

British
Masters Athletic
Federation



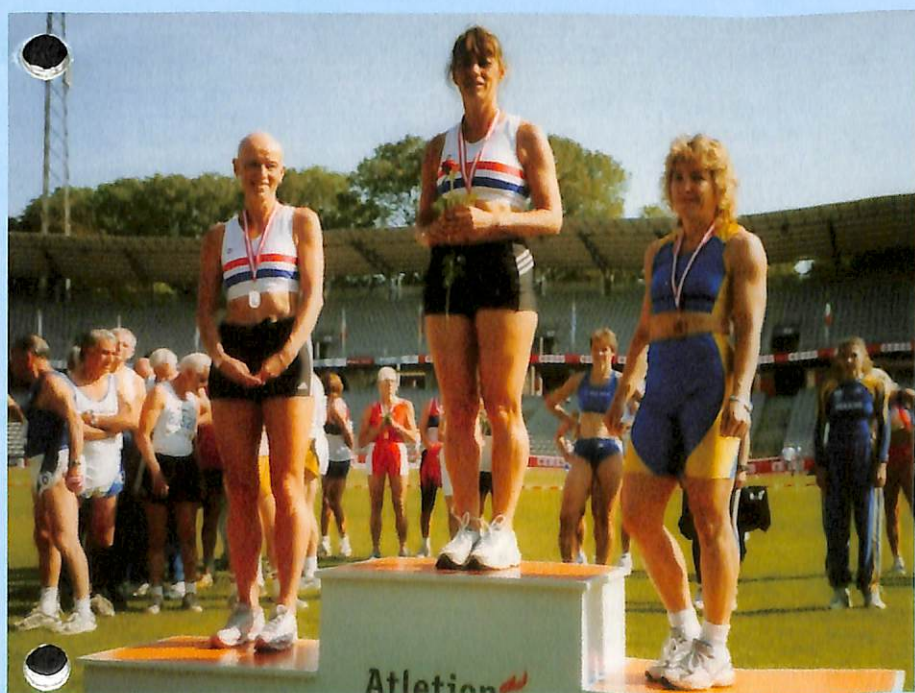
MASTERS

ATHLETICS

Autumn 2004 Number 69



Dave Taylor wins European Gold at 5000 metres.



Sisters Wendy and Manndy Laing win 3 Gold and 5 Silver Medals between them

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The official
Magazine of the
British Masters
Athletic Federation

MASTERS ATHLETICS

ADVERTISING RATES

COMMERCIAL COLOUR

FULL PAGE £ 600:00

COMMERCIAL BLACK & WHITE

FULL PAGE £ 420:00

B.M.A.F. (SPECIAL RATES)

FULL PAGE £ 200:00

HALF PAGE £ 350:00

HALF PAGE £ 250:00

HALF PAGE £ 105:00

QUARTER PAGE £ 200:00

QUARTER PAGE £ 130:00

QUARTER PAGE £ 65:00

PUBLICATION DATES:

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

Donation Masters Athletics

Many thanks for the kind donation from: Nigel Wray.

300+ CLUB –August Draw.

Peter Webb £125; Sally Gandee, John Brett, John McNally, Hylda Chuchuck £ 10;

FIXTURES

| DATE | EVENT | VENUE | DETAILS |
|----------------------------|---|----------------------------------|--|
| 17 th October | NVAC 10 Miles Championship | Padgate | Don George, 16, Addison Road, Hale, Cheshire WA15 9BQ. |
| 17 th October | SWVAC 10km | South Molton | 1115 15/19 |
| 17 th October | SVHAC 10000 Track Championships | Coatbridge | |
| 17 th October | Yorkshire Veterans Half Marathon | Bridlington | |
| 24 th October | SWVAC 13.1 Mile | Stroud, Gloucestershire | 1000 16/19 |
| 31 st October | Eastern Veterans 10 Mile Championships | Wisbeach, Cambs. | |
| 31 st October | Yorkshire Veterans 15 mile Championships | Holmfirth | |
| October TBA | Irland v England Walks | TBA | |
| 7 th November | NVAC XC | Great Harwood | |
| 7 th November | IOM Veterans Marathon Run and Walk | Castletown | |
| 13 th November | Veterans AC 7 mile Walk Championship | Enfield | |
| 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 | Open entry form this issue. |
| 21 st November | SWVAC 10 mile | Wimborne, Dorset | 1030 17/19 |
| 21 st November | Yorkshire Veterans Month Grand Prix | Halifax | |
| 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 |
| 12 th December | SVHAC 5 mile Road Race | Lochinch | Includes Christmas Handicap |
| 26 th December | SWVAC 10k | Rounds the Lakes, Poole Park | 1100 19/19 |
| 2005 | | | |
| 2 nd January | "Old Father Tyme Five" | Landaff, Cardiff. | |
| 23 rd January | MVAC XC Championships | Birchfield | Newsletter. |
| 6 th February | MVAC February Handicap | Chelmsley Wood | MVAC Newsletter |
| 12/13 th Feb | Scottish Masters Indoor Championships | Kelvin Hall, Glasgow | |
| 19/20 th Feb | BMAF Indoor Championships | Cardiff? | |
| 12 th March | BMAF Cross Country Championships | Bangor Co.Down, Northern Ireland | Entries: 1, Wilmont Park, Dunmurry, Belfast, BT17 9JW. |
| 10/13 th March | European Indoor Championships | Eskilstuna, Sweden | |
| 24 th April | MVAC Road Relays & A.G.M. | Chasewater | Details in future newsletter. |
| 13-15 th May | European Non Stadia Championships | Portugal. | |
| 21 st May | BMAF Road Relays | Sutton Park, Birmingham | |
| 5 th June | MVAC Track & Field Championships | Solihull | Details in future newsletter. |
| 25 th June | Inter Land | Julie Rose Stadium, Ashford | Maurice Doogan. |
| 26 th June | BMAF 5k Road Championships | Horwich. | |
| 23/24 th July | BMAF Track & Field Championships | Birmingham Alexander Stad. | |
| 10-12 th August | First Masters Grand Prix | Lahti, Finland | www.lahdenahkera.fi |
| 22-31 st August | WMA Track & Field Championships | San Sebastian, Spain | |
| 10 th Septmeber | World Masters Mountain Running Champs. | Keswick | |
| SEPT | BMAF Combined Events | TBC | |
| SEPT | BMAF Weight Pentathlon | TBC | |
| OCT | BMAF XC Relays | Wales | |
| NOV | INTERNATIONAL XC | Dublin, Ireland | |
| 12 th December | Welsh Masters XC Championships | Wrexham | |
| 2008 | | | |
| 4-14 th August | European Veterans Championships | Ljubljana, Slovenia | |

BMAF masters ATHLETICS

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Advertising: Bridget Cushen, 020 8683 2602
Production: Hastings Printing Company, Drury Lane, St. Leonards-on-Sea, East Sussex TN38 9BJ.
Subscription Rates: £10 per annum (four issues) free to members of affiliated clubs.

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SHOULD YOUR ADDRESS BE INCORRECT PLEASE CONTACT THE EDITOR.

NEWS & VIEWS

OUR CHAIRMAN WINSTON THOMAS WRITES:

Following an outstanding European Veterans Championships in "Århus" "Århus" and "Randers", where "BMAF" members gained a total of 162 medals, from 350 entries. This is a good return, and as usual we were 2nd behind Germany, who tend to achieve most of their medals in the older age groups, and from having the largest entry. Congratulations to all the athletes that took part in the championships, including those who did not get medals but achieved personal bests, those that entered for the first time, the M35's that also enjoyed themselves and hopefully will be a full part of future championships. Also to the Team managers and medical team without whom we would not have achieved the standards that we did, finally congratulations to the "Århus" organisers for a very well run championships.

Now on to home matters, whilst you are reading this magazine I would ask you all to think about your Clubs and where the Clubs are at the present going, I am aware that several of our clubs are very short of Committee officers and helpers, whilst it is not for me to say what each club wants, does, or should be doing. The one thing that affects all clubs is the role and help from members, by paying subscriptions it does not mean that all things will be done for you. As some one has to do all the things to run the clubs efficiently and this cannot be the same people all the time, all of us in one post or another are purely volunteers and without other volunteers it is not possible to run the clubs. So on behalf of the Masters movement why not now look to see what you can do to help your club.

There have been several circulars to clubs following the report on the sport from Sir Andrew Foster, and in particular the review of competition structures and I would hope that all the clubs have looked at this and made steps to reply to the administrators with their views. Following this it is noted that the so called "Hubs" are in existence, and bit by bit they are beginning to put things into place, so again it is down to the clubs to start dialogue with these hub co-ordinators. Ongoing communications are being kept with UKA and hopefully in the coming year we shall have greater benefits from liaison with them.

Following, from this, as we do not at present have a **Vice Chairman/Home International Affairs**.

I enclose for you all a message from the EVAA, and the new guidelines for medical exceptions on drug control.

IMPORTANT NOTICE TO AFFILIATES AND ATHLETES. FROM EVAA AND WMA PLEASE TAKE NOTE AND BE AWARE OF THE PROCEDURES.

Therapeutic Use Exemptions

WMA wants to inform all athletes and all Affiliates about the procedure for Therapeutic Use Exemptions

It is essential and important that athletes using medical drugs must apply and have an approval.

For athletics both (IAAF and WMA) grant such applications but sometimes on different levels with the result that:

WMA will always accept decisions by IAAF

IAAF will soon accept WMA decisions provided they are taken after IAAF/IOC rules.

This means that a Master athlete who competes in both WMA and IAAF/NGB sanctioned competitions should seek an IAAF decision while master athletes competing only in WMA -EVAA competitions must send their application to:

**Karri Wichmann
Ritarikatu 7
FIN-00170 Helsinki
Finland**

(who is appointed to handle these applications on behalf of the WMA Doping and Medical Committee) .

**Stan Perkins
Chairman WMA Doping and Medical Committee (Source: wma, 08.06.2004)**

EVAA ESKILSTUNA UPDATE (EVAC I2005. 10-13March 2005)

Following talks about the 2005 Indoor Championships, President Dieter Massin and I met the "Eskilstuna LOC "to sort out the problems of accommodation and other points to do with the Indoor championship. We were informed that there was to be a convention on the same weekend as the championships, and this is the main reason for the great increase in the requirement for accommodation. We were given a rundown of the situation with the hotels, costing and

availability. From this it was made clear to them the full facts as to how they had to arrange the accommodation and transport from any recommended accommodation the Arena, and the fact that we look at accommodation not being more than the normal rack rate.

Following this the Main accommodation will be in "Vasteras", which is approximately 40Km away, and the prices are close to normal Eskilstuna prices. From around €35.00 for 3 star accommodation.

The LOC will supply transport from "Vasteras" for the athletes and guests, there are also trains, which stop at "Eskilstuna", which is 15 minutes walk to the Arena. The LOC will sort out with the travel agents the accommodation within Vasteras and Eskilstuna,

We have looked at and made changes for the Entry Booklet and this should be ready by the end of September and sent out to affiliates in October. All changes as per the general assembly age class specification have been made as well as new medal standards.

We also inspected the new warm up area in the sports hall, the cross-country venue and the walks venue. These are all in good order and will be seen again in January. Overall the LOC seem to have most things covered, and now the accommodation will be sorted out we can make progress with the meeting

Information can be found for Eskilstuna on www.position-.se

**Winston Thomas
EVAA Technical Manager**

TRACK AND FIELD SECRETARY'S REPORT ON 2004 - 'THE THOUGHTS MO'

We are at the end of the Track and Field Season for 2004, and it is appropriate that I write this report on the evening of the last Championship of the year, the Weight Pentathlon at Cophall Barnet. We ended the year as we began, the Indoor Pentathlon at the NIA in Birmingham back in January, with another record entry. Whatever is "not" happening in other areas of British Athletics, masters continues to go from strength to strength.

This is in the main due to the handful of people who do/have organise (d) the 'Cinderella' events like today's, the A Team who run the Indoor and Outdoor Championships and the driven 'non-yesterdays (wo) men' who run the Master Area Clubs. We must also not forget our friends the officials, who continue to

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turnout for us in ever increasing numbers, and still cope, with a smile, with whatever we lumber them with.

Let me reflect on this record breaking, but unfortunately stalled year, for Masters Track and Field, and where you and I could have done better.

The year started with a no option clash of dates between the Indoor Heptathlon and the Indoor Pentathlon. The NIA in Birmingham was a stunning, if virtually empty, stage for the first stand alone Indoor Pentathlon Championships. A risky option, some (even I) thought, but working on the premise that if you offer people what they desire, you will never be short of customers. This was carried over to the Indoors at the NIAC in Cardiff and the Outdoors at Alexander Stadium in Birmingham. Both were not without their problems, and not just Mike 'Blue Watch' Erith's run for the exit instead of world record, or the official trying to give water away to 10k runners at the Outdoors in the pouring rain [but that's another one for 'red wine reminiscence's'].

We are looking at the problem of too many races in the sprints [heats, semis etc], and the option of A and B finals, in certain age groups. I did get the scheduling wrong in the Outdoors field events, mainly the throws, but I was aware of it. After 14 hours [0700 to 2100], of chopping and changing the field timetable, it was never going to work, as it should. The Thursday morning deadline was approaching fast, after just two hours I gave up on the clash of long jumps and sprints, with the Heavy Hammer compounding matters. I had to accept the option of just make it work, albeit with some events out of sequence, to ensure the timetable could be dispatched to printers and on to athletes.

Timetables are built up over the years and tweaked for additions like the Heavy Hammer and larger numbers. However our very acceptable problem of a 40% increase in entries means a radical rethink will now occur. As the competition started this year, we were already looking at possible changes, which now knowing how the Stadium functions, and invaluable input from the field officials, the timetable for next year will be revamped.

We also, **will not** have the unacceptable problem we had this year, of a small group of throwers having 'toys out of the pram' tantrums throughout the competition.

Whatever your grievance, if you have a problem that in your opinion has not been given due consideration by the officials,

need to address your concerns to the appropriate referee, meeting director and finally me. It is unacceptable to have

continual whinging at unpaid volunteer officials. If we have a repeat of this, trust me, 'toys out of the pram' will be the least of your worries - Inmates do not run the Asylum, and be reminded my initials are WMD.

So let me reiterate some earlier pontificating, which you may have forgotten. Championships are organised purely for benefit of athletes, nothing more, nothing less. The organisation is put in place for that to be achieved, under a predetermined set of rules. The rules however also have expectations of athletes - so please remember and comply. The organisers and officials do not have to be there - they do have other lives. The athletes who volunteered to assist the officials between events at the various Championships, to whom I am extremely grateful, also helped progress the cause of removing the 'them and us' barriers between the two sides and must be continued.

I will now return to an earlier opinion, 2004 being a stalled year. We have not progressed as we should, and this must not be allowed to happen in 2005. 2004 has to be the End of the Beginning and 2005 has to be the Beginning of the End in Masters taking our rightful place at the table of British Athletics, we must no longer tolerate being treated as below stairs serfs. Foster recognised this, UKA apparently are taking this on board. Buttons are appearing, which cannot just be push, they must be (heavy) hammered, but we can only do this by the Team Ethic. The whole is bigger than the sum of the parts; basically your Movement needs you. Britain Expects.

TEAM MANAGERS RECOLLECTIONS OF SINDELFINGEN AND ÅRHUS. "THE RAMBLINGS OF MO"

To the whole International Brigade who competed at the above, I cannot say well done, as that is inadequate - you were brilliant. We confirmed our position as World No. 2. I know the USA was No1 in Puerto Rico, to our No3, but that was on basically home turf, and we had a very small team. But as we know, the USA is like the English Football and British Tennis teams, they do not travel well.

Anyway, it was an honour, to be charged with attending to the interests of the British TEAM, to which I will return later. Thanks also to Eric and Geoffrey for their invaluable help and backup.

There appears to be some misunderstandings about what Team Management does, so let me outline how it

operates under my jurisdiction. It is based on the premise that every British Athlete is an equal. World Champions get no more or less attention than also ran Joe Bloggs, and does not exclude accompanying persons. [We is used to cover the 'royal' and multiples]:

(i) We are there to address any problems you have regarding competition. We also, will deal with personal problems outside of competition, if all else fails.

(ii) We do not do, the meet and greet, have a nice day, Saga Holidays or Singles tour guide bit. We treat you as an athlete, preparing for competition, who needs his or her own space and/or privacy; we only enter if invited. We are in and around the competition areas all day and every day - 24/7. We will never know or recognise all of you, so please come and introduce yourself, our door is always open [well nearly, certain things take precedence - e.g. Jenny B's been pulled for another random (!!!) drug test. What is that, the third or fourth in five Internationals.] Yes we can be a really grumpy old man, but only if they do not come up with that photograph of a disputed result, we asked for.

(iii) We are there to advise and direct, but please read the Competitors Handbook, which has the answers to the majority of your questions. Yes we do get irritable when asked for the nineteenth time where does the shuttle bus go from. What was the French for bus stop!!!

(iv) We never lie, but sometimes we have to resort to only telling half the facts. If you have a problem, say in your opinion you were given a wrong placing, we ask the questions and use all available rules to get you a better result. However we only impart information on a need to know basis, sometimes all the information prejudices your own case, but there are no guarantees. If on asking questions we have the opinion that we are fighting a losing battle we will stop. Experience shows that it is not in the best interests of the TEAM, to push too hard - it becomes self-defeating, however galling that may be.

(v) We attend daily early morning technical meetings to raise queries and receive information and updates - which we then pass on to you athletes via our Notice Board. We take information given by the Championship Organising Committee at all of those meetings in good faith. So we are not amused when some unidentifying wag scrawls across an update notice - Wrong MD, check next time. Very clever, but MD is the wrong spelling for Sir or even Cur. I would also like to answer criticisms', attributed comments, and some 'must never to be heard again' jibes.

NEWS & VIEWS

(a) That was very unprofessional [Sindelfingen] - I am an unpaid volunteer, with limited time to fill in and register thirty-four relay sheets as well as other duties. Discussions were over a decision that had been made; I uttered an unpalatable truth to stop a continuing disagreement. I plead guilty as charged. I am - what you see is what you get [PS: It is not personal, my late paying clients get the same]

(b) Making fun of a (British) backmarker [Århus] - It appears that a section of an overheard conversation between Pete Mulholland and myself was passed to and athlete about us saying the athlete would have to keep running, just to catch his plane. I would categorically deny saying any such thing, especially as TM is based on the earlier stated premise. Having been a backmarker more times than I would wish to admit, to do so would be like deriding myself. So if someone intimates that I have said something not to your liking please seek me out - passing on misinformation is not in the best interests or harmony of the TEAM.

(c) Please be reminded - I [the royal ME] am extremely tired of hearing the jibes - "how are you enjoying your jolly" or "making the most of your expenses then". Please desist, unless of course you did not REALLY want to run in the relays. FOR THE RECORD: I have never claimed ONE PENNY in expenses for Team Management duties at any of my seven European and World Championships and five recent trips of the same, or received any free flights or hotels. The only flight I was given, I donated the cost to the Chiropractors fund. When I took on the role of Track and Field Secretary in 2000, and only on the basis that I had a Team Management role, I made an undertaking that I would only claim expenses once we had a Sponsor, who was prepared to pay for Team and MEDICAL Management.

That brings me neatly to sponsorship, which continues from my earlier T+F Secretary's Report, and the role that YOU have to play.

British Masters Athletics has only one commodity, but an extremely valuable one - the British Masters Athletic TEAM. Some of you are individual medallist's, but only one of a thousand or more. As a team we are in the hundreds in both medals and numbers [so Joe Bloggs is also an asset]. We are winners, with the winning habit - every one loves winners, especially sponsors. But what do we do to promote ourselves - some of you continue to imitate Dads Army. I know some of you have a

problem with kit, especially the larger sizes, but that will be sorted, one-way or another, and sooner rather than later, as I will address that myself. So let me expand on the problems that individuality causes. In Sindelfingen and Århus, a young lady, using the British Vest as a 'vest of convenience' put Team Management in an invidious position. When it came to it we were powerless to do anything about it, because some interpretations of the rules, wrong ones, in my opinion, prevented us from coming to a ruling.

So let me be in your face - we need to resolve this clouded issue and message.

Trawl through any of our magazines including the new monthly one, how many versions of British Team kit do you see - more than one. TOO MANY.

Team Management therefore does not request, it EXPECTS that ALL British Athletes competing in European and World Championships, to wear the latest TEAM kit, and that includes the BLUE shorts.

Yes, you do pay all your entry fees, travel and hotel costs. However, there are a lot of us who give up a lot of our time [including training time] and not inconsiderable sums of money, to ensure that you are in a position to compete.

So put British TEAM vest and shorts on your Christmas present wish list. If you are that short of funds, please e-mail or write to me with your vest and short sizes -I will buy the kit myself and you can HIRE it. We will banish 'vests of convenience', and we need YOU to make your investment in British Masters Athletics. Without the TEAM ETHIC, which shows who and what we are, we are all wasting our time. You have a choice. Do nothing and it is Toilet time, where entry fees could double, causing numbers to reduce, etc., etc., the downward spiral [£25 will appear a pittance then]. Or sign up to Take Off time, for sponsorship deals and hammering buttons - 2005 must not be another stalled year. The world will have moved on, as will your organisers.

[I will return to Relay Selection in the next issue - again because of misinterpretation/selective reading of the criteria]

WELSH MASTERS PRESENTATION EVENING

John Collins advises one additional coming event - WMAA Social, Presentation evening and Buffet - Friday December 3rd at Aberdare Hall, Corbett Road, Cardiff.

The venue is and was the Women's hall of residence of University College Cardiff - Known to our generation in less liberal times as "The Virgin's Retreat", where young ladies were locked up at 10pm and few, if any males ever dared enter at any time!

Having seen the portraits of the past Dragons, (sorry Wardens), on the walls of the main hall I am not surprised!

As one male Cardiff veteran commented a year or so ago "Forty years ago I would have given my eye teeth to get in there at night; now all you have to do is buy a ticket!"

Martin Rees advises that he has picked up a knee injury which has kept him out of the BMAF Portsmouth 10k Championship, he is also doubtful for the International Cross Country which he won so easily at Cardiff last year.

This is a great pity as his previous four results were as follows:

July 13th 1st overall "Swansea Bay" 5k 15:16.

July 17th 1st overall "Pontrydyfen 6 mile forest race"

July 24th 1st overall "Gloucester Half Marathon" 68:49.

August 1st 1st overall "Brecon 10 mile" 52:50;

WELSH MASTERS ATHLETIC ASSOCIATION



Welsh athletics was saddened when John Walters died on June 24th 2004.

John born in Tredegar in 1939 was a founder member of Cardiff A.A.C. He won his first Welsh title in 1965 and went on to win a further 12 in Shot and Discus; his career peaked in the 1970's when he represented Wales at the Commonwealth Games in Edinburgh. He entered the British rankings in 1961 in the shot and for 25 years remained there. John represented Cardiff in the first British league match in 1969 and was still throwing in the same competition 20 years on. In later years

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he was ever present at Veteran competitions all over the Country and won many National titles as well as setting age group records. He will be missed, but his name will surely live on among veteran throwers.

MARY WEBB.

ALPHABETICAL NEWS

Jones, Mick: Now 40 years old, has set three British Hammer Records this year, the last being at Loughborough (73.63) on July 17th.

Lewis, Tyrone: Set a new British M55 400 hurdles record on the 24th April (63.10) during the Woodford open meeting.

Masters Events: Are to be included in the IAAF World Championships in Finland next year. Eleven events for Masters will be held on the final day of the Championships on August the 13th. The Finish Veterans Athletic Association will be hosting "First Masters Grand Prix" in the city of Lahti the dates are August 10-12th (www.lahdenahkera.fi)

Melluish, Chris: Chris now 60 celebrated a new Hammer British Record (53.16) competing in the Windsor Slough & Eton Club Championships on the 26th August.

Peters, Zara-Hyde: Appointed "Director of Athletic Development by UKA."

Proctor, Mark: Set a new Men 40 Shot best of 18.08 at Hemel Hempstead on the 7th August.

Binson, Debbie: 36 years old Tipton Harrier Debbie is the new C.A.U. Inter Counties Champion winning the Bishop Auckland 10k in 35:35.

Taylor, Dave: One of the stars of the European Championships has set three new British Records.
May 22 at Solihull, 5000 metres in 13:53.14.
July 17 8:12.69 for 3000 metres.
August 4 at Eltham, 3:49.7 for 1500 metres.

Vancouver, Canada: has withdrawn their offer to stage the 2006 World Non Stadia Championships. The future of World non-Stadia events will be discussed in detail at General Assembly in San Sebastian next year.

Whitlock, Ed: London born Whitlock set a World 70 record in the Toronto Marathon 2:54:48

READERS WRITE



May I take the opportunity to confirm my decision to retire from National and

International Masters competitions as announced at Alexander Stadium in June, and after the European Championships in Denmark.

It is impossible to name people who I wish to thank for the great times I have experienced both in competition and the social gatherings. To the officials and administrators, and those behind the scenes who seem to be always forgotten, please accept my thanks, without you I would not be able to reminisce in years to come.

To the athletes who made up the programme, outside my events and to those who I directly competed with, thank you for time and effort you freely gave so that I was able to enjoy and participate in track and field athletics.

This does not only apply to the Championships but the open and league meetings the grass routes of athletics. I shall attend when and where possible at our meetings and look forward to being in your company, thank you to all concerned.

Allan Meddings

Dear Editor,

I am currently undertaking a research project on behalf of the Birmingham & District Cross Country League and am trying to compile a record of all the League Races since it's inception in 1926.

The League has a good archive from 1960 onwards but has no copies of results before that. I have scanned all the results sheets we have onto a computer for archive purposes, safekeeping and possible future distribution.

As a number of your members are likely to compete, or have competed in the past, in the League I am appealing for their help through the "Masters Athletics Magazine".

I am trying to get details or copies of any results your members may have of races prior to 1960. If they have full sets then please can they provide me with a photocopy? If they only have records for your club then please let me have these (names, positions, date, venues etc) and any team scores/positions so that I can try and 'assemble' the missing results. Even if you only have a record of the first few individuals or teams this may help.

If you know of anyone else who may have details then please let me know so that I can make contact.

Thank you in anticipation of your help.

Yours Sincerely

Chris Holloway, (Tipton Harriers)
01761-420053

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Masters to be? A few questions.

Quite reasonably, MA column space is mainly taken up with Track and Field. But what do the bulk of oldies do, and where are BMAF members likely to come from? The roads and trails.

It appears that Road Racing standards might be declining but, more positively, there more 35+ than ever taking up sport, or it seems to me there are more *Keep-fitters* appearing to try their hand on the roads and trails?

Many may never know the BMAF exists. There are even now, new organisers, themselves perhaps still in their 30s, not yet aware of the importance all regular athletes attach to age yardsticks.

Commentators for the London Marathon, who ought to know better, may give club runners a condescending mention, follow celebrities but continue to treat everyone as a charity runner. The majority of BMAF, officials and competitors, are probably too busy to fight this, or get on the staff, even if asked.

This event in itself is probably the best showpiece for BMAF.

Noble efforts at visiting Downing Street did not seem to yield results. Fitness or Fatness? Why don't the Government still see where to get free actors to help them in their opposition to obesity and smoking?

Again, even *within* the sport, many potential BMAF members may never know the BMAF exists.

On entry forms I used to see, "Awards according to BVAF recommendations", or similar. This itself prompted the question, "What does BVAF mean?"

Now, I could not tell a new runner those figures. Though they are often loosely adhered to, probably by default, perhaps it is time to put it in print again.

On 15 June, on a BBC R4 programme, on the over 80s I was delighted to hear Josie Waller

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still waving the flag ahead for me. I have now survived into the 70+ age group. It is getting lonely.

But I am enjoying my *running* more than ever. Yes, Gerard (see April, no. 67) training, some might call it. I note your useful reminder of what I SHOULD be doing.

But *as my priority*, I just run in the beautiful countryside here. As one of the gifted lucky ones, awards do not excite me. Like many regular winners I cannot stand plaque-crap, but usually politely accept them. Almost my only carrot now, is when an organiser keeps and publishes age-group course records. It does not work quite so well for fell, cross and trail, but that is when I am catching up in events with character, or new to me.

Racing? (Well, *competition?*) Yes of course, try me! It does not go away.

Mick Ward

In Search of Gold in "El" Dorado

The 2004 Pan American Masters Championships were held in the town of Dorado - an appropriate name - about 22 miles north of the capital of Puerto Rico, San Juan, between the 26th and 29th August this year.

Following an uneventful flight from Edinburgh I was met at the airport, as promised, by official transport, which took me to my hotel, set among trees and next to a forest conservation area.

The temperature at 10 pm was still in the high 70's with accompanying high humidity. It was a relief to get into the relative cool - 65f of my room.

Registration and the opening ceremony was on Wednesday 25th. My first event, shot, was on Thursday afternoon with temperatures in the high 80's accompanied by the omnipresent high humidity. There was a plentiful supply of both Officials and equipment thanks to the legacy of last year's Worlds in Carolina. so no problem there.

As my shot has suffered badly since my epic shoulder problems in 2000 I had no illusions about my chances but decided to modify my technique to a more dynamic, drop, drive and deliver with no pauses to take some of the stress off my shoulder. Success. My best in 2003 was well under 10m here I began with 10.84 followed in succession with 10.87, 10.90, 11.24, and 11.04. The 4th thrower threw 11.24 to equal my best but with a back up of 11.17, moved into 3rd. My last putt was a surprising and very pleasing 11.40 - best since pre injury - to take Bronze.

Friday 27th saw discus in still, hot, humid conditions from a slow circle but a season's best

of 38.68 was sufficient to secure my "El" Dorado Gold, successfully defending my title from Mexico 2002.

After returning to my hotel for a cool down I returned to the track courtesy of a local Police car, which was sent to fetch me. It was now in the heat of mid afternoon from the same slow circle. An exciting battle with a relative newcomer to my age group ensued with the first three rounds as follows - his throws first - 46+, 47.74, 49+, 49.08SB, 50.24, 47.42 we then threw in reverse order my throws first 49.87SB, 48+, 51.12 best since 2001, 50.84, 50.05, and 51.47. I was delighted with my throws and happy with my Silver in a very good contest. Saturday was a rest day spent exploring the surroundings and nearby beach.

Sunday 7.00am Temp 78, humidity 82%. It did NOT get cooler as the day wore on during the Weight Pentathlon. Legs felt absolutely drained Hammer was a very disappointing 44.21 and shot 10.09. Did some sprints to "waken up my legs" before discus and was rewarded with 38.60 followed by a SB of 39.70 a clear 9m win. A PB post shoulder of 22.82 in the javelin was followed with a useful 15.77 weight off one turn two 2-turn attempts did not improve the distance.

I was most surprised and delighted to find I had taken my second Silver with 3,645 pts 19 clear of Bronze, in my last contest as a 64 year old. Look out 65,s!!

As the sole British representative, I had to carry the Union Jack at the closing ceremony.

The flag bearers were then given seats beside the track with myself being placed next to the 2004 Carnival Queen - luckily for her on the downwind side as I had not had time to change. The local Folk Dance Troupe gave an exhibition which finished with members of the audience, myself included, being taken up to dance. The nifty circle footwork and misspent youth going dancing regularly came in very useful demonstrating that throwers are champ dancers as distinct from "damp chancers"!!!!

I was honoured by getting a special mention as "nos amigo des Escossias (sp?) by the MC and had to stand and take a bow.

All in all, a very enjoyable experience renewing old acquaintances and forging new friendships. Guatemala 2006??? Maybe!!!

Bill Gentleman

The Editor,
Masters Athletics,

Dear Sir,

As I will be 75 next birthday, I think I qualify as a Very Old Master (VOM). As nearly every VOM will agree (there are some fortunate exceptions) running at a pace which will ensure that you will not be completely left gets harder and harder as one gets slower and slower. I am sure that there must be many (VOM) who look back at the times they did even ten years ago with disbelief.

We (VOM) are a rare species and we need to be encouraged. But the problem we face

can be illustrated by a conversation, which I had with a (VOM) even older than myself (although he will be 80 this year he still races regularly).

I suggested that he should insist that there was a 0/80 prize in any race he ran. But he put his finger on the problem, pointing out that race organisers would be reluctant to do that, as they would know that he would be the only entrant in his age group.

That set me thinking. In some local races there is still no 0/70 prize as the organizers know that there is seldom significant competition at that age (indeed in a recent race in which I competed the prize list stopped at 0/60) By and large I sympathise with the position of the race organisers. But I want to propose a solution, which would be fair to all parties, would encourage (VOM) to keep running, and, moreover, give them something to aim for.

Wouldn't it be possible for the Federation to devise a set of performance benchmarks? For (VOM) which would represent a prize winning achievement? I am not proposing anything out of this world, merely a decent standard.

Supposing the benchmark standard was set for a 0/80 of one hour for a 10 K (that might be too severe but I am only trying to convey my basic idea) then any VOM in that age group would have a time to aim at and a feeling that if he achieved it he had earned the prize.

I would like the Federation to consider this proposal seriously. It would encourage runners to continue competing well past 70 and would also I hope gets rid of the patronising "Hasn't he/ she done well" culture.

Up the VOM !

MALCOLM PITTOCK

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, RTE, 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.

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European Veterans Track & Field Championships



Enrico Saraceni (47.82 for 400 m) of Italy with Kermitt Bentham

W55 World Record for Viv Bonner!

REPORT & PICTURES

BRIDGET CUSHEN

Twenty years after we hosted these Championships at Brighton and Crawley, then the largest track meeting ever staged in Britain, Denmark hosted the 14th edition, the biggest in their history, from 22 July-1 Aug. The verdant cities of "Århus and Randers", one hour apart by shuttle bus, welcomed 3,703 competitors from 46 nations, 352 of whom were British. Some here for the beer – at £4 per bottle – others intent on a medal. The M35-39 category making it's depute, attracted 159 athletes.

112 Championships, 35 European and 22 world records were broken during the 10 days of competition despite overcast skies, high humidity and some intermittent rain.

The accolade of Athlete of these championships would surely go to that durable outstanding German competitor, Guido Muller. The 66 year old won the 100m in 12.69, the 200 in a World record 25.46sec, 400m 56.41, 100m hurdles 13.61- a new World record, the 300mH in a World shattering 43.89 and untouchable anchor man in both relays. His high knee lift, fluent stride pattern and physique are more akin to that of a 30 year old. How does this man stay at the top of his age group? His world record of 55.18 at age 47 for the 400m hurdles back in 1986 still stands, as does his M55 58.92 over the lower hurdles, from 1995. He also has the M60 record for 300mH with 42.31 but taking Jack Greenwood's 1991 45.20 mark down to 43.89 is just class!

The tall Århus blond, bespectacled Gitta Karlshøj raced to victory in the W45 800m in 2.17.40, 1500m in 4.35.12, 5000m 10000 and marathon! The front running diminutive Portuguese, Francisco Vicente, collected a hat of gold in the M70 distance races. Nor can we exclude our own Steven Peters from that

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exclusive group as he sped to five gold's in the M50 sprints and relays.

After the 100m preliminaries, 39-year-old Christian Trajkovski, the Danish record holder with 10.71 from 2002, just held off Rohan Samuel and Will Macgee in the final. Anthony Noel and Dalton Powell won their M40 heats, semis, taking gold and silver in the final. Warren Frazer was 4th. Philip Delbaugh is the only Briton to defeat the ex-French international, Bruno Dupuy, now into the M45 group, winning here in 11.60. David Elderfield and Eric Smart were 2nd and 3rd.

Only on the sixth time of asking did the M50 dash get away. John Browne came out of the blocks like an Exocet missile but as Stephen Peters pulled along side him 15m from the finish, Browne leaped into the air and, clutching a calf muscle, lay on the sidelines out for the rest of the championships. Rotten luck for the Essex man as he was right on cue for individual medals as well as a key component of the relay. Averil McClelland was already on the plane home after her hamstring pull in the first heat of the W45 race. Stephen Peters, Viv Oliver and Wally Franklyn made it an easy British 1,2,3 in the 100/200 sprints. Joylyn Saunders Mullins got silver in the W50 100m and Viv Bonner sped to a dream World record when winning the W55 200m in 27.39. There were medals also for Maureen Lewington, Val Parsons and Ester Linaker. An unknown Spaniard handed Alan Meddings, in what he says is his swan song, a rare defeat in the M75 100/200m. But every master athlete must make at least one visit to his Mecca.



Viv Bonner great 200 metres World Record

Two years ago in Potsdam an appreciative crowd witnessed what, arguably, was the highlight of any of the European championships to date, a 40 year old running 400m in under 48 seconds. Darrell Maynard, the British Indoor and outdoor record holder, came head to head with the stocky Dutchman, Eric Roeske, holding him to the last 10m. Roeske's 47.86 looked secure on the record books. But, in Århus, enter the tall Italian, Enrico Saraceni, out on his own in lane 4, long mane flowing, racing to an amazing 47.82sec in the M40 400m. His victory in the 200m final on the penultimate day was as dramatic as he erased the 1992 world record of 21.86 set by Bill Collins, USA, with a scorching 21.59.

There were seven heats in the M40 400m with all Britain's getting into the semis, from where only the first two, plus two fastest losers got through. Tough qualifying conditions. Kermitt Bentham gave it his best shot but it was Jonathan Tilt who came through to take bronze behind the Italian. Virginia Mitchell, having yet another brilliant championships, got silver in the W40. David Elderfield won the M45, with Robert Franklin 3rd and Tony Mitchell 4th.

Stephen Peters made it gold number three in the M50 race ahead of Viv Oliver. The German, Michelchen closed in on Wally Franklyn to get bronze, with Robert Stevenson and Bob Minting filling the other places. Joylyn Saunders Mullins got her gold and a record, Anthony Paul and Mike Fox, bronze in their age group and Malvern's Laurence Oldfield ran 57.60 for silver in the M60 race.



Double Gold Sarah Heath

The 800m winning times appeared slow overall. Sarah Heath won the W40 800/1500; Pat Gallagher got gold and silver in the W55 events. In contrast, the 1500m races were some of the most thrilling. On day five after the drizzling rain had ceased, Dave Taylor ran a brilliant solo M40 race in 3.54.83 well inside the 1994 Championships record of 3.57.41 held by Carlos Cabral of Portugal. Letting 19 run in the M50 1500 final was questionable but it was a cracking race. Alastair Dunlop and Bristol's Dave Bedwell avoided the inevitable elbowing by leading from the front. Both were out kicked in the last desperate few strides by the unknown Nikolay Pushilin who, according to the Russians, emerged from the chrysalis of mediocrity to be one of their star performers as he also won the 5000m two days later. Dunlop picked up the first of his two silver medals. "Maybe I should have gone earlier," reflected the Isle of Lewis teacher. That tactic did not however work in the 800 on day ten as he and Bob Minting took the M50 field through the first lap in 62sec but when the other Russian, Alexander Kuzovnikov, kicked hard 110m out, neither could respond.

The Championship's M40 5000m record, set by Swansea's Alan Roper in Verona in 1988, stood at 14.46.37sec. When Dave Taylor threw in a 66 second opening lap and started lapping the

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tail enders after the 4th circuit, it became a question of by how much the London-based Surrey County senior champion and Olympic trails competitor, could break the record. He came home the length of the straight clear to take his second European title and Championships record in two days. A hard track, a yawning gap between him and his pursuers may have robbed him of greater things, but he knows it's there given the right conditions. Mike Boyle got caught for speed over the last few laps, as did Bill Foster in the M45 GROUP. Pam Jones snatched silver in the W65 and the BMAF cross country champion, Susan Ridley, a bronze in the W35 race.

World Masters Athletics and EVAA statisticians list the M40 10000m record as 28.30.88, achieved on the lucrative IAAF international circuit in 1991 by an athlete who was banned a few months later for taking performance-enhancing drugs. The 29 men who entered this event, paying their own expenses and no doubt in full time employment, knew this record may be out of their reach, but whatever happened to the ethos of level playing fields? The Spaniard, Peannilla, won in 30.11.48. Johann Hopfner, Germany, added the M45 title to his previous age group titles. The long and the short Jim Caddy and Ron Franklin got silver and bronze in the M75 group, Pam Jones W65 and William Johnson M60 each got bronze.

What a memorably Championships all our hurdlers enjoyed! Wave after wave of BMAF vests held pole positions coming off the last flight of hurdles. 4 out of the 5 Britain's reached the M40 and M45 400mH finals, some run in wet slippery conditions. MVAC member, Greg Dunston, led the M40 field home with Jonathan Tilt 3rd and Neil Tunstall 4th. Howard Moscrop followed by Tony Mitchell and Malcolm Bramhall, 5th in the M45. Robert Stevenson, David Anderson and Mark Lawson 6th in the M50, Tony Wells taking the M55 and Andrew Webb 4th. The blond N Ireland all rounder, Geraldine Finegan won the W35 with Angie Alstrachen 7th, Virginia Mitchell's W40 63.30 win was decisive, Clare Ackford got the bronze. After winning her W45 heat by a huge margin, Jane Horder got the race she needed in the final from the Russian, Irena Chernykh, 68.04 to 68.75. Age group competition of that sort only comes at these international events. Fred Bush picked up silver in the M60 300mH

The gold rush continued in the short hurdles. The Liverpool sisters, Manndy and Wendy Laing first and second in the W40 80mH. Tony Wells and Philip Mcilpatrick won their events. Greg Dunston got the M40 110mH from the Frenchman Patri, and a posse of Des Wilkinson, Gary Myles, Glen Reddington and Neil Tunstall.

The women's 2000m steeplechase continues to grow. Geraldine Finegan and Barbara Murrey were second in their races and Anne Martin had a solo run in the W65. The W40 race was won in 6.54.95. Jane Pidgeon was just out of the medals as were Nick Overton 5th and Steve

Lowe 11th in the M40. Seen competing in the M45 race was the 1980 Olympic 800m finalist, Dave Warren. Alan Williams cleared 3.90 for 2nd in the M50 pole vault behind Wolfgang Ritte, Germany, who raised the M50 World record to 4.71m last year, winning here with 4.51m, a new championship record. Hans Lagerqvist, the Swedish 1960 Olympian, added another EVAA title to his coffers winning the M60 event with a vault of 3.55m from John Bradley. Irie Hill won the W35 clearing 3.90. The inseparable Irish twins, Dorothy and Sheila McLennan, got gold and silver in the W65 event.



Irie Hill wins W35 Pole Vault

Jenny Brown set a British record in the W45 high jump clearing 1.63m; Wendy Laing won the W40 event. Ruddy Farquharson, Rez Cameron went 1 and 2 in the M40 triple jump, Julian Gittens was 6th. The M40 javelin was won with a throw of 67.74. Keith Beard got 2nd and Trevor Radcliffe the bronze. Wayne Martin's 19 placing in the M45 decathlon on the first two days, was a brave effort after his nasty experience on the autobahn. John Charlton was 2nd in the M55 event notching up 7194 points, but Thorsten Dauth's 7013 in the M35 after his disappointing 3.90 pole vault, was brilliant.



Neil Griffin wins Discus and Shot.

Medals did not come easy in either the men's or women's field events where the standard and participation is so often superior to that of the World championships. Competitors could justify their travelling expenses with a choice of decathlon/ heptathlon, a pentathlon, weight throw and weight pentathlon in addition to the normal field events. Most, unfortunately, were relegated to adjacent fields away from the spectators. What a pity that the drizzling rain, humidity, and a slippery circle surface marred an otherwise great M40 shot putt competition in the main stadium on the 25th. Enrico Pyritz,

Germany, reached 16.72 for gold from the Russian, Fedyashcin with a putt of 16.71. Steve Whyte got the bronze with 16.12m. Neil Griffin held his form winning the M55 with 14.47. Claire Cameron was the only BMAF woman to get a medal, but there were several PBs. There were gold's for Steve in the Weight, Geraldine Finegan and Wendy Laing in the Heptathlon, where Charmaine Johnson got a silver and everywhere Jenny Brown went, so too did the Swiss international Christine Muller.

Pam Horwill won the W70 5km walk. On the warmest day 170 walkers lined up for the 20k walk over a perfectly designed spectator course that, fortunately, offered some shade. 82 year old Len Creo clocked in at 2.28.49 to take the M80 race, days after winning the 5km on the track in a time that would have given him a silver medal in the M75s. 18 walkers, mostly in the older age groups, were disqualified and 27 failed to finish.

The marathon was won by the 45 year old Frenchman, Jean Duparfait, in 2.29.06 from San Marino's lone Championships representative, Sian Macina, taking the M40 title in 2.32.04. Note the winning times in the M45 through to M60 and the first three women home, all less than 3 hours for a testing course in humid conditions. All 16 Britons finished. The Stoke-on-Trent runner, Julia Myatt came in behind the Slovenian, Ida Surbek, for a well-deserved silver medal in 2.58.13, great running.

On the final day, we got medals, mostly gold, in eleven of the 17 age group relays. Who said relays were not exciting!



Paul Oakes in the Mens Decathlon

100:
M35 (0.1) : 2nd Rohan Samuel 11.25; 3rd Will McGee 11.27;
M40 (-0.9) 1st Anthony Noel 11.06; 2nd Dalton Powell 11.39 (11.37 / -0.4 ht) ; 4th Warren Fraser 11.76 (11.64 / 1.2 ht); : (QR) John Crowley 11.69 / 0.6; David Kemp 11.79 / 1.2;
M45: (QR) David Elderfield 11.65 / 0.2; Eric Smart 11.84 / 0.6; Iain McEwan 12.59 / 0.2; Robert Cawson 12.30 / 1.6; Roderick Davies 13.39 / 1.6;
M50 (-1.1) : 1st Stephen Peters 11.54 ; 2nd Viv Oliver 11.96 ; 3rd Walwyn Franklyn 12.00 ; (QR): John Browne 11.92 / 0.2;
M55 : (QR) : Tony Wells 13.10 / 0.7; Michael Clerihew 13.15 / 0.0; Bruce Hendrie 13.16 / 1.0; Mike Erith 14.18 / 0.7;
M60: (QR) Terry Blissett 13.14 / 0.3; John Steede 13.32 / 0.3; Mike Gravey 13.42 / -1.6; Barry Ferguson 13.98 / -2.0;

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M65 (0.2) : 7th Tony Bowman 13.69 (13.44/ 1.1ht); **(QR) :** Dave Burton 13.91 / -0.6;
M70 (1.7) : 5th Alan Mellett 13.88; **(QR) :** George Cheetham 14.95 / -0.6; Gordon Daborn 14.99 / -0.2; Phil Whitaker 17.50 / -2.6;
M75 (1.1) : 2nd Alan Meddings 14.30; **(QR) :** Kenneth Crooke 18.58 / -2.2;
W35: (QR) : Abiola Onatade 14.20 / 0.3;
W40 (NW1) : 6th Kirstin King 13.24 (12.99 / 0.2 ht); **(QRs) :** Clare Acford 13.35 / 0.1; Angela Fudge 13.52 / 0.1; Angela Beadnall 13.78 / 0.2; Lesley Hopkins 14.03 / 0.2;
W50 (-1.3) : 2nd Joylyn Saunders -Mullins 13.66; 4th Helen Godsell 13.80 (13.49 / -0.3 ht); **(QR) :** Pam Garvey 15.83 / -0.6; Anne -Grete Howarth 17.52 / -1.1;
W55 (-0.7) : 2nd Maureen Lewington 13.96 (13.90 / -1.4 ht) ; 3rd Valerie Parsons 14.24 (14.12 / -0.8 ht) ; 7th Yvonne Priestman 14.70 (14.65 / 1.4 ht) ;
W60 (-2.1) : 3rd Esther Linaker 14.66 (14.65 / -2.0 ht); 6th Iris Holder 15.90 (15.67 / -2.0ht) ; **(QR) :** Mollie Mills 17.23 / -1.6; Margaret Coombe 17.84 / -1.6;
W65: (-1.4) : 7th Dorothy Fraser 16.89;
W70 (0.2) : 4th Betty Steedman 18.28 (18.04 / -1.1ht); **(QR) :** Brenda Green 20.22 / -1.1;
W80 (0.9) : 2nd Mary Wixey 24.26;
2000:
M35 (0.1) : 2nd Will McGee 23.05; 4th Mark Perry 24.10; 7th Eli Barnett 25.13 (25.09 / 0.4 qr);
M40 (1.1) : 4th Warren Fraser 23.56 (23.49 / 2.6 qr); **(QR) :** Nick Grocock 23.99 / 2.6; David Stephenson 25.52 / 1.4;
M45 (0.2) : 2nd Eric Smart 23.80 (23.62 / NW1qr) ; 7th Alan Harrison 24.48; **(QR) :** Martin Phillips 24.73 / NW1; Rob Cawson 25.05 / NW1; Clive Pengelly 25.67 / 0.6; Roderick Davies 27.68 / 2.2;
M50 (0.4) : 1st Stephen Peters 22.74; 2nd Viv Oliver 23.78; 3rd Walwyn Franklyn 24.13; 6th Philip Bell 25.63 (25.60 / 2.7qr); **(QR) :** John Browne 25.57 / 2.6
M55 (0.8) : 4th Paul Anthony 25.60 (25.54 / 1.1qr); **(QR) :** Tony Wells 26.48 / 1.1; Bruce Hendrie 26.81 / 1.5; Mike Erith 28.36 / 2.4;
M60 (0.0) : 4th Lawrence Oldfield 26.05; 8th Terry Bisset 26.87 (26.76 / 1.7qr) ; **(QR) :** Winston Thomas 27.37 / 1.7; John Steede 27.47 / 1.5;
M65 (1.8) : 8th Tony Bowman 28.56 (28.28 / 0.9qr); **(QR) :** Dave Burton 29.38 / 2.1; Colin Field 29.69 / 1.3;
M70: (1.2) : 4th Alan Mellett 28.26; **(QR) :** George Cheetham 30.32 / 0.9; Gordon Daborn 31.08 / 0.9; Colin Field 31.30 / 2.1; Geoffrey Feast 31.44 / 3.0;
M75 (0.9) : 2nd Allan Meddings 29.63 (29.62 / 0.4qr);
W35: (QR) : Angie Alstrachen 28.69 / 2.4; Abi Onatade 29.64 / 0.2;
W40 (0.0) : 7th Kirstin King 27.71 (26.73 / 1.8 qr); **(QR) :** Angela Beadnall 27.85 / 2.4; Denise Timmis 28.64 / 1.8; Lesley Hopkins 29.08 / 1.0;
W45 (1.7) : 7th Edna Roe 28.34;
W50 (1.3) : 2nd Joylyn Saunders-Mullins 27.98 (27.88 / 2.1qr) ; 3rd Helen Godsell 27.98 ;
W55 (0.5) : 1st Vivien Bonner 27.39 (World Record) ; 4th Maureen Lewington 28.84 (28.82 / NW1qr); 5th Yvonne Priestman 29.68 (29.44 / 0.8qr);
W60 (1.4) : 5th Iris Holder 33.24 (32.74 / 1.3qr); 7th Marjorie Hocknell 33.90 (33.48 / 1.3qr); **(QR) :** Esther Linnaker 31.06 / 1.3
W65 (1.8) : 5th Dorothy Fraser 34.08 ;
W70 (0.0) : 4th Betty Steedman 38.04; 6th Brenda Green 45.80;
400:
M35: 5th Eli Barnett 56.30;
M40: 3rd Jonathan Tilt 51.08; 4th Kermit Bentham 51.81 (51.50 ht) ; 7th Tony Noel 52.38 (52.02 ht); **(QR) :** Dalton Powell 52.23; Nichols Grocock 53.01; Warren Fraser 53.95; Neil Tunstall 53.94; Steven Lowe 55.69; Andy Gannaway 56.91; Danny Hodge 57.05; David Stephenson 57.88;

M45: 1st David Elderfield 51.46; 3rd Robert Franklin 53.08; 4th Tony Mitchell 53.31; : **(QR) :** Martin Phillips 55.20; Alan Harrison 53.97; Brian Larkin 58.72; Michael Coker 61.17;
M50: 1st Stephen Peters 51.69 (British Record); 2nd Viv Oliver 54.41; 4th Walwyn Franklyn 54.68; 5th Robert Stevenson 55.08; 6th Robert Minting 55.67; **(QR) :** Philip Bell 59.02;
M55: 3rd Paul Anthony 56.61; **(QR) :** Bruce Hendrie 59.35; Tony Wells 59.94; Mike Erith 60.89; Robin Davies 70.83;
M60: 2nd Lawrence Oldfield 57.60 (British Record); **(QR) :** Winston Thomas 61.69; Fred Bush 62.93; John Scott 71.98;
M65: **(QR) :** Tony Bowman 66.32; Colin Field 72.59;
M70: 3rd Mike Fox 67.47 (66.93 British Record ht); 6th Gordon Daborn 78.97 (72.83 ht); **(QR) :** Geoffrey Feast 74.01; Tom Wyer 78.11; Derik Howarth 79.46;
M75: **(QR) :** Kenneth Crooke 93.30; Norman Copping 98.76;
W35: 7th Geraldine Finegan 60.89 (60.25 ht) ; **(QR) :** Angie Alstrachen 65.24;
W40: 2nd Virginia Mitchell 58.81; 5th Clare Acford 61.56; : **(QR) :** Angela Beadnall 63.74; Denise Timmis 65.16; Lesley Hopkins 65.51; Tessa Stephenson 66.66;
W45: 4th Barbara Lock 62.84; 5th Jenny Brown 63.59 (62.88 ht); 6th Barbara Murray 63.80; **(QR) :** Jane Horder 63.22; Edna Row 64.66; Kate Rogers 69.29; Jane Goatcher 81.99;
W50: 1st Joylyn Saunders-Mullins 62.76;
W55: 4th Yvonne Priestman 69.28; **(QR) :** Jean O'Neil (IRE) 78.56;
W60: 6th Marjorie Hocknell 79.04 (78.92ht);
W65: 2nd Dorothy Fraser 77.26 (British Record);
W70: 3rd Brenda Green 1:57.03;
800:
M35: 7th Cliff Young 2:24.19;
M40: 4th Sean Price 2:00.19; **(QR) :** Steven Lowe 2:03.86; Andy Gannaway 2:08.83;
M45: 4th Richard Holland 2:06.85; 5th Martin Kelly (IRE) 2:07.41; **(QR) :** Robert Franklin 2:07.57; David Barlow 2:11.11; Michael McGovern (IRE) 2:14.52; David Warren 2:15.82;
M50: 2nd Alistair Dunlop 2:03.48; 3rd Bob Minting 2:05.01; **(QR) :** Raphael Murray 2:11.01; Fred Pidgeon 2:13.18;
M55: 1st Mike Erith 2:14.17; **(QR) :** Francis Cannon 2:20.51; Robin Davies 2:38.61; Sidney Molyneux 2:58.78;
M60: 7th Fred Bush 2:21.52; 8th Mike Dixon 2: 23.23 (2:23.08 qr) ; **(QR) :** Mike Smith 2:23.62; John Garber 2:26.69; Colin Turner 2:28.11; John Wishart 2:32.99;
M65: 3rd John Newcombe 2:24.64; 6th Arthur Kimber 2:30.81;
M70: 2nd Mike Fox 2:34.37; 5th Derik Howarth 2:53.41; 7th Tom Wyer 3:03.78;
M75: 10th Norman Copping 3:52.71;
W35: 3rd Geraldine Finegan 2:17.05; 4th Bernadette White (IRE) 2:18.72; 5th Mary Edwards 2:18.96;
W40: 1st Sarah Heath 2:14.16; 4th Alison Hurford 2:19.27; 5th Pauline Atkinson 2:19.60; **(QR) :** Sharyn Ramage 2:24.76; Jane Pidgeon 2:28.45; Susan Walsh (IRE) 2:30.29; Carol-Ann Gray 2:31.53;
W45: 4th Barbara Lock 2:21.83; **(QR) :** Jenny Brown 2:28.06; Kate Rogers 2:35.09; Jane Searle 2:39.18;
W50: 2nd Jacqueline Walpole 2:30.21 (2:27.96qr); 5th Nancy Hitchmough 2:32.92 (2:30.57qr); **(QR) :** Mary Halstead 2:47.24;
W55: 1st Pat Gallagher 2:42.01;
W65: 4th Anne Woodlock (IRE) 3:13.86;
1500:
M35: 6th Andrew Del Nevo 4:31.05;
M40: 1st David Taylor 3:54.83; 9th Wayne Speake 4:13.08; 13th Nick Overton 4:16.84; 15th Dominick Bonner (IRE) 4:22.37;
M45: 9th Martin Kelly (IRE) 4:21.00; 10th Richard Holland 4:22.40;

M50: 2nd Alastair Dunlop 4:21.31; 3rd David Bedwell 4:21.55; 12th Raphael Murray 4:30.65 (4:30.78 ht); 15th Fred Pidgeon 4:33.95 (4:31.52 ht) ; **(QR) :** Peter Kennedy 4:35.74; Archie Jenkins 5:19.09; Kevin Dillon 6:17.70;
M55: 5th Mike Erith 4:37.19; **(QR) :** Charles Dickinson 4:47.77; Francis Cannon 5:08.23; Arnold Bradshaw 5:14.96; Sidney Molyneux 5:54.72;
M60: 4th Michael Smith 4:52.64; 11th John Garber 5:11.35 (5:09.09 ht); 12th John Wishart 5:13.18 (5:13.06 ht);
M65: 6th Arthur Kimber 5:17.75;
M70: 10th Derik Howarth 5:58.99; 13th Richard Pitcairn-Knowles 6:18.49; 17th Arthur Walshaw 7:41.84;
M75: 5th Arthur Bruce 7:04.68; 6th James Caddy 7:16.53; 8th Norman Copping 7:39.81; 9th Nick Cornish (IRE) 7:47.34; 10th Kenneth Crooke 7:48.06;
M80: 5th Norman Jordan 7:52.38;
W35: 4th Bernadette White (IRE) 4:53.02;
W40: 1st Sarah Heath 4:35.99; 4th Alison Hurford 4:45.02; 5th Jane Pidgeon 4:54.90; Sharyn Ramage 4:56.83; 7th Pauline Atkinson 4:58.22; 10th Carol-Ann Gray 5:22.99; 11th Lynne Marr 5:28.36;
W45: 5th Denise Farnham 5:01.32; 10th Kate Rogers 5:24.82;
W50: 4th Nancy Hitchmough 5:12.63; 5th Joyce Barrus 5:18.23; 6th Mary Halsead 5:33.73;
W55: 3rd Pat Gallagher 5:22.48;
W65: 4th Pam Jones 6:36.20;
5000:
M40: 1st David Taylor 14:26.95; 6th Mike Boyle 15:24.23; 15th Domick Boner (IRE) 16:00.87; 30th Simon Denley 18:03.24;
M45: 5th William Foster 15:23.60; 18th Dickie Wythe 16:59.06; 22nd Desie Shorten (IRE) 17:10.50; 25th Mark Connolly (IRE) 17:48.60; 27th Bernard McCabe (IRE) 17:53.11; 29th Colin Oxlade 18:02.09;
M50: 16th Peter Kennedy 17:04.83; 20th Richard Pitt 17:22.24; 27th William Curran 18:07.64; 34th Alan Rich 19:32.18; 35th Rob Sargent 19:53.81;
M55: 4th Charles Dickinson 17:12.28; 11th Mike Erith 17:45.82; 18th Ian Donnelly 19:30.17; 19th Jerry Murphy (IRE) 19:48.70; 20th Arnold Bradshaw 19:52.72; 22nd Danny Mullane 21:50.90; 23rd Sidney Molyneux 22:14.85;
M60: 4th Peter Giles 17:45.60; 14th William Johnson 19:30.19; 20th George Lawson 21:03.39;
M70: 13th Derik Howarth 21:54.43; 15th Richard Pitcairn-Knowles 22:52.39; 18th William Dunne (IRE) 23:49.26; 21st Thomas Davidson 25:48.55; 23rd Arthur Walshaw 28:30.17;
M75: 4th James Caddy 26:16.93; 5 Ron Franklin 26:22.22; 6th Frank Copping 28:04.68; 8th Arthur Bruce 28:32.56; 9th Nick Corish (IRE) 29:27.82;
M80: 4th Norman Jordan 28:56.15;
W35: 3rd Susan Ridley 17:46.38; 8th Karen Haldane 21:25.54;
W40: 10th Lynne Marr 19:43.03;
W45: 3rd Denise Farnham 18:05.88;
W50: 7th Mary Halstead 20:33.74;
W55: 6th Maureen Coffey (IRE) 21:19.54; 7th Pauline Rich 21:22.07; 15th Brenda Bradshaw 25:41.19;
W60: 7th June Johnson 22:39.09; 9th Betty Tracey 24:00.96; 12th Mary Fitzgerald 25:01.16;
W65: 2nd Pam Jones 23:27.66;
10000:
M35: 2nd Ian Johnston 32:49.13; **M40:** 4th Mike Boyle 31:45.42; 15th David Cooper 35:15.28;
M45: 9th Desie Shorten (IRE) 35:39.93; 16th Dickie Wythe 36:46.07; 22nd Colin Oxlade 40:17.30;
M50: 10th Paul Williams 36:10.20; 24th Alan Rich 40:39.88; 25th Rob Sargent 41:54.23;
M55: 4th Martin McEvilly (IRE) 36:17.12; 16th Mike Erith 41:42.89; 17th Jerry Murphy (IRE) 41:49.81; 18th Danny Mullane 45:09.55;
M60: 9th John Wishart 39:47.92; 12th William Johnson 41:28.93; 17th George Lawson 43:49.19;
M70: 10th Derik Howarth 44:55.83; 16th Richard

INTERNATIONAL EVENTS

Pitcairn-Knowles 49:30.02; 19th Arthur Walsham 61:34.33;
M75: 2nd James Caddy 54:25.79; 3rd Ron Franklin 57:01.22;
W35: 4th Susan Ridley 37:12.55;
W40: 5th Lynne Marr 42:41.46;
W55: 8th Maureen Coffey (IRE) 45:24.59; 9th Evelyn McNelis (IRE) 45:41.72; 10th Pauline Rich 45:45.39;
W60: 4th June Johnson 46:47.54; 5th Betty Stracey 49:37.82;
W65: 3rd Pamela Jones 48:21.42;
MARATHON:
M35: 4th Mikhail Popov 2:56:55;
M40: 19th Michel Spencer 3:13:58; 22nd James Phibbs (IRE) 3:21:46; 30th Alan Roberts 3:39:06; 36th Martin Rosell 4:00:37;
M50: 10th Richard Pitt 2:55:34; 31st Rob Sargent 3:25:39;
M55: 6th Michael Spragg 2:58:17; 18th Mike Erith 3:24:39; 21st Ian Donnelly 3:30:52;
M60: 6th Peter Giles 3:09:01; 14th John Taylor 3:28:33;
M65: 9th Francis Arthurs 3:58:52;
W40: 2nd Julia Myatt 2:58.13; 8th Celia Findlay 3:21.16;
W45: 17th Kate Rogers 4:19.51;
W50: 22nd Chrissie Brooks 4:32.46;
W55: 5th Veronice Manly 3:39:48;
W60: 10th Betty Stracey 4:52:53;
2000SC:
W35: 2nd Geraldine Finegan 7:41.26 ; 4th Angie Alstrachen 8:45.22;
W40: 4th Jane Pidgeon 7:34.14 ;
W45: 2nd Barbara Murray 8:44.29
W65: 1st Anne Martin 11:13.08
3000 SC:
M40: 5th Nick Overton 10:02.60; 11th Steven Lowe 11:04.14;
M45: 8th Dickie Wythe 11:06.83; 11th David Warren 12:17.32;
M50: 9th Raphael Murray 11:31.00;
M55: 2nd Martin McEvilly 11:01.71;
80H:
M70 (0.3): 5th Gordon Daborn 14.66; (QR): Jim Day 16.05 / 0.8; Peter Field 16.11 / 0.4; Keith Whitaker 18.67 / 0.8;
W40 (2.0) : 1st Manndy Laing 11.96; 2nd Wendy Laing 12.05; 4th Sally Stagles 12.53;
W50: (QR): Pam Garvey 17.64 / -0.1;
100H:
M50 (0.1): 1st Philip McIlfatrick 14.63 (14.47 / 1.8:qr)
M55 (0.7): 1st Tony Wells 14.97 (British Record); 8th John Charlton 20.82 (16.81 / -0.6qr); (QR): Bohdan Luklinski 18.50 / 1.4;
M60: (QR): Barry Ferguson 16.93 / -0.1;
M65 (0.9): 4th Tony Bowman 18.98;
110H:
M40 (1.5) : 1st Greg Dunson 14.67; 3rd Des Wilkinson 15.73 (15.40 / 3.2qr); 4th Gary Myles 15.90; 5th Glen Reddington 16.07; 6th Neil Tunstall 16.53 (16.33 / 3.2qr) ;
M45 (1.4): 6th Clive Pengelly 17.71; 7th Michael Coker 18.04;
300H:
M60: 2nd Fred Bush 48.81;
M65: 4th Tony Bowman 50.24;
M70: 6th Gordon Dabourne 55.06; 7th Peter Field 56.51;
400H:
M40: 1st Greg Dunson 56.65 (56.05ht) ; 3rd Jonathon Tilt 57.35; 4th Neil Tunstall 58.14; 8th Danny Hodge 62.19 (60.37 ht) ; (QR) Charles Moody 60.77;
M45: 1st Howard Moscrop 57.46; 2nd Tony Mitchell 59.06; 5th Malcolm Bramhall 61.36; 8th David Moles 82.06 (61.28 ht) ; (QR) Clive Pengelly 63.70;
M50: 1st Robert Stevenson 58.51; 2nd David Anderson 58.86; 6th Robert Lawson 67.65;

M55: 1st Tony Wells 63.78; 4th Andrew Webb 69.27;
W35: 2nd Geraldine Finegan 64.39; 7th Angie Alstrachen 74.65 (72.74 ht) ;
W40: 1st Virginia Mitchell 63.30 (British Record); 3rd Clare Axford 68.32;
W45: 1st Jane Horder 68.04;
HIGH JUMP:
M45: 10th Colin Hague 1.60; 12th Iain McEwan 1.60;
W40: 1st Wendy Laing 1.55; 7th Hazel Barker 1.45;
W45: 1st Jenny Brown 1.63 (British Record); 8th Jane Goatcher 1.25;
W50: 6th Pam Garvey 1.30;
POLE VAULT:
M50: 2nd Allan Williams 3.90;
M55: Eq11th Bruce Hendrie 2.80;
M60: 2nd John Bradley 3.30; 8th John Howe 3.00; 13th Brian Harlick 2.70;
M70: 2nd Jim day 2.60;
M75: Eq3 Alf Woods 2.10;
W35: 1st Irie Hill 3.90;
W50: 2nd Sue Yeomans 2.50;
W60: 1st Margaret Coombe 2.10 (Eq British Record);
W65: 1st Dorothy McLennan (IRE) 1.90 (Eq European Record); 2nd Sheila Cahmpion (IRE) 1.50;
LONG JUMP:
M40: 8th John Shepherd 5.59 / -0.5;
M45: (QR) : Trevor Wade 5.98 / nwi; Roderick Davies 4.24 / 0.2;
M50: 7th Kenneth Jackson 5.47 / 1.6;
M55: 2nd Mike Clerihew 5.55 / 4.2; M60: 10th Mike Gravey 4.80 / 1.6; (QR) James Parish 4.13 / -0.9;
M70: 8th James Christie 2.59 / NWI;
W35: 6th Catherine Goddard 4.96 / 0.3;
W40: 10th Denise Timmis 4.55 / 0.2 (4.84/-0.6 qr); 12th Jan Harcastle 4.04 / 0.1 (4.44/-0.6 qr) ;
W50: 13th Anne-Grete Howarth 3.29/1.5; 15th Linda Harrison 3.12/1.5 ;
W60: 4th Iris Holder 3.86/ 0.4;
W80: 3rd Mary Wixey 1.85/-0.5;
TRIPLE JUMP:
M40: 1st Ruddy Farquharson 14.54 / 2.0 ; 2nd Rez Cameron 14.01 / 1.1; 6th Julien Gittens 13.08 / -0.3; (QR) Paul Hopes 11.22 / -1.0;
M60: 14th James Parish 8.76 / 0.6;
M75: 6th Hugh Gallagher (IRE) 4.33 / 0.9;
W35: 8th Irie Hill 10.10 / -1.4; 9th Joan Chambers 8.91 / -0.2;
W45: 2nd Jenny Brown 10.61 / 0.6 (British Record); W50: 7 th Linda Harrison 6.94 / 0.3; 8th Grete Howarth 6.67 / 0.3;
W55: 5th Pat Oakes 8.01 / -0.6;
W80: 2nd Mary Wixey 3.63 / -1.1;
SHOT:
M40: 3rd Steve Whyte 16.12; 7th Andrew Turner 14.23; 13th David Burrell 10.42;
M50: (QR) : Tim Saunders -Mullins 9.89;
M55: 1st Neil Griffin 14.47 (Eq British Record); M60: 22nd Godfrey Leak 10.79;
M70: 10th Gordon Hickey 11.28; 14th Clifford Taylor 10.02; 17th Jaroslav Hanus 9.22;
W35: 13th Catarina Hallden 7.49;
W40: 5th Charmaine Johnson 12.35; 11th Alison George 9.30;
W45: 3rd Claire Cameron 10.64; W50: 6th Vilma Thompson 10.40;
W70: Marie Grant-Stevens 6.19;
DISCUS:
M40: 3rd Steve Whyte 46.83; 7th Andrew Turner 44.21; 13th David Burrell 33.13;
M50: 26th Tim Saunders-Mullins 19.10;
M55: 1st Neil Griffin 49.51; 17th Mike Hazelwood 34.26;
M60: 16th Godfrey Leak 40.82;
M70: 18th Jaroslav Hanus 25.58;
W35: 1st Susan Freebairn 43.45; 10th Catarina Hallden 29.36;
W45: 4th Claire Cameron 36.22;

W65: 5th Carol Derrian 21.15;
W70: 7th Marie Grant-Stevens 16.07;
HAMMER:
M40: 1st Steve Whyte 59.43; 3 Russell Payne 49.6th Andrew Turner 46.07; 10th David Burrell 42.32;
M50: 8th Alan Woods 49.61; 15th Tim Saunders-Mullins 27.81;
M60: 4th Chris Melliush 51.75; 8th Patsy Conboy (IRE) 44.93; 15th Godfrey Leak 33.10;
M70: 12th Jaroslav Hanus 33.89; 14th Michael McGarry (IRE) 33.08;
W35: 10th Catarina Hallden 28.80;
W40: 13th Alison George 26.32;
W45: 4th Claire Cameron 33.75; 5th Brenda Russell 30.39; 9th Jennifer Piercy 27.72;
W65: 6th Carol Derrian 22.45;
JAVELIN:
M40: 2nd Keith Beard 65.55; 3rd Trevor Ratcliffe 59.46;
M50: Paul Oakes 44.17; 20th Tim Saunders-Mullins 20.80;
M55: Michael Hazelwood 43.49;
M65: 13th Gerald Ratcliffe 32.95;
M75: 14th Hugh Gallagher (IRE) 18.99;
W35: 7th Norman Bruce 27.80;
W40: 7th Caroline Garrett 38.10;
W45: 7th Jane Goatcher 20.82;
W50: 9th Kirsten Workman 24.28; 12th Vilma Thompson 22.29;
W60: 9th Margaret Coombe 19.45;
W80: 3rd Mary Wixey 7.59;
WEIGHT:
M40: 1st Steve Whyte 18.52;
M55: 2nd Neil Griffin 16.78; 7th Michael Hazelwood 13.27;
M60: 6th Chris Melliush 17.10; 7th Patsy Conboy (IRE) 16.82; 10th Godfrey Leak 14.18;
M70: 12th Jaroslav Hanus 11.68;
W35: 7th Catarina Hallden 9.63;
W40: 8th Alison George 8.46;
W45: 4th Claire Cameron 11.41; 5th Brenda Russell 10.61;
W50: 5th Vilma Thompson 10.72;
W65: 4th Carol Derrian 10.45;
DECATHLON:
M45: 14th Gary Walker 5172; 19th Wayne Martin 3055;
M50: 11th Paul Oakes 5173;
M55: 2nd John Charlton 7194;
M60: 12th Brian Harlick 3957;
M70: 7th Clifford Taylor 4700;
HEPTATHLON:
W35: 1st Geraldine Finegan 4378; 3rd Catherine Goddard 4101;
W40: 1st Wendy Laing 5544; 2nd Charmaine Johnson 5352;
W45: 2nd Jenny Brown 5665; 5th Gillian Dobson 4217;
PENTATHLON
M45: 12th Wayne Martin 1092;
M50: 7th Stephen Nelson 3001;
M55: 3rd Mike Clerihew 3305;
M65: 1st John Ross 3633;
M70: 5th Clifford Taylor 2455;
W40: 2nd Manndy Laing 3669;
W45: 1st Jenny Brown 4176;
WEIGHT PENTATHLON
M40: 1st Steve Whyte 4174; 6th David Burrell 2900;
M50: 2nd Mike Small 4148; 18th Tim Saunders -Mullins 1994;
M65: 5th John Freebairn 3782;
M55: 2nd Neil Griffin 4435;
M60: 13th Patsy Conboy (IRE) 3434;
M70: 13th Godon Hickey 3863; 17th Mike McGary (IRE) 3585;
M75: 12th Hugh Gallagher (IRE) 2157;
W35: 4th Susan Freebairn 3361; 9th Catarina Hallden 2283;
W45: 3rd Claire Cameron 3668;
W50: 9th Vilma Thompson 3052;

W65: 6th Carol Derrian 34:49;
5k WALK:
M40: 3rd James Gibbons (IRE) 22:57.61;
W50: 15th Sean Pender (IRE) 29:18.01;
W65: 2nd Anthony King (IRE) 25:55.49;
M60: 3rd Colin Turner 26:46.86; 6th Ed Shillabeer 27:29.36;
M70: 3rd Douglas Fotheringham 30:11.52; 8th Eric Horwill 34:09.07; 10th Ken Livermore 34:34.71;
M75: 7th Denis Withers 36:03.03;
M80: 1st Len Creo 33:31.55; 4th Jack Fitzgerald 42:56.59;
W35: 5th Julie Bellfield 30:51.56;
W40: 4th Elizabeth Harris 34:20.98; 5th Anne Gormley (IRE) 35:22.85;
W45: 4th Anne McGill (IRE) 28:51.32;
W65: 2nd Jill Langford 33:13.55; 5th Sheila Champion (IRE) 40:54.59;
W70: 1st Pam Horwill 35:39.49;
10k WALK:
W35: 5th Julie Bellfield 1:03.36;
W40: 4th Elizabeth Harris 1:10.50; 5th Anne Gormley (IRE) 1:11.30;
W45: 3rd Anne McGill 58:11;
W65: 2nd Jill Langfield 1:08.14;
W70: 1st Pam Horwill 1:11.23;
20K WALK:
M35: 5th Dwane Butterly 1:55.14;
M40: 2nd James Gibbons (IRE) 1:41.12;
M50: 2nd Richard Emsley 1:45.03; 5th Charles Ryan 1:49.47;
M55: 2nd Anthony King (IRE) 2:02.21; 5th David Kates 1:55.56; 19th John McMullin (IRE) 2:19.45;
M60: 4th Ed Shillabeer 1:55.23; 5th Ron Penfold 1:55.39;
M65: 7th David Stevens 2:07.25; 9th Colin Young 2:11.42; 18th Francis ArthurS (IRE) 2:32.40; 19th John Marshall 2:38.53;
M70: 3rd Doug Fotheringham 2:14.06; 6th Eric Horwill 2:22.08; 8th Ken Livermore 2:29.50;
M80: 1st Len Creo 2:28.49;
4x100:
M35: 3rd GBR (Cliff Young, Andy Gannaway, David Stephenson, Eli Barnett) 49.79;
M40: 6th GBR (Warren Fraser, Nick Grocock, Glen Reddington, Neil Tunstall) 49.21;
M45: 2nd GBR (Martin Phillips, Alan Harrison, Rob Cawson, Eric Smart) 46.36;
M50: 1st GBR (Walwyn Franklyn, Stephen Peters, Phillip Bell, Viv Oliver) 45.87;
M55: 1st GBR (Tony Wells, Mike Clerihew, Bruce Hendrie, John Charlton) 49.16;
W65: 3rd GBR (Colin Field, John Ross, Dave Charlton, Tony Bowman) 53.61;
M70: 1st GBR (George Cheetham, Gordon Daborn, Alan Mellett, Allan Meddings) 56.32;
M75: 3rd GBR (Ken Crooke, Frank Copping, James Caddy, Ron Franklin) 1:28.45;
W35: 2nd GBR (Abi Ontade, Angela Beadnall, Angie Alstrachen, Geraldine Finegan) 52.57;
W40: 2nd GBR (Manndy Laing, Wendy Laing, Lesley Hopkins, Kirstin King) 51.75;
W45: 2nd GBR (Barbara Lock, Jane Searle, Jenny Brown, Edna Roe) 56.59;
W50: 3rd GBR (Anne Howarth, Joylyn Saunders-Mullins, Pam Garvey, Helen Godsell) 58.86;
W55: 1st GBR (Yvonne Priestman, Maureen Lewington, Valarie Parsons, Vivien Bonner) 54.31;
W60: 2nd GBR (Margaret Coombe, Iris Holder, Mollie Mills, Marjorie Hocknell) 65.59;
W65: 2nd GBR (Betty Steedman, Pam Jones, Anne Martin, Dorothy Fraser) 70.59;
4x400:
M40: 2nd GBR (Tony Noel, Sean Price, Nick Grewcock, Jonathan Tilt) 3:27.38;
M45: 1st GBR (Martin Phillips, Alan Harrison, Eric Smart, Tony Mitchell) 3:36.10;
W50: 1st GBR (Walwyn Franklyn, Robert Stevenson, Viv Oliver, Stephen Peters) 3:35.58;

INTERNATIONAL EVENTS

M55: 1st GBR (John Charlton, Bruce Hendrie, Tony Wells, Paul Athony) 3:53.31;
M60: 1st GBR (John Steede, Terry Bissett, Winston Thomas, Lawrence Oldfield) 4:02.74;
M65: 2nd GBR (Tony Bowman, John Newcombe, Arthur Kimber, John Ross) 4:22.27;
M70: 2nd GBR (Peter Field, Tom Wyer, Geoffrey Feast, Gordon Daborn) 4:58.94;
M75: 2nd GBR (Norman Copping, James Caddy, Ron Franklin, Kenneth Crooke) 6:57.19;
W35: 2nd GBR (Mary Edwards, Denise Timmis, Angie Alstrachen, Geraldine Finegan) 4:10.74;
W40: 2nd GBR (Wendy Laing, Angela Beadnall, Sarah Heath, Virginia Mitchell) 4:00.58;
W45: 1st GBR (Barbara Lock, Edna Roe, Barbara Murray, Jenny Brown) 4:20.35;
W50: 1st GBR (Nancy Hitchmough, Helen Godsell, Jacqui Walpole, Joylyn Saunders-Mullins) 4:22.81;
W65: 2nd GBR (Brenda Green, Pam Jones, Jean Hulls, Dorothy Fraser) 6:20.43;

GB MASTERS RELINQUISH TRANSATLANTIC TROPHY 6TH USA v GB DECATHLON/HEPTATHLON CHALLENGE

NEOSHO, MISSOURI.
AUGUST 21st/22nd 2004

Report by Lawrie Dunn



After winning the Transatlantic Trophy for decathlon and heptathlon on the last four occasions, GB Masters had to concede second best this time round when they found a high class US team were just too strong. The Challenge was started back in 1994 and is held every two years, alternating between America and Britain. This year's event was held in Neosho, Missouri and the British team consisted of 9 men and 4 women competitors, many of whom were supported by family members. As well as the competition itself the days before and after the meeting included many travel and social events in the area. The British visitors stayed with host families, some that they had stayed with on previous visits. Many old friendships were renewed and many new ones made.

The American organiser was the Reverend Tom Thorne who recently underwent major heart surgery yet was enthusiastic enough not only to lead the social events surrounding the Challenge but also to take part in some of the disciplines of the decathlon. Included in the itinerary were visits to Branson, the Missouri home of country and western music, to the cultural centre of the native American Miami tribe, an evening barbecue at Jerry Blevens Creek, boat excursions on the Great Lake of the Cherokees and visits to local schools. The visit was also the subject of several articles in the local newspapers.

In many ways the Challenge was incidental to the wider social and cultural interaction with the local community of Neosho. This, along with the fact that it was held in conjunction with the American Championships meaning that many of the top US competitors attended the meeting, indicated that it was always going to be an uphill struggle for the GB to hang on to the trophy.

All British athletes performed well although the performance highlight of the team was Ann Goad's British W45 Decathlon record of 5507 points. Other British athletes who won individual medals in the US Championships were John Mayor, Gary Walker, Norman Carter, Hazel Barker, Pat Oakes and Jackie Charles.

The final match scores were: -
USA 63,052 GB 52,497

The event also saw the inaugural presentation of the Ian Steedman Trophy, created in memory of the Scottish athlete who died recently and who had competed in many of the past Challenges and had many friends both in the USA and Great Britain. The award, presented for the best hurdles performance of the meeting went to M65 US athlete Emil Pawlik. Multi-events is truly a special community that support each other in the true spirit of sportsmanship and so successful was this event that the Transatlantic Challenge looks set to continue in the years ahead. The next meeting is scheduled for 2006, probably at its British home in Sheffield and many of the American athletes have signalled their intentions to travel across to renew old friendships and rivalries and to defend the Transatlantic Trophy.

USATF National Masters Men's Decathlon Championships and 6th Biennial USA-GBR-CAN Team Challenge
21-22 August 2004 Carthage, Missouri
DECATHLON:

M40: 1-Hoyt, Jack USA 7693 (12.02, 6.13, 12.54, 1.89, 55.29, 15.13, 39.92m, 4.70m, 53.67m, 5:14.00); 2-Berle, Dolf USA 5763 (12.54, 5.04m, 10.73m, 1.50m, 57.14, 18.45, 34.12m, 3.90m, 41.53m, 5:22.87); 3-Lawson, Rob USA 5461 (13.13, 5.12m, 10.54m, 1.56m, 59.11, 18.75, 30.10m, 3.30m, 45.22m, 5:14.11);

INTERNATIONAL EVENTS

M45: 1 Ellis, Ken USA 6917 (12.82, 5.65m, 11.51m, 1.74m, 56.90, 16.02, 35.89m, 4.20m, 41.67m, 6:43.12); 2 Mayor, John GBR 6400 (12.33, 5.58m, 8.87m, 1.65m, 54.62, 15.94, 24.64m, 2.60m, 34.66m, 5:04.53); 3 Walker, Gary GBR 4551 (13.15, 4.73m, 8.97m, 1.53m, 66.67, 18.62, 26.06m, 3.10m, 29.27m, DNF); 5 Goad, Dennis GBR 3756 (13.95, 4.19m, 7.05m, 1.29m, 64.37, 22.71, 16.33m, 2.30m, 26.05m, 5:35.82);

M50: 1 Murray, Bill USA 7012 (13.02, 5.21m, 12.22m, 1.66m, 61.65, 15.60, 34.58m, 3.80m, 42.43m, 6:05.97); 2 Jacquet-Acea, Russell USA 6266 (13.06, 4.99m, 9.01m, 1.51m, 59.59, 16.04, 30.94m, 3.30m, 30.33m, 5:31.06); 3 Meares, Kelly USA 5389 (13.72, 4.42m, 9.40m, 1.54m, 67.14, 16.89, 28.27m, 3.60m, 27.25m, 6:39.12);

M55: 1 Hawkins, John CAN 7258 (13.79, 5.15m, 12.06m, 1.78m, 66.85, 18.20, 34.07m, 3.70m, 38.48m, 6:20.88); 2 Green, Bob USA 6350 (13.22, 4.03m, 11.82m, 1.45m, 61.84, 19.07, 32.81m, 3.00m, 34.20m, 6:09.22); 3 Baker, Robert USA 6254 (13.25, 4.61m, 9.91m, 1.39m, 64.96, 17.65, 32.49m, 3.00m, 34.88m, 6:25.62);

4 Dunn, Lawrie GBR 4978 (14.21, 4.56m, 7.08m, 1.30m, 64.43, 21.24, 23.89m, 2.10m, 27.58m, 5:49.38);

M60: 1 Colliver, Ron USA 6840 (13.98, 4.10m, 11.35m, 1.45m, 64.63, 19.19, 35.93m, 3.20m, 41.49m, 6:41.12); 2 Johnston, Joe USA 6610 (13.76, 4.70m, 9.89m, 1.54m, 70.21, 16.89, 29.84m, 2.90m, 34.36m, 7:01.65); 3 Winters, Ken USA 5769 (14.94, 4.53m, 12.34m, 1.54m, 76.90, 18.07, 37.73m, 2.10m, 37.02m, DNF);

8 Charles, Bruce GBR 4124 (15.59, 3.65m, 8.39m, 1.12m, 75.84, 22.21, 22.68m, 1.72m, 29.34m, 6:40.60); 9 Harlick, Brian GBR 3975 (16.73, 3.48m, 8.87m, 1.21m, 1:27.40, 21.87, 30.57m, 2.60m, 27.00m, 8:15.63); 10 Brooks, Snowy GBR 3736 (15.89, 3.48m, 11.60m, 1.33m, 1:24.15, DNF, 36.16m, NH, 37.68m, DNF);

M65: 1 Pawlik, Emil USA 7729 (14.51, 4.69m, 10.44m, 1.51m, 70.36, 16.47, 38.66m, 2.80m, 34.07m, 6:57.29); 2 Shipp, Phil USA 6918 (15.68, 4.26m, 12.58m, 1.30m, 74.68, 20.39, 39.61m, 2.70m, 39.94m, 6:54.68); 3 Leggett, James USA 5958 (14.90, 3.89m, 8.85m, 1.30m, 68.35, 22.33, 32.82m, 1.90m, 29.97m, 6:25.20);

4 Burton, David GBR 5554 (14.14, 4.41m, 8.14m, 1.21m, 72.36, 21.26, 21.53m, 2.00m, 20.46m, 6:31.58);

M70: 1 Jankovich, Bill USA 6355 (15.14, 3.59m, 9.97m, 1.18m, 72.54, 16.97, 30.38m, 2.10m, 29.98m, 6:55.10); 2 Larkin, Richard USA 4891 (15.80, 3.63m, 7.84m, 1.21m, 76.75, 18.93, 26.46m, 1.30m, 21.08m, 8:03.66); 3 Douglass, Dave USA 4631 (17.15, 3.39m, 9.18m, 1.21m, 1:20.46, 20.01, 26.75m, 2.10m, 23.11m, DNF);

M75: 1 Smith, Denver USA 6375 (16.54, 3.37m, 9.95m, 1.21m, 1:29.56, 17.06, 27.41m, 2.20m, 26.56m, 8:58.96); 2 Carter, Norman GBR 4477 (18.24, 2.87m, 6.71m, 1.15m, 1:41.53, 20.77, 22.50m, 1.60m, 21.15m, 8:18.10); 3 Fleischman, Larry USA 4341 (17.54, 2.87m, 7.66m, 1.18m, 2:05.14, 19.39, 22.66m, 1.90m, 19.51m, DNF);

M85: Thorne, Sr., Tom USA 1182 (38.33, 1.31m, 3.54m, 0.70m, 3:58.88, DNF, 8.51m, NH, 8.60m, 17:02.78);

W45: Goad, Ann GBR 5578 (14.45, 26.10m, 2.30m, 25.50m, 75.71, 15.41, 4.21m, 8.77m, 1.30m, 7:21.73);

W55: ---
1 Trotto, Mary United States of America 3512 (18.97, 16.14m, 1.36m, 16.90m, 90.17, 26.97, 2.44m, 7.01m, 0.98m, 6:49.12);

HEPTATHLON:

W35: 1 Hutchinson, Christi USA 691 (36.93, 1.03m, 5.41m, 40.76, 2.80m, 11.72m, 5:01.0)

W45: 1 Barker, Hazel GBR 4338 (13.65, 1.42m, 9.34m, 31.06, 4.01m, 21.95m, 3:16.3); 2 Overstake, Claire USA 3244 (15.63, 1.15m, 7.29m, 32.23, 3.36m, 21.28m, 3:19.0);

W50: Glynn, Kay USA 4766 (15.13, 1.36m, 8.16m, 30.58, 4.33m, 26.26m, 3:08.0)

W55: Oakes, Pat GBR 2531 (23.01, 1.09m, 7.38m, 39.81, 3.37m, 17.75m, 5:00.1); **W60:** Charles, Jackie GBR 4155 (16.78, 1.12m, 6.85m, 35.48, 3.45m, 17.37m, 3:44.0);

W65: Sisley, Becky USA 5089 (17.58, 1.12m, 6.72m, 39.69, 3.23m, 32.52m, 4:17.8);

BMAF National Decathlon & Heptathlon Championships 2004 BMAF National Decathlon: SEPT 11/12th

M35: 1. Simon Eastwood (13.09 5.38 8.73 1.63 64.65 21.45 29.05 3.90 41.76 6-28.25) 4267;

M40: 1. Andy Waddington (11.89 5.92 7.60 1.75 53.76 18.15 24.46 2.30 32.07

4-52.93) 5687; 2. Mark Line (12.06 5.59 11.56 1.48 63.06 18.98 nt 3.40 48.73 6-17.89

4924; 3. Alan Easey (12.75 5.34 7.02 1.27 58.38 19.63 18.14 3.00 26.99 5-08.02) 4494; Anthony Tipping (12.98 5.34 10.13 1.57 66.24) RETD; Alan Leiper (12.29 5.46 10.94 1.60 60.38) RETD; Peter Ley (12.95 5.35 8.27 1.36 57.81) RETD;

M45: 1. John Mayor (11.96 6.09 9.53 1.63 56.02 16.20 25.37 2.50 35.24 5-15.42) 6488; 2. Brian Slaughter (12.48 5.35 10.59 1.51 58.51 19.51 29.60 2.90 40.74 5-22.83)

5965; 3. Steve Wooley (12.18 5.13 9.22 1.45 58.45 21.52 28.28 2.80 33.26 5-46.23) 5346; 4. Nash Cummings (12.38 5.30 9.26 1.60 59.65 20.94 25.42 2.80 29.03 5-49.37) 5343; 5. Kenneth Pokorniec (12.46 5.25 9.03 1.51 61.34 20.59 24.52 2.60 32.76 6-19.29) 5034; 6. Gary Walker (12.71 5.27 8.24 1.48 67.48 18.21 27.24 3.10 21.78 6-30.86) 4895; 7. Andrew Laughton (12.82 5.02 7.17 1.45 58.65 22.28 17.31 2.40 21.00 5-20.03) 4579;

M50: 1. Ian Reeve (13.11 4.95 8.65 1.48 59.20 17.45 28.74 2.70 37.97 5-23.80) 5990;

2. Julian Kennedy (13.53 4.54 9.69 1.48 66.42 18.10 27.43 2.70 35.19 5-44.42) 5374;

3. Nick Phipps (13.19 5.00 11.83 1.39 64.36 19.13 36.96 nhe 37.16 6-04.10) 5259;

4. Stephen Nelson (12.97 4.54 8.18 1.36 58.11 21.35 25.26 2.20 27.84 5-03.36) 1637;

5. Barry Gibbs (13.34 4.90 7.98 1.30 63.30 20.72 20.29 2.00 34.12 5-28.27) 4800;

M55: 1. John Charlton (12.49 5.57 10.67 1.47 58.82 16.07 29.48 3.00 38.34 5-37.85)

7485; 2. Mike Corden (13.44 5.11 11.08 1.47 64.39 16.62 37.04 3.00 39.51 6-32.97)

6852; 3. Laurie Dunn (13.83 4.53 7.03 1.32 64.55 21.61 24.42 2.00 28.15 5-49.52) 5004; 4. Ricky Toomey (13.93 3.89 6.90 1.26 65.95 20.87 22.63 2.40 28.24 5-43.54)

4877;

M60: 1. Brian Loten (14.35 4.31 9.49 1.23 70.43 21.33 30.86 2.30 31.83 6-31.97) 5405; 2. Peter Duckers (13.33 5.15 10.19 1.38 77.84 20.02 26.96 2.10 29.99 dnf) 5284; 3. Bruce Charles (14.96 3.88 7.65 1.14 72.58 21.85 21.66 2.30 26.73 6-45.66)

4467; 4. Brian Harlick (16.03 3.65 9.07 1.17 81.58 22.85 31.08 2.40 28.77 7-58.70)

4131; 5. Pete Clarke (16.38 3.72 8.48 1.20 80.76 23.98 23.92 1.80 19.22 6-07.03) 3888; 6. John Clark (15.52 3.70 6.78 1.08 85.40 24.97 19.42 1.90 22.53 7-13.35)

3329; 7. Dia Vaughan (16.60 3.68 7.82 1.23 92.70 39.18 25.44 1.60 20.47 8-30.80) 2894; 8. Snowy Brookes (dnf 2.59 11.26 .87 dnf dnf nt 1.40 34.90 0) 1857;

M65: 1. David Burton (13.85 4.48 7.98 1.20 70.29 21.19 24.16 2.10 24.32 6-38.96) 5843; 2. John Scott (14.06 4.34 8.86 1.23 70.01 23.44 28.09 1.50 28.64 7-05.89) 5687;

3. Tony Bowman (13.47 4.35 7.40 1.20 67.42 20.42 20.85 1.50 19.26 6-42.23) 5526;

Jhalman Singh (15.98 3.57 8.17 1.02 77.58 38.26) RETD;

M70: 1. Anthony McManus (17.22 2.41 6.17 .99 79.13 dnf 14.79 1.20 10.36 7-52.84) 2798;

M75: 1. Norman Carter (17.46 2.62 6.52 1.11 94.02 19.85 21.04 1.70 17.52 8-14.18) 4532;

M85: 1. Tony Rawlinson (22.94 2.26 4.86 .87 56.12 dnf 13.53 1.20 10.44 dnf) 2888;

W45: Ann Goad (13.87 4.46 8.86 1.30 74.20 16.14 23.19 2.40 26.07 7-11.55) 5748;

Heptathlon:

W35: Catherine Goddard (15.79 1.48 9.78 27.37 5.32 24.92 2-45.90) 4273;

W40: Wendy Laing (12.18 1.60 9.91 26.78 4.99 29.11 2-30.99) 5446;

W45: 1. Jan Hardcastle (18.07 1.30 5.59 30.10 3.39 9.78 3-21.05) 2888; 2. Sue Pickersgill (31.53 1.06 5.90 35.61 2.56 16.04 3-07.14) 1917; Paula Booth (13.92) RETD;

W50: Gill Dobson (15.05 1.27 8.69 32.58 3.87 28.83 3-00.59) 4534;

W60: Jackie Charles (16.55 1.12 6.66 34.31 3.44 18.72 3-51.06) 4286;

B.M.A.F. 10k Road Walking Championships.

Held in conjunction with with the Enfield League , Saturday 7th August

MEN: 1 Trevor Jones M45 54:13; 2 Steve Uttley M45 56:20; 3 Amos Seddon M60 57:06; 4 Ron Penfold M60 57:30; 5 D Kates M55 57:41; 6 Peter Cassidy M60 59:12; 7 Tony Bell M40 60:37; 8 Steve Allen M45 60:47; 9 Andy Cox M50 60:56; 10 John Borgars M55 61:19; 11 Alan O'Rawe M60 61:53; 12 Ron Powell M65 61:54; 13 Ken Balham M65 62:59; 14 Peter Stapleford M65 63:09; 15 Dave Sharpe M50 66:03; 16 Brian Stort M60 68:09; 17 Paul Ray M70 68:23; 18 John Short M70 68:33; 19 John O'Connor M60 69:19; 20 Jon May M50 71:30; 21 Eric Horwill M70 73:10; 22 Les Brown M80 NT; **TEAMS:** 1 Ilford 15; 2 Loughton 29; 3 Enfield 31;

WOMEN: 1 Anne Bellchambers W45 62:00; 2 Cath Duhig W45 62:30; 3 Maureen Noel W40 62:44; 4 Fiona Bishop W45 63:56; 5 Liz Stocker W35 66:09; 6 Julie Bellfield W35 67:07; 7 Sue Davies W35 68:17; 8 Ann Lewis W55 69:07; 9 Maureen Spellman W65 69:24; **TEAM:** Aldershot Farnham & District 19;

B.M.A.F. 30k Road Walking Championships

Held in Coventry, 14th August 2004.

MEN: 1 C Berwick (Team Comp only) 2:54:48; 2 E Shillabeer M65 3:09:08; 3 M Byrne M40 3:17:25; 4 D Manning M50 3:22:46; 5 C Stapleford M65 3:30:12; 6 T Morris M55 3:32:51; 7 W Newhill M65 3:34:09; 8 N Smith M45 3:36:28; 9 E Horwill M70 3:48:38; 10 J Sturgess M60 3:59:01; **TEAMS:** 1 Leicester RWC 16; 2 Nuneaton 21;

World Masters Mountain Running Champs.-Italy, 28th August.

Words from: John Collins.

The 5th World Masters Mountain Running Championships were held over an arduous and spectacular course of 8.4 km involving an overall climb of nearly 3000' to a finish at over 7000'. The races were at the ski resort of Sauze d'Oulx in the Italian High Alps, close to the French border, near Turin. 750 athletes from twenty-five countries competed in the fourteen categories from "over 35" women to "over 70" men.

All age categories ran the same course but with each five year band having a separate race and with twenty minute intervals between starts. As a consequence in the middle stages matters were rather complicated for spectators and officials due to the leaders from a race overtaking the middle placed athletes of the previous one, who were themselves catching the stragglers from even earlier groups.

The following weekend the IAAF World championships for Seniors and Juniors were being held at the same location which in 2006 will be the venue for the Winter Olympics. In fact, part of the course traversed one of the new pistes being constructed for the latter.

Athletes from England, the second largest contingent after the host nation, won two gold medals whilst Wales and Scotland each gained one bronze award. The Home Countries' best result was in the M55 class where, in addition to the winner England had runners in fourth and fifth positions. Dic Evans, of Wales, in seventh place to record the Welsh squad's fastest time, chased them home.

In the overall medal classification Germany retained their title ahead of the host nation but no fewer than fourteen of the competing nations gained at least one medal. Wales' medal winner was John Collins of Swansea who took third place in the M65 category to improve on his fourth position the previous year.

Welsh Results.

W40 - Sharon Woods- Eryri Harriers - 23rd - 77m22s.
M40 -Adrian Woods - Bridgend AC- 99th- 63m45s.
M45 - Tom Morgan - M de Cymru RC -54th- 60m20s.
M45 - Cliff Evans - Aberystwyth Univ H - 76th - 64m26s.
M50- Steve Brown- Cheltenham & Cty AC - 40th - 60m00s.
M50 - John Griffiths - Sarn Helen ORC- 55th- 63m56s.
M55 - Dic Evans - Cardiff AAC - 7th - 58m02s
M65- John Collins - Swansea Harriers - 3rd- 61m51s.
M70- Alan Smith -3Ms Runners - 16th - 81m18s.

Leading Results

Overall Fastest Male - M40 - Ricardo Meija - Mexico - 43m52s
Overall Fastest Female - W35 - Anita Ortiz - USA - 52m30s
Fastest UK Male - M40 - 4th - Craig Roberts - Kendal AC - 47m05s
Fastest UK Female - W50 -1st - Maureen Laney - Clayton le Moors H - 58m47s

UK Medallists

M55 - 1st -Bernard Grant - Harrogate H/England - 53m50s
W35 - 3rd - Susan Ridley - Edinburgh Southern H/Scotland -59m10s
W50 -1st - Maureen Laney - Clayton le Moors/England- 58m47s
M65 - 3rd - John Collins - Swansea H/Wales - 61m51s

INTERNATIONAL EVENTS



Double Gold for Kelly Holmes, 35 next April.

THOUGHTS ON ATHENS ROBIN SYKES

Well, that's another Olympic Games come and gone. Despite the doubts concerning readiness beforehand and the controversies before, during and after the Games I, personally, thought the entire Track & Field programme went off admirably. Some outcomes were, largely, predictable and deserving like El Guerrouj, Olsson, Kluff, Sanchez and Sebrle. El Guerrouj and Kelly Holmes were shining examples of courage and perseverance in the face of adversity towards reaching their goals in their own chosen sport, indeed in ANY sport! We knew the Middle-Distance / Distance /Steeplechase would be dominated by someone from Africa-exactly which someone we weren't quite sure. unexpected, but nevertheless nice to see, victories such as the women's Triple Jump and Walk were, contrastingly, totally unpredictable. For some it was a bridge too far. The Olympic games is the pinnacle of an Athlete's career but some who had already reached that pinnacle should have stayed at home. The events I found most exciting (again purely from a personal point of view) were;
a) The 100 metres. What a final! I can't remember when the Blue Riband of the Track was so open. Any one of five could have won it. All sport is about producing the goods when most required and Justin Gatlin did just that.
b) Likewise the 110m Hurdles. Liu was flawless from start to finish. All credit to Anier Garcia for picking up another medal despite prolonged injury setbacks.
c) The Men's Shot. The greatest and closest Olympic Shot competition in history. This was a classic example of the correct Physical AND mental combination. Bilonog had controlled composure And aggression at the precise moment, Nelson UNCONTROLLED aggression leading to 5 'No-putts' and a complete disintegration through the rounds.
d) The 1500m where El Guerrouj had to fight tooth and nail to the bitter end to achieve his lifelong ambition in one of the closest finishes of the Games.
e) The Marathon where the courage of the little Brazilian reminded me of Etienne Gailly in the first post-war Olympics in 1948. Italy's Baldino ran a superbly controlled race

and was a worthy Champion but one has to feel great sympathy for de Lima, disgracefully obstructed during the race in circumstances we all witnessed.

It is often said that Track & Field is a sport where one goes from extreme exultation to the depths of despair (and vice versa!) more than in any other. This was certainly the case with Britain's 400m Relay squad. Sprinters who looked little more than average in the individual events suddenly gelled together to beat a team Consisting' of. Arguably, the 3 fastest men in the world-----! Still can't believe it!

Track & Fieldwise it was not a vintage Games for Britain. The media will, as customary (like Politicians!) dwell on our few successes conveniently forgetting the poor showing over the ENTIRE range of events. The are already talking of our medal "Haul"(?) equally that of Sydney! Britain in this respect, however,



Great if surprising win for our Male Quartet

is not alone. Former strong nations such as Germany and Poland fared even worse. Even more surprising is Finland (once the 2nd greatest medal-winning country after the United States) it is rare not to see a Finn on the medal podium somewhere in top competition. The simple fact is success is 'switching' these days. Future Olympic and World Champions will come from just about ANYWHERE! No Olympic Games has lived up to the ideals and code of conduct proclaimed and expected. Even officials of the ancient times exploited the Games for their own ends -a practice continued to this day! Hypocrisy in a variety of forms has been, and always will be, present from last century's "amateurism"(witness the US college system) to the current sponsorship and drug scandals. The Games may have lost the appeal it had for many of us in the days of our youthful innocence but with the terrific TV coverage offered nowadays they are still the greatest sporting spectacle on earth. Who amongst us won't be watching next time round?



Tracey Morris finishes the Marathon

FEATURE

HISTORY OF THE "FLYING DISC"

by Rosemary Champion.

Discus throwing was a part of the ancient Olympics, and is one of the best chronicled events due to Homer's recording of the athletes of Ancient Greece in the Olympic Games of 776 B.C. to 393 A.D. It may have been performed from a sloping platform, though the Greek discus was much the same shape as ours, but somewhat heavier and made of bronze. Each competitor was given five throws with only the best being marked. The 'Discus Thrower' or 'Discobolus' by the Athenian Sculptor Myron in about 450 B.C. is one of the best known and frequently copied statues ever made. The discobolus has completed the backward swing of his arm and is poised for the forward spring to the launch. It is probable that the discus was thrown in much the same way though not with the circling movement within a marked ring as today. At the first modern Olympics in 1896 in Athens, there were two styles; the ancient style and 'freestyle'. Robert Garrett won the latter with 29.15m. He had heard about the event at home in the USA, and a friend at Princeton University designed a steel discus for him. Not surprisingly, he had difficulty flying it correctly but was pleasantly surprised on arriving in Athens to find that the standard 2kg. discus was both lighter, and more aerodynamically designed.

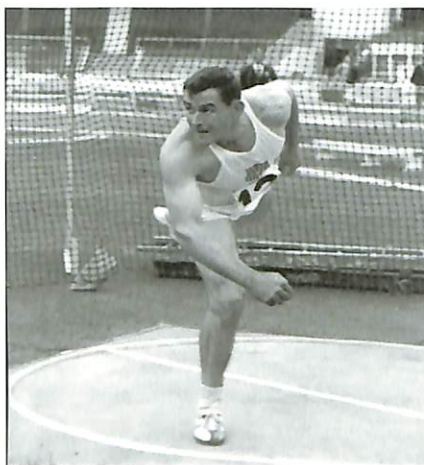


DISCOBOLUS -450 B.C.

For the second Olympic games in Paris in 1900, the arrangements were primitive in the extreme. The discus, and the hammer competitions, in which the competitors had to throw down a narrow avenue of trees in the Bois de Boulogne, best illustrate this! This put a great premium on throwing straight. The reigning Olympic champion, Robert Garrett, kept hitting the trees with his discus. There was much hilarity amongst the Parisian spectators when the wire-handled hammers wrapped around the branches of the trees.

In the discus, it became accepted that speed and motion were needed, to produce longer

throws. By 1912, a 2.50m. throwing circle was used, and a 1-1/2 turn action was becoming popular. It was purely an arm throw at this stage. By the 1930's this had progressed to a jump turn with the arm following a wave-like action. Italy's Adolfo Consolini was one of the most successful exponents of this style with which he won the 1948 London Olympic competition with 55.33m. breaking the 55m barrier. The 1 3/4 turn, which is the basis of modern technique, had been tried as early as 1900, and involved the thrower starting with his back to the direction of the throw. It did not come into universal usage until after World War 2. In 1946, the American Bob Fitch used a version known as a 'falling turn' in which the upper body was allowed to fall into the centre of the circle with the feet catching up to create a balance. He broke the World Record with a throw of 54.93. Another American, Fortune Gordien used this method to great effect, breaking the World Record four times between 1949 and 1953. It stood at 59.28 when Edmund Piatowski of Poland started employing the 'dynamic jump turn' and increased the WR to 59.91 in 1959. Then in 1961



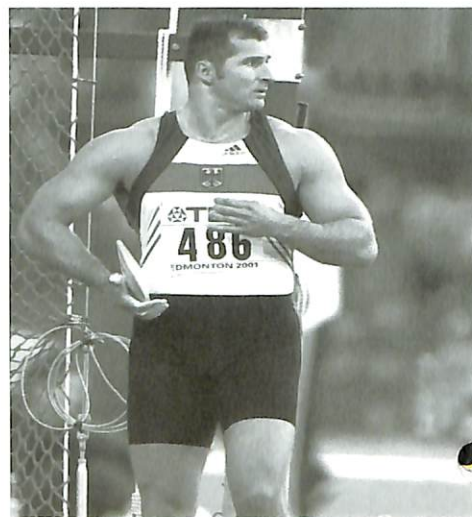
Jay Silvester broke the WR twice, throwing 60.72 using a flattened-out turn, aided by a swing kick of the right leg. He was the first thrower ever to break the 60m barrier, but unfortunately for him, his career coincided with the great Al Oerter. Silvester twice broke the World Record in May 1968, with 66.54, improving to 68.40 in September. The 'running rotation' with a controlled right leg owes its success largely to two throwers in the 1960's and early 1970's. Ludvik Danek of Czechoslovakia set a WR of 66.07m. in 1966 and the American, John Powell, increased this in 1975 to 69.08m. using this technique. Germany's Wolfgang Schmidt, '76 Olympic silver medallist with 68.22, embodies the best of the previous styles using a smooth dynamic movement.

Al Oerter, four times Olympic Champion, exploited to great advantage a style of throwing in which the discus is held behind the back during the turn. Kansas University's Al Oerter was the first athlete to win four Olympic gold medals in the same event. He set a new Olympic record each time in the 1956, 1960, 1964 and 1968 Games. He broke the WR four times

between 1962 and 1964. He shocked the world in the 1964 Tokyo Olympics; he had dislocated a cervical vertebra and torn the cartilage in his lower rib cage. In the qualifying round he tore off his neck brace and ignoring the pain, hurled an Olympic Record of 60.54m. In 1968, aged 32, he won Mexico City gold with 64.78m. Amazingly enough, his lifetime best of 69.46m. came 11 years later, at the age of 43.

Another basic variation in throwing style is the fixed front foot, versus the jump or reverse release. The fixed foot is the style preferred by most female throwers. Of the male discus throwers, Germany's Jurgen Schult uses this style to great effect. Not only did he win Olympic gold in 1988, with an Olympic Record of 68.82m. but he is the current World Record holder with a throw of 74.08m. Set at Neubrandenburg in 1986. Fellow countryman **Lars Riedel** is another modern 'colossus' of throwing, with a best of 71.50m. 1996 Olympic gold, and silver in the 2000 Sydney Olympics.

Bob Weir is one of the best British throwers of recent years, winning Commonwealth bronze in 1994, and gold in 1998 with a throw of 64.64m. Perriss Wilkins holds the men's record of 66.64 set in 1998. Meg Ritchie is still the British women's record holder of 67.48, thrown in 1981.



Lars Riedel

This year so far the British lists are headed by Philippa Roles with 57.97, and the men's rankings are headed by Carl Myerscough with 65.10 followed by Emeka Udechuku with 61.24.

Women's discus throwing has shown a slow progression, similar to women's javelin, with the greatest influence on the event coming from the Eastern European bloc and the old GDR. The earliest official World Record of 39.62m. with the 1kg. implement came from Halina Konopacka of Poland, and at the 1928 Olympics. Lillian Copeland of the USA set an Olympic Record of 40.58m in 1932. By 1968, this mark had increased to 58.28m. with the gold medal winning throw of Romania's Lia Manoliu. The all-time Olympic Record of 72.30m. stands to Martina Hellman of the D.R. in 1988, but in the Sydney 2000 Olympics the winning throw was 68.40m. from Ellina

FEATURE

Zvereva of Russia, adding to her bronze in 1996.



Ilke Wyludda (above) born in Leipzig many in 1969 is one of the modern 'greats' of women's discus. From the age of 15 to 20, she threw all-time age group bests, culminating with 74.56m. in 1989. In 1996, she won Olympic gold, with 69.66m. adding this to several World and European gold and silver medals. A characteristic of her throwing style is to turn on her heels rather than her toes. She was forced to do this by injury, and would have probably won her Olympic gold by a bigger margin had she been able to accomplish a toe turn! Gabriele Reinsch also of Germany is the current WR holder with 76.80m., achieved in Berlin in 1988.

Current world rankings for both men and women show marks far below those achieved in the 1980's. Ekaterini Voggoli of Greece heads the women with 67.72, and Virgilius Alekna of Lithuania heads the men with 69.21. Unquestionably, the drop in performances is due to current stringent testing for illegal drugs. Unlike the javelin, there has been no change in discus specifications, which could have accounted for the reduction in distances thrown. Just how long will it be before the Men and Women's World Records, set in the 1980's, are surpassed?

MORE READERS WRITE

Dear Editor

I mentioned at the MCAA 12 stage that Irene Nicholls and I had been collaborating on the production of excel spreadsheets that provided accurate scoring in all age groups of Masters combined events for:

| | |
|---------|--------------------|
| Indoor | Men's Pentathlon |
| | Men's Heptathlon |
| | Women's Pentathlon |
| Outdoor | Men's Decathlon |
| | Men's Pentathlon |
| | Women's Heptathlon |
| | Women's Pentathlon |

The spreadsheets can be used by anyone familiar with

the operation of excel, and instructions are included suitable for a person of that ability. Both Irene and I would be available to answer queries, but not to give detailed operating tuition.

The tables are scored with the WMA 2002 factors. The formulae eliminate many of the inaccuracies normally encountered with rounding up and down, in accordance with WMA and IAAF rules.

Copies of the spreadsheets can be obtained free of charge by members of BMAF affiliated regional clubs. Contacts are:

Irene Nicholls IRENNENN@aol.com
Ian Thomas Ian@scssheffield.demon.co.uk

Regards Ian Thomas

MARVELOUSLY MATURE'

YOU KNOW YOU'RE GETTING 'MARVELOUSLY MATURE' WHEN

1. You and your teeth don't sleep together.
2. Your try to straighten out the wrinkles in your socks and discover you aren't wearing any.
3. At the breakfast table you hear snap, crackle, pop and you're not eating cereal.
4. Your back goes out but you stay home.
5. When you wake up looking like your driver's license picture.
6. It takes two tries to get up from the couch.
7. When your idea of a night out is sitting on the patio.
8. When happy hour is a nap.
9. When you're on vacation and your energy runs out before your money does.
10. When you say something to your kids that your mother did to you and you always hated it.
11. When all you want for your birthday is to not be reminded of your age.
12. When you step off a curb and look down one more time to make sure the street is still there.
13. Your idea of weight lifting is standing up.
14. It takes longer to rest than it did to get tired.
15. Your memory is shorter and your complaining lasts longer.
16. Your address book has mostly names that start with Dr.
17. You sit in a rocking chair and can't get it going.
18. The pharmacist has become your new best friend.
19. Getting "lucky" means you found your car in the car park.
20. The twinkle in your eye is merely a reflection from the sun on your bifocals.
21. It takes twice as long - to look half as good.
22. Everything hurts, and what doesn't hurt - doesn't work.
23. You look for your glasses for half an hour and they were on your head the whole time.
24. You sink your teeth into a steak - and they stay there.
25. You give up all your bad habits and still don't feel good.
26. You have more patience, but it is actually that you just don't care anymore.
27. You finally get your head together and your body starts falling apart.
28. You wonder how you could be over the hill when you don't even remember being on top of it.

Found on a packet of Cheese.

Editor, Masters Athletics

Thank you for sending on Masters Athletics. I am always glad when someone uses material I have produced especially when it helps athletes. I am a 43-year-old vet myself and took part last October in the 25th Anniversary event of the Hawaii

Ironman World Championships. The feedback I have had from my article in your magazine is absolutely fantastic.

I got numerous e-mails thanking me for sharing my knowledge. If you need to use more material feel very welcome to do so.

GERALD HARTMANN.

Does anyone have VHS video footage of the "2004 British Masters Cross Country" held in Durham?

If so please contact George Routledge (0191

2871388)

May 2nd 2004

Dear Editor,

Earlier this week I turned 71, but due to continual injury, it looks like that I will not be able to compete at any level this summer. However due to my non-participation now have time to write this letter and comments with a suggestion to the 'Masters 'organisation as an entity. After 45 years inactivity as an ex third string 'Sprinter' in those halcyon days for Highgate Harriers, during the mid 50s. For the past three years I became a member of my local 'Fitness First', last year one of the instructors, remarked that I was well above the National Average fitness of other 70-year young men.

After obtaining from Sport UK the telephone number of 'Vets AC', made contact with 'Geoff Mellor' during which he even gave me a 'coaching session'. He told me that the 'Worlds Championship' had taken place in San Juan earlier that month; at least I was aiming high!

I joined the 'Vets AC' and had the nerve to enter my first ever 100 metres at Battersea Park on a very hot Wednesday evening. There were five other competitors in the 'heat' and though extremely nervous, I did win the race and thought that I had run 'like the wind' but to no avail 16.7secs was the hand timing.

The consolation was the reaction of one of my competitors when we went to change our foot wear. What's your name, I replied Joe, his response was 'gosh Joe you ran so fast round the bend' I leave this to your imagination; suffice to say the 100 is down a straight!

That same evening Sylvester Stein came and spoke to me the following' you know Joe that with regular training and racing, in five years you will be doing 15.9. Again a wonderful comment from an 80-year young middle aged record holder.

In August I turned up and ran on the Sunday morning in the 'Vets Championship', it was windy and though I nearly missing the start, I competed in the over 70s 100 metres and ran second beaten a long way by 'the Charlie Williams', what a 'pick up', within 20 strides he was already eight ahead. As we walked back and having our photograph taken by a very attractive young woman, what happened to the picture please?

Charlie turned and said to me 'Joe, you show promise'.

I find the remarks above extremely funny and show the spirit, application of like-minded individuals to be the best that they can be, what a great attitude at this stage of our lives! Well done my newfound acquaintances, my first silver medal for 45 years has been inscribed.

Why not for this year have a coloured ribbon on all medals at all Masters Championships?

Joseph Nygate.

BMAF 10 mile / 10k CHAMPIONSHIPS

BMAF 10 Mile Championship in conjunction with the Trentham '10' 25 July 2004

REPORT Bill Morris.

Our championship returned to the Trentham '10' this year thanks to the support of organiser Mick Hall. Few will need reminding of the tough nature of this hard two lap event with its long climb shortly after the start, but a good turnout of veteran competitors was tribute to the enthusiasm of Mick Hall and his hardworking colleagues out on the course and in the race headquarters.

This year the weather was more favourable for running with sporadic showers keeping competitors cool as they fought the hills. We were treated to close finishes in both individual and team events, and once again it was evident that those with genuine interest and involvement with the cause of Master's running had been prepared to travel long distances to take part.

In the women's races the race of the day was the F40 struggle between Andrea Dennison and Julia Myatt who were both well clear of third placed Chris Skellern, Dennison finishing 38 seconds ahead of Myatt in the good time of 61:01. Lesley Griffin took the F55 Championship in 71:30 a time beaten only by 1st F35, 1st and 2nd F40 competitors, and F60 winner Sandra Poole and F65 winner Margaret Fox ran well to lead their categories.

In the men's individual events there were good runs in the M40 category with Andy Wilson a minute clear of Dave Mansbridge, and 3rd overall in the open race. M45 competitors Steve Smith and Alex Rowe squeezing in just ahead of Mansbridge.

The M50 Championship was decided by the narrow margin of 7 seconds, with Gary Pendlebury just holding off Maurice Oldham, and in the M65 category Fred Gibbs was in a class of his own in 65:26.

Another excellent turnout in the M70 to M80 classes saw the second closest finish of the day between Brian Campbell and John Roberts with just 17 seconds separating these enthusiastic M70 athletes.

The women's team results were disappointing, with only one team finishing in any of the age groups. Stone Master Marathoners saved the day by closing a team in the F45-54 category, with Wilson, Leeson and Davies recording 3:58:29.

The difficulties faced by women competitors in closing in teams were not evident in the men's team events. Competition was keen in all three 10-year categories. With results awarded on time basis the M40-49 event (4 to score) was a thriller, with Wirral putting all counters - Buxton, Kilgallon, Devoy, Baylis in an aggregate time of 4:02:51 and finishing under 4 minutes clear of Tipton - Farnell, Eustace, Shackleton, Nye), 4:06:37. Trentham took 3rd place, Bloor, Chell, Locker, Graham, in 4:23:55.

Just as exciting was the M50-59 competition (3 to score), the Oxford City team of Grant, Treadwell, Wheeler leading their close rivals Wesham Road Runners - Pendlebury, Collier and Hudson (1:9.30) in by 7 min 50 seconds. Oxford's aggregate was 3:00:05 to Wesham's 3:07:55, with Staffs. Moorlands 3rd (Finney, Williams, Britton) in 3:16:43. 8 teams closed in this category, an indication of the activity currently to be seen in this competitive age group.

As expected Bingley Harriers ran away with the M60-69 category, their three counters - Dover, Gibbs and Firth recording 3:17:05, well clear of the two Stafford Harriers teams - 'A' Jones, Cowley and Singh, 3:50:32; and 'B' Whitworth, Grant and Bradshaw, 4:14:58. Only three teams contested this age group, and it is a measure of Bingley's superiority that they would have placed 4th in the 50-59 event.

Selected Individual places:

Women

F35: 1 Nicki Thomson 1:07:04; 2 Gillian Russon 1:18:40.
F40: 1 Andrea Dennison 1:02:01; 2 Julia Myatt 1:02:39; 3 Carol Austin 1:19:35.
F45: 1 Rosemary Wilson 1:16:10.
F50: 1 Denise Wakefield 1:13:37; 2 Margaret Ehrenberg 1:18:44; 3 Yvonne Leeson 1:19:33.
F55: 1 Lesley Griffin 1:11:30; 2 Dot Fellows, 1:15:59.
F60: 1 Sandra Poole 1:27:44; 2 Gina Weatherall 1:30:29.
F65: Margaret Fox 1:30:04.
Men
M40: 1 Andy Wilton 53:46; 2 Dave Mansbridge 54:46; 3 Mark Farnell 56:30.
 4 Malcolm Eustace 57:27; 5 Adri Hartveld 57:45; 6 Chris Bailey 58:26; 7 Paul Archer, 58:54.
M45: 1 Steve Smith 54:26; 2 Alex Rowe 54:32; 3 Brian Green 55:46; 4 Christopher Clarke 57:19; 5 Kevin Buxton 59:28; 7 Peter Kilgallon, 59:48.
M50: 1 Gary Pendlebury 57:55; 2 Maurice Oldham 58:02; 3 Dave Cox 58:14; 4 Richard Grant 58:20; 5 Tony Seakins 58:32.
M55: 1 Alan Pover 59:00; 2 Roy Treadwell 1:00:23; 3 Stan Winterton 1:02:46; 4 John Lake 1:03:26; 5 Alan Peers 1:06:59.
M60: 1 Dave Waywell 1:01:08; 2 Martin Ford, 1:03:14; 3 Robert Dover 1:03:40; 4 John Clemens 1:03:49.
M65: 1 Fred Gibbs 1:05:26; 2 Bill Atkinson 1:10:35; 3 Ronnie Jones 1:13:10.
M70: 1 Brian Campbell 1:16:29; 2 John Roberts 1:16:46; 3 Mervyn Huggins 1:18:33.
M75: 1 Gordon Heeler 1:28:28; 2 Hugh Turner 1:46:00.
M80: 1 Reg Fernyhough 1:41:30; 2 James Johnston 1:59:26.

Full "masters" results

1 53:46 WILTON, Andy Staffs Moorlands M 40;
 2 54:26 SMITH, Steve Preston Harriers M45;
 3 54:32 ROWE, Alex Wesham Road Runners M45;
 4 54:46 MANSBRIDGE, Dave Telford AC M 40;
 5 56:30 FARNELL, Mark Tipton Harriers M 40;
 6 57:19 CLARKE, Christopher Nene Valley M45;
 7 57:27 EUSTACE, Malcolm Tipton Harriers M 40;
 8 57:45 HARTVELD, Adri City of Stoke M 40;
 9 57:55 PENDLEBURY, Gary Wesham Road M50;
 10 58:02 OLDHAM, Maurice Manchester Harriers M50;
 11 58:14 COX, Dave Woodford Green M50;
 12 58:20 GRANT, Richard Oxford City AC M50;
 13 58:26 BAILEY, Chris Highgate Harriers M40;
 14 58:32 SEAKINS, Tony Colchester Harriers M50;
 15 58:54 ARCHER, Paul Notts AC M40;
 16 59:00 POVER, Alan Stockport H M55;
 17 59:28 BUXTON, Kevin Wirral AC M45;
 18 59:48 KILGALLON, Peter Wirral AC M45;
 19 1:00:23 TREADWELL, Roy Oxford City AC M55;
 20 1:00:59 DEVOY, Tony Wirral AC M45;
 21 1:01:08 WAYWELL, Dave Wesham Road M60;

22 1:01:17 SHACKLETON, Paul Tpton M40;
 23 1:01:22 WHEELER, David Oxford City AC M50;
 24 1:01:25 HATTON, Mike South Cheshire M40;
 25 1:01:58 COLLIER, John Wesham R.R. M50;
 26 1:02:01 DENNISON, Andrea Bradford AirW40;
 27 1:02:10 BLOOR, Ken Trentham RC M40;
 28 1:02:19 FARMER, Geoff Chase Harriers M50;
 29 1:02:26 BRAITHWAITE, Keith Shelton S M50;
 30 1:02:36 BAYLIS, Mark Wirral AC M40;
 31 1:02:39 MYATT, Julia Newcastle AC W40;
 32 1:02:46 WINTERTON, Stan Trentham RC M55;
 33 1:02:54 BARRY, Julian Boalloy M50;
 34 1:03:07 JEFFREY, Howard Otley AC M45;
 35 1:03:14 BOOTH, Roger Shelton Striders M50;
 36 1:03:14 FORD, Martin Cheltenham M60;
 37 1:03:26 LAKE, John North Derbyshire M55;
 38 1:03:29 PEARCE, John Aldridge RC M45;
 39 1:03:34 ALLPORT, Trevor M45;
 40 1:03:35 LEE, Nigel Newcastle Staffs) AC M50;
 41 1:03:40 DOVER, Robert Bingley Harriers M60;
 42 1:03:48 DOUGLAS, Paul Stafford Harriers M50;
 43 1:03:49 CLEMENS, John Stone Master M M60;
 44 1:03:55 CARSON, Ian Wrexham AC M50;
 45 1:04:17 RIGBY, Geoffrey Trentham RC M55;
 46 1:04:23 FINNEY, Barrie Staffs Moorlands M50;
 47 1:04:34 CHELL, Stephen Trentham RC M45;
 48 1:04:35 HANCOCK, Jon Oswestry Olym. M50;
 49 1:04:50 EXLEY, John M55;
 50 1:05:24 WILLIAMS, Paul Staffs Moorlands M50;
 51 1:05:26 GIBBS, Fred Bingley H M65;
 52 1:05:54 SARSON, Peter Stafford Harriers M55;
 53 1:06:20 BELL, Gerry Bingley Harriers M50;
 54 1:06:34 LOCKER, Steven Trentham RC M45;
 55 1:06:42 MILNES, Gary East Cheshire M45;
 56 1:06:56 BRITTON, Robin Staffs Moorlands M50;
 57 1:06:59 PEERS, Alan Spectrum Striders M60;
 58 1:07:03 MILLS, Alan Newcastle AC M55;
 59 1:07:04 THOMPSON, Nicki Charnwood W35;
 60 1:07:11 DODDS, Ian Southport Waterloo AC M40;
 61 1:07:14 ROBERTS, Stephen Oswestry Olym. M45;
 62 1:07:15 HOWELL, Jonathan Stone MM M50;
 63 1:07:23 SPENCER, Ian Stafford Harriers M40;
 64 1:07:25 CLARKE, Bill Stone Master M M55;
 65 1:07:32 WOODYATT, Paul City of Norwich M40;
 66 1:07:47 BENTLEY, Mark Stafford Harriers M40;
 67 1:07:51 JORDAN, Mark M40;
 68 1:07:55 PRICE, Allan Holme Pierpoint AC M40;
 69 1:07:59 FIRTH, John Bingley Harriers M60;
 70 1:08:02 HUDSON, Alan Wesham RR M55;
 71 1:08:03 DAUGHERTY, Duane M40;
 72 1:08:06 PINKNEY, Harold Congleton Harriers M50;
 73 1:08:08 ORME, Chris Sphinx AC M45;
 74 1:08:27 MOTTRAM JONES, R Vegetarian CC M40;
 75 1:08:41 CAMPBELL, Lee Boalloy M40;
 76 1:09:00 LITTNE, Barry East Cheshire M55;
 77 1:09:20 BLOOR, John Michelin AC M55;
 78 1:09:44 PREECE, David Stafford Harriers M45;
 79 1:09:52 JACKSON, Joan Northern Vets W45;
 80 1:09:55 BEECH, Don SMAC M45;
 81 1:10:14 OLIVER, Paul M40;
 82 1:10:22 LEESE, John County Officers M55;
 83 1:10:33 SMITH, Andy M45;
 84 1:10:35 ATKINSON, Bill Northern Vets M65;
 85 1:10:37 Graham Trentham RC M45;
 86 1:10:52 CUTLER, Mike South Cheshire H M45;
 87 1:11:23 NYE, Keith Tipton Harriers M40;
 88 1:11:30 GRIFFIN, Lesley Birstall AC W55;
 89 1:11:40 ROGERS, Tom Aldridge RC M 40;
 90 1:11:45 BRADBURY, Chris Trentham RC M55;
 91 1:11:50 LANDER, Eric tafford Harriers M55;
 92 1:11:50 CHAMBERS, Barry Vale Royal AC M50;
 93 1:12:03 LEWIS, Alan Trentham RC M60;
 94 1:12:21 JONES, Michael Safford Harriers M60;
 95 1:12:33 JOHN, Caroline UWA Harriers W35;
 96 1:12:33 BLACKSHAW, Rob M45;
 97 1:12:39 WILLIAMS, Gen Mossley Hill AC W50;
 98 1:12:47 KAY, Allan 100 Marathon M55;
 99 1:12:55 THOMPSON, Mark Stafford Harriers M 40;
 100 1:12:57 GROCOTT, Ian Trentham RC M 40;
 101 1:12:58 ELLIS, Simon Stone MM M 40;
 102 1:13:06 FAINT, Keith Stafford H M50;
 103 1:13:10 JONES, Ron Wirral AC M65;
 104 1:13:11 GILLARD, Phil M40;
 105 1:13:12 WORTHINGTON, Brian Birchfield M45;
 106 1:13:37 WAKEFIELD, Denise Horwich H W50;

BMAF 10k CHAMPIONSHIPS

107 1:13:46 HUGHES, Mark Trentham RC M45;
108 1:14:01 JARVELAINEN, Elizabeth W35;
 109 1:14:05 BADGER, Lew Stone MM M55;
 110 1:14:28 BAMBER, Howard East Cheshire M50;
 111 1:14:32 SHAW, Richard Sone MM M50;
 112 1:14:34 BROOKES, Don Trentham RC M65;
 113 1:14:48 OLIVANT, Vernon Stone MM M50;
114 1:14:59 SKELLERN, Chris Stafford H W40;
 115 1:15:04 TURNER, Steve Stafford Harriers M40;
 116 1:15:06 THOMPSON, Barry Stockport H M45;
 117 1:15:31 SCROOP, Richard M55;
 118 1:15:32 PORTER, Robert NSRRA M50;
119 1:15:34 MILNES, Carole East Cheshire W45;
 120 1:15:36 BENSON, Richard Congleton H M50;
121 1:15:43 WELLER, Charlie Newcastle AC W35;
 122 1:15:50 HORTON, Michael Boalloy M55;
123 1:15:59 FELLOWS, Dot Cannock & St W55;
 124 1:16:03 GOSS, Keith Uttoxeter RR M50;
 125 1:16:04 HULME, Janet Trentham RC W50;
126 1:16:10 WILSON, Rosemary Stone MM W45;
 127 1:16:21 DONNELLY, Mark Shropshire M40;
 128 1:16:29 CAMPBELL, Brian Midland Vets M70;
 129 1:16:37 HALLAM, Barry M 40;
 130 1:16:46 ROBERTS, John Witham RC M70;
 131 1:16:49 MCLOUGHLIN, Peter Newcastle M50;
 132 1:16:52 ROWLEY, David Shropshire S M45;
 133 1:17:11 DOWNEY, James M40;
 134 1:17:15 SMITH, Eddie Stafford Harriers M50;
 135 1:17:17 BRIDGWOOD, Anthony Longton M55;
 136 1:17:22 FAIRBROTHER, Ian M40;
 137 1:17:22 JOHNSON, Kenny Michelin AC M45;
 138 1:17:31 HODGKISS, Alan Telford AC M55;
 139 1:17:58 SCHOFIELD, John Bedford Police M40;
140 1:18:01 LEE, Carolyn Shelton Striders W40;
 141 1:18:01 HOPKINSON, Christopher Shelton S M45;
 142 1:18:11 BUTTERFLY, Michael Derby AC M65;
 143 1:18:19 COWLEY, David Stafford Harriers M60;
 144 1:18:33 HUGGINS, Mervyn Midland Vets M70;
145 1:18:40 RUSSON, Gillian Cannock & Staff W35;
146 1:18:44 EHRENBURG, Margaret Sparkhill H W50;
 146 1:18:57 WILLIAMSON, Adrian M40;
 147 1:19:11 COLWELL, Michaela W35;
 148 1:19:30 GOODWIN, Trevor NSRRA M65;
149 1:19:33 LEESON, Yvonne Stone MM W50;
150 1:19:35 AUSTIN, Carol Sparkhill H W40;
 151 1:19:42 SHEARER, Peter M45;
 152 1:19:43 FINNEMORE, Bernard M55;
 153 1:19:52 SINGH, George Stafford Harriers M60;
154 1:19:55 LAKE, Janet North Derbyshire W50;
 155 1:19:57 SLATER, Alf Norton Canes M55;
 156 1:20:12 BOYD, Alastair Shelton Striders MV45;
 157 1:20:17 ROBSON, Terry Stockport Harriers M60;
 158 1:20:18 SLATER, Steve M 40;
 159 1:20:35 WHITWORTH, Bill Stafford Harriers M60;
 160 1:20:49 FINDLER, Robert NSRRA M 40;
 161 1:20:58 POINTON, Philip Boalloy M40;
162 1:21:07 KILCOURSE, Karen W40;
 163 1:21:26 ROWLINSON, Paul M40;
 164 1:21:37 COOPER, Grahame Sparkhill Harriers M70;
 165 1:21:38 LYCETT, Andrew M50;
 166 1:21:42 WILLIAMS, Graham Stafford H M55;
 167 1:21:43 EARP, Colin South Cheshire M55;
 168 1:22:03 HOLMES, John Milton M50;
169 1:22:03 JOHNSTONE, Alison W35;
 170 1:22:22 FILMER, Dave Trentham RC M50;
 171 1:22:25 GEOGHEGAN, Lynn(85) Stafford H W35;
172 1:22:27 JONES, Ann Wrexham AC W55;
173 1:22:46 DAVIES, Pam Stone M M W50;
 174 1:22:49 MULLIN, Michael M40;
175 1:23:01 ELLIS, Jean Shelton Striders W55;
176 1:23:03 ROSS, Jillian Stafford Harriers W35;
 177 1:23:20 HAWKINS, Stephen M50;
178 1:23:26 STAITE, Jane Telford Harriers W35;
179 1:23:36 BISIKER, Jane Stafford Harriers W40;
 180 1:23:40 STANWAY, David M45;
 181 1:23:45 MASON, Neil M50;
 182 1:24:14 ALLEN, Stan Road Runners Club M65;
 183 1:24:16 GRANT, Frank Stafford Harriers M65;
 184 1:24:18 GREATHOLDER, John Stafford M50;
185 1:24:19 SCOTT, Jennie W40;
186 1:24:38 MOODY, Dawn W35;
 187 1:25:33 MARLAND, Richard Rugeley R M55;
 188 1:25:40 BAILEY, Thomas M50;
 189 1:25:48 PHEASANT, Colin Chase H M45;
 190 1:25:55 JOLLY, Stephen South Derbyshire M45;

191-ROBERTS, Glyn M50;
 192-1:26:23 LAWTON, John M50;
 193-1:26:29 RILEY, Belinda Newcastle AC W40;
 194-1:27:06 RICHARDS, Ken Newcastle AC M55 ;
 195-1:27:25 STANWAY, Albert M55;
196-1:27:44 POOLE, Sandra Holme Pierpoint W60;
197-1:27:44 RILEY, Louise Razzers Runners W35;
 198-1:27:46 COTTRILL, Philip M50;
 199-1:27:52 SHREEVES, Paul Charnwood AC M50;
200-1:28:02 O'KEEFE, Elizabeth Trentham RC W45;
 201-1:28:20 GLEAVE, Harold M50;
 202-1:28:28 HEELER, Gordon Northern Vets M75;
 203-1:29:06 ADDISON, Nigel Stafford Harriers M 40;
204-1:29:43 SORRELL, Julia W35;
205-1:30:04 FOX, Margaret Congleton Harriers W60;
 206-1:30:07 BRADSHAW, Allan Stafford Harriers M60;
207-1:30:09 EARP, Gael South Cheshire W40;
208-1:30:29 WEATHERALL, Gina Trentham W60;
 209-1:31:33 SCREATON, Brian Nuneaton H M55;
 210-1:31:55 HODSON, Tim M50;
 211-1:31:55 WELSH, Martin M45;
 212-1:32:30 HAMMERSLEY, Stuart Chase H M50;
213-1:32:54 WILLIAMS, Ann NSRRA W35;
 214-1:33:14 MURRAY, Tony Village Runners M 40;
 215-1:33:37 HALL, Les Norton Canes M55;
216-1:34:22 ADAMS, Pat Wrekin R Runners W45;
217-1:34:39 SINNOTT, June Stockport H W40;
 218-1:34:51 KILCOURSE, Mike M40;
219-1:35:15 COLMAN, Judith Stafford H W50;
 220-1:35:15 HATELEY, John Stafford Harriers M60;
221-1:35:55 CARNALL, Mary Womens RN W50;
 222-1:36:17 LEE, John M60;
223-1:36:21 FRASER, Jane W45;
 224-1:37:40 GREEN, Les Cannock & Stafford M65;
225-1:38:42 HAMMERSLEY, Colleen Chase H W50;
 226-1:39:00 DOWIE, Clive White City (Hull) M50;
227-1:40:10 JULIE, Robertson Michelin AC W40;
228-1:40:22 BEARD, Helen Stockport Harriers W40;
229-1:40:42 ROGERS, Denise(6) Aldridge RC W35;
230-1:41:26 LEWIS, Cynthia Telford Harriers W55;
 231-1:41:30 FERNEYHOUGH, Reg Michelin AC M75;
232-1:41:33 MCGREEN, Jane W50;
233-1:42:13 SHAW, Anne Telford Harriers W50;
234-1:42:19 BARLOW, Hazel Michelin AC W40;
235-1:42:32 CALDWELL, Gillian C & Stafford W60;
236 1:43:10 DODD, Katie Womens' R Network W35;
237-1:44:10 MCLELLAN, Paula Stone MM W 60;
238-1:45:18 HARGREAVES, Patricia W'mens W50;
 239-1:46:00 TURNER, Hugh BMAF M75;
240-1:50:56 STATHAM, Liz Barnsley 121 W40;
 241-1:52:07 SHACKLEON, Max Barnsley 121 M50;
242-1:55:21 ROWLINSON, Helen W40;
 243-1:56:14 CALDWELL, Ronald C & Stafford M65 ;
 244-1:56:21 HARDING, Norman Barrow Runners M55;
245-1:56:21 SURRELL, Lisa Rolls Royce W35;
 246-1:57:14 PAYNE, Stan Michelin AC M65;
 247-1:58:34 PAYNE, Jean Michelin AC W60 ;
 248-1:59:26 JOHNSTON, James NE Veterans M75;

There were 365 finishers in the All Competitors category.
 Hence 68% Masters.

BMAF 10km Portsmouth, 12 September

WORDS: Bridget Cushen.

Gale force winds blowing in off the harbour buffeted the large field as they set out on the first of the two circuits of this excellently organised race. European 1500/5000m champion, Dave Taylor completed the first lap in just over 16 minutes with Mark Hargreaves leading the chasing pack. Alison Fletcher was well clear in the women's race from Margaret Deasy and Gillian Johnson, who was just ahead of Sharon Coyne. They finished in that order.

Taylor pulled further away to win in 31.04; the chasing pack was still intact as they entered the stadium again. With just 200m to go, Clive Bromhall sprinted clear for the silver medal and the SWVAC title. Brian Green followed him to win the M45 and Dai Roberts picked up the W40 bronze.

Mike Hager, MVAC, sixth overall got the M50 title by over a minute and Mike Woodall, 12th, lead Wrexham AC to team victory. Charlie Dickinson sailed around in 35.39 well clear of David Cartwright and John Exley in the M55 group. Martin Ford won the M60 race. M65 Bingley Harrier, Fred Gibbs, never out of the medals, added another gold. Steve Charlton, now back from injury, completed 10k in 43.56 at age 75, three M80 fought out their race. This race normally incorporates the Inter-Area match, scoring based on cumulative times. On this occasion the host, the SWVAC, could not hold off the challenge from the strong Veterans AC M40-49 team of Dave Taylor, Dai Roberts, Keith Newton and Keith Donkin and the Midlands VAC team.

MEN

1 TAYLOR David Blackheath & Brom Harriers M40-1 31.04;
 2 BROMHALL Clive Bristol & West AC M40-2 32.50;
 3 GREEN Brian Oxford City AC M45-1 32.57;
 4 ROBERTS Dai Havant AC M40-3 32.58;
 5 NEWTON Keith Herne Hill Harriers M40-4 33.07;
 6 HAGER Michael Tipton Harriers M50-1 33.09;
 7 HARGREAVES Mark Bournemouth AC M40-5 33.13;
 8 SMITH Steve Preston Harriers M45-2 33.38;
 9 HOPE Alex Severn AC M40-6 34.10;
 10 ROWE Alex Wesham Road Runners M45-3 34.15;
 11 BULLEN Richard Les Croupiers RC M40-7 34.17;
 12 WOODALL Mike Wrexham AC M45-4 34.19;
 13 PARTRIDGE Edward Wrexham AC M40-8 34.23;
 14 SEWARD Gordon Exeter Harriers M50-2 34.26;
 15 HAILEY Rick Telford AC M50-3 34.29;
 16 SYKES Christopher Woodstock Harriers M45-5 34.32;
 17 THOMSON David City of Portsmouth AC M40-9 34.32;
 18 DONKIN Keith AFD & Dist M45-6 34.37;
 19 JONES Bernie Wrexham AC M45-7 34.39;
 20 VAUGHAN Bryan Woodstock Harriers M50-4 34.46;
 21 AUNGER Ian Nene Valley Harriers M40-10 34.48;
 22 CLEMENTS Andy Poole AC M45-8 34.50;
 23 FLOWER Martyn City of Portsmouth AC M45-9 34.52;
 24 ROBBINS Mike Wrexham AC M40-11 34.52;
 25 OWEN Stanley Nene Valley Harriers M50-5 34.54;
 26 BAILEY Chris Highgate Harriers M40-12 34.54;
 27 DAVOILE Paul City of Portsmouth AC M45-10 34.55;
 28 THOMPSON Peter Nene Valley Harriers M45-11 34.56;
 29 CLARKE Chris Nene Valley Harriers M45-12 35.03;
 30 MUNT Tom Reading AC M40-13 35.13;
 31 RHIMES Godfrey City of Portsmouth AC M50-6 35.16;
 32 GRANT Richard Oxford City AC M50-7 35.17;
 33 TREADWELL Robert Redhill & Surrey M50-8 35.31;
 34 WILSON Greg Telford AC M45-13 35.36;
 35 DIXON Trevor Oxford City AC M45-14 35.37;
 36 DICKINSON Charlie Belgrave Harriers M55-1 35.39;
 37 TURNER Richard Royston Runners M40-14 35.42;
 38 TUCK Graham Isle of Wight AC M50-9 35.46;
 39 McGEORG Mick Les Croupiers RC M45-15 35.48;
 40 COSTLEY Peter Southampton RC M40-15 35.50;
 41 SEAKINS Tony Colchester Harriers M50-10 35.51;
 42 WOOLGAR Gary Brighton & Hove M40-16 35.53;
 43 JONES Robert Les Croupiers RC M45-16 35.56;
 44 ANDERSON Simon Plymouth Harriers M40-17 35.59;
 45 BARNSDALE Michael Nene Valley M45-17 36.01;
 46 WETHERILL Andrew Redhill RR M45-18 36.06;
 47 WHEELER David Oxford City AC M50-11 36.08;
 48 CARTER David Alton Runners M40-18 36.10;
 49 WILLIAMS Graham Riverside Runners M50-12 36.17;
 50 CARTWRIGHT David Poole Runners M55-2 36.20;
 51 McGUINNESS Stephen City of Salisbury M50-13 36.21;
 52 WRIGHT Gary Chichester Runners & AC M40-19 36.23;
 53 EXLEY John Oxford City AC M55-3 36.51;
 54 BARNES Ian Poole Runners M55-4 36.58;
 55 GUERRIER Chris Poole Runners M50-14 37.19;
 56 PROVEN Mike Reading AC M45-19 37.20;

BMAF 10 mile / 10k CHAMPIONSHIPS

57 FORD Martin Cheltenham & County M60-1 37.25;
 58 JONES Gareth Oxford City AC M55- 5 37.27;
 59 TREADWELL Roy Oxford City AC M55- 6 37.29;
 60 MANN Michael Dulwich Runners M55- 7 37.33;
 61 ZAPLE James Herne Hill Harriers M45- 20 37.45;
 62 BUTLER Melvyn Egdon Heath Harriers M45-21 37.46;
 63 SMEDLEY Mick Derby AC M55- 8 37.49;
 64 DAVIS Les Severn AC M60- 2 37.51;
 65 BLACKWELL Barry Brighton & Hove M55- 9 38.07;
 66 GILES Peter Thames Hare & Hounds RC M60- 3 38.09;
 67 DREY William Unattached M40- 20 38.11;
 68 NEWMAN Alan Medway & M AC M50-15 38.16;
 69 SALWAY Tom Nene Valley Harriers M55-10 38.18;
 70 COLES David Les Croupiers RC M40- 21 38.23;
 71 DAWES Malcolm Telford AC M55- 11 38.26;
 72 HASSALL Jonathan Telford AC M55-12 38.38;
 73 PARSONS David Oxford City AC M55-13 38.39;
 74 BIDMEAD Peter Brighton & Hove M55-14 38.46;
 75 DOVER Bob Bingley Harriers & AC M60-4 38.54;
 76 RUSSELL Nic Oxford City AC M40- 22 38.58;
 77 BEST Mick Poole Runners M45-22 39.05;
 78 NEWTON Peter City of Portsmouth AC M60-5 39.06;
 79 BENHAM Chris Chichester Runners & AC M45-23 39.10;
 80 WHITE Des Paddock Wood AC M50-16 39.19;
 81 JEFFERY Howard Otley AC M50-17 39.37;
 82 GIBBS Fred Bingley Harriers & AC M65-1 40.02;
 83 TABENOR Peter Plymouth Harriers M60-6 40.10;
 84 MURRAY Andy Dulwich Runners M50-18 40.22;
 85 SMITH Mark Denmead Striders M40-23 40.27;
 86 SPACIE Keith Thames H & H RC M65- 2 40.29;
 87 BARNETT Paul Alton Runners M45-24 40.33;
 88 SCUDAMORE Keith Burnham Joggers M60- 7 40.44;
 89 HILL Andrew South West Veterans AC M50-19 41.08;
 90 JOHNSON Andrew Sevenoaks AC M60- 8 41.12;
 91 HANDY Lionel New Forest Runners M45-25 41.24;
 92 SMITH Rod City of Salisbury ARC M60- 9 41.34;
 93 DICKSON Robin Thames H & H RC M60-10 41.48;
 94 RYALLS Terry City of Salisbury ARC M65- 3 41.50;
 95 VALENTINE Bill Torbay AC M55-15 41.53;
 96 TAYLOR Maurice City of Salisbury ARC M60-11 42.06;
 97 ERITH Mike City of Plymouth AC M55-16 42.14;
 98 LONG Richard City of Portsmouth AC M40-24 42.22;
 99 RICH Alan Walthamstow AC M50-20 42.24;
 100 BARDEN Lionel Brighton & Hove M55-17 42.37;
 101 SIMPSON Edmond Folkestone RC M65-4 42.43;
 102 WESTERN Phillip Havant AC M55-18 42.46;
 103 PERRATT John Exmouth Harriers M65-5 42.51;
 104 HOOKER Michael Alton Runners M60-12 42.54;
 105 DAVIDSON Alan Liss Runners M55-19 43.00;
 106 GIBBONS Peter Dulwich Runners M50-21 43.10;
 107 JONES Peter Unattached M55- 20 43.19;
 108 PARRISH Keith Alton Runners M40- 25 43.25;
 109 BOYCE Michael Liss Runners M45- 26 43.34;
 110 CHARLTON Stephen Veterans AC M75- 1 43.56;
 111 OLIVER Bob City of Portsmouth AC M60-13 44.07;
 112 HUGHES Carwyn Havant AC M65- 6 44.08;
 113 DUFF Martin Aldershot Farnham & Dist M60-14 44.28;
 114 MOOREKITE David Invicta East Kent M60-15 44.34;
 115 CROCKER Nick Veterans AC M45- 27 44.42;
 116 O'HARA Patrick Unattached M55- 21 44.46;
 117 HOWARTH Derek Leigh Harriers & AC M70-1 44.54;
 118 PAINE Ron South West Veterans AC M55-22 45.05;
 119 HARROP Andy Havant AC M50- 22 45.21;
 120 TAYLOR John Liss Runners M70-2 45.27;
 121 CONSTABLE David City of Portsmouth M60-16 45.36;
 122 FODEN Graham Victory AC M55- 23 45.57;
 123 WILTSHIRE Gordon City of Salisbury M65- 7 46.01;
 124 BAYLY Gerry South West Vets AC M40- 26 46.07;
 125 DAVIES William Winchester & Dist M70-3 46.13;
 126 CAMPBELL Brian Unattached M70- 4 46.45;
 127 JOAD David Unattached M60-17 46.53;
 128 BROWN William Unattached M65- 8 47.03;
 129 BENNETT Bernard Winchester & Dist M65-9 47.04;
 130 O'BRIEN Bernie Serpentine RC M40- 27 47.58;
 131 P-KNOWLES Richard Sevenoaks M70- 5 48.51;
 132 WOOD David Unattached M45- 28 49.09;
 133 GRIERSON Brian Lordshill R Runners M60-18 50.18;
 134 GEORGE Bernard Unattached M55- 24 53.35;
 135 NUTLEY Derek Veterans AC M60-19 54.42;
 136 BROWN David Massey Ferguson RRC M75- 2 55.01;
 137 DILLON Kevin Manchester Harriers M50- 23 55.13;
 138 CADDY James Middlesbrough & Cleve M80-1 55.32;
 139 BRUCE Arthur Belgrave Harriers M75- 3 56.12;
 140 PORTER Derek Veterans AC M70- 6 56.20;
 141 FRANKLIN Ron Barnet & District AC M75- 4 57.31;
 142 FIELD Robert Victory AC M50-24 58.54;
 143 ROBINSON Peter Chichester Runners & AC M70- 7 1.01.03;
 144 COPPING Frank Ipswich Jaffa RC M75-5 1.02.27;
 145 McDOWELL Mike Ranelagh Harriers M75- 6 1.04.37;
 146 DAVIDSON Bruce New Forest Runners M80- 2 1.04.59;
 147 McARTHUR Bernard S West Vets AC M75- 7 1.10.03;

148 CUNNING Gerald S Counties Vets AC M80-3 1.15.03;
WOMEN:
 1 FLETCHER Alison Dulwich Runners W40-1 36.30;
 2 DEASY Margaret Colchester & Tendring W40- 2 36.56;
 3 JOHNSON Gillian Dulwich Runners W40- 3 37.08;
 4 COYNE Sharon Cornwall AC W35-1 37.43;
 5 STACEY Verity Enfield & Haringay AC W40- 4 38.37;
 6 RAWLINGS Anne Alton Runners W40-5 38.47;
 7 HEWITT Caroline Tiverton Harriers W40-6 38.51;
 8 THOMAS Christine Poole Runners W40-7 39.08;
 9 CLARK Juliette Belgrave Harriers W40-8 40.07;
 10 RAY Janet Dorking & Mole Valley AC W40- 9 40.46;
 11 TIBBLE Yvonne Poole Runners W45-1 40.48;
 12 TWEED Daveena Poole Runners W45- 2 41.10;
 13 LAZENBY Tina Nene Valley Harriers W45-3 41.12;
 14 MOOREKITE Janice Invicta East Kent AC W45-4 41.17;
 15 SLOANE Aly City of Salisbury ARC W40-10 41.31;
 16 TABOR Ros Dulwich Runners W55-1 42.36;
 17 GILBERT Sally Team Solent W45-5 42.48;
 18 GEORGHIOU Jane Farnham Runners W50- 1 42.50;
 19 GRIFFIN Lesley Birstall RC W55-2 43.20;
 20 LINDOP Trina Poole Runners W50-2 43.33;
 21 JAMES Sue Paddock Wood AC W50-3 43.45;
 22 RHODES Debbie Alton Runners W40-11 44.23;
 23 ROGERS Kate East Cornwall Harriers W45- 6 44.25;
 24 WHITE Alison Paddock Wood AC W45-7 44.56;
 25 TURNER Tina Denmead Striders W45- 8 45.10;
 26 MOLONEY Jenny Royal Manor Portland W40-12 45.22;
 27 LEE Becky Wells City Harriers W50- 4 45.27;
 28 WYNGARD Clare Dulwich Runners W40-13 45.49;
 29 BULLEN Yvonne Les Croupiers RC W40-14 46.09;
 30 HARTLE Catherine Wimborne AC W45- 9 46.16;
 31 BOWERS Liz Arena 80 AC W50- 5 46.20;
 32 WOOLLER Diane Colchester & Tendring W50- 6 46.33;
 33 JAY Johanna Bristol AC W60-1 46.38;
 34 HARRIS Debra Peterborough AC W40-15 46.55;
 35 RICH Pauline Serpentine RC W55- 3 47.05;
 36 ROYAL Joan Dorset Daddlers W65-1 47.41;
 37 FONTAINE Marie Serpentine RC W40-16 47.57;
 38 SCARFE Jackie Alton Runners W40-17 48.18;
 39 NEWTON Lynne City of Portsmouth AC W55- 4 48.31;
 40 MORRISON Cecilia City of Portsmouth AC W60-2 48.43;
 41 MORGAN Carol Romsey Road Runners W45-10 49.13;
 42 JOHNSON June Sevenoaks AC W60- 3 50.24;
 43 DICKER Jane Hastings AC W55-5 51.54;
 44 BROWN Mary Unattached W55- 6 52.45;
 45 QUINTON Eileen Horsham Joggers W75-1 54.13;
 46 GARDINER Julie Unattached W40-18 55.00;
 47 PAINE Doreen South West Veterans AC W50- 7 56.16;
 48 THORNEWILL Rachel City of Ports W45-11 56.25;
 49 DAVEY Janet New Forest Runners W70-1 1.00.08;
 50 POLLARD Irene Portsmouth Joggers W60-4 1.00.19;
 51 WOOLVEN Amanda Unattached W35- 2 1.01.26;
 52 MEADES Erika Unattached W35- 3 1.01.28;
 53 MITCHELL Mary City of Portsmouth AC W55- 7 1.02.42;
 54 NORRISH Betty Unattached W70- 2 1.09.42;

M40-49 TEAMS

1 Wrexham AC 59; 2 Nene Valley Harriers 98; 3 City of Portsmouth AC 104; 4 Les Croupiers RC 113;

M50-59 TEAMS

1 Oxford City AC 35; 2 Poole Runners 49; 3 Telford AC 56;
 4 Oxford City AC 'B' 67; 5 Brighton & Hove City AC 89;
 6 Dulwich Runners 93;

M60-69 TEAMS

1 Thames Hare & Hounds RC 23; 2 City of Salisbury ARC 38; 3 City of Portsmouth AC 45;

W35-44 TEAMS

1 Dulwich Runners 18; 2 Alton Runners 36;

W45-54 TEAMS

Poole Runners 10;

W55+ TEAMS

City of Portsmouth AC 27;

INTER-AREA MATCH

40-49 TEAMS

1 Veterans AC 2:13:42; 2 Midlands VAC 2:15:33; 3 South West VAC 2:17:02; 4 Welsh Masters AA 2:17:38; 5 Eastern VAC 2:20:29; 6 Welsh Masters AA 'B' 2:24:59;

M50-59 TEAMS

1 Southern Counties VAC 1:45:19; 2 Midlands VA 1:45:27;
 3 Veterans AC 1:47:01; 4 South West VAC 1:47:07;
 5 Southern Counties VAC 'B' 1:50:28; 6 Veterans AC 'B' 1:55:22; 7 Southern Counties VAC 'C' 1:55:41; 8 South West VAC 'B' 1:57:25; 9 Veterans AC 'C' 2:08:01;
 10 South West VAC 'C' 2:09:12;

M60+ TEAMS

1 Veterans AC 1:57:44; 2 Midlands VAC 2:02:01; 3 South West 2:02:28; 4 Northern VAC 2:03:50; 5 Southern Counties VAC 2:05:54; 6 South West VAC 'B' 2:10:58; 7 Veterans AC 'B' 2:12:06; 8 South West VAC 'C' 2:24:25; 9 Veterans AC 'C' 2:39:45; 10 Southern Counties VAC 'B' 2:57:02;

11 South West VAC 'D' 3:19:39;

W35-44 TEAMS

1 Veterans AC 1:50:34; 2 South West VAC 1:58:05;

3 Veterans AC 'B' 2:06:42;

W45-54 TEAMS

South West VAC 2:14:48;

W55+ TEAMS

1 Veterans AC 2:18:22; 2 Southern Counties VAC 2:36:31;

3 South West VAC 2:40:34;

A note to competitors from the Race Organiser, BMAF XC Championships.

Organising a national championship is a huge task, which is invariably carried out by a team of volunteers. To assist the organisers, please pay attention to the following points, which I am sure are very well known but sometimes need reinforcing:

1. Write clearly your name and the full name of your club. At Durham we wasted hours checking the names of clubs, which were recorded on application forms with a variety of abbreviations, with or without sponsors names, attached. This is important to make sure that you are attached to the correct team.

2. Please enter in good time and before you make travel arrangements.

Enclosing an SAE for an acknowledgement will give you reassurance that your entry has been accepted. Our closing date was mid-week and we held the entries open until the following Monday morning because they were still arriving thick and fast. We received as many entries in the last few days as we did in the preceding three months, many were postmarked the actual closing date. This made the administrator's job more difficult, but more importantly, a few entries were returned because they were too late. There is a huge amount of work to do once entries have closed, allocating numbers, producing a programme, etc.

3. Please do not ring the organisers and plead with them to take your late entry. It doesn't matter what your reason is, closing dates are set for a purpose.

I had to speak to several people who had already been refused entry by the administrator and who would not take 'no' for an answer. It is simply unfair to apply such pressure to individuals who are doing a voluntary job.

Thank you to everyone who turned up on the day and helped to make the event a success.

Barbara Wood

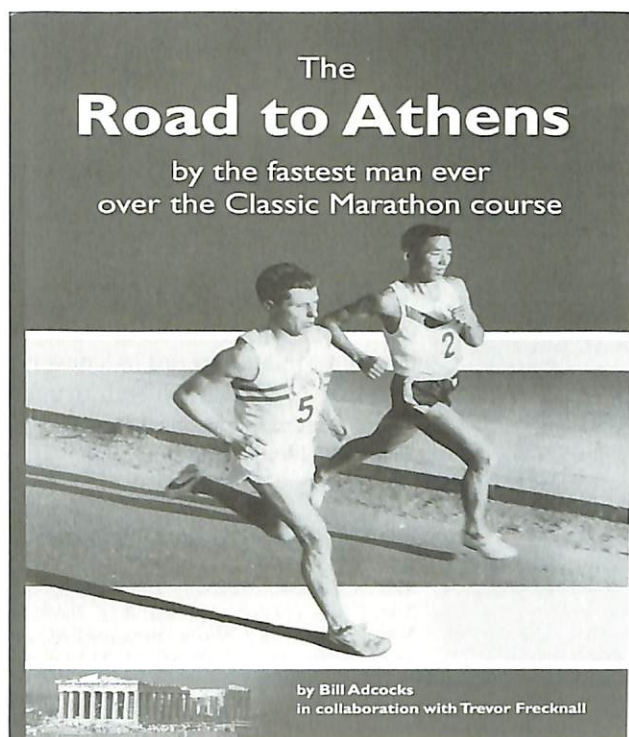
On Sunday the 11th July 2004, I raced in the B.M.A.F. / M.V.A.C. 10k track walk at Solihull, and have to say that during my numerous attendances at Athletics events this was an outstanding event.

I would like to thank all the officials for the way they ran the event.

Without officials the Championship could not have taken place, and the organisers and officials never get the full thanks they deserve.

DAVID HUNT.

BOOK REVIEW



THE ROAD TO ATHENS

**Bill Adcocks in collaboration
with Trevor Frecknall**

A book review by Colin Simpson

I have never been a great enthusiast for autobiographies, since, in my experience, they tend to contain much along the lines of 'what the writer would have said or done, if only they had thought of it at the time.'

Bill Adcocks and his co-writer have not fallen into this trap and have produced an excellent, factual story of the life of a world-class amateur athlete in the years before professionalism became the norm. He charts his rise from enthusiastic club runner to a truly great performer in meticulous fashion, having retained his training diaries for constant reference.

I cannot claim to have known him well as he was far removed by age from being a contemporary. However, I knew him as a chap of definite opinions, which he did not necessarily keep to himself, e.g. 'veterans are a waste of space' as stated to me. Bill gives a number of examples of some loss of cool with no fewer luminaries than Arthur Gold and Frank Bough, amongst others.

The early years of his athletic career entailed coping with examinations to qualify as a gas engineer. Later, when he became self-employed, every race meant a loss of income. It was in 1969 when he secured a post as a Lecturer at Coventry Technical College (a story in itself) that he finally had a job, which lent itself to his harsh training regime. Subsequently he ran the race around which the book is based – the Athens Marathon over the now to be Olympic 2004 marathon course.

Looking at times recorded some 30-35 years ago it is clear that today's British professional distance runners are well behind Bill Adcocks and his peer group. The difficulties, which faced

working class athletes in the 1960's when they had aspirations to compete at the highest levels, are clearly illustrated in this book.

There is one small point of which I have personal knowledge. The 1972 'blizzard' National in Sutton Park was run in dreadful conditions and an official did die (a Time Keeper from Liverpool) however my recollection is that the snow was very wet. I think it is unlikely that the poor fellow's body was found in a snowdrift since snow needs to be dry to build up drifts.

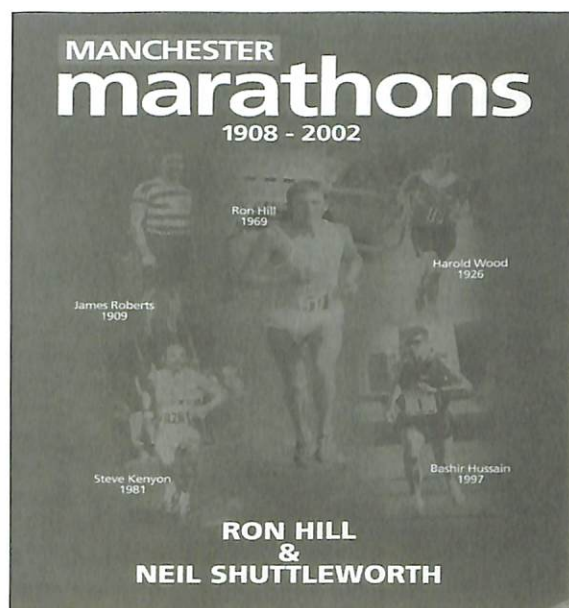
Inevitably the 100+ miles per week took their toll of Adcocks' legs and back and with his failure to win a place in the 1972 Olympic team Bill hung up his shoes and went on to play his part in athletics administration.

All in all this is a splendid account of a career that deserved more publicity than it ever received?

The Road to Athens – by Bill Adcocks in collaboration with Trevor Frecknall

**Published by Amrec69:
90 Frilshaw Way, Allesley Park, Coventry CV5 9LR
Price: £9.95**

(£ 10:95 (including postage and packing))



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RESULTS

NORTHERN VETERANS TRACK & FIELD LEAGUE RESULTS HELD AT BLACKLEY ON-SUNDAY 20TH JUNE 2004

100: (RACE 1); 1 W35 Karen Vaughan 17.0; 2 W35 Debbie Beresford Manchester 17.6; 3 W40 Lucy Hickey Altrincham 19.3; 4 W40 Alison Duggan Manchester 21.6; **RACE 2**; 1 W50 Bridget Walsh Longwood 17.7; 2 W55 Jean Skitt Manchester 18.5; 3 W50 Linda Norgate Longwood 19.2; **RACE 3**; 1 M45 Peter Hickey Trafford 11.9; 2 M45 Ian Scholes Trafford 12.5; 3 M45 Ray McAvoy Southport 13.4; 4 M45 Stephen Boardman Leigh 13.6; 5 M40 Phil Hall Blackburn 13.7; **RACE 4**; 1 M65 Tony Bowman Leeds City 13.8; 2 M50 Barry Chapman Altrincham 13.9; 3 M65 Malcolm Schofield Altrincham 15.1;

200: **RACE 1**; 1 W45 Susanne Pickersgill Longwood 35.4; 2 W35 Debbie Beresford Manchester 35.6; 3 W40 Lucy Hickey Altrincham 38.0; 4 W55 Jean Skitt Manchester 40.1; 5 W50 Linda Norgate Longwood 40.3; 6 W40 Alison-Duggan Manchester 48.1; **RACE-2**; 1 M45 Peter-Hickey Trafford 23.7; 2 M40 Stephen Chaisty Trafford 24.0; 3 M45 Ian Scholes Trafford 24.9; 4 M40 Phil Hall Blackburn 27.1; 5 M45 Stephen Boardman Leigh 28.6; **RACE 3**; 1 M65 Tony Bowman Leeds City 28.1; 2 M50 Barry Chapman Altrincham 29.5; 3 M40 R Haddon-Finney Swinton 29.6; 4 M65 Malcolm Schofield Altrincham 31.0; 5 M45 J Doohan Guest 31.7; 6 M70 Derek Howarth Leigh 36.6;

400 METRES: **RACE 1**; 1 W45 Susanne Pickersgill Longwood 80.9; 2 M70 Peter Dibb Longwood 83.4; 3 W40 Karen Mitchell Longwood 90.5; **RACE 2**; 1 M45 Andrew Hutchinson Nvav 62.3; 2 M40 R Haddon-Finney Swinton 68.0; 3 M50 Barry Chapman Altrincham 70.9; 4 M65 Malcolm Schofield Altrincham 74.7; 5 M60 Jim McCormack Longwood 81.6;

800 METRES: **RACE 1** 1 W40 Lucy Hickey Altrincham 2.55.1; 2 W35 Debbie Beresford Manchester 2.55.6; 3 W45 Susanne Pickersgill Longwood 3.10.3; 4 W50 Linda Norgate Longwood 3.58.5; **RACE 2**; 1 M40 John Howarth Leigh 2.08.4; 2 M40 James Cook Leigh 2.10.3; 3 M60 Jim McCormack Longwood 2.53.6; 4 M70 Derek Howarth Leigh 2.56.0; 5 M50 Kevin Dillon Manchester 2.57.6; 6 M70 Peter Dibb Longwood 2.59.6; 7 M60 George Lawson Manchester 3.01.5; 8 M60 Jim Rhodes Nvav 3.03.2;

1500 METRES: 1 M40 Steve Doxey Swinton 4.44.7; 2 M40 R Haddon-Finney Swinton 5.03.3; 3 M60 Mike Smith Bingley 5.08.0; 4 W50 Bridget Walsh Longwood 6.08.6; 5 M70 Derek Howarth Leigh 6.12.5; 6 M60 George Lawson Manchester 6.14.1; 7 W40 Karen Mitchell Longwood 6.38.4; 8 W35 Debbie Beresford Manchester 6.49.5; 9 M70 Peter Dibb Longwood 7.24.8; 10 W55 Jean Skitt Manchester 7.25.6; 11 M70 Arthur Walshaw Salford 8.33.1;

3000 METRES: 1 M40 Steve Doxey Swinton 10.00.6; 2 M40 R Haddon-Finney Swinton 10.21.1; 3 M50 Ian Mitchell Longwood 10.54.2; 4 M60 Jim McCormack Longwood 12.15.7; 5 M60 George Lawson Manchester 12.20.6; 6 W50 Bridget Walsh Longwood 12.41.8; 7 W35 Debbie Beresford Manchester 13.34.6; 8 W40 Karen Mitchell Longwood 13.54.7; 9 M70 Arthur Walshaw Salford 16.44.1;

SHOT LADIES: 1 W40 Julie Wall Burnley 6.45; 2 W45 Susanne Pickersgill Longwood 5.98; 3 W35 Karen Vaughan Burnley 5.36; 4 W50 Linda Norgate Longwood 5.28; 5 W40 Alison Duggan Manchester 5.15; 6 W55 Jean Skitt Manchester 4.66; **MEN**; 1 M45 Ray McAvoy Southport 8.51; 2 M50 John Edwards Burnley 8.36; 3 M65 Gordon Firth Nvav 8.36; 4 M45 J Doohan Guest 8.29; 5 M70 Maurice Morrell Wirral 7.56; 6 M40 Phil Wall Burnley 7.05; 7 M50 Richard Walsh Longwood 6.89; 8 M70 Peter Dibb Longwood 6.35; 9 M60 Jim McCormack Longwood 5.38;

LONG JUMP LADIES: 1 W35 Karen Vaughan Burnley 3.11; 2 W50 Linda Norgate Longwood 2.22; 3 W50 Bridget Walsh Longwood 1.97; 4 W55 Jean Skitt Manchester 1.96; 5 W40 Alison Duggan Manchester 1.85; **MEN**; 1 M45 Ray McAvoy Southport 4.15; 2 M50 Barry Chapman Altrincham 4.10; 3 M45 John Doohan Guest 3.40; 4 M50 Richard Walsh Longwood 3.32; 5 M40 Phil Wall Burnley 3.18; 6 M50 John Edwards Burnley 3.11;

JAVELIN LADIES: 1 W45 Susanne Pickersgill Longwood 15.71; 2 W40 Julie Wall Burnley 14.86; 3 W35 Karen Vaughan Burnley 14.21; 4 W55 Jean Skitt Manchester 12.01; 5 W50 Bridget Walsh Longwood 11.24; 6 W40 Alison Duggan Manchester 9.87; **MEN**; 1 M45 Ray McAvoy Southport 34.78; 2 M55 Mike Linaker Burnley 34.11; 3 M40 Phil Wall Burnley 26.27; 4 M70 Maurice Morrell Wirral 22.85; 5 M45 J Doohan Guest 20.58; 6 M50 Richard Walsh Longwood 20.27; 7 M45 Peter Hickey Trafford 19.34; 8 M50 Barry Chapman Altrincham 18.70; 9 M60 Jim McCormack Longwood 16.62; 10 M70 Peter Dibb Longwood 14.05;

100: 1-M40-John Crowley-Oldham&Rytn-11.9; 2-W45-Jennifer Wood-Spenborough-16.1; 3-W35-Karen-Vaughan-Burnley-16.7; 4-W50- Bridget Walsh- Longwood-17.6; 5-W60- Sheila Bolland- Spenborough-21.3; 6-W40- Julie Wall- Burnley-21.9; **200:** 1-M40- John Crowley-Oldham&Rytn-24.9; 2-W45- Susanne Pickersgill- Longwood-37.3; 3-M70- Peter Dibb- Longwood-38.8; 4-W35- Karen Vaughan- Burnley-40.8; 5-W40- Jackie Carter- Spenborough-41.8; 6-W35- Amanda Pearson- Spenborough-46.5; **400:** 1-W45- Susanne Pickersgill- Longwood-83.3; 2-W50- Bridget Walsh- Longwood-83.4; 3-M70- Peter Dibb- Longwood-91.8; 4-W40- Jackie Carter- Spenborough-96.8; 5-W35- Amanda Pearson- Spenborough-111.4; **800:** 1-M60- Mike Smith-Bingley- 2.28.7; 2-M50- Richard Walsh- Longwood- 3.13.5; 3-W45- Susanne Pickersgill- Longwood- 3.18.1; 4-W40- Jackie Carter- Spenborough- 3.48.5; 5-W35- Amanda Pearson- Spenborough- 4.09.4; **1500:** 1-M70- Peter Dibb- Longwood- 6.17.3; 2-W50- Bridget Walsh- Longwood- 6.18.2; 3-M50- Kevin Dillon- Manchester- 6.37.5; 4-W40- Jackie Carter- Spenborough- 7.18.6; 5-W50- Linda Norgate-Longwood- 7.52.8; 6-W35- Amanda Pearson- Spenborough- 8.18.6; 7-M70- Jack Betney- Clayton Le M- 8.45.4; **DISCUS:** 1-W45- Jennifer Wood- Spenborough-30.85; 2-W35- Karen Vaughan- Burnley-16.5; 3-W40- Julie Wall- Burnley-16.3; 4-W60- Sheila Bolland- Spenborough-14.5; 5-W50- Linda Norgate- Longwood-13.0; **SHOT Women:** 1-W45- Jennifer Wood- Spenborough-9.01; 2-W40- Julie Wall- Burnley-6.24; 3-W60- Sheila Bolland- Spenborough-5.97; 4-W45- Susanne Pickersgill- Longwood-5.92; 5-W50- Linda Norgate- Longwood-5.51; **SHOT Men:** 1-M50- John Edwards- Burnley-8.40; 2-M70- Jack Betney- Clayton Le M- 6.79; 3-M50- Richard Walsh- Longwood-6.57; 4-M70- Peter Dibb- Longwood-6.42; **JAVELIN-LADIES:** 1-W45- Jennifer Wood- Spenborough-24.36; 2-W35- Karen Vaughan- Burnley-18.32; 3-W45- Susanne Pickersgill- Longwood-16.09; 4-W40- Julie Wall- Burnley-12.62; 5-W60- Sheila Bolland- Spenborough-11.79; 6-W50- Bridget Walsh- Longwood-11.32; **MEN--** 1-M50- John Edwards- Burnley-20.92; 2-M50- Richard Walsh- Longwood-20.63; 3-M70- Jack Betney- Clayton Le M-15.71; **LONG JUMP-LADIES:** 1-W45- Jennifer Wood- Spenborough-3.71; 2-W35- Karen Vaughan- Burnley-3.58; 3-W40- Julie Wall- Burnley-2.36; 4-W60- Sheila Bolland- Spenborough-2.24; 5-W50- Bridget Walsh- Longwood-2.03; **MEN:** 1-M50- John Edwards- Burnley-3.64; 2-M50- Richard Walsh- Longwood-3.62; **DISCUS:** 1-M50- John Edwards- Burnley-23.48; 2-M70- Peter Dibb- Longwood-18.74;

MEN OVER 40--1-- LONGWOOD-67; 2-- TRAFFORD-66; 3-- LEIGH-44.5; 4-- SWINTON-41; **MEN OVER 50-** 1- BURNLEY-132; 2- LONGWOOD-131; **MEN OVER 60;** 1- LONGWOOD-156; 2-- MANCHESTER-71; 3-ATRINCHAM-70; **WOMEN:** 1- LONGWOOD-378.5; 2- SPENBOROUGH-251.5; 3- MANCHESTER-198.5; 4- BURNLEY-152.5;

BMAF Pentathlon incorporating MVAC Pentathlon.

26 men took part in the National Championships on Sunday July 11th at Solihull, where there was success for many of our Midland men. The M45 age group was the most competitive with 9 starters with John Mayor, Steve Woolley and Ian Harding all from MVAC taking the first 3 places with John Mayor eclipsing Dave Cowley's 1995 Midland Championship Record with a new point's total of 3070. Martin Weetman took the M40 title, Peter Wainwright silver in the M50's (1st MVAC), Laurie Dunn bronze in the M55's (1st MVAC). The M60 group was a triumph for John Topliss competing in his first Pentathlon for over a decade with Dai Vaughan in 4th place (2nd MVAC). The M65 70 and 75 age groups were a Midland clean sweeps with Tony Bowman and Jhalman Singh taking the honours in the M65, Tom Clowry once again defeated

his fellow Midland athlete Tom Wyer in the 70's, despite the latter achieving 3 new PB's. The M75 age group brought a win for Norman Carter over his rival John Quantrell.

In the ladies Pentathlon there were 6 competitors with 4 from the Midlands. Dorothy Orr was 2nd in the W40 and Anne Wainwright was also 2nd in the W45 but both took gold in the Midland Championship. Dorothy in fact increased her own Midland record to a new points figure of 2320 this included several PB's. There were wins for Judi Stafford in the W50 and Jackie Charles W60.

BMAF 10k WALK:

1, Richard Emley, VAC .50, 50-18.9; 2, Colin Bradley, WMAA .45, 55-37.1; 3, Ronald Penfold, VAC .60, 55-41.9; 4, Edmund Shillabeer, SWVAC .60, 56-26.5; 5, Tony Collins, MVAC .60, 59-15.6; 6, David Stevens, VAC .65, 59-56.6; 7, Sheila Owen, MVAC, W45, 60-14.8; 8, Terry Morris, MVAC .55, 60-53.6; 9, Ron Powell, SCVAC .65, 60-59.5;

10, Fiona Bishop, VAC, W45, 62-33.8; 11, David Hurst, SWVAC .60, 62-46.5; 12, Colin Stapleford, MVAC .65, 62-59.6; 13, Doug Fotheringham, MVAC .70, 63-33.8; 14, Stephen Holliday, VAC .55, 65-06.9; 15, William Newhill, MVAC .65, 66-39.9; **16, Maureen Spelman, VAC, W65, 68-04.2;** 17, Karl Abolins, MVAC .75, 69-19.6; 18, Len Croo, MVAC .80, 70-15.1; 19, Gordon Chapman, MVAC .70, 73-10.7;

Open 100 metres

1- Bob Cawson Burton M45 12.3; 2-Tony Wells Corby M55 13.1; 3- Maureen Lewington RSC W55 13.9; 4- Lesley Hopkins Enfield & Harringey W40 14.1; 5-Allan Meddings Birchfield M75 14.3; 6-Sam Jones Charnwood M60 14.5;

Open 200 metres

1- Bob Cawson Burton M45 25.2; 2- Lesley Hopkins Enfield & Harringey W40 29.2; 3-Allan Meddings Birchfield M75 29.8; 4-Sam Jones Charnwood M60 30.0; 5-Yvonne Priestman Bromsgrove & Redd W55 30.1;

Open 400 metres

Bill Robinson Border Harriers M80 2:24.7;

Open 800 metres

1-Nancy Hitchmough D & SH W50 2:31.9; 2-John Butler Stratford M55 3:09.3;

Classic Mile

1- Terry Akiens Rugby & Northants M50 5:08.5; 2- Arthur Kimber Dartford M65 5:52.6; 3-David Carney Bromsgrove & Redd M65 7:01.9; 4-John Butler Stratford M55 7:04.2;

MEN'S PENTATHLON

M35:

David Brooking (SW) 2697 (5.31, 47.44, 25.5, 31.78, 5:15.2);

M40:

Martin Weetman (MV) 2034 (4.45, 24.15, 26.7, 19.63, 5:42.4);

M45:

1-John Mayor MV 3070 (5.50, 30.30, 25.1, 25.69, 5:00.7); 2-Steve Wooley MV 2884 (4.98, 37.06, 25.5, 26.65, 5:28.5); 3- Ian Harding MV 2704 (5.09, 38.83, 27.7, 29.12, 5:51.1); 4- Alan Redman 2515 (4.98, 26.89, 25.2, 18.48, 5:37.9); 5-Andrew Lawton MV 2484 (4.84, 22.04, 26.5, 18.36, 5:02.0); 6-Nash Cummings NV 2429 (4.64, 27.13, 25.4, 25.79, 6:06.6); 7-Geoffrey Miller WM 2246 (5.18, 27.50, 27.5, 21.19, 6:21.2); 8-Jim Lawrence EV 1852 (3.98, 17.83, 27.90, 18.43, 5:49.6);

M50:

1-Ian Reeve EV 2890 (4.78, 32.54, 27.3, 27.32, 5:21.7); 2- Peter Wainwright MV 2168 (3.99, 36.2, 30.3, 27.32, 6:23.4);

RESULTS

M55:

1-John Charlton NV 3450 (5.30, 39.94, 26.7, 28.76, 5:59.6); 2-Mike Clerihew SVH 3109 (4.97, 32.67, 28.43, 6:07.0); 3-Lawrie Dunn MV 2720 (4.48, 30.22, 29.6, 22.87, 5:45.2);

M60:

1-John Topliss MV 2558 (4.47, 25.01, 28.4, 25.52, 7:41.2); 2-Peter Eddy SVH 2506 (3.34, 31.94, 32.4, 40.28, 7:17.1); 3-Norman Gould SVH 2260 (3.39, 20.80, 28.6, 19.39, 6:31.4); 4-Dai Vaughan MV 1829 (3.54, 23.32, 35.2, 24.80, 7:27.7);

M65:

1-Tony Bowman MV 2797 (4.22, 22.93, 28.2, 18.18, 6:56.4); 2-Jhalman Singh MV 1949 (3.51, 16.46, 33.8, 19.76, 7:25.4);

M70:

1-Tom Clowry MV 2637 (3.71, 18.86, 32.3, 16.40, 6:32.7); 2-Tom Wyer MV 2549 (3.07, 23.17, 35.3, 23.16, 6:25.7);

M75:

1-Norman Carter MV 2086 (2.46, 17.18, 39.5, 21.84, 8:07.00); 2-John Quantrell MV 1683 (2.18, 9.09, 37.1, 12.38, 7:37.9);

W40:

1-Sue Turley EV 2525 (14.9, 1.29, 7.53, 4.40, 3:04.2); 2-Dorothy Orr MV 2320 (15.5, 1.35, 6.32, 4.10, 3:06.0);

W50:

1-Aula Booth NV 2647 (14.3, 1.17, 7.84, 3.64, 3:06.5); 2-Anne Wainwright MV 2411 (16.9, 1.20, 6.13, 3.78, 2:51.8);

W50:

Judi Stafford EV 2222 (17.6, 1.14, 5.70, 3.35, 3:02.8);

W60:

Jackie Charles MV 3030 (16.6, 1.17, 7.09, 3.47, 3:46.8);

EASTERN VETERANS AC 5 KM ROAD

CHAMPIONSHIP

SUNDAY 1 AUGUST 2004 GRANTCHESTER

1 Owen S Nene Valley H M50 00:16:45; 2 Reed D St Edmunds P M40 00:17:01; 3 Tomlinson G Gt Bentley RC M40 00:17:53; 4 Stone L Cambridge & C M45 00:18:09; 5 Blake R Gt Yarmouth M50 00:18:28; 6 Reed M Ely R M40 00:18:42; 7 Woodyatt P City of Norwich M40 00:18:46; 8 Bees F Gt Bentley RC M60 00:18:52; 9 Chaplin M Cambridge & C M45 00:18:54; 10 Hainings W Colchester AC M45 00:19:16; 11 Cowley M Bedford & C M45 00:19:37; 12 Dimmock P Leighton Buzzard M55 00:19:45; 13 Price R St Edmunds P M60 00:19:47; 14 Meah G Cambridge & C M45 00:20:13; 15 Foskew I Essex Casuals M40 00:20:16; 16 Johnson P Bishops Cleeve M40 00:20:31; 17 Cotton T BRJ M65 00:20:55; 18 Firmage P Ryston R M45 00:21:01; 19 Howard P Cambridge & C M60 00:21:04; 20 Braverman T Newmarket J M55 00:21:44; 21 Duffield R Tiptree M60 00:21:46; 22 Greene V Cambridge & C W45 00:21:48; 23 Barnett S Cambridge & C W50 00:22:21; 24 Shrimpton G Halstead R M55 00:22:42; 25 Stubbins D Bedford & C M60 00:22:54; 26 Ball M N Norfolk BR M70 00:23:10; 27 Fordham J Ely R M65 00:23:28; 28 Clare J Herts Phoenix M60 00:23:50; 29 Callow M Milton Keynes AC M65 00:24:03; 30 Potter J Bungay Black Dog W55 00:24:13; 31 Phipps G Leamington M75 00:24:24; 32 Law B Gt Bentley RC W60 00:25:45; 33 Hancock J Bedford & C W55 00:26:08; 34 Young M Halstead R M70 00:26:48; 35 Duckworth U Bedford & C W65 00:27:04; 36 Potter D Bungay Black Dog M60 00:27:15; 37 Yates E Bedford & C M65 00:27:43; 38 Holmes G Fenland R W50 00:27:46; 39 Copeland M N Norfolk BR M75 00:32:02; 40 Blyth D Cambridge & C M80 00:42:26;

V.A.A.- N.E. Pentathlon Championship 2004.

Monkton Stadium. 7th. Aug. 2004

M.40 1. R. Anderson (Birtley) 1960pts. Discus 19.08m. L.J. 4.56m. 200m. 26.9s. Jav. 22.28m. 1500m. 5.26.3; 2. G. Hardent (Sunderland) 1907pts. (19.40m. 4.06m. 28.3s. m. 4.39.4);

M.45 1. A. Readman (Hough & Pet'lee) 2740pts. (19.34m. 4.93m. 24.9s. 29.32m. 5.25.0);

M.55 1. G. Routledge (Heaton) 672pts. (18.49m. 2.93m. 40.5s. 19.49m. 7.26.0);

M.65 1. J. Scott (N.E.V.A.C.) 3489pts. (29.35m. 4.34m. 29.6s. 28.90m. 7.09.0); 2. R. Checkley (Heaton) 2214pts. (17.76m. 3.10m. 33.1s. 21.52m. 6.18.1);

M.70 1. B. Parnaby (N.E.V.A.C.) 3136pts. (20.73m. 3.81m. 31.0s. 20.59m. 7.12.1);

W.40 1. L. Smith (Morpeth) 2038pts. (16.67m. 3.86m. 30.5s. 16.46m. 800m. 3.17.4); 2. L. Marr (Tynedale) 1072pts. (12.48m. 2.93m. 36.8s. 13.91m. 2.51.5);

M.50

DT/HT/JT: J. Wild (Rich. & Zet.) 38.31 / 39.11 / 32.74m.;

M.55

DT / Ht / JT: T. Hudson (Jarr. & Hebb.) 34.74 / 34.45 / 32.12;

M.70

DT/JT: D. Field (Sunderland) 33.43 / 29.82;

Midland Track & Field League Division North Date 12th August Venue Stafford

M40:

200m: 1. N Bennett 25.0; 2. C McDonald 25.0;

800m: (A) T Hinchley 2.07; (B) I Moody 2.19.5;

2k Walk D Fall 12.26;

Pole Vault: I Williams 3.00;

3000m J Danahay 9.26.0; (B) S Marklew 9.48.6

Javelin: N Bennett 40.49;

Long Jump: M Fox 5.24m;

Shot M Fox 13.11 (League Record);

M50

200m: M Warrilow 28.5;

Long Jump: M Warrilow 4.78;

Discus: J Bartlett 29.34;

M60

200m: R Phipps 28.5;

3000m R Phipps 11.21.8;

Javelin: P Owen 37.17;

W35:

200m: L Monk 28.6;

800m: L Blagden 2.33.7;

2k Walk: S Owen 11.09.6; (B): A Ashton 13.30.5;

3000m: C Evans 11.13.8;

Triple Jump: J Pryce 9.61m

Javelin: J Cooper 16.77m

Discus: C Lowndes 9 18.39m

W45:

800m: A Wainwright 2.49.4

3000m: P Knowles 12.01.3

W50:

200m: M Lewington 29.8

800m: D Fellows 9 3.06.5

Javelin: C Lowndes 18.63m

V.A.A.- N.E. Track & Field League No. 4 2004.

Monkton Stadium. 17th. July 2004

M.45:

200: 1. J. Evans (Hough & Pet'lee) 25.5; 2. A. Readman (Hough & Pet'lee) 25.8

M.50

200: S. Todner (Hough & Pet'lee) 26.7

M.60

200 R. Smoult (N.E.V.A.C.) 29.6

M.65:

800 G. Smith (Gateshead) 2.49.3

M.70:

200: B. Parnaby (N.E.V.A.C.) 32.2; **3000:** E. Appleby (Heaton) 12.44.2;

W.40:

200: A. Beadnall (Middlesbrough) 28.2; **800:** J. Battersby (Elvet Striders) 2.29.3

NORTHERN VETERANS MONTHLY RUN 10K

MIXED TERRAIN (MEASURED)

HELD AT RADCLIFFE ON SUNDAY 4TH JULY 2004.

Fortunately the weather cleared up for the start of the race and remained good for the rest of the day.

The race went very well and there were some good battles in one case three finished with the same time.

After the race everyone returned to the Masons Arms for the presentation and light refreshments.

The event raised £220 for the St Anns Hospice. Our thanks to all who helped and the landlord for the hospitality.

- Alex Rowe Wesham RR 32.39 1st M/O45;
- Len Best Stockport H & AC 34.32 1st M/O50;
- Sean McMyler Horwich Guest 34.51 1st M/O40;
- Ken Moss Nvac 35.02 2nd M/O50;
- Adrian Harris Radcliffe AC 35.53 2nd M/O45;
- Dave Waywell Wesham RR 35.59 1st M/O60;
- Paul Sinnott Nvac 37.53 3rd M/O45;
- Ken Burgess Altrincham AC 38.51 2nd M/O60;
- Peter Cruse Wesham Guest 38.52 2nd M/O40;
- Alan Fielding Bolton UH 39.34 1st M/O55;
- George Large Nvac 39.43 2nd M/O55;
- Mike Selby Nvac 39.47 3rd M/O60;
- George Kennedy Wesham Guest 40.27 4th M/O45;
- John Golder Sale H 40.32 3rd M/O55;
- Gary Williams Guest 40.39 3rd M/O40;
- Tony Lythe Sale H 40.43 4th M/O60;
- Derek Walton Altrincham AC 40.43 5th M/O60;
- Susan Selby Salford H 40.43 1st L/O40;
- Bill Atkinson Nvac 42.00 1st M/O65;
- Eric Wickstead Rochdale AC 42.05 4th M/O55;
- Peter Simpson Liverpool H 42.06 5th M/O55;
- Alan Williams Altrincham AC 42.13 4th M/O40;
- David Preston Wesham RR 42.18 3rd M/O50;
- Sydney Sacks Salford H 42.31 6th M/O60;
- Kathleen Hoyer Wesham RR 43.38 2nd L/O40;
- Phil Spratt Nvac 43.42 1st M/O70;
- Ken Mayor Bolton UH 44.59 6th M/O55;
- Julie Cruse North Fylde Guest 45.29 3rd L/O40;
- Mike Howe Sale H 46.03 2nd M/O65;
- Jim Sutcliffe Radcliffe AC Guest 46.14 5th M/O40;
- Carole Smalley Wilmslow 46.28 1st L/O35;
- Terry Mannion Leigh H 47.29 4th M/O50;
- Dave Sinnott Nvac 48.38 7th M/O70;
- Pam Golder Sale H 48.43 1st L/O55;
- Duane Yates Guest 50.21 21yrs;
- Kevin Dillon Manchester H 50.58 5th M/O50;
- Ken Clark Nvac 51.03 2nd M/O70;
- Dave Baron Nvac 52.23 3rd M/O65;
- Dave Tomkinson Nvac 58.58 7th M/O60;
- Anne Iball Salford H 62.35 1st L/O45;
- Eric Black U/A Guest 62.36 4th M/O65;
- Alison Doyle Nvac 65.12 1st L/O50;

5k

- Louis Higginson Horwich RMI Guest 21.11 15 yrs;
- Jack Betney Clayton Le Moors H 30.16 M/O70;
- Trish Doyle Nvac 43.47 L/O50;
- Les Heald Nvac 46.16 M/O80;

V.A.A.- N.E. Track & Field League No. 5.

Monkton Stadium. 24th. July 2004

M.40:

HJ: B. Robertson (North Sh. Poly) 1.62; **TJ:** D. Dixon (Border) 12.79; **DT:** P. Young (Midd. & Clev.) 32.70;

M.45:

TJ: J. Evans (Hough & Pet'lee) 11.33; **DT:** D. Maggs (Gateshead) 30.90; **HT:** D. Maggs 38.83;

M.50:

DT: J. Wild (Rich. & Zet.) 41.54; **HT:** J. Wild 38.81;

JT:

M.55

5000: M. McNally (Elswick) 17.28.8; **DT:** T. Hudson (Jarr. & Hebb.) 36.24; **HT:** T. Hudson 32.16;

JT:

M.60

100: P. Rowell (N.E.V.A.C.) 14.2; **DT:** G. Wood (Durham City) 27.74

M.65

800: G. Smith (Gateshead) 2.45.9;

M.70:

RESULTS

100: B.Parnaby (N.E.V.A.C.) 15.9; **3000:** E.Appleby (Heaton) 13.01.0; **DT:** D.Field (Sunderland) 31.70; **JT:** D.Field 28.78

M.75

DT: R.Laidler(Sunderland) 26.62;

W.40

800: J. Battersby (Elvet Striders) 2.30.0;

W.50

DT: F.Crompton(Nes.Rowntree) 20.50; **JT:** F.Crompton 23.67;

INDIVIDUAL WINNERS.

M.40:

SPRINTS. R.Anderson (Birtley); **DISTANCE.** G.Harden (Sunderland); **JUMPS.** C.Murdy (Birtley); **THROWS.** P.Young (Midd.& Clev.)

M.45:

SPRINTS. A.Readman (Hough.& Pet'lee); **DISTANCE.** M.Thirlaway(Gateshead); **JUMPS.** J.Evans(Hough.& Pet'lee); **THROWS.** D.Maggs(Gateshead);

M.50

SPRINTS: S.Todner(Hough.& Pet'lee) **DISTANCE** W.Farquharson(Billingham); **JUMPS.** S.McCarthy (Birtley); **THROWS:** J.Wild (Rich.& Zet.)

M.55

DISTANCE: Maddison (Sunderland); **THROWS.** T.Hudson (Jarr.& Hebb.)

M.60

SPRINTS. J.Hampson(Durham City); **DISTANCE** A.Purdham(Crook); **JUMPS.** G.Wood(Durham City)

M.70

SPRINTS. B.Parnaby (N.E.V.A.C.) ; **DISTANCE:** E.Appleby (Heaton) ; **THROWS:** D.Field (Sunderland)

W.35

THROWS.: A-M.Larkin (Gateshead)

W.40

SPRINTS. L.Smith (Morpeth); **DISTANCE:** L.Marr (Tynedale); **THROWS.** J.Anderson(Birtley)

W.45

SPRINTS.: J.Fraser(Birtley); **JUMPS.** G.Dobson(Jarr.& Hebb.) **THROWS.** C.Pearson(Birtley);

W.50

SPRINTS. L.Inwood(Birtley); **DISTANCE** L.Inwood **THROWS.** F.Crompton(Nes.Rowntree);

W.55

SPRINTS. N.Garnham(N.E.V.A.C.)

TEAM WINNERS.

MEN: 1.Birtley 266pts; 2.N.E.V.A.C. 201pts; 3.Crook 199pts; **WOMEN:** 1.Birtley 330pts; 2.Morpeth 74pts; 3.Gateshead 40pts.

MVTFD DIV NORTH TAMWORTH 7th JULY

M.40:

100m R Cawson 12.1; (B) G Myles 13.0; **2k Walk** D Fall 12.00.3; (B) D Hindley 13.21.8; **400:** I Moody 57.4; **1500:** P Plant 4.28.7; (B) P Kenney 4.44.1; **DT:** R Steventon 30.74m; **HJ:** A Osbourne 1.60m; **TJ:** A Osbourne 10.32m;

M.50

400: R Barrington 67.3; **HJ:** M Warrilow 1.47m; **HT:** C Howell 35.86m; **SP:** R Steventon 11.47m;

M.60

400: T Faulkner 66.6; **DT:** J Bartlett 34.59m;

SWVAC PENTATHLON CHAMPIONSHIPS

M35: David Brooking 2658 (5.40.47.08.25.3.29.67, 5.20.3); **M50:** Julian Kennedy M50 2681 (4.40.32.11.28.3.29.68.5.35.0); **M60:** 1 Brian Loten 2655 (3.94.32.13.32.2.33.77.6.48.2); 2 Pete Clarke 1671 (3.30.19.20.37.3.17.27.6.23.4);

SWVAC TRACK & FIELD CHAMPIONSHIPS

1 Hour Track Run

1-Mottershead Steve Well City Harriers M54 13 956m;
2- Reed Keith Erme Valley Harriers M47 14 445m;
3-Mottershead Sue SWVAC W42 10 884m; 4- McCarthy Bernard SWVAC M78 9 176m; 5-Waller Jose Teighbridge Trotters W82 6 853m;

100m -

M40: 1-Worrell Steve SWVAC 11.6(=CR); 2-Leonard Nick South West Road Runners 12.4; 3-Beaglehole Timothy Bournemouth AC M40 12.6; 4-Pain Dave Bournemouth AC 12.6; 5-Flicos David Bournemouth AC 14.3; **M45:** 1-Jackson Ken Swindon Harriers 12.8; 2-Davies Roderick Southampton AC (GUEST) 13.3;

3-Barlow David Yeovil Olympiads AC 13.5; **M50**

1-Applegate Mike City Of Salisbury ARC 13.0;
2-Mottershead Steve Wells City Harriers 14.1; **M55**
1-Swift Mike Newton Abbot AC 13.4; 2- Faulkner Anthony Weymouth St Paul's Harriers 13.9; **M60:**
Sheridan Robert North Devon AC 14.2; **M65:** Ault Maurice Exmouth Harriers 15.3; **M70:** Morris Peter SWVAC 16.4; **W35:** 1-Howard Julie Plymouth AC 13.7; 2-Drinkell Debbie Newquay & Par AC 13.7; **W40:** Eyles Sheridan Yeovil Olympiads AC 15.1; **W45:** Hevingham Gill North Devon AC 16.0; **W50:** Burkitt Annie Frome AC 16.4; **W55:** 1-Alexander Rosemarie Wimborne AC 16.1; 2-Bovell Valerie Yeovil Olympiads 16.4; 3-Marler Daphne Windsor Slough & Eton AC(GUEST) 21.7; **W65:** Webb Mary Casdoff AC (GUEST) 17.1;

200m

M40: 1-Leonard Nick South West Road Runners 25.3; 2-Pain Dave Bournemouth AC 25.6; 3-Beaglehole Tim Bournemouth AC 26.2; **M45:** 1-Pengelly Clive Newquay & Par AC 26.5; 2-Barlow David Yeovil Olympiads 26.6; 3-Davies Roderick Southampton AC (GUEST) 27.4; **M50:** 1-Applegate Mike City Of Salisbury ARC 27.1; 2-Mottershead Steve Wells City Harriers 28.1; **M60:** Sheridan Robert North Devon AC 28.9; **M65:** Ault Maurice Exmouth Harriers 31.9; **W45:** Rogers Kate East Cornwall Harriers 31.5; **W50:** Burkitt Annie Frome AC 34.2; **W55:** Alexander Rosemarie Wimborne AC 34.0 (CR); **W65:** Webb Mary Cardiff AAC (Guest) 36.6 (CR);

400m:

M40: 1-Tunstall Neil Cornwall AC 55.1; 2-Cowton Malcolm SWVAC 56.6; 3-Dawson Richard Exeter Harriers 63.7; 4-Riley Paul Carn Runners 71.0; **M45:** 1-Broadhurst Ian Wrexham AC (GUEST) 56.7; 2-Fletcher Graham Wimborne AC 57.1; 3-Fulcher Grant SWVAC 57.8; 4-Barlow David Yeovil Olympiads 58.3; 5-Cooke David Yeovil Olympiads 59.0; 6-Hague Colin Poole AC 62.4; **M55:** 1-Erith Mike East Cornwall AC 63.7; **M65:** Dyer Michael North Devon AC 68.1 (CR); **W35:** 1-Drinkell Debbie Newquay & Par AC 64.5; 2-Steven Caroline Newquay & Par AC 68.3; **W40:** Crowle Revis East Cornwall Harriers 67.1; **W45:** 1-Lock Barbara Cornwall AC 64.2 (CR); 2-Rogers Kate East Cornwall AC 70.7; **W50:** Burkitt Annie Frome AC 80.7;

800m

M40: 1-Speake Wayne SWVAC 2m05.8; 2-Cowton Malcolm SWVAC 2m13.4; 3-Riley Paul Carn Runners 2m36.0; **M45:** 1-Fulcher Grant SWVAC 2m07.8; 2-Barlow David Yeovil Olympiads AC M45 2m08.9; 3-Fletcher Graham Wimborne AC 2m11.9; **M50:** 1-Minting Bob Blackheath & Bromley AC 2m09.8; **M55** Erith Mike East Cornwall Harriers 2m20.4; **M60** Hindle Michael Newton Abbot AC 2m40.8; **M65:** 1-Dyer Michael North Devon AC 2m35.5 (CR); 2-Ault Maurice Exmouth Harriers 2m40.4; 3-Perratt John Exmouth Harriers 2m49.1; 4-Barber Eric Torbay AC 2m57.1; **M70:** Davies William Winchester & District AC (Guest) 3m01.1; **W35:** Steven Caroline Newquay & Par AC 2m25.0; **W40:** Crowle Revis East Cornwall Harriers 2.25.8; **W45:** 1-Lock Barbara Cornwall AC 2m23.0 (CR); 2-Rogers Kate East Cornwall Harriers 2m33.5;

1500m

M40: 1-Speake Wayne SWVAC 4m31.3; 2-Riley Paul Carn Runners 5m26.1; **M45:** 1-Barlow David Yeovil Olympiads 5m02.2; 2-Jewell Andrew Bideford AC 5m09.5; **M55:** Erith Mike East Cornwall Harriers 4m50.6; **M60:** 1-Churcher Rod Bagnols-Sur-ceze 5m08.0; 2-Horton John Newquay & Par AC 5m20.7; **M65:** 1-Perratt John Exmouth Harriers 5m42.2; 2-Barber Eric Torbay AC 5m55.3; **M70:** Davies William J. Winchester and District AC(Guest) 6m09.5; **W35:** Stevan Caroline Newquay & Par AC 5m25.1; **W40:** Championship Record: 4:59.9
Crowle Revis East Cornwall AC 5m04.09; **W45:** Rogers Kate East Cornwall AC 5m39.9; **W50:** Darby Anne Newton Abbot AC 6m01.6;

3000m:

M45: Jewell Andrew Bideford AC 10m51.7; **M60:** Horton John Newquay & Par AC 11m09.7; **W35:** Hewings Sue Newton Abbot AC 23m18.8 **W50:** Darby Anne Newton Abbot AC 12m23.9; **W60:** Hindle Janice Newton Abbot AC 14m54.3;

5000m

M45: 1-Drage Richard Tavistock AC 16m23.9; 2-Jewell Andrew Bideford AC 18m59.6; **M50:** Valentine William

Torbay AC 20m20.9; **M55:** Paine Ron SWVAC 22m10.9; **M60:** 1-Churcher Rod Bagnols-Sur-Ceze 19m03.3; 2-Horton John Newquay & Par AC 19m53.4; 3-Clarke Pete Weymouth St Paul's Harriers 23m08.5; **M65:** 1-Perratt John Exmouth Harriers 21m02.5; 2-Bar Eric Torbay AC 22m12.8; **W50:** Lee Becky Frome AC 21m46.6;

400m Hurdles -

M40 1-Tunstall Neil Cornwall AC 59.8 (CR) ; 2-Flicos David Bournemouth AC 1.44.1m; **M45:** 1-Broadhurst Ian Wrexham AC (Guest) 1.04.1; 2-Pengelly Clive Newquay & Par AC 1.05.0;

300m Hurdles -

M60: 1-Loten Brian Yeovil Olympiads AC 59.1(CR); 2-Clarke Pete Weymouth St Pauls Harriers 66.1;

110m Hurdles:

M40: Elicos David Bournemouth AC 24.8; **M45:** Pengelly Clive Newquay & Par AC 19.0;

100m Hurdles -

M50: Kennedy Julian Poole AC 17.9; **M60:** Loten Brian Yeovil Olympiads AC 21.4;

80m Hurdles -

M70: Morris Peter SWVAC 20.2; **W45:** Hevingham Gill North Devon AC 16.1; **W50:** Fail Jean Bournemouth AC 13.9;

3000m Steeplechase -

M40: Stanfield Dave Yeovil Olympiads AC 11m38.2; **M45:** Wythe Dickie Yeovil Olympiads AC 11m31.0;

3km Walk -

M45: Sharp Steve Belgrave Harriers (Guest) 15m36.4; **M50:** Valentine William R. Torbay AC 16m54.8; **M60:** Shillabeer Edmund London Vidarians 16m39.0; **M70** Short John Loughton AC 19m32.3;

5000m Walk -

M60: Hurst David Avon & Somerset Police 31m26.4; **M70:** Short John Loughton AC 33m00.0; **W55:** Alexander Rosemarie Wimborne AC 35m48.4;

High Jump -

M40: Perkins John Newquay & Par AC 1.73; **M45:** Hague Colin Poole AC 1.60; **M50:** Kennedy Julian Poole AC 1.48; **M55:** Faulkner Anthony Weymouth St Paul's Harriers 1.38; **W45:** Hevingham Gill North Devon AC W 1.30 (=CR);

Long Jump -

M40: Flicos David Bournemouth AC 4.18; **M45:** 1-Jackson Ken Swindon Harriers 5.11; 2-Hague Colin Poole AC 4.87; 3-Davies Roderick Southampton AC (Guest) 4.60; **M60:** Loten Brian Yeovil Olympiads AC 3.94; **M70:** Morris Peter SWVAC 3.26; **W40:** Eyles Sheridan Yeovil Olympiads 4.00; **W50:** Fail Jean Bournemouth AC 4.55; **W55:** Marler Daphne Windsor Slough & Eton 2.46;

Triple Jump -

M40: 1-Perkins John Newquay & Par AC 10.82; 2-Flicos David Bournemouth AC 9.03; **M45:** Hague Colin Poole AC 8.75; **M55:** Faulkner Anthony Weymouth St Paul's Harriers 8.78; **M60:** Loten Brian Yeovil Olympiads AC 9.29; **W35:** Drinkell Debbie Newquay & Par AC 9.67; **W40:** Eyles Sheridan Yeovil Olympiads AC (Guest) 8.99; **W45:** Hevingham Gill North Devon AC 8.35; **W50:** Fail Jean Bournemouth AC 9.19; **W55:** Marler Daphne Windsor Slough & Eton (Guest) 5.63;

Pole Vault -

M50: Kennedy Julian Poole AC 2.60; **M55** Clarke Pete Weymouth St Paul's Harriers 1.40; **M60** 1-Howe John Rhonda AC (Guest) 2.80; 2-Chillery Bryan City Of Plymouth AC 2.60; 3-Loten Brian Yeovil Olympiads AC 2.40; **W45** Hevingham Gill North Devon AC 2.30 (CR);

Hammer -

M55: Faulkner Anthony Weymouth St Paul's Harriers 31.11; **M60** Eccles George Exeter Harriers 23.87; **W55** 1-Alexander Rosemarie Wimbourne AC 35.92; 2-Bovell Valerie Yeovil Olympiads 31.41; 3-Woodger Margaret Newton Abbot AC 25.00; 4-York Gina UNA W55 12.56;

Shot -

M45: Hague Colin Poole AC 7.69; **M50** 1-Hall Bryan Torbay AC 11.03; 2-Kennedy Julian Poole AC 10.68; **M55** 1-Faulkner Anthony Weymouth St Paul's Harriers 9.66; 2-Erith Mike East Cornwall Harriers 8.13; **M60** Loten Brian Yeovil Olympiads AC 9.96; **M65** Webb Brian Cardiff AAC (Guest) 9.50;

Discus -

M50: 1-Hall Bryan Torbay AC 33.66; 2-Eccles Gee, Exeter Harriers 36.13; 3-Howe John Rhondha AC (Guest) 35.13; 4-Loten Brian Yeovil Olympiads 33.77; **M65**

RESULTS

Webb Brian Cardiff AAC (Guest) 26.64; **W 55** 1- Bovell Valerie Yeovil Olympiads 24.98; 2-Woodger Margaret Newton Abbot AC 19.91;

100m -
M40: 1-Hall Bryan Torbay AC 32.55; **M60** 1-Eccles George Exeter Harriers 33.83; 2-Loten Brian Yeovil Olympiads AC 32.13; 3-Howe John Rhondda AC (Guest) 29.35; **M65** Webb Brian Cardiff AAC (Guest) 29.90; **W55** 1-Bovell Valerie Yeovil Olympiads AC 19.44; 2-Woodger Margaret Newton Abbot AC 19.05;

MIDLAND VETERANS CUP FINAL SEPT 5th, MANSFIELD A FINAL

100:
M40: 1-Dale Bithray 11.7; 2-Warren Fraser 11.7; 3-Joe Caines 11.8; **M60**: 1-Laurence Oldfield 13.1; 2-Alan Mellett 13.8; 3-John Topliss 13.8; **W35**: 1-Penny Roberts 13.4; 2-Bev Matthews 13.9; 3-Pam Dutton 14.5; **W45**: 1-Maureen Lewington 14.0; 2-Anne Wainwright 14.9; 3-Pam Garvey 15.8;

200:
M40: 1-Cec Moven 23.7; 2-Fraser 23.8; 3-Richard White 24.7; **M50**: 1-Oldfield 26.4; 2-Alan Baxter 27.3; 3-Bernard Waring 27.6; **W35**: 1-Roberts 28.1; 2-Matthews 29.0; 3-Dutton 30.8; **W50**: 1-Lewington 30.0; 2-Garvey 35.4; 3-Sue Jones 36.1;

400:
M40: 1- White 54.0; 2-Tony Hinchley 57.7; 3-John Harrison 59.1; **W35**: 1-Roberts 63.3; 2-Joolz Ward 65.8; 3-Gill Russon 70.4; **W45**: 1-Pam Dutton 70.4; 2-Wainwright 72.3; 3-Karan Brooks 75.1;

1500:
M40: 1-Ivan Pawluk 4:31.6; 2-Howard Crabtree 4:35.5; 3-Craig Sabin 4:35.5; **W35**: 1-Gemma Yardley 5:03.7; 2-Postlethwaite 5:11.3; 3-Leach 5:27.1; **W45**: 1-Brooks 5:50.1; 2-Pat Gorman 5:50.8; 3-Fellows 6:06.5;

800:
M40: 1-White 2:08.9; 2-Andy Wilkinson 2:10.8; 3-Hinchley 2:14.9; **M50**: 1-Waring 2:14.9; 2-Terry Akiens 2:15.6; 3-Stewart Halion 2:22.2; **M60**: 1-Reg Phipps 2:25.3; 2-Laurence Oldfield 2:34.3; 3-Stuart Avins 2:36.4; **W35**: 1-Jill Postlethwaite 2:30.5; 2-Kate Ramsey 2:32.7; 3-Michelle Leach 2:33.6; **W50**: 1-Ros Townsend-Hope 2:52.7; 2-Heather Fiddament-Harris 2:59.2; 3-Dot Fellows 3:09.2;

3000:
M40: 1-Derek Guess 9:43.4; 2-Steve Marklew 9:49.0; 3-Moke Wilcox 9:59.9; **M50**: 1-Peter Parker 9:58.5; 2-Akiens 10:26.7; 3-Ray Ibbs 10:48.2; **M60**: 1-Phipps 11:00.2; 2-Stuart Avins 12:15.6; 3-Tom Marchi 12:38.2; **W35**: 1-Ramsey 10:58.5; 2-Christine Kilkenny 11:17.4; 3-Toni Boa 11:25.8; **W50**: 1-Christine Rollason 12:36.4; 2-Fleur o'Brien 14:47.7; 3-Elaine Mayfield 16:21.2;

2k WALK:
M40: 1-John Thompson 11:16.4; 2-Steve Harris 11:41.8; 3-Scrivens 11:47.2; **W35**: 1-Boa 11:58.4; 2-Trish Garner 12:14.4; 3-Sophia Howard 13:02.9;

4x100:
Men: 1-Rugby & Northampton (Lions) 50.2; 2-Stoke 52.1; 3-Charnwood 52.5; **Women**: 1-Rugby & Northampton (Lions) 60.2; 2-Harborough 61.1; 3-Cannock & Stafford 64.0;

Hammer:
M50: 1-Barry Halksworth 40.30; 2-Clive Howell 38.42; 3-Graham Young 22.92; **W35**: 1-Alison George 24.03; 2-Dorothy Rubery 17.00; 3-Fiona Smith 15.68; **W45**: 1-Jones 16.50; 2-Carol Lowndes 14.58; 3-Pryce 12.78;

High Jump:
M50: 1-Mick Warrilow 1.55; 2-Bob Abdy 1.40; 3-Bernard Waring 1.35; **W35**: 1-Willis 1.38; 2-Dorothy Orr 1.33; 3-Dutton 1.25; **W45**: 1-Garvey 1.35; 2-Pryce 1.25; 3-Wainwright 1.20;

Pole Vault:
M40: 1-Cullum Orr 3.20; 2-Marc Flannery 2.80; 3-Kevin Murch 2.60; **W35**: 1-Wainwright 2.20; 2-Seward 1.50; 3-Boa 1.30;

Long Jump:
M50: 1-Warrilow 4.87; 2-Waring 4.75; 3-Steve Nelson 4.67; **W35**: 1-Janice Pryce 4.44; 2-Lesley Willis 4.37; 3-Dutton 4.12; **W50**: 1-Jones 3.71; 2-Garvey 3.68; 3-Jephcott 3.11;

HJ: 1 D Folgate (E) 1.40; 2 B Wareing (M) 1.35;

M40: 1-Morris Fox 13.91; 2-Flannery 10.10; 3-Martin Greaves 9.79; **M60**: 1-David Price 8.29; 2-Roger King 8.13; 3-John Love 7.39; **W35**: 1-George 9.50; 2-Matthews 7.71; 3-Lewington 6.91;

Triple Jump:

M40: 1-Fox 11.68; 2-Jeremy Chaurch 11.30; 3-Bithray 9.85; **M60**: 1-George Jephcott 9.51; 2-Barry Taylor 8.87; 3-Stuart Avins 8.42; **W45**: 1-Pryce 9.96; 2-Dutton 8.28; 3-Wainwright 7.84;

Discus:

M40: 1-Fox 43.41; 2-Halksworth 26.92; 3-Murch 28.84; **M50**: 1-Greaves 28.85; 2-Dave Cowley 27.18; 3-Graham Young 24.17; **W45**: 1-Jones 19.72; 2-O'Brien 11.76; 3-Elaine Greaves 11.47; **W50**: 1-Lowndes 20.60; 2-Pauline Wilson 15.27; 3-Elaine Mee 15.15;

Javelin:

M60: 1-David Price 30.53; 2-King 24.21; 3-Avins 23.01; **W50**: 1-Lowndes 23.08; 2-Lewington 16.16; 3-Wilson 15.40;

Team:

Men: 1-Rugby & Northampton (Lions) 167; 2-Worcester 163; 3-Royal Sutton 154; **Women**: 1-Cannock & Stafford 166; 2-Harborough 166; 3-Royal Sutton Coldfield 163;

B FINAL

100:

M40: 1 S Davy 11.9; 2 J Statham 12.0; 3 C McDonald 12.3; **M60**: 1 C Sealey 13.1; 2 M Garvey 13.3; 3 J Bartlett 13.4; **W35**: W Morant 14.2; **W45**: A Haywood 14.5;

200:

M40: 1 D Powell 23.4; 2 A Weetman 24.4; 3 S Woolley 24.9; **M50**: V Oliver 24.6; **W35**: J Rogers 28.9; **W50**: 1 H Boszko 34.6; 2 C Lyon-Green 35.0;

400:

M40: 1 I Moody 55.5; 2 C McDonasld 57.1; 3 P Anthony 57.4; **W35**: J Rogers 66.3; **W45** A Haywood 69.3;

1500:

M40: 1 K Pye 4:33.9; 2 S Hargrave 4:34.8; 3 A Hough 4:40.0; **W35**: J Rogers 6:30.9; **W45** 1 W Boughey 6:18.1; 2 A Haywood 6:22.6;

800:

M40: 1 K Pye 2:08.7; 2 C Shore 2:08.8; **M50**: 1 F Pidgeon 2:22.5; 2 M Dawes 2:27.3; **M60**: T Faulkner 2:41.9; **W35**: W Morant 2:51.4; **W50**: C Carter 3:49.8;

3000:

M40: 1 A Cooper 9:51.2; 2 A Hough 9:52.3; 3 S Davies 10:00.0; **M50**: 1 R Huntington 10:44.2; 2 F Pidgeon 10:58.5; **M60**: C Turner 11:08.2; **W35**: W Morant 16:12.1;

2k WALK:

M40: 1 C Turner 10:25.0; 2 R Scott 12:32.0; **W35**: 1 S Owen 11:01.6; 2 K Davies 11:56.0;

4x100:

Men: 1 Mansfield 49.3; 2 Cannock 50.2; 3 Telford 51.2; **Women**: Birchfield 58.8;

Hammer:

M50: B Sumner 28.54; **W35**: C Smith 24.71; **W45** S Owen 21.20;

High Jump:

M50: 1 M Garvey 1.40; 2 C Green 1.35; 3 L Dunn 1.35; **W45**: H Bosko 1.05;

Pole Vault:

M40: J Bradley 3.00;

Long Jump

M50: M Garvey 5.00; **W35**: V Kirkland 3.20; **W50**: 1 H Bosko 3.51; 2 J Kelsall 3.24;

Shot

M40: S Woolley 9.91; **M60**: B Sumner 9.54; **W35**: C Smith 6.71;

Triple Jump:

M40: 1 Moody 10.38; 2 G Vorgie 9.96; **W45**: H Bosko 6.55;

Discus:

M40: 1 S Woolley 30.01; 2 M Roberts 25.58; 3 M Cartwright 25.10; **M50**: J Bartlett 25.48; **M60**: C Green 9.71; **W45**: V Kirkland 18.87; **W50**: C Rafferty 13.53;

Javelin:

M60: P Owen 38.20; **W50**: C Rafferty 18.60;

Team:

Men: 1 Mansfield Harriers 187; 2 Notts AC 158; 3 Cannock & Stafford 153;

LJ: 1 P Pinnington (SC) 5.23; 2 Folgate 4.83; 3 Clerihew 4.82; **TJ**: Pinnington 11.36; **JT**: P Wainwright (M) 38.54;

Women: 1 Birchfield Harriers 180; 2 Nuneaton Harriers 126; 3 Tamworth AC 76;

CENTRAL TV TROPHY: 1 Royal Sutton 317; 2 Rugby & Northampton 301; 3 Harborough 300;

V.A.A.- N.E. 10KM. & 5KM. TRACK CHAMPIONSHIP RESULTS Aug. 25th. 2004

10KM.

M.40: 1 M.Jones South Shields 35.04.7; 2 P.Redman Sunderland 36.57.3; 3 H.Norman North Sh.Poly 43.44.8; **M.45**: 1 P.Merrison Wallsend 34.47.9; 2 K.Freeman Blyth 40.00.7; **M.50**: 1 T.McPhail Wallsend 37.05.3; 2 G.Pemberton N.E.V.A.C. 38.46.3; **M.55**: H.Matthews Elswick 36.23.9; **M.60**: 1 J.Wilson Sunderland 40.52.6; 2 C.Foote Wood Crook 50.12.1; **M.65**: 1 W.Ryder Morpeth 39.46.2; 2 I.Barnes Darlington 41.27.4; 3 D.Whitmore South Shields 48.12.6;

5KM.

M.70: E.Appleby Heaton 22.14.1; **M.75**: J.Caddy Midd.& Clev. 27.02.2; **M.80**: 1 J.Johnston N.E.V.A.C. 33.55.0; 2 T.Joynson Gateshead 39.12.3; **W.35**: Y.Thiru Gosforth 20.05.0; **W.40**: 1 J.Battersby Elvet Striders 19.20.2; 2 L.Marr Tynedale 20.04.2; 3 H.Morris North Sh.Poly 21.05.3; **W.60**: C.Lee Gosforth 21.38.2;

V.A.A.- N.E. Track & Field League No. 3 2004. Monkton Stadium. 6th. July 2004

M.45

100: A.Readman (Hough.& Pet'lee) 12.5; **DT**: D.Maggs(Gateshead) 30.36;

M.50:

100/400: S.Todner (Hough.& Pet'lee) 13.3 / 59.6; **SP/DT/JT**: J.Wild (Rich.& Zet.) 10.70 / 40.04 / 31.89;

M.55:

SP/DT/JT: Hudson (Jarr.& Hebb.) 11.12 / 34.45 / 30.02;

M.60

100: R.Smoult (N.E.V.A.C.) 14.1; **DT**: G.Wood (Durham City) 27.74;

M.70

100 / 400: B.Parnaby (N.E.V.A.C.) 15.3 / 73.9; **1500**: E.Appleby (Heaton) 6.30.1;

M.75

SP/DT/JT: R.Laidler (Sunderland) 7.60 / 27.14 / 24.90;

INTER AREA (LUTON) 18th SEPT

M40:

100: 1 D Powell (M) 11.8; 2 J Battista (E) 12.0; 3 J Croxley (N) 12.1; **200**: 1 Powell 23.9; 2 A Cullen (SVH) 24.2; 3 Croxley 24.7; **400**: 1 A Noel (M) 53.0; 2 J Wright (N) 54.4; 3 A Cullen (SVH) 54.6; **800**: 1 S Price (W) 2:05.6; 2 C Waugh (E) 2:06.8; 3 D Watson (SVH) 2:07.4; **1500**: 1 P Crane (W) 4:21.1; 2 J Howarth (N) 4:24.4; 3 C Waugh (E) 4:32.3; **3000**: 1 N Overton (E) 9:16.0; 2 A Weatherill (M) 9:17.8; 3 M Farren (N) 9:57.4; **110H**: 1 D Wilkinson (E) 15.4; 2 I Scholes (N) 16.0; 3 G Myles (M) 16.1;

2k Walk: 1 N Sylvester (SC) 9:31.6; 2 C Bradley (W) 10:14.5; 3 T Bell (E) 10:38.2; **Relay**: Midland Vets 3:53.1; **HT**: 1 R Earle (E) 53.13; 2 A Turner (W) 47.44; 3 R Payne (M) 47.11; **DT**: 1 Turner 40.65; 2 N Griffin SC 40.24; 3 M Fox (M) 38.30; **SP**: 1 Turner 14.18; 2 Fox 13.70; 3 Griffin 12.13; **LJ**: 1 Fox 5.35; 2 C Murray (SVH) 5.34; 3 I Wells (E) 5.15; **TJ**: A Earle (M) 12.05; **JT**: K Murch (M) 51.88; **PV**: 1 J Bradley (M) 3.10; 2 I Scholes (N) 2.80; **HJ**: 1 Murray 1.55; 2 S Toogood (E) 1.50;

M50:

100: 1 S Peters (E) 11.8; 2 V Oliver (M) 12.0; 3 W Franklyn (SC) 12.2; **200**: 1 Peters 23.3; 2 Oliver 24.2; 3 Franklyn 24.5; **400**: 1 P Anthony (M) 57.6; 2 J Moore (E) 60.9; 3 J Watkins (W) 62.1; **800**: 1 K Archer (E) 2:11.2; 2 T Akiens (M) 2:15.7; **1500**: 1 B Wareing (M) 4:44.5; 2 P Fitzpatrick (E) 4:59.3; **3000**: 1 A Swliciecki (E) 10:20.3; 2 M Smedley (M) 10:26.2; **100H**: 1 A Wells (E) 18.1; 2 M Clerihew (SVH) 19.2; **2kWalk**: 1 R Dunn (E) 10:40.2; 2 A Cox (SC) 10:51.9; 3 C Stapleford (M) 12:08.6; **Relay**: Midland Vets 4:08.0; **HT**: 1 M Small (SC) 49.53; 2 J Little (N) 44.68; **SP**: 1 Small 15.22; 2 Little 11.84; 3 T Richards (E) 11.54; **DT**: Richards 25.29;

M60:

100: 1 I Foster (E) 13.1; 2 C Sealey (M) 13.2;

RESULTS

200: 1 Foster 26.8; 2 Sealey 27.7; 3 N Gould (SVH) 28.0;
400 / 1500: R Phipps (M) 61.8 / 5:04.4; **800:** C Turner (M) 2:33.2; **3000:** M Ford (M) 10:20.9;
100H: M Simmonds (E) 21.4; **2k Walk:** 1 C Turner (M) 10:12.4; 2 R Powell (SC) 11:30.5; **Relay:** Midland Vets 4:30.8; **SP:** 1 J Freebairn (SVH) 10.36; 2 P Hallett (E) 9.86; **DT:** P Eddy (SVH) 38.40; **TJ:** S Power (W) 11.32; **HJ:** 1 Power 1.55; 2 T Crocker (M) 1.40; **LJ:** 1 A Cheers (W) 4.61; 2 M Garvey (M) 4.59; **JT:** P Owen (M) 37.45; **HT:** C Melliush (SC) 51.33;

W35:
100: 1 B Matthews (M) 14.0; 2 C Goddard (E) 14.1;
200/100H / HJ: C Goddard (EV) 27.7 / 16.3 / 1.40;
400: F Palmer (M) 61.5; **800/ 1500:** 1 C Hayes (E) 2:21.4 / 4:44.2; 2 A Hartop (N) 5:02.5; 3 G Hill (M) 5:07.3;
3000: L Emmett (E) 11:10.8; **2k WALK:** 1 F Bishop (SC) 11:33.9; 2 J Bellfield (MV) 11:52.0; **LJ:** 1 Goddard 5.19; 2 J Chalmers (SVH) 4.27; **SP:** 1 L Henry (E) 11.07; 2 S Freebairn (SVH) 9.17; 3 K Llewellyn (W) 8.48; **DT:** 1 S Freebairn (SVH) 40.38; 2 L Henry (E) 34.03; 3 J Cooper (M) 33.09; **JT:** 1 Freebairn 25.80; 2 K Forey (E) 24.98; **Relay:** Midlands Vets 4:38.5;

W40:
100: 1 W Dunn (E) 13.2; 2 M Laing (N) 13.7;
200: 1 W Laing (N) 27.0; 2 W Dunn (E) 27.1; 3 J Horder (M) 27.6; **400:** J Rogers (M) 65.0; **800:** 1 S Heath (SC) 2:17.0; 2 T Boa (M) 2:40.1; 3 O Johnson (E) 2:46.0;
1500: 1 S Heath (SC) 4:41.6; 2 A Rawlings WM 4:53.8; 3 J Pidgeon (MV) 4:58.8; **3000:** J Clarke (E) 10:15.2;
80H: 1 M Laing (N) 12.1; 2 G Clarke 13.1; 3 J Horder 13.6; **2k WALK:** 1 S Owen (MV) 10:55.3; 2 C Duhig (EV) 11:08; **HJ:** W Laing (N) 1.55; **LJ:** 1 W Laing (N) 4.97; 2 J Pryce 4.53; **SP:** 1 A George (M) 9.51; 2 H Barker (N) 8.99; **DT:** S Quinn (E) 29.98; **JT:** 1 M laing 31.16; 2 C marler (E) 24.90; **Relay:** Eastern Vets 4:48.8;

W50:
100 / 200: J Lawson (E) 14.7 / 31.4;
400/ 800: R Townsend-Hope (M) 76.3 / 2:53.7; ;
1500/3000: C Kilkenny (MV) 5:31.6 / 11:37.5;
2k WALK: F Fernandez (EV) 12:41.5;
HJ / LJ: P Garvey (M) 1.35 / 3.65; **DT / SP:** M Swinton (SVH) 23.48 / 9.25; **JT:** 1 M Coombe (E) 22.84; 2 C Rafferty (M) 22.34; **Relay:** Midlands 5:18.9;
Match: 1 Midland Vets 425; 2 Eastern Vets 419.5;
3 Welsh Masters 215.5; 4 Scottish Vets 161;
5 Northern vets 148; 6 Southern Counties 118;

SILKWORTH THROWS, SUNDERLAND, 15th September.

SP/DT/JT: D Field **M70** 8.36 / 34.54 / 31.90, R Laidler **M75** 7.32 / 26.87 / 24.22;

SCVAC WEIGHT PENTATHLON Ewell, July 3rd 2004



Mike Small

SECTA exists to promote the throwing events and this year the aim was on persuading regional bodies like SCVAC to promote championships in such as the weight pentathlon.

There were some excellent returns in the hammer - Steve White [M40] closing in on 60 metres and Mike Small [M50] and Chrs Melliush [M55] close on 50

metres. Steve and Mike were to the fore in the shot where Neil Griffin [M55] and Gordon Mickey [M70] were also prominent.

Mike believed he should have done better than the commendable 13.72 metre best he posted.

Steve meanwhile improved in every round and returned the exceptional mark of 16.04 metres - a figure that does justice to any senior men's shot competition in the country.

Some ten athletes threw the discus in excess of 35 metres with Steve, Mike and Neil again very much to the fore and whereas neither of the 3 managed to break the 50 metre mark, all came within a metre or two of that excellent mark. Good to see that John Gilbert - recently returned from Cyprus - had lost none of his technique and posted a useful best of 36.74 metres.

The javelin is an event which few throwers - in particular the multi eveners - accomplish with any great success. On this occasion, Mike managed to stay on his feet throughout the event - he is a noted faller when throwing the javelin at Ewell! - and he duly returned the best mark of the day - 49.70 metres and so was still on target for a new British record. So too was Neil Griffin whose 42.82 metre throw kept him in contention to break national figures. Gordon Hickey was non-too pleased with his 29 metre best but he too was on course for new British figures overall.



Dave Burrell

David Burrell [M40] posted a 41 metre plus javelin mark as did Steve Whyte whose sights were not only set on a new M40 British weight pentathlon record but also a world record!

Steve is a modest individual and he needed to be on this occasion - his first attempt in the javelin was outside the sector. His second attempt was a foul - not the ideal situation for an overall potential record-breaking attempt. In the best traditions of Daley Thompson in a somewhat different multi event, Steve shrugged his shoulders and posted a useful mark of 41.76 metres with the third round effort. The British record was still on but only the computer operator, Colm Murphy, knew whether the world record was still a possibility.

Thus to the final event - the heavy hammer eight athletes over 14 metres, five of these over 15 metres. Peter Barber's 15.43 metres was the highlight of the M70 category but Gordon Hickey finished in style posting 14.21 metres and a final overall total of 4,013 pts - a new British record. Neil Griffin had the better of Chris Melliush on this occasion - 15.97 metres to 15.29 metres - Neil's final total of 4,332 pts was also a new British record. Mike Small enjoyed the best mark of the day in the event - a phenomenal 17.82 metres - and his overall! Point's total of 4,266 was also a new British record.

And what of Steve Whyte and his attempts on British and world records; his first attempt with the heavy hammer was just over the 17 metre mark, his second attempt of 17.55 metres was a new British record for the event itself and his best of the day. And yes, he did break the British record for the weight pentathlon

with a total of 4,133 points, which, for the record, was some 200 points in excess of the world record!

W40: Wendy Dunsford 2189 (24.93, 8.37, 23.37, 1-7.55); **W55:** Barbara Terry 2863 (26.26, 8.89, 20.58, 16.00, 9.20); **M40:** 1 Steve Whyte 58.45, 16.04, 48.30, 41.76, 17.55); 2 David Burrell 2921 (38.85, 11.11, 34.77, 41.27, 13.29); 3 Peter Todd 2561 (38.73, 10.99, 35.24, 26.90, 11.29); 4 Sean Butler 1372 (20.20, 7.77, 18.24, 21.70, 7.05); **M45:** Colm Murphy 1824 (22.79, 8.05, 25.27, 24.82, 7.67); **M50:** 1 Mike Small 4266 (49.00, 14.87, 49.70, 43.87, 17.82); 2 Tim Saunders-Mullins 2142 (29.48, 9.59, 20.28, 28.96, 9.76); **M55:** 1 Neil Griffin 4332 (41.94, 13.72, 47.36, 42.82, 15.97); 2 Chris Melliush 3332 (47.67, 8.51, 35.67, 23.25, 15.29); 3 Ken Prior 3105 (36.34, 10.02, 35.04, 26.59, 13.10); 4 Jim Edgar 2804 (30.39, 9.34, 33.87, 28.01, 11.30); **M60:** 1 John Gilbert 3069 (34.39, 9.81, 36.74, 27.34, 11.82); 2 Brian Harlick 2404 (20.32, 8.82, 33.27, 29.40, 8.19); 3 Kevin Burnett 1667 (19.17, 6.24, 20.57, 19.84, 7.68); **M65:** 1 H Thomas 2353 (32.91, 8.37, 30.45, 21.54, 14.33); 2 Norman Fullick 2059 (13.76, 7.65, 24.28, 21.50, 7.58); **M70:** 1 Gordon Hickey 4013 (35.20, 12.32, 34.31, 29.25, 14.21); 2 Jaroslav Hanus 3360 (34.87, 9.76, 31.83, 18.71, 12.85); 3 Peter Barber 3341 (38.21, 7.41, 29.08, 17.17, 15.434); 4 Phil McEvoy 3149 (38.53, 7.01, 28.94, 13.13, 14.55); 5 Doug Birch 1688 (22.02, 6.20, 14.80, 9.47, 8.05);

NORTHERN VETERANS TRACK & FIELD LEAGUE RESULTS HELD AT CLECKHEATON ON WEDNESDAY 18TH AUGUST 2004

SP: (MEN): 1 M60 Graham Smith 9.31; 2 M50 John Edwards 8.63; 3 M45 Ray McAvoy 7.98; 4 M45 Selwyn Winter 7.46; 5 M55 Keith Tugwell Nvac 7.24; 6 M40 Phil Wall 7.15; 7 M55 Mike Linaker 7.07; 8 M65 Tony Bowman 6.82; 9 M45 Robert Hall 6.68; 10 M70 Peter Dibb 6.56; **(LADIES)** 1 W45 Jennifer Wood 8.32; 2 W35 Debbie Lister 6.31; 3 W40 Julie Wall 6.10; 4 W60 Sheila Bolland Spennborough 5.84; 5 W45 Susanne Pickersgill 5.79; 6 W35 Karen Vaughan 5.45; 7 W50 Linda Norgate 5.36;

HT: (MEN): 1 M50 John Edwards 38.14; 2 M60 Graham Smith 30.57; 3 Mike Linaker 21.18; 4 M55 Keith Tugwell 17.19; 5 M40 Phil Wall 14.94; **(LADIES)** 1 W45 Jennifer Wood 39.17; 2 W55 Linda Ridsdale 29.32; 3 W60 Sheila Bolland 26.07; 4 W50 Val Neal 21.77; 5 W35 Karen Vaughan 20.23; 6 W35 Debbie Lister 17.82; 7 W40 Julie Wall 17.31;

CLUB POINTS

LADIES: 1-Longwood 462.5; 2-Spenborough 342.5; 3-Burnley 205.5; 4-Manchester 198.5;
MEN (O40) 1-Longwood 144; 2-Nvac 68.5; 3-Trafford 66; (O50) 1- Burnley 188; 2-Longwood 153; 3-Barnsley 59; (O60) 1-Longwood 181; 2-Leeds City 3-Manchester 71; 4-Altrincham 70;

EASTERN VETERANS AC HALF MARATHON ROAD CHAMPIONSHIP-SUNDAY 12 SEPT 2004 GRUNTY FEN

1 Arnold C M45 1:20:49; 2 Spragg M Gt Yarmouth M55 1:23:45; 3 Tomlinson G M40 1:24:06; 4 Richardson A M40 1:24:20; 5 Blake R M50 1:24:39; 6 Redden P M50 1:24:45; 7 Bees F M60 1:25:02; 8 Reed M M40 1:26:30; 9 Chaplin M M45 1:27:12; 10 Tofts G M40 1:28:38; 11 Pryke G W40 1:28:59; 12 Bissell P M40 1:29:12; 13 Smith G M55 1:29:22; 14 Downie A M55 1:30:48; 15 Haining W M45 1:31:48; 16 Firmage P M45 1:31:55; 17 Green P M45 1:32:27; 18 Scarrott Y W35 1:33:28; 19 Cotton T M65 1:34:33; 20 Price R M60 1:34:55; 21 Wallen B W40 1:35:55; 22 Meah G M45 1:36:06; 23 Greene V W45 1:37:17; 24 Dimmock P M55 1:38:19; 25 Shrimpton G M55 1:38:47; 26 Manley V W55 1:39:48; 27 Hellings R M55 1:41:02; 28 Sargent R M50 1:41:32; 29 Storey J M60 1:41:46; 30 Pettitt N M40 1:42:20; 31 Hobson R M55 1:42:24; 32 Rosbrook M M65 1:42:34; 33 Ball M M70 1:44:32; 34 Barnett S W50 1:45:30; 35 Howard P M60 1:45:54; 36 Braverman T M55 1:48:41; 37 Uff F M70 1:52:21; 38 Potter J W55 1:53:46; 39 Law B W60 1:54:19; 40 Young M M70 2:09:41; 41 Yates E M65 2:22:32; 42 Braverman D 2:29:13;

VETERAN ATHLETIC ASSOCIATION OF ENGLAND

OPEN CROSS COUNTRY RACES

(For all ages from 17+)



Saturday 20th November 2004
Lloyd Park, Coombe Road, Croydon, Surrey

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| Men aged 70-plus | 6km | 14:15 |
| Men - all other ages (17+) | 8km | 15:00 |

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ENTRY FORM - Open Races - 20th Nov 2004

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Surname:

Age on Race Day:

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years

Forename:

Event: Women - all ages (17yrs+) - 6km

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Address:

Men 70+ (6km)

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Men - all other ages (17yrs+) - 8km

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I declare that I am medically fit to run, will abide by UK Athletics Rules and will in no way hold the organisers responsible for any injury, illness or accident to my person, or loss of property, resulting from my participation in the event.

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