M70

1. Fox, Mike GBR 2:38.45;

### M75

6. Copping, Norman Frank GBR  
3:54.98;

### W35

2. Finegan, Geraldine GBR 2:18.49;  
(In Heats): White, Bernadette IRL  
2:23.40;

### W40

1. Heath, Sarah GBR 2:14.09 (**British  
Record**); (In Heats) Armitage, Sonia  
GBR 2:24.44; Brown, Jenny GBR  
2:28.68;

### W45

4. Smith, Carole GBR 2:28.81

### W55

1. Gallagher, Patricia GBR 2:41.39;

## 1500 METRES

### M40

1. Rothery, Colm IRL 4:08.32;  
11. Overton, Nick 4:16.37; 13. Price,  
Sean 4:20.41;

### M45

3. Foster, Bill GBR 4:10.85; 17. Richard  
Holland 4:27.88; 25. Worthington,  
Brian 5:18.06; 26. Dillon, Kevin  
6:14.71;

### M50

1. Wilcock, David GBR 4:18.28;  
2. Dunlop, Alastair GBR 4:18.40;  
3. Shaheed, Nolan USA 4:18.52;  
6. Archer, Kevin 4:23.97; 13. Leitch,  
Derek 4:38.99;

### M55

3. Erith, Mike GBR 4:30.99; 14.  
Connolly, Richard IRL 4:57.54;

### M60

8. Garber, John B. GBR 5:20.78;

### M65

5. Andrews, Peter GBR 5:20.32;

### M70

7. Howarth, Derek R. 6:04.82;  
10. Walsham, Arthur John Gordon 8:01;

### M75

2. Caddy, James GBR 7:24.58;

### W35

6. White, Bernadette IRL 5:00.79;

### W40

1. Heath, Sarah GBR 4:39.99 (**British  
Record**); 2. Andreou, Sandra GBR  
4:48.79; 8. Pidgeon, Jane GBR 5:09.25;

### W45

3. Farnham, Denise GBR 5:04.04;  
6. Greenan, Mags IRL 5:07.53; 7. Smith,  
Carole 5:12.82;

### W55

1. Gallagher, Patricia GBR 5:24.17;

### W60

10. Stracey, Betty GBR 7:10.08;

## 3000 metres

### M35

3. Johnston, Ian GBR 9:07.27;

### M40

13. Overton, Nick GBR 9:24.49; 20. Sabin,  
Craig GBR 9:42.18;

### M45

1. Foster, Bill GBR 9:00.37;  
33. Worthington, Brian GBR 11:40.21;

### M50

1. Gates, Nigel GBR 9:04.16; 8. Archer,  
Kevin GBR 9:48.23; 10. Jenkins, Archie  
GBR 10:00.53;

### M65

1. James, Stephen GBR 10:58.25;  
7. Andrews, Peter GBR 11:43.29;

### M70

5. Howarth, Derek R. GBR 12:38.62;  
13. Walsham, Arthur John Gordon GBR  
17:29.06;

### M75

3. Caddy, James GBR 15:43.50;  
4. Franklin, Ron GBR 16:12.76; 5.  
Copping, Norman Frank GBR 17:16.52;

### W40

7. Marr, Lynne GBR 11:49.39;

### W45

4. Farnham, Denise GBR 10:59.46;

### W50

1. Marshall, Karen GBR 10:56.99; 2

### W55

1. Gallagher, Patricia GBR 11:45.08;

### W60

9. Stracey, Betty GBR 15:06.98;

## 60 m Hurdles

### M40

3. Wilkinson, Des GBR 8.67 (8.60 ht); 5.  
Reddington, Glen GBR 8.88 (8.77ht);

### M50

(In Hts) : Talbot, Duncan 11.91;

### M55

1. Wells, Tony GBR 9.12 (**European  
Record**);

### M60

4. Ferguson, Barry GBR 9.71; 8. Howe,  
John GBR 10.54 (10.26 ht);

### M65

5. Bowman, Tony GBR 10.41;

### M70

6. Day, Jim GBR 12.15;

### W35

8. Goddard, Catherine GBR 10.02; (In Hts)  
Finegan, Geraldine 10.17;

### W40

3. Laing, Manndy GBR 9.22; 6. Laing,  
Wendy GBR 9.31 (9.25 ht); 7. Stagles,  
Sally GBR 9.41 (9.18ht); (In Hts)  
Johnson, Charmaine 9.37;

### W45

3. Harwood, Jocelyn GBR 9.68 (9.52);  
6. Filer, Carole GBR 9.98; (In Hts) :  
Booth, Paula 11.45;

### W60

(In Hts) : Charles, Jackie GBR 12.31;

## 4x200 METRES

### M40

# WORLD MASTERS INDOOR CHAMPIONSHIP SINDELFINGEN 2004

1. France 1:32.53; 2. Germany 1:33.90;  
Great Britain and N. Ireland 1:34.29  
(Fraser; Huskisson Grocock; Powell);

**M45:**  
1. Great Britain and N. Ireland 1:36.74  
(Morris; Elderfield; Bramhall;  
Burgess); 2. France 1:42.10; 3. Italy  
1:43.50;

**M50:**  
1. Great Britain and N. Ireland 1:37.37  
(Franklyn; Ross; Oliver; Peters);  
2. Germany 1:38.90; 3. Italy 1:41.65;

**M55:**  
1. Germany 1:44.69; 2. France 1:51.19;  
3. Great Britain and N. Ireland 1:51.21  
(Wells; Eland; Erith; Anthony);

**M60:**  
1. Germany 1:45.24; 2. United States of  
America 1:45.56; 3. Great Britain and  
N. Ireland 1:50.04 (Blanchard; Isetts  
Ferguson; Foster);

**M65:**  
1. Germany 1:49.78; 2. Great Britain  
and N. Ireland 1:57.78 (Field;  
Newcombe;  
Kimber; Bowman); 3. Italy 1:58.51;

**M70:**  
1. Germany 1:58.71; 2. Great Britain  
and N. Ireland 2:16.85 (Field; Feast;  
Day; Howarth);

**W35:**  
1. Germany 1:44.23; 2. Hungary  
1:48.58; 3. GB & NI 1:52.58 (Stagles;  
Alstrachen  
Timms; Brown);

**W40:**  
1. Germany 1:44.34; 2. Great Britain  
and N. Ireland 1:51.45 (Johnson; Laing;  
Beadnall; Laing); 3. France 1:55.05;

**W45:**  
1. Great Britain and N. Ireland 1:51.30  
(Godsell; Filer; Harwood;  
Mc Clelland); 2. Germany 1:53.19; 3.  
Italy 2:06.04;

**W60:**  
Great Britain and N. Ireland 2:25.29  
(Fraser; Charles; Osborne; Hocknell);

## HIGH JUMP

**M45**  
12. Hague, Colin GBR 1.54;

**M50**  
Talbot, Duncan GBR 1.57;

**M65**  
Eq 3. Crocker, Anthony GBR 1.42;  
6. Bateman, Anthony GBR 1.42;

**W35**  
8. Finegan, Geraldine 1.48;

**W40**  
2. Laing, Wendy GBR 1.63; 3. Brown,  
Jenny GBR 1.63; 12. Stagles, Sally  
1.39;

13. Barker, Hazel 1.39; 14. Harcastle,  
Janice 1.33;

**W45**  
4. Filer, Carole 1.36;

## POLE VAULT

**M35**  
3. Eastwood, Simon GBR 3.80; 5. Wake,  
Andrew GBR 3.80; 9. Hill, Warren AUS  
3.00;

**M60**  
6. Howe, John GBR 3.00;

**M75**  
2. Woods, Alfred GBR 2.20 (British  
Record);

**W35:**  
1. Hill, Irie GBR 3.80 (British Record);

**W40:**

2. Lowe-Endeman, Larissa NED# 3.60  
(World Record) # also has British  
Qualification

**W50:**

1. Yeomans, Susan GBR 2.90 (European  
Record);

**W65:**  
1. Mc Lennan, Dorothy IRL 1.80 (eq  
European Record); 2. Champion, Sheila  
IRL 1.40;

## Long Jump

**M40:**  
7. Shepherd, John GBR 6.34;

**M45**  
1. Wade, Trevor GBR 6.32; 14. Slaughter,  
Brian GBR 5.37;

**W35:**  
8. Goddard, Catherine GBR 4.74;

**W40**  
7. Laing, Wendy GBR 5.09; 12. Laing,  
Mandy GBR 4.84; 22. Harcastle, Janice  
GBR 4.03;

**W45**  
2. Filer, Carole GBR 4.88;

**W50**  
2. Lawson, Janet GBR 4.23;

**W60:**  
6. Charles, Jackie GBR 3.31;

**W80**  
2. Wixey, Mary GBR 1.66;

## TRIPLE JUMP

**M40:**  
2. Oyediran, Akin GBR 14.16;  
3. Cameron, Rez GBR 14.06;

**M60:**  
2. Power, Sean GBR 11.93 (British  
Record); 9. Parish, James GBR 8.95;

**W35:**  
Alstrachen, Angie GBR 8.32;

**W40**  
3. Brown, Jenny GBR 10.60;

**W80:**  
2. Wixey, Mary GBR 3.89;

## Shot Put

**M40:**  
2. Turner, Andrew GBR 15.33;

**M45:**  
6. Painter, John GBR 13.23;  
16. Slaughter, Brian GBR 10.75;

**M55**  
1. Griffin, Neil GBR 14.69 (British  
Record);

**W35:**  
9. Hallden, Catarina 8.45;

**W40**  
4. Johnson, Charmaine 12.61;

**W50**  
5. Thompson, Vilma 10.72;

**W60**  
15. Miles, Yvonne GBR 5.80;

**W65**  
1. Williams, Evaun GBR 10.69;

8. Derrien, Carole GBR 6.93;

**W70**  
7. Grant-Stevens, Marie GBR 6.00;

## Weight Throw

**M40:**  
5. Seddon, John GBR 10.53;

**M55:**  
2. Griffin, Neil GBR 16.81;

**M70**  
11. Hanus, Jaroslav GBR 11.47;

**W35:**  
4. Hallden, Catarina GBR 9.61;

**W65**  
1. Williams, Evaun GBR 14.25; 2. Derrien,

## Pentathlon

**M40**  
14. Waddington, Andrew GBR 3.400 (9.79-5.60-8.06-1.76-2.53.39);

**M45**  
8. Slaughter, Brian GBR 3.589 (10.08-5.42-10.74-1.55-3.01.56);

**M50**  
3. Mc Ilpatrick, Philip GBR 3.787 (8.95-5.33-10.25-1.56-3.33.77); 12. Talbot,

Duncan GBR 3.047 (11.34-4.41-8.37-1.59-3:22.57); 19. Gibbs, Barry John GBR 2.508 (12.19-4.37-8.21-1.29-3:30.18)

**M55**

18. Clarke, Pete GBR 1.913 (14.69-3.47-7.34-1.19-4:02.25);

**M60**

19. Charles, Bruce GBR 2.489 (13.38-3.71-8.39-1.21-4:00.87);

**W35**

3. Finegan, Geraldine GBR 3.774 (9.23-1.51-10.22-4.86-2:20.55); 4. Goddard, Catherine GBR 3.125 (10.04-1.48-9.44-4.79-2:52.35);

**W40**

1. Laing, Wendy GBR 4.280 (9.32-1.66-10.36-5.21-2:37.11); 2. Johnson, Charmaine GBR 4.093 (9.33-1.51-11.97-5.11-2:41.05); 4. Brown, Jenny GBR 3.765 (10.16-1.57-9.40-4.71-2:35.64); 9. Barker, Hazel GBR 3.066 (9.98-1.48-9.14-4.20-3:16.64);

**W45:**

6. Goad, Anne GBR 3.040 (10.95-1.30-8.67-4.34-3:29.42);

**W50**

5. Molloy, Lorraine GBR 1.657 (14.25-1.03-04-2.85-4:14.14);

**W60**

2. Charles, Jackie GBR 3.344 (12.37-1.15-6.98-3.44-3:59.87);

## Outdoor Hammer Throw

**M40:**

5. Seddon, John GBR 36.36;

**M70**

3. Hanus, Jaroslav GBR 36.21;

**W45:**

7. Piercy, Jennifer GBR 23.30;

**W60**

6. Miles, Yvonne 24.24;

**W65**

1. Williams, Evaun GBR 40.27;

3. Derrien, Carole GBR 24.76;

## Outdoor Javelin Throw

**W35**

1. Finegan, Geraldine GBR 31.19;

**W45**

6. Goad, Anne GBR 24.57;

**W50**

3. Thompson, Vilma GBR 24.26;

## Outdoor Discus Throw

**M55**

2. Griffin, Neil GBR 47.37;

**M70**

5. Hanus, Jaroslav GBR 31.75;

**W35:**

5. Hallden, Catarina GBR 25.97;

**W65**

2. Derrien, Carole GBR 20.88;

## 3000 Metres Walk

**M40:**

6. Murphy, Patrick IRL 14:09.22; 13. Bell, Anthony GBR 17:21.07;

**M45:**

16. Bradley, Colin GBR 16:13.73;

**M50:**

15. Pender, Sean IRL 17:32.51; 16. Sharpe, David GBR 19:12.08;

**M60:**

4. Turner, Colin GBR 16:13.24;

**M70:**

4. Fortheringham, Douglas GBR 18:13.82;  
8. Horwill, Eric GBR 19:59.41;

**M75:**

3. Withers, Denis GBR 20:46.44;  
4. Copping, Norman Frank GBR 22:52.92;

**W40:**

6. Bishop, Fiona Jane GBR 18:18.36;  
9. Harris, Elizabeth GBR 19:47.82;

10. Gormley, Anne IRL 21:44.41;

**W45:**

8. Wheeler, Ann GBR 17:35.85;

**W55**

3. Lewis, Ann GBR 17:19.62 (British  
Record);

**W65**

2. Langford, Jill GBR 19:36.96;

4. Horwill, Pamela GBR 21:09.54;

## CROSS COUNTRY RACE

**M40:**

1. Brown, John GBR 22:34; 8. Sabin, Craig GBR 24:53; 13. Guiden, Noel IRL 26:34;

**M45**

13. Greenan, Seamus IRL 28:39;

17. Worthington, Brian GBR 29:47;

22. Dillon, Kevin GBR 35:45;

**M50**

5. Jenkins, Arche GBR 25:29; 6. Gough, Bernard GBR 25:36; 12. Mc Manmon, Claude IRL 27:34; 14. Murphy, Jerry IRL 28:59;

**M55**

9. Bonass, R. Patrick IRL 28:58;

**M60**

5. Cooney, Sean IRL 28:59;

**M65:**

1. James, Stephen GBR 27:16;

**M70**

5. Howarth, Derek R. GBR 31:21;

11. Walsham, Arthur John Gordon GBR 43:19;

**W40:**

5. Marr, Lynne GBR 29:43;

**W45**

2. Greenan, Mags IRL 27:43;

**W50**

3. Sloss, Barbara GBR 34:35;

**W60**

2. Jones, Brenda GBR 34:51; 3. Osborne, Eva GBR 37:43; 4. Cushen, Bridget GBR 38:35;

## OUTDOOR 10k WALK

**M40**

4. Murphy, Patrick IRL 51:28; 7. Bell, Anthony GBR 1:03:40;

**M45**

6. Bradley, Colin GBR 56:42;

**M50:**

12. Pender, Sean IRL 1:02:40; 14. Sharpe, David 1:10:01;

**M55**

2. King, Patrick Anthony IRL 54:07;

**M60**

2. Turner, Colin GBR 55:58;

**M70**

7. Horwill, Eric 1:09:04;

**M75**

3. Withers, Denis GBR 1:11:16;

**W40**

3. Bishop, Fiona Jane GBR 1:02:24;

5. Harris, Elizabeth GBR 1:09:38;

6. Gormley, Anne IRL 1:18:38;

**W45:**

6. Wheeler, Ann GBR 1:02:47;

**W55**

3. Lewis, Ann GBR 59:30;

**W65**

2. Langford, Jill GBR 1:07:21;

4. Horwill, Pamela GBR 1:12:43;

7. Champion, Sheila IRL 1:27:05;

IT WAS NOT POSSIBLE TO  
INCLUDE THE FIRST THREE IN  
EACH EVENT PLUS BRITISH  
RESULTS (DUE TO LACK OF  
SPACE) FOR MORE DETAILED  
RESULTS SEE

www.mvac.org.uk



**G**erard Hartmann is a native of Limerick City, Ireland who, over the past fifteen years, has developed a reputation for treating many of the world's elite track and field stars.

Gerard went to the USA in 1979 on an athletic scholarship to McNeese State University and then the University of Arkansas, Arkansas to compete in middle distance track events (1500m, 3:45, 5,000 14:14, 3000m SC 8:48.)

In 1984, he won the first of seven national Irish triathlon titles and between 1984 and 1991 represented Ireland in European Championships, World Triathlon Championships and Hawaii Ironman World Championship events. His best achievements at European Championship level was 6th, and 14th at World level.

In 1991, at 31 years of age, Gerard's athletic career was abruptly ended when he fractured his hip in a freak cycling accident. He developed his physical therapy practice in Gainesville, Florida, where he operated his clinic, **Gerard Hartmann Physical therapy and Advanced performance Systems.**

He served at the 1992 Barcelona Olympic Games as physical therapist to a dozen medal winners.

He was physiotherapist to the Irish Olympic team in Atlanta 1996 and served as physiotherapist to the Great Britain Olympic team for Sydney 2000.

He also served as physiotherapist to the Great Britain team at the World Athletics Championships in Seville in 1999, at the World Cross Country Championships in Ostend, Belgium 2001, and the World Championships in Edmonton, Canada in 2001.

He has treated and prepared athletes who have won the following marathons: New York, Chicago, Boston, Rotterdam, Paris & Dublin and has worked with a record seven winners of the London marathon, including both 2002 winners, Paula Radcliffe and Khalid Khannouchi. Physical Therapist to 400 plus Olympic athletes, including: 49 Olympic medal winners, 34 World Champions including World Record Holders. Physical Therapist to World Record Holders in 100, 110m hurdles, 1,500m, 1 mile, 3,000m, 10,000m, 10 mile road race, half marathon, marathon National and international athletes treated from USA, Great Britain, Ireland, Kenya, South Africa, Portugal, Morocco, Algeria, Sudan, Tanzania, Chile, Australia, New Zealand, Russia, Ukraine, Canada, Mexico and Jamaica.

## Peaking Past Forty

**T**here are ways and means to stay fast and strong into and well beyond middle-age, as athlete and physical therapist Gerard Hartmann explains.

As I approach my 40th birthday I am excited about entering the category known as 'Masters'. Over the past ten years I have developed a special interest in exercise in the context of ageing. I have researched scientific studies on running and its fitness and health benefits. I have also worked with numerous elite and recreational master athletes.

Working with Eamonn Coghlan when as a vet he was trying to break four minutes for the mile was an education. It was wonderful to be there when at age 41 he became the first 'Master' in history to crack the barrier (3.58.15).

Assisting Grete Waitz (nine times winner of the "New York marathon") write her book 'On the Run', which is aimed at middle-aged executives, demanded much research. I shared with Grete (herself 47) much knowledge on our mutual interest: running, cross training, and the health benefits of a structured exercise programme.

I know from my experience as a sports injury therapist that veterans must be in tune with their bodies. A slight niggle can sideline a veteran for weeks (recovery takes much longer than with younger athletes). The vet must continually monitor telltale signs and be willing to take rest-days and adapt as problems arise. I have also learned that no matter how well we eat or how carefully we exercise, there are no guarantees; we can do little about the genetic factor. The sudden deaths of Jim Fixx and, more recently, my good friend Noel Carroll testify to that.

Olympic champion John Walker shocked everyone in 1995 when at age 42 he announced he had Parkinson's disease. Another Olympian, Steve Scott, still competing internationally in his late thirties, was found to have testicular cancer.

It is my opinion that stress is the most silent killer. Everyone has a different tolerance to stress, and stress is very much individually registered. My personal approach if I have a very stressful day in the clinic is to adapt - to do a shorter run at a more relaxed pace or even take a complete rest-day and distress in a hot bath.

Many athletes squeeze their training into hectic workdays - I question the wisdom of this. In this article, I aim to promote the benefits of exercise for life and to share my knowledge on ageing and performance - to outline my 'Global View' of achieving optimal fitness and running performance.

There are four main changes typical of the veteran runner: Increase in body fat; decrease in muscle mass/strength; decrease in flexibility/range of joint-motion; decrease in variety of running.

### INCREASE IN BODY FAT

The accumulation of fat is the most prevalent age-associated physiological changes. With age, the average individual loses six percent of lean mass (9 muscle) per decade - but maintains or increases total body mass by gaining fat. The typical Irishman gains 25 pounds of fat from age 20 to 50. One of the main reasons is that both basal metabolic rate and energy expenditure decline with age. Metabolic activity slows because of decreases in metabolically active tissue (muscle) and increases in metabolically inactive tissue (body fat).

The roles of physical exercise and nutrition cannot be separated when assessing age-associated changes in metabolism, body composition, and performance. Simply put, many runners are carrying two stones of dead weight (fat) on a skeletal structure that is shedding muscle - which is why so many get injured.

Aside from increasing strength and preventing injury, the obvious benefit of greater muscle mass is that muscle is metabolically active; an increase in muscle raises basal metabolic rate, which means the body burns more energy. Many runners believe they can consume as many calories in midlife as when they were younger and not put on weight. The reality is that the best way to limit weight gain is to exercise more while eating less and limiting alcohol consumption.

## MASTERS ATHLETICS APRIL 2004

There are many reasons why veterans should watch their diets - injury prevention, better performance, a healthy immune system, and shorter recovery time, to name but a few. There are also those dreaded 'free radicals'.

Without getting too scientific, though the oxygen we breath is vital for life, it is also incorporated into these very reactive substances free radicals), which are harmful. A runner uses up to 30 times more oxygen than a 'couch potato', and that extra oxygen makes for extra free radicals. It is therefore vital to include antioxidants in the diet to prevent and repair the damage caused by free radicals.

The best-known antioxidants are vitamin A, C and E. A balanced diet rich in fruit, vegetables, cereals, nuts, seeds, pulses, fish, and dairy produce will meet your requirements. Many veteran runners take the supplement Glucosamine to inhibit wear and tear on joints, ligaments, cartilage, and connective tissue. Glucosamine is non-toxic and has no known side effects.

### DECREASED STRENGTH

Muscle strength and mass tend to decrease 30 to 50 percent between the ages of 30 and 70. As we age we weaken, because bundles of muscles and nerves called 'motor units' deteriorate.

Between the ages of 30 and 70 the average person loses 20 percent of the motor units in all the large muscles. Regular exercise counteracts or delays the detrimental effects of ageing.

Muscular adaptation depends on the intensity, duration, frequency, and pattern of the stimulus.

Many veterans get stuck in a rut - running at the same pace all the time. Regular running quite obviously has cardiovascular benefit but is likely stimulating only one level of fitness Potential.

Running at low intensity increases the oxidative capacity primarily of 'type one' (slow oxidative) fibres, whereas strength training tends to be more effective in producing hypertrophy in 'type two' (fast glycolytic) fibres.

I recommend a programme that focuses on the core muscles of the upper and lower back as well as the abdominals, gluteals, adductors, quadriceps, and hamstrings. When any of these core muscles weaken, imbalances can occur, and that is when the stress of running shifts to vulnerable joints - ankles, knees, hips - and shins. That is when you get injured.

The muscular system is, like a chain, only as strong as its weakest link. The goal is to build muscle mass that can absorb shock, protecting the skeleton from overload. Remember that strength training is not just for younger runners. A strength programme will help you maintain muscle as you age. Strength training also maintains bone density, which, like muscle mass, declines with age.

### DECREASED FLEXIBILITY

It is true that flexibility decreases with age, and for clear physiological reasons.

Collagen and elastin, the primary structural components of muscle, undergo specific physical and biochemical changes. Collagen reflects a loss of the minimal extensibility that existed earlier and reflects an increased rigidity. Elastin likewise changes with age. Elastic fibres lose their resilience and undergo various alterations, including fragmentation, fraying, clarification, and other mineralisations. Nonetheless, evidence indicates that flexibility can be developed at any age. The rate of potential for improvement. In general, the longer you wait after adolescence to start on a flexibility programme, the less are the chances of absolute improvement.

Clearly, the main reason many veteran runners are stiff is that they spend too little time stretching. Most runners perform a few cursory stretches - leaning against a wall to stretch the calves or clasping the hands to the foot to stretch the quads.

I recommend at least ten minutes per day stretching. The runner who trains on a menu of 'only running' limits potential and dramatically increases the risk of injury. Flexibility is an integral part of training, and the only way to improve flexibility is to stretch regularly.

### INCREASED VARIETY

It amazes me how many runners lapse into the same old leisurely pace. Although steady running does have its place, one-paced training promotes only one aspect of fitness. When leisurely runs dominate, race times suffer.

This means that the training elements that preserve speed should never be neglected - even during the off-season. In addition to incorporating varying intensities of running into the schedule, it is also beneficial to do form drills along with strength work and flexibility exercises to keep snap in the legs and maintain a speedy mindset even when not racing. Lost leg speed is difficult to regain - especially as the runner ages.

### FORM DRILLS

Three basic drills can be done at least three times a week either at the start or end of running. The many Kenyans I work with incorporate drills followed by 8x100m strides into their schedules, usually after the morning run. The drills focus on correct running technique and leg turnover.

The first drill focuses on a high knee action. Stand tall, relax arms and shoulders, and lift one knee to waist level, thigh parallel to the ground, while keeping the other leg straight as your foot strikes the ground. Quickly alternate knees, keeping one foot off the ground at all times as you move forward for about 30 metres. **Perform three times.**

This will teach you to run tall and use the basic sprinting technique: Extending the support leg while lifting the opposite knee. So many veterans run low to the ground because they seldom train to develop form and proper carriage.

Once you master this technique, incorporate the arms. Each time you raise your thigh parallel to the ground, bring the opposite hand up to forehead level without allowing the arm to cross the midway point of the body. Again, **do this drill for 30 metres three times.**

Once you master the exaggerated arm and knee action, your body will begin to use this technique when you run fast.

In the final drill, which I call 'quick feet', you simply move your feet as fast as you can across the ground, as if you were walking on hot coals. **Perform the drill three times, again moving forward 30 metres each time.**

### VARYING INTENSITY

Many runners never achieve their potential.

Because they run slowly, their intensity is low and demands are confined to the aerobic pathway.

You need to incorporate faster distance runs. This entails doing, say, an eight-miler at a faster than usual pace. This will demand a higher oxygen supply, enlarges the heart, and improves perfusion of blood to the muscles.

Another strategy is to run three to five mile very fast, at or near anaerobic threshold. This boosts tolerance to such intensity and improves muscular capacity for glycogen.

The fast run should be preceded by a ten-minute warm-up run and followed by ten to 15 minutes of easy running. Stimulating the various energy pathways and getting accustomed to varying speeds is a sure way to improve performance.

The competitive veteran will benefit from various forms of interval running. An example would be: ten minutes warm-up and 6x800m with two minutes jog recovery between each; or 10 x 400m, jogging 200m between each. Always jog ten to 15 minutes to cool down.

Some runners feel they must have access to a track to do interval training or speed work. But sessions can be done on parkland, riverbanks, trail, playing field, and several other surfaces (though for hard sessions avoid roads).

With running, the focus is on mechanics and leg-speed, lifting the feet off the ground as quickly as possible. Keeping speed intact is a year-round enterprise that entails a consistent training pattern with a variety of workouts. Rather than just grinding out the miles, stay focused on form and make leg-speed a part of the daily routine.

My 'Global View' incorporates the 'use it or lose it' principle and involves developing many aspects of fitness - endurance, strength, flexibility, balance, rest, and discipline.

Many runners wrongly equate health with the ability to run. But the ability to run indicates only that the individual is specifically fit to run - it does not necessarily reflect overall health. Fitness and health are separate but linked entities.

The Global View incorporates all aspects of fitness. Veterans must take a global view of health and performance. We know about the ravages of age, but science has shown (and we have vets of all ages as living proof) that regular exercise diminishes the effects of ageing.

Strength can be increased at any age; so too can flexibility; body composition can be changed; muscle mass can be altered.

Athletes who follow this plan report among its benefits that on less mileage they not only improve performance and avoid injury but also enjoy better general health.

#### **WHAT YOU NEED - WHY YOU NEED IT**

**Endurance:** Training the cardiorespiratory system through steady running is the cornerstone of the sport.

**Strength:** Strong muscles aid running and help avoid imbalance injuries. Main locomotive muscles: hamstrings, quadriceps, calf and anterior shin. Postural stabilizing muscles: back extensors and trunk flexors (erector spine and abdominals). Hip abductors and adductors.

**Flexibility:** Stretching produces a more efficient stride and fewer injuries. Emphasise hamstrings, quadriceps, gluteals, adductors, low back, and calf.

**Speed:** Incorporate interval training, fartlek, speed, strides, form drills and races and all-round running becomes easier.

**Variety:** Incorporate strength, flexibility, and a variety of speeds. Supplement running with cycling, swimming, orienteering, aerobics, and rowing. Other sports help runners achieve optimal fitness on less mileage.

**Balance:** As training options increase, a balanced programme is essential.

**Rest:** Don't overdo it. Recovery time is essential. Listen to your body. When you're tired or stressed, back off. Take every injury Seriously - healing takes longer for veterans.

**Nutrition:** A balanced diet (low fat, high carbo) makes a healthy runner. Accommodate decrease in metabolism with age.

**Discipline:** A multifaceted programme demands planning and organisation.

2 Patrick Street, Limerick, County Limerick, Ireland ...  
0035 361 311 795 ... [ursula@hartmann-international.com](mailto:ursula@hartmann-international.com)

## READERS WRITE



THE LONGEST DUATHLON  
ERIC BARBER

At my first attempt at the Powerman world Long Course Duathlon Championships, staged on 14.9.03 in and around Zofingem, Switzerland,

the Swiss race commentator announced, Eric Barber from Torquay, England as 67 years young.

At that stage of the race, 7.5k.m. of the second run of 30k, m, I was only about half km, behind my main age group rival, Franco Castori from Italy.

I was running at a good pace at that stage, but Franco was struggling, as were many other competitors. I had decided to ease into the race on the first 10km. Run especially as there was a long steady climb from the start. Most of both 10km. & 30km. runs were on a tough hilly gravel trails through woodland.

When I was running in the first 10km run, I remembered the words of Mike Davies, one of Torbay Athletic club's coaches, 'Concentrate on style.' I was relaxed and running at a sustainable pace. I was aiming for 50 minutes with the intention that I would retain sufficient energy for the tougher 150km. bike course and the second 30km. run, having followed a similar policy of maintaining an even pace in the 1997 "Dartmoor Discovery 34 miles ultra marathon in which I finished 22nd overall and age group winner, I was confident that the even paced policy would give the best chance of being able to perform at my best.

I completed the 10km, first run in 46m.33s. but was unaware how Franco Castori And Kevin Robinson had fared. The race rules Included a statement that any competitors who had not completed 2 x 50km. laps of the bike course after the 10km. run within 4 3/4 hours or the third bike lap within 6 3/4 hours would be pulled out of the race, I thought the time limit could be a bit harsh on the older competitors as on my one lap training rides around the course on 3 different days prior to the race I had only averaged 2 hours.

I thought that the time limit could result in having to push it too much on the bike resulting in insufficient energy in reserve for the 2nd run of 30km.

Many people have suggested that I am mad to attempt the Zofingem Duathlon. I do however, wish to attempt and achieve new difficult and hard challenges, including the Jungfrau marathon, which includes 5,000 ft. of climbing, which I consider will not be anything like as hard as 'Zofingem'. I climbed the hills well on the bike passing and dropping riders on the second main climb each lap. However, as I am better at running, there were many who passed me in lap one of the bike Including Franco Castori, my main rival near to half way round lapone. Franco was going well. Halfway through the bike section Franco was 15 minutes ahead. This was a testing mental point. Should I accept he was unlikely to recover the deficit, which was a possibility or should he consider the positive aspect of beating Franco?

In the 10/40/5 duathlons, I am at a disadvantage when I lose time on the bike because it is difficult to make up a large deficit in 5km. whereas with a 30km. run to complete anything could happen and does: I

reasoned that as I had beaten Franco on the first run and it had taken him about half a lap of the bike course to catch me that even if Franco gained half an hour on the 150km. bike section, I could possibly recover that deficit on the second 30km. run. I was thinking positively due to my training and a good steady first run. Furthermore, I was also pacing myself well on the bike so felt good. By catching 3 riders before the end of lap 2 and a further steady 3<sup>rd</sup> lap I achieved 5.43.57 for the 150km. bike course.

I eased into the first lap of the second run. After the long 2km. uphill section I ran well for the remainder of the first lap. Although I slowed in the last 6km. of the second lap I still covered the 30km. second run 39 minutes quicker than Franco, 65 - 69 age group results

1. ERIC BARBER 9hrs.29m.19.9s.;
2. FRANCO CASTOSI 9hrs.57m.27.0s.
3. KEVIN ROBIISON G. B. D.I.T.F.

Here's a funny coincidental story prompted by my recent Cardiff visit.

I have been desperately trying to shake off this chronic condition of

'fourthitis' at major championships.

Of course there are always excuses to be made, although I rarely claim mechanical problems, because in all truth I don't train hard enough!

There's the answer you may say. Probably, but it interferes with the story.

Anyway I had a real run (no pun intended) of fourths in my favoured

1500m which started after my last visit to Cardiff in 2001. There I

managed to get Silver, and getting as close as I probably ever will do to

Dave Wilcock at 1500m, and managing to turn the tables on Dave

Bedwell and Dave Gee (I think Dave s should be banned from competing

at 1500m) because, you guessed it, I'd finished fourth at Birmingham in

2000, and then *fourth* in the Euro Outdoor Champs in Finland.

So I pretty pleased with my silver and went to Bordeaux hoping to run

well. I did for me but ended up fourth that was just the start! I went to

Eton for the Outdoors with reasonable hopes but a few youngsters got in

the way and I had to settle for my customary fourth position!

Osborne provided a respite from fourthitis', and although getting to the

final and running to within five hundredths of my lifetime best I was

seventh. However, it was back on track at Cophthall in 2002 with a tired

fourth again- (I'd lost my appendix in January so was only a spectator at

the Indoors in Glasgow).

I was hoping things would change at some point. Looking forward to

2003, wishing my life away to get into the new age group in June, there

was a final Indoors to negotiate at Glasgow It would be difficult to buck

the trend, being the 'senior' in my event, and although I thought I might

do at one stage, I eventually bowed to tradition and ambled in fourth

Never mind, there was the Outdoors to look forward to. I'd be just in the

new age group and hopefully raring to go to exorcise my 'fourthitis' at last

that was until the dates were brought forward to scupper my best laid

plans and resign me to a sixth summer in the 45-49 age group (me thinks

no one should suffer six years in a five year age group, but that's a

separate debate! Any takers?)

In the end I decided to wait for Puerto Rico I would have to lay the ghost

at World level and improve on my only two World appearances of

seventh in the final both times. As prep I ran the 800m. Only ever getting

to the World semis before this time I made the final as the fastest

qualifier (I ran scared just to qualify), but the humidity on the day of the

Final allied with poor tactics condemned me to yes you guessed it

fourth.

You can imagine how I felt lining up for the final of the 1500m with such a recent history behind me.

Actually I was just thinking of constantly dowsing myself with water to keep cool right up to gun. It worked I broke the trend everything worked to plan and I ended up a clear 2nd Silver medal in the World Champs. Fantastic. Bye bye'fourthitis'I thought.

So there I was, lining up at Cardiff in the 1500m event just after the fire alarm, facing two recent world record breakers (Dave Wilcock and Nigel Gates) as well as a strong supporting cast, and the announcer, bless him, introduces me as coming 4th in Puerto Rico. I thought, "Irony or what? This surely can't be happening." There must be someone with a 'fourthitis' master plan, and I have been nominated to suffer even when I do surpass it! So the pace in the race is so hot that on the way round I'm only in 5th place. The announcer, bless him again, is still extolling my virtuous 4th place in Puerto Rico, so there seems absolutely nothing else to do but battle on and claim 4th in what turns out to be a World record race. Well done Dave Wilcock, Dave Bedwell and Nigel Gates. It was a great race and good to be involved. To run faster than the M40s is pretty special. I was sorry I couldn't be a bit closer but a reputation to uphold (and more likely a little or abundant lack of talent and required training) contributed!

I just hope this is not a prolonged bout of 'fourthitis' coming on, and that announcers get better script writers, but it at least it brought back a few memories to share.

Yours faithfully,

KEVIN ARCHER.

#### RUNNING BREAKS IN NORTHERN IRELAND

Where can you find friendly races almost every weekend and a host of wonderful training routes? The answer, surprisingly, is in Northern Ireland.

Local BMAF member Terry Eakin is keen to assist more British masters to come across for races linked to weekend holiday breaks. Terry says, "Everybody always seems to have a great time at the Masters XC Home Internationals at Ballymena; so we are now encouraging more people to come here at other times".

Amazingly cheap air-fares and super-value B&Bs and hotels, make the Belfast and the surrounding area a real bargain destination – for accommodation and travel details see

<http://www.discovernorthernireland.com/>

Races are usually within a short journey from the city and there is a full programme of road, XC, track and fell races – with often

two or three events to choose from each weekend. Fixture lists are available at <http://www.niathletics.org/opencontent/default.asp>

<http://www.nimra.org.uk/default.asp>

Races apart, Terry considers that Belfast offers some of the best off-road training to be found in any city. He says, "The Lagan Canal Towpath and North Down Coastal Path both offer absolutely flat ten mile runs through superb scenery; with a selection of en-route tea shops and pubs for after run, and even mid-run, refreshments. Both paths are used by masses of local runners every day. More hilly routes include the elegant Stormont Estate, venue for the annual Rebok XC International, and the towering Belfast Hills".

Terry is always willing to provide free advice and race details for any BMAF visitors to Northern Ireland, including anybody wishing to travel to the NI Vets T&F Championships, in Bangor, on Sat 21<sup>st</sup> August. Terry can be contacted at 02891 882104 or e-mail him at

PETEC@a.celtcoast.freemove.co.uk.

# B.M.A.F. INDOOR CHAMPIONSHIPS 21<sup>st</sup> & 22<sup>nd</sup> FEBRUARY 2004

**BMAF INDOOR CHAMPIONSHIPS**  
**WORDS PETE MULHOLLAND.**  
**PICTURES BRIDGET CUSHEN.**

One world record, eight European records plus 23 British records to be posted on the BMAF web site. Quite some achievement after a winter weekend spent indoors.

Top of the heap was David Wilcock's stunning M50 1500m where after an epic final lap he saw off David Bedwell to come home in 4:12.67 to destroy the world record of 4:14.73 held by Britain's John Potts. With his 4:13.46 Bedwell was also inside Pott's record but as in the days of Steve Ovett and Sebastian Coe he is second best in the world as well as second best in Britain.



**Dave Wilcock**

"I didn't think the record was on during the earlier stages of the race," admitted Wilcock, who two weeks earlier had claimed an M50 800m world record, but his trademark finishing speed quickly put paid to that forecast. Wilcock also led Bedwell home to take the 800m title in, for him, a steady 2:03.06, inside the current European mark but slower than his pending world record of 2:00.53.

Another M50 - what a classy age group this is proving to be - Steve Peters set out his stall early on to win his 60m heat in a European record of 7.43 before running 7.47 to take the gold. For good measure Peters also took the 200m and 400m.

Also a record breaker in the heats was M65 all-rounder John Ross whose initial 400m clocking of 65.78 supplied a British record but this proved to be just a warm-up for the Scot before he blasted out a 64.18 in the final to lay claim to a European record.

Like Peters, another 50-year-old, Helen Godsall, grabbed a European 60m record with her 8.36 victory. The Blackheath athlete also confirmed her recent fine form to secure a hat trick of wins with success in the 200m and 400m.

The pole vaulters also got into the act with European records but both W50 Sue Yeomans and W65 Dorothy McLennan had to be satisfied in both equalling the record with their heights of 2.80 and 1.80 metres respectively.

Meanwhile Allan Williams added a centimetre to the M50 British record by the closest possible margin as his 4.01m put paid to the current mark of 4.00m.

Shaftesbury Barnet Harrier Sarah Heath reeled off the laps well clear of the W40 opposition to secure a brace of British records with her

respective times of 2:16.93 and 4:42.84 for an 800m/1500m win double.



**Pam Jones, Margaret Auerback & Pat Gallagher**

W55 Pat Gallagher, looking to be over the injury problems that plagued her last year, took three titles as she dominated the 800m 1500m and 3000m and as a bonus the four lap event was covered in 2:37.87 for a British Record. In each of these events, Gallagher led home Margaret Auerback, world 5000m and 10,000m winner in Puerto Rico.

John Charlton's long jump of 5.78 added 15cm to the current British M55 record to add to his M45 and M50 records for the event. Having recently set a British Record for the indoor pentathlon, Charlton now lays claim to 11 national marks and with fingers crossed, says, "Hopefully, the back problems of the last five years are a thing of the past."

**Greg Dunson**



The high jump supplied a trio of British records with Greg Dunson, one of the most exciting talents to recently enter the masters' scene, clearing 1.85m to add 2cm to the M40 mark, (although he has cleared 1.90 during a Open Meeting at the N.I.A.). Previously a hurdles specialist with bests for 110m hurdles of 14.23 and a 50.88 400m hurdles, which placed him third in the 1992 UK championships. Dunson attained master's status in December and looks set for further honours.

Chris Hesketh, a frequent M40 champion, cleared 1.78m to set a new M45 mark while Norman Carter with his 1.12m is now holder of

the M75 record to pair off with his M70 record of 1.26.



**Mike Small**

The shot also supplied three British records with M45 Mike Small, arguably the most prolific competitor in Britain, leading the way. Going out to 13.83 to Small added 2cm to Ian Lindley mark set in Cardiff in 2001.

Lindley could only watch as he placed third in the competition here.

Another prolific performer with records and championships galore to his credit is Neil Griffin who heaved the shot out to a 14.13 to break David Myerscough's M55 by 3cm and in the process add to his M50 record.

Gordon Hickey, since turning 70 last year has attacked British records for the throws with a vengeance and was rewarded here with yet another one as he went out to 11.93, a massive 1.23m improvement on the record currently credited to Jaroslav Hanus.

## 60 metres

**M35 FINAL:** 1 Rohan Samuel 38 SCVAC 7.20; 2 Barrington King 38 SCVAC 7.87; 3 Eli Barnett 38 MVAC 7.94; 4 Ian Bishop 35 OPEN 8.28;

## M40

**Heat 1:** 1 Dalton Powell 40 MVAC 7.39; 2 Ricky Huskisson 44 EVAC 7.53; 3 Glen Reddington 41 SCVAC 7.69; 4 John Shepherd 42 SCVAC 7.71; 5 Andy Smith 42 EVAC 7.72; 6 Gary Myles 41 MVAC 7.99; 7 Julien Gittens 42 NVAC 8.23;

**Heat 2:** 1 Stephen Worrell 40 OPEN 7.43; 2 Michael McGlynn 40 NVAC 7.44; 3 Warren Fraser 43 MVAC 7.60; 4 Martin Weetman 41 MVAC 7.68; 5 Trevor Sinclair 42 EVAC 7.73; 6 Timothy Beaglehole 43 SWVAC 7.93; 7 Sean Beynon 41 OPEN 8.17;

**Heat 3:** 1 George Charlton 41 VAA-NE 7.58; 2 Mark Baker 42 VAC 7.61; 3 Patrick Logan 43 VAC 7.64; 4 Ronnie Hunter 42 SCVAC 7.80; 5 Anthony Geoghegan 40 IRL (G) 8.37; 6 Dave Shields 43 WM 8.47;

**FINAL:** 1 Stephen Worrell 40 OPEN 7.35; 2 Michael McGlynn 40 NVAC 7.37; 3 Ricky Huskisson 44 EVAC 7.40; 4 George Charlton 41 VAA-NE 7.49; 5 Mark Baker 42 VAC 7.51; 6 Warren Fraser 43 MVAC 7.59; 7 Patrick Logan 43 VAC 7.61; 8 Dalton Powell 40 MVAC 7.70;

## M45

**Heat 1:** 1 Eric Smart 47 VAA-NE 7.71; 2 Michael Williams 46 SVHC 7.76; 3 Nash Cummings 45 NVAC 7.86; 4 Tennyson James 46 EVAC 7.87; 5 Philip Clayton 46 MVAC 7.89; 6 Graeme Knowles 48 WMAA 8.22; 7 Roderick Davies 47 SCVAC 8.56;

**Heat 2:** 1 Cecil Moven 47 MVAC 7.64; 2 Barry Morris 45 VAC 7.67; 3 Stephen Davis 46 SWVAC 7.76; 4 Iain McEwan 45 SVHC 7.96; 5 Jon Evans 45 WMAA 8.01; 6 Ken Jackson 49 SWVAC 8.26; 7 Eugene Kirwan 45 IRL (G) 8.37; 8 Jim Lawrence 47 EVAC 8.60;

## FINAL

1 Cecil Moven 47 MVAC 7.48; 2 Eric Smart 47 VAA-NE & Barry Morris 45 VAC 7.58; 4 Stephen Davis 46 SWVAC 7.71; 5 Nash Cummings 45 NVAC 7.74;

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6 Michael Williams 46 SVHC 7.81; 7 Philip Clayton 46 VAC 7.93; 8 Tennyson James 46 EVAC 7.94;

**Heat 1:** 1 Steve Peters 50 EVAC 7.43 (EUROPEAN RECORD); 2 John Browne 50 SCVAC 7.50; 3 Viv Oliver 52 MVAC 7.73; 4 Ray Watkins 51 SCVAC 7.93; 5 Ramsey Sloss 51 SVHC 8.41; 6 Barry Gibbs 50 SCVAC 8.72;

**Heat 2:** 1 Alasdair Ross 51 SCVAC 7.67; 2 Walwyn Franklyn 51 SCVAC 7.90; 3 Philip McIlpatrick 50 NIVAC 7.95; 4 William Beattie 51 SVHC 8.10; 5 Jim Keech 52 EVAC 8.12; 6 Brian Williamson 54 WMAA 8.33;

**FINAL:** 1 Steve Peters 50 EVAC 7.47; 2 John Browne 50 SCVAC 7.50; 3 Viv Oliver 52 MVAC 7.60; 4 Alasdair Ross 51 SCVAC 7.61; 5 Walwyn Franklyn 51 SCVAC 7.75; 6 Ray Watkins 51 SCVAC 7.87;

## M55

**Heat 1:** 1 Glyn Sutton 58 WMAA 8.10; 2 Leslie Wood 56 VAC 8.45; 3 Bruce Hendrie 55 MVAC 8.46; 4 Victor Novell 59 SCVAC 8.47; 5 Albert Eland 58 NVAC 8.92; **Heat 2:** 1 Ken Smeeth 59 SCVAC 8.14; 2 Tony Deleiros 57 VAC 8.21; 3 Gerry Lustig 56 VAC 8.44; 4 Graham Wood 58 MVAC 8.84; 5 John Steel 56 MVAC 8.90; 6 David Whittaker 59 VAC 9.03

## FINAL

1 Glyn Sutton 58 WMAA 7.96; 2 Ken Smeeth 59 SCVAC 8.06; 3 Tony Deleiros 57 VAC 8.21; 4 Leslie Wood 56 VAC 8.34; 5 Bruce Hendrie 55 MVAC & Victor Novell 59 SCVAC 8.50; 7 Gerry Lustig 56 VAC 8.58; 8 Graham Wood 58 MVAC 8.89;

**M60 Heat 1:** 1 Ian Foster 60 EVAC 8.13; 2 Cameron Sealy 60 MVAC 8.40; 3 Derek Brown 60 MVAC 8.44; 4 Michael Morris 63 OPEN 8.50; 5 Huw Morgan 61 WMAA 8.68; 6 Geoff Hudson 64 MVAC 9.56;

**Heat 2:** 1 Terry Bissett 60 SCVAC 8.34; 2 Terry Ryan 60 SCVAC 8.37; 3 Charles Isetts 61 SCVAC 8.48; 4 Lyndsey Fairbrother 62 SWVAC 8.91; 5 James Sloan 62 SVHC 9.15;

**FINAL:** 1 Ian Foster 60 EVAC 8.13; 2 Terry Bissett 60 SCVAC 8.17; 3 Cameron Sealy 60 MVAC 8.20; 4 Terry Ryan 60 SCVAC 8.29; 5 Michael Morris 63 OPEN 8.45; 6 Charles Isetts 61 SCVAC 8.49; 7 Huw Morgan 61 WMAA 8.61;

**M65 FINAL:** 1 Tony Bowman 68 NVAC 8.68; 2 Alan Carter 66 EVAC 8.92; 3 David Burton 69 MVAC 8.94; 4 Byron Gray 68 SCVAC 9.15;

**M70 FINAL:** 1 Alan Mellett 70 MVAC 9.01; 2 George Cheetham 73 MVAC 9.04; 3 Hubert Daniels 72 WMAA 9.42; 4 Stanley Bowers 74 SCVAC 9.43;

**M75 FINAL:** 1 Stanley Brooks 77 VAC 9.55; 2 Rodney Clark 78 NVAC 10.64; 3 John Quantrell 78 MVAC 10.79; 4 Norman Carter 75 MVAC 10.99;

**M80 FINAL:** Sylvester Stein 83 VAC 10.66;

**W35 FINAL:** 1 Julie Money 39 NVAC 8.09; 2 Beverley Matthews 38 MVAC 8.63; 3 Angie Alstrachen 38 EVAC 8.72; 4 Abiola Onatade 38 SCVAC 8.83; 5 Julie Howard 37 SWVAC 8.89; 6 Sharon Waller 35 OPEN 8.91; 7 Joan Chalmers 37 SVHC 9.00; 8 Claire Bowman 38 NVAC 9.62;

## W40

**Heat 1:** 1 Angela Farley 41 VAC 8.40; 2 Sandra McDonald 43 MVAC 8.59; 3 Denise Timmis 43 EVAC 8.62; 4 Mary Dwyer 40 IRL (G) 8.71; 5 Lesley Hopkins 42 SCVAC 8.78; 6 Angela Kelly 43 SVHC 8.89; 7 Janice Hardcastle 44 EVAC 8.98;

**Heat 2:** 1 Manndy Laing 44 NVAC 8.54; 2 Angela Griffiths 42 SCVAC 8.68; 3 Angela Fudge 42 VAC 8.71; 4 Euphemia Scott 40 SCVAC 8.74; 5 Gaye Clarke 43 EVAC 8.84; 6 Hazel Barker 44 NVAC 8.95; 7 Carmell Carey 44 IRL (G) 8.96; 8 Sue Hooper 41 WMAA 9.20;

**FINAL:** 1 Angela Farley 41 VAC 8.35; 2 Sandra McDonald 43 MVAC 8.57; 3 Manndy Laing 44 NVAC 8.57; 4 Angela Fudge 42 VAC 8.62; 5 Denise Timmis 43 EVAC 8.64; 6 Angela Griffiths 42 SCVAC 8.65; 7 Euphemia Scott 40 SCVAC 8.68; 8 Mary Dwyer 40 IRL (G) 8.73;

**W45 FINAL:** 1 Anne Goad 45 SCVAC 8.69; 2 Jane Horder 47 MVAC 8.87; 3 Paula Booth 45 NVAC 9.24; 4 Christine Young 48 SCVAC 9.50;

**W50 FINAL:** 1 Helen Godsell 50 SCVAC 8.36 (EUROPEAN RECORD); 2 Janet Lawson 51 EVAC 9.08; 3 Fiona Argent 50 SCVAC 9.75; 4 Anne Nelson 52 SCVAC 9.93; 5 Grete Howarth 52 NVAC 10.43;

**M55 FINAL:** 1 Maureen Lewington 56 MVAC 9.05; 2 Rosemary Champion 57 SCVAC 10.33;

**W60 FINAL:** 1 Esther Linaker 62 SVHC 9.23; 2 Dorothy Morgan 61 WMAA 10.58;

**W65 FINAL:** Mary Webb 67 WMAA 10.82;

**W70 FINAL:** 1 Betty Steedman 70 SVHC 10.72;

2 Brenda Green 74 SCVAC 12.66;

**W80 FINAL:** 1 Mary Wixey 83 MVAC 13.60;

## 200 metres

**M35 FINAL:** Eli Barnett 38 MVAC 25.95;

## M40

**Heat 1 (Hand timing)** 1 Warren Fraser 43 MVAC 24.2; 2 Michael McGlynn 40 NVAC 24.3; 3 George Charlton 41 VAA-NE 24.5; 4 Glen Reddington 41 SCVAC 25.3;

**Heat 2 (Hand timing)** 1 Ricky Huskisson 44 EVAC 24.3; 2 Andy Smith 42 EVAC 24.7; 3 Patrick Logan 43 VAC 25.4; 4 Timothy Beaglehole 43 SWVAC 26.2;

**Heat 3 (Hand timing)** 1 Philip Jones 44 VAA-NE 25.2; 2 Ronnie Hunter 42 SCVAC 25.3; 3 Geoff Powley 42 EVAC 26.0;

**FINAL:** 1 Ricky Huskisson 44 EVAC 23.91; 2 Michael McGlynn 40 NVAC 23.93; 3 Warren Fraser 43 MVAC 24.36; 4 Philip Jones 44 VAA-NE 25.32;

## M45

**Heat 1** 1 Eric Smart 47 VAA-NE 25.34; 2 Malcolm Bramhall 45 EVAC 25.48; 3 Nash Cummings 45 NVAC 25.52; 4 Eugene Kirwan 45 IRL (G) 26.83;

**Heat 2:** 1 Michael Williams 46 SVHC 25.08; 2 Clive Pengelly 47 SWVAC 26.49; 3 Philip Clayton 46 MVAC 26.57; 4 Philip Bell 49 VAC 26.81;

**Heat 3:** 1 Barry Morris 45 VAC 24.75; 2 Kevin Carey 47 IRL (G) 25.80; 3 Roderick Davies 47 SCVAC 29.01;

**Heat 4:** 1 Ian Broadhurst 49 NVAC 25.05; 2 Jon Evans 45 WMAA 25.94; 3 Jim Lawrence 47 EVAC 28.51;

**FINAL:** 1 Eric Smart 47 VAA-NE 24.36; 2 Barry Morris 45 VAC 24.42; 3 Ian Broadhurst 49 NVAC 24.93; 4 Malcolm Bramhall 45 EVAC 25.29; 5 Nash Cummings 45 NVAC 25.47; 6 Kevin Carey 47 IRL (G) 25.73; 7 Jon Evans 45 WMAA 26.28; 8 Michael Williams 46 SVHC DNF;

## M50

**Heat 1:** 1 Steve Peters 50 EVAC 24.06; 2 Viv Oliver 52 MVAC 24.75; 3 Ray Watkins 51 SCVAC 26.00; 4 Jim Keech 52 EVAC 26.51;

**Heat 2:** 1 Walwyn Franklyn 51 SCVAC 25.67; 2 Ramsey Sloss 51 SVHC 26.39;

**FINAL:** 1 Steve Peters 50 EVAC 24.11; 2 Viv Oliver 52 MVAC 24.66; 3 Walwyn Franklyn 51 SCVAC 25.18; 4 Ramsey Sloss 51 SVHC 26.38;

## M55

**Heat 1:** 1 Glyn Sutton 58 WMAA 26.29; 2 Ken Smeeth 59 SCVAC 27.17; 3 Victor Novell 59 SCVAC 27.95; 4 John Steel 56 MVAC 29.25;

**Heat 2:** 1 Tony Deleiros 57 VAC 26.73; 2 Bruce Hendrie 55 MVAC 27.64; 3 Gerry Lustig 56 VAC 27.70; 4 David Whittaker 59 VAC 29.14;

**Heat 3:** 1 Paul Anthony 55 MVAC 26.24; 2 Tony Wells 55 EVAC 26.40; 3 Albert Eland 58 NVAC 29.47;

**FINAL:** 1 Glyn Sutton 58 WMAA 25.88; 2 Paul Anthony 55 MVAC 26.10; 3 Tony Wells 55 EVAC 26.34; 4 Tony Deleiros 57 VAC DNF;

## M60

**Heat 1:** 1 Terry Bissett 60 SCVAC 26.74; 2 Cameron Sealy 60 MVAC 27.80; 3 Charles Isetts 61 SCVAC 28.24; 4 Michael Morris 63 OPEN 28.83;

**Heat 2:** 1 Ian Foster 60 EVAC 27.59; 2 Terry Ryan 60 SCVAC 27.77; 3 Geoff Hudson 64 MVAC 32.11;

**FINAL:** 1 Terry Bissett 60 SCVAC 26.48; 2 Ian Foster 60 EVAC 27.04; 3 Terry Ryan 60 SCVAC 27.09; 4 Cameron Sealy 60 MVAC 28.01;

## M65

**Heat 1:** 1 John Ross 65 SVHC 28.31; 2 Tony Bowman 68 NVAC 29.19; 3 Malcolm Schofield 66 NVAC DNF;

**Heat 2:** 1 Alan Carter 66 EVAC 30.33; 2 David Burton 69 MVAC 32.45; 3 Tony Crocker 68 MVAC DNF;

**FINAL:** 1 John Ross 65 SVHC 28.39; 2 Tony Bowman 68 NVAC 28.94; 3 Alan Carter 66 EVAC 28.97; 4 David Burton 69 MVAC 30.22;

## M70

**Heat 1:** 1 Alan Mellett 70 MVAC 31.53; 2 Stanley Bowers 74 SCVAC 33.18; 3 John Cullingham 71 VAC 34.53;

**Heat 2:** 1 George Cheetham 73 MVAC 31.76; 2 Hubert Daniels 72 WMAA 32.76;

**FINAL:** 1 Alan Mellett 70 MVAC 30.46; 2 George Cheetham 73 MVAC 31.71; 3 Hubert Daniels 72 WMAA 32.32; 4 Stanley Bowers 74 SCVAC 33.53;

**M75 FINAL:** 1 Stanley Brooks 77 VAC 32.55; 2 John Quantrell 78 MVAC 36.85; 3 Norman Carter 75 MVAC 39.49;

## W35

**Heat 1:** 1 Sally Read-Cayton 38 VAC 28.02; 2 Angie Alstrachen 38 EVAC 29.27; 3 Abiola Onatade 38 SCVAC 30.77;

**Heat 2:** 1 Julie Money 39 NVAC 27.43; 2 Geraldine Finegan 38 NIVAC 27.84; 3 Catherine Goddard 38 EVAC 28.77;

**FINAL:** 1 Julie Money 39 NVAC 27.25; 2 Geraldine Finegan 38 NIVAC 27.63; 3 Sally Read-Cayton 38 VAC 28.19; 4 Catherine Goddard 38 EVAC 28.85;

## W40

**Heat 1: (Hand timing)** 1 Wendy Laing 41 NVAC 27.9; 2 Carmell Carey 44 IRL (G) 28.9; 3 Sally Stagles 43 EVAC 29.3;

**Heat 2: (Hand timing)** 1 Euphemia Scott 40 SCVAC 29.0; 2 Gaye Clarke 43 EVAC 29.3; 3 Angela Kelly 43 SVHC 29.8; 4 Janice Hardcastle 44 EVAC 30.1;

**Heat 3: (Hand timing)** 1 Angela Farley 41 VAC 27.4; 2 Sandra McDonald 43 MVAC 28.5; 3 Denise Timmis 43 EVAC 28.9;

**Heat 4: (Hand timing)** 1 Charmaine Johnson 40 VAC 28.6; 2 Yvonne Salmon 40 SCVAC 28.8; 3 Angela Griffiths 42 SCVAC 28.9;

**FINAL:** 1 Angela Farley 41 VAC 27.40; 2 Wendy Laing 41 NVAC 27.89; 3 Yvonne Salmon 40 SCVAC 28.37; 4 Angela Griffiths 42 SCVAC 28.41; 5 Denise Timmis 43 EVAC 28.78; 6 Euphemia Scott 40 SCVAC 29.33; 7 Carmell Carey 44 IRL (G) 29.50;

**W45 FINAL:** 1 Anne Goad 45 SCVAC 30.07; 2 Alison Brown 45 NVAC 30.55; 3 Paula Booth 45 NVAC 31.26;

**W50 FINAL:** 1 Helen Godsell 50 SCVAC 28.28;

2 Moira West 54 OPEN 31.57; 3 Fiona Argent 50 SCVAC 31.69; 4 Anne Nelson 52 SCVAC 33.59;

**W55 FINAL:** 1 Maureen Lewington 56 MVAC 30.51;

2 Rosemary Champion 57 SCVAC 37.02;

**W60 FINAL:** Esther Linaker 62 SVHC 31.38;

**W65 FINAL:** 1 Jean Hulls 65 SCVAC 34.61; 2 Dorothy Fraser 66 EVAC 35.46; 3 Mary Webb 67 WMAA 38.33;

**W70 FINAL:** 1 Betty Steedman 70 SVHC 39.03;

2 Brenda Green 74 SCVAC 47.21;

## 400 metres

## M40

**Heat 1:** 1 Nick Grocock 41 SCVAC 55.35; 2 Danny Brown 43 MVAC 56.11; 3 Philip Jones 44 VAA-NE 56.34; 4 Andy Gannaway 41 VAC 57.09;

**Heat 2:** 1 Jonathan Tilt 41 SCVAC 53.77; 2 Neil Tunstall 42 SWVAC 53.91; 3 John Dickinson 42 SCVAC 59.75;

**Heat 3:** 1 Andrew Waddington 42 SWVAC 54.71; 2 Martin Telford 44 VAA-NE 55.58; 3 Jagdish Ubhoo 44 MVAC 72.63;

**FINAL:** 1 Neil Tunstall 42 SWVAC 53.79; 2 Jonathan Tilt 41 SCVAC 53.79; 3 Nick Grocock 41 SCVAC 54.66; 4 Andrew Waddington 42 SWVAC 54.99;

## M45

**Heat 1:** 1 Barry Morris 45 VAC 56.94; 2 Keith Wilson 46 OPEN 58.04; 3 John Taylor 46 NVAC 59.80; 4 Eugene Kirwan 45 IRL (G) 63.12;

**Heat 2:** 1 Tennyson James 46 EVAC 57.09; 2 John Shearer 47 SVHC 57.54; 3 Bilal Namani 49 WMAA 57.92; 4 Jim Lawrence 47 EVAC 64.69;

**Heat 3:** 1 Malcolm Bramhall 45 EVAC 56.06; 2 Ian Broadhurst 49 NVAC 56.53; 3 Craig Douglas 46 SVHC 56.70; 4 Clive Pengelly 47 SWVAC 59.28;

**FINAL:** 1 Barry Morris 45 VAC 54.59; 2 Malcolm Bramhall 45 EVAC 55.15; 3 Ian Broadhurst 49 NVAC 56.48; 4 Tennyson James 46 EVAC DNF;

## M50

**Heat 1:** 1 Steve Peters 50 EVAC 54.56; 2 Steve Lang 50 SWVAC 55.04; 3 Bob Minting 53 SWVAC 56.81;

**Heat 2:** 1 Walwyn Franklyn 51 SCVAC 56.78; 2 David Wilcock 50 VAC 57.44; 3 Ramsey Sloss 51 SVHC 58.40;

**Heat 3:** 1 Alasdair Ross 51 SCVAC 56.43; 2 Viv Oliver 52 MVAC 56.54; 3 Derek Leitch 51 SVHC 60.77;

**FINAL:** 1 Steve Peters 50 EVAC 54.09; 2 Alasdair Ross 51 SCVAC 55.37; 3 Steve Lang 50 SWVAC 55.44; 4 Walwyn Franklyn 51 SCVAC 56.06;

## M55

**Heat 1:** 1 Paul Anthony 55 MVAC 59.49; 2 Albert Eland 58 NVAC 63.89; 3 Lawrie Dunn 57 MVAC 64.15; 4 John Steel 56 MVAC 67.03;

**Heat 2:** 1 John Charlton 56 NVAC 61.20; 2 Gerry Lustig 56 VAC 61.81; 3 John Barrus 57 MVAC 62.91;

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**Heat 3:** 1 Tony Wells 55 EVAC 59.36; 2 Derek Wardle 56 VAC 59.37; 3 Bruce Hendrie 55 MVAC 60.12;  
**FINAL:** 1 Paul Anthony 55 MVAC 57.96; 2 Tony Wells 55 EVAC 59.77; 3 Derek Wardle 56 VAC 64.14; 4 John Charlton 56 NVAC DNF;

### M60

**Heat 1:** 1 Frederick Bush 61 SCVAC 65.46; 2 Cameron Sealy 60 MVAC 67.30; 3 Geoff Hudson 64 MVAC 73.92;  
**Heat 2:** 1 Lyndsey Fairbrother 62 SWVAC 68.34; 2 David Cowgill 62 NVAC 69.81;

**FINAL:** 1 Frederick Bush 61 SCVAC 63.58; 2 Cameron Sealy 60 MVAC 64.49; 3 Lyndsey Fairbrother 62 SWVAC 65.43; 4 David Cowgill 62 NVAC 70.77;

### M65

**Heat 1:** 1 John Ross 65 SVHC 65.78 (**British Record**); 2 Alan Carter 66 EVAC 72.20; 3 Malcolm Schofield 66 NVAC 72.74;

**Heat 2:** 1 Colin Field 67 SCVAC 76.10; 2 Tony Bowman 68 NVAC 76.81;

**FINAL:** 1 John Ross 65 SVHC 64.18 (**European Record**); 2 Alan Carter 66 EVAC 70.20; 3 Colin Field 67 SCVAC 71.46; 4 Malcolm Schofield 66 NVAC 74.96;

**M70 FINAL:** 1 Mike Fox 70 MVAC 70.14 (**British Record**); 2 Geoffrey Feast 72 VAC 74.39; 3 Hubert Daniels 72 WMAA 76.97;

**M75 FINAL:** 1 John Quantrell 78 MVAC 88.29; 2 Norman Carter 75 MVAC 98.20;

**W35 FINAL:** 1 Geraldine Finegan 38 NIVAC 62.16; 2 Angie Alstrachen 38 EVAC 68.95;

### W40

**Heat 1 (Hand timing):** 1 Jenny Brown 44 SCVAC 64.3; 2 Denise Timmis 43 EVAC 65.4; 3 Sally Stagles 43 EVAC 65.6;

**Heat 2 (Hand timing):** 1 Yvonne Salmon 40 SCVAC 67.6; 2 Gaye Clarke 43 EVAC 69.4; 3 Angela Kelly 43 SVHC 69.6;

**FINAL:** 1 Jenny Brown 44 SCVAC 62.94; 2 Yvonne Salmon 40 SCVAC 64.39; 3 Denise Timmis 43 EVAC 65.39; 4 Sally Stagles 43 EVAC 66.17;

### W45

**Heat 1:** 1 Barbara Lock 49 SWVAC 68.28; 2 Alison Brown 45 NVAC 72.94; 3 Christine Young 48 SCVAC 75.05;

**Heat 2:** 1 Carole Smith 47 SWVAC 69.66; 2 Carol Filer 48 EVAC 69.95;

**FINAL:** 1 Barbara Lock 49 SWVAC 64.22; 2 Carole Smith 47 SWVAC 65.76; 3 Alison Brown 45 NVAC 67.48;

**W50 FINAL:** 1 Helen Godsell 50 SCVAC 69.43; 2 Fiona Argent 50 SCVAC 70.05;

**W60 FINAL:** 1 Iris Hornsey 61 EVAC 81.01; **W65 FINAL:** 1 Dorothy Fraser 66 EVAC 81.23; 2 Jean Hulls 65 SCVAC 81.87;

**W70 FINAL:** Brenda Green 74 SCVAC DNF;

### 800 metres

**M40 FINAL:** 1 Sean Price 41 WMAA 2-01.56; 2 Stephen Toogood 41 EVAC 2-02.93; 3 Wayne Speake 40 SWVAC 2-05.03; 4 Danny Hodge 40 SCVAC 2-07.08;

5 Kevin Pye 43 MVAC 2-07.25; 6 Martin Telford 44 VAA-NE 2-09.77; 7 Andy Gannaway 41 VAC 2-11.39; 8 Christopher Shore 44 MVAC 2-11.55; 9 Tim Osman 40 OPEN 2-12.21; 10 Kevin Steed 43 EVAC 2-12.57;

11 John Dickinson 42 SCVAC 2-20.68;  
**M45 FINAL:** 1 Peter Ivens 46 MVAC 2-06.15; 2 Guy van Herp 49 SVHC 2-06.82; 3 Richard Holland 45 EVAC 2-09.29; 4 Bilal Namani 49 WMAA 2-09.91; 5 Brian Slaughter 46 SCVAC 2-15.86; 6 Chris Sykes 46 OPEN 2-17.91; 7 Peter Coventry 48 MVAC 2-20.97; 8 Brian Worthington 48 MVAC 2-44.45;

**M50 FINAL:** 1 David Wilcock 50 VAC 2-03.06 (**EUROPEAN RECORD**-has 2:00.53 pending); 2 David Bedwell 50 MVAC 2-05.80; 3 Joe Gough 51 IRL (G) 2-07.17; 4 Bob Minton 53 SWVAC 2-09.59; 5 Keith Short 53 MVAC 2-11.92; 6 Derek Leitch 51 SVHC 2-14.80; 7 Ed Connolly 54 SCVAC 2-16.59; 8 Michael Hill 50 VAC 2-16.81;

**M55 FINAL:** 1 Mike Erith 56 SCVAC 2-11.12; 2 Brian Stanage 55 SVHC 2-19.83; 3 Rod Scholes 59 NVAC 2-21.12; 4 Bruce Hendrie 55 MVAC 2-23.67; 5 Albert Hlad 58 NVAC 2-26.45; 6 Bill Sillito 55 SWVAC 2-27.19; 7 Richard Somers 59 VAC 2-31.16; 8 Rowland Williams 57 SWVAC 2-41.51;

**M60 FINAL:** 1 Harvey Gott 60 NVAC 2-31.18; 2 David Cowgill 62 NVAC 2-36.21; 3 John Hodge 61 SCVAC

2-41.69; 4 Dave Voyle 63 NVAC 2-41.74;

**M65 FINAL:** 1 Arthur Kimber 67 SCVAC 2-35.26; 2 John Newcombe 65 NVAC 2-36.72; 3 Reginald Checkley 67 VAA-NE 2:51.22;

**M70 FINAL:** 1 Mike Fox 70 MVAC 2-39.50; 2 John Cullingham 71 VAC 2-57.99; 3 William Davies 73 WVAC 3-03.21;

**M75 FINAL:** 1 James Farrar 75 NVAC 3-29.40; 2 John Quantrell 78 MVAC 3-29.53; 3 Frank Copping 79 EVAC 4-01.23;

**W35 FINAL:** 1 Geraldine Finegan 38 NIVAC 2-23.32; 2 Sally Read-Cayton 38 VAC 2-23.40; 3 Jacqui Brown 37 EVAC 2-25.98; 4 Deborah Doherty 35 SCVAC 2-35.39;

**W40 FINAL:** 1 Sarah Heath 42 SCVAC 2-16.93 (**British Record**); 2 Pauline Atkinson 41 NVAC 2-22.55; 3 Helen Patton 44 VAA-NE 2-23.37; 4 Jenny Brown 44 SCVAC 2-31.35; 5 Charmaine Johnson 40 VAC 2-43.30;

**W45 FINAL:** 1 Barbara Lock 49 SWVAC 2-28.10; 2 Carole Smith 47 SWVAC 2-29.73; 3 Kate Rogers 45 SWVAC 2-33.68;

**W50 FINAL:** 1 Nancy Hitchmough 53 MVAC 2-37.57; 2 Shelley Walsh 50 EVAC 2-45.39; 3 Liz Bowers 51 SCVAC 2-46.98; 4 Sue James 53 SCVAC 2-53.26; 5 Pat Halstead 51 SCVAC 2-55.18; 6 Moira West 54 OPEN 3-02.91;

**W55 FINAL:** 1 Pat Gallagher 58 WMAA 2-37.87 (**British Record**); 2 Margaret Auerback 57 SCVAC 2-51.24;

**W60 FINAL:** 1 Iris Hornsey 61 EVAC 3-05.96;

### 1500 metres

**M35 FINAL:** 1 Rob Finch 36 OPEN 3-58.62; 2 Jeremy Mower 38 OPEN 4-45.84;

**M40 FINAL:** 1 Wayne Speake 40 SWVAC 4-14.85; 2 Nick Overton 42 EVAC 4-16.35; 3 Daniel Thorogood 42 OPEN 4-17.80; 4 Ivan Pawluk 40 MVAC 4-20.62;

5 Ian Auger 40 OPEN 4-23.92; 6 Sean Price 41 WMAA 4-30.80; 7 Declan McCarthy 41 NIVAC 4-31.32; 8 Craig Sabin 42 MVAC 4-33.39; 9 Mark Fry 40 WMAA 4-46.21; 10 Simon Denly 42 OPEN 4-48.32;

**M45 FINAL:** 1 Paul Davoile 45 OPEN 4-28.73; 2 Christopher Clarke 45 EVAC 4-29.16; 3 Richard Holland 45 EVAC 4-30.61; 4 Dickie Wythe 47 SWVAC 4-41.96; 5 Brian Worthington 48 MVAC 5-19.71; 6 Kevin Dillon 49 NVAC 6-05.96;

**M50 FINAL:** 1 David Wilcock 50 VAC 4-12.67 (**WORLD RECORD**); 2 David Bedwell 50 MVAC

4-13.46; 3 Nigel Gates 50 VAC 4-17.58; 4 Kevin Archer 50 VAA-NE 4-27.77; 5 Bernard Wareing 51 MVAC 4-30.03; 6 Archie Jenkins 51 SVHC 4-42.95; 7 Derek Leitch 51 SVHC 4-46.92;

**M55 FINAL (Hand timing):** 1 Mike Erith 56 SWVAC 4-40.7; 2 Brian Stanage 55 SVHC 4-55.0; 3 Mick Smedley 55 MVAC 4-55.4; 4 Bernie Plain 57 WMAA 6-00.5;

**M60 FINAL:** Harvey Gott 60 NVAC 5-09.08;

**M65 FINAL:** 1 Arthur Kimber 67 SCVAC 5-26.48; 2 Edmond Simpson 66 VAC 5-32.60; 3 Reginald Checkley 67 VAA-NE 5-59.00; 4 Brian Shave 69 SCVAC 6-47.69;

**M70 FINAL:** 1 Derek Howarth 73 NVAC 5-50.07; 2 Richard P-Knowles 71 VAC 6-06.67; 3 John Cullingham 71 VAC 6-19.30; 4 Arthur Walsham 73 NVAC 7-31.53;

**M75 FINAL:** 1 James Caddy 79 VAA-NE 7-23.46; 2 James Farrar 75 NVAC 7-40.02; 3 Frank Copping 79 EVAC 7-51.02;

**W35 FINAL:** 1 Deborah Doherty 35 SCVAC 5-08.69; 2 Emma Hudson 39 NVAC 5-20.11; 3 Julie Herron 37 EVAC 5-47.31;

**W40 FINAL:** 1 Sarah Heath 42 SCVAC 4-42.84 (**British Record**); 2 Pauline Atkinson 41 NVAC 4-53.33; 3 Susie Tawney 44 MVAC 5-10.90; 4 Janet Williams 42 WMAA 5-28.45; 5 Lynne Marr 42 SVHC 5-30.86;

**W45 FINAL:** 1 Denise Farnham 48 SCVAC 5-05.24; 2 Fiona Davies 48 WMAA 5-22.96;

**W50 FINAL:** 1 Nancy Hitchmough 53 MVAC 5-15.79; 2 Joyce Barrus 50 MVAC 5-19.85; 3 Liz Bowers 51 SCVAC 5-39.86; 4 Pat Halstead 51 SCVAC 5-41.12;

5 Sue James 53 SCVAC 5-47.21; 6 Shelley Walsh 50 EVAC 5-53.51;

**W55 FINAL:** 1 Pat Gallagher WMAA 5-36.27; 2 Margaret Auerback 57 SCVAC 5-45.05;

**W60 FINAL:** Betty Stracey 64 EVAC 7-00.21; **W65 FINAL:** Pamela Jones 67 VAC 6-32.52;

### 3000 metres

**M35 FINAL:** 1 Jeremy Mower 38 OPEN 10-18.81;

**M40 FINAL:** 1 Nick Overton 42 EVAC 9-07.91; 2 Ian Auger 40 OPEN 9-09.33; 3 Kofi Agyei 40 VAC 9-11.43; 4 Craig Sabin 42 MVAC 9-31.64; 5 Declan McCarthy 41 NIVAC 9-38.22;

**M45 FINAL:** 1 Bill Foster 45 SCVAC 8-59.02; 2 Andrew Wetherill 46 MVAC 9-05.21; 3 Steve May 46 SWVAC 9-08.32; 4 Christopher Clarke 45 EVAC 9-22.52; 5 Alan Dent 46 VAA-NE 9-28.29; 6 Richard Holland 45 EVAC 9-46.62; 7 Dickie Wythe 47 SWVAC 10-00.14; 8 Keith McLennan 47 EVAC 10-09.13; 9 Brian Worthington 48 MVAC 11-20.86;

**M50 FINAL:** 1 Nigel Gates 50 VAC 8-59.00; 2 Mick Strange 50 MVAC 9-41.03; 3 Peter Parker 50 MVAC 9-44.57; 4 Paul Ross-Davies 53 WMAA 10-05.59; 5 Archie Jenkins 51 SVHC 10-14.54;

**M55 FINAL:** 1 Mick Smedley 55 MVAC 10-24.00; 2 Mike Erith 56 SWVAC 10-29.93; 3 Bernie Plain 57 WMAA 11-19.32; 4 Rod Scholes 59 NVAC 11-40.92;

**M65 FINAL:** 1 Fred Gibbs 65 NVAC 10-39.55; 2 John Collins 66 WMAA 11-24.21; 3 Edmond Simpson 66 VAC 11-30.19;

**M70 FINAL:** 1 Derek Howarth 73 NVAC 12-49.92; 2 Richard P-Knowles 71 VAC 13-11.76; 3 William Davies 73 SWVAC 13-40.72; 4 Arthur Walsham 73 NVAC 16-08.23;

**M75 FINAL:** 1 James Caddy 79 VAA-NE 15-30.74; 2 Ron Franklin 76 SCVAC 15-45.55;

**W35 FINAL:** 1 Nicki Nealon 35 MVAC 10-08.35; 2 Karen Hutchinson 38 NVAC 11-23.71; 3 Emma Hudson 39 NVAC 11-29.30;

**W40 FINAL:** 1 Pauline Atkinson 41 NVAC 10-34.80; 2 Susie Tawney 44 MVAC 11-02.81; 3 Janet Williams 42 WMAA 11-36.97; 4 Lynne Marr 42 SVHC 11-43.66;

**W45 FINAL:** 1 Denise Farnham 48 SCVAC 10-37.55; 2 Fiona Davies 48 WMAA 11-24.61; 3 Kate Rogers 45 SWVAC 11-34.49;

**W50 FINAL:** 1 Ann James 54 WMAA 12-32.52; **W55 FINAL:** 1 Pat Gallagher 58 WMAA 12-00.40; 2 Margaret Auerback 57 SCVAC 12-25.99; 3 Maureen Coffey 55 SWVAC 12-37.88; 4 Pauline Rich 58 VAC 12-51.82; 5 Anne Cross 55 VAC 13-56.96;

**W60 FINAL:** 1 Betty Stracey 64 EVAC 14-47.85; **W65 FINAL:** 1 Pamela Jones 67 VAC 13-43.63;

### 3000m Walk

**M35 FINAL:** Mark Williams 39 OPEN 16-39.06;

**M40 FINAL:** Anthony Bell 41 EVAC 17-32.85;

**M45 FINAL:** 1 Trevor Jones 47 VAC 14-53.71; 2 Colin Bradley 48 WMAA 16-17.98; 3 Nick Silvester 48 SCVAC DISQ;

**M50 FINAL:** Sean Pender 50 SCVAC 17-43.57;

**M55 FINAL:** 1 John Hall 55 VAC 14-16.51; 2 David Fall 59 MVAC 18-34.67; 3 Colin Turner 59 MVAC DISQ;

**M60 FINAL:** 1 Alan O'Rawe 62 VAC 17-00.07; 2 Lesne Scrivens 60 MVAC 17-49.56;

**M65 FINAL:** 1 David Stevens 67 VAC 16-52.65; 2 Colin Stapleford 69 MVAC 18-15.10; 3 Kenneth Ballam 65 VAC DISQ;

**M70 FINAL:** Paul Ray 71 SCVAC 20-02.66;

**M75 FINAL:** 1 Denis Withers 76 MVAC 20-27.49; 2 Frank Copping 79 EVAC 23-30.56;

**W40 FINAL:** 1 Fiona Bishop 44 VAC 18-08.08; 2 Elizabeth Harris 44 VAC 20-01.02;

**W45 FINAL:** 1 Cath Duhig 49 EVAC 16-57.26; 2 Sheila Owen 48 MVAC 17-42.61; 3 Krystyna Wardle 46 VAC DISQ;

**W55 FINAL:** 1 Ann Lewis 56 SCVAC 16-57.81 (**British Record**);

**W65 FINAL:** 1 Jill Langford 65 MVAC 19-23.30; 2 Pamela Horwill 69 MVAC 20-44.40; 3 Sheila Champion 68 IRL (G) 24-25.32;

### 60m Hurdles

**M40 FINAL:** 1 Des Wilkinson 41 EVAC 8.62; 2 Glen Reddington 41 SCVAC 8.87; 3 Gary Myles 41 MVAC 8.91; 4 Neil Tunstall 42 SWVAC 8.96; 5 Alan Easey 40 VAC 10.37;

**M45 FINAL:** 1 John Mayor 45 EVAC 9.24; 2 Tennyson James 46 EVAC 9.28; 3 Clive Pengelly 47 SWVAC 10.13; 4 Brian Slaughter 46 SCVAC 11.06;

**M50 FINAL:** 1 Philip McIlpatrick 50 NIVAC 9.02; 2 Neil Baker 50 EVAC 11.14; 3 Duncan Talbot 50 SCVAC 11.30;

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**M55 FINAL:** Tony Wells 55 EVAC 9.33;

**W50 FINAL:** 1 Barry Ferguson 62 VAC 10.60; 2 John E 62 WMAA DNF;

**M65 FINAL:** Tony Bowman 68 NVAC 10.79;

**M70 FINAL:** Jim Day 70 SCVAC 11.88;

**M75 FINAL:** Norman Carter 75 MVAC 13.90 (British Record);

**W35 FINAL:** 1 Geraldine Finegan 38 NIVAC 9.60; 2 Catherine Goddard 38 EVAC 10.14;

**W40 FINAL:** 1 Manndy Laing 44 NVAC 9.29; 2 Wendy Laing 41 NVAC 9.32; 3 Charmaine Johnson 40 VAC 9.36; 4 Sally Stagles 43 EVAC 9.46; 5 Gaye Clarke 43 EVAC 9.77; 6 Hazel Barker 44 NVAC DNF;

**W45 FINAL:** 1 Jocelyn Harwood 46 VAA-NE 9.62;

2 Carole Filer 48 EVAC 10.00; 3 Jane Horder 47 MVAC 10.32; 4 Paula Booth 45 NVAC 10.69; 5 Lucy Moore-Fox 46 IRL (G) DNF

**W50 FINAL:** Grete Howarth 52 NVAC 14.15;

**W60 FINAL:** Jackie Charles 62 MVAC 12.20;

### High Jump

**M35 FINAL:** 1 Simon Eastwood 38 OPEN 1.55;

2 Charles Preston 38 RSA (G) 1.55;

**M40 FINAL:** 1 Greg Dunson 40 MVAC 1.85 (British Record); 2 Steven Linsell 40 NVAC 1.80; 3 Andrew Waddington 42 SWVAC 1.70; 4 Jonathan Powell 41 WMAA 1.70; 5 John Perkins 42 SWVAC 1.65; 6 John Bancroft 43 SCVAC 1.60;

**M45 FINAL:** 1 Chris Hesketh 46 NVAC 1.78 (British Record); 2 John Mayor 45 EVAC 1.69; 3 Trevor Wade 47 NVAC 1.66; 4 Colin Hague 47 SWVAC 1.63; 5 Nash Cummings 45 NVAC 1.60; 6 Iain McEwan 45 SVHC 1.50;

**M50 FINAL:** 1 Duncan Talbot 50 SCVAC 1.60; 2 Stephen Faulkner 53 SWVAC 1.55; 3 Philip McIlfatrick 50 NIVAC 1.55; 4 David Blunt 50 VAC 1.50;

**M60 FINAL:** James Sloan 62 SVHC 1.22;

**M65 FINAL:** 1 Tony Crocker 68 MVAC 1.50; 2 Tony Bowman 68 NVAC 1.17;

**M70 FINAL:** 1 Jim Day 70 SCVAC 1.22; 2 Clifford Taylor 71 VAC 1.12;

**M75 FINAL:** Norman Carter 75 MVAC 1.12 (British Record);

**W35 FINAL:** Geraldine Finegan 38 NIVAC 1.45;

**W40 FINAL:** 1 Wendy Laing 41 NVAC 1.65; 2 Jenny Brown 44 SCVAC 1.60; 3 Charmaine Johnson 40 VAC 1.50; 4 Hazel Barker 44 NVAC 1.40; 5 Janice Hardecastle 44 EVAC 1.30;

**W45 FINAL:** 1 Carole Filer 48 EVAC 1.40; 2 Lucy Moore-Fox 46 IRL (G) 1.30; 3 Gill Dobson 49 VAA-NE 1.25;

**W50 FINAL:** Pam Garvey 52 MVAC 1.30;

**W60 FINAL:** Jackie Charles 62 MVAC 1.10;

### Pole Vault

**M35 FINAL:** 1 Simon Eastwood 38 OPEN 3.60;

2 Charles Preston 38 RSA (G) NHC;

**M40 FINAL:** 1 Paul Hoad 40 SCVAC 4.25; 2 John E 40 SCVAC 3.70; 3 Alan Easey 40 VAC 3.20; 4 John Dickinson 42 SCVAC 3.00;

**M45 FINAL:** 1 John Taylor 46 NVAC 3.30; 2 Brian Slaughter 46 SCVAC 3.00; 3 Rod Woodruff 46 SCVAC NHC;

**M50 FINAL:** 1 Allan Williams 50 SCVAC 4.01 (British Record); 2 David Blunt 50 VAC 3.20; 3 Paul Oakes 50 SCVAC 2.80;

**M55 FINAL:** 1 Glyn Sutton 58 WMAA 3.00; 2 Bruce Hendrie 55 MVAC 2.80;

**M60 FINAL:** 1 John Bradley 60 MVAC 2.90; 2 Brian Harlick 61 SCVAC 2.90; 3 John Howe 62 WMAA 2.60;

**M70 FINAL:** Jim Day 70 SCVAC 2.50;

**M75 FINAL:** Alfred Woods 75 EVAC 2.20 (British Record);

**W45 FINAL:** Christine James 48 SCVAC 2.30;

**W50 FINAL:** Sue Yeomans 50 SCVAC 2.80 (Equals EUROPEAN RECORD);

**W55 FINAL:** Margaret Coombe 59 EVAC 1.80;

**W65 FINAL:** Dorothy McLennan 68 IRL (G) 1.80

(Equals EUROPEAN RECORD);

### Long Jump

**M40 FINAL:** 1 Trevor Sinclair 42 EVAC 6.02; 2 John Shepherd 42 SCVAC 6.01; 3 Andrew Waddington 42 SWVAC 5.72; 4 David Richards 42 WMAA 5.51; 5 Alan Easey 40 VAC 5.10; 6 Jagdish Ubhoo 44 MVAC 5.06; 7 Dave Shields 43 WMAA 4.88;

**M45 FINAL:** 1 Trevor Wade 47 SCVAC 6.13; 2 John E 45 EVAC 5.68; 3 Barry Morris 45 VAC 5.58; 4 Stephen Langford 45 SCVAC 5.18; 5 Jon Evans 45

WMAA 5.15; 6 Ken Jackson 49 SWVAC 5.01;

7 Roderick Davies 47 SCVAC 4.41;

**M50 FINAL:** 1 Paul Pinnington 53 SCVAC 5.53; 2 Paul Oakes 50 SCVAC 5.46; 3 William Lonsdale 52 SVHC 5.03; 4 Brian Williamson 54 WMAA 4.80; 5 Barry Gibbs 50 SCVAC 4.70;

**M55 FINAL:** 1 John Charlton 56 NVAC 5.78 (British Record);

**M60 FINAL:** 1 Peter Duckers 61 MVAC 4.83; 2 James Parish 62 NVAC 4.27; 3 Bruce Charles 62 MVAC 3.83;

**M65 FINAL:** Colin Field 67 SCVAC 4.03;

**M70 FINAL:** Geoffrey Feast 72 VAC 3.77;

**W35 FINAL:** 1 Catherine Goddard 38 EVAC 5.04;

2 Geraldine Finegan 38 NIVAC 4.77; 3 Joan Chalmers 37 SVHC 4.34; 4 Sharon Waller 35 OPEN 4.25;

**W40 FINAL:** 1 Charmaine Johnson 40 VAC 5.07;

2 Janice Pryce 44 MVAC 4.97; 3 Wendy Laing 41 NVAC 4.93; 4 Mary Dwyer 40 IRL (G) 4.83; 5 Manndy Laing 44 NVAC 4.72; 6 Gaye Clarke 43 EVAC 4.35;

7 Janice Hardecastle 44 EVAC 4.35; 8 Hazel Barker 44 NVAC 4.24;

**W45 FINAL:** 1 Anne Goad 45 SCVAC 4.33; 2 Gill Dobson 49 VAA-NE 2.99;

**W50 FINAL:** 1 Janet Lawson 51 EVAC 4.25; 2 Pam Garvey 52 MVAC 3.49; 3 Grete Howarth 52 NVAC 3.16;

**W55 FINAL:** 1 Rosemary Champion 57 SCVAC 3.20;

**W60 FINAL:** 1 Dorothy Morgan 61 WMAA 3.44;

2 Jackie Charles 62 MVAC 3.36;

**W80 FINAL:** Mary Wixey 83 MVAC 1.88;

### Triple Jump

**M40 FINAL:** 1 Akin Oyediran 44 SCVAC 13.73;

2 Anthony Jackson 43 OPEN 12.90; 3 Rez Cameron 43 SCVAC 12.76; 4 Julien Gittens 42 NVAC 12.13; 5 David Richards 42 WMAA 11.89; 6 Paul Hopes 41 OPEN 11.40; 7 Andrew Waddington 42 SWVAC 11.09; 8 Geoff Powley 42 EVAC 10.72;

**M45 FINAL:** 1 Trevor Wade 47 SCVAC 12.31; 2 Jon Evans 45 WMAA 12.15; 3 Albert Earle 46 MVAC 11.99;

4 John Mayor 45 EVAC 11.62; 5 Colin Hague 47 SWVAC 9.71;

**M50 FINAL:** 1 William Beattie 51 SVHC 11.52; 2 Paul Pinnington 53 SCVAC 11.24; 3 Paul Oakes 50 SCVAC 10.32; 4 Brian Williamson 54 WMAA 9.89; 5 Barry Gibbs 50 SCVAC 9.21;

**M60 FINAL:** 1 Sean Power 60 WMAA 11.91 (British Record);

**M75 FINAL:** Norman Carter 75 MVAC 6.63;

**W35 FINAL:** 1 Joan Chalmers 37 SVHC 9.34; 2 Claire Bowman 38 NVAC 9.24;

**W40 FINAL:** 1 Janice Pryce 44 MVAC 10.76; 2 Jenny Brown 44 SCVAC 10.60; 3 Gaye Clarke 43 EVAC 9.09;

4 Sheridan Eyles 43 EVAC 8.96;

**W50 FINAL:** Grete Howarth 52 NVAC 6.21;

**W55 FINAL:** Rosemary Champion 57 SCVAC 7.46;

**W60 FINAL:** 1 Jackie Charles 62 MVAC 7.78;

2 Dorothy Morgan 61 WMAA 7.03;

**W80 FINAL:** Mary Wixey 83 MVAC 3.68;

### Shot Put

**M35 FINAL:** David Burrell 39 OPEN 11.14;

**M40 FINAL:** 1 Andrew Turner 40 WMAA 14.46;

2 Nigel Wincombe 44 EVAC 11.41; 3 Glyn Pugh 42 WMAA 11.14;

**M45 FINAL:** 1 Michael Small 49 SCVAC 13.83

(British Record); 2 Guy Perryman 45 SCVAC 12.89;

3 Ian Lindley 48 NVAC 12.59; 4 James Hogg 48 OPEN 11.91; 5 Brian Slaughter 46 SCVAC 10.57; 6 Nash Cummings 45 NVAC 9.52;

**M50 FINAL:** 1 Bruce Holden 53 SWVAC 13.45;

2 Anthony Richards 54 SCVAC 11.58; 3 Philip McIlfatrick 50 NIVAC 9.13;

**M55 FINAL:** 1 Neil Griffin 55 SCVAC 14.19 (British Record); 2 Merrick Bousfield 55 NVAC 12.54;

**M60 FINAL:** 1 Eric Barker 61 SCVAC 12.86; 2 John Howe 62 WMAA 10.68; 3 James Sloan 62 SVHC 10.60;

**M65 FINAL:** 1 Ian Miller 69 EVAC 10.39; 2 Eric Kinney 66 SCVAC 10.15; 3 Barrie Strange 68 SCVAC 9.62; 4 Brian Webb 67 WMAA 9.05; 5 Norman Fullick 69 SCVAC 7.57;

**M70 FINAL:** 1 Gordon Hickey 70 SCVAC 11.93

(British Record); 2 Michael McGarry 71 IRL (G) 10.42;

3 Clifford Taylor 71 VAC 10.22; 4 Jaroslav Hanus 74 SCVAC 9.86; 5 James Christie 72 SVHC 5.24;

**M75 FINAL:** 1 William Kingsbury 76 WMAA 6.96;

2 James Farrar 75 NVAC 5.61;

**W35 FINAL:** Catherine Goddard 38 EVAC 10.16;

**W40 FINAL:** 1 Charmaine Johnson 40 VAC 12.30;

2 Alyson Hourihan 43 WMAA 10.61; 3 Wendy Laing 41 NVAC 10.53; 4 Alison George 41 MVAC 10.08; 5 Hazel Barker 44 NVAC 9.26; 6 Wendy Dunsford 43 SCVAC 8.38;

**W45 FINAL:** 1 Claire Cameron 45 SVHC 10.61;

2 Jenny Earle 45 SCVAC 8.88; 3 Anne Goad 45 SCVAC 8.55; 4 Lucy Moore-Fox 46 IRL (G) 8.26; 5 Gill Dobson 49 VAA-NE 8.06;

**W55 FINAL:** 1 Elizabeth Sissons 59 VAC 9.05;

2 Barbara Terry 58 SCVAC 8.78;

**W60 FINAL:** 1 Dorothy Morgan 61 WMAA 7.39;

2 Jackie Charles 62 MVAC 6.36;

**W80 FINAL:** Mary Wixey 83 MVAC 3.82;

Apart from a drug related story it's a rare occasion that an athlete makes the news pages of the national press and to add to the incredulity the athlete in question is a veteran, writes Pete Mulholland.

'Alarm stops Mike in blaze for glory' read the banner headline in the *Daily Express* when referring to Dr Mike Erith who was stopped in mid flow when on schedule for a M55 1500m indoor world record at the British Masters Championships in Cardiff.

"The fire alarm sounded just as we had completed one lap," said father of six Erith, "and I though what do I do now?" Instinct took over and Erith continued on his own sweet way. "I was originally aiming to break 4:30," he admitted, "but after four laps I realised that we were around one or two seconds inside a schedule for John Potts' world record of 4:27.1."

However, just one lap later the competitors were forced to leave the track and make for the nearest exit. "A pity really, as in the time it took us to leave the arena we could have finished the race."

Theories of the cause of the alarm ranged from a deodorant spray to an illicit cigarette but the organisers had no option but to act quickly. The duty manager of the centre, Wendy Rogers was quoted by the *Daily Express* as saying, "We are not aware when there is a record being made but our priority has to be was to avoid a major tragedy."

The runners came back to re-run the race 30 minutes later but the damage had been done and although Erith duly won it was in a moderate hand-timed 4:41.7 to add to his gold in the 800m and silver in the 3000m. However, the wait for another opportunity is on the horizon as Erith, a Southern Counties youth 880 yards champion in 1964, now looks to the World Indoor Championships being held in Germany for an attempt on the record.

"This will be my first excursion into international masters competition and am looking forward to it," admits the former general practitioner.

With much of his time now taken up with sports medicine, a subject he covers with regularity for Athletics Weekly's sister magazine The Coach, he also keeps busy coaching athletes not only with his club East Cornwall Harriers but also with City of Plymouth AC.

# British Masters Athletic Federation Indoor Pentathlon 1<sup>st</sup> February 2004

Words Brian Owen

Pictures David Griffiths [www.fotocompli.com](http://www.fotocompli.com)

The decision to hold the Championships away from the hustle and bustle of the National Championships was a brilliant idea, as given centre stage the athletes were able to give full attention to their event, without the many interruptions caused in our busy regular championships.

Whilst it was very pleasant to tread the World Championship boards at Birmingham's National Indoor Arena.

Andrew Waddington moved into the lead following the Long Jump in the M40 event, and finished almost 200 points clear of second placed David Richards.

John Mayor was superb in the M45 winning by over 440 points to finish with 3579 (fifth on the GB all time) from Chris Hesketh, and Chris Hopkinson also won Gold in the Men 50's.



**John Mayor won the M45 Title clear at 1.68 in High Jump**

John Charlton was a massive winner in the M55's scoring more than 1040 points than Lawrie Dunn to take the title with a new British Record.

Peter Duckers finished with 3245 for the fifth highest ever points scorer for Men 60, and Colin Shafto won the 65's with 3445 which was down on his record of 3711, but still was the third best ever recorded.

Catherine Goddard recorded the 8<sup>th</sup> best ever points score of 2704, competing solo in the W35's.

In the Women 40's Charmaine Johnson, who represented England in the Home International last year was 200 points clear of Jenny Brown. Charmaine's 3793 was the third best points score ever.

Anne Goad recorded the eighth best points score ever in the Women's 45, and Lorraine Molloy and Jackie Charles won the 50's and 60's groups.

## M40-44

1 Andrew Waddington SWVAC (9.90, 5.56, 7.93, 1.71, 2-54.65) 3168; 2 David Richards WMAA (9.91, 5.32, 7.92, 1.68, 3-05.07) 2970; 3 Geoff Powley EVAC (9.79, 5.32, 9.40, 1.47, 3-02.86) 2914; 4 Mark Line NVAC (10.57, 5.54, 11.42, 1.50, 3-39.86) 2650; 5 Alan Easey VAC (10.77, 5.05, 7.20, 1.35, 3-04.33) 2423; 6 John Dickinson

SCVAC (11.79, 4.81, 7.25, 1.44, 3-03.63) 2293; 7 George Vorgic MVAC (12.88, 4.17, 7.75, 1.56, 4-35.06) 1527;



**Charmaine Johnson in Long Jump Action**

## M45-49

1 John Mayor EVAC (9.24, 5.61, 9.03, 1.68, 3-14.40) 3579; 2 Chris Hesketh NVAC (10.11, 5.22, 8.01, 1.74, 3-32.24) 3138; 3 Gary Walker NVAC (9.62, 4.84, 8.81, 1.56, 3-34.80) 2987; 4 Nash Cummings NVAC (11.18, 4.86, 9.53, 1.62, 3-20.38) 2926; 5 Colin Hague SWVAC (11.32, 4.68, 7.62, 1.56, 3-21.59) 2663;

## M50-54

1 Chris Hopkinson EVAC (11.96, 4.73, 8.29, 1.35, 3-40.33) 2489; 2 Brian Williams WMAA (11.89, 4.53, 7.36, 1.29, 3-48.80) 2262;

## M55-59

1 John Charlton NVAC (9.83, 5.26, 10.18, 1.47, 3-22.05) 3905; 2 Lawrie Dunn MVAC (11.89, 4.45, 7.32, 1.32, 3-26.33) 2859; 3 Pete Clarke SWVAC (14.83, 3.54, 6.77, 1.26, 3-54.09) 1927;

## M60-64

1 Peter Duckers MVAC (10.50, 5.00, 10.54, 1.38, 4-52.35) 3245; 2 George Jephcott MVAC (11.83, 4.78, 7.08, 1.38, 3-39.23) 3151; 3 Bruce Charles MVAC (12.27, 4.08, 8.23, 1.23, 3-44.82) 2727; 4 Dai Vaughan MVAC (14.40, 3.67, 7.96, 1.23, 4-45.02) 1925;

## M65-69

1 Colin Shafto NVAC (10.99, 4.29, 8.16, 1.35, 4-21.79) 3445; 2 Tony Bowman NVAC (10.79, 4.09, 7.25, 1.26, 4-16.92) 3247;

## W35-39

1 Catherine Goddard EVAC (10.84, 1.42, 9.42, 4.81, 2-57.43) 2704;

## W40-44

1 Charmaine Johnson VAC (9.47, 1.57, 12.15, 4.95, 2-49.75) 3793; 2 Jenny Brown SCVAC (10.27, 1.57, 9.43, 4.84, 2-33.83) 3576; 3 Hazel Barker NVAC (9.89, 1.45, 9.02, 4.45, 3-12.76) 2942; 4 Gaye Clarke EVAC (9.65, 1.33, 6.37, 4.36, 3-11.23) 2627; 5 Lesley Willis MVAC (11.55, 1.30, 6.69, 4.30, 3-06.41) 2307;

## W45-49

1 Anne Goad SCVAC (11.65, 1.30, 8.24, 4.23, 3-23.85) 2716; 2 Paula Booth NVAC (11.12, 1.24, 7.51, 3.51, 3-07.57) 2587; 3 Jane Goatcher OPEN (14.14, 1.21, 6.13, 2.52, 3-43.88) 1500;

## W50-54

Lorraine Molloy SWVAC (14.22, 1.00, 6.42, 2.82, 3-50.75) 1574;

## W60-64

Jackie Charles MVAC (12.22, 1.09, 6.73, 3.22, 4-04.55) 2978;

Promotion organised: by Maurice Doogan with the help of Midland Counties Athletic Association

## CLUB RESULTS –MASTERS ATHLETICS APRIL 2004

### EASTERN VETERANS AC, SILVER JUBILEE CROSS COUNTRY CHAMPIONSHIPS, ARRINGTON SUNDAY 8 FEBRUARY 2004.

MEN 40-69;



Members who ran in the first race 1979

Mike Prosser the first ever winner of a EVAC Championship at the 1979 Cross Country Championship at Hinchbrook Park Huntingdon was among the eighty plus starters at this years SILVER JUBILEE Championships Held in Arrington Park, west of Cambridge. Of the original starters in 1979 nine were there to celebrate the event, of which six faced the starter. Completed the one lap course for the women and seventies, Mike and Kevin Robinson being younger, along with the main field, did two laps over a hilly, but fortunately dry course.

Of the original field, George Phipps, David Smith, David Sutcliffe, Bryn Jenkins, ran in the M.70 race. Mike Prosser and Kevin Robinson in the main race. Peter Chaplin, Tony Challis and Ted Saberton watched from the sidelines.

Thanks to those "original" runners, we had a men's over 70 field of eight runners. Even the "national" doesn't always manage that many.

At the presentation afterwards George Phipps EVAC Member Number One cut the SILVER JUBILEE ANIVERSARY Cake, made for us by Barbara Challis. This went down well, along with the free tea dispensed by Tony Challis and other past and present members of the committee.

A specially engraved plaque was presented to Mike Prosser to commemorate him winning the first ever Championship. Stan Owen was an outstanding winner of the main race, and Juliet Vickery (a new member) likewise in the women's race. In recognition of the size of the field, Malcolm Ball was also presented with a plaque for winning the over 70s event.

A few statistics to finish, of the forty starters in the 1979 ten were known to have died, twenty one either ended the invitation or could not be traced. Three of the original runners present, had either a son or daughter running in the days races, altogether an excellent day.

Finally all starters were presented with and EASTERN VETERANS A.C. Silver medal as they crossed the finishing line.

Peter Chaplin EVAC Secretary

#### RESULT:

- 1.Owen,S.Nene Valley H,M50,01:08 AM,Gold;
- 2.Barnsdale,M.Nene Valley H,M45,01:28 AM,Gold;
- 3.Thompson,P.Nene Valley H, 45, 01:32 AM,Silver;
- 4.Gaine,R.Colchester,M40,01:46 AM,Gold;
- 5.Seakins,T.Colchester,M50,01:49 AM,Silver;
- 6.Williams,G.Riverside R,M50,01:50 M,Bronze;
- 7.Dyson,M.Milton Keynes AC,M40,02:04 AM,Silver;
- 8.Redden,P.Riverside R,M50,02:15 AM;
- 9.McLellan,K.Luton AC,M45,02:45, M,"Bronze;
- 10.Tomlinson,"G","Great Bentley RR","M40","02:48 AM","Bronze";
- 11,"White","E","Colchester","M40","02:52 AM";
- 12,"Boast","A","Riverside R","M50","02:59 AM;
- 13,"Swiecicki","A","Bedford & C","M55","03:27 AM","Gold;
- 14,"Stone","L","C&C AC","M45","03:32 AM";
- 15,"Kirk","J","Bedford & C","M45","03:35 AM;
- 16,"Taylor","B","Nene Valley H","M45","03:39 AM;
- 17,"Arnold","R","Newmarket J","M55","04:04

- AM","Silver; 18,"Lands","R","Bedford & C","M45","04:48 AM;
- 19,"Jenkins","J","C&C AC","M55","04:51 AM","Bronze;
- 20,"Bowker","D","Royston R","M45","05:05 AM;
- 21,"Driscoll","J","Colchester","M50","05:31 AM;
- 22,"Bell","K","Huntingdon AC","M50","05:59 AM;
- 23,"Barnes","J","Bedford Harriers","M40","06:15 AM;
- 24,"Firmage","P","Ryston R","M45","06:21 AM;
- 25,"Shrimpton","G","Halstead R","M55","06:23 AM;
- 26,"Home","G","Bedford Harriers","M40","06:32 AM;
- 27,"Cole","R","Colchester","M50","06:45 AM;
- 28,"Leech","M","Bedford Harriers","M55","06:52 AM;
- 29,"Proud","C","Bedford Harriers","M55","06:57 AM;
- 30,"Chaplin","M","C&C AC","M45","07:04 AM;
- 31,"Meah","G","C&C AC","M45","07:15 AM;
- 32,"Thompson","B","Bedford & C","M55","07:20 AM;
- 33,"Howard","P","C&C AC","M60","07:22 AM","Gold;
- 34,"Burrells","R","Bedford Harriers","M45","07:33 AM;
- 35,"Bush","N","Biggleswade","M55","07:35 AM;
- 36,"Bowden","S","Bedford Harriers","M45","07:59 AM;
- 37,"McCallen","B","Bedford Harriers","M50","08:00 AM;
- 38,"Webb","B","Bedford & C","M55","08:05 AM;
- 39,"Bell","T","Bedford & C","M40","09:20 AM;
- 40,"Daniells","B","Milton Keynes AC","M60","09:30 AM","Silver;
- 41,"Gound","D","Bedford Harriers","M60","09:52 AM","Bronze;
- 42,"Parkins","M","EVAC","M60","10:01 AM;
- 43,"Cameron","B","EVAC","M60","10:28 AM;
- 44,"Duffield","R","Tiptree RC","M60","11:03 AM;
- 45,"Billington","B","Bedford Harriers","M65","11:05 AM","Gold;
- 46,"Adam","J","Leighton Buzzard","M60","11:23 AM;
- 47,"Morant","B","Bedford Harriers","M60","11:59 AM;
- 48,"Akehurst","C","Colchester","M50","12:03 PM;
- 49,"Mein","P","PACTRAC","M65","12:06 PM","Silver;
- 50,"Barry","J","Camaro Tri","M40","12:16 PM;
- 51,"McKellar","J","Milton Keynes AC","M65","12:59 PM","Bronze;
- 52,"Richer","A","City of Norwich","M50","01:09 PM;
- 53,"Prosser","M","Nene Valley H","M65","01:16 PM;
- 54,"Robinson","K","Camaro Tri","M65","01:31 PM;
- 55,"Callow","M","Milton Keynes AC","M65","01:54 PM;
- 56,"Chambers","M","St Edmunds Pacers","M60","02:08 PM;
- 57,"Hutson","J","EVAC","M65","02:56 PM;
- 58,"Graves","B","Milton Keynes AC","M60","05:11 PM;
- 59,"Potter","D","Bungay Black Dog","M60","06:12 PM;
- 60,"Corkery","B","Bedford Harriers","M65","07:28 PM;
- 61,"Lawrence","L","C&C AC","M45","08:30 PM;
- 62,"Mellor","C","EVAC","M50","01:20 AM;

#### NVAC MONTHLY RUN HELD AT STOCKTON HEATH ON SUNDAY 8TH FEBRUARY 2004

##### 10k Road Race:

POS-NAME -CLUB-TIME-H/CAP -H-TIME -H/CAP

- POS:
- 1 John Howarth Leigh H 34:32 4.00 30.32
  - 1st M40; 2 Len Best Stockport HAC 34.36 0.00 34:36
  - M/O50; 3 Dave Carrington Altrincham AC 34.45 5.30
  - 29.15 1st M/O45; 4 Ken Moss Nvac 34.59 5.00 29.59 2nd
  - M/O50; 5 Alan Pover Stockport 35.23
  - 5.00 30.23 1st M/O55; 6 Jack Christian Nvac 36.55 0.00
  - 36.55 3rd M/O50; 7 Ray Eagle Nvac 37.03 5.30 31.33
  - 2nd M/O45; 8 Alan Hudson Wesham RR 37.38 37.38 4th
  - M/O50; 9 David Telford Altrincham AC 38.01 38.01
  - 2nd M/O55; 10 Graham McAr Nvac 38.13 7.00 31.13
  - 5th M/O50 6th H/Cap; 11 John Appleton St Helens AC
  - 38.49 8.30 30.19 6th M/O50-2nd H/Cap; 12 P Crain Sale
  - H 38.52 Guest 38.52 7th M/O50; 13 Chris Slavin Nvac
  - 39.04 8.45 30.19 3rd M/O55 3rd H/Cap; 14 Ken Burgess
  - Altrincham AC 39.13 8.30 30.43 1st M/O60; 15 George
  - Large Nvac 40.11 7.30 32.41 4th M/O55; 16 Dave
  - Whiteside 40.15 Guest 40.15 2nd M/O40;
  - 17 Mike Barnes Bolton UH 40.15 40.15 2nd M/O60; 18
  - Stuart Gwilliam 40.42 Guest 40.42 8th M/O50; 19 Karen
  - Hutchinson orwich RMI 0.45 40.45 st L/O35; 20 Neil
  - Price Altrincham AC 40.53 8.30 32.23 5th M/O55; 21
  - Derek Walton Altrincham AC 40.59 9.30 31.29 3rd
  - M/O60; 22 Peter Simpson Liverpool H 41.07 10.30 30.37
  - 6th M/O55 4th H/Cap; 23 Peter Wilkinson Skipton AC

- 41.16 10.30 30.46 7th M/O55 5th H/Cap; 24 Barry
- Allman Horwich RMI 41.51 41.51 3rd M/O45; 25 David
- Jackson 42.16 42.16 3rd M/O40; 26 Bill Atkinson Nvac
- 42.30 10.30 32.00 1st M/O65;
- 27 Ken Smith 42.54 8th M/O55; 28 John Taylor Leigh H
- 43.21 9.00 34.21 4th M/O45; 29 Derek Howarth Leigh H
- 43.21 15.00 28.21 1st M/O70; 30 Francis Slavin Nvac
- 43.30 11.30 32.00 9th M/O50; 31 George Lawson
- Manchester H 43.39 15.00 28.39 4th M/O60; 1st H/Cap;
- 32 Sidney Sacks Salford H 43.53 12.00 31.53 5th M/O60;
- 33 Terry Mannion Leigh H 43.57 12.00 31.57 10th
- M/O50; 34 Charles Buckley Altrincham AC 44.02 44.02
- 11th M/O50 ; 35 D Shelton Longwood H 44.14 44.14
- 9th M/O55; 36 Phil Spratt Nvac 44.54 14.00 30.54 2nd
- M/O65; 37 Ken Mayor Bolton UH 45.13 11.00 34.13
- 10th M/O55 ; 38 Dave Edge Rochdale H 45.31 12.30
- 33.01 6th M/O60; 39 Peter Dibb Longwood H 45.38
- 15.00 30.38 2nd M/O70 ; 40 Roger Ashby Sale H 46.45
- 10.00 36.45 7th M/O60; 41 Christine Dempsey St Helens
- AC 47.07 24.30 22.37 1st L/O40; 42 Lucy Hickey
- Altrincham AC 47.46 15.00 32.46 2nd L/O40; 43 Jim
- Rhodes Nvac 47.47 13.00 34.47 8th M/O60; 44 Jean
- Dolan Altrincham AC 48.14 48.14 1st L/O55; 45 Sam
- Barnes 49.23 Guest 49.23 4th M/O40; 46 Tracey Green
- Warrington AC 49.27 Guest 49.27 2nd L/O35; 47 Sue
- Kelly Nvac 49.32 49.32 1st L/O45; 48 Paul Emsley
- Martin 50.15 Guest 50.15 5th M/O40; 49 Kevin Dillon
- Manchester H 51.22 16.00 35.22 3rd M/O45; 50 Ken
- Clark Nvac 51.28 17.30 33.58 3rd M/O70; 51 Tony
- Totham Nvac 52.07 52.07 6th M/O40; 52 Bernice
- Greenhalgh Nvac 54.55 54.55 2nd L/O45; 53 Maurice
- Morrell Wirral AC 55.37 17.30 38.07 4th M/O70; 54
- Richard Packer Red Rose 56.11 20.00 36.11 5th M/O70;
- 55 Nev Jones Warrington AC 57.04 17.00 40.04 3rd
- M/O65; 56 Arthur Walsham Salford H&AC 57.30 22.00
- 35.30 6th M/O70; 57 T Hussain 58.16 58.16 7th M/O40;
- 58 Julie Hockenhull 59.00 Guest 59.00 3rd L/O40; 59
- Maurine Maddock Nvac 59.17 59.17 2nd L/O55; 60 Joe
- McAloon Liverpool Pem/Sefton 60.36 26.00 34.36 7th
- M/O70; 61 Bernard Lister Nvac 61.48 28.30 33.18 8th
- M/O70; 62 Jane Balcombe 68.33 Guest 68.33 3rd L/O45;
- 63 Les Heald Nvac 70.41
- ShortCourse 1st M/O80;

OUR THANKS TO NEVILLE GRIFFITHS AND  
EVERYONE WHO HELPED TO MAKE THIS A  
SUCCESSFUL AND ENJOYABLE EVENT.

#### NVAC Cross Country Championships, Perry Park, Birmingham, 18th January 2004.

##### Men 40:

- 1 A Wilton (Staffs M) 31:41; 2 D Walmsley (Bourn RR)
- 32:12; 3 M Wright (Tip) 33:28; 4 P plant (Tel) 34:28;
- 5 R Limbert (Tel) 34:37; 6 S Riley (Leam) 34:49; 7 S
- Jones (Tel) 34:49; 8 M Farnell (Tip) 34:56; 9 R Gray (B-
- Row) 35:00; 10 B Summers (R&N) 35:21; 11 T Egan
- (R&N) 35:24; 12 M McHale (Red RR) 35:55; 13 S
- George (Hales) 36:08; 14 P Hurcombe (B. Row) 36:27;
- 15 D Owen (Staff M) 36:41; 16 P Crutchley (Trent)
- 36:55; 17 K Squires (Red RR) 37:18; 18 K Finney (Trent)
- 37:24; 19 A Smith (Tel) 38:03; 20 N Nealon (Hun) 42:19;
- 21 A Dippie (B'north) 42:37;

##### Men 45:

- 1 A Wetherill (Red RR) 32:36; 2 M Eustace (Tip) 33:39;
- 3 R Hailey (Tel) 33:56; 4 S Jennings (Notts) 34:34; 5 M
- Evans (RSC) 34:37; 6 R Stanier (Tip) 35:06; 7 M
- Williams (Kenil) 35:22; 8 B Acford (R&N) 36:33; 9 G
- Cox (Tip) 36:54; 10 C Wakeman (Shrew) 36:57;
- 11 M Baggaley (Trent) 37:01; 12 A Grant (Hales) 37:18;
- 13 F Pidgeon (Notts) 38:15; 14 I Redford (M Ferg) 39:05;
- 15 B Worthington (Bir) 41:18; 16 K Rushton (Trent)
- 41:27;

##### Men 50:

1. Hager (Tip) 32:18; 2 M Strange (Tip) 34:27; 3 P Parker
- (RSC) 34:33; 4 S Hewitt (B-Row) 35:12; 5 B Wareing
- (Spark) 36:40; 6 D Martin (OWLS) 36:44;
- 7 T Akiens (R&N) 36:50; 8 M Smith (M Ferg) 37:42; 9 B
- Finney (Staff M) 37:55; 10 A Grice (Tip) 38:02; 11 R
- Britton (Staffs M) 38:13; 12 T Howarth (M Ferg) 39:52;
- 13 K Best (Tip) 39:57;
- 14 T Chambers (R&N) 41:38; 15 R Pollard (RSC) 42:20;
- 16 J Haden (Tip) 43:57;

## CLUB RESULTS –MASTERS ATHLETICS APRIL 2004

### Men 55:

1 J Smith (NVH) 37:15; 2 M Smedley (Derby) 37:16; 3 B Russell (Tip) 40:06; 4 T Williams (Tip) 42:13; 5 D Burns (M Ferg) 47:10; 6 A Frain (Bir) 48:29;  
7 G Smith (Tip) 48:39; 8 A Simmonds (MVAC) 50:58; 9 D Phillips (M Ferg) 54:00;

### Men 60:

2 G Patton (Sphinx) 35:59; 2 M Ford (Chelt) 36:43; 3 A Elliott (Bir) 42:18; 4 M Wrenn (MVAC) 42:39; 5 R Humpherson (RSC) 42:50; 6 G Kidman (Spark) 44:10; 7 G Orme (Bir) 45:17; 8 D Cowley (Staff H) 45:48;  
9 B Roberts (Bir) 47:33; 10 G Hudson (Nun) 48:06; 11 M Stanley (RSC) 48:29; 12 J Clulee (B-Row) 61:42;

### Men 65:

1 D Lyons (R&N) 45:10; 2 R Bunn (Hales) 46:58; 3 M Butterley (Derby) 47:12; 4 B Froggatt (S&SH) 49:30; 5 J Powell (Spark) 53:28; 6 L Green (C&S) 59:14;

### Men 70:

1 G Oliver (100K) 25:16; 2 B Aston (Hales) 25:31; 3 C Sloan (S&SH) 25:58; 4 T Wyer (RSC) 27:38; 5 C Simpson (S&SH) 29:52;

### Men 75:

J Quntrell (MVAC) 35:29;

### Women 35:

1 N Nealon 19:13; 2 S Wint (Cov) 19:29; 3 W Roethenbaugh (Derby) 19:46; 4 J Sheppard (Tip) 20:04; 5 S Hutchinson (Shrew) 20:22; 6 J Pidgeon (Notts) 20:48; 7 J Hewson (Tel) 20:59; 8 L Carmichael (NVH) 22:01; 9 G Russon (C&S) 24:01; 10 L Bragden (Tel) 24:22;

### Women 40:

1 J Burke (Derby) 19:56; 2 C Evans (Tel) 20:21; 3 S Tawney (Leam) 21:36; 4 W Ray (Ilkes) 22:12; 5 G Hardy (Ilkes) 24:20;

### Women 45:

1 J Clarke (W Brom) 22:44; 2 J Poole (Ilkes) 23:41; 3 K Braznell (W Brom) 24:08; 4 J Hailey (Tel) 25:57;

### Women 50:

1 C Kilkenny (C&S) 21:10; 2 C Rollason (C&S) 23:30;

### Women 55:

1 L White (Cov) 22:32; 2 D Fellows (C&S) 23:05;

### Women 60:

J Bryan (C&S) 27:53;

## NORTHERN VETERANS AC CROSS COUNTRY CHAMPIONSHIPS, SHEFFIELD, 18<sup>TH</sup> JANUARY

### Men 40:

1 J Convery 34:23; 2 M Farran 35:23; 3 P Young 36:58; 4 J Howarth 37:55; 5 D Nuttall 38:33; 6 A Thompson 38:46; 7 S Walsh 47:19;

### Men 45:

1 A Rowe 36:25; 2 G Armitage 37:18; 3 A Normandale 38:25; 4 G Coulam 38:42; 5 B Greaves 41:22;

### Men 50:

1 L Best 38:05; 2 I Mitchell 39:01; 3 P Shaw 40:20; 4 G Bell 41:13; 5 M Moorhouse 41:47; 6 M Pope 41:52; 7 F Reddington 42:06; 8 D Johnson 43:21; 9 C Sinnott 46:38;

### Men 55:

1 D Waywell 38:29; 2 B Hilton 38:37; 3 D Telford 40:11; 4 W Allan 40:39; 5 R Parker 40:48; 6 P Nolan 41:50; 7 A Barlow 44:15; 8 R Scholes 44:41; 9 D Barras 44:56; 10 P Spare 45:08; 11 R Pike 46:14;

### Men 60:

1 B Dover 41:02; 2 L Haynes 42:01; 3 H Gott 42:09; 4 K Burgess 42:12; 5 B Swindells 43:17; 6 W Wade 44:08; 7 D Walton 44:08; 8 M Brooks 46:50; 9 R Ashby 48:07; 10 T Cook 48:16; 11 K Chapman 49:44;

### Men 65:

1 G Gibbs 40:40; 2 S James 40:42; 3 D Pickering 45:02; 4 B Atkinson 46:34; 5 P Knott 55:39; 6 Malcolm ? 56:15;

### Women 35:

1 A Hartopp 20:52;

### Women 40:

1 A Dennison 19:15; 2 P Atkinson 20:37; 3 D Johnson 22:57; 4 K Hoyer 24:09; 5 S Cook 26:26;

### Women 45:

1 D Gibbs 20:01; 2 D Wakefield 22:51; 3 Susanne ? 27:42;

### Women 50:

1 S Cariss 21:09; 2 A M Jones 21:37; 3 J Morley 23:31; 4 A Foster 23:37; 5 C Edwards 27:30; 6 S Fogg 29:26; 7 A Doyle 36:38;

### Women 55:

1 Carol ? 21:43;

### Women 60:

H Morath 27:19;

### Women 65:

M Wood 37:09;

## VAA-NE Cross Country Championships, 20:03:04, Durham

### W35: (5k)

1 H Slay 22:06; 2 D Hales 23:15; 3 Y Thiru 23:37; 4 S Morgan 23:40; 5 C Bruce 24:17; 6 K Haldane 25:39;

### W40: (5k)

1 H Robinson 22:24; 2 L Marr 23:53; 3 D Tunstall 24:09; 4 F Shelton 24:15; 5 C Wyngard 25:01; 6 S White 25:04; 7 H Morris 25:21; 8 S Davis 28:47;

### W45 (5k)

1 H Lambert 24:05; 2 G Butler 24:26;

3 P Adamson 30:53; **W50 (5k):** J Young 26:45; **W55**

### (5k)

1 L Woods 26:27; 2 S Wilson 28:51; **W60 (5k):** 1 C Lee 26:42; 2 J Bell 27:38; 3 K Stewart 28:10; 4 B Robinson 29:43;

**Womens Team:** 1 Gosforth H 74:45; 2 NSP 76:32; 3

Elvet Striders 79:47;

**M70 (5k):** 1 E Appleby 26:20; 2 F Laverick 26:41;

3 B McNeill 27:33; 4 M Hall 27:52; 5 J Cullingham

28:08; 6 H Craven 32:25; 7 S Robson 32:53; **M75 (5k)**

J Caddy 33:04; **M80 (5k):** 1 J Johnston 40:35; 2 T Joyson

49:44;

### All of the following (10K):

**M50:** 1 G Williams 40:38; 2 N Cassidy 43:21;

3 K Sanderson 43:54; 4 J Dennis 44:35; 5 S Beryl

44:54; 6 K Wesson 45:24; 7 B Boshier 45:46; 8 P Rees

45:49; 9 G Pemberton 45:53; 10 T Farrer 46:03;

11 F Reddington 46:05; 12 A Storey 46:09; 13 D Brass

47:03; 14 D Dixon 47:25; 15 B Long 47:30; 16 P Bates

47:54; 17 J Maddison 47:57; 18 D Brown 48:10; 19 D

Morris 48:12; 20 D Warnaby 49:14; 21 D Mein 49:39;

22 D Dixon 50:28; 23 R Treglown 51:46; 24 G

Adamson 53:09; **M55:** 1 J Bell 40:29; 2 M McNally

42:46; 3 S White 42:57; 4 H Matthews 43:15; 5 L

Christopher 44:12; 6 M Frostick 43:18; 6 J Robinson

45:47; 8 A Rowell 45:57; 9 E Baldwin 46:22; 10 M

Haslop 46:25; 11 K Pyle 47:42; 12 B Robinson 49:10;

13 R Parker 50:17; 14 B Brown 55:03; 15 D Middleton

59:58; 16 D Tait 73:12; **Team:** 1 Elswick 125:52;

2 Teesdale 137:00; 3 Sunderland 137:28; 4 Durham

City 138:44; 5 Blaydon 140:13; 6 NSP 147:10; **M60:**

1 T O'Gara 46:34; 2 R Wilson 48:03; 3 E Whittaker

52:12; 4 F Strand 53:13; 5 R Stewart 55:04; 6 L

Thompson 58:30; **M65:** 1 W Ryder 46:29; 2 B Pinkney

50:03; 3 E Simpson 50:32; 4 I Barnes 50:37; 5 G Smith

51:51; 6 J Prudham 52:19; 7 D Whitmore 57:24; **Team:**

South Shields 160:40; **M40:** 1 B Rushworth 36:11; 2 R

Hand 36:36; 3 T Doughty 37:45; 4 I Crampton 38:39;

5 D Robertson 38:39; 6 I Auger 40:05; 7 M Grainger

40:30; 8 G Harden 40:56; 9 A Mellor 40:59; 10 K Dines

41:51; 11 M Jones 42:42; 12 R Rush 43:11; 13 T Tait

43:20; 14 J Welch 44:25; 15 M Baker 44:39; 16 P

Redman 44:43; 17 M Telford 45:26; 18 K Ayre 46:02;

19 K Daglish 46:58; 20 D Hughes 47:08; 21 M Johnson

47:17; 22 C Guy 47:25; 23 L Friel 47:32; 24 H Norman

52:42; **Team:** 1 Sunderland 153:31; 2 Durham City

160:43; 3 Wallsend 175:56; 4 NSP 188:06;

**M45:** 1 P Morrison 38:26; 2 A Dent 40:41; 3 J Zaple

41:02; 4 J Roche 41:03; 5 K MacKey 41:49; 6 S Marshall

42:08; 7 B Miller 44:58; 8 G Davis 45:24; 9 M Ingram

45:59; 10 C White 46:18; 11 M Thirlaway 46:36; 12 K

Freeman 46:37; 13 F Judson 46:47; 14 V Emmett 48:32;

15 A Hind 49:04; 16 J Woodward 51:19; 17 A Mulliss

51:58; 18 J Brettell 55:21;

## Welsh Masters XC Championships, Cardiff, 14<sup>th</sup> Dec.

### Women (5k):

1 M Watson W35 19:42; 2 A Evans W45 19:50; 3 N

Haines-Jones W35 19:57; 4 A Nixon W45 20:02; 5 A

Whitelaw W45 20:11; 6 W J Edwards W40 20:25; 7 D

Spencer W40 20:44; 8 J Williams W40 21:05; 9 E Turner

W50 21:25; 10 P Gallagher W55 21:26; 11 M Docking

W50 21:50; 12 L Shaw W35 22:01; 13 A Jones W50

22:18; 14 H Dirksen W55 23:12; 15 M Oliver W55

23:30; 16 A Smith M70 23:50; 17 B Davies 24:15;

18 B Jones W60 25:19; 19 P Thomas W60 25:21;

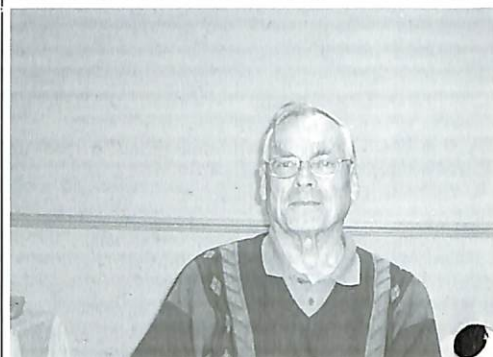
**Team:** 1. Les Croupiers 37; 2. Sam Helen 84; 3. Eryri 86;

### Men (9.5k):

1 R Bullen M40 29:00; 2 D Wilson-Evans M45 29:12;  
3 T Partridge M40 29:18; 4 E Roberts M40 29:28; 5 B  
Jones M45 29:38; 6 M Weedall M45 29:46; 7 J Collins  
M50 30:52; 8 P Ross-Davies M50 31:25; 9 B Johnson  
M50 31:35; 10 D Davies M55 32:46; 11 A Egan M55  
33:37; 12 M Howells M60 34:32; 13 K Buckle M60  
34:46; 14 J Aston M55 34:49; 15 P Moody M60 35:25;  
16 J Collins M65 35:36; 17 P Norman M65 40:02; 18 C  
Jones M65 41:40;

**Teams: M40:** 1. Wrexham 26; 2. Bridgend 73; 3. Les

Croupiers 91; **M50:** 1. Les Croupiers 174; 2. San  
Domenico 175; 3. Swansea 218;



## ERIC HORWILL WALKS RESULTS

### Leicester Mercury Walks 7<sup>th</sup> Sept 2003:

#### Men:

4 S Arnold M40 52:14; 5 R Emsley M50 52:28; 6 G  
Chapman M45 52:40; 9 C Lawton M55 54:07; 10 J ball  
M40 54:17; 13 R Penfold M60 55:32; 14 D Kates M50  
56:35; 15 M Byrne M40 57:59; 16 P Cassidy M60  
58:13; 17 B Nelson M65 58:46; 18 A Flear M40 59:10;  
19 T Morris M55 59:12; 20 R Jackson M55 59:57; 21 A  
O'Rawle M60 60:18; 23 D Stevens M65 61:09; 26 S  
Pender M45 61:36; 27 N Nickau M40 62:24; 28 K  
French M60 62:31; 29 J Borgars M55 63:13; 30 B  
Dobson M60 63:39; 31 D Fall M55 64:05; 32 D  
Fotheringham M70 64:26; 33 D Manning M50 65:03; 34  
B Newhill M65 65:33; 36 A Newman M60 67:07; 37 N  
Smith M40 67:27; 38 E Horwill M70 68:01; 39 K  
Abolins M75 69:01; 40 K Batten M60 69:13; 41 D  
Withers M75 70:33; 42 J Culshaw M65 71:13; 43 T Kent  
M65 72:32; 44 P Markham M65 73:05; 46 P Roberts  
M55 75:07; 47 H Jaquest M75 76:51; 48 C Smith M40  
79:37; 49 P Malins M80 87:01; **Team:** 1 Steyning 13;  
2 Sheffield 32; 3 Ilford 41;

#### Women:

3 A Wheeler W45 60:01; 4 A Lewis W55 60:56; 5  
Bishop W40 62:31; 6 K Howard W45 63:07; 9 S Owens  
W45 66:44; 10 M Spellman W65 67:42; 11 N Blatchford  
W55 67:59; 12 P Horwill W65 70:53; 13 L Harris W40  
73:52; 14 J York W55 78:17; 15 P Ficken W60 79:40;

**Team:** Aldershot 11pts;

### Roubaix 28 hours 20/21<sup>st</sup> September 2003:

6 Sandra Brown 22.310 km; 12 Richard Brown 208.025;  
19 Martin Fisher 197.865; 20 Christopher Flint 197.865;  
21 Kevin Marshall 197.865; 23 Ken Watts 192.785;  
26 Paul King 191.525; 30 Jill Green 185.490; 31 Hazel  
Fairhurst 185.490; 34 Ian Statter 182.015; 36 Kevin  
Perry 179.455; 40 John Fenton 174.375; 42 Susan  
Clements 171.205; 45 Bob Watts 165.170; 49 Leon Creeo  
156.615; 50 Cath Duhig 156.615;

## Stair Aitken Reports from Durham: Pictures from Philip Lee & Bridget Cushen.



**Men 40 await the starter**

The North Eastern Officials were as enthusiastic to make the British Masters Championships a success as their local hero **Brian Rushworth** was to win the 'M40' race and it worked on both counts.

The M40-49 Championships have always been the most hotly contested cross-country in the "Masters" calendar and no respecter of reputations, as I have witnessed reporting on the event for the last twenty seven years. It took that 'Great' cross-country runner Gerry North ten years to win a 'National' veteran cross-country title and that was eventually as an over 50 competitor! With that in mind, some may remember last year at Irvine it was a lovely warm day and over a testing but bone-dry course, where as this year it was also hilly but, muddy in parts and spiced with rain and strong winds.

Last year Sunderland's Brian Rushworth, after coming back from a long injury had still been in good form in the Northern road relays yet, was taken to the 'Cleaners' by Tommy Murray and Julian Critchlow. His determination to win this year was unquestioned. However, there was no point in the race that he was ever able to relax and like so many 'Star' performers I have known over the years, used his local knowledge to his advantage by picking his way sensibly round the course to win. Rushworth who trains just a couple of miles from the "Maiden Castle" venue was first headed by Ross Arbuckle and Ben Reynolds, who finished a very respectable 39th in the 'National' at Leeds. Up the hill they went before Rushworth tried to start dominating the race from the front. Guy Amos, who ran 13:56 for 5000m as a 38 year old and 64:46 representing the UK in a half-marathon, soon threatened him. Although Amos had recently started to show good form again, he had been troubled by injuries for a couple of years and happy to be running well again. Rushworth had the trump card of having good endurance over the course, where as Amos was better on a faster surface which made all the difference in the end, even though there was only five seconds between them at the finishing line. It was during the middle of the race Rushworth did all the damage, sometimes extending his lead to about 70 metres. The race behind them was intense and often changing. Reynolds was being challenged and overtaken by Rob Hand, a previous winner. Nicky Martyn was moving through from the 20's early on and Andy Wilton was also coming through the field behind him. Wilton in fact came into the reckoning for a place far too late. He was catching Rob Hand rapidly with 200 to go but the announcer mentioned that fact and Hand must have heard it, and able to hang on well. **David Neil** was the 'M45' winner for the fourth year on the trot, over a course that suited him being a Champion Fell runner. After Rob Hand and Neil for the over 45' prize was Bill Foster, fresh from his 3000m world Indoor Masters victory but not finding it quite so easy in the tough conditions. Ron Hill Cambulsang finished their four scorers within the first 42 places out of the 115 runners to narrowly beat Sunderland for the team gold.

It was interesting to note Brian Rushworth started his running, having played football, at 21, when he was working in the ship building industry and only took a year to get to international class. It was after that he decided to be a mature student in his late 20's with a view to teaching which would be far more conducive to his running.



**Nigel Gates leads the M50 field**

**Nigel Gates** continued to be the most "consistent" top veteran cross-country runner in the last ten years of that there is no doubt, as he won the M50 title by a long way. "People told me Martin Rees and Mike Hager were going to run but you never know who you will be up against. When I got to the start line I felt pretty confident that I would be able to win' He added 'It was really tough but a good course. You had to really concentrate and relax and nothing went wrong. I was pleased to win another British title' After the first of the four laps Nigel Gates was already drawing clear with Dave Wilcock, like Gates an outstanding winner in the World Indoor Championships, running on his own in second place and looking comfortable at the time but after 2.5 laps Rick Halley, who only really started running seriously at 45 came through and overtook Wilcock, who was finding it a bit hard on the hills and the mud. GP Halley, who finds running very good therapy away from his intensive job, went into a very solid second position and with his brother Mike Halley (20th) and **Brian L.Loyd** the 'M55' winner helped lift the team award for Telford. As with the M40 race, there were intense battles well behind Halley and it looked as though Tony Seakins might snatch a third over 50 medal but was overtaken by Charlie Dickinson (M55) and Dave Wilcock who came through at the finish to take the M50 third spot with Tony Seakins and Jimmy Bell (M55) close behind that. Cheltenham's **Martin Ford** won the over 60 title in 32nd place out of the 147 finishers and, the remarkably durable runner from a very early age **Steve James**, was 55th, to win the over 65 gold.

The first over 70 in the 5k Men's race was Bingley's **Gerry Spink** who remarked "The conditions were so bad you felt as though you were struggling all the way' He added 'I have run over two thousand races in my running career so I have got to the stage now where I find I don't enjoy racing because I have raced so much. I just pick out Championship events which includes the Yorkshire, Northern and National but I would like to add it was an interesting course today".

**Don Adie** (77) from Dulwich Runners, despite a fall took the over 75 title. He said straight after his race "I enjoyed it very much indeed even though I fell over once in the mud, picked myself up and ran on and although I had a groin strain it did not effect me in the race." Jim Caddy will be 80 on the 26th of August and comes in with some interesting comments after obtaining a couple of medals indoors the week before "You lose a lot of training running indoors." Then he said philosophically 'however hard you train and, I train as hard as ever I did, it gets harder as the clock tells me that but luckily it happens to everybody."

The Women's Championship was won by **Susan Ridley** (born 25.10.65) who runs for Edinburgh Southern. She had won several Scottish titles with listed track times of 9:27 16:51.80 for 3 5k's and has enjoyed running since she was 14. She has had some recent breaks by having

## BRITISH MASTERS CROSS COUNTRY- MASTERS ATHLETICS APRIL 2004

children (1'1/2 and 4 years old now). Ridley won the first race of the afternoon over 5k, but it was the closest finish of the day with the first eight runners finishing within a minute of each other. The early leader was Sue Wint with Astrid Winger, who had won several cross-countries for Highgate Harriers in the London area but was new to "Masters" championship racing, close behind her. For the last mile it became a race between a trio of runners Winger, Clare Pauzers (W40), a previous BVAf track Champion, and Ridley. Winger hit the front in a bid to get away with 500 remaining but close behind were Pauzers and Ridley. As the runners hit the wind, just before coming into the home stretch Winger, who started running in Germany at 18, had to give way to the faster finishing of Ridley and Pauzers but only four seconds separated first and third.

**Viv McConell** was first W45 but 13th out of the large field for the event of 113, with the Midland's celebrated ex-international Ann Ford 16th as an W50 and part of the Redhill Road Runners winning trio. Coventry Godiva's **Linda White** (W55) and **Joy Bell** (W60) of Blackhill Bounders were also category winners.



### Women's Race in open country

#### WOMEN 35:

1: Susan Ridley 20.24 Edinburgh Southern Harriers; 2: Astrid Winger 20.28 Highgate Harriers; 3: Sue Wint 20.55 Coventry Godiva Harriers; 4: Audrey Macmillan 21.07 Redhill Road Runners; 5: Nicki Nealon 21.18 Huncote Harriers A C; 6: Liz Hartney 21.27 Reading Road Runners; 7: Penny Gardiner 22.00 Bristol A C; 8: Lynn Emmett 22.04 Waveney Valley A C; 9: Helen Sly 22.06 Horsforth Harriers; 10: Alison Hartopp 22.15 Macclesfield H & A C; 11: Deborah Hales 23.15 Durham City H & A C; 12: Janet Hindley 23.21 Rotherham H & A C; 13: Yamuna Thiru 23.37 Gosforth Harriers & A C; 14: Susanne Morton 23.40 Elswick Harriers; 15: Linda Carmichael 23.56 Nene Valley Harriers; 16: Claire Bruce 24.17 North Shields Poly; 17: Emma Hudson 25.19 Macclesfield H & A C; 18: Karen Haldane 25.39 Alnwick Harriers;

**Team list: 1: Redhill Road Runners (6.14.16) 1:05:05; 2: Bristol A C (12.13.15) 1:05:36; 3: Macclesfield H & A C (19.31.40) 1:09:29; 4: Dulwich Runners A C (11.29.56) 1:09:46;**

#### WOMEN 40:

1: Clare Pauzers 20.26 Herne Hill Harriers; 2: Andrea Dennison 21.01 Bradford Airedale; 3: Carol Evans 21.16 South London Harriers; 4: Sue Becconsall 21.23 Bingley H & A C; 5: Alison Fletcher 21.29 Dulwich Runners A C; 6: Alison Hurford 21.44 Bristol A C; 7: Helen Burrell 21.57 Redhill Road Runners; 8: Heather Robinson 22.24 Chester le Street & District; 9: Sandra Holmes 22.51 Riverside Runners; 10: Lindi Marson 23.01 Nene Valley Harriers; 11: Susie Tawney 23.05 Leamington C & A C; 12: Toni Boa 23.31 Harborough A C; 13: Sally Ann Pattison 23.51 Macclesfield H & A C; 14: Lynne Marr 23.53 Tynedale Harriers; 15: Denise Tunstall 24.09 Teesdale A C; 16: Fiona Shenton 24.15 Elvet Striders; 17: Jane Griffiths 24.36 Dark Peak Fell Runners; 18: Clare Wyngard 25.01 Dulwich Runners A C; 19: Stephanie White 25.04 Tynedale Harriers; 20: Rebecca Adams 25.06 Derwent A C; 21: Helen Morris 25.21 Blyth Running Club; 22: Susan Davis 28.47 Elvet Striders;

#### WOMEN 45:

1: Vivian McConell 21.52 Bristol A C; 2: Dawn Gibb 22.36 Nestle Rowntree (York) A C; 3: Elizabeth Tomes 22.39 Keighley & Craven A C; 4: Barbara Murray 23.23 Macclesfield H & A C; 5: Jackie Jackson 23.48 Derby A C; 6: Heather Lambert 24.05 North Shields Poly; 7: Gillian Butler 24.26 Gosforth Harriers & A C; 8: Denise Johnson 24.58 Pudsey Pacers; 9: Gillian Taylor 25.11 Rotherham H & A C; 10: Paula Fisher 25.32 Rotherham H & A C; 11: Sheila Kamdar 26.25 Southend-on-Sea A C; 12: Lynda Keepen 26.54 City of Bath A C; 13: Susanne Pickersgill 29.48 Longwood Harriers A C; 14: Paula Adamson 30.53 North Shields Poly;  
**Team list: 1: Rotherham H & A C (60.64.86) 1:18:42; 2: Kendal A C (52.71.84) 1:19:03;**

#### WOMEN 50:

1: Ann Ford 22.01 Redhill Road Runners; 2: Susan Cooper 22.42 Southport Waterloo A C; 3: Ann-Marie Jones 22.46 Altrincham & District A C; 4: Ros Tabor 23.16 Dulwich Runners A C; 5: Pat Partridge 23.25 St Edmunds Pacers; 6: Maggie Statham 23.27 Holland Sports A C; 7: Sue Cariss 23.39 Bingley H & A C; 8: Jane Waterhouse 23.41 Central A C; 9: Audrey Foster 24.40 Horwich RMI Harriers; 10: Dianne Priestley 24.45 Kendal A C; 11: Jane Morley 26.10 Hull Achilles A C; 12: Marion Smith 26.29 Kendal A C; 13: Jan Young 26.45 Elvet Striders; 14: Susan Barnett 27.01 Cambridge & Coleridge A C; 15: Rosemary Britton 27.42 Staffordshire Moorlands A C; 16: Christine Mullarkey 27.59 Rotherham H & A C; 17: Carol Hall 30.18 Cleethorpes A C; 18: Chrissie Brooks 30.38 Langport Runners; 19: Grace Hough 31.15 Telford A C;

#### WOMEN 55:

1: Mary Radford 35.43 West Cheshire A C; 2: Linda White 24.01 Coventry Godiva Harriers; 3: Judith Witterick 24.08 Midland Veterans A C; 4: Dot Fellows 24.56 Cannock & Stafford A C; 5: Felicity Garland 25.05 Redhill Road Runners; 6: Lynn Woods 26.27 New Marske Harriers; 7: Sylvia Watson 27.05 Valley Striders; 8: Susan Wilson 28.51 North East Vets A C; 9: Judy Potter 29.52 Bungay Black Dog Running; 10: Rose Webb 30.24 Radley A C;

#### WOMEN 60:

1: Christine Lee 26.42 Gosforth Harriers & A C; 2: Joy Bell 27.38 Blackhill Bounders; 3: Kathleen Stewart 28.10 North Shields Poly; 4: Maureen Fitzgerald 29.16 Thames Valley Harriers; 5: Brenda Robinson 29.43 Rochdale H & A C; 6: Hetta Morath 29.49 Abbey Runners; 7: Bridget Cushen 31.30 Sutton & District A C;

#### WOMEN 65:

1: Heather Goodman 27.49 Kendal A C; 2: Pamela Jones 28.09 Ilford A C; 3: Mary Holmes 30.46 Cambridge & Coleridge;

#### MEN 70:

1: Gerry Spink 25.00 Bingley H & A C; 2: Derek Howarth 25.27 Leigh H & A C; 3: Ron Higgs 25.40 Barnet & District A C; 4: Eric Appleby 26.20 Heaton Harriers; 5: Malcolm Ball 26.30 North Norfolk Beach; 6: Bryan Rogers 26.38 Northern Veterans A C; 7: Frederick Laverick 26.41 Aurora Harriers; 8: Bill McNeil 27.33 Durham City H & A C; 9: Mike Hall 27.52 Elvet Striders; 10: John Cullingham 28.08 Reading A C; 11: Geoff Oliver 28.50 100km Association; 12: Peter Chaplin 29.22 Eastern Veterans; 13: Harry Craven 32.25 Heaton Harriers; 14: Sydney Robson 32.53 Gateshead H;

#### MEN 75:

1: Donald Adie 27.28 Dulwich Runners A C; 2: John Hayward 30.54 Woodford Green A C with EL; 3: James Caddy 33.04 Middlesbrough & Cleveland; 4: Ron Franklin 35.16 Barnet & District A C;

#### MEN 80:

1: James Johnston 40.35 North East Vets A C; 2: Edward Joynson 49.44 Gateshead H & A C;

#### MEN 40 PLUS (10K)

#### MEN 40:

1: Brian Rushworth 36.11 Sunderland H & A C; 2: Guy Amos 36.16 City of Norwich A C; 3: Rob Hand 36.36 Durham City H & A C; 4: Andy Wilton 36.39 Staffordshire Moorlands A C; 5: Ben Reynolds 37.01 Thames Hare & Hounds; 6: Nicholas Martin 37.21 Highgate Harriers; 7: Mark Brown 37.24 Clayton le Moors Harriers; 8: Alexander Robertson 37.27 Ron Hill; 9: Colin Donnelly 37.30 Ron Hill Cambuslang; 10: Keith Newton 37.35 Herne Hill Harriers; 11: Thomas Doughty 37.45 Sunderland H & A C; 12: Ross Arbuckle 37.52 Ron Hill Cambuslang; 13: Mark Aspinall 37.55 Clayton le Moors Harriers; 14: Richard Sales 38.07 City of Norwich A C; 15: Peter Smith 38.15 North Belfast Harriers; 16: Martin Farran 38.30 Leeds City A C; 17: Mark Kirk 38.31 Ballymena Runners; 18: Ian Crampton 38.39 Durham City H & A C; 19: David Robertson 38.39 Sunderland H & A C; 20: David Hinchcliffe 38.56 Longwood Harriers A C; 21: Mark Wright 38.57 Tipton Harriers; 22: Mike Spencer 39.03 Bideford A C; 23: Craig Roberts 39.05 Kendal A C; 24: Philip Townsend 39.06 Leeds City A C; 25: John Cox 39.08 Hallamshire Harriers; 26: Philip Hall 39.20 Clayton le Moors Harriers; 27: Peter Martin 39.30 Staffordshire Moorlands A C; 28: Davy Brady 39.45 North Belfast Harriers; 29: Steve Murdoch 39.57 Border Harriers; 30: Andrew Black 40.03 Clayton le Moors Harriers; 31: Ian Auger 40.05 Nene Valley Harriers; 32: Paul Young 40.25 Hallamshire Harriers; 33: Mark Grainger 40.30 Darlington H & A C; 34: Peter Plant 40.43 Telford A C; 35: George Harden 40.56 Sunderland H & A C; 36: Anthony Mellor 40.59 North Shields Poly; 37: John Howarth 41.06 Leigh H & A C; 38: John Patience 41.12 North Belfast Harriers; 39: Russell Limbert 41.19 Telford A C; 40: Paul Fowler 41.33 Staffordshire Moorlands A C; 41: Anthony Gill 41.33 Leeds City; 42: Karl Dines 41.51 Willowfield Harriers; 43: Nigel Brookes 42.10 Rotherham H & A C; 44: Andy Evans 42.28 South London Harriers; 45: Michael Jones 42.42 South Shields Harriers & AC; 46: Robert Rush 43.11 Sunderland H & A C; 47: Edwin Tait 43.20 Durham City H & A C; 48: Andy Smith 43.21 Telford; 49: Jonathan Welch 44.25 Teesdale A C; 50: M Baker 44.39 Wallsend Harriers & A C; 51: Paul Redman 44.43 Sunderland H & A C; 52: David Stanfield 45.10 Wells City Harriers; 53: Martin Telford 45.26 Wallsend Harriers & A C; 54: Kevin Ayre 46.02 South Shields Harriers & A C; 55: Malcolm Brine 46.05 Leeds City A C; 56: Kevin Daglish 46.58 Houghton & Peterlee A C; 57: David Hughes 47.08 North Shields Poly; 58: Mark Johnson 47.17 North Shields Poly; 59: Chris Guy 47.25 Wallsend Harriers & A C; 60: Jim Cooke 47.27 Staffordshire Moorlands A C; 61: Liam Friel 47.32 Blaydon H & A C; 62: Harry Norman 52.42 North Shields Poly;

**Team list: 1: Ron Hill Cambuslang (9.10.14.42) 2:33:04; 2: Sunderland H & A C (112.24.53)**

# BRITISH MASTERS CROSS COUNTRY- MASTERS ATHLETICS APRIL 2004

2:33:31; 3: Clayton le Moors Harriers ( 8,15,32,39)  
42; 4: Staffordshire Moorlands A ( 4, 6, 34, 63)  
2:44:47; 5: North Belfast Harriers ( 19, 37, 43, 54)  
2:39:15; 6: Tipton Harriers ( 13, 27, 36, 75) 2:39:21;  
7: Durham City H & A C ( 3, 23, 69, 78) 2:40:43;  
8: Nene Valley Harriers ( 40, 41, 45, 65) 2:42:14;  
9: Leeds City A C ( 21, 30, 64, 92) 2:45:14; 10: Telford  
( 50, 51, 61, 79) 2:46:12; 11: Wallsend Harriers & A C  
( 20, 83, 89, 101) 2:55:56; 12: North Shields Poly ( 56,  
99, 100, 113) 3:08:06;

## MEN45:

1 David Neill 37.05 Staffordshire Moorlands A C;  
2: Michael Hager 37.46 Tipton Harriers; 3: Bill Foster  
37.59 Blackheath & Bromley; 4: Robert Atkinson 38.09  
Barrow & Furness Striders; 5: Paul Morrison 38.26  
Wallsend Harriers & A C; 6: Andrew Wetherill 38.53  
Redhill Road Runners; 7: Brian Green 39.24 Oxford City  
A C; 8: Alex Rowe 39.31 Wesham Road Runners;  
9: Malcolm Eustace 39.43 Tipton Harriers; 10: Peter  
Thompson 40.12 Nene Valley Harriers; 11: Dave  
Dymond 40.15 Ron Hill Cambuslang; 12: Matt Shields  
40.17 North Belfast Harriers; 13: Steve Laing 40.18  
Central A C; 14: Chris Clarke 40.22 Nene Valley  
Harriers; 15: Stephen Smythe 40.34 Dulwich Runners A  
C; 16: Alan Dent 40.41 Blaydon H & A C; 17: Greg  
Wilson 40.49 Telford A C; 18: Richard Holland 40.49  
Woodford Green A C with; 19: Frank Davidson 40.58  
North Belfast Harriers; 20: Nick Hume 40.59 Nth Fylde A  
C; 21: James Zapple 41.02 Ron Hill Cambuslang; 22: John  
McEne 41.03 Clayton le Moors Harriers; 23: Frankie  
Barton 41.31 Ron Hill Cambuslang; 24: Michael  
Barnsdale 41.35 Nene Valley Harriers; 25: Dickie Wythe  
41.40 Yeovil Olympiads; 26: Keith Mackey 41.49 South  
Shields Harriers & A C; 27: Stephen Marshall 42.08  
Durham City H & A C; 28: Dale Hurren 42.30 City of  
Norwich A C; 29: Ian Rowbotham 42.53 Harrogate H &  
A C; 30: Ray Stanier 42.55 Tipton Harriers; 31: Paul  
Murphy 43.01 North Belfast Harriers; 32: Gary Coulam  
43.54 Cleethorpes A C; 33: Chris Wakeman 44.36  
Shrewsbury A C; 34: Brian Miller 44.56 Harrogate H & A  
C; 35: Chris Paul 45.05 Salford H & A C; 36: Geoff Davis  
45.24 Durham City H & A C; 37: Malcolm Ingram 45.59  
Crook & District A C; 38: Conrad White 46.18 Elvet  
Striders; 39: Mark Chaplin 46.29 Cambridge & Coleridge  
A C; 40: Malcolm Thirlaway 46.36 Gateshead H & A C;  
41: Kevin Freeman 46.37 Blyth Running Club;  
42: Frederick Judson 46.47 Sunderland H & A C;  
43: Roderick Burton 48.00 Scunthorpe & District A C;  
44: Vince Emmett 48.32 Sunderland H & A C; 45: Valdis  
Pauzers 48.52 Herne Hill Harriers; 46: Andrew Adams  
48.58 Derwent A C; 47: Andrew Hind 49.04 Barnet &  
District A C; 48: Janek Popiolek 49.28 Leeds City A C;  
49: John Woodward 51.19 Sunderland Strollers; 50: Allen  
Mulliss 51.58 Heaton Harriers; 51: Roy McCauley 52.26  
Staffordshire Moorlands A C; 52: John Brettell 55.21  
North Shields Poly; 53: Kevin Dillon 1:02.51 Manchester  
H & A C;



**Dave Wilcock in M50**

## MEN 50:

1: Nigel Gates 37.03 Brighton & Hove City A C; 2: Rick  
Hailey 40.04 Telford A C; 3: David Wilcock 40.22 Barnet &  
District A C; 4: Tony Seakins 40.27 Colchester Harriers A C;  
5: Richard Grant 40.30 Oxford City A C; 6: Len Best 40.34  
Stockport H & A C; 7: Graham Williams 40.38 Riverside

Runners; 8: Dave Cox 40.55 Woodford Green A C with EL;  
9: Mick Strange M50 40.57 Tipton Harriers; 10: John Clark  
41.00 Grimsby H & A; 11: Des Michael 41.02 Barnet &  
District A C; 12: Frank Hurley 41.08 Ron Hill  
Cambuslang; 13: Peter Pickwell 41.45 Altrincham &  
District A C;  
14: Peter Parker 41.51 Royal Sutton Coldfield A;  
15: Michael Hailey 42.05 Telford A C; 16: Richard Witt  
42.15 Kendal A C; 17: Michael Stacey 42.17 Invicta East  
Kent A C; 18: Ray Curran 42.19 Ballymena Runners;  
19: David Wheeler 42.20 Oxford City A C; 20: William  
Johnstone 42.30 Border Harriers; 21: Phil Redden 42.47  
Riverside Runners; 22: Ian Mitchell 43.10 Longwood  
Harriers A C; 23: Neil Cassidy 43.21 Tyndale Harriers;  
24: Bernard Gough 43.25 Ron Hill Cambuslang;  
25: Andrew Boast 43.29 Riverside Runners; 26: Rob  
Kersey 43.31 Holmfirth Harriers A C; 27: Raphael  
Murray 43.37 Macclesfield H & A C; 28: Kenneth  
Sanderson 43.54 Teesdale A C; 29: Stephen Gaines  
44.00 Rotherham H & A C; 30: Peter Shaw 44.24  
Altrincham & District A C; 31: John Dennis 44.35 Crook  
& District A C; 32: Martin Herrington 44.39 Rotherham  
H & A; 33: Gerry Bell 44.42 Bingley H & A; 34: Stuart  
Beryl 44.54 Blaydon H & A C; 35: Keith Wesson 45.24  
Elvet Striders; 36: Robin Britton 45.38 Staffordshire  
Moorlands A C; 37: Brian Bosher 45.46 Sunderland H &  
A C; 38: Philip Rees 45.49 North Shields Poly; 39: Gary  
Pemberton 45.53 North East Vets A C; 40: Alan Grice  
45.54 Tipton Harriers; 41: Terry Farrer 46.03 Teesdale A  
C; 42: Frank Reddington 46.05 Spenborough & District A  
C; 43: Alan Storey 46.09 Blaydon H & A C; 44: Andy  
Murray 46.30 Dulwich Runners A C; 45: David Brass  
47.03 Teesdale A C; 46: David Dixon 47.25 Sunderland  
Strollers; 47: Brian Long 47.30 Sunderland H & A C;  
48: Peter Bates 47.54 Leeds City A C; 49: John Maddison  
47.57 Sunderland H & A C; 50: Donald Johnson 48.05  
Pudsey Pacers; 51: Dennis Brown 48.10 Crook & District  
A C; 52: David Morris 48.12 North Shields Poly;  
53: David Warnaby 49.14 underland Strollers; 54: Keith  
Best 49.29 Tipton Harriers; 55: David Mein 49.39  
University of Durham; 56: Clive Russell 49.53 Mansfield  
H & A C; 57: Christopher Ryan 50.13 Retford A C;  
58: Derek Dixon 50.28 Sunderland Strollers; 59: David  
Paver 51.39 Nestle Rowntree (York) A C; 60: Raymond  
Treglown 51.46 Aurora Harriers; 61: George Adamson  
53.09 North Shields Poly; 62: Dave Robson 57.55;

**Team list : 1: Telford A C ( 2, 3, 20) 2:02:20; 2 Oxford  
City A C ( 8, 24, 37) 2:05:50; 3 Elswick Harriers  
( 7, 30, 35) 2:06:12; 4 Riverside Runners ( 11, 31, 43)  
2:06:54; 5: Ron Hill Cambuslang ( 17, 42, 62)  
2:09:54; 6 Altrincham & District A C ( 18, 50, 54)  
2:10:11; 7: Rotherham H & A C ( 25, 49, 57) 2:10:59;  
8 Leeds City A C ( 34, 65, 94) 2:16:17; 9 Tipton  
Harriers ( 13, 73, 107) 2:16:20; 10: Teesdale A C ( 48,  
75, 86) 2:17:00; 11: Sunderland H & A C ( 52, 69, 91)  
2:17:28; 12: Durham City H & A C ( 74, 79, 80)  
2:18:44; 13: Blaydon H & A C ( 60, 77, 103) 2:20:13;  
14: Sunderland Strollers ( 89, 104, 117) 2:27:07;  
15: North Shields Poly ( 71, 99, 130) 2:27:10;**

## MEN55:

1: Brian Lloyd 40.11 Telford A C; 2: Charles Dickinson  
40.15 Belgrave Harriers; 3: Jimmy Bell 40.29 Elswick  
Harriers; 4: Duncan Overton 40.33 Keswick A;  
5: Bernard Grant 40.57 Harrogate H & A C; 6: Michael  
Marsters 42.20 Rotherham H & A C; 7: Philip Wallace  
42.23 Medway & Maidstone A C; 8: Michael Smedley  
42.35 Derby A C; 9: Dave Waywell 42.44 Wesham  
Road Runners; 10: Mark McNally 42.46 Elswick  
Harriers; 11: Brian Hilton 42.52 Leeds City A; 12: Steve  
White 42.57 Elswick Harriers; 13: Bob Chapman 42.58  
RNAC; 14: Roy Treadwell 43.00 Oxford City; 15: John  
Exley 43.06 Oxford City; 16: Harry Matthews 43.15  
Elswick Harriers; 17: David Trickett 43.42 Hallamshire  
Harriers; 18: Michael Mann 43.44 Dulwich Runners;  
19: David Telford 44.02 Altrincham & District; 20: Peter  
Leviston 44.05 Barrow & Furness Striders; 21: Leonard  
Christopher 44.12 Sunderland H & A C; 22: Michael  
Frostick 45.18 Hartlepool Burn Road; 23: David  
Fairweather 45.21 Ron Hill Cambuslang; 24: Roger  
Parker 45.31 Leeds City; 25: William Allan 45.32  
Tadcaster Harriers; 26: Jim Robinson 45.47 Richmond &  
Zetland; 27: Alan Rowell 45.57 Durham City; 28: Elwyn  
Baldwin 46.22 Durham City; 29: Malcolm Heslop 46.25  
Durham City; 30: Kenneth Pyle 47.42 Chester le Street;

31: Bill Robinson 49.10 Blaydon; 32: Alan Samuel 49.22  
Teviotdale Harriers; 33: Reg Parker 50.17 Blaydon;  
34: Fred McCain 50.19 Haddington EL; 35: Russell Pike  
51.11 Leeds City A C; 36: David Barras 52.06 Leeds City  
A C; 37: Brian Brown 55.03 Durham City; 38: David M  
iddleton 59.58 Newton Aycliffe; 39: David Tait 1:13.12  
Saltwell Harriers;



**Brian Lloyd in M55**

## MEN60:

1: Martin Ford 42.48 Cheltenham & County; 2: Robert  
Young 42.51 Clydesdale Harriers; 3: John Amies 44.17  
Macclesfield H & A C; 4: Bob Dover 44.41 Bingley H & A;  
5: Harvey Gott 45.29 Northern Veterans A C; 6: Brian  
Campbell 45.42 Clydesdale Harriers; 7: Michael Smith 46.15  
Bingley H & A C; 8: Brian Smith 46.32 North Down A C;  
9: Terry O'Gara 46.34 Wallsend Harriers & A C; 10: John  
Firth 46.40 Bingley H & A C; 11: Peter Tabenor 47.07  
Plymouth Harriers; 12: Alan Peers 47.27 Spectrum Striders;  
13: Mike Shipway 47.35 Woodstock Harriers A C; 14: Roger  
Wilson 48.03 Sunderland H & A C; 15: Jack Etchells 48.17  
Barrow & Furness Striders; 16: William Wade 49.04  
Holmfirth Harriers A C; 17: Alistair Matson 9.23 Crawley;  
18: Pete Cartwright 50.05 Clydesdale Harriers; 19: Martin  
Duff 50.09 Aldershot Farnham & D; 20: Peter Howard 50.30  
Cambridge & Coleridge A C; 21: Eric Whittaker 52.12  
Blackhill Boulders; 22: Geoffrey Webster 52.32 Valley  
Striders; 23: Ian Burton 52.38 Barrow & Furness Striders;  
24: Frank Strand 53.13 South Shields Harriers & A; 25: Ken  
Chapman 53.20 Kimberworth S R C; 26: Mick Thompson  
54.07 Scarborough A C; 27: Ronald Stewart 55.04 North  
Shields Poly; 28: Leslie Thompson 58.30 North Shields Poly;  
29: David Potter M60 1:06.32 Bungay Black Dog Running;  
30: John Tipping 1:08.16 Wrexham A C;

**Team list: 1: Bingley H & A C ( 58, 78, 85) 2:17:36;  
2 Clydesdale Harriers ( 33, 68, 112) 2:18:38; 3 Barrow &  
Furness ( 100, 101, 129) 2:29:33; 4 South Shields Harriers  
& A ( 111, 131, 137) 2:40:40**

## MEN65:

1: Steve James 44.31 Southport Waterloo A C; 2: Walter Ryder  
46.29 Morpeth; 3: Fred Gibbs 47.09 Bingley H & A C;  
4: David Spencer 48.38 Barrow & Furness Striders; 5: Keith  
Bamforth 49.45 Holmfirth Harriers A C; 6: Robert Pinkney  
50.03 South Shields Harriers; 7: Edmond Simpson 50.32  
Folkstone Running Club; 8: Ian Barnes 50.37 Darlington H &  
A C; 9: George Smith 51.51 Gateshead H & A C; 10: Joe  
Prudham 52.19 Jarrow & Hebburn A C; 11: Michael Butterly  
57.10 Derby A C; 12: David Whitmore 57.24 South Shields  
Harriers; 13: Malcolm Schofield 59.37 Altrincham & District  
A C; 14: Brian Shave 1:02.39 Herne Hill Harriers;  
15: William Drysdale 1:06.49 Law & District A C; 16: Les  
Green 1:09.47 Cannock & Stafford A C;

# UK Masters decathletes John Charlton

## Words and Pictures Julian Kennedy

John was born in 1947 in Bishop Auckland, Co. Durham. He enjoyed all sports at school and was third in the Durham county champs triple jump at age 16 on natural ability. At university he did little sports wise but got a degree in civil engineering in 1973 which eventually led him to Sheffield City Council in the 1980s. After university when John was in his thirties he played football and then squash along with road running notching up some very respectable times for 10 miles 60.11, half marathon 81.30 and a full marathon in 3hr35. After he hit 40 John's son's interest in athletics led him down to the local track where David Burton press-ganged him into trying the pole vault and eventually the decathlon in 1987-he scored 5784pts (a pretty good debut).

Two local top class vets John Henson and Mike Corden provided training partners and incentive. John points out that the encouragement and knowledge of these two men are the main reason for his own success. The 400m has always been a strong event for John and his best ever as a vet was 52.31 in Verona in 1988.

John's most satisfying performances have been his gold's in the world championships in Miyazaki, Japan in 1993 (age 46) in 400m Hurdles and decathlon. His 400mH time was 59.12 and his bronze medal in the LJ a British record of 6.54m. He also was pleased to be instrumental in setting up the first GB v US multi-events challenge match in 1994 which is now a biannual event and counts some of his American competitors as his best friends.

It is worth noting that David Burton, no mean decathlete himself, organised the BVAF decathlon champs till 1992 and then John took it over. Some of John's comments are worth publishing e.g. 'I hold all multi-eventers in high regard. I know there are some who think it is for athletes who are not good enough to compete in individual events and that is an unfortunate misunderstanding. Decathlon and heptathlon are events in their own right which require a special level of skill,

consistency and concentration to achieve 7 or 10 peaks of athletic excellence over a two-day period. If any Masters athlete has

any doubts come to Sheffield next September, you'll be very welcome and sure to have a great time. ( And I would add you will gain real respect for these multi-event athletes).



John wins the 100m of the decathlon at World Champs Eugene, Oregon 1989 in 11.88s!



John carrying the British Flag World Champs Gateshead 1999

*John now an M55 and returning from injury still managed to score over 6800 pts to win BMAF championships in 2003 and on his record I reckon must be Britain's best ever masters decathlete.*

### John's decathlon record reads:

1989 4<sup>th</sup> world championships M40 6200pts  
1993 Gold world championships M45 7103 pts (BR)  
1999 Silver world championships M50 7088pts (BR)  
2002 Gold BVAF championships M55 7467 pts (BR)  
(12.86, 5.47, 10.26, 1.47, 59.35, 16.18, 32.54, 3.00, 39.68, 5:26.90);

### His outdoor pentathlon record:

1994-Gold European champs M45 3723 pts (BR)  
2000 US pentathlon gold M50 3752 pts  
Silver European champs 3561 pts  
2002 Gold European champs M55 3853 pts (BR)  
(5.50, 41.63, 25.88, 32.39, 5:32.57)

### His indoor pentathlon record:

1990 Gold BVAF M40 3464pts  
1993 Gold BVAF M45 4018pts (BR)  
(9.09, 6.40, 10.11, 1.59, 2:52.91)  
1999 Gold BVAF M50 3871 pts (BR)  
2003 Gold BVAF M55 3890 pts (BR)

### John Charlton on training

I used to train six days a week but I now listen to my body much more and find that four days hard training is about maximum in any given week without

inviting injury. In the winter I do lots of weights, circuits, hill sprints and general conditioning work while still keeping in touch with all the technical events particularly weak/low scoring events. As the season approaches the volume reduces, speed work and intensity increases and training becomes much more event specific and quality based. As far as practically possible a session will consist of a jump, throw and run in the order of events in the Decathlon e.g. 100m training, long jump and Shot putt; or pole vault, javelin and 1500m training etc. I think this is important so it becomes second nature to go from one event to the next and get into the groove for that next event.



John at start of 100mH at BMAF champs Sheffield 2003

Too much long distance work will blunt your speed.

Overall score is the bottom line, there is no prize for a good score in one event, compromise and a balanced training regime are the key to getting the best out of yourself. Skill and mobility are needed, yes speed endurance is required, yes gross strength is required but most of all the predominant requirements are speed and explosive strength. This understanding of the physical training requirements of the decathlon together with an understanding of the scoring tables to show those events which offer the greatest rewards in terms of points from improvement are the key to development of an effective training programme.



Like other enthusiasts I think that multi events are THE event and anything to raise the profile of decathlon and heptathlon and improve performances, which I hope my views will do -must be worthwhile.

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# MASTERS ATHLETICS APRIL 2004

## FIXTURES

DATE	EVENT	VENUE	DETAILS
May 2nd	SWVAC Imber 13.1 Mile	Warminster ,Wilts.	1100 6/19
May 4 <sup>th</sup>	Welsh Masters League	Neath	Pre Masters M35-39 Welcome
May 5 <sup>th</sup>	MVTFL	Mansfield	
May 8 <sup>th</sup>	BMAF 20k Walk	Sutton Park, Birmingham	Entries to Denis Withers, 2, Midgley Drive, Sutton Coldfield, Birmingham B74 2TW Closing date 1 <sup>st</sup> May.
May 8 <sup>th</sup>	Weights Decathlon	Copthall Stadium, Barnet	
May 9 <sup>th</sup>	NVAC 10k Paths	Warrington	Hoodlane Rec. Ground
May 12 <sup>th</sup>	MVTFL	Alexander Stadium	
May 12 <sup>th</sup>	SWVAC 5km	Yeovilton Somerset	1915 7/19
May 13 <sup>th</sup>	MVTFL	Burton-on-Trent	
May 22 <sup>nd</sup>	BMAF Road Relays	Sutton Park	Entry Form this edition
May 30 <sup>th</sup>	SVHC Combined Events	Pitreavie	
May 30 <sup>th</sup>	NVAC Track & Field Championships	Bolton	Don George, 16, Addison Road, Hale, Altrincham, WA15 9BQ
June 6 <sup>th</sup>	SWVAC Half Marathon	Norton Radstock, Somerset.	1000 8/19
June 6 <sup>th</sup>	M.V.A.C. T&F Championships	Solihull	<a href="http://www.mvac.org.uk">www.mvac.org.uk</a>
June 9 <sup>th</sup>	Welsh Masters League	Cardiff	Pre Masters M35-39 Welcome
June 9 <sup>th</sup>	MVTFL	Telford & Nuneaton	
June 10 <sup>th</sup>	MVTFL	Redditch	
June 13 <sup>th</sup>	E.V.A.C. T&F Championships	WARE	Advert in this issue
June 13 <sup>th</sup>	SVHC Track & Field Championships	Dumfries	
June 13 <sup>th</sup>	NVAC 10k Road Championships	Clitheroe	
June 19 <sup>th</sup>	INTERLAND	Ghent, BEL.	Maurice Doogan
June 19 <sup>th</sup>	Welsh Masters Trail Running Challenge	Ponterwydd Nr Aberystwyth	Details-Die Evans (01974-261202)
June 19 <sup>th</sup>	VAA-NE T&F Championships	Monkton	
June 20 <sup>th</sup>	S.W.V.A.C. T&F Championships	TBC.	
June 20 <sup>th</sup>	BMAF Half Marathon	Blackpool	
June 26/27 <sup>th</sup>	B.M.A.F. Track & Field Championships	Birmingham , Alexander Stadium	
July 4 <sup>th</sup>	NVAC 10k Paths	Radcliffe	
July 4 <sup>th</sup>	MVAC 10k	Crown School, Burton	
July 7 <sup>th</sup>	MVTFL	Tamworth, Redditch & Loughborough	
July 11 <sup>th</sup>	BMAF Pentathlon & 10k Track Walk	Solihull	Advert this issue,
July 11 <sup>th</sup>	SWVAC New Forest 10 Mile	Brookenhurst, Hants	1245 10/19
July 11 <sup>th</sup>	Welsh Masters Championships	Cardiff	Pre Masters M35-39 Welcome
July 20 <sup>th</sup>	Welsh Masters League	Neath	Pre Masters M35-39 Welcome
July 22 <sup>nd</sup> to August 1 <sup>st</sup>	European Track & Field Championships	Aarhus, Denmark	Details on Web Site
July 24/25 <sup>th</sup>	SEAA Masters T&F Championships	Watford	Entries SEAA
25 <sup>th</sup> July	BMAF 10 mile	Trentham, Stoke-on-Trent	
August 1 <sup>st</sup>	SWVAC 13.1 Mile Championships	Sturminster Newton, Dorset	1030 11/19
August 7 <sup>th</sup>	BMAF 10k Walk	Enfield	With Enfield League
August 11 <sup>th</sup>	Welsh Masters League	Cardiff	With a buffet to follow.
August 11 <sup>th</sup>	MVTFL	Brierley Hill & Rugby	
August 12 <sup>th</sup>	MVTFL	Stafford	
Aug 14 <sup>th</sup>	BMAF 30k Walk	TBA	
August 15 <sup>th</sup>	NVAC Road /Paths	Sale	
August 23/24 <sup>th</sup>	International Decathlon & Heptathlon GBvUSA	Indianapolis, USA	
August 23/28 <sup>th</sup>	WMRA-Masters Mountain Running Championships	Sauze di Oulx, Italy	<a href="mailto:comsaze@tin.it-staff@atleticasusa.it">comsaze@tin.it-staff@atleticasusa.it</a> <a href="http://www.atleticasusa.it">www.atleticasusa.it</a>
August 29 <sup>th</sup>	V.A.C. T&F Championships	Battersea park (tbc)	
August 29 <sup>th</sup>	SWVAC "Battle of Sedgemoor" 10 k	Langport, Somerset	1100 12/19
September 5 <sup>th</sup>	MVTFL Cup Final	Mansfield	
September 11/12 <sup>th</sup>	Decathlon & Heptathlon	Sheffield	
September	BMAF 10k	Portsmouth	Includes VAAE Challenge And SWVAC Champs
12 <sup>th</sup> September	Richard & Twickenham A.C. Middlesex Veteran	Barns Elms	John Curtin 01932 787658
19 <sup>th</sup> September	MVAC 10 mile	Nuneaton	
19 <sup>th</sup> September	Inter Area Track & Field	Luton	
26 <sup>th</sup> September	Weight Pentathlon	Copthall Stadium, Barnet	
26 <sup>th</sup> September	BMAF 50k Walk	Earls Colne, Colchester	
26 <sup>th</sup> September	NVAC XC	Edgworth	
3 <sup>rd</sup> October	BMAF Marathon	Cardiff	
3 <sup>rd</sup> October	SWVAC 10km	Shepton Mallet, Somerset	1030 14/19
17 <sup>th</sup> October	NVAC 10 Miles Championship	Padgate	
17 <sup>th</sup> October	SWVAC 10km	South Molton	1115 15/19
24 <sup>th</sup> October	SWVAC 13.1 Mile	Stroud, Gloucestershire	1000 16/19
October TBA	Ireland v England Walks	TBA	
7 <sup>th</sup> November	NVAC XC	Clatton-le-Moors	
14 <sup>th</sup> November	NVAC 10k Road /Paths	Leigh	A.G.M.
20 <sup>th</sup> November	British & Irish International XC with Open XC Races	Lloyd Park, Croydon	Details to follow.
21 <sup>st</sup> November	SWVAC 10 mile	Wimborne, Dorset	1030 17/19
5 <sup>th</sup> December	SWVAC 5 mile Championships	"Victory" Portsmouth, Hants.	1330 18/19
12 <sup>th</sup> December	NVAC 10k Road	Irlam	Christmas Handicap
26 <sup>th</sup> December	SWVAC 10k	Rounds the Lakes, Poole Park	1100 19/19
2005			
March	European Indoor Championships	Eskilstuna, Sweden	
May 13-15 <sup>th</sup>	European Non Stadia Championships	Vila Real de San Antonio, Portugal.	
Aug 22-31 <sup>st</sup>	WMA Track & Field Championships	San Sebastian, Spain	

# SOLIHULL CLASSIC 2004

## Norman Green Stadium Sunday 11<sup>th</sup> July 2004

(Closing date for entries 22<sup>nd</sup> June 2004)

B.M.A.F. & M.V.A.C. Pentathlon Championships £10:00 starting time 10.45am  
 B.M.A.F. & M.V.A.C. 10,000m Track Walk £5:00 starting time 13.30pm approx  
 100m Classic Sprints (All ages)  
 200m Classic Sprints (All ages)  
 400m Classic Sprints (All ages) ALL CLASSIC events £1.50 per event.  
 800m Classic Sprints (All ages)  
 Classic Mile (All age groups)

### ENTRY FORM

Surname.....First Name.....  
 Address.....  
 Date of Birth.....Age Group.....  
 Club.....M/Vet Club.....  
 Telephone No.....E Mail Address.....

Please enter me for the following events:- .....  
 I enclose cheque for £..... Payable to MVAC and a 9 x 6 sae for Number  
 I understand the organisers of the event will not be responsible for any loss or injury to myself and I agree to abide by UKA laws presently in force.  
 Entries to;  
**M V Priestman 57 Maple Road Rubery Birmingham B45 9EB tel 0121 453 4809.**

**PLEASE NOTE NO LATE ENTRIES WILL BE ACCEPTED**

## EASTERN VETERANS A.C.

### TRACK & FIELD CHAMPIONSHIPS

( Under U.K.A. RULES)

### OPEN TO ALL VETERANS MEN AND WOMEN 35 + SUNDAY, 13<sup>th</sup> JUNE 2004

Stuart Storey Stadium Wodson Park, Wadesmill Rd, WARE Herts [www.runtrackdir.com](http://www.runtrackdir.com) – click on Herts Phoenix AC

**ENTRY FEE £3 FOR FIRST EVENT - £1 EACH ADDITIONAL EVENT**

**Entries to – EVAC T & F, 67, Luton Rd Dunstable Beds LU5.5LW MEN 35 – 39 & NON - BMAF AFFILIATED - PROOF OF AGE WITH ENTRY Entry form on EVAC Website <http://trak.to/easternvets> – or from above address.**

CLOSING DATE - TUESDAY, 8<sup>th</sup> JUNE 2004

### TIMETABLE

TIME	TRACK		CATEGORY	FIELD – ALL CAT.
1030	300 m H	<b>FINAL</b>	M60 & W50	Pole.V & Hammer.
1045	400 m H	FINAL	M & W	
1105	1500 m	FINAL	ALL Categories	
1135	200 m	HEATS	ALL	Long J. & Shot .
1215	3000 m Walk	FINAL	ALL	
1245	200 m	FINAL	ALL	
1300	3000 m S/Chase	FINAL	ALL	
1325	400 m	HEATS	ALL	High J. & Discus.
1345	110 m H	FINAL	M40 & M50	
	100 m H	FINAL	W35, M60 & M65	
	80 m H	FINAL	W40 & M70	
1415	5000 m	FINAL	M40 & M45	
1445	400 m	FINAL	ALL Categories	Triple J. & Javelin.
1500	5000 m	FINAL	W35+ & M50+	
1530	100* m	HEATS	ALL Categories	
1600	800 m	FINAL	ALL	
1620	100 m	FINAL	ALL	

- if entries do not justify heats, straight finals will be held at time stated for heats
- should there be insufficient entries for any event EVAC reserves the right to cancel
- all competitors must be members of EVAC to win an EVAC award
- Open Competitors – awards for finishing in the first three. Of an event
- Awards will be made in the five year age groups M35 – & W.35+

# BMAF Open National Track & Field Championships

Alexander Stadium, Walsall Road, Perry Barr, Birmingham.

**Sat/Sun 26th-27th June 2004**

(Under IAAF/WMA/UKA Rules)

## FIRST EVENT 9.30am

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

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

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

**Entry Fee:** Non-affiliated £12.00 first event. Affiliated: £9.00 first event. £5.00 each extra event.

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

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

MALE ☐

FEMALE ☐

**Please use capital letters**

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Birth of Date \_\_\_\_\_ Age Group for Event \_\_\_\_\_

Telephone No. Home \_\_\_\_\_ Work \_\_\_\_\_

BMAF Affiliated Club: EVAC ☐ IoMVAC ☐ MVAC ☐ NVAC ☐ NIVAC ☐ SVHC ☐ SWVAC ☐

SCVAC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please only tick ONE "PAID UP" Club)

Membership Number \_\_\_\_\_

## FOR NON-AFFILIATED AND M35 ATHLETES ONLY

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

**EVENT**

**PB2003/04**

**EVENT**

**PB2003/04**



## Payment enclosed for Entry fees as follows:

First Event	£12.00 for non BMAF Affiliated Member	£ _____
	£9.00 for BMAF Affiliated Member	£ _____
	Each subsequent Event £5.00	£ _____
Total		£ _____

## [SAE for 'GREAT HOTEL DEALS'/SAE(not by phone)for Confirmation of Entry]

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 12th JUNE 2004**

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

