

MASTERS ATHLETICS

The Newspaper of the British Masters Athletic Federation

British
Masters Athletic
Federation



Summer 2004 Number 68



TRACEY MORRIS FIRST BRITISH WOMAN IN THE LONDON MARATHON
AND IS OUR FIRST MASTER TO WIN OLYMPIC SELECTION

W.M.A. WORLD
NON STADIA
NEW ZEALAND

B.M.A.F. MASTERS
ROAD RELAYS,
SUTTON PARK.

B.M.A.F. THROWS
DECATHLON

B.M.A.F. HALF
MARATHON ,
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FIELD, BIRMINGHAM.

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CLUB RESULTS.

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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!

I would be interested to receive Photographs either by mail or by email, particularly action pictures.

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

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Donations Masters Athletics

Many thanks for the kind donation from:

Andy Turner,

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300 PLUS CLUB WINNERS:

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Mike Caudwell	£ 125
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May 2004

Richard Jenkin	£ 125
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CHANGE OF ADDRESS

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

MASTERS ATHLETICS SUMMER 2004

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SHOULD YOUR ADDRESS BE INCORRECT PLEASE CONTACT THE EDITOR.

Secretary's report

Sir Andrew Foster was appointed by UK Sport and Sport England last November to carry out an independent review of UK Athletics. His terms of reference fell within UK Sport's modernisation programme that looks at the nation's governing bodies and the way they run their sports with a view to developing more effective ways of working. As UK Sport has no remit for any masters sport, we were not consulted, but Sir Andrew did attend one of the meetings I was at with UK Athletics in February and I had an opportunity to briefly outline our activities. His Report was published in May, copies were sent to all our clubs for information and comment. We are now looking at how we might move closer to the various Hubs on a united front.

The 50-strong team who competed so successfully in the World Masters Road Running/Walking championships in New Zealand in April no doubt enjoyed the beautiful Auckland venue. However, we had been writing to WMA concerning several last minute fundamental rules changes that they had made without any reference to affiliates, leaving Team Managers totally confused. We are grateful to the British Team Manager Eric Horwill for the time and effort he put in there - when he was not walking!

A recent article, written by a Feature Writer, referring to veterans, may have upset readers of Athletics Weekly, as "prevaricating, chickening out and women over 35 should know better". (Poor man must be spending the whole of his life regretting the fact that a woman had anything to do with his birth!). Our retaliatory letter was published, but with the NHS spending millions on obesity related diseases, one wonders why there should still be such a Philistine attitude.

Diary date. England hosts the British & Irish Masters International cross-country this year in Lloyd Park, Croydon, on 20 November. There are open races, if you live in the Greater London area and would like to help on the day, please let me know.

Bridget Cushen
June 2004

READERS WRITE:

Masters Field Competitions in the United States

Last year I did not go to the World Championships in Puerto Rico, opting instead for several throwing competitions at different places in the United States. In Scotland we have no Masters leagues, only our indoor & outdoor championships, so competitions are thin on the ground. I would stay with throwing friends and have both a holiday, train and compete. The first competition was in Lancaster, PA, organised by the Long, Strong, Throws club. There were the 4 throws events plus weight and super weight (25lbs for all age group women) The weather was searingly hot, but I love the heat, so temperatures of 32 to 40C were wonderful. This was my last competition as W55 and I went out with a bang improving in everything except javelin and winning all 6 events. Pennsylvania is a farming state and that is mostly farmed by the Amish people, who arrived from Germany in the early 18thC

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and still farm in the old traditional ways. They use no up to the surrounding hills. One day after an early electricity, no motorised vehicles and no artificial or competition we went up the gold mining route to some forced methods in their farming. Their farmers of the small towns. Many grew to be successful towns, markets are very popular. Their home baking sells well others are ghost towns but interesting to visit. as does their grain. The men drive their families in little black covered horse drawn cabs and their clothes are home made from home woven cotton or woollen materials. When a man marries he stops shaving, so the men have round the face fluffy beards. (Easy to spot a bachelor!)

Training for this competition and the next one up near Boston was carried out at 6.30am in a public park near Flushing, NY. We did shot and discus from off the tarred walkways around the park, throwing on to grass, not lawns with 'Keep Off' like British parks, but grassy areas for people to do whatever. The coach had even painted lines on the tarmac for front and back of the two circles, nobody seems to mind. Other people were power walking, jogging or practising Tai Chi. Temperatures were around 25C. We returned home about 8.15am when the park was getting busier and there was a danger of folk getting hit!!! In the afternoons we went out to C.W. Post University on Long island for hammer training. An unbelievably fast circle with a cement area for drills. As the temperatures were up at 35C+, the only tree beside the cage provided welcome shade for our seats.

The journey to the college campus in Springfield, near Boston was not very interesting, mostly motorway (Interstate) with many pull off areas with the usual range of fast food outlets. Springfield is an industrial town where Smith & Weston guns are manufactured, amongst other light industries. Three colleges lie side by side and the fringe of the town and EACH has full sports facilities such as track and outfield with all facilities, swimming pool, weights room, gymnastics hall and basketball facilities as well as tennis courts. The college we were at had 2 cages, imagine, one a dedicated hammer cage and the other with hammer/discus circles and 2 shot putt rings. No shade here and temperatures were up to 40C. This competition was the Eastern Regional championships. That we all over America these regional events were taking place. This time only the 4 throwing events, my first competition as W60 and 4 wins. The hot, hot weather suits me; my fellow competitors were visibly wilting around me. This last 2 weeks I have never drunk so much water and Gatorade.

After returning to New York for 2 days we flew to Reno, to be met by Joan, a W50 thrower who lives at Lake Tahoe. We stayed there for 3 days doing our altitude training (5000m) at the local Middle School sports ground. Glad I am not a runner as the visiting geese have fairly messed up the track! The scenery around Lake Tahoe is breathtakingly beautiful and we went for walks in the early evening before their midges got busy. There is a long distance walk or trail around Tahoe; known as the Tahoe rim trail and it is 165 miles long. It goes along the ridge tops, through the state land parks, national forests and wilderness areas. (You have to keep alert for bears) Whilst there the fire alert was high and not many people were trail walking. We went down to the lake with the canoe and did a lot of canoeing to cool off. Joan is only a 5-minute drive from Heavenly, one of the many good ski areas around her home.

Two hours driving took us down to Sacramento where the Pan Pacific Games were taking place. The dry heat here was easily 40C and again there was no shade at the stadium. The 4 throwing events took place over 3 days, so there was time to explore the city and its surrounds. The '49 gold rush started here and part of Old Sacramento still remains. It is a great tourist attraction. The old buildings, hotel, saloon, fire station and stables, shops and wooden covered pavements are just like the cowboy film towns. Ships bringing gold prospectors arrived at the pier and a railway took them

After the final competition (2 firsts, 1 second, 1 third) we drove back to Lake Tahoe to prepare for the US Masters National championships in Eugene, Oregon. This was to be a beautiful but long 10 hour drive. The mountains in the distance were still snow covered and the tinder dry grass plains gave way to slopes and then everywhere was tree covered; we were in Oregon.

The next day we registered, met up with friends and checked out the circles. They are excellent, designed and built by Stuart Togher, originally from Edinburgh and still sounding unchanged. The famous Hayward track was home to Bill Bowerman, who invented the Nike shoes, and has seen many great meets and star international athletes. It is the throwing equipment men who are the unsung heroes. Never have I met such helpful and knowledgeable men. They stripped down a hammer and showed me how to rectify a seized spindle. If you have a throwing implement that is under/over weight or with some other problem, these guys can and will sort it for you.

Competition here is good and standards are high. The weather was good but cooler, being around 30C. The events were challenging. Had best discus throw for 5 years, 23.16m, taking me from 6th to 1st in the 5th round. I then had to sweat it out to see if anyone would knock me off gold. The only person likely to was Kathy Jager who had been lying first. (Remember the gender bender lady from Gateshead who was banned for drugs? She is back) She did not manage to improve on her distance I am glad to say, as that victory was most sweet. Managed 2nd in shot, 3rd in hammer and 6th in javelin.

Next day it was back to Reno where we were to be dropped off for the flight to NY the next day. Before that we bumped into an 86-year pole-vaulter pal. He had come to Nevada as an Italian immigrant before the war and was the first orthodontist in Nevada; business was slow but boomed later. He met his wife during navy service and they married and raised a family, never looking back. His wife's mother had danced with Geronimo when a land deal was made with the native people. One day of sunshine relaxing in NY before the overnight flight home, arriving in Edinburgh on the morning that NY suffered its power shutdown. I had a great time, good competitions but also a holiday with like-minded friends. Here's to the next trip

MARGERY SWINTON

We would like to record our appreciation of the efforts of race-walker Eric Horwill as last-minute substitute GB team manager at the recent WMA non-stadia championships in New Zealand. He gave up his free time to attend meetings Etc, and provided enthusiastic support for us in our events, and he even switched into running mode to complete another GB team in the cross-country race. As it was our first experience of a WMA event, we were grateful for his knowledge and help.

Thanks again, Eric.

Rosemarie and Alec Osborn (SWVAC)

Does anyone have a picture of the winning Men's 4x200 team from the World Indoors?

If so please contact Malcolm Bramhall (01522 873052).

17th BRITISH MASTER ROAD RELAYS, Sutton Coldfield, May 22:

Words: Pete Mulholland;

Pictures: Bridget Cushen.

M40

It was Cup Final day for the football fans gathered in Cardiff and here at another traditional venue it was what some consider the British Masters Athletics 'Cup Final'. The main difference was however that at Sutton Coldfield all clubs were invited.

With consistency that would impress Arsenal FC, Ron Hill Cambuslang took their third M40 title in six years while Woodford Green with Essex Ladies, forever the bridesmaid, were runners-up for the third time in those same six years.

A solid Telford AC outfit, never lower than seventh on the day, spent much of the race in a medal position to finally take third. Cambuslang didn't have the best of starts as they languished in 30th position at the close of the opening stage while Woodford Green were eighth but not far from the action.

By the two saw Cambuslang gain ten places while Woodford dropped to 12th as Preston maintained their opening lead with Wolverhampton and Oxford City second and third.

It was at the half way stage that Cambuslang hit the front thanks to Frankie Barton after team colleague Colin Donnelly had done sterling work on stage three. At this point Telford were second with Woodford having corrected their faltering first three stages to go third.

Over stages five and six Cambuslang edged away from the opposition before John Cowan and Jack Brown between them took the Scottish team on to a clear win over the final two stages. Meanwhile stage six saw Tom O'Connor, former European M40 3000m indoor champion, put Woodford into the silver medal position ahead of Telford and that's how the placings remained.



Five Wins in seven years for Oxford City, Dave Parsons, Gareth Jones, John Exley, Dave Wheeler, Roy Treadwell and Richard Grant.

M50

Earlier in the day Oxford City had created a remarkable record of never having been outside the first two for seven years and their win gave them their fifth victory during that period.

A modest 27th on the opening stage it wasn't until the fourth of the six stages that they got among the medal places as they went third

behind the leaders Wirral – who scored a hat-trick of wins in this event between 1990-92 - and defending champions Invicta East Kent.

Then Roy Treadwell, who together with John Exley and Gareth Jones has been ever-present for Oxford during those seven glorious years, went ahead on stage five with Wirral dropping to third after being overhauled by Invicta.

While Richard Grant was cruising around the final miles to confirm Oxford's win Nigel Gates was burning the tarmac with a stupendous performance as he took Brighton & Hove into second from a way-back fifth with a stunning 14:57 for the fastest time of the day before running out of road as Invicta went from silver to bronze.

M60

Three times winners of the M40 title over a decade ago Aldershot, Farnham and District now taste success for the first time in the M60 category.

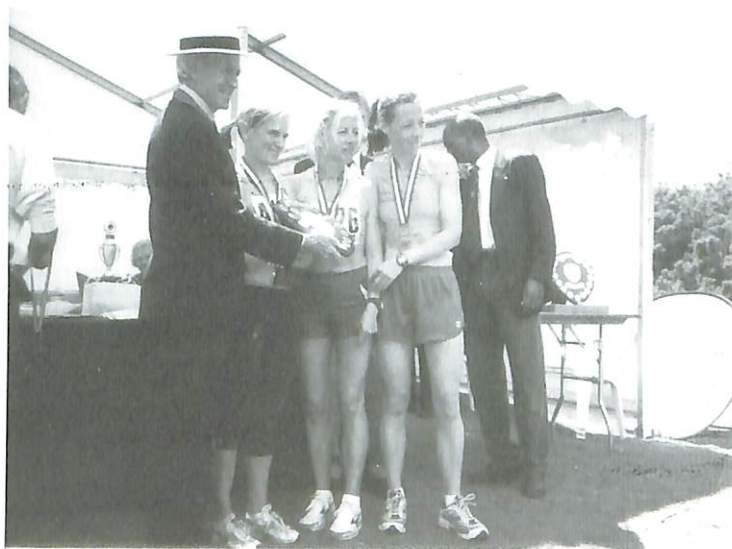
It was Royal Sutton Coldfield's Reg Phipps, now back in action after a career that witnessed the capture of many a Masters Championship, both domestic and international, who took the opening stage 15 seconds clear of Dave Gibson who then saw his Aldershot colleague Les Presland gain a conclusive lead on stage two.

On the third and final stage Martin Duff used his years of experience to hold sway over a fast finishing Mike Smith, current European indoor 3000m Champion, who saw defending champions Bingley finish just 14 seconds in arrears.

Taking Clydesdale Harriers into third from way down the field was Bobby Young whose 16:58 proved the only sub-17 minute clocking in this category.

M70

Strong favourites Barnet & District, aiming for their fourth consecutive victory had to settle for second as David Naylor saw Glynneath sweep into the lead after recording the fastest time in the category with 20:19



All smiles from Liverpool Harriers, Sarah Singleton, Linda McDermott and Christine Murphy.

W35

Shaftesbury Barnet's class double act of Mel Ellis and Sarah Heath put their team in pole position with one stage remaining and it appeared that another W35 victory was on the cards for the Hertfordshire based outfit.

However Christine Murphy had decided otherwise as she stormed around in 16:50 for the fastest time of the day to give Liverpool

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the title as Shaftesbury went second.. Solid support for Murphy came from Sarah Singleton – third fastest – and Linda McDermott who had all assisted the Merseyside team into fourth place in the National Senior Relays. A strong finish by Louise Copp saw Neath Harriers take the bronze medals.

W55

The trio of Pauline Rich, Sue Lambert and Eddie Brockelsby ensured that Serpentine became the only team of the day to successfully defend their title but they didn't have it all their own way as Linda White of Coventry Godiva, who placed second ahead of Barnet & District, took the opening stage with the fastest time for the category.

British Masters Open Road Relay Championships

Men 40-49 Team Results

- 1 **Ronhill Cambs Harriers H2h04.16m** (Dave Dymond 16.17m, Dave Thon 16.02m, +10, Colin Donnelly 15.30m +13, Franky Barton 15.23m +6, Ian Williamson 15.44m +0, Alex Robertson 15.34m +0, John Cowan 14.51m +0, Jack Brown 14.55m +0);
- 2 **Woodford G / Essex Ladies 2h05.31m** (Richard Holland 15.25m, Andy Coleman 16.32m-4, Dave Cox 16.19m+1, Gerry Carr 15.43m+8, Larry Mangelshot 15.44m+0, Tom O'Connor 15.06m+1, Tony Pamphilon 15.39m+0, John Sear 15.03m+0);
- 3 **Telford A.C 2h06.02m** (Steven Needs 15.18m, Andy Smith 16.06m+1, Greg Wilson 15.53m+4, Steve Jones 16.06m+0, Rick Hailey 15.51m+0, Peter Plant 15.47m-1, Tony Power 15.30m+0, Mark Flint 15.31m+0);
- 4 **Staffordshire Moorlands 2h07.02m** (Paul Fowler 15.49m, Nick Bassett 17.15m-13, Andy Wilton 15.00m +20, Simon Somerville 16.33m-1, Peter Martin 15.37m +6, Phil Carter 16.25m+0, Dave Neill 15.04m +0, Peter Lucas 15.19m +1);
- 5 **Salford Harriers 2h07.41m** (Steve Wrigley 15.34m, Chris Paul 16.40m-7, Steve Williams 15.45m +9, M Higginbottom 16.15m +4, Malcolm Fowler 15.36m+1, Kevin McCluskey 16.09m+0, James Jackson 15.02m+0, Sean McMyler 16.40m 1);
- 6 **Clayton-le-Moors Harriers 2h10.06m** (Mark Aspinall 15.33m, John Roche 17.49m-23, Phil Hall 16.26m +7, Dave Gregory 16.22m +7, Shaun Livesey 15.36m+7, Mark Wightman 17.07m +1, Mark Brown 15.28m +3, Tony Chew 15.45m+2);
- 7 **Tipton Harriers 2h10.51m** (Malcolm Eustace 15.53m, Tony Graham 15.41m +12, Alan Grice 17.18m-8, Mark Wright 15.24m+8, Paul Shackleton 16.56m-2, Mike Hager 15.31m+2, Ray Stanier 16.50m+1, Paul Beckett 17.18m-1);
- 8 **Sunderland Harriers & AC 2h11.19m** (George Harden 16.11m, Tom Doughty 15.09m+22, Geoff Armstrong 16.59m-8, Rob Rush 16.31m+0, Dave Ellis 16.43m+3, Paul Redman 17.04m+1, Ron Wills 17.13m-2, Dave Robertson 15.29m+3);
- 9 **Altrincham & District AC 2h11.39m** (Dave Carrington 15.57m, Sean Butler 15.41m+13, Dave Bolton 16.20m+0, Dave Southern 16.17m+2, Paul Knowles 6.29m-1, Dave Ainsworth 16.31m-1, Dave Gilchrist 16.40m+1, Phil Vesey 17.44m-2);
- 10 **Horwich RMI Harriers 2h12.29m** (Paul Muller 15.29m, Nigel Clementson 15.29m+6, Dave Massey 16.32m-1, Doug Hayes 17.12m-8, Tony Hesketh 16.55m +1, Phil Dewhurst 17.01m+1, Steve Barlow 16.59m +0, Kevin Gaskell 16.52m +0);
- 11 **Brigand AC 2h13.07m** (Der Scarborough 17.00m, Huw Roberts 17.15m+4, Andy Eynon 15.19m+20, Rob Hunt 17.32m-1, Adrian Woods 17.18m +2, Gareth Davies 15.29m+6, Alan Kerr 16.41m+3, Steve Brace 16.33m+3);
- 12 **West Cheshire AC 2h13.09m** (Graham McNeil 16.10m, Paul Frodsham 16.03m+9, Graham Jenkins 16.34m+3, Andy Starkey 16.49m-2, Graham Earlam 16.58m+1, Ken Begley 16.25m+3, Paul Price 17.31m+0, Gary Roberts 16.39m+0);
- 13 **Colchester Harriers AC 2h13.11m** (Mark G-Thompson 15.42m, Michael Bond 16.18m+2, Eddie White 17.28m-8, Paul Spowage 15.39m+6, William Haining 18.48m-5, Peter West 15.54m+4, Tony Seakins 17.00m+1, Richard Gaine 16.22m+2);
- 14 **Mansfield Harriers & AC 2h13.37m** (David O'Keefe 16.44m, Stephen Davies 16.33m +7, Nigel Watkin 17.04m+1, Steve Hargreaves 16.41m+7, Pat Carlan 16.08m+7, John Farquarson 16.29m+3, Kevin Wilson 17.40m-2, Peter Stafford 16.18m+2);
- 15 **Wirral AC 2h14.08m** (Mark Bayliss 16.37m, Eain Robinson 16.56m-1, Mark Morris 17.27m+3, Tony Devoy 16.48m+6, Pete Kilgallon 16.51m+3, Owen Hird 16.38m+4, Kevin Buxton 16.37m +2, Chris Henry 16.14m+4);
- 16 **Bideford A.C 2h14.09m** (Andy Glover 18.20m, Steve Hay 16.51m+9, Paul Sturtridge 17.18m+6, Mike Spencer 16.41m+6, Simon Edney 16.59m+6, Ricky Butler 16.29m+9, Bill O'Donnell 16.04m+6, Peter Hockin 15.27m+4);
- 17 **Rugby & Northampton AC 2h14.16m** (Brian Summers 15.45m, T Hetherington 16.31m-3, Terry Akiens 17.09m-1, Peter Barnes 16.29m+3, David James 17.14m+1, Nigel Sewell 17.49m-4, Bryan Axford 16.53m+2, Terry Egan 16.26m+1);
- 18 **Nene Valley Harriers 2h14.49m** (Nick Overton 16.13m, Peter Thompson 16.11m+7, Ian Auger 15.52m+9, Chris Clarke 16.04m+4, Mike Barnsdale 16.26m+0, Jim Scarsbrook 18.42m-5, Mark Plumb 18.06m-4, Tom Salway 17.15m-1);
- 19 **Chelmsford AC 2h14.57m** (Simon Vines 16.33m, Garon Heslop 15.12m+24, Chris Waugh 16.03m+3, Martin Gibbs 17.12m -8, Steve Toogood 16.53m+1, Martin Branfoot 17.51m-2, George Hart 16.49m+2, Melvin Cooper 18.24m-6);
- 20 **Neath Harriers 2h15.17m** (Phil Adams 17.14m, Jeff Rees 17.32m+3, Bob Bamsey 17.17m+6, Steve Williams 17.00m +4, Ian Williams 17.11m-1, Tudor Harries 16.41m+9, Kevin Lewis 16.34m+5, Phil Crane 15.48m+3);
- 21 **Wesham R.R. & AC 2h16.25m** (Peter Cruise 17.27m, DaveWaywell 17.27m+3, Gary Pendlebury 16.30m+5, Ian Garrod 17.01m +4, George Kennedy 17.32m+0, Ian Sharples 16.49m+5, Alan Hudson 18.04m-2, Alex Rowe 15.35m+8);
- 22 **Wrexham Amateur AC 2h17.23m** (Edward Partridge 15.13m, Mike Weedall 15.40m+3, Mike Robbins 15.55m+1, Stephen Bellis 17.18m-3, Keith Ellis 16.28m-2, Bernard Jones 16.06m+0, Bob Frost 18.42m-3, David A Williams 22.01m-13);
- 23 **Aldershot, Farnham & Dis t 2h17.29m** (Keith Donkin

- 15.53m, Nick Haynes 16.52m-4, Tony Arnell 16.13m+8, Dave Kennedy 18.41m-11, Simon Sheard 16.14m+8, Mark Clews 18.40m-6, Nick Bateson 17.46m-2, Steve Bone 17.10m 2;
- Royal Sutton Coldfield AC 2h17.32m** (Steve Marklew 16.24m, Peter Parker 16.37m+2, Malcolm Evans 16.28m+7, Tony Hinchley 17.01m+1, Paul Kenny 16.51m+3, Paul Kibler 17.14m-1, Steve Larcombe 18.20m-2, Phil Bradney 18.37m-3);
- 25 **Halesowen A. & C.C. 2h17.41m** (Keith Bright 16.48m, Andy Banham 17.03m+0, Andy Nock 17.49m+1, Ali Grant 17.03m+5, Barry Thompson 17.42m-6, Paul Butler 17.23m +6, Rob Bradley 17.54m+1, Steve Gould 15.59m+9);
- 26 **Hillingdon AC 2h17.43m** (Dave Newman 16.08m, Pete Warburton 16.27m+1, Andy Miles 16.38m+4, Richard Jenkin 17.19m-4, Kevin Waterman 17.54m-2, Steve Hirons 17.54m +1, Stefan Dokic 18.02m-5, Simon Claridge 17.21m+2);
- 27 **Preston Harriers 2h17.58m** (Steve Smith 14.57m, Dave Parkington 15.40m+0, Mick O'Donnell 16.46m -2, Phil Morley 17.02m-6, Ashley Nixon 17.58m-5, Phil Quibell 17.34m -4, Paul Baxendale 21.08m-12, Ray Kenny 16.53m +3);
- 28 **Rotherham Harriers & AC 2h17.58m** (Terry Eastwood 17.19m, Steve Philips 17.50m+1, Peter Neal 16.36m+11, Martin Connelly 17.09m+5, John Comrie 17.29m-4, Alan Chell 17.19m+7, Peter Mirrles 15.59m+9, Kerry Booth 18.17m-4);
- 29 **Holmfirth Harriers AC 2h18.14m** (Andy Shaw 15.13m, Julian Rank 16.02m+2, Rich Griffiths 16.30m-1, Ricky South 16.51m-5, Richard Thompson 19.40m-11, Kevin Yewlett 18.14m-3, Bob Harbisher 17.39m-2, Andy Hauser 18.05m-3) 30 **City of Sheffield AC 2h19.15m** (Pete Shaw 15.52m, Dave Nuttall 16.58m -8, Mike Lavery 17.29m-4, Chris Ireland 17.16m+4, Sid Cordle 16.42m+4, Jed Turner 17.38m+0, Nick Duggan 18.08m-3, Steve Tanner 19.12m-5);
- 31 **North Derbyshire R.C. 2h19.16m** (Steve Leverton 16.16m, David Hayes 15.53m+14, Kevin Lenihan 17.46m-12, Kevin Loftus 18.44m-7, Steve Bennett 17.29m+0, Stu Cunningham 17.09m+5, Alan Ashburner 18.15m-3, Ian Lilley 17.44m+1);
- 32 **Derby AC 2h19.17m** (Russell Parkin 16.46m, Kevin Spare 16.49m+2, Simon D'Amico 18.44m-7, Ray McDonald 16.40m+8, Garry Fallon 17.21m-2, Joe Laban 17.18m+7, Peter Ivens 17.38m+1, Lee Page 18.01m-1);
- 33 **Kidderminster & Stourport 2h19.33m** (Bob Park 17.34m, Rob Czram 17.18m+6, Graeme Pierson 18.04m+1, Steve Smith 17.03m +4, Gary Corbett 16.03m+12, Harry Lambert 17.45m-1, Alan Jackson 15.10m+12, Ian Townsend 20.36m-11);
- 34 **Les Croupiers RC 2h19.53m** (Mick McGeoch 16.25m, Dave Headon 17.28m-10, Richie Bullen 15.25m+23, Ben Farag 17.42m -4, David Lloyd 18.13m-4, David Miller 18.12m-3, Richie Sewell 18.12m-3, Kelvin Sullivan 18.16m-1)
- 35 **Birmingham Rowheath AC 2h19.59m** (Harry Fowler 17.05m, Eddie McGrath 16.32m+10, Paul Hurcombe 17.15m +6, Mark Edwards 18.44m-10, Brian McEvoy 16.13m+12, Paul Robertshaw 17.43m+0, Martin Ludford 19.38m-5, Richard Gray 16.49m+1);
- 36 **Wolverhampton & Bilston 2h20.52m** (Nigel Share 15.06m, Mark Cotterill 17.43m-23, Paul Carroll 18.38m-12, Duncan Davies 17.47m-5, John Abbiss 18.14m-1, Pete Stark 19.10m-1, Dave Rowley 17.30m +5, Ken Fotherby 16.44m+3);
- 37 **Southampton R.C. 2h22.16m** (Rob Thompson 17.18m, Jon Grainger 16.11m +17, Paul Carter 18.04m-4, John O'Shea 16.58m+6, Malcolm Riddle 17.16m+3, Alan Tulip 18.41m-7, Charlie Cooper 18.25m +2, Martin Roselle 19.23m-2);
- 38 **Oxford City AC 2h22.26m** (Brian Green 15.07m, Pete Gray 16.39m-7, Nic Russell 17.20m-7, Dave Hartwell 17.20m-3, Trevor Dixon 19.15m-9, Ken Bell 19.03m-9, Clive Rutland 18.29m+1, Paul Grimsdale 19.13m-1);
- 39 **Thames Hare and Hounds 2h23.40m** (Richard Pitt 16.59m, John Rye 16.14m+15, David Walsh 17.11m-1, Will Snelgrove 18.43m-8, Rodri Davies 17.53m -2, Paul Whitlock 19.14m+1, Jeff Armitage 20.23m-2, Jeremy Watson 17.03m +4);
- 40 **Dudley & Stourbridge H 2h23.43m** (Ian Furness 15.38m, Paul Waby 16.24m-1, Fred Homer 18.01m-15, Kevin Wadeley 18.03m-1, Dave Eades 18.08m-6, Eddie Fletcher 19.22m-3, Ivan Daves 18.26m+1, Jim Brown 19.41m-2);
- 41 **Centurion R.C. 2h24.20m** (Peter Taylor 16.37m, Paul Bingham 17.42m-10, Graham Robinson 18.28m-3, Thomas Healy 17.07m+4, Andy Rea 17.50m+0, Robin Howes 18.41m +2, Bob Eaton 18.53m+2, Neil Prentice 19.02m-1);
- 42 **Sphinx AC 2h24.30m** (Graham Patton 16.59m, Steve Parkes 18.42m-9, Stuart Banbro 18.34m+1, Dave McLean 16.28m+9, Mick O'Connor 17.21m+0, Paul Bergin 19.05m+1, Wilson 19.25m+3, Kevin Naughton 17.56m +0);
- 43 **Bromsgrove & Redditch AC 2h24.49m** (Dave Cleverley 17.37m, SteveClews 17.12m+8, Robert Kersterson 18.11m-1, John Manley 19.37m-2, Phil Anderson 17.41m+2, Allan Elsmere 18.53m+1, Gordon Hardy 19.08m +2, Russell Rawlins 16.30m+4);
- 44 **Leamington C & AC 2h24.54m** (Simon Riley 16.10m, Andrew Geen 16.01m+9, Dave Potter 17.29m-9, Steve Roberts 18.16m-4, Tony Foster 18.20m-9, Malcolm Hazell 21.36m-9, Alex Montgomery 18.31m +6, Russ Burrows 18.31m-3);
- 45 **Kenilworth Runners 2h25.20m** (Richard Elliott 16.39m, Luigi Frondella 16.52m+2, Simon Vine 19.32m-15, John McNalley 18.35m+2, Rich Greenhalf 21.09m-7, Richard Steel 18.02m +1, Michael Williams 17.07m+10, Roger Holmes 17.24m+0);
- 46 **Northbrook AC 2h26.27m** (Alex Marshall 18.26m, Paul Lawlor 18.53m+2, Tom Jordan 19.40m-2, Paul Nelly 16.25m +7, Tony Hoy 17.13m+4, Mick O'Shea 16.41m+6, Andrew Ralph 19.29m+2, Tom Gillon 19.40m-2);
- 47 **Bolton United Harriers 2h28.17m** (Doug Cornwall 18.32m, Paul Standing 19.17m+1, Glyn Shawcross 21.19m-1, John O'Keefe 20.07m +0, Dennis Kerns 18.40m+2, Ken Fowler 17.56m+2, Paul Turner 16.49m+6, Tony Duffy 15.37m+7);
- 48 **Kingston upon Hull AC 2h28.51m** (Steve Rennie 16.09m, Stuart Buchan 16.31m+1, Jim Dingwall 19.34m-21, Ian Moore 20.59m-11, Jon Ireland 18.12m+1, Mike Baggott 17.47m+4, Gavin Jackson 19.18m+2, Kevin Kilkenny 20.21m+0);
- 49 **Kimberworth Striders 2h28.57m** (Muneeb Saif 18.00m, Martin Gaynor 18.10m+2, Philip Roberts 18.26m+1, Steve Ford 18.27m+2, Philip Martin 18.05m+1, Peter Bunker 19.04m +0, Keith Ward 20.32m+1, Patrick Rooney 18.13m +3);
- 50 **Banbury Harriers 2h29.43m** (Glyn Pritchard 17.56m, Steve Andrew 17.43m+3, Rod Haddrell 18.26m+2, Phil Coy 18.06m+2, Bruce Hendrie 17.53m+2, Geoff Smith 19.08m-2, Denis Kukainis 19.05m+5, Phil Bevis 21.26m-4);
- 51 **Notts AC 2h29.59m** (Mick Hill 16.58m, Andy Watson 16.26m+11, John Noble 17.37m-1, Fred Pigeon 17.20m+4, Kev Pye 17.11m+3, Barry Harper 18.46m-8, Simon Elliott 28.22m-19, Mick Robinson 17.19m+4);
- 52 **Vale Royal AC 2h30.19m** (David Gough 16.57m, Tony Archer 18.37m-10, Matthew Brown 18.33m+0, Dave Topping 19.55m-3, Dave Stevens 18.25m+2, Bill Hodgkinson 22.41m-3, James Edwards 18.29m+2, John Telford 16.42m+4);

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53 Leicester Coritanians 2h31.49m (Rob Sheen 16.01m, Nev Francis 16.50m-5, Kieran Roebuck 17.07m-1, Joe Masterson 16.06m +10, Bil Winter 19.06m-8, Dick Willingale 21.26m-17, Alan Stocker 21.56m-6, Tony Forryan 23.17m-4);

Liverpool Harriers & AC 2h32.05m (Joe Parkinson 15.40m, Ray Cole 16.14m+3, Bob Hill 19.34m-27, Lol Dobie 21.14m-15, Keith Hatton 16.51m+5, Patrick Henley 20.29m-4, Gordon Brown 20.40m+1, Roger Harrison 21.23m-3);

55 Cambridge & Coleridge 2h32.44m (John Lewy 18.55m, Mark Chaplin 18.05m+7, Martin Kretzer 18.29m+0, Chris Brown 19.45m-1, Gerald Meah 19.39m+0, Phil Schofield 20.59m-2, Tim Long 19.29m+4, David Boucher 17.23m+2);

56 Birchfield Harriers 2h34.40m (Edward Simpson 17.31m, Danny Brown 20.07m-7, Mart Wilkinson 19.05m+1, Bri Worthington 19.42m-2, Jafdis Ubhoo 24.55m-1, Paul Levell 16.26m+1, Peter Lawton 19.20m+3, Keith Holt 17.34m+4);

57 Garden City Runners 2h35.17m (Ste Livingstone 16.36m, Mark Faughnan 17.23m-9, David Johnson 18.25m-3, Ste Williams 18.24m-2, David Edwards 19.33m-3, Wayne Aylott 20.00m-3, Martin Milburn 21.39m+1, John Fogarty 23.17m-4);

58 Red Rose Road Runners 2h35.58m (Shane Cliffe 19.28m, Dave Watts 18.56m+2, Joe Swarbrick 17.41m+4, Bernard Mitchell 19.44m-2, Paul Mounsey 21.06m+1, Phil Dean 19.40m-1, John Eccles 21.27m+0, Alan Howard 17.56m+4);

59 West Bromwich Harriers 2h37.54m (David Jones 18.05m, Steve Jeavons 19.11m+0, Robert Meek 19.33m-2, Phil Smith 18.51m+1, Neil Munroe 19.32m+1, James Stott 20.25m+1, David Heeley 19.56m+1, Maurice Smith 22.21m-1);

60 Scunthorpe & District AC 2h38.15m (Ian Dowse 16.53m, Keith Lings 17.33m-3, John Curry 21.07m-13, Roderick Burton 18.30m+1, Peter Holt 20.07m+1, Bryan Byworth 20.34m+1, Denis Whittaker 21.00m-3, Steve Heslop 22.31m-1);

61 Forest of Dean AC 2h40.12m (Ian Smith 17.06m, Cliff Burton 17.37m+3, Rob Dickinson 18.35m-5, Martin Green 18.25m+2, Nick Richmond 22.35m-8, Mike Olley 20.27m+1, Alan Jones 25.11m-6, Steve Dawson 20.16m+2);

62 Sale Harriers Manchester 2h44.03m (Frank Cordingley 16.51m, Nick Peach 16.47m+2, Mike Johnson 18.29m-3, Paul Crane 18.40m-4, Bill Fox 18.22m+0, John Golder 19.25m-1, Brian Goulden 28.41m-13, John Battersby 26.48m-1);

Tournville Harriers A 2h49.15m (Martin Foster 20.07m, Alex Croke 20.49m+2, Howard 20.20m+0, Stephen Hopkins 19.42m+0, Terry Doherty 20.20m+2, Glyn Hughes 22.15m-1, Barry Roberts 22.24m+0, Jim Price 23.18m+1);

INCOMPLETE TEAMS

Coventry Godiva Harriers (Vince Clisham 15.36m, Dave Long 17.18m-16, Dave Batstone 16.37m+5, Peter Banks 19.35m-16, Steve Gray 18.55m-6, Roger Godfrey 18.02m+5, Denis Flude 22.47m-10);

Sutton-in-Ashfield H (Ian Cockayne 18.13m, Paul Appleby 18.58m+2, Dave Pickering 18.13m+2, Alan Dickens 20.05m-3);

Poole Runners (Mike Grist 15.12m);

North Fylde AC (Nick Hume 16.38m);

Women 35-44 Team Results

1 Liverpool Harriers & A.C. 52.41m (Sarah Singleton 17.13m, Linda McDermott 18.38m-8, Christine Murphy 16.50m+11);

2 Shaftesbury Barnet 53.02m (Melanie Ellis 16.52m, Sarah Heath 18.04m-5, Kate Armstrong 18.06m-3);

3 Neath Harriers 53.26m (Nicky H-Jones 18.00m, Frances Gill 18.10m+8, Louise Copp 17.16m+8);

4 South London Harriers 54.37m (Gill O'Connor 17.52m, Pippa Major 18.40m+2, Carol Evans 18.05m+5);

5 Derby A.C. 55.18m (Yvonne Crawley 18.04m, C Williams 18.33m+5, Jill Burke 18.41m+2);

6 Chelmsford A.C. 56.08m (Clare Hayes 17.47m, Joanne Smith 18.15m+3, Hazel Cybyk 20.06m-12);

7 Holmfirth Harriers A.C. 56.17m (Kathy Farquhar 17.52m, Jean Shutter 19.23m-7, Jackie France 19.02m+1);

8 Woodford G / Essex Ladies 56.36m (Jean Carr 17.38m, Jenny Thomas 20.29m-25, Bern Pritchett 18.29m+7);

9 Ince Harriers & A.C. 57.39m (Annette Nutting 19.10m, Joanna Ashmore 21.14m-12, Nealon 17.15m+20);

10 North Fylde A.C. 57.40m (Vicki Barrett 18.44m, Sue Turner 20.05m-5, Andrea Smith 18.51m+5);

11 Aldershot, Farnham & Dist 59.11m (Val Clews 19.33m, Viv Tanner 21.13m-10, A-Marie Satchell 18.25m+24);

12 Les Croupiers R.C. 1h00.06m (Julie Scholey 19.17m, Yvonne Bullen 20.45m-3, Wendy M Edwards 20.04m+4);

13 Clayton-le-Moors 1h00.22m (Anna Kelly 19.16m, Avril Duckworth 19.55m+4, A Barrowelough 21.11m-6);

14 Royal Sutton Coldfield 1h00.38m (Helen Wyeth 19.35m, Yvonne Parker 20.53m+0, Val Carter 20.10m+7);

15 Birchfield Harriers 1h00.56m (Rachel Cook 18.59m, Sarah Bentley 17.42m+22, Dawn Batsford 24.15m-33);

16 North Derbyshire R.C. 1h00.58m (Sharon Stevenson 19.54m, Fiona Duroe 21.36m-7, Ann Barker 19.28m+21);

17 Leamington C. & A.C. 1h01.41m (Susie Tawney 18.30m, Kathy Sampson 21.20m-19, Helen Howells 21.51m-10);

18 Centurion R.C. 1h03.03m (Theresa Wooley 19.55m, Sally Gisbourne 22.07m-11, Marilyn Maidment 21.01m+14);

19 Bromsgrove & Redditch 1h04.15m (Ann Stuart 21.09m, Kate Haley 21.08m+11, Liz Clifford 21.58m+5);

20 City of Bath A.C. 1h04.30m (Lynda Keepen 20.54m, Lyndsy Dow 22.17m+2, Jo Bradley 21.19m+6);

21 Middleton Harriers 1h04.33m (Julie Kennedy 19.14m, Kyrima H-Moore 21.19m-15, Fiona McAslan 24.00m-21);

22 Doncaster & Staniforth 1h05.11m (Chris Lowe 21.31m, Andrea Page 22.45m+0, Kim Blagden 20.55m+11);

23 Kidderminster & Stourport 1h05.34m (Judy Harler 22.10m, Julie Draper 22.35m+2, Linda Evans 20.49m+11);

24 Forest of Dean A.C. 1h07.08m (Fiona Turner 19.51m, Lynne 21.50m-9, Jenny Hanger 25.27m-17);

25 Mansfield H. & A.C. 1h07.44m (Jackie Massey 21.47m, Lynn Townroe 24.18m-5, Angela Davies 21.39m+8);

26 Notts A.C. 1h12.13m (Jane Millichip 22.51m, Tracy Hallam 22.24m+5, Liz Smith 26.58m+1);

Incomplete teams:

Charnwood A.C. (Kate Ramsey 20.29m, Sarah Mellors 21.25m+2);

Halesowen A & C.C. (Gabri McKinnon 19.47m, Liz Gould 18.18m+31);

Harborough A.C. (Katy Kenyon 20.52m, Toni Boa 19.15m+33);

West Bromwich Harriers (Susan Baker 24.15m, Joan Clarke 26.39m-2);

Women 45-54 Team Results

1 City of Bath A.C. 55.44m (Jo Thompson 16.51m, Zina Marchant 19.08m-17, Sue Brigden 19.45m-9);

2 Holmfirth Harriers A.C. 57.03m (Dianne Waite 18.28m, Christine Couch 19.27m-3, Leslie Robertson 19.08m+1);

3 Cannock & Stafford A.C. 58.09m (Chris Rollason 19.41m, Dot Fellows 20.10m+11, Chris Kilkenny 18.18m+10);

4 Wrexham Amateur A.C. 58.24m (Ros Adams 19.38m, Viet Musgrove 20.08m+13, Alison Whitelaw 18.38m+6);

5 Thames Hare & Hounds 59.16m (Anna Garnier 21.07m, Fiona Richardson 19.11m+37, Alison Carpenter 18.58m+10);

6 Poole Runners 59.19m (Trina Lindop 20.11m, Helen Ambrosen 20.17m+16, Davena Tweed 18.51m+12);

7 Barnsley A.C. 1h01.02m (Linda Westlake 20.04m, Marion Harrison 20.58m+1, Jenny Wakeman 20.00m+16);

8 Rotherham Harriers 1h01.54m (Gill Taylor 20.38m, Paula Fisher 19.53m+24, Chris Mullarkey 21.23m-2);

9 Horwich RMI Harriers 1h03.13m (Denise Wakefield 19.55m, Audrey Foster 20.49m+5, Sheila Norris 22.29m-5);

10 West Bromwich Harriers 1h03.30m (Kim Braznell 20.53m, Diane Edge 19.58m+17, Megan Jeavons 22.39m-2);

11 Invicta East Kent A.C. 1h03.50m (Elizabeth Batty 18.16m, Faye Brenner 22.59m+45, Annie Ross 22.35m-2);

12 Les Croupiers R.C. 1h04.19m (Liz Clarke 21.05m, C Dallimore 22.23m+2, Julie Lewis 20.51m+11);

13 Middleton Harriers 1h04.58m (Kim Molyneux 22.21m, Alison Holmes 21.27m+10, Chris Brooks 21.10m+9);

14 Mansfield Harriers 1h05.25m (Maddy Collinge 20.27m, Denise Winfield 22.45m-8, Carol Martin 22.13m+1);

15 Serpentine R.C. 1h05.45m (Hazel Paterson 21.50m, Beate Vogt 22.01m+6, Hilary Walker 21.54m+3);

16 Forest of Dean A.C. 1h06.05m (Janice Lightly 20.06m, Jackie Green 22.21m-10, Carol Jones 23.38m-8);

17 Spectrum Striders 1h08.34m (Sue Southern 24.25m, Janet Redpath 22.16m+4, Linda Owen 21.53m+10);

18 Longwood Harriers A.C. 1h10.43m (Bridgid Walsh 20.57m, Su Pickersgill 23.27m-8, Linda Norgate 26.19m-3);

19 Royal Sutton Coldfield 1h12.45m (Fleur O'Brien 22.26m, Lesley Foulger 23.56m-2, Lyn Taylor-Green 26.23m+3);

Centurion R.C. (Sue Wallace 26.31m);

Women over 55 Team Results

1 Serpentine R.C. 1h05.32m (Pauline Rich 21.41m, Sue Lambert 21.55m+6, Eddie Brocklesby 21.56m+4);

2 Coventry Godiva Harriers 1h07.04m (Linda White 20.35m, Julie Beckford 24.17m-17, Ann Kirkham 22.12m+8);

3 Barnet & District A.C. 1h09.57m (Karen Faloon 22.02m, Pauline Lygo 24.14m-4, Maureen Shirley 23.41m+6);

4 Clayton-le-Moors Harriers 1h13.21m (Chris Leathley 23.27m, Karin Goss 24.33m+0, Val Lawson 25.21m+5);

5 Middleton Harriers 1h15.51m (Sue Bishop 27.38m, Carole Bowness 22.28m+5, Marg Cartledge 25.45m+5);

Wrexham Amateur A.C. (Mary Gartrell 26.35m);

Men 50-59 Team Results

1 Oxford City A.C. 1h40.57m (Dave Parsons 17.42m, Gareth Jones 17.03m+14, John Exley 16.36m+6, Dave Wheeler 16.36m+3, Roy Treadwell 16.45m+3, Richard Grant 16.15m+0);

2 Brighton & Hove City 1h41.23m (Barry Blackwell 16.59m, Peter Bidmead 17.18m+1, Peter Crowhurst 18.57m-9, Graham Hannaford 16.58m+9, Peter Witcomb 16.14m+6, Nigel Gates 14.57m+3);

3 Invicta East Kent A.C. 1h42.44m (Paul Ross-Davies 16.54, Mike Stacey 16.42m+5, Trevor Edgely 17.20m+2, Peter Russell 16.32m+2, Martin Rouse 17.47m+0, Tony Culshaw 17.29m-1);

4 Stockport Harriers 1h43.23m (Alan Pover 16.20m, Frank Reilly 17.15m-1, Robert Taylor 17.03m+3, John Wharf 18.05m-3, Hoss Yousefian 17.36m+1, Len Best 17.04m+0);

5 Wirral A.C. 1h43.54m (Pete Weatherhead 17.28m, Des Wilkinson 17.24m+9, Mike McDavitt 16.21m+8, Anth McDavitt 16.14m+5, Tony Wright 18.02m-2, Gord Schollfield 18.25m-2);

6 South London Harriers 1h44.30m (John Quaintance 17.10m, Paul Williams 16.55m+8, Terry Twomey 18.11m-5, Ian Kitching 16.30m+7, Francis Upcott 17.49m-1, Bob Gevers 17.55m+1);

7 Rotherham Harriers & A.C. 1h44.54m (Alan Gregory 17.44m, Male Palreyma 17.27m+9, Jerry Spencer 17.42m+2, Terry Hawley 17.40m+4, Steve Games 17.40m+2, Chris Beighton 16.41m+4);

8 Derby A.C. 1h45.14m (Kevin Brailford 17.19m, Chris Rosling 18.14m-4, Alasdair Kean 16.37m+12, John Simmons 16.46m+3, Mick Lindsey 18.57m-2, Mick Smedley 17.21m-2);

9 Barnet & District A.C. 1h46.24m (Dave Wilcock 16.08m, Des Michael 16.41m-1, Liam O'Hare 17.07m+0, Eddie King 18.54m-6, John Shirley 18.46m-1, Nick Bingham 18.48m-1);

10 Telford A.C. 1h46.53m (Colin Mattock 16.43m, Paul Cross 17.31m-2, Alan McDonald 17.59m-3, John Hassall 17.57m-2, Malcolm Dawes 18.25m-3, Paul Sanderson 18.18m-3);

11 Aldershot Farnham & Dist 1h47.02m (Jim Wood 16.27m, Pete Adams 17.02m+4, Peter Beacham 17.20m-1, Pat Quigley 17.06m+0, Jim Peel 18.33m-3, Steve Crawte 20.34m-5);

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12 Bromsgrove & Redditch 1h47.44m (Clive Brown 17.36m, Philip Garbutt 15.57m+22, Reg Gardner 18.21m-7, Peter Hawcroft 18.24m-2, Vince Rollason 18.10m+0, Steven Bach 19.16m+0);

13 Preston Harriers 1h48.22m (Kevin Hesketh 16.23m, Dave Laughlin 17.38m-2, Phil Walsh 17.30m-1, Barry Nutall 19.20m+7, Graham Bailey 19.12m+0, Alan Appleby 18.19m+2);

14 Ron Hill Cambuslang H 1h48.59m (Fred Connor 17.08m, Frank Hurley 16.26m+10, Sandy Eaglesham 17.39m-1, Ian Gordon 17.52m-4, Tom McPake 18.41m+0, Archie Jenkins 21.13m-5);

15 Poole Runners 1h49.08m (Gary White 17.32m, Alwyn Dominey 20.03m-19, Dave Cox 18.10m+7, Geoff Scott 18.42m+10, Arthur Johns 17.16m+6, Dave Cartwright 17.25m+5);

16 Southampton R.C. 1h49.22m (Mike Smith 18.05m, Peter Staunton 18.30m+7, Ian Richardson 17.37m+8, Neil Hotson 17.28m+7, Dave Carter 18.21m+4, Richie Pearson 19.21m-2);

17 Longwood Harriers A.C. 1h49.45m (Ian Mitchell 17.24m, Richard Hepworth 17.33m+5, Trevor Wright 16.50m+7, Ian Simpson 18.58m-5, David Shelton 20.33m-5, Andy Norgate 18.27m+2);

18 Bolton United Harriers 1h49.55m (Ken Fowler 17.13m, Dave Dowd 18.05m-2, Phil Read 17.30m+4, Steve Ellis 19.36m-3, Dennis Kerns 18.12m+2, Alan Fielding 19.19m-1);

19 Doncaster & Stainforth 1h50.31m (Mick Page 16.12m, Robin Aconley 18.50m-14, Kev Lincoln 17.46m+2, Don Gill 18.37m-2, Keith Temperton 19.37m-1, Dave Grayson 19.29m-1);

20 Herts Pheonix A.C. 1h50.42m (Tony Ross 16.46m, Pete Fitzpatrick 17.49m-4, Alun Stedman 19.01m-10, Richard Melvern 17.33m+6, Richard Bloom 19.11m+0, John Steed 20.22m-4);

21 Bingley Harriers 1h50.45m (Mick Long 19.07m, Oliver Downing 18.47m+11, Neil Robson 19.50m-7, Neil Jennings 18.03m+23, Gerry Bell 17.57m+3, Roy Bailey 17.01m+7);

22 Liverpool Harriers & A.C. 1h50.50m (Arthur Deane 15.53m, Graham Howell 19.13m-17, Pete Simpson 19.02m-6, Frank Davies 18.36m+3, Bernie Riley 19.08m+0, Billy Hargreaves 18.58m-1);

23 Clayton-le-Moors Harriers 1h51.12m (Michael Green 17.44m, Barry Mitchell 17.43m+8, Peter Booth 18.11m-2, Bob Hirst 19.55m+1, Geoff Pickup 18.38m+0, Bob Mitchell 19.01m-1);

24 City of Bath A.C. 1h51.22m (Tom Hutchinson 17.03m, Geoff Davies 17.13m+3, Mike Jilians 18.53m-9, Bob Craig 19.31m-1, Colin Payton 20.13m-3, Ray Bridgen 18.29m-1);

25 Neath Harriers 1h51.25m (Simon Partridge 18.41m, John Lovell 20.52m-11, Richard Bowen 18.00m+12, Neil Horsley 18.19m+17, H Carpenter 17.44m+5, Dave Davies 17.49m+2);

26 Wrexham A.A.C. 1h51.52m (Ian Carson 17.48m, Phil Walker 18.17m+3, Andy Whitelaw 19.27m-5, Geoff Richards 18.06m+10, Bob Frost 19.51m-3, Melvyn Ollier 18.23m+0);

27 Les Croupiers R.C. 1h51.58m (Jeff Aston 17.50m, Mike Davies 19.06m-6, Sandy Johnston 18.38m+4, Gary Hyatt 19.44m+5, John Plain 18.02m+5, Rob Evans 18.38m-3);

28 Spectrum Striders 1h53.42m (Andy Garnett 18.12m, Andy James 18.20m+9, Bernard Riley 19.28m-6, Rory Pritchard 17.48m+14, Nev Griffiths 19.34m-1, Ron Dear 20.20m-3);

29 E Cheshire & Tameside 1h53.50m (Dave Mellor 17.20m, Barry Little 19.35m-16, Paul Kilbey 19.37m-6, Trevor Carson 18.39m+14, Don Green 20.22m-4, Rick Smith 18.17m+3);

30 Hillingdon A.C. 1h54.18m (John Stratford 19.42m, Andy Mansi 18.21m+29, John Myall 18.47m+3, Brian Leach 18.18m+19, John O'Dowd 20.02m-3, John Bignell 19.08m+0);

31 Sunderland Harriers 1h54.22m (John Maddison 18.42m, Len Christopher 18.14m+14, Roger Wilson 18.56m+0, Brian Boshier 18.10m+12, Eddie Maddison 21.37m-8, Brian Long 18.43m+2);

32 Salford Harriers 1h54.24m (Dennis Moran 20.32m, Frank Royle 20.03m+19, Tom Daniels 19.03m+16, Peter White 18.07m+25, Mike Wakefield 17.32m+6, Rowland Bowness 19.07m-1);

33 Halesowen A. & C.C. 1h55.09m (Paul Allen 17.59m, Trevor Chalmers 19.44m-8, Ken Court 19.57m-8, Benjamin Thomas 19.05m+18, Mike Deeley 18.13m+5, Barry Meir 20.11m-4);

34 Cambridge & Coleridge 1h55.48m (John Jenkins 18.28m, Alex Downie 18.51m+2, Glyn Smith 19.10m+1, Philip Lee 19.09m+11, Marcus Ennis 20.18m-4, Simon Kightley 19.52m+0);

35 Tipton Harriers 1h57.06m (Keith Best 18.37m, Keith Green 18.24m+9, Tom Williams 19.44m-6, Stan Jones 19.43m+12, Paul Lunn 21.24m-2, Jeff Taylor 19.14m+0);

36 Middleton Harriers A.C. 1h58.05m (Michael Buck 21.22m, Mike Pyle 19.24m+27, Barry Bowden 20.57m+6, John Reilly 17.44m+38, Male Schofield 18.48m+2, Alan Garvey 19.50m+0);

37 Royal Sutton Coldfield 2h01.44m (Doug Hyde 18.03m, Martin Jones 18.15m+8, Bob Owen 20.16m-13, Mick Sadler 20.12m+8, Clive Sayer 22.52m-3, Eric Noble 22.06m+1);

38 Notts A.C. 2h01.49m (Bill Chance 17.54m, David Oxland 17.46m+11, Ken Allen 19.35m-6, Shaun Nee 21.53m-6, Alan Marsh 21.34m-1, James Litchfield 23.07m-1);

39 North Fylde A.C. 2h04.54m (Reg Smallbone 20.17m, Dave Wood 20.28m+10, Larry McGee 22.39m-5, Steve Minto 19.24m+45, Male Sherwood 21.20m+0, Tony Croft 20.46m+2);

40 Birchfield Harriers 2h05.36m (Alan Price 19.29m, Peter Davies 21.09m-8, Robin Davies 20.41m+6, John Adams 21.07m+33, Roy Tilling 20.39m+1, Anthony Frain 22.31m-1);

41 Leamington C. & A.C. 2h15.20m (Cavin Woodward 19.26m, Graham Roberts 20.19m+7, Roger Gardner 24.48m-34, Bert Payne 20.35m+54, Henry Mortimer 22.05m+0, Peter Hart 28.07m+1);

Barnsley A.C. (David Bennett 19.23m);

Centurion Running Club (Clive Smith 19.15m, Eric Langford 20.32m-2, Tom Sharkey 20.42m-2, Tony O'Connor 21.38m+27, John Fox 21.59m-1);

Holmfirth Harriers A.C. (Jeff Pierson 18.56m);

Men 60-69 Team Results

1 Aldershot, Farnham & Dist 54.41m (Dave Gibson 17.25m, Les Presland 18.07m+0, Martin Duff 19.09m-5);

2 Bingley Harriers & A.C. 54.55m (John Firth 18.42m, Fred Gibbs 18.20m+12, Mike Smith 17.53m+12);

3 Clydesdale Harriers 55.12m (Pete Cartwright 18.38m, Brian Campbell 19.36m-3, Roy Young 16.58m+23);

4 Thames Hare & Hounds 55.17m, (Keith Spacie 18.51m, Michael Johnson 19.00m+10, Hugh Arnold 17.26m+14);

5 Royal Sutton Coldfield 57.23m (Reg Phipps 17.10m, Joe Cox 20.43m-31, Roy Humpherson 19.30m-2);

6 Herts Pheonix A.C. 57.36m (David Beasley 19.36m, Stuart Mann 19.08m+19, Mike Dixon 18.52m+6);

7 Clayton-le-Moors Harriers 57.46m (Richard Lawson 19.18m, Dave Scott 19.29m+8, Ted Orrell 18.59m+2);

8 Altrincham & District AC 58.29m (Ken Burgess 18.34m, Derek Walton 20.07m-8, Mike Brooks 19.48m-3);

9 Birchfield Harriers 1h00.11m (Alex Elliott 18.47m, Edward Cockayne 19.44m+1, Gordon Orme 21.40m-11);

10 Sutton In Ashfield 1h01.07m (Tony Staniland 20.26m, Ken Hensby 20.08m+16, Harold Billings 20.33m+6);

11 Barnet & District A.C. 1h01.12m (Con Antoniou 19.31m, Ted Kimber 20.39m+3, Tony Hamilton 21.02m-3);

12 Derby A.C. 1h01.37m (Tony Young 19.25m, Ray Clayton 19.07m+14, Mick Butterly 23.05m-20);

13 Spectrum Striders 1h02.20m (John Lilley 22.44m, Alan Peers 18.58m+28, Terry Coles 20.38m+14);

14 Bolton United Harriers 1h02.53m (Mike Barns 19.13m, Brian Court 22.59m-36, Jim McNulty 20.41m+17);

15 Wrexham A.A.C. 1h03.01m (Derek Parsons 22.50m, Peter Norman 21.26m+10, Arthur Egan 18.45m+31);

16 Holmfirth Harriers A.C. 1h03.08m (Keith Balmforth 19.44m, Donald Balmforth 23.45m-26, Bill Wade 19.39m+23);

17 Salford Harriers 1h03.09m (Sid Sacks 19.46m, Bob Towell 20.40m+8, John Dawson 22.43m-11);

18 Nuneaton Harriers 1h03.11m (Colin Turner 18.14m, Geoff Hudson 22.33m-42, Robin Suddens 22.24m+0);

19 Halesowen A. & C.C. 1h03.31m (Alan Smallwood 19.20m, Les Woods 21.51m-21, Ray Bunn 22.20m-1);

20 Hillingdon A.C. 1h03.41m (Bob Thomas 20.30m, Jim Leith 22.16m-3, Mick Miller 20.55m+10);

21 Barnsley A.C. 1h04.06m (Mick Barker 20.15m, Barry Bedford 21.46m-4, Derek Littlewood 22.05m+3);

22 Gosforth Harriers & A.C. 1h04.26m (Bill Lumsden 21.32m, Albert Prouse 21.51m+8, Ken Sutton 21.03m+9);

23 Les Croupiers R.C. 1h05.36m (Mel James 20.50m, Cled Jones 22.01m+0, Mal Farnham 22.45m-4);

24 Red Rose Road Runners 1h09.03m (Derek Rose 19.28m, Tom Dodd 21.55m-19, Richard Packer 27.40m-23);

25 North Fylde A.C. 1h10.23m (Stan Jackson 25.21m, Derek Wilson 22.17m+4, Mike Walsh 22.45m+8);

26 Notts A.C. 1h15.03m (Keith Pickles 26.54m, Dennis Hackett 22.12m+5, Graham Astill 25.57m+5);

Midland Veterans A.C. (Brian Cox 20.22m, Mike Wrenn 19.02m+32);

Neath Harriers. (Brian Blandford 20.02m, Dave Rees 24.43m-27);

Men over 70 Team Results

1 Glynneath A.C. 1h05.16m (Arthur Phillips 22.39m, Alan Smith 22.18m+3, David Naylor 20.19m+16);

2 Barnet & District A.C. 1h07.10m (Ron Higgs 20.58m, Tom Horne 23.05m-4, Ernie Blackler 23.07m+0);

Wrexham Amateur A.C. (Ron Jones 33.40m);

W.M.A. NON STADIA NEW ZEALAND

ERIC HORWILL REPORTS:



After the 10k on Buckland Beach, Alan O'Rawe, Dave Stevens & Dave Mace

MASTERS ATHLETICS SUMMER 2004

The 50 "Brits" who made the long trip down under put up a magnificent set of performances despite encountering numerous problems.

10k Road:

This event was held on a triangular 2 lap undulating course all were delighted to see Susan Kingston (living in New Zealand) finishing a surprise second overall.

Michael Trees was the star performer out sprinting the local favourite for our first medal.

20/30k Walks (St. Helier Bay):

A picture postcard course with an excellent surface with some shade, but very hot!

Our walkers were brilliant with six individual medals, and a team Gold.

XC Relays:

Our Women (50) won great silver, and our Men's teams won a Gold and two silver medals.

10k Walks:

A tremendous Gold and Silver for Dave Stevens and Dave Mace.

50k Walk:

Gold for David Kates and Eric Horwill, and Silver for Ed Shillabeer.

Half Marathon:

Fred Gibbs, A. Clapcot and Susan Ridley won Silver medals.

Medal Count

Country	Gold	Silver	Bronze	Total
New Zealand	98	34	29	123
Great Britain & NI	28	43	5	76
Australia	18	12	6	36

10k Road :

W35: 2, Ruth Kingston GBR 36:22; 4, Susan Ridley 36:41;

Team: 1, Great Britain 1:54:23;

W40: 3, Susan Walters GBR 41:20; 7, Linda May IRE 47:01;

W50: 8, Grace Hough 50:24;

W55: 5, Rosemarie Osborn 46:10; 6, Pauline Rich 46:54; 10, Lesley Bowcott 50:41; 11, Brenda Bradshaw 57:51;

Team: 2, Great Britain 2:23:45;

M35: 1, Gerald Daly IRL 34:41;

M40: 1, Michael Trees GBR 30:34; 8, Steve Murdock 34:55; 9, Peter Gray 34:58;

Team: 2, Great Britain 1:40:27;

M45: 11, Martin Kelly 39:38; 13, John Taylor 41:56;

M50: 16, Alan Rich 42:33; 22, Kevin Dillon 53:08; 23, Christopher Potter 57:05;

M55: 7, David Parsons 37:41; 9, Clive Rutland 38:21; 11, Michael Welland 38:52; 19, Arnold Bradshaw 44:57;

Team: 2, Great Britain 1:54:54;

M60: 4, Hugh Arnold 37:34; 6, Martin Ford 38:27; 9, Mike Shipway 39:30; 10, Kenneth Buckle 40:57;

Team: 2, Great Britain 1:55:31;

M65: 2, Fred Gibbs GBR 39:24; 9, Frank Whitworth 48:55; 11, Reginald Checkley 51:19; 13, Michael Caudwell 51:58; 17, Kiomars Vejoani 54:47;

Team: 2, Great Britain 2:19:38;

M70: 2, Derek Howarth GBR 43:49; 5, John Taylor 46:02; 7, Alec Osborn 53:02; 9, Peter Robinson 60:56;

Team: Great Britain 2:22:53;

M75: 3, James Caddy GBR 57:14;

20k Road Walk :

W40: 4, Fiona Bishop 2:14:11;

30k Road Walk

M75: 2, Harvey Jaquest GBR 4:25:25;

M65: 2, David Stevens GBR 3:22:05; 3, David Mace GBR 3:47:41;

Team: Great Britain 11:35:11;

M60: 2, Ron Penfold GBR 3:06:39; 4, Edmund Shillabeer 3:11:42; 6, Glyn Jones GBR 3:27:02;

Team: Great Britain 9:45:23;

M55: 2, David Kates GBR 2:58:11;

M50: 2, Peter Ryan GBR 2:47:15;

Cross Country Relay

M60: 2, Great Britain (John Taylor 19:31, Alec Osborn 21:59, Derek Howarth 18:51) 1:00:21;

M65: 2, Great Britain (Michael Caudwell 22:39, James Caddy 23:20, Eric Horwill 27:15) 1:13:14;

M60: 1, Great Britain (Hugh Arnold 15:12, Kenneth Buckle 17:18,

Martin Ford 15:52) 48:22;

W50: 2, Great Britain (Rosemarie Osborn 19:26, Grace Hough 20:44, Pauline Rich 19:24) 59:34;

10km Road Walk:

W40: 4, Fiona Bishop 1:02:43;

M65: 1, David Stevens GBR 1:02:30; 2, David Mace GBR 1:06:53;

M60: 4, Edmund Shillabeer 58:38; 5, Alan O'Rawe 59:17;

Team: Great Britain (Dave Stevens 1:02:30, Alan O'Rawe 59:17, Ed Shillabeer 58:38) 3:00:25;

50 k Road Walk

M70: Eric Horwill GBR 6:44:40;

M60: 2, Ed Shillabeer GBR 5:29:19;

M55: 1, David Kates GBR 5:30:29;

M50: 2, Peter Ryan GBR 5:11:12;

Team: Great Britain (David Kates 5:30:29, Ed Shillabeer 5:29:19, Peter Ryan 5:11:12) 16:11:00;

Half Marathon

M70: 5, Derek Howarth 1:40:41; 6, John Taylor 1:46:55; 7,

Alec Osborn 1:53:50;

Team: 2, Great Britain (Derek Howarth 1:40:41; John Taylor 1:46:55, Alec Osborn 1:53:50) 5:21:26;

M65: 2, Fred Gibbs GBR 1:26:11; Kiomars Vejoani 1: 58:13; 13, Michael Caudwell 2:00:04;

Team: 2, Great Britain (Michael Caudwell 2:00:04;

Kiomars Vejoani 1: 58:13; Fred Gibbs GBR 1:26:11) 5:24:28;

M60: 3, Martin Ford GBR 1:22:36; 5, Mike Shipway 1:27:38;

7, Kenneth Buckle 1:32:13; 16, Phil Huxley 1:41:54;

Team: 1, Great Britain (Kenneth Buckle 1:32; 13; Mike Shipway 1:27:38; Martin Ford GBR 1:22:36) 4:22:27;

M55: 2, A Clapcot 1:20:45; 6, David Parsons 1:24:21;

M50: 17, Christopher Potter 2:00:08;

M45: 13, Martin Kelly IRE 1:24:59;

W55: Rosemarie Osborn GBR 1:41:38;

W40: 4, Fiona Bishop 1:41:00;

W35: 2, Susan Ridley GBR 1:24:07;

BMAF 20k RACE WALK, Sutton Park 8th May

Men:

1 Richard Ensley (M50) 1:43:10; 2 Graham Chapman (M45) 1:45:19; 3 Peter Ryan (M50) 1:47:38; 4 Pat Murphy (IRE-M40) 1:48:21; 5 Martin Williams (M35) 1:48:49; 6 Nick Silvester (M45) 1:50:14; 7 Trevor Jones (M45) 1:50:16; 8 Peter Cassidy (M60) 1:57:40; 9 Russell Jackson (M60) 2:00:14; 10 Shawn Lightman (M60) 2:02:50; 11 Andy Flear (M40) 2:04:06; 12 K Marshall (M40) 2:05:10; 13 Brian Nelson (M65) 2:05:32; 14 Sean Pender (M45) 2:06:06;

15 Terry Morris (M55) 2:07:21; 16 Ron Powell (M65) 2:08:02; 17 David Fall (M55) 2:08:11; 18 Bob Dobson (M60) 2:08:49; 19 Peter Stapleford (M65) 2:08:58; 20 Andrew Cox (M50) 2:09:00; 21 Doug Fotheringham (M70) 2:13:04; 22 David Manning (M50) 2:14:21; 23 Neale Smith (M45) 2:14:51; 24 John Payn (M70) 2:15:53; 25 Bill Newhill (M65) 2:19:58; 26 Eric Horwill (M70) 2:21:24; 27 Karl Abolins (M75) 2:22:24; 28 Gordon Chapman (M70) 2:24:10; 29 Terence Braverman (M55) 2:25:29; 30 Ken Livermore (M70) 2:26:51; 31 John Sturgess (M60) 2:33:15; 32 Tony Kent (M65) 2:35:28;

Women:

1 Cath Duhig (W45) 2:08:05; 2 Sheila Owen (W45) 2:09:13; 3 Anne Belchamber (W45) 2:14:22; 5 Diana Braverman (W50) 2:25:32;

BMAF HALF MARATHON

1 Rowe Alex Wesham RR V45 1:11:50; 2 Watson Steve Buxton AC V40 1:12:32; 3 Hall Brian Blackpool & Fylde V40 1:14:55; 4 Doyle Sean V45 1:15:19; 5 Seakins Tony Colchester Harr. V50 1:15:28; 6 RIVETT ANDREW Wakefield Harr. V40 1:15:37; 7 Russell Peter Invicta East Kent Ac V50 1:15:46; 8 Pendlebury Gary Wesham V50 1:15:46; 9 Grant Richard V50 1:16:28; 10 Carlan Patrick Mansfield Harr. V45 1:17:42; 11 ALMOND STEVE Stockport Harriers V40 1:17:49; 12 Cooper David Halifax Harr V45 1:18:18; 13 Davies Stephen Mansfield Harr. V45 1:18:20; 14 Wheeler David SCVAC V50 1:18:25; 15 Stacey Michael Invicta East Kent Ac V50 1:18:40; 16 YOUNG JIM Royal navy Ac V40 1:18:51; 17 Treadwell Roy V55 1:18:53;

MASTERS ATHLETICS SUMMER 2004.

18 Watkin Nigel Mansfield Harr.V45 1:18:58; 19 Zapple James Herne Hill H.V45 1:19:02; **20 Exley John SCVAC V55 1:19:05**; 21 Sharples Ian Wesham RR V40 1:19:36; 22 Huntington Richard Mansfield Harr.V50 1:20:15; 23 Collier John Wesham RR V50 1:20:42; 24 Jeffrey Howard Otley AC V45 1:21:01; 25 Gallagher Hugh Giffnock North AAC V50 1:21:01; 26 HYLAND TERRY Huddersfield RR V45 1:21:09; 27 Ford Martin Midland Vets V60 1:21:15; 28 McLaren Alec South West Vets V45 1:21:24; 29 Meade Phillip V40 1:21:37; **30 Wharton Dennis St Helen Striders V45 1:21:39**; 31 Edgley Trevor Invicta East Kent AC V55 1:21:39; 32 Collins Maurice Liverpool Re V40 1:21:46; 33 McGlynn Stephen V40 1:22:33; 34 Foley Steven Skelmersdale Boundary Harr. 1:22:39; 35 Homer Fred Dudley & Stourbridge V55 1:22:42; 36 Price Jimmy Liverpool Re V50 1:23:05; 37 WOOLMINGTON GARETH V40 1:23:10; 38 Palmer Eric Mansfield Harr. V50 1:23:49; 39 Ison David Holmfirth Harr.V45 1:25:15; **40 Lancaster David York Acorn RC V45 1:25:25**; 41 Gibbs Fred Bingley Harr.V65 1:25:36; 42 Mc Ara Thomas Victoria Park Harr.V45 1:25:38; 43 Greaves Barry Royton RR V45 1:25:53; 44 Broome Peter V45 1:26:00; 45 Hall Raymond Halifax Harr V55 1:26:31; 46 Johnson Ian Salford Harr.V45 1:26:32; 47 BAMFORD CHARLIE V45 1:26:42; 48 TAYLOR AVID Meltham Ac V45 1:26:44; 49 Chisholm Barry V45 1:27:25; **50 Lavery Kevin V40 1:27:26**; 51 Nicholson Brian Border Harr.V50 1:27:27; 52 Peers Alan Northern Vets V60 1:27:36; 53 Bradbury Nick Kenilworth RC V40 1:27:40; 54 Firth John Bingley Harr.V60 1:27:51; 55 Palmer Ken Northern Vets V50 1:27:53; **56 Tomes Elizabeth Keighley & Craven Ac V45 1:27:57**; 57 Burns David V60 1:28:06; 58 Paterson Dermot V40 1:28:16; 58 Doyle Michael Formby Harr.V50 1:28:31; 59 Thomas John Corby AC V60 1:28:39; **60 Perry Stephen Lancaster & Morecambe AC V45 1:28:40**; 61 Bibby Carl V40 1:29:09; 62 Smith Keith Holmfirth Harr.V45 1:29:10; 63 Robinson Stephen East Cheshire Harr V40 1:29:18; 64 Nichol George V55 1:29:19; 65 McClelland Anthony V45 1:29:20; 66 Bailey Graham Preston Harr.V50 1:29:26; 67 Hiscoz Trevor Mansfield Harr.V40 1:29:35; 68 Harris Brian Mansfield Harr.V55 1:29:39; 69 Clarke Bill Stone Masters V55 1:29:42; **70 HAMERD AVID Keighley & Craven Ac V40 1:30:00**; 71 PLATT GARY Chorley Harr.V45 1:30:07; 72 Casey Mick Barnsley AC V55 1:30:17; 73 Atkinson Bill Northern Vets V65 1:30:21; 74 Cotter Trevor One2One RC V50 1:30:21; 75 Grinsdale Tim V50 1:30:30; 76 Bromley Michaela East Cheshire Harr V35 1:30:33; 77 Clarke Amanda Sutton In Ashfield V35 1:30:34; 78 Brown Stephen V40 1:30:35; 79 Rutherford Thomas Capenhurst V40 1:30:37; **80 Goldsmith Jacqueline Stopsley Striders V35 1:30:38**; 81 Hsley Ronald Stockport Harriers V40 1:30:59; 82 COOPER CHRIS Holme Valley AC V40 1:31:08; 83 Rigg Nigel Halifax Harr V40 1:31:11; 84 Barber David Bingley Harr.V60 1:31:14; 85 Robson Wayne V45 1:31:15; 86 Enrieon Anthony V40 1:31:18; 87 Price David Liverpool Re V45 1:31:43; 88 Stronach James V45 1:31:59; 89 Aldcroft Robert Village RC V50 1:32:17; **90 Shaw Geoff Helsby RC V50 1:32:33**; 91 JONES STEPHEN V40 1:32:36; 92 Barber Alan V40 1:32:49; 93 Ross Adrian Stratford Upon Avon V40 1:33:17; 94 Jones Ronnie Wirral AC V65 1:33:31; 95 Evennett-Watts Steve 26.2 milers V40 1:33:32; 96 White Derek V50 1:33:36; 97 Leonard Phillip V40 1:33:38; 98 HARDWELL KEITH Tone Zone Runners V40 1:33:41; 99 Wilson-Birch V40 1:33:45; **100 GRADY JOHN Isle Of Man Vets V60 1:33:52**; 101 KAVANAGH MIKE V40 1:33:59; 102 Hildyard Mike Horsforth Harr.V40 1:34:12; 103 dixon Phillipa Pudsey Pacers V35 1:34:18; 104 LYON KEITH Deal Tri V50 1:34:22; 105 Clarke John V40 1:34:27; 106 Melling Nigel V45 1:34:35; 107 Wilde Nicola Horsforth Harr.V45 1:34:53; 108 STEVENS GILLIAN V45 1:35:13; 109 DAVIES CAROL-ANN Rothwell Harr.V45 1:35:23; **110 Davis Glen V40 1:35:25**; 111 ROUSE STEPHEN Barnsley AC V40 1:35:28; 112 STUBBS JONATHAN V40 1:35:36; 113 Caldwell Paul Village RR V50 1:35:43; 114 Little Steven Idle AC V45 1:35:52; 115 TURNER STEVE Stafford Harr.V40 1:36:13; 116 Murray Allen V40 1:36:14; 117 Youngson Derek V45 1:36:15; 118 NIELD DUNCAN V40 1:36:15; 119 Griffin Lesley Birstall V50 1:36:28; **120 Beukes Christel Serpentine AC V35 1:36:32**; 121 Crabtree Jacqueline V45 1:36:34; 122 Thornton Liz Liverpool Re V40 1:36:36; 123 Rutherford Ian V40 1:36:39; 124 dixon mark Pudsey Pacers V40 1:36:47; 125 Heeles Christopher V45 1:36:49; 126 MCGUIRE JOHN Giffnock North AAC V45 1:36:51; 127 Wlodarczyk Richard East Cheshire Harr V45 1:37:04; 128 Brown Graham Pudsey Pacers V50 1:37:13; 129 SHANKS PAUL V45 1:37:15; **130 Philip Martin Glossopdale Harr V50 1:37:26**; 131 HARTE Marie Horsforth Harr.V40 1:37:27; 132 Zurawliw Paul Formula One Circuit V45 1:37:58; 133 Toft Christine Lytham St Annes V40 1:38:07; 134 Wood Steven Bae RR V45 1:38:07; 135 Young Roy Ackworth RRV55 1:38:26; 136 Rothwell Alan Vivid RR V45 1:38:29; 137 Gower Frank V45 1:38:31; 138 Helliwell Peter Idle AC V40 1:38:41; 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TRACY MORRIS WINS ATHENS PLACE

(Picture front cover)

Tracy Morris was looking for a personal best when she entered the "Flora London" Marathon. Her old best being 3:39:0.

However, she ran beyond her wildest dreams and could not believe her time of 2:33:52, and the fact she was the first British Woman in the race, and the first B.M.A.F. member to win selection to the Olympic Games.

The 2004 British Masters Athletics Federation 10k Road Championships

1.30pm Sunday 12 September 2004 - Portsmouth

incorporating the VAA of England inter-area team championships

First Name _____ **Surname** _____ **Male/Female** _____

Address _____

Post Code _____ **Date of Birth** _____ **Telephone No.** _____

e-mail _____ **Athletic Club** _____

BMAF Affiliated Club _____ **Membership No.** _____ **Age on race day**

Entry Fee **Members of an affiliated Masters Club** £6 **Non Members** £8

Athletes who are not members of a BMAF Affiliated Club must provide proof of age.

BMAF Championship Medals will be awarded in each 5 year age category

Team Medals - M40-49 (4 to score), M50-59 , M60+, W35-44 & W45+ (3 to score)

£1000 IN SUBVENTIONS

ENTRY LIMIT – 500 ATHLETES

Entries to be made under the athletes 'First Claim' UKA affiliated club and posted with the entry fee and a 9x6 SAE to Gerry North, The Old Rectory Cottage, Elsted, Midhurst, West Sussex GU29 0JY to arrive not later than 30 August 2004. Cheques to be made payable to City of Portsmouth A.C.

I declare that I am medically fit to run and an amateur as defined by the rules governing this event.
I will abide by the UKA rules and will not hold the organisers or sponsors responsible for any injury, illness or accident to my person or loss of property resulting from my participation in this event.
In the event of cancellation due to any reason beyond the race organiser's control, the entry fee may not be returned.
Information supplied on this Entry Form will only be used as permitted by the Data Protection Act

Signature _____ **Date** _____

Tick box if you wish to receive information on accommodation

Race No.

This event is organised by SWVAC & City of Portsmouth A.C & supported by Portsmouth City Council

B.M.A.F. HALF MARATHON.**REPORT: BILL MORRIS:**

Strong winds the previous night and heavy rain on the morning of the race were discouraging omens for our Half Marathon Championships, held in conjunction with the Blackpool Fylde Coast Marathon and Half Marathon. However, by the time Ron Hill started the race at 9.00 a.m. the rain was beginning to ease and by the end of the race sunshine was warming the competitors. Just as well, because the out and back course along the Promenade offered little protection from the elements.

In the Women's races the overall winner and W45 leader was Elizabeth Tomes (Keighley & Craven AC) who finished in 01:27:57 over two minutes clear of the first three W35 runners. W35 winner Michaela Bromley (East Cheshire Harriers) just won out in a tight finish with Amanda Clarke and Jacqueline Goldsmith. 1st W40 was Josephine Owen of Blackburn RR, with the W35/40 team prize going to Serpentine RC from Idle AC, and the W45/50 team prize to East Cheshire Harriers from Serpentine. Lesley Griffin, Diane Clough and Pat Robinson were clear winners in the W50, W55 and W60 categories.

The men's races produced solid performances across the age groups, the overall Masters winner being Alex Rose (M45 Wesham RR) who finished 40 seconds clear of Steve Watson (M40 Buxton AC), with fast finishing Brian Hall (M40 Blackpool and Fylde AC) in third place just ahead of Irishman Sean Doyle (M45 of Dublin, Mansfield H. were clear winners of the team prize, although it was disappointing to note that only two teams were able to field 4-man teams in the M40/45 category, making it necessary to award on the basis of 3-man teams. Mansfield put their 4 men inside the 3 men of second place Holmfirth.

The racing was close in both individual and team categories in the M50 and M55 groups with one minute separating the first four men in the M50 race, won by Tony Seakins (Colchester H) from Peter Russell (Invicta East Kent AC), and only 12 seconds the first and second M55 men, Roy Treadwell and John Exley both of Oxford City AC. The team race was taken by Oxford City from Invicta East Kent by the narrow margin of 4 points.

In the M60 group Martin Ford (M60 MVAC) was six minutes ahead of second placed Alan Peers (NVAC) with John Firth (Bingley) a close third. Fred Gibbs (Bingley H) took the M65 prize from Bill Atkinson (NVAC) with Ronnie Jones (Wirral AC) in third place. Bingley were the only complete team to finish. It was good to see four competitors in the over-70 categories, with Brian Campbell (M70 MVAC) a clear winner, and 77-year-old M75 winner Gordon Heeler (NVAC) finishing in a sprightly 01:54:58.

Thanks to Ron McAndrew and his hardworking team for the race organisation, and to all competitors, especially those who travelled long distances to take part.

Selected Results (Full set available on BMAF Website)

W35: 1. M.Bromley, East Cheshire H. 01:30:33; 2. A.Clarke, Sutton in Ashfield 01:30:34; 3. J.Goldsmith, Stopsley Striders 01:30:38. **W40:** 1. E.Thornton, Liverpool RC 01:36:36; 2. M.Harte, Horsforth H. 01:37:27; 3. C.Toft, Lytham St Annes RR 01:38:01. **W35/40 Team** 1. Serpentine RC 115pts (C.Beukes 5, M.Fontaine 17, N.Labib 93); 2. Idle AC 174pts (L.Fletcher 15, A.Devesher 69, J.Burnside 90).

W45: 1. E.Tomes, Keighley & Craven AC 01:27:57; 2. N.Wilde, Horsforth H. 01:34:53; 3. G.Stevens, (U/A) 01:35:13. **W50:** 1. L.Griffin, Birstall 01:36:28; 2. T.Woolley, Centurion RC 01:41:28; 3. Y.Twelvetree, Totley AC 01:46:00. **W55:** 1. D.Clough, Totley AC 01:55:30; 2. P.Argent, Tone Zone Runners 02:04:49; 3. M.Collantine 02:12:13. **W60:** 1. P.Robinson, Holme Pierrepont AC 02:09:15; 2. M.Slavin U/A 02:33:58.

M40: 1. S.Watson, Buxton AC 01:12:32; 2. B.Hall, Blackpool & Fylde 01:14:55; 3. A.Rivett, Wakefield H 01:15:37. **M45:** 1. A.Rowe, Wesham RR 01:11:50; 2. P.Carlan, Mansfield H 01:17:42; 3. D.Cooper, Halifax H 01:18:18. **M40/45 Team:** 1. Mansfield H 26pts (Carlan 2, S.Davies 9, N.Watkin 11); 2. Holmfirth 118pts (D.Ison 22, K.Smith 36, M.Hildyard 60); 3. Liverpool RC 211pts (M.Collins 19, D.Price 50, G.Ingham 119).

M50: 1. A.Seakins, Colchester H 01:15:28; 2. P.Russell, Invicta East Kent AC, 01:15:46; 3. G.Pendlebury, Wesham RR 01:15:46. **M55:** 1. R.Treadwell, Oxford City AC 01:18:53; 2. J.Exley, Oxford City AC 01:19:05; 3. T.Edgley, Invicta East Kent AC 01:21:39. **M50/55 Team:** 1. Oxford City AC 16pts (R.Grant 4, D.Wheeler 5, Treadwell 7); 2. Invicta East Kent AC 20pts (Russell 2, M.Stacey 6, Exley 12); 3. Mansfield 46pts (R.Huntington 9, E.Palmer 15, B.Harris 22).

M60: 1. M.Ford, MVAC 01:21:15; 2. A.Peers, NVAC 01:27:36; 3. J.Firth, Bingley H 01:27:51. **M65:** 1. F.Gibbs, Bingley H 01:25:36; 2. W.Atkinson, NVAC

01:30:21; 3. R.Jones, Wirral AC 01:33:31. **M60/65 Team:** 1. Bingley H 14pts (Gibbs 2, Firth 4, Barber 8).

M70: 1. B.Campbell, MVAC 01:39:21; 2. C.Hallinan, Leigh H 01:55:44; 3. A.Campbell, Border H, 02:12:26. **M75:** 1. G.Heeler, NVAC 01:54:58.

Full results pages 9-12.

Obituaries**BRIAN GORE.**

Brian died earlier this year following a brave fight against a severe brain tumour.

In his early days he played rugby at school, and later with Trowbridge R.F.C. He was Club Captain for several years before retiring from the game at the age of 32.

He started running in his late 30's, and joined Trowbridge A.C. and shortly afterwards South West Veterans.

He gained considerable success at 10 miles, half and full Marathons.

Following a foot injury he started Race Walking as an M50 and soon gained successes at a wide range of distances.

When Trowbridge A.C. ceased to operate he joined Dudley and Stourbridge to further his walking and to meet up with other ex Club members.

He had many successes at International Masters events highlighted by a Gold in Japan and Silver in Finland.

Brian spent almost 25 years coaching Athletes in distance and hurdles, and several of his charges reached national schools level. A quiet man with a unique sense of humour he will be missed by so many.

His wife Una a fine athlete in her own right who Brian coached to national success, has lost so much and to whom we offer our sincere condolences.

Una would like to thank all who attended his funeral, and everyone who supported her in other ways.

ERIC HORWILL.**PAM PHILLIPS**

Pam died a few weeks ago, following a battle against cancer.

Pam came from a family with a great sporting background, and was for many years a member and past president of Ilford A.C.

She initially joined Ilford with husband Keith as runners, but soon developed an interest in walking.

Following a spell abroad, and with their family grown up they returned to athletics, resulting in their first "Masters International" in Japan.

Many International and National medals followed until Pam was cruelly struck down by cancer.

In 2003 she returned to competition having apparently beaten her illness, and went on to strike Gold in the European 20k Walk in Upice in very warm conditions.

Sadly the cancer returned, and this genuine Essex Girl, with her bubbly and outgoing personality was lost to her many friends in the sport.

Our sympathy and thoughts go to Keith and their family.

Eric Horwill**Acknowledgment to the "Essex Walker".**

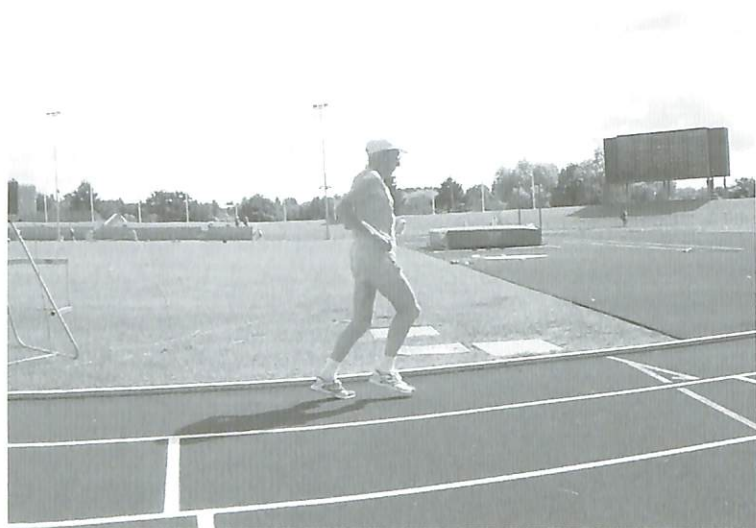
B.M.A.F. Track & Field Championships ,Birmingham, June 26/27th 2004.

BRITISH MASTERS ATHLETIC FEDERATION TRACK & FIELD CHAMPIONSHIPS, Alexander Stadium, Birmingham June 26/27 2004

WORDS : PETE MULHOLLAND:

**PICTURES: BRIDGET CUSHEN,
PAUL LARKINS.**

Over a weekend that witnessed British records and championship bests galore the icing on the cake was a stunning world record by 90-year-old Gordon Porteous who, in blustery conditions, toured 12 and a half laps of this famous arena in 31:25:45 to destroy the existing M90 record of 32:42.0 set by Etter Green of Norway in September 2002.

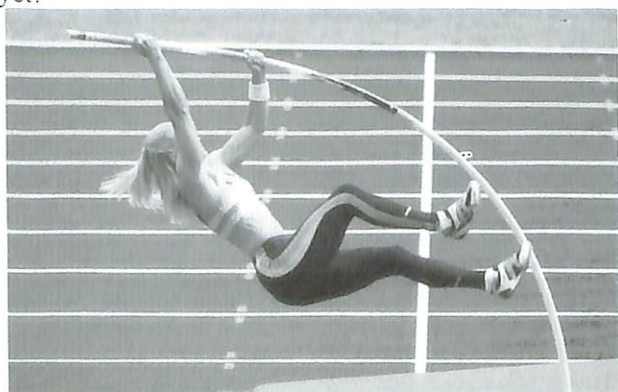


Gordon Porteous on his way to the World Record

The Scotsman, who also laid claim to a British record of 9:01.92 in the 1500m and an unchallenged win in the 800m admitted after his 5000m, "My legs had gone with four laps to go and I felt like packing it in."

Another Scotsman, Bob Young, who last month clocked the fastest M60 stage in the BMAF road relays, had an even tougher weekend when securing a distance treble with victories in the 1500m, 5000m and 10,000m.

Caroline Powell arguably proved the surprise of the championships as she collected a trio of titles in the highly competitive W50 category. "This was my first real competition for almost 14 years," she admitted after taking the 200m, 400m and 800m, her 64.6 for the one-lap event being a championship best. Not a bad weekend's work for someone who confessed, "I have run these on a winter's training and haven't done any speed work yet!"



Irie Hill set a new Championship best of 3.70.

Gracing these championships was Commonwealth pole vault bronze medallist Irie Hill who had been given sanction by UK Athletics to use the event for an opportunity to gain an Olympic qualifying height of 4.25m.

However, it wasn't to be as Hill who owns a best of 4.20m, and had set a British W35 record of 4.10 last weekend at this stadium, found the elements against her and had to settle for a championship best of 3.70m. The event did see two British Records as Alf Woods went over 2.30 in the M75 category while vaulting success did come the way of Margaret Coombe who took the W60 title with a clearance of 2.10m for a British W60 record and for good measure she also won the javelin event.

A British record also for Tony Wells with his M55 400m hurdles mark of 63.76 arriving as welcome relief after a previous year that had seen him plagued with injury problems.

Like Wells another 400m hurdler likely to make an impact at the forthcoming European Veterans Championships is Virginia Mitchell whose 64.97 here was credited as a British record. "I have run faster than that this year with 63.7 in the Surrey Championships and 64.6 in the Southern senior but I was pleased with how it went today." She said before going on to take the 400m flat.

Fresh from her world and British record breaking runs at the recent Southern Counties Vets AC Championships Viv Bonner was in a class of her own when facing strong opposition such as Val Parsons and Maureen Lewington to score a W55 sprint double.

Another showing sprinting class was Allan Meddings whose 14.55 was just 4/100ths away from his M75 100m record while fellow Birchfield Harrier Wilf Morgan put nine years of suffering from soft tissue problems behind him to secure the M65 400m title at the age of 69.

Most regular attendee to the presentation area was Evaun Williams with five W65 titles after efforts in the shot, discus, hammer, javelin and weight while Liz Sissons took three gold and two silver medals as a W55 also in the same five events.

Spare a thought for Carole Filer who proved to be in fine form when taking the W45 long jump with a championship best of 5.10m and then later in the meeting came to grief in the 80m hurdles when crashing out with a torn Achilles tendon. "It's hanging by a thread," said the talented all-rounder when surrounded by the medics.

Averil McClelland, who recently set a British record of 5.29m in the W45 long jump had to settle for second behind Filer this time around but the Morecambe GP was in a class of her own when speeding to a 100m/200m double.

A buzz went around the stadium in anticipation of the return of the legendary Ron Taylor and he didn't disappoint the crowd as he beat no less an athlete than Charlie Williams to take the M70 100m.

"That was my first main competition for six years," admitted Taylor, who in the past has cut a swathe through the world record lists in successive age groups.

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Just to confirm the shape that Taylor had to be in, Williams later went on to take the 400m with a British record of

89.

Other treats that the appreciative spectators enjoyed was yet another 100m, 200m and 400m treble by Steve Peters as he took his first national outdoor titles as an M50 and the smooth hurdling of M40 Greg Dunson over both the high and low hurdles was a joy to behold, his 14.63 over 110m proving a championship best.



Ron Taylor back in action

BRITISH MASTERS T&F CHAMPIONSHIPS BRIEF INTERVIEWS FOR MASTERS ATHLETICS

By Martin Duff of Athletics Weekly

KAREN MARSHALL WINS 5000 metres

Karen Marshall could have done with a run out against the younger women's 5000 metre age groups, but instead had to compete with all of the older groups and scored a run-away victory in 18:29.37 for a Championship best. "I haven't really been able to train as I have had Pneumonia for six weeks," said the Carriduff GP. "I then had Achilles and hamstring injuries," added Marshall who has won her age group in the cross-country international for the past six years. But the Ulsterwoman has not been in the sport for long: "I only came into running seven or eight years ago," said the new champion, who was not really at home in the conditions. "It was cold with a headwind in the home straight," said Marshall who led throughout her race.

MIKE SMALL TAKES M50 DISCUS

One thrower who has relished the move up to the M50 age group is top thrower Mike Small. Now able to throw the lighter 1kg discus The Tom & Ewell heavy took the M50 discus with a mighty 49.60, just short of his seasons best. Small was out to 50.12 in April.

"It was my first throws pentathlon and I took Neil Griffin's British record," said Small, who has been closing in on a second 50-metre effort. However, Small like the other throwers had trouble with the wet and windy conditions. "It was a difficult wind blowing and a bit blustery, but it stopped for the last two throws. I then did 49.60 in the fifth round." Small finished off with a 49.09 effort. Both were further than in his victory two weeks earlier in the Southern Counties Vets AC championships.

MEDDINGS ANNOUNCES RETIREMENT

After winning the 100 metres on the opening day of the championships M75 winner indicated that this season would be his last at top-level competition. "I've won eight or nine world titles," said the 76-year-old, before adding: "I'm doing the Europeans (in Aarhus, Denmark) then calling it a day." Some years ago, Meddings not only competed in the short sprints but also competed over the full lap. "I don't do 400's after my heart attack," he said. That was in Buffalo in 1993. The swirling wind on the first day had abated on the second, but Meddings said: "I'm not worried, you come here to win."

SOUTHERN SENIOR CHAMPION MAKES MASTERS DEBUT

Steve Whyte won his first South of England Senior championship at Watford in Mid June and then went on to complete a hat trick of titles in the British Masters championships.

The 40-year-old who turned 40 in March won the Discus on the opening day in 45.84 then set a new weight best performance of 17.46 early the next morning.

Whyte was then critical of the timetable for the championships and felt that having to throw the weight before the shot, in which he set another best of 15.82, was bad planning. "I've done 16 metres in the last five meets," he said, "but the weight takes it out of you. At 35lb, the weight knocks your body about. I did all six throws, because I was just 1cm from the British record, afterwards I sat in the stand and felt too tired."

Whyte then announced that he was angling for a new World record for the weight pentathlon in Aarhus. "With my five best distances this year I can do it," he said. The Luton thrower has bounced back from a hand operation in January. "I didn't start throwing again until March."

"I've had 10 years over 17-metres and I want to throw 17 this year, but I'm a long way short," he added, before starting a five hour wait for his final outing of the weekend, the hammer.

100 metres

M35 FINAL (w/s -2.1): 1 Derek Morgan 11.5; 2 Rohan Samuel 11.6; 3 Barrington King 12.8; **M40 FINAL w/s -3.8:** 1 Anthony Noel 11.35; 2 Dalton Powell 11.59; 3 Claude Peter-Thomas 11.81; 4 David Kemp 12.08 (12.0-1.3); 5 Warren Fraser 12.13 (12.1-1.3ht); 6 Steve Worrell 12.16 (12.1-1.3.1ht); 7 George McKinlay 12.21 (12.2-1.3ht); 8 John Crowley 12.25 (12.0-1.3); **In hits: HT1 (-3.7)** Mark Baker 12.3; Shaun Davy 12.3; Glen Reddington 12.5; Andy Smith 12.6; **HT2 (-2.7):** Martin Weetman 12.6; Alan Jones 12.6; Ricky Huskisson 12.6; Trevor Sinclair 12.8; **HT3 (-1.3):** John Crowley 12.0; Ricky Fox 12.7; Timothy Beaglehole 13.0; **M45 FINAL (w/s -0.8):** 1 John Wright 12.0; 2 Eric Smart 12.1; 3 Cecil Moven 12.3; 4 Philip Jones 12.3; 5 Clement Bartley 12.4; 6 David Phillips 12.4; 7 Malcolm Bramhall 12.6; 8 Peter Martindale 12.8; 9 Roderick Davies 13.7; **M50 FINAL (w/s -1.8):** 1 Steve Peters 11.70; 2 Walwyn Franklyn 12.20; 3 Viv Oliver 12.30; 4 Geoff Walcott 12.50; 5 John McGarry 13.00; 6 Paul Pinnington 13.00; 7 Geoffrey Kitchener 13.50; 8 Ian Whyte 13.70; 9 Brian Maguire 15.50; **M55 FINAL (w/s -2.6):** 1 Tony Wells 13.5; 2 John Charlton 13.5; 3 Graham Pop 13.7; 4 Victor Novell 13.9; 5 Bruce Hendrie 13.9; 6 John Steel 14.1; 7 Gerry Lustig 14.3; 8 Richard Coates 14.5; **M60 FINAL (w/s -4.9):** 1 Robert Swan 13.6; 2 Terry Bissett 13.7; 3 Derek Brown 13.8; 4 John Topliss 14.4; 5 Mike Garvey 14.4; 6 Robert Smoult 14.9; 7 David Hoare 15.3; 8 Huw Morgan 17.4; **M65 FINAL (w/s -2.5):** 1 Tony Bowman 14.07; 2 Alan Carter 14.30; 3 Brian Ariss 14.30; 4 David Burton 14.41; 5 John Scott 14.45; 6 Colin Field 15.11; **M70 FINAL (w/s -2.0):** 1 Ron Taylor 13.39; 2 Charles Williams 14.35; 3 Alan Mellett 14.65; 4 George Cheetham 15.07; 5 Barry Parnaby 15.55; 6 Gordon Daborn 15.69; 7 Hubert Daniels 16.14; 8 Keith Whitaker 17.04; **M75 FINAL (w/s -1.8):** 1 Allan Meddings 14.55; 2 John Quantrell 17.99; 3 Rodney Clark 18.03; 4 Kenneth Crooke 19.35; 5 Bill Morrow 19.69; 6 Frank Copping 22.85; **M85 FINAL (w/s -1.8):** Tony Rawlinson 24.07; **W35 FINAL (w/s -5.2):** 1 Beverley Matthews 14.25; 2 Jane Buchanan 14.43; 3 Angie Alstrachen FVAC 14.44; 4 Abiola Onatade 14.71; 5 Joan Chalmers 15.05; **W40 FINAL (w/s -3.6):** 1 Julie Money 13.27 (13.2-2.3ht); 2 Kirstin King 13.39 (13.1-0.7ht); 3 Wendy Dunn 13.85; 4 Yvonne Salmon 13.92 (13.8-2.3ht); 5 Manndy Lang 14.01 (13.8-0.7ht); 6 Angela Fudge 14.02; 7 Maria Townsend 14.18 (14.1-2.3ht); 8 Sandra McDonald 14.18 (13.9-0.7ht); 9 Angela Griffiths 14.37 (14.2-0.7ht); **Heat 1 (w/s -2.3):** Lesley Hopkins 14.6; **Heat 2 (w/s -0.7):** Denise Timmis 14.3; Angela Kelly 14.4; **W45 FINAL (w/s +1.7):** 1 Averil McClelland 13.28; 2 Lynn Talbert 14.02; 3 Anne Goad 14.08; 4 Ed Roe 14.20; 5 Jane Horder 14.31; 6 Pauline Gerner 14.55; 7 Christine Young 15.89; **W50 FINAL (w/s +1.1):** 1 Emily McMahon 14.60; 2 Monica Tanney 14.99; 3 Lyn Ahmet 15.04; 4 Annie Nelson 15.65; 5 Fiona Argent 15.94; 6 Pam Garvey 16.44; 7 Cathy Lyon-Green 16.89; 8 Grete Howarth 17.26; **W55 FINAL (w/s -3.4):** 1 Vivien Bonner 13.95;

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2 Val Parson 14.46; 3 Maureen Lewington 14.62; 4 Yvonne Priestman 15.10; 5 Anne Maguire 15.33; **W60 FINAL (w/s -2.0)**: 1 Esther Linaker 15.15; 2 Iris Holder 16.15;
3 Mollie Mills 17.27; 4 Dorothy Morgan 18.00; 5 Margaret Coombe 18.36; **W65 FINAL (w/s -1.5)**: 1 Dorothy Fraser 17.32; 2 Mary Webb 17.80; **W70 FINAL (w/s -1.5)**: 1 Betty Steedman 18.28; 2 Brenda Green 21.35;

200 metres

M35 FINAL (w/s +1.4): 1 Derek Morgan 22.96; 2 Will MacGee 23.26; 3 Graeme Hogg 24.44; 4 Keith Palmer 25.08; **M40 FINAL (w/s +0.8)**: 1 Anthony Noel 22.72; 2 Dalton Powell 22.80; 3 Ricky Huskisson 23.62; 4 Warren Fraser 23.69; 5 Nicholas Grocock 24.52; 6 Stephen Chaistey 24.97 (24.6 –0.8 ht); **Heat 1 -0.8**: John Crowley 23.8; Andy Smith 24.8; Ricky Fox 25.7; David Stephenson 26.2; **Heat 2 +0.1**: Patrick Crossan 24.4; Glen Reddington 25.1; Timothy Beaglehole 27.1; Michael May 28.3; **M45 FINAL (w/s +1.8)**: 1 Barry Morris 23.80; 2 Peter Hickey 24.06; 3 John Wright 24.32; 4 Eric Smart 24.41 (24.30 –1.2 ht); 5 Philip Jones 24.50; 6 Ian Broadhurst 25.07 (24.83 –1.2 ht); 7 Ian Scholes 25.63 (25.41 –1.6 ht); **Heat 1 (w/s -1.6)**: Nash Cummings 25.57; Jim Lawrence 28.18; **Heat 2 (w/s -1.2)**: Malcolm Bramhall 24.99; David Phillips 25.63; Clive Pengelly 26.03; **M50 FINAL (w/s +0.3)**: 1 Steve Peters 23.20; 2 Viv Oliver 24.44; 3 Walwyn Franklyn 24.94; 4 Geoff Walcott 25.16; 5 John McGarry 26.38; 6 Stephen Todner 26.77; 7 Bob Minting 27.55 (27.4 –1.0 ht); **Heat 1 (w/s -0.6)**: John Marshall 27.5; **M55 FINAL (w/s -0.4)**: 1 Paul Anthony 26.17; 2 Tony Well 26.81; 3 Bruce Hendrie 27.39; 4 John Barrus 27.59; 5 Victor Novell 27.94; 6 Gerry Lustig 28.29; 7 John Steel 28.49; **M60 FINAL (w/s -1.1)**: 1 Robert Swan 26.61; 2 Terry Bissett 26.79; 3 John Topliss 27.94; 4 Charles Isetts 28.05; 5 Brian Scott 28.69; 6 Robert Smoult 29.80; 7 David Hoare 29.87; 8 Sam Jones 30.23; **M65 FINAL (w/s -0.3)**: 1 Tony Crocker 28.24; 2 Tony Bowman 28.44; 3 Alan Carter 28.98; 4 David Burton 29.26; 5 Brian Ariss 29.75; 6 Colin Field 29.89; 7 Malcolm Schofield 31.24; 8 John Evans 33.07; **M70 FINAL (w/s +3.1)**: 1 George Cheetham 30.70; 2 Gordon Daborn 31.43; 3 Hubert Daniels 31.81; 4 Geoffrey Feast 31.96; **M75 FINAL (w/s +3.5)**: 1 Allan Meddings 30.36; 2 John Quantrell 37.94; 3 Bill Morrow 44.61; 4 Frank Copping 47.19; **W35 FINAL (w/s +2.2)**: 1 Angie Alstrachen 28.49; 2 Beverley Matthews 28.72; 3 Alexandra Davoile 28.83; 4 Abiola Onatade 30.63; **W40 FINAL (w/s -2.3)**: 1 Wendy Dunn 27.92 (27.8 +0.5 ht); 2 Yvonne Salmon 28.07; 3 Wendy Laing 28.14 (27.7 –1.0 ht); 4 Sandra McDonald 28.38 (28.1 –1.0 ht); 5 Angela Fudge 28.63; 6 Angela Griffiths 28.59; 7 Denise Timmis 29.19 (29.1 +0.5 ht); 8 Lesley Hopkins 29.59; 9 Angela Kelly 29.97 (29.8 +0.5 ht); **Heat 1 (w/s -1.0)**: Christine Pates 30.9; **W45 FINAL (w/s +3.6)**: 1 Averil McClelland 26.9; 2 Anne Goad 29.8; 3 Pauline Gerner 30.1; 4 Annabelle Wallace 30.2; 5 Christine Young 33.0; **W50 FINAL (w/s +1.8)**: 1 Caroline Powell 28.37; 2 Monica Tanney 30.26; 3 Annie Nelson 32.34; 4 Cathy Lyon-Green 35.87; **W55 FINAL (w/s +2.2)**: 1 Vivien Bonner 27.54 (CBP); 2 Maureen Lewington 29.63; 3 Anne Maguire 32.14; **W60 FINAL (w/s +2.2)**: 1 Esther Linaker 30.72; 2 Iris Holder 33.82; 3 Marjorie Hocknell 34.07; 4 Mollie Mills 36.90; **W65 FINAL (w/s +1.4)**: 1 Dorothy Fraser 35.78; 2 Mary Webb 37.24; **W70 FINAL (w/s +1.4)**: 1 Betty Steedman 39.06; 2 Brenda Green 47.11;

400 metres

M40 FINAL: 1 Martin Blackman 50.3; 2 Kermit Bentham 51.3; 3 Sean Price 51.9; 4 Tony Noel 52.5; 5 Patrick Crossan 52.7; 6 Anthony Geoghegan IRL (G) 53.1; 7 Nicholas Grocock 54.0 (53.98 ht); 8 Jonathan Tilt 115.0 (52.99 ht); **Heat 1**: 1 Warren Fraser 54.61; Stephen Walsh 54.80; Danny Brown 55.52; **Heat 2**: Neil Tunstall 54.31; Tony Osman 55.74; Andy Gannaway 58.43; **Heat 3**: Dalton Powell 54.61; Martin Telford 54.80; Ricky Huskisson 62.44; **M45 FINAL**: 1 Alan Harrison 53.95; 2 Philip Jones 54.12; 3 Francis Scott 54.34; 4 Tennyson James 55.93; 5 Ian Broadhurst 55.94; 6 Tony Ward 56.46; 7 Andrew Hutchinson 59.46; **M50 FINAL**: 1 Steve Peters 52.71; 2 Walwyn Franklyn 54.60; 3 David Anderson 54.73; 4 Geoff Walcott 54.77; 5 Viv Oliver 55.23; 6 Stephen Todner 59.52; 7 John Marshall 60.29; 8 A Forster-Pert 61.77; **M55 FINAL**: 1 Paul Anthony 55.9; 2 Tony Wells 58.9; 3 Derek Wardle 59.3; 4 Bruce Hendrie 60.1 (60.97 ht); 5 Graham Pope 60.2; 6 John Charlton 61.1; 7 Gerry Lustig 61.7; 8 Mike Erith 61.8; **Heat 1**: John Steel 69.14; **Heat 2**: Robin Davies 70.01; **M60 FINAL**: 1 Laurence Oldfield 59.27; 2 Vic Blanchard 59.60; 3 Terry Bissett 61.75; 4 James Whiteford 62.42; 5 Frederick Bush 63.59; 6 Tony Young 67.20; **M65 FINAL**: 1 Wilfred Morgan 65.63; 2 Tony Bowman 66.08; 3 Brian Ariss 67.27; 4 Arthur Kimber 67.53; 5 Alan Carter 70.54; 6 Geoff Hudson 74.01; **M70 FINAL**: 1 Charles Williams 65.89 (British Record); 2 Mike Fox 66.68; 3 Tom Clowry 71.60; 4 Barry Parnaby 73.90; 5 Geoffrey Feast 74.05; 6 John Cullingham 75.49; 7 Hubert Daniels 79.57; 8 Gordon Daborn 87.58; **M75 FINAL**: 1 John Quantrell 88.01; 2 Kenneth Crooke 96.43; **W35 FINAL**: 1 Fiona Palmer 61.16; 2 Mary Edwards 62.37; 3 Alexandra Davoile 64.14; 4 Linda Gabriel 65.54; 5 Angie Alstrachen 78.70; **W40 FINAL**: 1 Virginia Mitchell 59.39; 2 Clare Aford 61.91; 3 Helen Patton 62.37; 4 Yvonne Salmon 62.95; 5 Tracy Burrows 64.77; 6 Angela Griffiths 65.97; **W45 FINAL**: 1 Lynn Talbot 61.82; 2 Barbara Lock 63.94; 3 Averil McClelland 64.39; 4 Ed Roe 66.90; 5 Annabelle Wallace 68.04; 6 Kate Rogers 68.88; 7 Christine Young 77.17; **W50 FINAL**: 1 Caroline Powell 62.46 (CBP); 2 Joylyn Saunders Mullin 63.72; 3 Caroline Marler 67.87; 4 Monica Tanney 72.21; **W55 FINAL**: Yvonne Priestman 71.05; **W60 FINAL**: 1 Marjorie Hocknell 78.50; 2 Iris Hornsey 80.05; **W65 FINAL**: Dorothy Fraser 80.53;

800 metres

M35 FINAL: 1 Robert Poulter 2-05.87; 2 Russell Middleton 2-08.38; 3 Cliff Young 2-27.60; **M40 FINAL**: 1 Sean Price 2-05.17; 2 Kofi Agyei 2-05.65; 3 Ian Wright 2-08.10 (2-07.57 ht); 4 Derek Watson 2-08.64 (2-07.69 ht); 5 Steve Bond 2-08.71 (2-07.84 ht); 6 Kevin Pye 2-08.98 (2-07.35 ht); 7 Christopher Shore 2-12.06 (2-07.87 ht); 8 Brett Davis 2-16.12 (2-08.07 ht); **Heat 1**: Andrew Wilkinson 2-08.24; Kevin Steed 2-10.44; Andy Gannaway 2-11.24; **Heat 2**: Angus Henderson 2-08.42; Martin Telford 2-08.96; **M45 FINAL**: 1 Dominic Swords 2-07.55; 2 Martin Kelly IRL (G) 2-10.06; 3 Paul Davoile 2-10.26; 4 Bilal Namani 2-10.67; 5 David Barlow 2-12.16; 6 Richard Holland 2-15.84; **M50 FINAL**: 1 David Bedwell 2-07.37; 2 Bob Minting 2-09.23; 3 Fred Pidgeon 2-17.31; 4 Bernard Wareing 2-18.90; 5 Raphael Murray 2-27.90; **M55 FINAL**: 1 Mike Erith 2-14.15; 2 Michael Mann 2-18.27; 3 Rod Scholes 2-23.79; 4 Francis Cannon 2-25.92; 5 Bruce Hendrie 2-26.11; 6 Robin Davies 2-42.09; **M60 FINAL**: 1 Colin Turner 2-29.48; 2 John Garber 2-30.54; 3 Alan Peers 2-40.18; 4 Mike Duggan 2-48.77; **M65 FINAL**: 1 John Newcombe 2-26.66; 2 Michael Dyer 2-34.55; 3 Arthur Kimber 2-34.84; 4 Bruce Lyons 2-35.75; **M70 FINAL**: 1 Mike Fox 2-34.85 (CBP); 2 John Cullingham 2-49.34; 3 Peter Dibb 2-54.34; 4 Tom Clowry 2-58.54; 5 Thomas Wyer 3-12.47; **M75 FINAL**: 1 Donald Adie 3-05.53; 2 Colin Simpson 3-26.38; 3 John Quantrell 3-28.35; 4 Frank Copping 3-56.62; **M90 FINAL**: Gordon Porteous 4-39.45; **W35 FINAL**: 1 Mary Edwards 2-23.88;

2 Helen Lockyer 2-27.49; 3 Deborah Doherty 2-37.78; 4 Julie Herron 2-42.69; **W40 FINAL**: 1 Sarah Heath 2-13.98; 2 Alison Hurford 2-18.25; 3 Helen Patton 2-21.88; 4 Tracy Burrows 2-27.48; 5 Toni Boa 2-37.51; 6 Tessa Stephenson 2-41.38; 7 Janet Williams 2-48.10; **W45 FINAL**: 1 Lesley Felton 2-24.23; 2 Barbara Lock 2-24.46; 3 Elizabeth Batty 2-31.76; 4 Barbara Murray 2-32.35; 5 Kate Rogers 2-36.27; 6 Gill Dobson 2-54.12; **W50 FINAL**: 1 Caroline Powell 2-29.60; 2 Joylyn Saunders Mullin 2-31.09; 3 Nancy Hitchmough 2-31.58; 4 Caroline Marler 2-36.54; 5 Joyce Barrus 2-37.36; 6 Ros Tabor 2-44.38; 7 Pat Halstead 2-45.96; 8 Shelley Walsh 2-50.37; 9 Sue James 2-52.82; **W55 FINAL**: Pat Gallagher 2-42.26; **W60 FINAL**: Iris Hornsey 3-08.10;

1500 metres

M40 FINAL: 1 Kofi Agyei 4-17.05; 2 Ivan Pawluk 4-17.55; 3 Neil McGregor 4-18.64; 4 Wayne Speake 4-19.93; 5 Jon Grainger 4-20.54; 6 Angus Henderson 4-20.82; 7 Andrew Wilkinson 4-23.43; 8 Peter Plant 4-24.45; 9 Kevin Steed 4-26.07; 10 Mike Robbins 4-26.10; **M45 FINAL**: 1 Christopher Waugh 4-18.18; 2 Bill Foster 4-18.60; 3 Richard Holland 4-21.62; 4 Chris Pedder 4-26.63; 5 Steve Laing 4-28.21; 6 Paul Davoile 4-29.55; **M50 FINAL**: 1 David Bedwell 4-23.72; 2 Raphael Murray 4-35.39; 3 Alan Newman 5-07.74; **M55 FINAL**: 1 Michael Mann 4-37.94; 2 Mike Erith 4-43.40; **M60 FINAL**: 1 Robert Young 4-54.16; 2 Michael Smith 4-55.64; 3 Pete Cartwright 5-02.53; 4 John Garber 5-12.08; 5 Alan Peers 5-19.98; 6 Mike Duggan 5-27.21; **M65 FINAL**: 1 Ian Barnes 5-31.36; 2 Bruce Lyons 5-31.36; 3 Edmond Simpson 5-34.69; **M70 FINAL**: 1 Derek Howarth 6-01.10; 2 Thomas Wyer 6-31.98; **M75 FINAL**: 1 Donald Adie 6-09.43; 2 James Caddy 7-29.84; **M90 FINAL**: Gordon Porteous 9-01.92 (British Record); **W35 FINAL**: 1 Clare Hayes 4-49.17; 2 Bernadine Pritchett 4-49.71; 3 Joanne Smith 4-54.00; 4 Helen Lockyer 5-05.96; **W40 FINAL**: 1 Alison Hurford 4-48.16; 2 Jane Pidgeon 4-56.91; 3 Carol-Anne Gray 5-31.65; 4 Janet Williams 5-38.10; **W45 FINAL**: 1 Elizabeth Batty 5-05.13; 2 Denise Farnham 5-15.78; 3 Kate Rogers 5-25.57; 4 Fiona Davies 5-28.67; **W50 FINAL**: 1 Nancy Hitchmough 5-11.60; 2 Pat Halstead 5-26.90; 3 Shelley Walsh 5-46.01; 4 Sue James 5-48.52; **W55 FINAL**: 1 Pat Gallagher 5-26.47; 2 Maureen Coffey 5-55.18; **W60 FINAL**: Johanna Jay 5-56.60;

5000 metres

M35 FINAL: 1 Tim Bailey 16-34.09; **M40 FINAL**: 1 Keith Newton 15-27.24; 2 Alex Hope 15-42.42; 3 Derek Guess 16-01.04; 4 Ian Auger 16-09.13; 5 David Talbot 16-17.29; 6 David Constance 16-46.44; 7 Terry Egan 16-48.21; 8 Dave Stanfield 17-51.81; 9 Simon Denly 18-31.55; **M45 FINAL**: 1 Steve Smith 15-33.77; 2 Brian Green 15-42.82; 3 Andrew Wetherill 15-47.85; 4 Alex Rowe 15-56.05; 5 Mick McGeoch 16-40.40; 6 Brian Collella 16-42.14; 7 Philip Jones 16-42.59; 8 Steven Davies 17-19.42; 9 Dickie Wythe 17-20.32; **M50 FINAL**: 1 Peter Parker 16-59.74; 2 Des Michael 17-05.07; 3 David Wheeler 17-34.01; 4 Paul Williams 18-02.93; 5 Rob Sargent 20-15.86; 6 Martin Lippitt 22-23.96; **M55 FINAL**: 1 Liam O'Hare IRL (G) 17-11.48; 2 Peter Hamilton 18-04.56; 3 Mick Smedley 18-12.52; **M60 FINAL**: 1 Robert Young 17-49.74; 2 Martin Ford 18-06.11; 3 Alan Peers 19-40.90; 4 Graham Bradbury 20-10.67; 5 Martin Duff 20-36.74; 6 George Lawson 21-24.17; **M65 FINAL**: 1 Ian Barnes 19-40.75; 2 John Collins 19-47.38; 3 Edmond Simpson 20-12.93; **M70 FINAL**: 1 Geoffrey Oliver 21-13.29; 2 Brian Campbell 21-36.51; 3 Derek Howarth 21-42.52; 4 Bryan Rogers 22-17.56; 5 Brian Shave 22-44.04; 6 Arthur Walsham 27-35.81; **M75 FINAL**: 1 Stephen Charlton 20-36.42; 2 James Caddy 26-58.56; 3 Ron Franklin 27-05.61; **M90 FINAL**: Gordon Porteous 31-25.45 (World Record); **W35 FINAL**: 1 Nicki Nealon 17-28.03; 2 Susan Ridley 17-55.40; 3 Lynn Emmett 19-29.50; **W40 FINAL**: 1 Jane Clarke 18-09.01; 2 Susie Tawney 19-15.67; 3 Suzanne Bartram 19-56.24; 4 Lynne Marr 20-33.81; **W45 FINAL**: 1 Jane Laws 18-00.73; 2 Margaret Boleman 18-11.74; 3 Gail Duckworth 18-30.40; 4 Hilary Garrison 18-51.26; 5 Fiona Davies 20-21.15; 6 Sheila Kamdar 21-51.72; 7 Anne Lippitt 24-29.35; **W50 FINAL**: 1 Karen Marshall 18-29.37 (CBP); 2 Christine Kilkenny 18-58.44; 3 Ros Tabor 19-53.40; 4 Jane Georgiou 20-02.93; 5 Jane Morley 21-17.48; 6 Anne Darby 21-35.36; **W55 FINAL**: 1 Dot Fellows 21-06.75; 2 Margaret Moody 21-07.12; 3 Maureen Coffey 21-45.13; 4 Pauline Rich 22-13.00; **W60 FINAL**: 1 Betty Stracey 23-46.00; 2 Jeanne Bryan 24-05.37; **W65 FINAL**: Pamela Jones 23-27.07; **W70 FINAL**: Betty Norrish 32-01.31;

10000 metres

M35 FINAL: 1 Ian Johnstone 32-51.86; 2 David Cooper 36-26.96; **M40 FINAL**: 1 Mike Boyle 32-01.26; 2 James McMahon 32-43.42; 3 Alex Hope 33-10.78; 4 Martin Farran 34-06.02; 5 Paul Lemmon 34-12.59; 6 Brian Summers 34-44.37; **M45 FINAL**: 1 Andrew Wetherill 32-59.00; 2 Alex Rowe 33-18.35; 3 Brian Green 33-29.00; 4 Brian Gardner 33-57.83; 5 Malcolm Eustace 34-18.04; 6 Ian Van Iokven 34-28.76; 7 Brian Collella 36-30.46; **M50 FINAL**: 1 Tony Seakins 35-45.30; 2 Des Michael 36-02.02; 3 Terry Eakin 36-03.60; 4 David Wheeler 36-13.46; 5 Paul Williams 36-17.75; 6 Graham Williams 36-27.01; 7 Peter Kennedy 37-22.11; 8 Des Martin 38-11.01; 9 Alan Rich 41-13.91; 10 Rob Sargent 41-57.69; **M55 FINAL**: 1 Liam O'Hare IRL (G) 36-14.22; 2 Mick Smedley 38-29.09; 3 John Denyer 41-51.13; 4 Brian Webb 43-41.84; 5 Geoffrey Vine 43-53.89; **M60 FINAL**: 1 Robert Young 37-40.24; 2 Robert Dover 38-20.41; 3 Alan Peers 41-02.17; 4 George Lawson 44-45.80; **M65 FINAL**: 1 Fred Gibbs 39-47.45; 2 Edmond Simpson 40-50.52; 3 John Collins 40-58.47; 4 Richard Cashmore 43-23.88; **M70 FINAL**: 1 Geoffrey Oliver 42-55.46; 2 Derek Howarth 45-24.21; 3 Brian Campbell 45-53.40; 4 Brian Shave 46-51.06; 5 Arthur Walsham 56-23.89; **M75 FINAL**: 1 Stephen Charlton 43-39.31; 2 Ron Franklin 54-30.41; **W35 FINAL**: Jill Postlethwaite 39-52.01; **W40 FINAL**: Anne Brizell 40-09.90; 2 Susie Tawney 42-27.13; 3 Lynne Marr 43-07.95; **W45 FINAL**: Sheila Kamdar 44-45.46; **W50 FINAL**: 1 Christine Kilkenny 38-58.94; 2 Jane Georgiou 42-09.78; 3 Denise Wakefield 43-20.43; **W55 FINAL**: 1 Margaret Moody 44-37.87; 2 Maureen Coffey 45-54.21; 3 Pauline Rich 47-06.36; **W60 FINAL**: Betty Stracey 50-24.90; **W65 FINAL**: Pamela Jones 48-25.08;

3000 METRES WALK:

M40 FINAL: 1 Patrick Murphy IRL (G) 14-49.0; 2 Anthony Bell 16-44.1; 3 John Jeffrey 17-31.3; **M45 FINAL**: 1 Colin Bradley 15-39.3; 2 Michael Kelly 17-17.0; **M50 FINAL**: 1 Rod Dunn 17-15.1; 2 David Sharpe 18-15.2; **M55 FINAL**: 1 Bob Care 13-59.4; 2 David Fall 17-54.9; **M60 FINAL**: 1 Colin Turner 15-46.7; 2 Amos Seddon 16-18.9; 3 Les Scrivens 17-40.2; **M65 FINAL**: 1 David Stevens 16-58.7; 2 Colin Shatto 17-15.4; 3 Colin Stapleford 17-59.1; 4 Dave Mace 19-15.3; 5 John Marshall 20-24.7; **M70 FINAL**: Doug Fotheringham 17-52.0; **M75 FINAL**: Karl Abolins 19-47.6; 2 Frank Copping 23-42; **M80 FINAL**: Len Cro 20-10.4; **M85 FINAL**: George Mitchell 24-41.4 (British Record); **W35 FINAL**: Julie Bellfield 17-34.7; **W40 FINAL**: Elizabeth Harris 19-48.7; **W45 FINAL**: 1 Sheila Owen 16-52.8; 2 Fiona Bishop 17-31.2; 3 Krystyna Wardle 19-28.2; **W55 FINAL**: Ann Lewis 17-03.7; **W65 FINAL**: 1 Maureen Spelman 19-25.5;

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2 Sheila Champion 23-40.4;

5000 METRES WALK:

M35: 1 Mark Williams 23-47.23; 2 Dwane Butterly 24-15.33; **M40 FINAL:**

1 Rick Murphy IRL (G) 25-49.60; 2 Anthony Bell 28-45.72; 3 John Jeffrey 30-41.40;
M45 FINAL: 1 Nicholas Silvester 25-13.66; 2 Trevor Jones 25-37.86; 3 Colin Bradley
27-24.17; 4 Michael Kelly 29-33.08; **M50 FINAL:** 1 Andrew Cox 28-58.24;
2 David Sharpe 31-23.50; **M55 FINAL:** 1 Bob Care 24-06.27 (CBP); 2 Stephen Holliday
30-09.63; 3 David Fall 31-29.22; **M60 FINAL:** 1 Amos Seddon 27-22.5; 2 Les Scrivens
29-51.5; 3 Alan O'Rawe 29-55.3; **M65 FINAL:** 1 David Stevens 29-10.1; 2 Colin Stapleford
31-12.4; **M70 FINAL:** Ken Livermore 34-16.8; **M75 FINAL:** Karl Abolins 34-03.1;
M80 FINAL: Len Croo 35-13.8; **W45 FINAL:** 1 Fiona Bishop 30-03.1;
2 Anne Belchambers 30-03.5; **W55 FINAL:** Ann Lewis 29-13.9; **W65 FINAL:**
1 Maureen Spelman 33-13.5; 2 Pamela Horwill 35-02.5;

3000 MTRES SC:

M40: 1 Nicholas Martyn 9-40.30; 2 Angus Henderson 10-11.21; 3 Andy Fox 10-17.27;
4 Joe Laban 11-41.30; 5 Dave Stanfield 11-45.78; **M45 FINAL:** 1 William McGrory
10-21.99; 2 John Foster 10-35.61; 3 Dickie Wythe 11-01.07; 4 Simon Pugh 12-54.00;
M50 FINAL: 1 Stephen Bunn 11-05.69; 2 Raphael Murray 11-34.05; 3 Bernard Wareing
11-34.19; **M55 FINAL:** Aleksander Swiegecki 11-29.93;

2000m S/C

M60 FINAL: Frederick Bush 7-49.9; **W35 FINAL:** 1 Deborah Doherty 8-24.7;
2 Angie Alstrachen 9-12.4; **W40 FINAL:** Jane Pidgeon 7-29.0 (CBP); **W45 FINAL:**
Gwyneth Hueter 7-55.0; **W50 FINAL:** 1 Anne Darby 9-02.1; 2 Shelley Walsh 9-50.9;
W60 FINAL: Rachel Rossouw 10-45.7 (CBP);

110m Hurdles

M40 FINAL (w/s +0.8): 1 Greg Dunson 14.63 (CBP); 2 Gary Myles 15.60; 3 Des Wilkinson
15.61; 4 Glen Reddington 16.04; **M45 FINAL (w/s +0.8):** 1 John Mayor 16.28;
2 Ian Scholes 17.04; 3 Clive Pengelly 18.38;

100m Hurdles

M50 FINAL (w/s +1.2): Philip McIlpatrick 14.99; **M55 FINAL (w/s +1.2):** 1 Tony Wells
14.94; **British Record;** 2 John Charlton 17.35; **M60 FINAL (w/s -2.2):** Barry Ferguson
15.4; **M65 FINAL (w/s -2.2):** 1 Tony Bowman 19.14; 2 Brian Ariss 19.39;
3 Colin Shafto 19.95; **W35 FINAL (w/s +1.2):** 1 Catherine Goddard 16.30;
2 Jill Dinsmore 19.17;

80m Hurdles

M70 FINAL (w/s +0.4): 1 Gordon Daborn 15.59; 2 Jim Day 16.91; 3 Keith Whitaker
19.68; 4 Peter Morris 19.72; **M75 FINAL (w/s +0.4):** Norman Carter 20.56; **W40
FINAL (w/s -0.7):** 1 Manndy Laing 12.31; 2 Wendy Laing 12.33; 3 Hazel Barker 13.71;
4 Christine Pates 16.53; **W45 FINAL (w/s +1.0):** 1 Paula Booth 14.7; 2 Mary Barrett IRL (G)
15.4; 3 Gill Dobson 16.1; 4 Lucy Moore-Fox 17.1; **W50 FINAL (w/s +1.5):**
1 Emily McMahon 13.94; 2 Gill Hevingham 15.17; 3 Pam Garvey 17.71; 4 Judi Stafford
18.06; **W60 FINAL (w/s +1.5):** Jackie Charles 16.89;

400m Hurdles

M40 FINAL: 1 Greg Dunson 56.57; 2 Neil Tunstall 57.15; 3 Jonathan Tilt 59.93;
4 Iain Moody 60.46; 5 Danny Hodge 64.09; 6 Alan Easey 64.43; **M45 FINAL:**
1 Howard Moscrop 57.79; 2 Tony Mitchell 60.32; 3 Malcolm Bramhall 60.90;
4 Ian Broadhurst 62.99; 5 Clive Pengelly 64.98; **M50 FINAL:** 1 Robert Stevenson 60.17;
2 David Anderson 60.36; 3 Peter Mould 69.19; 4 Geoffrey Kitchener 72.35; **M55 FINAL:**
1 Tony Wells 63.76 (British Record); 2 Derek Graves 79.85; **W35 FINAL:**
1 Kim Heffernan 65.55; 2 Angie Alstrachen 73.89; **W40 FINAL:** 1 Virginia Mitchell 64.97
(British Record); 2 Julie Rogers 68.74; 3 Oriana Johnson 79.40; **W45 FINAL:**
1 Veronica Boden 67.48; 2 Jane Horder 69.08;

300 metres hurdles:

M60 FINAL: 1 Frederick Bush 48.96; 2 Barry Ferguson 53.22; **M65 FINAL:**
1 Tony Bowman 52.08; 2 Brian Ariss 52.28; **M70 FINAL:** Gordon Daborn 64.88;
W50 FINAL: 1 Emily McMahon 52.81; 2 Judi Stafford 63.53; **W60 FINAL:**
Rachel Rossouw 68.43 (CBP);

High Jump

M40 FINAL: 1 Claude Peter-Thomas 6.20 +2.1; 2 Trevor Sinclair 6.03 +2.4; 3 Alun Jones
5.58 +2.0; 4 Charlie Batts 5.15 +1.8; **M45 FINAL:** 1 Trevor Wade 6.15w 2 John Mayor
5.71w; 3 Ian Worrall 5.66 +1.9; 4 Roderick Davies 3.96w; **M50 FINAL:** 1 Paul Pinnington
5.63 +1.9; 2 David Folgate 5.50 +1.3; 3 Philip McIlpatrick 5.30 +2.0; 4 William Lonsdale
5.15 +1.6; **M55 FINAL:** 1 John Charlton 5.38w; 2 Robert Cutler 4.72 +1.7; **M60 FINAL:**
1 Peter Duckers 5.19; 2 Mike Garvey 4.74; 3 Colin Green 4.58; 4 Barrie Taylor 4.28;
M65 FINAL: 1 Colin Field 4.10w; 2 Gerald Wilkinson 3.49 +1.8; **M70 FINAL:**
1 Geoffrey Feast 3.75 +1.2; 2 Jim Day 3.45w; 3 James Christie 2.33; **M75 FINAL:**
1 Ajit Singh Kalirai 3.01w; 2 Bill Morrow 2.81w; 3 Norman Carter 2.71 +2.0; **W35 FINAL:**
1 Catherine Goddard 5.21w; 2 Joan Chalmers 4.53w; 3 Beverley Matthews 4.26w;
W40 FINAL: 1 Wendy Laing 5.32w; 2 Manndy Laing 4.85w; 3 Denise Timms 4.66w;
4 Christine Pates 4.47w; **W45 FINAL:** 1 Carole Filer 5.10 (CBP); 2 Averil McClelland
4.78 +1.9; 3 Teresa May 4.28 +0.7; 4 Gill Dobson 4.06w; 5 Anne Wainwright 3.82w;
W50 FINAL: 1 Emily McMahon 4.19w; 2 Lyn Ahmet 4.14w; 3 Olga Codrington 3.50w;
4 Grete Howarth 3.19 +1.9; 5 Cathy Lyon-Green 3.09 +1.4; **W55 FINAL:**
1 Rosemary Champion 3.42w; 2 Pat Oakes 3.17 +1.9; 3 Daphne Marler 2.37w;
W60 FINAL: 1 Iris Holder 4.12w (CBP); 2 Jackie Charles 3.54w; **W65 FINAL:**
Anne Martin 3.07w; **W80 FINAL:** Mary Wixey 1.70 +1.8;

Triple Jump

M40 FINAL: 1 Anthony Jackson 13.14w; 2 Julien Gittens 12.27 +1.7; 3 Alun Jones 10.97w;
M45 FINAL: 1 Albert Earle 12.61 -0.2; 2 Jon Evans 11.53 +1.3; 3 Steve Wallace 10.92
+1.9; 4 David Murdoch 10.55 +1.8; **M50 FINAL:** 1 Paul Pinnington 11.39 +1.1;
2 David Folgate 11.26 -0.1; 3 William Lonsdale 10.70w; **M55 FINAL:** 1 Robert Cutler 9.87
+1.9; 2 Bruce Hendrie 9.05 +1.3; **M60 FINAL:** 1 Sean Power 11.33w; 2 Allan Cheers
10.21w; 3 Colin Green 9.80w; **M65 FINAL:** 1 Tony Crocker 9.77w; 2 John Evans 8.88w;
M70 FINAL: Clifford Taylor 6.56w; **M75 FINAL:** 1 Ajit Singh Kalirai 7.47 +2.0;
2 Norman Carter 6.30 +1.0; **W35 FINAL:** 1 Claire Bowman 9.37 -0.0; 2 Joan Chalmers
9.05 -0.5; 3 Jill Dinsmore 9.08 +1.2; **W40 FINAL:** Manndy Laing 10.26 -0.7;
W45 FINAL: 1 Teresa May 9.42 +0.4; 2 Lucy Moore-Fox 8.08 +1.0; 3 Julie Wakelam 7.66
-0.6; **W50 FINAL:** 1 Lyn Ahmet 8.81 +0.4; 2 Gill Hevingham 8.54w; 3 Judi Stafford 7.55
-0.3; 4 Cathy Lyon-Green 6.70 +1.5; **W55 FINAL:** 1 Pat Oakes 7.76w;

2 Rosemary Champion 7.45 -1.6; 3 Gibby Meneer 7.15 +1.0; 4 Daphne Marler 5.83+2.0;
W60 FINAL: Jackie Charles 7.85 -1.3; **W80 FINAL:** Mary Wixey 3.34 -0.9;

High Jump

M40 FINAL: 1 Steven Linsell 1.80; 2 John Perkins 1.75; 3 Andrew Waddington 1.75; 4
Andrew Osborne 1.60; **M45 FINAL:** 1 Stephen Gill 1.75; 2 Trevor Wade 1.65;
3 Nash Cummings 1.65; 4 Colin Hague & John Mayor 1.60; **M50 FINAL:**
1 Duncan Talbot 1.60; 2 David Blunt & William Lonsdale 1.55; **M60 FINAL:** Colin Green
1.35; **M65 FINAL:** 1 Tony Crocker 1.48; 2 John Freebairn 1.30; **M70 FINAL:** 1 Jim Day
1.21; 2 Clifford Taylor 1.18; 3 Peter Morris 1.15; **M75 FINAL:** 1 Norman Carter 1.15;
2 Alfred Woods 1.06; **W35 FINAL:** Catherine Goddard 1.40; **W40 FINAL:**
1 Wendy Laing 1.55; 2 Hazel Barker 1.45; 3 Christine Pates 1.40; **W45 FINAL:**
1 Teresa May 1.35; 2 Lucy Moore-Fox 1.30; 3 Mary Barrett IRL (G) 1.30; 4 Gill Dobson
1.30; **W50 FINAL:** Pam Garvey 1.35 (CBP); **W60 FINAL:** Carol Rafferty 1.04;

Pole Vault

M35 FINAL: 1 Simon Eastwood 3.60; 2 Rob Savage 3.30; 3 Warren Hill 2.80;
M40 FINAL: 1 John Andrews 3.70; 2 Alan Easey 3.20; **M45 FINAL:** 1 John Taylor 3.40;
2 Wayne Martin 2.60; **M50 FINAL:** 1 Allan Williams 4.00; 2 David Blunt 3.40;
M55 FINAL: 1 Bruce Hendrie 2.80; 2 Keith Tugwell 2.50; **M60 FINAL:** 1 John Bradley
3.00; 2 Brian Harlick 2.60; **M70 FINAL:** Jim Day 2.40; **M75 FINAL:** Alfred Woods 2.30
(British Record); **W35 FINAL:** Irie Hill 3.70 (CBP); **W45 FINAL:** 1 Christine James
2.40; 2 Anne Goad 2.20; 3 Teresa May 2.10; **W50 FINAL:** Gill Hevingham 2.00;
W60 FINAL: Margaret Coombe 2.10 (British Record); **W65 FINAL:**
1 Dorothy McLennan 1.90 (=European Record); 2 Sheila Champion 1.40;

Shot Putt

M40 FINAL: 1 Steve Whyte 15.82 (CBP); 2 Andrew Turner 13.85; 3 Rob Earle 12.16;
4 Peter Todd 11.34; 5 David Burrell 10.83; **M45 FINAL:** 1 Bob Broadbridge 11.78;
2 Jim Hogg 10.72; 3 Nash Cummings 9.05; **M50 FINAL:** 1 Michael Small 14.56;
2 Anthony Richards 12.41; 3 Nigel Hooker 12.06; 4 John Little 11.97; 5 Terry Lally 11.49;
6 John Wild 10.75; 7 Philip Bramford 9.60; 8 Tim Saunders Mullin 9.20; 9 Clive Howell
9.18; **M55 FINAL:** 1 Neil Griffin 13.51; 2 Brian Hatch 11.35; 3 Robert Richards 9.94;
4 James Edgar 9.55; **M60 FINAL:** 1 James Sloan 11.09; 2 John Gilbert 10.90; 3 John Howe
10.49; 4 John Miller 10.10; 5 Brian Webb 8.41; **M70 FINAL:** 1 Gordon Hickey 12.21
(CBP); 2 Michael McGarry IRL (G) 10.73; 3 Clifford Taylor 10.67; 4 Jaroslav Hanus 9.77;
5 James Christie 5.24; **M75 FINAL:** 1 Alfred Woods 7.73; 2 Robert Laidler 7.72;
3 William Kingsbury 7.06; **W35 FINAL:** 1 Susan Freebairn 9.79; 2 Camilla Thrush 9.79;
3 Caterina Hallden 8.59; 4 Norma Bruce 8.16; **W40 FINAL:** 1 Esther Augée 10.22;
2 Wendy Laing 10.14; 3 Manndy Laing 9.95; 4 Alison George 9.42; 5 Hazel Barker 9.12; 6
Wendy Dunsford 8.36; **W45 FINAL:** 1 Claire Cameron 10.33; 2 Mary Barrett IRL (G) 9.82;
3 Anne Goad 9.07; 4 Gill Dobson 8.52; 5 Lucy Moore-Fox 7.43; **W50 FINAL:**
1 Vilma Thompson 9.74; 2 Joylyn Saunders Mullin 9.22; 3 Fiona Crompton 8.75;
W55 FINAL: 1 Elizabeth Sissons 9.12; 2 Barbara Terry 8.72; 3 Anne Maguire 7.93;
4 Margaret Woodger 7.43; 5 Elaine Mee 6.37; **W60 FINAL:** 1 Margery Swinton 7.87;
2 Dorothy Morgan 7.59; 3 Nanette Cross 6.87; **W65 FINAL:** 1 Evaun Williams 9.77;
2 Anne Martin 7.06; 3 Carole Derrien 6.37; 4 Dorothy McLennan 5.06;

Discus

M35 FINAL: Simon Eastwood 26.70; **M40 FINAL:** 1 Steve Whyte 45.84;
2 Andrew Turner 44.79; 3 Peter Todd 39.38; 4 Mark Line 37.85; 5 David Burrell 34.94;
6 Anthony Tipping 33.71; **M45 FINAL:** 1 Bob Broadbridge 35.94; 2 Wayne Martin 25.62;
M50 FINAL: 1 Michael Small 49.60; 2 John Little 44.10; 3 Terry Lally 39.81; 4 John Wild
39.55; 5 Anthony Richards 37.30; 6 Bill Renshaw 36.39; 7 Philip Bramford 34.30;
8 Clive Howell 24.63; 9 Philip McIlpatrick 24.47; 10 Tim Saunders Mullin 18.37;
M55 FINAL: 1 Neil Griffin 47.47; 2 Brian Hatch 37.19; 3 Mike Corden 36.67;
4 David Webster 35.82; 5 James Edgar 32.45; 6 Robert Richards 32.02; **M60 FINAL:**
1 Peter Eddy 38.45; 2 James Sloan 38.22; 3 George Eccles 36.52; 4 Patsy Conboy IRL (G)
34.89; 5 Graham Smith 34.22; 6 John Howe 34.13; 7 John Marmery 33.72; 8 David Kuester
31.62; 9 Brian Harlick 28.88; 10 John Gilbert 28.52; **M65 FINAL:** 1 Jack Kee 37.89;
2 Colin Brand 36.77; 3 Robin Sykes 36.30; 4 John Freebairn 33.88; 5 Ian Miller 30.60;
6 Brian Sumner 30.32; 7 Barrie Strange 30.06; **M70 FINAL:** 1 Michael McGarry IRL (G)
32.98; 2 Gordon Hickey 31.72; 3 Jaroslav Hanus 30.19; 4 Philip McEvoy 27.29;
M75 FINAL: 1 Robert Laidler 24.65; 2 Norman Carter 19.54; 3 William Kingsbury 19.52;
M85 FINAL: Tony Rawlinson 13.02 (CBP); **W35 FINAL:** 1 Susan Freebairn 39.32;
2 Caterina Hallden 28.47; 3 Norma Bruce 20.65; **W40 FINAL:** 1 Esther Augée 30.79;
2 Karen Heweth 29.52; 3 Julie Wilson 24.88; 4 Wendy Dunsford 24.79; **W45 FINAL:**
1 Claire Cameron 35.39; 2 Beatrice Simpson 25.10; 3 Mary Barrett IRL (G) 24.72;
4 Christine Stode 24.19; 5 Brenda Russell 22.30; **W50 FINAL:** 1 Vilma Thompson 22.95;
2 Fiona Crompton 19.12; 3 Jacqueline Obeney 13.93; **W55 FINAL:** 1 Barbara Terry 26.44;
2 Elizabeth Sissons 20.05; 3 Margaret Woodger 20.89; **W65 FINAL:** 1 Evaun Williams
25.75; 2 Carole Derrien 19.88; **W80 FINAL:** Mary Wixey 8.66;

Javelin

M35 FINAL: Simon Eastwood 40.42; **M40 FINAL:** 1 Trevor Ratcliffe 60.98;
2 Steve Whyte 47.66; 3 Mark Line 46.55; 4 Claude Peter-Thomas 38.73; 5 Trevor Sinclair
38.28; 6 David Burrell 38.18; 7 Geoffrey Van Klaveren 35.52 **M45 FINAL:** 1 Mike Bennett 43.80;
1 Kevin Murch 57.47 (CBP); 2 Clement Bartley 40.86; **M50 FINAL:** 1 Mike Bennett 43.80;
2 Joe Eastwood 41.83; 3 Peter Wainwright 38.52; 4 Peter Everard 38.28; 5 Philip Bramford
36.39; 6 A Forster-Pert 30.66; 7 Terry Lally 25.55; 8 Tim Saunders Mullin 25.25;
9 Clive Howell 24.32; **M55 FINAL:** 1 Les Hatton 40.67; 2 Brian Hatch 39.09;
3 Ken MacKenzie 37.39; **M60 FINAL:** 1 Ashley Fox 42.48; 2 David Kuester 40.80;
3 Phil Owen 37.13; 4 George Eccles 36.08; 5 Peter Eddy 34.59; 6 James Sloan 33.54;
7 John Webster 31.59; 8 David Price 30.87; 9 Bruce Charles 27.19; 10 Brian Harlick 25.05;
M65 FINAL: 1 Colin Brand 38.87; 2 John Freebairn 31.52; 3 Brian Webb 29.63;
4 Brian Sumner 24.95; **M70 FINAL:** 1 Gordon Daborn 30.39; 2 Gordon Hickey 27.01;
3 Clifford Taylor 21.00; **M75 FINAL:** 1 Robert Laidler 24.66; 2 Norman Carter 18.31;
M85 FINAL: Tony Rawlinson 12.95; **W35 FINAL:** 1 Norma Bruce 30.03;
2 Deborah Doherty 28.64; 3 Susan Freebairn 26.75; 4 Catherine Goddard 25.43;
W40 FINAL: 1 Caroline Garratt 39.67; 2 Manndy Laing 30.03; 3 Wendy Laing 29.13;
4 Christine Pates 24.60; 5 Esther Augée 22.95; 6 Julie Wilson 22.68; **W45 FINAL:**
1 Gill Dobson 28.66; 2 Carole Morris 27.14; 3 Anne Goad 26.29; 4 Beatrice Simpson 24.79;
5 Julie Wakelam 22.80; **W50 FINAL:** 1 Joylyn Saunders Mullin 29.03; 2 Vilma Thompson
22.79; 3 Fiona Crompton 22.47; **W55 FINAL:** 1 Elizabeth Sissons 27.10;

B.M.A.F. Track & Field Championships ,Birmingham, June 26/27th 2004.

2 Margaret Woodger 19.10; 3 Rosemary Champion 17.44; **W60 FINAL:**
1 Margaret Coombe 26.70; 2 Margery Swinton 21.41; 3 Carol Rafferty 21.40;
4 Dorothy Morgan 17.03; 5 Nanette Cross 16.69; **W65 FINAL:** Evaun Williams 33.12;
W80 FINAL: Mary Wixey 7.39;

Hammer

M40 FINAL: 1 Steve Whyte 58.98; 2 Rob Earle 55.12; 3 Russel Payne 47.46;
4 David Burrell 46.65; 5 Wesley Clarke 44.11; 6 Martin Roberts 43.91; 7 Philip Garner 36.41;
8 Andrew McKenzie 28.49; **M45 FINAL:** 1 Malcolm Fenton 54.54; 2 David Maggs 39.45;
3 Steven Towers 38.62; 4 Alex Ahmet 24.91; **M50 FINAL:** 1 Alan Woods 49.42;
2 Michael Small 47.27; 3 John Little 44.16; 4 Terry Lalley 43.14; 5 Nigel Hooker 40.81;
6 Clive Thomson 40.34; 7 John Wild 38.35; 8 Clive Howell 35.72; 9 Tim SaundersMullin
26.43; 10 Philip Bramford 24.12; **M55 FINAL:** 1 Christopher Melliush 47.62; 2 Neil Griffin
44.80; 3 Barry Hawksworth 35.44; 4 James Edgar 28.45; **M60 FINAL:** 1 Patsy Conboy
IRL (G) 44.63; 2 John Gilbert 36.35; 3 Mike Garvey 19.05; **M65 FINAL:** 1 Jack Kee
43.53 (CBP); 2 John Freebairn 31.88; 3 Brian Sumner 31.17; 4 Ian Miller 29.98;
M70 FINAL: 1 Peter Barber 39.57; 2 Philip McEvoy 38.72; 3 Jaroslav Hanus 36.03;
4 Gordon Hickey 33.93; 5 Michael McGarry IRL (G) 27.50; **M75 FINAL:**
William Kingsbury 23.41; **W35 FINAL:** 1 Susan Freebairn 36.18 2 Camilla Thrush 32.89;
3 Caterina Hallden 28.05; 4 Norma Bruce 19.02; 5 Annemarie Larkin 17.17;
6 Susan Hillman 14.03; **W40 FINAL:** 1 Esther Augée 45.59 (CBP); 2 Joanne Davison
40.06; 3 Alice Simmons 30.53; 4 Jackie Cunningham 28.88; 5 Wendy Dunsford 25.73;
6 Alison George 24.72; 7 Julie Wilson 23.33; **W45 FINAL:** 1 Claire Cameron 32.61;
2 Beatrice Simpson 32.38; 3 Brenda Russell 28.67; 4 Christine Strode 24.58; 5 Pat Higgins
22.60; 6 Luey Moore-Fox 21.35; **W50 FINAL:** 1 Christine Smith 29.91;
2 Fiona Crompton 26.45; 3 Vilma Thompson 25.12; 4 Jacqueline Obeney 15.79;
W55 FINAL: 1 Lesley Shrosbree 37.37; 2 Elizabeth Sissons 26.10; 3 Barbara Terry
24.33; 4 Margaret Woodger 24.12; 5 Sue Graves 22.46; 6 Elaine Mee 18.29; **W60 FINAL:**
1 Margery Swinton 29.87; 2 Dorothy Morgan 22.04; 3 Carol Rafferty 16.17; **W65 FINAL:**
1 Evaun Williams 33.93; 2 Carole Derrien 25.08; 3 Dorothy McLennan 14.51;

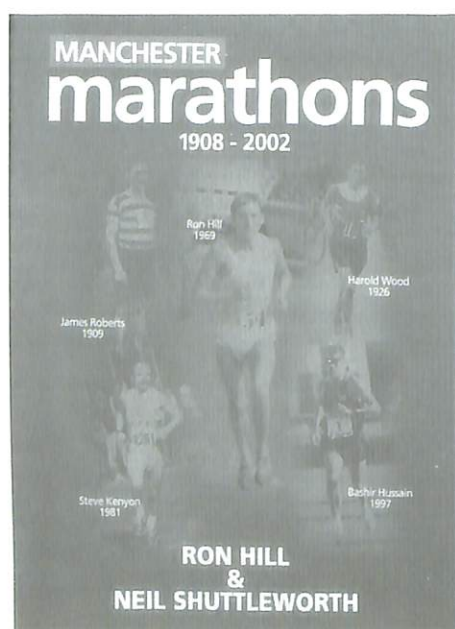
Weight:

M40 FINAL: 1 Steve Whyte 17.46 (CBP); 2 Rob Earle 15.47; 3 Andrew Turner 13.83;
4 David Burrell 13.44; 5 Peter Todd 11.93; 6 Martin Roberts 11.30; 7 Andrew McKenzie
7.98; **M45 FINAL:** 1 Malcolm Fenton 15.72 (CBP); 2 Steven Towers 11.78;
M50 FINAL: 1 Michael Small 18.33 (CBP); 2 John Little 15.99; 3 Terry Lalley 15.98;
4 John Wild 13.81; 5 Clive Howell 12.53; 6 Tim SaundersMullin 9.81; **M55 FINAL:**
1 Christopher Melliush 16.41; 2 Neil Griffin 16.40; 3 James Edgar 10.92; **M60 FINAL:**
1 Patsy Conboy IRL (G) 16.99 (CBP); 2 James Sloan 10.79; **M65 FINAL:**
1 Jack Kee 16.08 (CBP); 2 John Freebairn 12.70; 3 Ian Miller 12.22; 4 Brian Sumner 11.72;
M70 FINAL: 1 Peter Barber 15.87; 2 Gordon Hickey 14.07; 3 Michael McGarry IRL (G)
13.64; 4 Philip McEvoy 13.41; 5 Jaroslav Hanus 12.38; **M75 FINAL:** William Kingsbury
10.10; **W35 FINAL:** 1 Camilla Thrush 11.92; 2 Susan Freebairn 11.47; 3 Caterina Hallden
9.50; 4 Susan Hillman 8.72; 5 Norma Bruce 8.15; **W40 FINAL:** 1 Esther Augée 12.45
(CBP); 2 Alison George 10.15; 3 Julie Wilson 8.62; 4 Wendy Dunsford 8.25;
5 Jackie Cunningham 7.90; **W45 FINAL:** 1 Claire Cameron 10.12 (CBP);
2 Beatrice Simpson 9.76; 3 Brenda Russell 9.46; 4 Pat Higgins 7.63; **W50 FINAL:**
1 Vilma Thompson 9.54; 2 Fiona Crompton 9.17; 3 Christine Smith 8.22;
W55 FINAL: 1 Elizabeth Sissons 9.19 (CBP); 2 Barbara Terry 7.76; **W60 FINAL:**
Margery Swinton 11.00; **W65 FINAL:** 1 Evaun Williams 13.06; 2 Carole Derrien 11.24;

MANCHESTER MARATHONS

1908-2002

RON HILL & NEIL SHUTTLEWORTH



A book review by Colin Simpson

This is a wonderful book for anyone with an interest in road running. The authors are to be congratulated for their intensive research.

Although the race has had a number of sponsors down the years it was principally as the "Maxol Marathon" that I, and many others, no doubt, will remember it.

As an example of their erudition, Hill and Shuttleworth tell us that only two men competed in all five Maxol races, one of whom was Tom O'Leary (Manchester MCAH) who also competed in all twenty races, 1981-2000, of the Tour of Tameside. The other was MVAC founder member Tom Buckingham (Leamington C & AC) who captained the Great Britain team in the Comrades' Marathon in 1961 and led them to victory when finishing fourth. Tom was a lovely man who sadly died from Cancer after a brave battle, at the age of 58. The book is full of gems of information – for instance – Maxol was the trade name for industrial gas heaters made by the sponsors – W H Dean & Son Ltd of Burnley. This was secured through the good offices of the Road Runners' Club.

The first Manchester Marathon was a trial, over a distance of 20 miles, to help select the Great Britain team for the 1908 Olympics (the famous Dorando marathon) which was the first race run over the now standard 26 miles 385 yards. This was the distance from Windsor Castle Grounds to the finishing line beside the Royal Box at White City. It was, of course, the add on of 385 yards which was the undoing of poor old Dorando.

The book abounds with graphic descriptions of races in the years when the thought that our fastest marathon runner would be a woman would have caused apoplexy amongst the marathon fraternity! The obscene amounts of money proffered by the London Marathon has never been available to Manchester which has meant that local lads did not have to compete against African millionaires although down the years plenty of European and occasionally, Japanese and Australian runners, have made their presence felt.

This is a book to be dipped into and savoured from time to time and is a reminder of all that was good about amateur athletics and which, sadly, seems to be coming harder to sustain under the auspices of UKA.

MANCHESTER MARATHON 1908-2002
RON HILL & NEIL SHUTTLEWORTH
Published by Ron Hill Running Enterprises
PRICE: £12.95

Cjs 11.6.04

MASTERS ATHLETICS SUMMER 2004-Club Results.

MCAA Masters 6 stage relay/Veterans 6 stage relay.

Sutton Park, 3rd April.

1 Telford AC 2:05.044 (S Needs(3)29:30, A Smith 16:23, P Plant 16:23, R Hailey 30:03, G Wilson 16:18, T Fowler 15:44); **2 Staffordshire Moorlands** 2:05.09 (P Martin 29:53, P Fowler 16:11, S Somerville 17:07, D Neill 28:23, N Bassett 17:51, P Lucas 15:44); **3 Tipton Harriers** 2:11.02 (M Farnell 29:50, P Shackleton 17:22, M Strange 16:47, R Stanier 31:40, S Wall 17:41, A Grice 17:42); **4 Bristol AC** 2:12.03 (T Parry 33:49, D Bedwell 17:06, G Pearce 18:11, P Parry 28:53, G Cuthbert 16:39, C Slowley 17:25); **5 Wolverhampton & Bilston** 2:12.36 (N Share 28:25, D Rowley 18:10, M Cotterill 17:53, K Fotherby 31:16, T Bullock 18:09, G Harper 18:43); **6 Huncote Harriers** 2:14.54 (C Sabin 32:25, J O'Flynn 17:37, A Ball 17:52, S Copeland 31:29, G Slight 18:16, M Bradford 17:15); **7 Mansfield Harriers** 2:16.33 (S Davis 31:49, D O'Keefe 17:03, D Ross 19:00, R Flayts 32:40, R Huntington 17:53, B Scott 18:08); **8 Notts AC** 2:16.34 (P Orme 31:18, K Pye 17:14, D Boot 17:31, K Allen 35:14, M Hill 17:12, A Watson 18:05); **9 Dudley & Stourbridge** 2:16.53 (I Furness 29:29, J Brown 20:47, D Eades 18:58, P Wabby 30:37, F Homer 18:03, K Wadeley 18:59); **10 Rugby & Northampton** 2:20.23 (T Randall 33:10, P Thomas 18:59, P Burrows 18:46, B Acland 32:03, S Harris 19:31, T Akiens 17:54); **11 Clevedon AC** 2:21.20 (M Andrews 36:15, D Hoddeil 16:35, T Hughes 17:48, G Smith 30:35, R Fox 23:46, M Ford 16:21); **12 Redhill RR** 2:23.05 (M Hale 32:15, A Wetherill 15:37, S Lebelinski 18:07, P Jors 35:00, Johnson 20:06, C Middleton 22:00); **13 Leamington C&AC** 2:32.44 (A Montgomery 34:18, B Payne 21:20, S Roberts 18:33, R Hancock 34:51, B Gittus-Smith 21:46, P Huddeman 21:56); **14 Solihull & Small Heath** 2:35.36 (S Howes 32:21, I Voaden 19:38, J Shanahan 24:46, G Lawrence 34:14, J Findlay 19:00, C Sloan 25:37); **15 Harborough AC** 2:43.20 (P Mottram 33:41, R Brown 20:10, S Avins 24:08, P Leach 37:21, N Brooks 26:39, J Green 21:21); **16 Stafford Harriers** 2:46.06 (P Burns 42:01, M Bradbury 23:36, F Grant 24:33, R Clay 35:50, K Anderson 20:04, P Dutton 20:02);

Fastest short stage (3M 8v):

1. Andy Wetherill Redhill 15:37; 2. Peter Lucas StaffsM & Tony Power Telford 15:44; 4. Paul Fowler StaffsM 16:11; 5. Grah Wilson Telford 16:18; 6. Mike Ford Clevedon 16:21; 7. Peter Plant Telford 16:23; 8. Dave Hoddeil Clevedon 16:35; 9. Grahm Cuthbert Bristol 16:39; 10. Mick Strange Tipton 16:47;

Fastest long stage (5M 706v):

1. David Neill StaffsM 28:23; 2. Nigel Share WolvBil 28:25; 3. Philip Parry Bristol 28:53; 4. Ian Furness DudStou 29:29; 5. Steve Needs Telford 29:30; 6. Mark Farnell Tipton 29:50; 7. Peter Martin StaffsM 29:53; 8. Rick Hailey Telford AC 30:03; 9. Geoff Smith Clevedon 30:35; 10. Paul Wabby DudStou 30:37;

Masters results from Dudley & Stourbridge Open, Sunday 11th April.

Men 70:

HT/DT: Eric Horwill (D&S) 15-75/21-17;

Men 60:

HT/LJ/HJ: Peter Duckers (Shrews) 34-90/

5-03/1-40; JT/DT: Phil Owen (Tamworth) 37-09/30-88;

Men 55:

JT: Dave Russell (W&B) 28-14; LJ: Bob Cutler (D&S) 4-66;

Women 50:

HT: Mary Harding (W&B) 25-36;

Women 45:

HT: Pat Higgins (Shrews) 23-74

NVAC 10K MONTHLY RUN HELD AT LYMM, CHESHIRE ON SUNDAY 4TH APRIL 2004.

1. Paul Muller Horwich RMI 32.41 (1st M/45); 2. Graham McNeil West Cheshire AC 33.32 (1st M/40); 3. Dave Carrington Altrincham AC 33.36 (2nd M/45); 4. Alan Pover Stockport 33.53 (1st M/55); 5. Paul Frodsham West Cheshire AC 34.00 (3rd M/45); 6. Ken Moss Nvac 34.59 29.59 (1st M/500); 7. Frank Reilly Stockport H 35.16 (2nd M/55); 8. Frank Cordingley Sale 35.21 (2nd M/40); 9. David Burke Nvac 35.40 (2nd M/50); 10. Ray Eagle Nvac 35.44 (4th M/450); 11. Bill Fairclough Liverpool RC 36.42 (5th M/45); 12. Pete

Weatherhead Wirral AC 36.49 (3rd M/50); 13. Graham McAr Nvac 37.24 (4th M/50); 14. P Crain Sale H 37.48 (5th M/50); 15. Chris Slavin Liverpool RC 38.02 (3rd M/55); 16. Tim Murphey Nvac 38.11 (3rd M/400); 17. John Taylor Leigh H 38.12 (6th M/45); 18. Alan Peers Spectrum Striders 38.18 (1st M/60); 19. John Battersby Sale H 38.22 (7th M/45); 20. George Large Nvac 38.27 (4th M/550); 21. Cyril Leigh Wigan Phoenix 38.41 (1st M/65); 22. Dave Whiteside Unattached 38.57 (4th M/40); 23. John Shelbourne Warrington AC 39.12 (8th M/45); 24. Alan Fielding Bolton UH 39.27 (5th M/55); 25. Derek Walton Altrincham AC 39.33 (2nd M/60); 26. Peter Wilkinson Skipton AC 39.38 (6th M/55); 27. Robert Russell Clayton Le Moor H 40.01 (6th M/500); 28. Neville Griffiths Spectrum Striders 40.21 (7th M/55); 29. John Golder Sale H 40.29 (8th M/550); 30. Fechin McCormick Sale H 40.50 (7th M/500); 31. Sidney Sacks Salford H 41.25 (3rd M/60); 32. Donald Callander Altrincham AC 41.42 (4th M/600); 33. Derek Howarth Leigh H 42.16 (1st M/70); 34. Mike Brooks Altrincham AC 42.21 (5th M/60); 35. Aron Myers Unattached 42.30; 36. George Lawson Manchester H 43.13 (6th M/600); 37. R Buckley Altrincham AC 43.53 (8th M/500); 38. Alan Rydout Altrincham AC 44.32 (7th M/60); 39. Phil Spratt Nvac 44.33 (2nd M/65); 40. Francis Slavin Nvac 44.34 (9th M/50); 41. Jackie Cordingley Sale H 44.37 (1st L/45); 42. Ted Howarth Nvac 44.42 (3rd M/65); 43. Mike Lamb West Cheshire AC 46.42 (8th M/60); 44. Ken Mayor Bolton UH 47.03 (9th M/55); 45. Sue Kelly Nvac 47.40 (2nd L/450); 46. Kevin Dillon Manchester H 50.29 (10th M/50); 47. Gail Fairclough Liverpool RC 52.24 (3rd L/45); 48. Joe McAloon Liv/Pem/Sefton 53.41 (2nd M/70); 49. Dave Tomkinson Nvac 55.25 (9th M/60); 50. Richard Packer Red Rose 57.04 (3rd M/70); 51. Maureen Maddock Nvac 57.08 (1st L/55); 52. Arthur Walsham Salford H&AC 59.03 (4th M/70); 53. Alison Doyle Nvac 70.10 (1st L/50); 54. Les Heald Nvac Short Course (1st M/80);

MVAC ROAD RELAYS - CHASEWATER 18th April

2004

M40:

1. Tipton Harriers (Malcolm Eustace 16.37, Ray Stanier 17.10, Mark Wright 16.02, Paul Shackleton 17.25) 67.14; 2. Telford AC (Greg Wilson 16.14, Steve Jones 17.06, Andy Smith 17.25, John Cocker 17.24) 68.09; 3. Sparkhill Harriers (D. Riley 17.27, P. Shipway 17.35, B. Wareing 17.45, N. Stringer 17.54) 70.41; 4. Derby AC M40 A (Kevin Spare 17.37, Joe Laban 17.37, Russell Parkin 17.40, Lee Page 18.42) 71.36; 5. Royal Sutton Coldfield (Tony Hinchley 17.34, Malcolm Evans 17.05, John Currie 18.35, Martin Jones 19.11) 72.25; 6. Huncote Harriers (Steve Copeland 17.21, Nick Neelan 20.12, Graeme Slight 18.18, Craig Sabin 17.20) 73.11; 7. West Bromwich H (Neil Clurow 17.08, Bob Meek 20.15, Dave Jones 19.40, Steve Jevons 22.55) 79.58; 8. Tipton Harriers B (Paul Beckett 17.57, Steve Wall 18.06, Doug Fownes 24.25, Graham Smith 24.15) 84.43;

M50:

1. Tipton Harriers (Mick Strange 16.45, Alan Grice 18.26, Mike Hager 15.55) 51.06; 2. Bromsgrove & Redditch (Phil Carbutt 16.30, Vince Rollason 19.26, Clive Brown 18.28) 54.24; 3. Telford AC (Paul Cross 18.41, Colin Mattock 18.02, Malcolm Dawes 18.58) 55.41; 4. Derby AC (Mick Smedley 18.33, John Simmons 18.20, Mick Robinson 19.22) 56.15; 5. Derby AC C (John Fisher 19.35, Mick Lindsay 19.41, Stuart Tattersall 20.07) 59.23 (1st B); 6. Tipton Harriers B (Tom Williams 19.47, Keith Best 19.14, Jeff Taylor 23.03) 62.04; 7. West Bromwich H (Maurice Smith 21.26, Phil Smith 21.33, Neil Munroe 21.01) 64.00;

M60:

1. Royal Sutton Coldfield (Reg Phipps (18.39, Roy Humpherson 18.59, Mike Stanley 25.22) 63.00;

W35:

1. Derby AC (Yvonne Crawley 19.05, Caroline Williams 20.07, Jill Burke 18.45) 57.57; 2. Harborough AC (Jill Postlethwaite 18.39, Gaye Taylor 20.03, Toni Boa 20.14) 58.56; 3. Huncote Harriers (Sandra Stevens 21.10, Jo Copeland 21.21, Nicki Neelan 18.06) 60.37; 4. Charnwood AC (Nichola Thompson 19.00, Sarah Mellors 23.02, Gemma Hill 18.59) 61.01;

W45:

Cannock & Stafford AC (Chris Kilkenny 19.23, Chris Rollason 22.06, Dot Fellows 21.15) 62.44; 2. Huncote Harriers (Irene Forty 22.58, Sue Edwards 24.28, Bernadette Owen 23.07) 70.33; 3. West Bromwich H (Diane Edge 21.59), Megan Jevons 24.08, Joan Carke 25.11) 71.18; 4. RSC (Fleur O'Brien 23.20, Lyn Taylor-Green 26.42, Lesley Foulger 25.23) 75.25;

OTHERS:

1. Combined (Geoff Oliver 22.44, John Powell 25.29, Mike Wrenn 19.45) 67.58; 2. Comp Gill's Gang (Jeanne Bryan 24.17, Sue Thompson 26.55, Gillian Russon 21.59) 73.11;

EVAC ROAD RELAYS - HEMINGFORD GREY - SUNDAY, 2ND MAY 2004

Women 35+

1. Chelsford AC (Brield Warren 12:45, Joane Bulgin 11:18, Clare Hayes 11:48) 11:51 AM; 2. N.V.H. (Tina Lazenby 12:16, Linda Carmichael 12:24, Lindi Marson 12:49 01:29 PM; 3. Mansfield HAC (Lynn Townrow 13:57, Jane Stafford 14:58, Jackie Massey 12:04) 04:59 PM; 4. N.V.H. B (Louis Bailey 12:58, Clare Parry 13:57, Wendy Morris 15:11) 06:06 PM; 5. Bedford & Co (Sue Durham 13:33, U. Duckworth 16:34, Shelley Walsh 14:29) 08:36 PM; 6. Hunts AC (Alison Durrant 17:18, H. McConville 15:54, Diane Potter 14:23) 11:35 PM;

Men 60+

1. St. Ed. Pacers (Ray Short 13:20, Rod Allard 13:10, Robert Price 12:33) 03:03 PM; 2. Bedford & Co (Giorgio Garofalo 12:56, Dave Mc Nab 14:48, Dave Stubbins 14:03) 05:47 PM; 3. Bedford Harriers (Martin Leach 12:23, Bill Billington 14:05, David Sutcliffe 15:28) 05:56 PM; 4. M.K.A.C. (Brian Daniells 13:08, Brian Graves 16:33, Milford Callow 15:30) 09:11 PM;

Men 50 - 59

1. Bedford & Co (Alex Swiecicki 10:57, Dave Laynes 10:58, Brian Webb 12:18) 10:13 AM; 2. N.V.H. A (Jim Smith 11:28, Ray Church 11:12, Keith Brooks 12:16) 10:56 AM; 3. C&C AC (Marcus Innes 12:42, Alex Downie 12:10, John Jenkins 11:53) 12:45 PM; 4. N.V.H. B (Jim Scarsbrook 11:57, Jeff Baker 12:35, Ray Dowland 12:27) 12:59 PM; 5. Luton AC (Alan Dalglish 10:55, Peter Sterry 12:37, Graham Thomas 13:39) 01:11 PM; 6. Bedford & Co (Pete Dancer 12:08, Mick Russell 12:16, Bob Thompson 12:53) 01:17 PM; 7. Hunts AC (D. Heatherington 14:47, G. Carpenter 13:28, Bob Hudson 14:34 06:49 PM; 8. Riverside R (Phil Redden 11:00, Andy Boast 11:05, Phil Redden 11:32) 09:37 AM;

Men 40-49

1. Bedford & Co (Judd Kirk 11:04, Steve James 10:48, Pete Sibbet 10:37, Jim McMahon 10:01) 06:30 PM; 2. Mansfield HAC (John Farquarson 10:40, Nigel Watkins 10:53, Pete Stafford 10:36, Dave Quinlan 10:54) 07:03 PM; 3. N.V.H. A (Mike Barnsdale 10:42, Pete Thompson 10:47, Bill Taylor 11:12, Richard Ferris 11:02) 07:43 PM; 4. Riverside R (Kevin Sader 10:59, Simon Crampin 11:01, Pete Bissell 11:27, Andy Phillips 11:20) 08:47 PM; 5. Ely Runners (Maurice Reed 11:38, Chris Rayment 11:36, Alfredo Verna 11:11, S. Townsend 10:57) 09:22 PM; 6. Huncote AC (S. Wellman 11:52, A. Richardson 11:09, P. Young 11:49, G. Brewer 11:29) 10:19 PM; 7. XXX (Paul. Wilkerson 11:26, Rob Lands 11:10, Malcolm Cowley 11:59, Greg Underhill 11:50) 10:25 PM; 8. M.K.A.C. (Ian Russell 11:06, Kevin Connolly 12:32, Malcolm Down 11:40, Andy Harrison 11:11) 10:29 PM; 9. Riverside R B (Gary Wale 11:45, Steve Pledger 12:19, Philip Ingle 11:49, Andy Gould 12:10) 12:03 AM; 10. C&C AC (Gerald Meah 12:38, John Lewy 13:01, Mark Chaplin 12:35, Leon Stone 11:14) 01:28 AM; 11. Hunts AC B (David Willis 13:03, Keith Burkett 13:58, Kevin Thomas 15:02, O. Willis 13:27) 07:30 AM;

NVAC MONTHLY RUN HELD AT HOOK LANE, WARRINGTON ON 9TH MAY 2004 (100k)

1. Steve Smith Preston H 33.03 (1st M/45); 2. Paul Muller Horwich RMI 34.09 (2nd M/45); 3. Ken Moss Nvac 35.33 (1st M/50); 4. Alan Pover Stockport H 35.41 (1st M/55); 5. Adrian Harris Radcliffe AC 36.51 (3rd M/45 2nd H/40); 6. Ian White St Helens Sutton 38.09 (Guest 1st M/40); 7. Pete Weatherhead Wirral AC 38.18 (2nd M/50); 8. Hossein Yousefian Stockport H 38.23 (Guest 3rd M/50); 9. David Burke Nvac 38.46 (4th M/50); 10. Tim Murphy Nvac 39.14 (2nd M/40);

MASTERS ATHLETICS SUMMER 2004-Club Results.

11 John Battersby Sale H 40.38 (4th M/045); 12 Cyril Leigh Wigan Phoenix 40.46 (1st M/065); 13 George Large Nvace 41.13 (2nd M/055); 14 David Helps Leigh H 41.19 (5th M/050); 15 Alan Peers Spectrum Striders 41.27 (1st M/060); 16 Brian New Team Meridian 41.42 (2nd M/0400); 17 Neville Griffiths Spectrum Striders 41.53 (3rd M/055); 18 Bill Atkinson NVAC 42.05 (2nd M/065); 19 John Golder Sale H 42.18 (4th M/055/1st H/Cap); 20 John Taylor Leigh 42.20 (5th M/045); 21 Billy Hargreaves Liverpool H & AC 42.34 (5th M/055); 22 Derek Walton Altrincham AC 42.59 (2nd M/060); 23 Alan Williams Altrincham AC 43.00 (4th M/040/3rd H/Cap); 24 Igor Shabalov Nvace 43.30 (6th M/050); 25 Peter Wilkinson Skipton AC 43.35 (6th M/055/6 H/Cap); 26 Alan Fielding Bolton UH 44.06 (7th M/055); 27 Francis Slavin NVAC 44.30 (7th M/050/5th H/Cap); 28 Rob Buckley Altrincham AC 45.22 (8th M/050); 29 Roger Ashby H 46.26 (3rd M/060); 30 Phil Spratt Nvace 46.48 (3rd M/065/4th H/Cap); 31 David Tomlinson Nvace 47.45 (4th M/060); 32 P Allman Team Meridian 47.57; 33 **Christine Yousefian Stockport H 48.11 (Gstt-1st L/055)**; 34 Joe Park Cheshire Tally Ho 48.46 (4th M/065); 35 **Anne Fortune Nvace 49.42 (1st L/050)**; 36 Anthony Raffie Sutton/St Helens 51.30 (Gst-5th M/040); 37 Tony Totham Nvace 52.01 (6th M/040); 38 **Pamela Golder Sale 52.27 (2nd L/055)**; 39 Mike Lamb West Cheshire 52.42 (5th M/060); 40 Iain Fortune Nvace 53.17 (8th M/055); 41 Kevin Dillon Manchester H 54.42 (9th M/050); 42 **Bernice Greenhalgh Nvace 54.57 (1st L/045)**; 43 Geoff Gartrell Wrexham 55.56 (5th M/065); 44 Maurice Morrell Wirral AC 57.34 (1st M/070); 45 **Mary Gartrell Wrexham 57.38 (1st L/065)**; 46 **Sheila Fogg Horwich RMI 59.38 (2nd L/050)**; 47 Dave Tomkinson Nvace 60.57 (6th M/060); 48 Arthur Walsham Salford H & AC 62.34 (2nd M/070); 49 Alison Doyle Nvace 72.35 (3rd L/050);

SHORT COURSE 5000M

1 Les Heald Nvace 35.33; 2 Jack Betney Clayton Le Moors 34.09; 3 Trish Doyle Nvace 50.50;

MVAC CHAMPIONSHIPS, SOLIHULL 6th JUNE.

On a hot sunny day at Solihull Athletic Track 183 athletes from an entry of 219 (a record) competed in the Midland Championships and 27 new track records and 15 new field records were set.

After much deliberation the award for the best track athlete went to new Midland Vet M40 Greg Dunson from the RAF for breaking 2 hurdle records which had stood 12 & 14 years. These records were previously held by Tony Wells (110H) and Tony and Richard Barrington (400H) the new times are 15.3 and 57.8.

The field award was awarded to Kevin Murch M45 from Rugby & Northants whose 4 throws in the Javelin all beat the 1979 record held by R Taylor and Kevin achieved this record with his 3rd throw of 52.55, this eclipsed the record by some 7 metres.

Thanks to all athletes, helpers and officials who made the meeting run smoothly and finish on time.

Maurice Priestman
Track and Field Secretary.

100 metres:

W35: Beverley Matthews 13.9; **W40:** 1, Sandra McDonald 13.8 (CBP); 2, Lesley Willis 14.4; **W45:** 1, Sussie Brown 14.3; 2, Polly Gerner 14.6; Paula Booth 15.0; 4, Deborah Murch 15.6; **W50:** 1, Pam Garvey 16.5; 2, Cathy Lyon-Green 16.9; **W55:** 1, Maureen Lewington 14.4 (CBP); 2, Viv Kirkland 16.3; **M40:** 1, Dalton Powell 11.6; 2, Warren Fraser 11.8; 3, Shaun Davy 12.1; 4, Martin Weetman 12.3; **M45:** 1, John Barclay 12.6; 2, Rob Cawson 12.6; 3, J Mayors 12.7; 4, Clement Bartley 12.7; 5, Phil Clayton 12.9; Tim Twidale 12.9; 7, Andrew Laughton 13.1; 8, Russell Filshie 13.5; **M50:** 1, Viv Oliver 12.5; 2, Alan Baxter 13.5; 3, Alan Marsh 15.4; **M55:** 1, Tony Wells 13.2; 2, Graham Felton 13.7; 3, Malcolm Baxter 13.9; 4, John Steel 14.1; 5, Lawrie Dunn 14.5; **M60:** 1, Cameron Sealy 13.3; 2, Mike Garvey & John Topliss 13.9; 4, David Hoare 14.4; 5, Barrie Taylor 14.8; 6, Sam Jones 15.1; **M65:** 1, Tony Bowman 13.8; 2, David Burton 14.6; 3, Malcolm Schofield 15.4; 4, Geoff Hudson 15.5; **M70:** 1, Ron Taylor 13.5 (CBP) 13.5; 2, Alan Mellett 14.2; 3, George Cheetham 15.1;

4, Bill Morrow 19.2; **M75:** 1, Allan Meddings 14.6; 2, John Quantrell 18.5; **M80:** Bill Robinson 21.40;

200 Metres:

W35: Beverley Matthews 29.5; **W40:** 1, Sandra McDonald 28.2; 2, Lesley Willis 30.5; 3, Dorothy Orr 32.7; **W45:** 1, Sussie Brown 29.1; 2, Polly Gerner 30.6; Paula Booth 31.3; **W50:** 1, Judi Stafford 34.1; 2, Cathy Lyon-Green 36.2; **W55:** 1, Maureen Lewington 29.3; 2, Yvonne Priestman 29.8; **M35:** Eli Barnett 25.3 (CBP); **M40:** 1, Dalton Powell 23.6; 2, Warren Fraser 23.9; 3, Danny Brown 25.3; **M45:** 1, Alan Greaves 25.1; 2, Tony Foster 26.3; 3, Phil Crayton 26.4; 4, Andrew Laughton 27.2; 8, Russell Filshie 27.8; **M50:** 1, Viv Oliver 24.9; 2, Alan Baxter 27.3; **M55:** 1, Paul Anthony 26.00; 2, John Barrus 27.5; 3, Malcolm Baxter 28.1; 4, John Steel 28.4;

M60: 1, Laurence Oldfield 26.7; 2, David Hoare 29.9; 3, Sam Jones 30.4; 4, Barrie Taylor 31.2; **M65:** 1, Tony Crocker 28.4; 2, Tony Bowman 28.9; 3, David Burton 30.4; 4, Malcolm Schofield 31.3; 5, Geoff Hudson 31.9; 6, John Evans 33.5; **M70:** 1, Ron Taylor 28.0; 2, Alan Mellett 28.9; 3, George Cheetham 31.0; 4, Bill Morrow 45.0; **M75:** 1, Allan Meddings 31.3; 2, John Quantrell 39.1; **M80:** Bill Robinson 48.4;

400 Metres:

W35: 1, Fiona Palmer 61.2; **W55:** Yvonne Priestman 69.2 (CBP); **M35:** Eli Barnett 55.1 (CBP); **M40:** 1, Warren Fraser 54.1; 2, Danny Brown 54.8; 3, Kevin Pye 57.1; 4, Chris Shore 58.0; **M45:** 1, John Mayor 55.6; 2, Tony Foster 57.8; 3, Ian Harding 63.5; **M55:** Paul Anthony 56.9 (CBP); **M60:** 1, Laurence Oldfield 60.1; 2, Cameron Sealy 63.1; 3, Terry Faulkner 64.0; 4, Sam Jones 68.9; **M65:** 1, Wilf Morgan 65.9; 2, Tony Bowman 66.4; **M70:** 1, Mike Fox 69.5 (CBP); 2, Tom Clowry 1:11.7; **M75:** John Quantrell 1:27.1;

800 Metres:

W40: Toni Boa 2:39.4; **W50:** Nancy Hitchmough 2:34.6; **M40:** 1, Chris Shore 1:10.1; 2, Michael Lewis 2:21.6; **M50:** 1, Fred Pidgeon 2:14.7; 2, Terry Akiens 2:15.7; 3, Keith Best 2:31.6; **M60:** Mike Duggan 2:47.5; **M70:** 1, Mike Fox 2:35.9 (CBP); 2, Bill Aston 3:21.2; **M75:** Colin Simpson 3:27.3 (CBP);

1500 Metres:

W35: Gemma Hill 4:56.1; **W40:** Jane Pidgeon 4:58.1 (CBP); **W50:** 1, Nancy Hitchmough 5:24.9; 2, Joyce Barrus 5:36.4; **W55:** Maureen Coffey 6:02.0; **W60:** Johanna Jay 6:00.9 (CBP); **M65:** Magdalene Sloan 7:51.2; **M40:** 1, Ivan Pawluk 4:21.6; 2, Terry Egan 4:29.3; **M45:** 1, Andy Weatherill 4:29.0; 2, Martin Flowers 4:49.7; **M50:** 1, Fred Pidgeon 4:38.9; 2, Terry Akiens 4:44.1; 3, Keith Best 5:08.7; 4, Christopher Ryan 5:14.9; **M60:** 1, Chris Elson 5:09.5; 2, Mike Wrenn 5:16.0; **M70:** 1, Thomas Wyer 6:31.6; 2, Charles Sloan 6:39.0; **M75:** Colin Simpson 7:16.8;

5000 Metres:

W35: 1, Nicki Nealon 17:38.2 (CBP); 2, Jill Postlethwaite 19:29.2; **W40:** Suzanne Bartram 20:20.1; **W50:** Christine Kilkenny 18:54.9; **W55:** 1, Maureen Coffey 22:29.7 (CBP); 2, Dot Fellows 23:55.5; **W60:** Jeanne Bryan 24:29.2 (CBP); **M35:** David Cooper 17:11.4 (CBP); **M40:** 1, Derek Guess 16:37.1; 2, Paul Shackleton 18:22.7; **M45:** 1, Andrew Weatherill 16:33.6; 2, Malcolm Eustace 16:58.4; 3, John Noble 19:05.4; **M50:** 1, David McLean 17:24.3; 2, Des Martin 18:02.1; **M65:** John Powell 25:44.4;

5000 Metres Walk:

W35: Julie Bellfield 31:15.1; **W65:** 1, Jill Langford 33:22.5 (CBP); 2, Pam Horwill 35:03.7; **M70:** Beryl Chapman 40:22.2; **M35:** Dwane Butterly 25:09.6 (CBP); **M45:** 1, Graham Chapman 24:23.9; 2, Chris Smith 32:01.2; **M55:** 1, Bob Care 24:23.1 (CBP); 2, Terry Morris 29:47.4; **M60:** 1, Anthony Collins 29:23.5; 2, Les Scrivens 30:24.4; **M65:** 1, Colin Stapleford 30:59.0; 2, William Newhill 32:37.0; **M70:** 1, Doug Fotheringham 31:04.4; 2, Eric Horwill 34:43.6; 3, Gordon Chapman 34:45.3; **M75:** Karl Abolins 33:25.0;

80 Metres Hurdles:

W40: Dorothy Orr 15.5; **W40:** Paula Booth 15.2; **W60:** Jackie Charles 18.3 (CBP);

100 metres Hurdles

M65: Tony Bowman 18.6 (CBP);

110 Metres Hurdles:

M40: Greg Dunson 15.3 (CBP); **M45:** 1, John Mayor 16.4 (CBP); 2, Andrew Laughton 19.2;

300 Metres Hurdles:

M60: John Bradley 55.7; **M65:** Tony Bowman 52.2 (CBP);

400 Metres Hurdles:

W45: Jane Horder 68.9; **M40:** 1, Greg Dunson 57.8 (CBP); 2, Andrew Wilkinson 65.4; 3, Stewart Walton 69.6; **M45:** 1, A Greaves 63.7; 2, Andrew Laughton 68.4; **M50:** Peter Mould 68.3; **M55:** Tony Wells 63.7 (CBP);

High Jump:

W40: Dorothy Orr 1.28; **W45:** Ann Wainwright 1.22; **W50:** Pam Garvey 1.35 (CBP); **W55:** Elaine Mee 0.98; **W60:** 1, Jackie Charles 1.16; 2, Carol Rafferty 1.01; **M40:** George Vorgic 1.50; **M45:** 1, John Mayor 1.65; 2, Henry Lowry 1.55; 3, Andrew Laughton 1.50; 4, Paul Askew 1.40; **M50:** Mike Warrilow 1.50; **M60:** 1, Sean Power 1.55 (CBP); 2, Colin Green 1.40; **M65:** Tony Crocker 1.40; **M75:** Norman Carter 1.13 (CBP);

Pole Vault:

M45: Andrew Laughton 2.60; **M60:** John Bradley 3.00 (CBP); 2, John Howe 2.80; 3, Bruce Charles 2.00;

Long Jump:

W35: Beverley Matthews 3.80; **W40:** 1, Lesley Willis 4.14; 2, Dorothy Orr 3.86; **W45:** 1, Ann Wainwright 3.67; 2, Julie Wakelam 3.56; **W50:** 1, Pam Garvey 3.53; 2, Cathy Lyon-Green 3.05; **W55:** Viv Kirkland 3.05; **W60:** Jackie Charles 3.31; **W80:** Mary Wixey 1.78; **M40:** 1, David Richards 5.38; 2, Jeremy Church 5.20; 3, Martin Weetman 4.12; **M45:** 1, John Mayor 5.58; 2, Ian Worrall 5.48; 3, Albert Earle 4.77; 4, Andrew Laughton 4.68; 5, Tim Twidale 4.66; 6, Paul Askew 4.29; **M50:** Mike Warrilow 4.98; **M55:** 1, Bob Cutler 4.55; Lawrie Dunn 4.27; **M60:** 1, Colin Green 4.54; 2, Mike Garvey 4.54; 3, Barrie Taylor 4.38; **M65:** 1, Tony Crocker 4.50; 2, John Evans 3.88; **M70:** Bill Morrow 2.46; **M75:** John Quantrell 2.15;

Triple Jump:

W40: Lesley Willis 8.61; **W45:** Julie Wakelam 7.60; **W50:** 1, Judi Stafford 7.81; 2, Cathy Lyon-Green 6.84; **W60:** Jackie Charles 8.08 (CBP); **W80:** Mary Wixey 3.54; **M40:** 1, Julien Gittens 12.29; 2, Jeremy Church 11.34; **M45:** 1, Albert Earle 12.32; 2, Andrew Laughton 9.99; **M50:** Martin Greaves 8.94; **M55:** Bob Cutler 9.55; **M60:** 1, Sean Power 11.61 (CBP); 2, Colin Green 9.50; 3, Barrie Taylor 8.20; **M65:** John Evans 7.99; **M75:** Norman Carter 6.32 (CBP);

SHOT:

W40: Alison George 9.80 (CBP); **W50:** 1, Christine Smith 7.58; 2, Mary Harding 6.67; **W55:** Elaine Mee 6.49; **W60:** Carol Rafferty 6.08; **W70:** Angela Moore 6.51; **W75:** Jo Ogden 6.28; **M35:** Simon Kilminster 9.17 (CBP); **M40:** George Vorgic 7.69; **M45:** 1, Mervyn Richards 11.35; 2, Ian Harding 9.99; 3, Tim Twidale 9.19; 4, John Mayor 8.23; **M50:** 1, Roy Steventon 11.81; 2, Terry Lalley 11.79; 3, Jim Edwards 11.72; 4, Martin Greaves 10.88; 5, Clive Howell 8.92; 6, Peter Wainwright 8.87; **M55:** Martin Leath 9.94; 2, Barry Hawkesworth 9.84; 3, Graham Felton 9.70; 4, Richard Jegou 9.49; **M60:** 1, Peter Duckers 10.44; 2, J Howe 10.00; 3, David Price 8.74; **M65:** Brian Sumner 9.74; **M70:** 1, Keith Dutton 8.58; 2, Graham Roberts 6.21; **M80:** Janus Geres 7.12;

Discus:

W40: Alison George 21.79; **W50:** 1, Christine Smith 18.80; **W55:** Elaine Mee 14.72; **W70:** Angela Moore 15.78; **W80:** Mary Wixey 7.61; **M45:** 1, Mervyn Richards 30.80; **M50:** 1, Terry Lalley 37.65; 2, Jim Edwards 32.88; 3, Roy Steventon 32.47; 4, Martin Greaves 31.98; 5, Clive Howell 23.69; **M55:** 1, Richard Jegou 26.28; 2, Barry Hawkesworth 26.19; 3, Lawrie Dunn 23.63; **M60:** 1, David Price 26.77; 2, Phil Owen 26.44; 3, Bruce Charles 23.92; **M65:** Brian Sumner 28.92; **M70:** 1, Keith Dutton 22.00; 2, Eric Horwill 21.38; 3, Graham Roberts 17.97; **M75:** Norman Carter 21.84; **M80:** Janus Geres 17.54;

Hammer:

W40: Alison George 26.98 (CBP); **W45:** Pam Higgins 22.58; **W50:** 1, Christine Smith 30.49 (CBP); 2, Mary Harding 23.01; **W55:** 1, Viv Kirkland 19.56; Elaine Mee 18.07; **W60:** Carol Rafferty 14.33; **W70:** Angela Moore 14.56 (CBP); **W75:** Jo Ogden 18.60; **M35:** Simon Kilminster 35.16 (CBP); **M40:** 1, Russell Payne 49.55; 2, Malcolm Roberts 42.57; 3, Andrew McKenzie 31.54; **M50:** 1, Terry Lalley 45.38 (CBP); 2, Jim Edwards 40.3; Clive Howell 37.68; 4, Roy Steventon 31.521; **M55:** 1, Barry Hawkesworth 37.00; 2, Richard Jegou 28.71; **M60:** Peter Duckers 33.61; **M65:** Brian Sumner 31.79; **M70:** 1, Graham Roberts 25.83; 2, Keith Dutton 22.11;

MASTERS ATHLETICS SUMMER 2004-Club Results.

3, Eric Horwill 17.93; **M75:** Norman Carter 22.85;
Javelin:
W45: 1, Deborah Murch 24.85; 2, Julie Wakelam 23.12;
W50: Carol Rafferty 19.66; **W70:** Angela Moore 9.14;
W75: Jo Ogden 18.64; **W80:** Mary Wixey 6.82; **M35:**
 Simon Kilminster 35.16 (CBP); **M40:** 1, George Vorgie
 23.41; **M45:** 1, Kevin Murch 52.55 (CBP); 2, Clement
 Bartley 41.95; 3, Ian Harding 39.14; 4, Mervyn Richards
 35.34; 5, Tony Foster 30.76; 6, Tim Twidale 30.44; 7,
 Russell Filshie 22.86; **M50:** 1, Pter Wainwright 38.55;
 2, Martin Greaves 37.98; 3, Roy Steventon 32.00; 4,
 Terry Lalley 25.99; 5, Clive Howell 24.60; **M55:**
 1, Barry Hawkesworth 32.65; 2, Lawrie Dunnn 26.83;
M60: Phil Owen 38.12; 2, David Price 33.78; 3, Peter
 Duckers 32.35; 4, Bruce Charles 26.07; **M65:** Brian
 Sumner 26.01; **M70:** 1, Keith Dutton 25.13; **M75:**
 Norman Carter 23.57; **M80:** Janus Geres 17.92;

NORTHERN VETERANS T&F LEAGUE , 21st April

100:

(R1) : 1, W45 Paula Booth 15.3; 2, W35 Claire Bowman
 15.4; 3, Jackie Rickett 17.1; 4, K Vaughan 17.7; **(R2)**
 1, W45 Jennifer Wood 15.8; 2, W45 Susanne Pickersgill
 17.7; 3, W55 Jean Skitt 19.3; 4 W50 Linda Norgate 20.2;
(R3): 1, M40 John Crowler 12.2; 2, M45 Francis Scott
 12.4; 3, M45 Ian Scholes 12.8; 4, M40 Andrew Kinnear
 13.0; 5, M45 Stephen Boardman 13.9; 6, M40 Philip Wall
 13.9; 7, M45 Bob Hall 15.6; **(R4):** 1, M60 Vic Blanchard
 14.5; 2, M65 Tony Bowman 14.0; 3, M50 Bernard Gardt
 14.5; 4, M65 Malcolm Schofield 15.5; 5, M65 David
 Ebbs 16.0;

200:

(R1): 1, W45 Paula Booth 32.4; 2, W45 Susanne
 Pickersgill 36.2; 3, W40 Jackie Rickett 37.1; 4, W55 Jean
 Skitt 40.6; 5, W50 Linda Norgate 42.3; 6, W35 Amanda
 Pearson 44.5; 7, W40 Jackie Carter 45.3; **(R2):** 1, M45
 Francis Scott 25.6; 2, M45 Ian Scholes 25.7; 3, M40
 Andrew Kinnear 26.8; 4, M45 Stephen Boardman 28.5;
 5, M40 Steve Calland 28.6; 6, M45 Bob Hall 30.7; **(R3):**
 1, M60 Vic Blanchard 27.9; 2, M50 Jack Christian 28.6;
 3, Tony Bowman 28.6; 4, M50 Bernard Gardt 30.0; 5,
 M65 Malcolm Schofield 32.3; 6, M65 Daid Ebbs 34.4; 7,
 M55 John Whelan 34.8; 8, M70 Peter Dibb 39.7;

3000:

1, M50 Trevor Wright 10:23.4; 2, M40 Kevin Bentley
 10:31.2; 3, M50 Ian Mitchell 10:41.9; 4, M40 Neil
 Watson 10:50.6; 5, M50 Dennis Hoey 11:06.3; 6, M50
 Keith Pailing 11:31.5; 7, M50 Frank Reddington 11:44.9;
 8, W50 Bridget Walsh 11:51.7; 9, M55 David Shelton
 13:16.7; 10, M70 Peter Dibb 13:41.8; 11, W40 Karen
 Mitchell 13:45.8; 12, W35 Debbie Beresford 13:59.7;
 13, W40 Jackie Carter 15:12.1; 14, W40 Susan
 Hutchinson 15:22.6;

5000:

(R1): 1, W45 Susanne Pickersgill 81.6; 2, W35 Debbie
 Beresford 85.8; 3, W55 Jean Skitt 94.7; 4, W50 Linda
 Norgate 110.9; 5, W60 Sheila Bolland 138.5; **(R2):**
 1, M45 Francis Scott 56.7; 2, M40 Chris Ireland 60.7; 3,
 M50 Jack Christian 61.6; 4, M40 Steve Calland 68.0;
(R3): 1, M60 Vic Blanchard 61.7; 2, M55 Rod Scholes
 64.1; 3, M65 Tony Bowman 67.8; 4, M55 John Whelan
 77.4; 5, M65 Malcolm Schofield 78.1; 6, M65 David
 Ebbs 94.0;

800:

(R1): 1, M70 Peter Didd 2:57.0; 2, W45 Susanne
 Pickersgill 3:09.4; 3, W60 Brenda Robinson 3:26.2;
 4, W40 Jackie Carter 3:43.8; 5, W50 Linda Norgate
 3:47.9; 6, W35 Amanda Pearson 3:55.6; **(R2):** 1, M40
 Chris Ireland 2:16.4; 2, M55 Rod Scholes 2:31.3; 3, M60
 Vic Blanchard 2:49.8; 4, M55 John Whelan 2:54.9; 5,
 M55 David Shelton 3:06.2; 6, Richard Walsh 3:25.0;

1500:

1, M50 Ian Mitchell 5:14.1; 2, M55 Rod Scholes 5:25.5;
 3, M45 Bob Hall 6:08.4; 4, W50 Bridget Walsh 6:10.5;
 5, W40 Karen Mitchell 6:24.9; 6, W35 Debbie Beresford
 6:26.0; 7, W60 Brenda Robinson 7:05.3;

High Jump

1, W45 Jennifer Wood 1.15; 2, W35 Karen Vaughan 1.10;
(Men) 1, M40 Chris Ireland 1.35; 2, M55 Keith Tugwell
 1.10; 3, M55 Mike Linaker 1.25; 4, M50 John Edwards
 1.05;

Long Jump:

1, W35 Claire Bowman 4.02; 2, W45 Jennifer Wood 3.66;
 3, W35 Karen Vaughan 3.19; 4, W40 Jackie Rickett 2.92;

5, W50 Bridget Walsh 2.30; 6, W60 Sheila Bolland &
 Jean Skitt 2.24; 8, Linda Norgate 2.14; **(Men)** 1, Richard
 Walsh 3.44; 2, Mike Linaker 3.13;

Shot:

1, W45 Jennifer Wood 8.84; 2, Jackie Rickett 6.20;
 3, Lynn Marriott 6.08; 4, Susanne Pickersgill 6.03;
 5, Sheila Bolland 5.38; 6, Karen Vaughan 5.19; 7, Alison
 Duggan 4.98; **(Men):** 1, Alan Marriott 10.93; 2, Alan
 Hemingway 8.79; 3, John Edwards 8.61; 4, Keith Tugwell
 7.66; 5, Peter Dibb 6.81; 5, Phil Wall 6.81; 7, Richard
 Walsh 6.75;

Hammer:

1, W45 Jennifer Wood 35.45; 2, Linda Ridsdale 30.58;
 3, Sheila Bolland 25.86; 4, Lynn Marriott 21.59; 5, Karen
 Vaughan 18.31; 6, Alison Duggan 17.70; **(Men):** 1, John
 Edwards 35.59; 2, Alan Marriott 34.44; 3, Alan
 Hemingway 24.68; 3, Mike Linaker 21.14; 5, Keith
 Tugwell 17.86;

NORTHERN VETERANS T&F LEAGUE , 4th May

100 Metres:

RACE 1 1, W40 Jackie Rickett Manchester 16.6; 2 W40
 Lucy Hickey Altrincham 18.6; 3 W40 Jackie Carter
 Spenborough 19.3; 4 W35 Amanda Pearson Spenborough
 20.1; **RACE 2** 1 W45 Paula Booth Oldham 15.3;
 2-W50 Linda Norgate Longwood 18.6; 3-W55 Jean
 Dolan Altrincham 18.6; 4-W55-Jean Skitt-Manchester-
 18.8; **RACE 3** 1-M40-John Crowley-Oldham-12.1;
 2-M40-Tony Archdeacon-Warrington-12.8; 3-M40-Steve
 Calland-Nvac-13.7; 4-M45-Stephen Boardman Leigh
 13.7; 5 M40 James Cooke Leigh 13.9; **RACE 4** 1 M50
 Bernard Gardt Skipton 14.4; 2 M65 Malcolm Schofield
 Altrincham 15.3; 3 M50 Richard Walsh Longwood 17.4;
 4 W50 Bridget Walsh Longwood 18.0;

200 METRES

RACE 1 1 W40 Lucy Hickey Altrincham 37.6; 2 W35
 Debbie Beresford Manchester 37.9; 3 W40 Jackie Carter
 Spenborough 41.9; 4 W35 Amanda Pearson Spenborough
 43.4; **RACE 2** 1 W45 Paula Booth Oldham 32.0; 2 W45
 Susanne Pickersgill Longwood 37.1; 3 W55 Jean Dolan
 Altrincham 38.8; 4 W55 Jean Skitt Manchester 40.5;
 5 W50 Linda Norgate Longwood 41.1; **RACE 3** 1 M40
 John Crowley Oldham 24.3; 2 M40 Martin Blackman
 Stockport 25.4; 3 M45 Andrew Hutchinson Nvac 26.7;
 4 M40 Steve Calland Nvac 29.2; **RACE 4** 1 M45
 Stephen Boardman Leigh 27.9; 2 M50 Jack Christian
 Belle Vue 27.9; 3 M65 Malcolm Schofield Altrincham
 31.8; 4 M70 Maurice Morrell Wirral 39.0;

400 METRES

RACE 1 1, W50 Bridget Walsh Longwood 81.8; 2-
 W35 Debbie Beresford Manchester 86.6; 3, W40 Jackie
 Carter Spenborough 95.4; 4, W55 Jean Skitt Manchester
 97.8; 5, W50 Linda Norgate Longwood 102.3; 6, W35
 Amanda Pearson Spenborough 108.8; **RACE 2** 1, M40
 Martin Blackman Stockport 53.1; 2, M45 Andrew
 Hutchinson Nvac 59.3; 3, M50 Jack Christian Belle Vue
 60.4; 4, M65 Julian Spencer Spectrum Strdr 63.0.
RACE 3 1, M55 Rod Scholes Barnsley 64.2; 2, M65
 Tony Bowman Leeds City 66.0; 3, M50 Andy Garnett
 Spectrum Strdr 73.7; 4, M65 Malcolm Schofield
 Altrincham 75.2;

800 METRES:

RACE 1 1, W40 Lucy Hickey Altrincham 2.56.9;
 2, W45 Susanne Pickersgill Longwood 3.04.5; 3, W35
 Debbie Beresford Manchester 3.05.1; 4, W45 Linda
 Brewis Longwood 3.11.2; 5, W55 Jean Dolan Altrincham
 3.13.8; 6, W40 Jackie Rickett Manchester 3.25.7; 7, W40
 Jackie Carter Spenborough 3.31.4; 8, W35 Amanda
 Pearson Spenborough 4.03.7; **RACE 2** 1, M50 Jack
 Christian Belle Vue 2.32.8; 2, M50 Kevin Dillon
 Manchester 2.55.6; 3, M55 Neville Griffiths Spectrum
 Strdr 2.58.3; 4, M60 George Lawson Manchester 3.09.9;
 5, M70 Peter Dibb Longwood 3.41.4;

1500 METRES".....

RACE 1 1, W50 Bridget Walsh Longwood 6.08.5;
 2, W45 Linda Brewis Longwood 6.16.8; 3, W35 Debbie
 Beresford Manchester 6.35.6; 4, W55 Jean Dolan
 Altrincham 6.48.3; 5, W55 Jean Skitt Manchester 7.36.1;
 6, W35 Amanda Pearson Spenborough 8.15.0; **RACE 2**
 1, M65 Julian Spencer Spectrum Strdr 4.55.2; 2, M55 Rod
 Scholes Barnsley 5.18.3; 3, M60 Alan Peers Spectrum
 Strdr 5.26.3; 4, M50 Andy Garnett Spectrum Strdr 5.26.3;
 5, M55 Neville Griffiths Spectrum Strdr 5.58.0; 6, M70
 Peter Dibb Longwood 6.08.0; 7, M60 George Lawson

Manchester 6.13.4; 8, M50 Richard Walsh Longwood
 6.58.7;

3000 METRES

1 M65 Julian Spencer Spectrum Strdr 10.12.5; 2 M40
 Neil Watson Longwood 10.40.4; 3 M50 Andy Garnett
 Spectrum Strdr 11.25.9 8; 4 M55 Neville Griffiths
 Spectrum Strdr 12.10.6 7; 5 M50 Alan Peers Spectrum
 Strdr 12.13.5; 6 W50 Bridget Walsh Longwood 12.36.4;
 7 M60 George Lawson Manchester 12.43.8; 8, W45
 Linda Brewis Longwood 13.12.3; 9 W35 Debbie
 Beresford Manchester 13.55.4; 10 W40 Jackie Carter
 Spenborough 14.48.3;

DISCUS

1 W45 Jennifer Wood Spenborough 27.64; 2 W35 Karen
 Vaughan Burnley 16.88; 3 W40 Lynn Marriot Longwood
 16.36; 4 W60 Sheila Bolland Spenborough 15.10; 5, W45
 Susanne Pickersgill Longwood 13.69; 6 W55 Jean Skitt
 Manchester 13.55;
 1 M40 Alan Marriot Longwood 33.95; 2 M65 G Firth
 Nvac 27.46; 3 M50 John Edwards Burnley 21.98;
 4 M50 Richard Walsh Longwood 18.17; 5 M70 Peter
 Dibb Longwood 17.76; 6 M70 Jack Betney Clayton Le
 Moor 16.47;

HAMMER

1 W45 Jennifer Wood Spenborough 35.31; 2 W60 Sheila
 Bolland Spenborough 20.12; 3 W40 Lynn Marriot
 Longwood 17.74; 4 W35 Karen Vaughan Burnley 15.10;
 1 M50 John Edwards Burnley 35.45 ; 2 M40 Alan Marriot
 Longwood 35.21; 3 M55 Mike Linaker Burnley 21.96;

SHOT

1 W45 Jennifer Wood Spenborough 7.96; 2 W40 Lynn
 Marriot Longwood 6.2 7; 3 W40 Jackie Rickett
 Manchester 6.19; 4 W45 Susanne Pickersgill Longwood
 6.01; 5 W60 Sheila Bolland Spenborough 5.41; 6 W35
 Karen Vaughan Burnley 5.34;
 1 M40 Alan Marriot Longwood 11.05; 2 M50 John
 Edwards Burnley 8.16; 3 M65 G Firth Nvac 7.52; 4 M65
 Malcolm Schofield Altrincham 6.82; 5 M50 Richard
 Walsh Longwood 6.82; 5 M70 Maurice Morrell Wirral
 6.75; 6 M70 Peter Dibb Longwood 6.45; 7 M60 Alan
 Peers Spectrum Strdr 5.75;

MIDLAND VETERANS TRACK & FIELD LEAGUE

MEETING 1 - DIVISION NORTH

TAMWORTH 12th MAY 2004

MEN

1 R.S.C. 118; 2 Tamworth 89; 3 W&B and Stoke 88;
 5 Cannock & Stafford 80; 6 Burton 77; 7 Telford 72;
 8. Shrewsbury 41;

M40

100m 1, A Weetman (C&S) 12.3; 2, R Cawson (M45)
 (Burton) 12.4; 3, D Drew (M45) (Telf) 12.8;
400m A 1 I Moody (Telf) 55.9; 2 T Hinchley (R.S.C.)
 58.1 3 R Cawson (M45) (Burton) 58.1;
400m B C Shaw (Burton) 58.3

1500m A 1 N Share (W&B) 4.24.0. 2 P Plant (Telf)
 4.26.9 3 J Danahay (Stoke) 4.28.0;
1500m B tB Peacock (C&S) 4.45.0;

2k Walk 1 J Culshaw Jnr (Tam) 11.26.7 2 D Fall
 (M55) (R.S.C) 11.50.3 ; 3 J Abbiss (W&B) 15.03.2;
4x 200m Relay 1 Telford 1.51.2 2 R.S.C 1.51.9
 3 Tamworth 1.53.7

Hammer 1 M Roberts (C&S) 41.50m 2 C Howell
 (M50) (Stoke) 30.87m; 3 R Steventon (M50) (W&B)
 25.16m

High Jump 1 A Osbourne (W&B) 1.65m 2 A Rose
 (R.S.C) 1.55m 3 M Warrilow (M50) (Stoke)
 1.50m

Javelin 1 J Culshaw Jnr (Tam) 37.48m 2 D Price
 (M60) (R.S.C) 30.97m; 3 R Steventon (M50) (W&B)
 30.71m

Triple Jump 1 A Osbourne (W&B) 10.60m 2 I Moody
 (Telf) 10.11m; 3 J Bartlett (M50) (Tam) 8.65m

M50:

100m 1 M Warrilow (Stoke) 13.0 2 G Felton (M55)
 (R.S.C) 13.4 3 J Bartlett (Tam) 14.1;

1500m 1 P Parker (R.S.C) 4.43.7 2 R Ibbs
 (Stoke) 5.03.9 3 B Moran (Tam) 5.04.8;

Triple Jump 1 M Warrilow (Stoke) 9.80m
 2 P Duckers (M60) (Shrew) 9.35m; 3 C Green (M60)
 (Tam) 9.27m

M60

100m 1 P Duckers (Shrew) 13.7 2 J Topliss (R.S.C)
 13.9 3 J Bradley (Telf) 14.7

MASTERS ATHLETICS SUMMER 2004-Club Results.

2k Walk 1 G Chapman (M70)(R.S.C) 13.19.5
2 D Hindley (Stoke) 13.28.4 3 J Culshaw Snr (M65)
(Tam) 13.29.3
Shot 1 P Duckers (Shrew) 10.76m 2 B Sumner (M65)
(Tam) 9.53m 3 G Young (R.S.C) 8.21m

WOMEN

1st Cannock & Stafford 105; 2nd R.S.C. 103;
3rd Telford 96; 4th Tamworth 64; 5th Burton 53;
6th Shrewsbury 40; 7th W&B 23 ;

W35
A 100m 1 S McDonald (W40) (R.S.C) 14.0 2 C Parry

(Shrew) 14.6 3 G Russon (C&S) 14.7;

B 100m 1 J Pryce (W40) (R.S.C) 14.6

W35 400m 1 J Hewson (Telf) 68.1; 2 G Russon

(C&S) 71.9; 3 M Hawksworth (Burt) 75.4;

A 1500m 1 C Evans(W40) (Telf) 5.09.3; 2 H Wyeth

(R.S.C) 5.19.8 3 C Kilkenny (W50) (C&S) 5.25.3;

High Jump 1 E Jebb (Shrew) 1.25m 2 J Oliver (Telf)

1.20m; 3 S McDonald (W40)(R.S.C) 1.20m

Javelin 1 P Higgins (W45) (Shrew) 16.17m ;

2 D Harrison (Burt) 14.51m; 3 A George W40)(C&S)

13.83m

4 x 200m Relay 1st R.S.C. 2.00.2 2nd C&S 2.12.9

3rd Telford 2.20.9

W45

400m 1st A Wainwright (C&S) 72.2 2nd C Lyon-Green

(W50) (Tam) 86.7; 3rd F O'Brien (W50)(R.S.C) 86.

1500m 1st C Rollason (W50) (C&S) 6.10.9 2nd F O'Brien

(W50)(R.S.C) 6.33.8; 3rd J Hailey (W50)(Telf) 6.45.4;

High Jump 1st A Wainwright (C&S) 1.20m 2nd J Stafford

(W50) (Burt) 1.15m;

W50

100m 1st M Lewington (W55)(R.S.C) 14.6 2nd J

Kelsall (Burt) 16.9; 3rd C Lyon-Green (Tam) 17. **W50**

Hammer 1st M Harding (W&B) 22.86m

2nd J Peleszok (Shrew) 16.56m; 3rd P Furness (Telf)

15.78m

V.A.A.- N.E. Track & Field No.1 Monkton Stadium.

19th. May 2004

M.45

100 /400: A.Readman (Hough.& Pet'lee) 12.8 / 57.3;

LJ: . 1.J.Evans (Hough.& Pet'lee) 5.54 2. A.Readman

5.17

M.50

400 S.Todner (Hough.& Pet'lee) 59.4; **SP/DT:** J.Wild

(Rich.& Zet.) 10.31 / 39.40;

M.55

SP/DT: T.Hudson (Jarr.& Hebb.) 11.18 / 34.02;

M.60

100: .R.Jurowski (Gateshead) 14.7;

M.70

100/ 400: .B.Parnaby (N.E.V.A.C.) 15.4 / 73.1;

1500: E.Appleby (Heaton) 6.16.1 ; **DT:** D.Field

(Sunderland) 31.72;

M.75

DT: R.Laidler (Sunderland) 27.53

W.45

LJ/SP: G.Dobson(Jarr.& Hebb.) 3.97 / 7.83;

W.50

SP/DT: F.Crompton (Nes.Rowntree) 8.39 / 19.73;

Silksworth Throws

March 27th

R Laidler (M75) **SP/DT/JT:** 8.40 /28.18 /23.69;

April 17th

P Wheatier (M55) **SP/DT/HT:** 8.98/ 22.22 /25.44

D Field (M70) **HT:** 29.86;

May 8th:

D Field **SP/DT:** 8.76 /35.40;

May 25th

D Field **JT:** 31.76;

June 8th:

D Field **DT/JT:** 35.08 30.94;

Standards Meeting-Monkton Apl 28th

J Evans (M45) **LJ:** 5.57;

S Towers (M45) **HT:** 391.8;

North Eastern Championships . Gateshead 15th/16th

May

P Reed (M40) **SP/DT:** 15.17 48.15;

J Evans (M45) **TJ:** 12.13;

H Loughran (M50) **PV:** 2.60;

SAF Heptathlon. Pi

W45: G.Dobson 3762 (HJ 30. SP 7.88. JT 28.55).

MVTFL Telford 10th June

W35:

200/LJ: 1, S McDonald (RSC) 27.8/ 3.80; **800/ 1500:** C

Evans 2:33.9 / 10:58.6; **2kW:** S Owen 11:30.6; **4x100:**

Royal Sutton 57.3; **PV:** A Wainwright 2.10; **SP:** A

George 8.93;

W45:

200: M Lewington 29.8; **2KW:** J Langford 12:44.0; **SP:**

P Higgins 6.52;

W50:

800/3000: C Rollason 3:17.7/ 12:39.0; **DT/JT:** C

Lowndes 22.89/19.59; **LJ:** P Furness 3.26;

Team: 1, C&S 149; 2 RSC 133; 3, Telford 79;

M40:

200/LJ: P Williams 24.0/5.36; **800:** C Shore 2:10.9;

3000: P Plant 9:36.6; **2kW:** J Culshaw(jnr) 11:23.6;

4x100: Stoke 49.3;

SP: M Richards 10.47; **DT:** M Fox 40.13;

M50:

800: M Dawes 2:32.0; **3000:** P Parker 9:55.2; **PV:**

J Bradley 3.10; **JT:** P Wainwright 37.50;

M60:

800: R Humpherson 2:38.0; **LJ:** P Duckers 4.83;

Team: 1, City of Stoke 139; 2 Royal Sutton 113;

3 Telford 105;

After two matches:

Women: 1, Cannock & Stafford 18; 2 Royal Sutton 16;

3 Telford 14; 4 Shrewsbury 10; 5 Burton 9 (108);

6 Tamworth 9 (73); 7 Wolverhampton & Bilston 8;

Men: 1 Royal Sutton 17; 2 City of Stoke 15.5;

3 Wolverhampton & bilston 12.5; 4 Tamworth 11;

5 Telford 10; 6, Cannock & Stafford 9 (158); 7 Burton 9

(152); 8 Shrewsbury 4;

NORTHERN VETERANS AC 10K ROAD

CHAMPIONSHIP HELD AT CLITHEROE

ON SUNDAY 15TH JUNE 2004 (MEASURED

COURSE).

1.Steve Smith Preston H 33.24 1st M/O45; 2.Martin

Farran Leeds City 35.21 1st M/O40; 3.Keith Standrin

Hallamshire H 35.50 2nd M/O40; 4.Alan Pover Stockport

H 35.55, 1st M/O55; 5.George Thompson Border H

36.55,2nd M/O45; 6.Dave Waywell Wesham R 37.14 1st

M/O 60; 7.William Johnstone Border H 37.43, 1st

M/O50; 8.David Gough Vale Royal AC 38.30, 3rd

M/O40; 9.John Collier Wesham RR 38.40 2nd M/O50;

10.Lynn Clough Wigan Phoenix 40.13 1st L/O35;

11.Chris Slavin,Liverpool RR,40.19,2nd M/O55; 12.Alan

Clarkson,Clayton Le Moors H,40.37,3rd M/O45; 13.Ken

Burgess,Altrincham AC,40.53,2nd M/O60; 14.Alan

Peers,Spectrum Striders,41.11,3rd M/O60; **15.Carol**

Wolstenholme,Hallamshire H,41.14,1st L/O55;

16.Keith Palling,Rothwell H,41.26,3rd M/O50; 17.Fred

Gibbs,Bingley H,41.28,1st M/O65; 18.Alan Fielding

.Bolton H,41.45,3rd M/O55; **19.Gaynor Higson**

Horwich RMI,42.11,2nd L/O35; 20.Mike Brooks,

Altrincham AC,42.14,4th M/O60; 21.Derek

Walton,Altrincham AC,42.39,5th M/O60; 22.John

Barnwell,Nvac,43.05,4th M/O55; 23.Keith Makin,

Horwich RMI,43.10,5th M/O55; 24.Philip Leaver

.Wesham RR,43.20,4th M/O50; 25.Robin Wignall

.Altrincham AC,43.27,6th M/O60; 26.Bill Atkinson

.Nvac,43.33,2nd M/O65; **27.Denise Wakefield,Horwich**

RMI,43.38,1st L/O50; 28.Igor Shablin,Nvac,44.05,5th

M/O50; 29.Andy Wheeler.The Stagglers,44.10,4th

M/O45; 30.Kath Howe .Nvac .44.33,2nd L/O55; 31.

Francis Slavin .Nvac,44.47,6th M/O50; 32.James Slavin

.Nvac,45.02,6th M/O55; 33.Phil Spratt .Nvac,45.17,1st

M/O70; 34.Dave Edge,Rochdale H,45.36,3rd M/O65;

35.Derek Howarth,Leigh H,46.02,2nd M/O70; **36.Carole**

Smalley,Wilmslow RC,46.53,3rd L/O35; 37.Richard

Shields .Lancaster&Mor.AC,47.46,5th M/O45; 38.Alan

Williams,Altrincham AC,47.51,4th M/O40; 39.Jim

Rhodes .Nvac,48.43,7th M/O60; 40.Louise Gilchrist

.Valley Striders,49.39,1st L/O70; 41.Peter Dibb

.Longwood H,51.17,3rd M/O70; 42.Raymond Carroll

.Nvac,52.26,7th M/O55; **43.Glenis Speak .Nvac**

.53,22,2nd L/O50; 44.Ken Clarke .Nvac .54.28 .4th

M/O70; **45.Beverley Thomas,"Nvac,55.24,1st L/O45;**

46.Les V.Hodkinson.Nvac,55.39,5th M/O70; 47.Chas

Betts.Nvac,55.58,6th M/O75; 48.Joe McAloon .Liv/Pem

Sefton,57.52,7th M/O70; 49.Kevin Dillon,Manchester H.

59.11,7th M/O50; 50.Arthur Walsham,Salford H. 62.57

.8th M/O70; 51.John Newby,Todmorden H,63.43,9th

M/O70;

OVER 80 5000M CHAMPIONSHIP"

1,Les Heald,Nvac,50.39,1st M/O80;

TEAMS

O/60 Altrincham AC; **O/70** NVAC

V.A.A.- N.E.Track & Field Championships 2004.

Monkton Stadium..19th. June 2004.

M.40:

TJ: D.Dixon (Border) 11.74;

M.45:

100: I.E.Smart(N.E.V.A.C.) 12.2 ; 2 .A.Readman

(Hough.& Pet'lee) 12.5 3 J.Evans(Hough.& Pet'lee)

12.6; **200 :** 1.P.Jones(Wallsend) 25.0 ; **LJ:** .J.Evans 5.02

HT: 1.S.Towers(Jarr.& Hebb.) 40.70; 2.D.Maggs

(Gateshead) 37.31;

M.50:

100: S.Todner(Hough.& Pet'lee) 13.2 ; **5000 :**

G.Pemberton(N.E.V.A.C.) 17.53.1; **SP/DT/HT/JT:**

J.Wild (Rich.& Zet.) 11.11/ 38.53 /38.06/ 35.04;

M.55

100/200: 1.D.Tate (N.E.V.A.C.) 13.6/ 28.2;

SP/DT/HT/JT: T.Hudson (Jarr.& Hebb.) 11.15 / 29.45/

33.63/ 34.76;

M.60

100: 1.R.Smoult (N.E.V.A.C.) 14.2; 2 R.Jurowski

(N.E.V.A.C.) 14.6; **1500/5000:** R.Wilson(Sunderland)

5.19.6 / 19.21.3; **JT:** G.Wood (Durham City) 29.08;

M.65

800: 1.I.Barnes(Darlington) 2.37.6 2.K.Sutton(Gosforth)

2.45.2 ; **1500 :** Barnes 5.13.6 ; **SP/DT/HT:** H Ryan

(V.A.C.) 8.97/ 27.29/ 24.67;

M.70

3000: E.Appleby(Heaton) 13.03.0 ; **SP/DT/JT:** D.Field

(Sunderland) 7.43/ 28.89/ 29.15;

M.75

1500 /3000: J.Caddy (Midd.& Clev.) 7.30.2/ 15.36.4;

DT/JT: R.Laidler (Sunderland) 26.31/ 24.19;

W.40

400: H.Patton (Gateshead) 63.4; **1500:** J.Battersby(Elvet

Striders) 5.05.6; **LJ /TJ :** J.Goodfellow (Morpeth) 4.01 /

8.94;

MASTERS ATHLETICS SUMMER 2004

FIXTURES

DATE	EVENT	VENUE	DETAILS
July 20 th	Welsh Masters League	Neath	Pre Masters M35-39 Welcome
July 22 nd to August 1 st	European Track & Field Championships	Aarhus, Denmark	Details on Web Site
July 24/25 th	SEAA Masters T&F Championships	Watford	Entries SEAA
25 th July	BMAF 10 mile	Trentham, Stoke-on-Trent	
August 1 st	SWVAC 13.1 Mile Championships	Sturminster Newton, Dorset	1030 11/19
August 7 th	BMAF 10k Walk	Enfield	With Enfield League
August 11 th	Welsh Masters League	Cardiff	With a buffet to follow.
August 11 th	MVTFL	Brierley Hill & Rugby	
August 11 th	2 nd Moorways Masters Road Relays (4x2.5k)	Derby	For entry form please write to Derby Athletic Club, Moorways Stadium, Off Moor Lane, Derby DE24 9HY Answerphone :01332 290679
August 12 th	MVTFL	Stafford	
Aug 14 th	BMAF 30k Walk	TBA	
August 15 th	NVAC Road /Paths	Sale	
August 18 th	NVAC T&F League	Cleckheaton	
August 23/24 th	International Decathlon & Heptathlon GBvUSA	Indianapolis, USA	
August 23/28 th	WMRA-Masters Mountain Running Championships	Sauze di Oulx, Italy	comsaze@tin.it-staff@atleticasusa.it www.atleticasusa.it
August 29 th	V.A.C. T&F Championships	Battersea park (tbc)	
August 29 th	SWVAC "Battle of Sedgemoor" 10 k	Langport, Somerset	1100 12/19
September 5 th	MVTFL Cup Final	Mansfield	
September 11/12 th	Decathlon & Heptathlon	Sheffield	
12 th September	BMAF 10k	Portsmouth	Includes VAAE Challenge And SWVAC Champs
17 th September	Richard & Twickenham A.C. Middlesex Veteran	Barns Elms	John Curtin 01932 787658
19 th September	MVAC 10 mile	Nuneaton	
19 th September	Inter Area Track & Field	Luton	
26 th September	Weight Pentathlon	Copthall Stadium, Barnet	
26 th September	BMAF 50k Walk	Earls Colne, Colchester	
26 th September	NVAC XC	Edgworth	
3 rd October	BMAF Marathon	Cardiff	
3 rd October	SWVAC 10km	Shepton Mallet, Somerset	1030 14/19
17 th October	NVAC 10 Miles Championship	Padgate	
17 th October	SWVAC 10km	South Molton	1115 15/19
24 th October	SWVAC 13.1 Mile	Stroud, Gloucestershire	1000 16/19
October TBA	Ireland v England Walks	TBA	
7 th November	NVAC XC	Great Harwood	
14 th November	NVAC 10k Road /Paths	Leigh	A.G.M.
20 th November	British & Irish International XC with Open XC Races	Lloyd Park, Croydon	Details to follow.
21 st November	SWVAC 10 mile	Wimborne, Dorset	1030 17/19
5 th December	SWVAC 5 mile Championships	"Victory" Portsmouth, Hants.	1330 18/19
12 th December	MVAC Christmas Handicap	Solihull	MVAC Newsletter
12 th December	NVAC 10k Road	Irlam	Christmas Handicap
26 th December	SWVAC 10k	Rounds the Lakes, Poole Park	1100 19/19
2005			
6 th February	MVAC February Handicap	Chelmsley Wood	MVAC Newsletter
March	European Indoor Championships	Eskilstuna, Sweden	
May 13-15 th	European Non Stadia Championships	Vila Real de San Antonio, Portugal.	
Aug 22-31 st	WMA Track & Field Championships	San Sebastian, Spain	

READERS WRITE

1965 began with an injury! It occurred on Christmas Eve as I was on the last half mile of an 8 miles road session around the roads of Wendover (Bucks). I was stationed at RAF Halton at the time. I had already had 7 days off and January the first was another missed session. Although 1965 was to become my best season, title wise, I wonder now with the all the injuries it produced, why it ended up so successfully.

Between the 6 Jan and the 23rd I ran just 54 miles! The calf injury, which had persisted since before Christmas, struck again. At RAF Halton I was lucky for 2 reasons: we had the Princess Mary Hospital with a fantastic Physiotherapy Department with Flight Lieutenant Jim Short always-on hand, and Derek Ibbotson's former coach Wing Commander (rank at the time!) Dan Davies. Both were invaluable to me at this time in my athletics career. Jim eventually sorted out the injury and just as I was getting back into full fitness, and accompanied by the late George Scutts on a number of my runs, I hit another injury! On a snowy Monday afternoon and fooling about with some of my RAF mates, I was threatened with a snow ball down my neck, but to avoid the coldness I sprinted into the building I was housed in at the time, but in

throwing out my left hand to push the door open I missed the central brass plate of the double doors and shot my hand through a pane of glass! I eventually had to have a minor skin graft on my little finger and also 14 stitches in my wrist! I was hospitalised on the Monday (25 Jan) for 12 days and with the RAF Cross Country Championships 19 days away from my release date on the 6 Feb, would I have enough training time to regain the Title I had won in Cardington 2 years previously, and particularly as the 1965 race was on my own course?

With 58 miles training under my belt my club Wirral requested me to run in the Northern 9 miles Cross Country at Blackpool. I ran and finished 52nd in 50 minutes 09secs. My diary for that Saturday the 13 February said: 'was pleased with the run as it was strictly because of the needs of the Club that I competed. However I was 3rd home for the Club and beat Jeffs, Carroll and Cranny who had all run for Cheshire last month in the Inter-Counties'. Things were rapidly looking up. I then remembered that prior to the Christmas injury I had put in lots of steady running and serious weight training, which had given me, loads of stamina and indeed had helped me regain fitness very quickly. On Wednesday the 17 Feb I won a cross country race in Northampton and when I learnt afterwards that I was only 20 seconds outside the

Course record held by the then International Stan Eldon I was over the moon.

My training the next day was as follows:

12.15: warm-up then 2 miles fast followed by 1/2 mile jog, then 3x300 fast (up incline) and warm down.

19.30: ran 2 laps of my Wendover course. Incorporated in the 10 miles (10 x between 100 and 200 fast and 1 x 500 fast). I trained over another 24 miles before the RAF XC day arrived!

To cut a long story short I regained my Title by beating Welsh International Brian Jeffs by 11 seconds, with Junior international Tom Pugh (now sadly deceased) 3rd.

Four days later I teamed up with Jeffs at Crystal Palace in a Southern Counties 6 miles paarlauf, which we easily won. We each ran an average of 24 x 220s with an approximate 33 seconds recovery jog across the centre of the track and at 18.30 that evening we ran a further 11 miles on the road.

I had two races in March but was anxious to get into spring training for my mileing exploits. On the 12th I competed for the RAF in the annual Combined Services championships and didn't have a particularly good race in finishing 6th. Gibson won with Jeffs, Pomfret, Pugh and Fife all ahead of me but I redeemed myself somewhat at the end of the month with a 5th place for the Combined Services against the ECCU

MASTERS ATHLETICS SUMMER 2004

and the British Universities, finishing just 4 seconds behind the 3rd placed Gibson who had beaten me by 46 seconds on the same course a few weeks previously! The next day I ran 17 miles in 2 sessions and with a further 29 miles under my belt in the next 3 days, speed work was starting to be worked on.

My 2nd session of the day on the 1 April was:

2.5 miles warm-up then 2 x 880 in 2.25 with 90 secs jog; 3 x 660 in 96 with 90secsjog; 3 x 440 in 63 with 90 secs jog and another 2 x 880 in 2.25.

Most days I tried to run twice although the lunchtime session was always a problem because of time.

On occasions my warm-up was not long enough and I would soon have problems on my 'incline' session but as my 2nd session was the important one I coped!

A typical session on Sun 11 April was:

1.5 miles warm-up then 6 x 660s in 96 secs (2mins job between each); then 3 x 330s in 45secs with a 90 secs jog; then another 4 x 660s. But calamity struck after my first 660 in 99 secs.

I was knackered! I'd already run 6.5 miles in the morning so I called it a day after just the one 660! My first spiked session, under the watchful eye of Dan Davies at the RAF Halton track took in the following: 2 miles warm-up then: 4x440s in 62.5; 63; 62.5 and 63.5. 220 recovery untimed. Then 4 x 220s in 28; 28; 28.2 and 27.8. 220 slow jog recovery. Finished up with 3 x 880 in 2.23.5; 2.23.5 and 2.09.4. mile warm-down.

Fitness was beginning to ooze out of me and a race was needed to assess my fitness and on the 22 April I ran a hard track session, which I couldn't finish!

2 x 880 in 2.16.2 and 2.08.9; 2 x 660 in 93.2 and 94.2; 6 x 220 in 26.9; 26.8; 27.3; 27.4; 27.4; and 27.8 and finally 1 x 440 in 62.4 when it should have been 3 of them! Bad stitch!

Thanks to Dan Davies I got a 'guest' run in the AAA v Cambridge Univ 880 but was out of my depth! There was a scuffle at the first bend and Pete Beacham the British Indoor champion for the distance tumbled down and was badly spiked. All 2-lap men seemed to tower over me and I finished 7th in 1 min 57.6. But the training was going well and at that time of the season this was the most important issue. I had a break from training for the track when Wirral had been invited to contest the Manchester to Blackpool road relay and I was given the first leg to get us into a reasonable position. I obliged but I could have had an even better hand-over position than 4th had I not taken a wrong turn when going into the lead! Wirral received medals from the News of the World for the meritorious performance of the day! To check out my strength the RAF selected me for the 3 miles in a match at Chelmsford where I was up against the English XC champion Mel Batty and the American Tokyo Olympic marathon man Buddy Edeken. I was pleased to finish 3rd in a Pb of 14minutes dead.

May brought with it the Cheshire championships. I had already won 2 Cheshire titles over the steeplechase (persistent Achilles injuries made me give up steeple chasing!) and the mile title was the one I wanted! But when I arrived I found a bumpy grass track and the holder Geoff Pymm had travelled from London to defend his title. A friend pleased me no end by informing me that Pymm had run a nippy 880/mile double of 1min56secs/4mins15secs only 4 days previously! I lead from gun to tape and won in 4mins1 8.5secs with Pymm 2nd in 4mins32.9secs! I was informed afterwards that the wind was so severe that it probably cost me 1.5 secs a lap.

Incidentally the Cheshire championship record was 4mins1 2.2secs! Training was now going well! On May 31 I ran the following:

3x440 in 57.1; 59.5; 60.0. 4x220 in 26.2; 26.5; 27.3; 27.6 and 2x440 in 61.0 and 61.2.

Two days later I ran an 880 at Uxbridge and I led at the bell in 58.6secs. With 220 to go and right behind International Martin I felt a stiffening of the right calf muscle and I hobbled over the final 150 yards for a 4 placing and an injury -I didn't train for the next 5

days!

I got over the injury reasonably quickly and the main Services season began with a vengeance. I won the Group 880/mile with an easy double of 2.00.574.37. The next day I retained my Command title with a 4.19.2 clocking and an easy 61.6 last lap. I banged in some good training sessions with Scotsman Roddy Wilson and on Tuesday 22 June he accompanied me on two sessions covering about 12 miles and most of it at speed. Indeed I told him that he would not have to run harder the following week in the RAF

Championship 3 miles to win his first RAF title; my prediction came true! I ventured into the RAF mile at Uxbridge intent on winning for the 3rd year in succession. I had two targets; an eye on Derek Ibbotson's record of 4mins 5secs and entry into the AAAs at White City, London should I break 4mins 9secs! Mick Hurd helped me over the first 750 yards and as soon as I felt him tire I went to the front with just over two laps to go, and a 2mins04.7secs time at 880. I zipped through the 3rd lap alone in 62.1 but my final lap was a little disappointing and the 62.0 secs gave me a 4mins 08.8secs clocking. I beat Hurd by 9 seconds and gained entry into the AAAs! The next day at Motspur Park I ran an 880-medley relay leg in 1min58secs, and then had the privilege of seeing the great New Zealander Peter Snell racing at White City in a mile race with all first 8 running under 4minutes.

I raced in Bracknell on the Monday evening and finished 2nd to the Welsh champion Loosley in 4mins12.7secs and the following evening, with Dan Davies timing me, I ran:

3 x 440s with the object of making the 2nd 220 in each faster and so practice change of pace which had let me down in the race the previous evening! I ran 59.0 (30.4/28.6); 59.5(30.9/28.6) and 59.2(30.1/29.1). The recovery between each was an untimed 440.

The AAA mile heats arrived on the evening of Friday 9 July and British No 1 Alan Simpson (3mins 56secs!), 4minute man McKim and a sprinkling of 4.04 runners were in the field. Suffice to say I finished 6th in 4mins10.6secs with a last 880 of 2.01.6 but the early tactical pace had ruined a fast time for me and I missed the Final. The next day I witnessed a race, which at the time, was described as 'space age' running when the great Aussie Ron Clarke became the first man in history to break 13 minutes for 3 miles with a world record of 12mins52.4secs. In the middle of July I contested the Combined Services mile and was determined to regain the title I'd firstly won in 1963 (I was beaten by Gibson in 64), but once again I had to lead with 2.5 laps remaining and duly won in 4mins 11.1 secs. The season was rapidly coming to a close but I still found time to win the RAF Inter-Station 3 miles in 14mins 16secs leading from gun to tape, won the Morris Motors Mile (bumpy grass track with 5.75 laps for a mile) in 4mins16.7secs but beating a 4.06 man en route. And then on the evening of 17 August I won a 2 miles at Crystal Palace in 9mins.03.4secs beating the Kent Mile champion Smith by 8 seconds. I entered the inaugural RAF track 6 miles and 3 days before I ran 2x2 miles in 9.38 and 9.41 with a 5 minutes jog between each. I was thrilled to win, and so gain my 3rd RAF title of 1965 with an easy 30mins07.8secs. On the August Bank Holiday I had offered my services as a pacemaker for a mile at White City, but Ibbotson got the job and ran the first 880 in 1.59 and so help the great Kenyan Keino to a 3mins54.2secs clocking.

I had volunteered to take the field through 1min57secs! Well that's about it. In the early autumn, and on a course at Hereford I guested for the Hereford TA Team in a couple of replays. I had decent runs in matches against Oxford and Cambridge Universities and in November had a win for the RAF against Northampton Police. 1965 was over!

Bill Bennett, British Milers Club.

A Visit to a Discus Factory

Last Summer I was in the United States for a holiday and Masters track and field competitions. One of these took place in Eugene, Oregon in the North West of the country. Eugene, Oregon is not only known as Track town but is home to OTE equipment. OTE stands for Oregon Training Equipment and this company produces some of the world's finest discs and javelins. Dick Held, who is world renowned for his work on javelin tail flight, designs all the javelins here. All javelins are hand built here as are their discii. I have bought most of my implements from them in the past and last summer, whilst in Eugene for the US Masters National Championships I was offered the chance of going round the discus factory. OTE was sold to Gill Athletics, who sell their own discus as well as OTE, Hollowood and Obol amongst others.

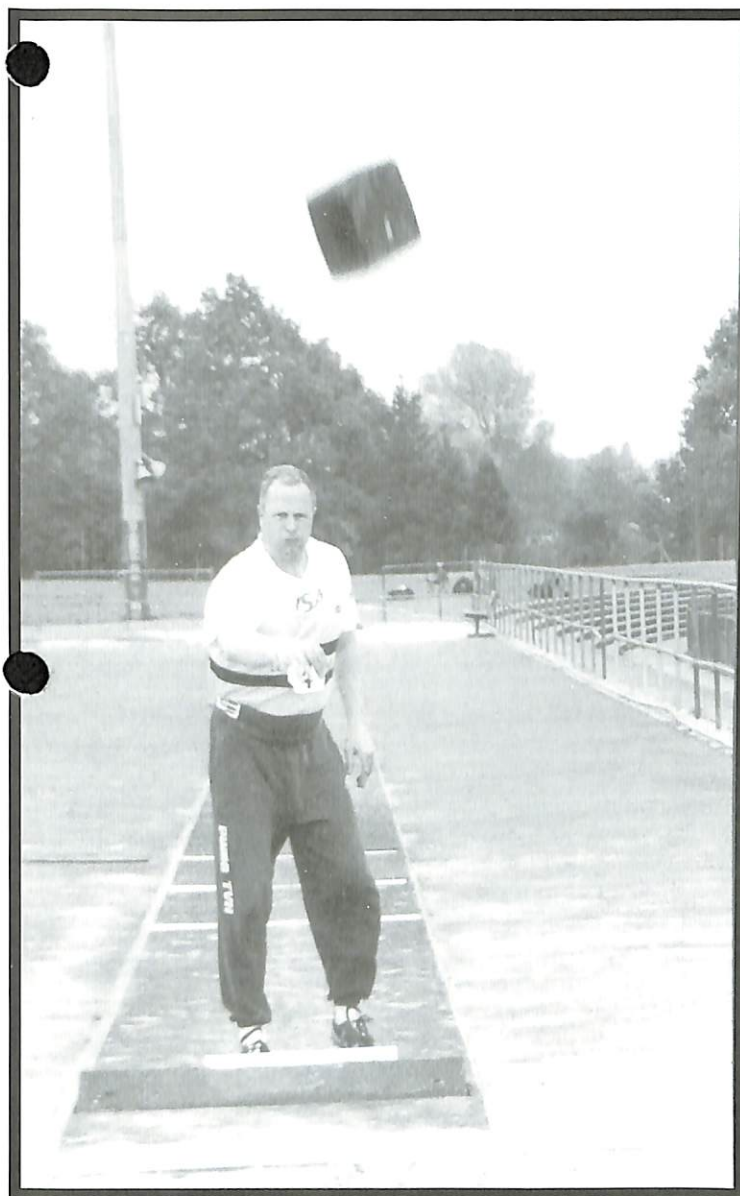
The man in charge is the only man in the USA who builds discii by hand. If you purchase an OTE disc it can constantly be rebuilt if you choose to keep wrecking it. Other discs have a limited rebuild life. The metal rims are bought in. They look like metal quoits. They come in different sizes according to the different weight discs. They have to be shaped on the rim curved on a lathe. The wood for the centre and frame of the disc is American wood that has only been slightly seasoned. It is shaped by hand on the lathe like a solid saucer, and then hollowed out. These are then dried further in a kiln. The top coverings are plastic, aluminium or fibreglass laminate, the differences depending on the type of discus and its quality. Some discs are wooden topped. These are made slightly differently.

Once the wooden frames are ready, they are glued together. The metal rims are tooled to give them a thread on the inside and they are screwed onto the wooden frame. Once this is done the outer coverings are fitted into place and the centre screw inserted. The discus is weighed. OTE allow up to 0.8g over weight to allow for wear on their discs. The outer rim is given a final trim and weighed again to ensure it comes within specifications. The entire disc is then polished.

In addition to discii being different weights, they are weighted differently according to the ability and competence of the thrower. The weight distribution can vary from 75% in the rim to 85% or 95%. This allows the disc to spin more times per second and therefore fly further. Prices reflect this. OTE do low movement, high movement and very high movement. The VHM are meant to be used only in competition, not for practice.

The factory will do rebuilds and repairs, so if your rim gets badly dented, or a top/bottom plate is cracked or dented, all is not lost. Whilst touring around, the man himself said he had just completed an emergency order for Susi Powell (US Discus Champion). All 6 of her various weight discii had been stolen from her car and she needed replacements quick as she was preparing for the world Championships in Paris. She uses under/over weight discs as well as different rim weighted discii. The order had just been completed. On asking Mr Discus how long it took to make a single discus, he found it difficult to say as he might spend one day on rims, another day doing the wooden frames and yet another fixing rims to discs etc. It was a very interesting visit and I would not hesitate to send my discii back to the factory if the need arose. The next time I am in Eugene I hope to see round the javelin factory.

MARGERY SWINTON.



Steve White heaves 35 lb Brick during the B.M.A.F. Throws Decathlon

Was the second BMAF/SECTA weight decathlon a success? Well the bare facts are as follows - 3 individual world records, 12 team world records, 20 UK records and 2 Irish Records.

37 competitors, including ten of the fairer gender suggests excellent competition and camaraderie. And so it was. The judges played their part in ensuring matters went smoothly and our thanks to them for ensuring that this was the case.

The athletes stole the show collectively though and it was not just the breaking of records that mattered - it was the enjoyment of the competition. It was athletics in its purest form - the elements were against good results - it rained early on thoroughly soaking everyone; it was cold ensuring slow muscle contraction/expansion and the underfoot conditions were under water in several instances - all the ingredients for poor results and bad tempers.

The competition consists of ten throwing events and is a measure of the all-rounder; there are the regular five of the weight pentathlon plus the club [also known as the grenade - stick type], the brick [351bs from a run for the m40/m45], the sling ball [1,5kg attached to a leather strap], the one handed hammer and the shotshock [small shot thrown like a discus] and all this on the one day.

The competitors were divided into four groups for the day; the women got through their events efficiently as did the 'middle' men [m50/m55]. The more mature men [m60+] spent some time before every event discussing the best method of delivery, technique, and the weather and finished some 90 minutes adrift of everyone else - the lunch break was somewhat leisurely taken as well.

As for-the-"younger"-men [m40/m45] I can say that I never enjoyed-six hours of solid competition more; my thanks to Steve, David, Peter, Andrew, Sean and Mike for the most pleasurable of days. The comradeship and encouragement were second to none; there was appreciation of an effort done well - and not simply of the record broken.

There was much encouragement and assisting with the judges as and when required - simply, it was all that is best with the sport and my thanks to all for making the day so eventful and enjoyable.

As for the results and the records - the stats speak for themselves; however mention should be made of Peter Barber and Catherine Murphy of SECTA, the organising club who ensured everything went smoothly despite being delayed for an hour on the M25 awaiting road side assistance after the windscreen wipers malfunctioned coming out of the Dartford Tunnel. A special mention to all the long distance travellers - the Freebairns from Scotland and Murty Kelly from Ireland and indeed to all those who sallied forth from Yorkshire and Lancs. Great day, great competition, great athletes, who could ask for more?

Men 40: 1. Steve Whyte (Luton) 7355 (**BR**); 2. David Burrell (Luton) 5890; 3. Peter Todd (R'hill & Surrey) 4925; 4. Andrew McKenzie (MVAC) 3070; 5. Sean Butler (SECTA) 2926;

Men 45: 1. Colm Murphy (Med & M& IRE) 4537; 2. Mike Bale (Haywards H) 3930; 3.

Men 50: 1. Mike Small (E&E) 7199 (**BR**); 2. John Wild (R&Z) 5517; 3. Ron Jones (White Horse) 5167; 4. William Renshaw (Roth) 4706;

Men 55: 1. Merrik Bousfield (Liv) 6400 (**BR**); 2. Chris Melliush (Camb H) 4971; 3. Murty Kelly (IRE) 4377 (**IRE rec**); 4. Richard Jegou (MVAC) 4026;

M60: Jack Kee (M Keynes) 5564;

M65: John Freebairn (Cumb) 5452; 2. Colin Brand (B'heath) 5315; 3. Brian Sumner (Tam) 4364; 4. Ian Miller (Herts P) 4349; 5. Hamilton Thomas (SECTA) 4182;

M70: 1. G Hickey (B'heath) 5803 (**BR**); 2. Jaroslav Hanus (SCVAC) 4484; 3. Peter Barber (Camb H) 4451; 4. Cliff Taylor (Bel) 3919; 5. Phil McEvoy (IRE) 3884; 6. Doug Birch (Haywards H) 2516;

W35: 1. Susan Freebairn (Glas) 5198; 2. Camila Thrush (Kingston & P) 4817;

W40: 1. Wendy Dunsford (SCVAC) 3833;

W45: 1. Jenny Earle (SCVAC) 4387 (**BR**); 2. Brenda Russell (Vof A) 3871; 3. Jennifer Piercy (E&E) 3807;

4. Jenny Denyer (Haywards H) 3550;

W55: 1. Rosemarie Alexander (Wimb) 3823;

W65: Evaun Williams (Enf & Har) 5350;



Wortley Hall

September 25th/26th

The sixth annual Masters' Sports Therapy Conference (and social!) will be held on the weekend of 25th/26th September 2004 in the beautiful surroundings of Wortley Hall, Wortley, near Sheffield. This is open to people of all ages who are interested in their health.

< *Chiropractors*

< *Medical screening (including ECG)*

< *Fitness testing*

< *Conference booklet*

< *Evening trivia quiz in the bar*

< *Early morning jog or Walk (optional !)*

Plus, we will endeavour to accommodate other areas if there are any specific requests

This is a major fund raising event (plus social 'get together') for the non-profit making British Masters' Medical services. The cost of £115 (shared room) and £125 (single occupancy) per person includes a three course evening meal on the Saturday, tea and coffee breaks, full English breakfast and three course Sunday lunch. (Some rooms are large enough to accommodate 3/4 persons sharing). Directions and timetable available via link from the BMAF web site (www.bmaf.org.uk). A **£35 deposit** secures your room, with the balance payable in two equal instalments (30 June/31 August). Unfortunately, as costs are kept to an absolute minimum this is non-refundable. 100% of the monies collected, after deduction of hotel expenses, goes to the 'medical fund' which helps subsidise the chiropractors/masseurs for the overseas matches.

I/we would like to attend the Sports Therapy Conference to be held 25th/26th September 2004 at Wortley Hall, Wortley, Sheffield and enclose my/our cheque for £35 deposit per person made payable to British Masters' Medical Services, c/o Carole Filer, The Street, Hockering, Dereham, Norfolk, NR20 3AJ. (Telephone 01603 880281, email: cdss@filerfam.freemove.co.uk). Apologies, but I am only able to acknowledge receipt of cheques via email (or SAE).

Name:

Share room with:

(if applicable)

Address:

I/we will require a bar snack on arrival Saturday

lunch time: Yes/No

(This is the only food item you have to pay for)

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There is a full programme of events for both men and women of all ages, starting around 1pm and finishing around 6pm. The cost is £2 per event and all participants must be CSSC members. (Membership is open to employees in Government Departments and agencies, BT, Royal Mail and many other public bodies and companies carrying out ex-Civil Service work.)

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Monday 13 September 2004

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For more information and/or an entry form please contact Catherine Barclay, CSSC

Event Team Co-ordinator on 01494 888417 or email catherine.barclay@cssc.co.uk

You can also contact Ted Wingrove CSAA Vets Track and Field organiser on email edward.wingrove@hmce.gsi.gov.uk

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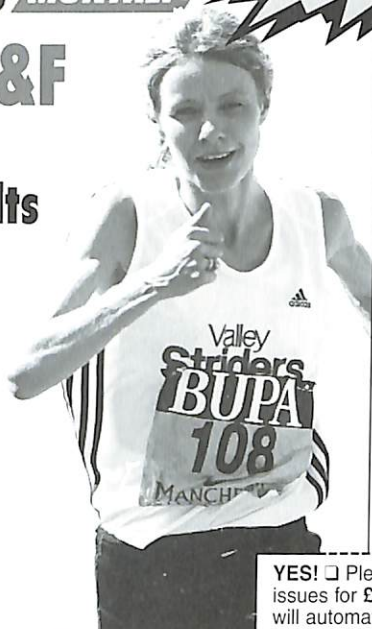
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