

British
Masters Athletic
Federation



MASTERS ATHLETICS

Christmas 2004
Number 70



Picture: Dial a Ride Newtown Santa Run

Happy Christmas
to you all.

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CROSS
COUNTRY.

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**The Official Magazine
of the British Masters
Athletic Federation**

VAAE INTERNATIONAL CROSS COUNTRY



Brian Lloyd (5552-ENG) wins Men 55 race, followed by Peter Murphy (IRE).



Niamh O'Sullivan (4023-IRE) leads Margaret Deasy (4001-ENG) and Sue Ridley (3532-SCOT) the first three in the Women's race.



Men's 40 Race winner Guy Amos (ENG) , ahead of Andy Wilton also of England



Andrea Dennison (4002-ENG) , Carmel Parnell (IRE), Sharon Coyne (Eng), and Women's 50 winner Karen Marshall (N/IRE)

Four of many excellent pictures of the event by
DAVID MOSER PHOTOGRAPHY
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 phone: 020 8669 3434 Mobile: 07876 735 450 :
 If you ran David has you on camera.

V.A.A. of ENGLAND INTERNATIONAL CROSS COUNTRY, LLOYD PARK, CROYDON 20th NOVEMBER

PETE MULHOLLAND OF MASTERS ATHLETICS MONTHLY WRITES:

This popular Surrey course proved even more testing than normal with constant rain making for muddy and treacherous conditions in an event that many masters consider to be the highlight of the cross-country season. The M40-54 race had to contend with the mud churned up by the previous two races before Guy Amos's grandstand finish which saw Clive Bromhall, Nigel Gates and Andy Wilton chase him all the way along the finishing straight as only four seconds covered all four.

Bromhall led the early rush ahead of Amos, Paul O'Callaghan, Wilton, Gates, leading 5 Andy Wetherill and Dai Roberts. By half way Bromhall still edged Amos with Wilton in third with Gates a comfortable fourth giving rise to thoughts of second consecutive M50 overall winner to follow in the steps of Martin Rees. . These four had by now opened up a gap of 20 seconds on a group of runners led by Brian Gardner, now first M45, tracked by Jim McMahon, Peter Smith and second M45, Jon Cordingley. Following them were Keith Newton, M50 Mike Hager, Tom O'Connor, Pat Nugent, O'Callaghan and Mike Boyle.

The leading quartet went on their way until with around one km left, Amos upped the pace before swooping into the final metres of the downhill finish with Bromhall, Gates and Wilton chasing in vain.

Gates, a five times winner in this event, suffered his first loss in a Masters' cross-country race since turning 40, and said later, "I thought I might catch him and kept an open mind about it until the finish line." With Newton's eighth place making him fifth M40, it was almost a clean sweep for the English team with Amos, Bromhall and Wilton securing a 1-2-3.

Finishing fifth overall, Gardner took the M45 title for Scotland with Cordingley, second, leading England home to victory as Steve Smith, Paul Merrison and Alex Rowe took the next three places for the home country.

It was only the talent of Gates that stopped Hager taking his sixth title for the event but with Rick Hailey third and South of England Champion Stan Owen fourth the team had the lowest score possible.

The M55-69 race provided a close tussle between Brian Lloyd and Peter Murphy. With a third of the race completed a group led by Lloyd had broken clear. In close order behind were Murphy, Martin McEvilly and Terry Eakin.

Following were defending M55 champion, Charlie Dickinson with Mark McNally and Jimmy Bell alongside.

The next mile saw Murphy setting the pace, unable to shake off Lloyd as these two went 50 metres clear of Eakin and McEvilly who were pulling away from Bell and Dickinson.

Down the field Martin Ford and Dave Waywell were battling for the M60 title as rivals Pete Cartwright, Peter Giles and Bobby Young chased in close order.

Steve James led early leader Fred Gibbs in defence of his M65 title and looked to be going well clear.

Lloyd proved the stronger for a four-second victory over Murphy with Eakin a further 100 metres in third.

The strong finishing Bell took fourth as he pulled away from McEvilly while Dickinson, who collapsed on finishing, placed sixth but good enough for team gold with Lloyd and Bell seeing the English team victorious.

Meanwhile Ford just got the measure of Waywell for M60 honours, both well clear of Cartwright who held off Giles to take third.

James was untroubled in taking the M65 category as Gibbs placed second 110 metres behind with Walter Ryder placing third to give England a clean sweep. Earlier in the day it was the women's race that was first away just as the biting chill wind was beginning to make its effect, and Niamh O'Sullivan gave Ireland the individual winner for the sixth consecutive year.

For the past five years Anne Keenan-Buckley had proved a dominant winner but in O'Sullivan a ready replacement has been found.

It was the W40s who set the pace as O'Sullivan led the first mile tracked by Sonia Armitage as a group led by the W35 Margaret Deasy with Sharon Coyne chased.

At two miles Sullivan still led but with only Deasy for company, the pair now 20 seconds clear of a long line of pursuers led by Sue Ridley. Close by was Clare Pauzers. Then came BMAF 10-mile champion, Andrea Dennison, Sharon Coyne and, seemingly heading for an amazing seventh

consecutive 'International' victory, W50 Karen Marshall, just ahead of Nicki Nealon and Kay Byrne. Leading W45 was Carmel Parnell.

O'Sullivan proved the stronger as she went clear half way round the second lap to cross the finish line 100 metres ahead of Deasy. Meanwhile both Ridley and Pauzers had closed down on Deasy before finishing third and fourth respectively.

Then came Dennison, who together with W40 team mates Deasy and Pauzers, ensured team victory for England.

Close behind Dennison was Parnell with a conclusive W45 victory - 41 seconds clear of second place Yvonne Crawley - and together with O'Sullivan presented Ireland with two individual wins.

Marshall, in eighth place was even more dominant in taking the W50 title as she finished 1:23 clear of former Commonwealth 3000m bronze medallist Ann Ford, with Christine Kilkenny crossing the line just three metres later as third W50.

In placing third, Ridley, a member of the Scottish Mountain Running team took the W35 title.

Winner of the W55 category was Sue Carriss leading home such strong opposition as teammates Carol Wolstenholme and the 2001 winner of this event, Ann Roden.

Elaine Statham, a W55 winner in 2000, put aside the trials and tribulation of being the Women's team manager for England to taste success as the first W60 home when finishing over a minute clear of Ireland's Pam Benson. In third place was Sue Lambert, making her debut in the event just two weeks after her W60 win in the New York Marathon.

Competing with the women were the M70 men with defending champion Brian Ashwell always in command to lead home the Scottish duo of Bert McFall and Walter McCaskey who almost presented their team with victory as England held sway by 11 points to 12.

DUFF SHORTS on the Masters International

By Martin Duff of Athletics Weekly

GUY AMOS

Guy Amos has had a difficult baptism into the veteran Ranks, but at Lloyd Park proved that when the chips are down he can mix it with the best. The 41-year-old has

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had injuries and illness to contend with since turning 40 and only just got fit in time to make himself available for selection. He had been dropped on the muddy section on the back of the course before using his 5000 metres track speed to good effect, to pull back the deficit and secure his first Masters victory.

"It's nice to win, but I can't handle the mud," said Amos after the race. "I tried to stick with it, as I've always got that speed," added the City of Norwich runner. "I've been ill again with a stomach upset this week" but I got three to four days training in," he added.

NIGEL GATES

"That's the first time I have ever lost a cross-country race to another veteran athlete," said third overall Nigel Gates. Already a four-time winner he had clawed back mid race to join the leaders, before just losing out over the downhill finish. But it was hard work at the special needs school where he teaches that may have been responsible: "we had an Ofsted inspection at school and it was quite tiring," said the Brighton runner. The double world veteran 10km champion almost pulled off his fifth outright victory in this race.

BRIAN LLOYD

Now a resident in Spain, Brian Lloyd, found the 37 deg F temperatures somewhat different to those of his previous outing: "my last race was in 75 deg temperatures, said the 55-year-old, who notched up his first age group victory after taking the National M55 title earlier this year. "I've owned a house there for five years, but I only moved out 12 months ago," added Lloyd.

"I've had bronze and silver before, but this is my first gold," added the Telford runner who is now debating whether to travel again from Spain to Bangor in Northern Ireland to defend his British Masters title next March.

Lloyd overcame the persistent challenge of Ireland's Peter Murphy to become the most delighted of all of the gold medallists.

PETER GILES

Peter Giles notched up his first area title the previous week by taking the South of England event at Margate and then made it a 1,2,3 for England in the M60 group by taking third behind Martin Ford and Dave Waywell. Giles has a chequered past and was the former bass guitarist with the rock band King Crimson and still continues to play heavy rock as well as taking part in

more sober music groups. He turns out for Thames Hare and Hounds and started his athletics career late after rocking with Robert Fripp's group, who advertised for a bass guitarist and started off Giles musical roller coaster.

BRIAN ASHWELL

The over 70 men ran with the women over just 6km and Brian Ashwell was another to convincingly win his age group race. "I had a hernia in May," said the 72-year-old, "but I'm now after the World 5000 best time next year."

Ashwell has a history as a race walker, but his pedigree goes back a long way: "I also beat Tom Richards over 30 miles," he said.

NIAMH O'SULLIVAN

Niamh O'Sullivan took over from countrywoman Anne Keenan-Buckle to extend the winning Republic of Ireland sequence of victories with a comfortable victory. "I ran in the World cross in March," said the 41-year-old O'Sullivan was not sure of her chances before the race. "You never think you can win but it was a brilliant course, but I got so cold," she said.

In the IAAF race, in Brussels, O'Sullivan finished 83rd and was therefore likely to always head this mainly domestic field, but Sharon Coyne held the Irishwoman's advantage to about 80 metres.

KAREN MARSHALL

After only eight years running of any sort Karen Marshall notched up her seventh consecutive age group victory in the women's races. "My first ever cross-country race was for Northern Ireland in the International in Ballymena, where we got a team silver," said the Belfast GP, who practices in Ballyduff.

Marshall then began her winning sequence the following year by taking the W45 title and has won every age group race since. At Croydon Marshall headed BMAF champion Ann Ford by over a minute in the W50 group, their backgrounds being totally different. Ford has been racing for 40 years, with a couple of London Marathon senior placings to her name, but the 51-year-old totally dominated.

Nevertheless, Marshall was worried about how she would go in the race: "I've been having nightmares about it, but it was so cold I was getting muscle spasms." After competing in the winter cross-country series at home in Northern Ireland,

Marshall added of Lloyd Pak: "but that's the sort of course I like."

Despite being a relative novice at running Marshall has always taken part in outdoor pursuits. "I did long distance canoe racing since the age of 13, but that stopped when medicine took over, but my husband and I have always been hill walkers."

MEN 40-54 (8K):

1-27:54 AMOS Guy ENG M40; 2-27:55 BROMHALL Clive ENG M40; 3-27:57 GATES Nigel ENG M50; 4-27:58 WILTON Andy ENG M40; 5-28:24 GARDNER Brian SCOT M45; 6-28:27 CORDINGLEY Jon ENG M45; 7-28:28 SMITH Peter N/IRE M40; 8-28:32 NEWTON Keith ENG M40; 9-28:34 MCMAHON James IRE M40; 10-28:36 NUGENT Pat IRE M40; 11-28:37 O'CONNOR Tom IRE M40; 12-28:39 HAGER Mike ENG M50; 13-28:48 PARTRIDGE Ted WAL M40; 14-28:55 O'CALLAGHAN Paul IRE M40; 15-28:58 SMITH Steve ENG M45; 16-28:59 BYRNE Mick IRE M40; 17-29:06 MERRISON Paul ENG M45; 18-29:06 BOYLE Mike ENG M40; 19-29:09 ROWE Alex ENG M45; 20-29:17 ROBERTS Dai ENG M40; 21-29:19 WETHERILL Andy ENG M45; 22-29:20 MANGAN Paddy IRE M45; 23-29:29 HAILEY Rick ENG M50; 24-29:33 ANDERSON Tom SCOT M45; 25-29:33 STEWART Iain SCOT M45; 26-29:33 MCGINTY Damien N/IRE M40; 27-29:36 OWEN Stan ENG M50; 28-29:38 JONES Bernie WAL M45; 29-29:40 MCLOONE Steven SCOT M40; 30-30:42 CRANE Philip WAL M40; 31-29:42 GREEN Brian ENG M45; 32-29:42 BROGAN Chris IRE M45; 33-29:43 BONNER Dominic IRE M40; 34-29:55 THOMAS Clive WAL M40; 35-29:57 WEEDALL Mike WAL M45; 36-30:00 WATT David SCOT M40; 37-30:04 STAFFORD Jim IRE M45; 38-30:05 FARQUHAR Keith SCOT M40; 39-30:06 SIMPSON John SCOT M45; 40-30:09 MCCARTHY Declan N/IRE M40; 41-30:12 BULLEN Richie WAL M40; 42-30:17 PATIENCE John N/IRE M45; 43-30:19 MOYNIHAN Eugene IRE M45; 44-30:19 MCEVOY Eamonn IRE M50; 45-30:23 SEAKINS Tony ENG M50; 46-30:25 MCLAUGHLIN Benny SCOT M40; 47-30:30 KENDRICK Phil WAL M40; 48-30:32 JONES Robert WAL M45; 49-30:33 ROBBINS Mike WAL M40; 50-30:35 WILLIAMSON Ian SCOT M40; 51-30:36 BRADY David N/IRE M40; 52-30:36 SHIELDS Matt N/IRE M50; 53-30:38 CARROLL Martin IRE M45; 54-30:42 MURPHY Paul N/IRE M45; 55-30:54 MCLINDEN Andy SCOT M50; 56-31:05 WILSON Robert N/IRE M45; 57-31:06 GRANT Richard ENG M50; 58-31:08 COLLINS Jeremy WAL M50; 59-31:10 SIMPSON Mike SCOT M45; 60-31:10 KEENAN Gary N/IRE M40; 61-31:20 WOODS Sam IRE M50; 62-31:21 BELL George N/IRE M50; 63-31:22 DINES Karl N/IRE M40; 64-31:24 NEWBERRY Jim N/IRE M50; 65-31:26 MCGEOCH Mick WAL M45; 66-31:28 CURRAN Raymond N/IRE M50; 67-31:36 DAVIES Stephen WAL M45; 68-31:38 IRVING George SCOT M40; 69-31:38 PATTERSON Ewan SCOT M50; 70-31:38 O'SHEA Pat IRE M50; 71-31:42 MARTIN Dessie N/IRE M50; 72-31:43 JENKINS Archie SCOT M50; 73-31:48 CRAIG Brian SCOT M45; 74-31:49 MURPHY Tommy IRE M50; 75-32:05 GILLESPIE Jim N/IRE M50; 76-32:10 GARRIGHY Frank IRE M50; 77-32:16 MCANANNEY Sammy N/IRE M45; 78-32:17 ROSS DAVIES Paul WAL M50; 79-32:17 WILKINSON Kevin WAL M50; 80-32:24 JOSS Campbell SCOT M50; 81-32:31 DAVIDSON Frankie N/IRE M45; 82-32:36 SMITH Paul WAL M50; 83-32:56 MARKS Richard WAL M50; 84-32:56 CARPENTERS Howard WAL M50; 85-33:25 MCGOVERN Michael IRE M45; 86-33:47 O'CARROLL Don IRE M50;

M55-69 RACE (8K)

1-30:41 LLOYD Brian ENG M55; 2-30:45 MURPHY Peter IRE M55; 3-30:58 EAKIN Terry N/IRE M55;

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4-31:02 BELL Jimmy ENG M55; 5-31:08 MCEVILLY Martin IRE M55; 6-31:11 DICKINSON Charlie ENG M55; 7-31:52 MCNALLY Mark ENG M55; 8-32:13 POTTS Barry IRE M55; 9-32:14 MITCHELL George SCOT M55; 10-32:18 MCHENRY Desi N/IRE M55; 11-32:22 FORD Martin ENG M60; 12-32:27 WAYWELL Dave ENG M60; 13-32:40 O'HARE Liam IRE M55; 14-32:51 LAWSON Alan SCOT M55; 15-33:08 CHAPMAN Leslie WAL M55; 16-33:08 CARTWRIGHT Pete SCOT M60; 17-33:09 YEOMAN Frank SCOT M55; 18-33:10 GILES Peter ENG M60; 19-33:14 YOUNG Bob SCOT M60; 20-33:21 RENNIE Andy SCOT M55; 21-33:24 SEATON David N/IRE M55; 22-33:33 DAVIS Les ENG M60; 23-33:45 FAIRWEATHER David SCOT M60; 24-33:53 DAVIES Emyr WAL M60; 25-33:58 JAMES Steve ENG M65; 26-34:02 FLEMING Gibson SCOT M60; 27-34:16 GIBBS Fred ENG M65; 28-34:28 FULLER Ray IRE M60; 29-34:31 RYDER Walter ENG M65; 30-34:35 REID Jimmy N/IRE M65; 31-34:36 SPACIE Keith ENG M65; 32-34:43 WALKER Phil WAL M55; 33-35:14 GRIFFITHS John WAL M55; 34-35:20 BUCKLE Ken WAL M60; 35-35:37 STEDMAN Alun WAL M55; 36-35:42 MAGEE Billy N/IRE M60; 37-35:46 MOODY Peter WAL M60; 38-35:52 BOAL Francis N/IRE M55; 39-36:00 BONAS Pat IRE M60; 40-36:09 KERSTING Jon WAL M65; 41-36:24 HOWELLS Malcolm WAL M60; 42-36:41 NICHOL Gary N/IRE M60; 43-37:06 DONEY Sean IRE M60; 44-37:57 CREAUGH Christy IRE M60; 45-38:11 CROMAR Steve SCOT M65; 46-38:20 HUGHES Carwyn WAL M65; 47-38:57 MCMONAGLE Christy N/IRE M60; 48-38:59 SHAW Alistair SCOT M65; 49-39:02 HAWTIN Ken N/IRE M65; 50-39:04 PLATT Jim N/IRE M60; 51-39:06 BLANDFORD Brian WAL M65; 52-39:44 MURRAY Bill SCOT M65; 53-40:40 YOUNG Hugh N/IRE M65; 54-40:46 WINTERS John IRE M65; 55-43:03 CRAWFORD Drew N/IRE M65; 56-44:23 LEONARD Jim IRE M65; 57-45:07 CRADDOCK Paddy IRE M65; 58-53:52 PUGH Trefor WAL M65; 59-1:07:01 CORISH Nick IRE M65;

WOMENS RACE WITH MEN 70 PLUS (6K):

1-22:40 O'SULLIVAN Niamh IRE W40; 2-22:55 DEASY Margaret ENG W40; 3-22:59 RIDLEY Sue SCOT W35; 4-23:03 PAUZERS Clare ENG W40; 5-23:15 DENNISON Andrea ENG W40; 6-23:18 PARNELL Carmel IRE W45; 7-23:20 COYNE Sharon ENG W35; 8-23:21 MARSHALL Karen N-IRE W50; 9-23:32 NEALON Nicki ENG W35; 10-23:35 BYRNE Kay IRE W40; 11-23:39 CLARKE Jane ENG W35; 12-23:40 DEAN Hazel SCOT W40; 13-23:43 PORTER Helen IRE W35; 14-23:45 ARMITAGE Sonia SCOT W40; 15-23:47 WHEELER Cath WAL W40; 16-23:59 CRAWLEY Yvonne ENG W45; 17-24:02 HEATH Sarah ENG W40; 18-24:04 BRENNAN Lucy IRE W45; 19-24:06 BECCONSALL Sue ENG W45; 20-24:07 FINNEGAN Louise IRE W35; 21-24:09 SWEENEY Mary IRE W40; 22-24:09 AFFLECK Tricia SCOT W45; 23-24:14 THOMSON Jacqui SCOT W35; 24-24:21 THOMAS Ann WAL W35; 25-24:22 BUTLER Grainne IRE W40; 26-24:24 MATHIESON Fiona SCOT W40; 27-24:24 HAIKALA REES Satu WAL W35; 28-24:25 WHITELAW Alison WAL W45; 29-24:30 CARR Jean IREL W45; 30-24:31 DUCKWORTH Gail ENG W45; 31-24:35 DAVIES Helen WAL W35; 32-24:41 EVANS Donna IRE W35; 33-24:42 MURRAY Paula IRE W35; 34-24:43 SHIELDS Hannah N/IRE W35; 35-24:44 FORD Ann ENG W50; 36-24:49 KILKENNY Christine ENG W50; 37-24:50 BRAND-BARKER Angela WAL W40; 38-24:50 NIXON Ann WAL W45; 39-24:58 LAING Janet SCOT W35; 40-25:14 GRENNAN Mags IRE W45; 41-25:20 CAMERON Andrea SCOT W35; 42-25:22 SANDFORD Anne N/IRE W35; 43-25:25 CARISS Susan ENG W55; 44-25:26 HAMILTON-MORRIS Alexia WAL W45; 45-25:44 SHANNON Alwyn N/IRE W40; 46-25:46 YULE Helen WAL W35; 47-25:49 MORTON Helen SCOT W45;

48-25:50 EMMETT Lynn ENG W35; 49-25:52 WOOLSTENHOLME Carol ENG W55; 50-26:02 DAVIES Fiona WAL W45; 51-26:10 MCCAUSLAND Hazel N/IRE W35; 52-26:11 ASHWELL Brian ENG M70; 53-26:12 COOPER Susan ENG W50; 54-26:17 HUGGINS Wendy WAL W40; 55-26:20 GEORGHIOU Jane ENG W50; 56-26:21 WATERHOUSE Jane SCOT W50; 57-26:34 RODEN Anne ENG W55; 58-26:38 GALBRAITH Claire N/IRE W40; 59-26:42 SCHOLEY Julie WAL W40; 60-26:46 MCCREERY Mags IRE W50; 61-26:50 TURNER Edwina WAL W50; 62-26:54 LAZENBY Tina ENG W45; 63-27:01 DAVIES Jane ENG W55; 64-27:15 MCCORD Marie SCOT W45; 65-27:19 BRADLEY Hazel SCOT W50; 66-27:30 MARR Lynn SCOT W40; 67-27:51 COYLE Joan IRE W55; 68-27:56 BOWERS Liz SCOT W50; 69-27:57 MCFALL Bert SCOT M70; 70-27:57 REILLY Una IRE W50; 71-28:05 HICKEY-NOLAN Mary IRE W50; 72-28:11 BROWN Barbara N/IRE W45; 73-28:12 DOCKING Margaret WAL W50; 74-28:15 MCCASKEY Walter SCOT M70; 75-28:15 O'BRIEN Kathleen IRE W55; 76-28:17 FOSTER Audrey SCOT W50; 77-28:19 MCCAUSLAND Hazel A. N/IRE W40; 78-28:26 STATHAM Elaine ENG W60; 79-28:29 GLEESON Marian N/IRE W40; 80-28:29 Mary Delaney IRE W55; 81-28:34 CHARLTON Steve ENGM70; 82-28:38 PHILLIPS Arthur WAL M70; 83-28:40 REEDE Ann IRE W55; 84-28:55 JAMES Anne WAL W55; 85-28:58 APPLEBY Eric ENG M70; 86-28:59 FEREDAY Carole WAL W50; 87-29:08 O'REILLY Tom SCOT M70; 88-29:20 GIBSON Hugh SCOT M70; 89-29:32 BENSON Pam IRE W60; 90-29:37 SMITH Alan WAL M70; 91-29:39 DIRKSEN Hazel WAL W55; 92-29:40 HOWLETT Claire IRE W50; 93-29:50 NEENAN Willie IRE M70; 94-29:52 HUGHES Sue WAL W50; 95-30:27 DAVIES Bill WAL M70; 96-30:29 LAMBERT Sue ENG W60; 97-30:31 BATH Ann SCOT W55; 98-30:41 OLIVER Maggie WAL W55; 99-31:06 SHAVE Brian ENG M70; 100-31:08 COOPER Cynthia WAL W60; 101-31:18 JONES Brenda WAL W60; 102-31:32 STEWART Kath ENG W60; 103-31:36 JONES Pam ENG W60; 104-31:38 FITZGERALD Mary IRE W60; 105-31:44 MORRIS Doug WAL M70; 106-31:50 THOMAS Pauline WAL W60; 107-32:19 CRAWFORD Glynis N/IRE W50; 108-32:26 WALSH Ger IRE W60; 109-32:35 WOODLOCK Ann IRE W60; 110-32:59 GRIMASON Robert N/IRE M70; 111-33:20 JOHNSON Clare WAL W55; 112-34:17 METCALFE Jim N/IRE M70; 1123-35:32 GARTRELL Mary WAL W60; 114-37:08 MCKEAG John N/IRE M70

MENS OPEN RACE (8k):

1-28:50 MOORE Daniel M M40; 2-29:26 WILLIAMS Alan SM; 3-30:24 LISIEWICZ John M40; 4-30:28 SCOT Michael M40; 5-30:31 EUSTACE Malcolm M45; 6-30:34 TREADWELL Bob M50; 7-30:35 GUTHIE Martin M40; 8-30:53 AIREY Martin SM; 9-31:07 HOBDAI Alastair SM; 10-31:08 GRAY Richard M45; 11-31:13 STLEDGER Tony M40; 12-31:18 HOLLAND Richard M45; 13-31:25 WILLIAMS Graham M50; 14-31:31 WYTHE Dickie M45; 15-31:42 EXLEY John M55; 16-32:35 HARRAN Peter M40; 17-32:36 BARNES Ian M55; 18-32:40 OXLADE Colin M45; 19-32:44 SMEDLEY Mick M55; 20-32:51 MORTIMER Jonathan Crawley M40; 21-32:57 MORGAN Glen M40; 22-33:07 COUSINS Tony M50; 23-33:09 STANFIELD Dave M40; 24-33:28 CLARK Dave M50; 25-33:41 LEGGETT Mark M40; 26-34:09 CAIRNS Jim M45; 27-34:29 BELL G.P M50; 28-35:07 WILLIAMS Paul Telford AC M40; 29-35:20 DEL NEVO Andrew SM; 30-35:28 TABENOR Peter M60; 31-35:31 PRESLAND M65; 32-35:36 FRITH Colin Dulwich Runners M45; 33-35:39 CARMICHAEL Jeremy M50; 34-35:54 DILLOW Julian M45; 35-36:04 MASKELL Dan M55; 36-36:09 NEWLAND David M60; 37-36:15 READWIN Matthew M40; 38-36:19 RAYNER Charles M50; 39-36:30 WEST Graham M40; 40-36:40 HEMMING Norman M50; 41-37:05 GIBBONS Peter M50; 42-37:28 MARSHALL John M50; 43-37:50 HUGHES Harvey

M55; 44-37:53 THATCHER Paul M40; 45-37:56 THATCHER Kevin M45; 46-38:09 GREEN Danny M45; 47-38:16 NEALON Nick M40; 48-39:13 KYBERD Peter M40; 49-39:33 BARNES Ian M65; 50-4-12 BROWN Jim M55; 51-4-58 MACDIARMID Roy M65; 52-41:15 LAPINS Terry M17; 53-41:48 MCCORD Tom M45; 54-41:49 SIMPSON Edmond M65; 55-42:21 CAMPBELL Eric SM; 56-42:22 SHIEL Paul SM; 57-44:39 BYRNE Duncan SM; 58-46:34 MCLAUGHLAN Vincent M60; 59-5-35 BOOTH Robin M40; 60-52:08 GOLDSACK Leon SM; 61-54:49 JENNETT Jim M50; 62-55:47 BIRD Timothy M40;

WOMENS OPEN RACE + MEN

70+(6K):

1-24:44 HEWITT Caroline W35; 2-25:21 EVANS Cheralyn W40; 3-25:22 WHITE Bernie W35; 4-25:44 MAJOR Pippa W35; 5-25:55 MCGINLEY Laura W35; 6-26:03 HUTTON Ruth W35; 7-26:15 PARTRIDGE Patricia W50; 8-26:23 TAWNIE Susie W45; 9-26:24 TWEED Davina W45; 10-26:26 MARCHANT Zina W50; 11-26:40 TABOR Ros W55; 12-27:18 SAXENA Ann W45; 13-27:32 TANNER Lynn W50; 14-27:36 WALSH Susan W40; 15-27:59 MITCHELL Viv W40; 16-28:37 EVERITT Thomas M70; 17-29:32 NORRIS Angela W40; 18-29:41 CLARKE Liz W45; 19-29:44 WOOLER Diane W50; 20-29:48 MCNELIS Evelyn W55; 21-3-03 WYNGARD Clare W40; 22-31:03 FARNHAM Christine W40; 23-31:19 ADIE Donald M70; 24-31:46 GUEST Sarah SW; 25-32:29 PITCAIRN-KNOWLES Richard M70; 26-32:52 FARNHAM Denise W40; 27-33:20 HUGHES Sandra W55; 28-34:13 CHUTE Maggie W45; 29-34:57 BROOKS Christine W45; 30-35:16 ARNOTT Claire SW; 31-35:53 SINFIELD Jenny SW; 32-36:50 LANE Barnard M70; 33-37:09 CROOKE Kenneth M70; 34-37:14 THORNE Karina SW; 35-48:59 JOSEPH-HAZELL Jacqui W40;

TEAMS:

M40: 1-England (1,2,3,5) 11; 2-Ireland (6,7,8,10) 31; 3-Wales 9,16,18,22) 65; 4-Northern Ireland (4,14,21,27) 66; 5-Scotland (15,19,20,23) 77;
M45: 1-England (2,3,4,5) 14; 2-Scotland (1,8,9,15) 33; 3-Ireland 7,12,14,17) 50; 4-Wales (10,13,18,23) 64; 5-Northern Ireland (16,20,21,26) 83;
M50: 1-England (1,2,3,4) 10; 2-Northern Ireland (7,12,13,14) 46; 3-Ireland (5,11,16,19) 51; 4-Scotland (8,15,18,24) 65; 5-Wales (10,22,23,25) 80;
M60: 1-England (1,2,4) 7; 2-Scotland (3,5,7) 15; 3-Wales (8,11,13) 32; 4-Ireland (10,14,17) 41; 5-Northern Ireland (12,16,19) 47;
M65: 1-England (1,2,3) 6; 2-Wales (6,8,11) 25; 3-Northern Ireland (4,10,13) 27; 4-Swotland (7,9,12) 28; 5-Ireland (14,16,17) 47;
M70: 1-England (1,4,6) 11; 2-Scotland (2,3,7) 12; 3-Wales (5,9,11) 25; 4-Northern Ireland (14,15,16) 45;
Men's Combined Trophy: 1-England 35; 2-Scotland 19; 3-Ireland 18;
W35: 1-England (2,3,4) 9; 2-Ireland (5,6,11) 22; 3-Scotland (1,7,1) 22; 4-Wales (8,9,10) 27; 5-Northern Ireland (13,16,19) 48;
W40: 1-England (2,3,4) 9; 2-Ireland (1,5,10) 16; 3-Scotland (6,7,12) 25; 4-Wales (8,13,15) 36; 5-Northern Ireland (14,16,19) 49;
W45: 1-Ireland (1,3,7) 11; 2-England (2,4,8) 14; 3-Wales (6,9,11) 26; 4-Scotland (5,12,15) 32;
W50: 1-England (2,3,4) 9; 2-Scotland (6,9,10) 25; 3-Ireland (7,11,12) 30; 4-Wales (8,13,15) 36;
W55: 1-England (1,2,3) 6; 2-Ireland (5,6,7) 18; 3-Wales (8,9,11) 28;
W60: 1-England (1,3,6) 10; 2-Wales (4,5,9) 18; 3-Ireland (2,8,10) 20;
Women's Combined Trophy: 1-England 29; 2-Ireland 23; 3-Scotland 17;
Overall Combined: England 64; 2-Ireland 41; 3-Scotland 36;

LOST & FOUND:

LOST: Three photos in a Blue folder.

FOUND: One Heavy Top.

020 8683 2602

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NEWS & VIEWS

BMAF CHAIRMAN REPORT

Once again we are looking at the end of another year, and looking back at 2004. I hope that you all had the season you promised yourselves.

As for BMAF as a whole, we had some great success in the two major Track and Field Championships, the WMA indoors Sindelfingen and the EVAA Outdoors, in Århus and Randers. We also had some success at the WMA Non Stadia New Zealand, (which may possibly be the last WMA Non Stadia Championships). So thanks to the team managers and medical staff at these championships, and thanks to all the athletes that competed –won - set records- lost - broke down (and we had a few of these, me included) but then cheered fellow members as well. I think that it is also good to thank the supporting cast of wives, husbands, sons, daughters, mums and dads that come along many times to support the team, well done to every one and may 2005 prove to be a better year for all.

Domestically we have also had some very good competitions with several World and European records broken, which the various secretaries and results have at some point outlined, and I thank all concerned for the hard work that they have put in arranging these events for you all. I have to say that I am still in contact with UK Athletics and I hope that in the coming year we will have closer ties with them, and the administration of athletics. You will have all seen, read or heard of the report by Sir Andrew Foster on athletics and the ongoing work in the transformation of the sport. Concerning the position of Masters Athletics, I wrote to all BMAF clubs and outlined the principles of the set up, and asked that the clubs should look at what was proposed and make contacts with the regions to see how and where they stand. This I know has been done by some clubs whilst others have turned a blind eye, "such is life", but please all of you, clubs and members, take a look at the position that you are all in at the present time. See how your memberships are falling. How many new members do you have on your committees, (why not) ? Who wants to help ? Who wants to officiate etc ? Everyone wants to compete and wants everything to be plain sailing. However, very few want to help. Is this a club problem? A members problem or a BMAF problem ? Well it is a Masters problem, and BMAF are looking at this, but unless we all work together we will have no Masters movement. The regions will be doing what we should be doing and we will be left with the scraps, so wake up to the real world out there, and let all look to work together to accomplish whatever is necessary to make all Men and Women 35+ our responsibility, within the proposed regional set up. Hopefully I will have an update as to some points of the on going transformation in the new year, so I will update you all, so have a good festive season and success in the New Year.

Winston Thomas BMAF Chairman

SECRETARY'S REPORT

Bill Morris, our Road Running Secretary, is unable to carry on due to overseas travel and work commitments. A familiar story as pressure of work, difficult travelling conditions and family commitments make it prohibitive for the under 55's to find the time. We know that out there among our membership there are others, retired or semi retired who might like to join the BMAF Committee and continue with the noble

ethic of volunteering. Expenses are paid! It is not too arduous a job as the BMAF road relays, for example, has an established venue and date. A job description is available should you consider stepping forward.

The oldest outdoor activity centre in the UK celebrates its centenary next year. They have approached us for ideas on putting on special events for masters etc. They are currently researching who their oldest resident was. We would very much like to help them, we both work to a similar remit, but we are at a loss to know what best to do. If you have happy memories of staying at their Centre with your family, or were motivated by their *raison d'être*, or would like to take part in any event, do let us know.

INTERNATIONAL NEWS

In a symbolic gesture and for the first time in their 92-year history, the IAAF gave a Masters Best Male and Best Female Athlete of the Year Award at their Gala in Monaco in September. The recipients were, Guido Muller, Germany, undisputedly so for his World M65 record-breaking spree at the WMA Indoors and the European Championships. Jeanette Flynn, Australia, got the Women's award for her W50 2.16.78/5.13.6 800m/mile effort. Perhaps we may now be successful in convincing the BBC to invite some of our top athletes to their Sports Personality of the Year Awards.

World Masters Athletics are proposing to drop their Non Stadia Championships and instead incorporate some of the events alongside their Indoor championships. The BMAF will be putting forward a proposal to the WMA General Assembly in San Sebastian in August for a global overhaul of their calendar and venues. We will also propose that the M80-plus should use a 3k shot and hammer weight.

Ivan Faychak, Ukraine, failed a drug test at the WMA Indoors in Sindelfingen last March and has been banned for two years. He was 4th in the M60 60mH heat, 4th in the long jump, James Parish now moves up to 16th. Faychak was also 5th in the Pentathlon, Bruce Charles now moves up to 18th.

VAAE

The VAAE is the English arm of the BMAF. It selects the England teams for the annual British & Irish International Cross Country, promotes the Inter-Club Track & Field, a Walks international and a 10k road inter club. Four of the 5-member committee are also BMAF committee members. Admin costs are minimum. Our Treasurer, **Les Brown** is not seeking re-election at our AGM in March. As we obtained outside funding for the international cross-country this year, Les is leaving the books in very good order.

If you would like to take on his job, contact the Chair, Irene Nicholls Tel: 0121 445 5327.

Bridget Cushen

MAURICE DOOGAN WRITES:

Regarding Malcolm Fenton's letter to the editor this issue, I would wish to clarify several matters, concerning the culprits referred to, of which he was not one originally, but has owned up to actually being one himself. I will deal with his problem first.

Malcolm's pouring over the rulebooks is selective. The entry form he signed stated the meeting was held under UKA rules, as well as others. We were a permitted meeting and it was a requirement that it is held under UKA Rules. UKA Rule 103 (2) states – competitors should be supplied with two number cards to be displayed visibly, one on the breast the other on the back. There is a dispensation for high jump and pole vault only. The Athletes Instructions sheet forwarded to all athletes before the event stated two numbers must be worn. But maybe Malcolm was one of the very few of the 773 athletes who entered, who never received their Instruction sheet. The two number requirement was also printed in the programme, and I will admit that the programme stated BMAF rules instead of UKA rules as well as others, but BMAF are governed by UKA rules for our internal competitions. So we have an athlete arguing with an official, who appeared to have been asking that athlete to comply with the rules of competition as specified in the programme and elsewhere. In this case bullied, is the correct description of this unfortunate official. I would repeat, the rules also have expectations of athletes; it cannot be that might have the right.

Returning to the culprits. The group concerned were a one age group pool of throwers, who allegedly had caused problems all weekend. Although I knew the group, and one of the alleged ringleaders is well known to me, I had not witnessed any incident myself. The Field Referee, who was about to pull his team supervising that specific pool from the field, was persuaded to let me deal with the matter as I saw fit. Naming and shaming, without corroborative statements etc. would/could be libellous, and self-defeating. We need to put our house in order, and on this occasion as it was a section of throwers, my report was to notify throwers that a very small minority of their number are doing them a disservice. Malcolm and other throwers may well be upset by my vague designation, but it is some of their number that has tainted ALL Masters Athletes.

Over the last few years we have virtually diluted the bad press that Veterans/Masters Athletics has had with some sections of officials. I will not let that process be put in jeopardy by a few bad eggs. To those that transgress, the not even veiled threat, is a promise –if you do not abide by the rules, severe reprimands will follow.

Some of us would indeed be fortunate, if we only spent two hours a day on behalf of British Masters Athletics and got fit, to be disturbed at one meeting, rather than numerous times a week. I volunteered, and was elected to do a job, and over the years I have set out the goals we need to aim for, to achieve our rightful place in society. I have kept you fully informed every step of the way, on the progress and the reverses, it is your right to know, you cannot make the necessary judgements, without that full knowledge. I cannot please all of the people all of the time, and although you are individuals you are part of the team, the 'family' of British Masters Athletics. On occasions we need to put our own house back in order, if we cannot do that, how can we ever persuade others to take us seriously.

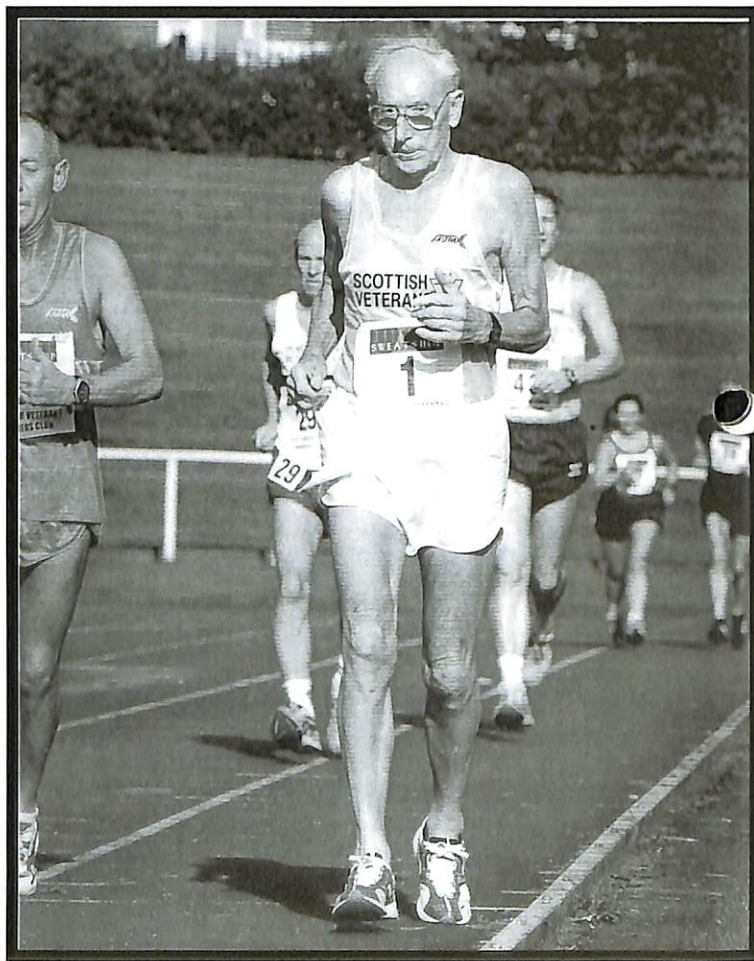
However let us not dwell on the past, but look forward to a new year, which unfortunately begins with familiar problems. In trying to retain a separate stage for the Indoor Pentathlon, due to shortage of facilities, we cannot get a slot with another fixture so are having to combine this with the Indoor Walks Championships and stage our own fixture, although we will endeavour to have some other open events. The date is Sunday 23rd January at NIAC Cardiff. The only other option was 27th February in Manchester. That would however have meant four championships in five weekends –Heptathlon to Europeans which was not good. Last years Indoors had a big deficit, so I have had my butt kicked and as sponsors are still extremely thin on the ground, I am having to up the fees –it was that or not hold them. The good news is that we should be able to retain the outdoor fees as last year.

A 'lost in translation' fixture movement, has forced us to move the date of the Outdoors to the 16th/17th July weekend –so much for Foster!!!

We must however remain positive, especially with the festive season upon us, and I hope that the large turnout in Århus this year will be an omen for an even bigger turnout in San Sebastian for the Worlds next year.

OTHER NEWS:

Portous, Gordon: Set a new World M90 record for **10,000 metres of 1h 9m 28 seconds**, during the S.V.H.C. Championships on Sunday the 17th October.



Dowie, Jennie

NEWS & VIEWS

Of Australia covered 14.827km, to add 660 metres to the old W45 Hour record. September 28 in Melbourne.

Event Scotland & Glasgow City Council: Have bid for the 2008 WMA Masters Indoor Championships. This is the only UK bid and has the full support of B.M.A.F.

Gilchrist, Louise

In the Trafford 10k on 6th September set a World W70 time of 45:50.

McFadden, Winfield

Who set 30 American and World Masters records died recently at the grand age of 99 years.

Northern Veterans Athletic Club:

New officers elected at the A.G.M. on the 14th November.

Chairman- Richard Packer; **Championship Entries-**Jennifer Adams; **Membership Secretary -**Tina Lewis; **BMAF Rep-** Dave Atwell.

Road Runners Club Challenge: The Clubs inaugural Challenge competitions have been won by Danielle Sanderson (41), and John Thomas (62) of Corby AC.

LETTERS:

Dear Editor,

I have taken part in the M40 Decathlon at Exeter on 25/26th of September. I had a score of 4197pts. Age graded score is 5020pts. (12.4,5.46,9.51,1.49,60.2,18.7,29.93,3.00,35.74,5:48.0)

Also took part in the Karlsson Pentathlon at Blackbridge track, Gloucester on 28th of August.

I was placed 6th overall with a score of 2185pts. The events in order were DT, 200m, LJ, JT, 1500m. (32.83, 26.4, 5.39, 36.49, 5:41.5)

Yours,
Nicholas Walker

Dear Sir,

As both a runner and cyclist of some mediocrity I read with interest the letter from Malcolm Pittock expressing his concern about the lack of prizes for older veterans in many running events. His idea of setting 'performance benchmarks' for different ages has been in operation in the sport of cycling for many years now and I see no reason why it could not be similarly introduced into running.

Members of the V.T.T.A. (Veteran Time Trials Association) are given 'standards' according to their age. The aim is to beat your 'standard' by the maximum amount. As a 64 year old my current 'standard' for a 10 miles Time Trial is 30m 45s. If I produce a time of say 26m 45s I then achieve a 'plus on standard' of 4 minutes. The rider with the greatest 'plus' wins the award.

This list of 'Standard Times' covers all events from 10 miles to 24 hours and all ages from 40 years of age to 94.

The 'Standard Times' are possibly biased in favour of the older rider.

Only last year a 90 year old won a local 10-mile event with the biggest 'plus' on standard and took first prize. However a separate prize list is usually also offered for the fastest actual times regardless of age.

The only problem I could foresee is one of administration. A field of many hundred could provide a few problems but most 'Masters' events have much fewer numbers.

Dave Steele

Newcastle (Staffs) Athletic Club

Lyme Racing Club

**Last letter on this subject, how about a reader producing a set of suggested times so they can be submitted to one of our committees.
Editor.**

The Thoughts of Mo' Revisited.

I have recently been in receipt of three pieces, all the same and penned by Maurice Doogan, being his reflections on the past season. One came by e-mail; the other two appeared in a national Masters magazines. Since the contents have been placed in 'open forum', it is here that I shall reply to them.

Maurice, in his report on the British Masters Champs, attacks the throwers, ALL throwers by the vague designation 'a small group of throwers having 'toys out of the pram' tantrums.' If this were the case then name and shame the individuals concerned, but do not tar all the throwers with the same brush. Because no clear indication is given of the culprits, I am unable to decide if I was one of them. I did in fact argue with, a much enamelled badge blazer wearer, who couldn't tell me what rules we were competing under, or that the WMA even has rules of its own. So whilst I am always grateful for the attendance of officials, I do expect a level of expertise and knowledge to be displayed. After all, I am an unpaid volunteer athlete and I consider it unacceptable to train an average of 2 hours each and every day, only to have the fruits of that labour disturbed at a national meeting by, I am loathe to say, inept officiating. Perhaps judges should wear a number so that we can identify them if we are forced to complain to the Field Referee??? In Maurice's own words 'The rules however also have expectations of athletes', likewise of officials.

Maurice makes a not even veiled threat against 'a repeat of this' in his report. Again, make your threats against those whom you think transgressions were made by. I do not appreciate being castigated and threatened, indeed penning your report as you did, says very little in your favour.

Apart from that may I thank those officials who did a good job during the year? If you did not have an argument with me at Alexander Stadium, then accept my appreciations doubly. If you did argue with me, then check out IAAF rule 140, 141

Note (i) and WMA Handbook rule 12 (5), which states I only need ONE number in the Field events.

**Malcolm Fenton.
Ipswich Harriers.**

Dear Editor,

In Colin's review of Bill Adcock's excellent book, Colin queries Bill's account of the official from Liverpool who was reportedly found dead in a snowdrift after the 1972 'National'.

NEWS & VIEWS

This would appear to be runnings equivalent of an 'urban myth', as according to the "AW" of the 11th March on that year, the official concerned died of a heart attack while traveling home on his Club's coach.

Dave Bendy.

This incident was as reported in the days local newspaper, so thanks for putting forward a correct version!

Dear Sir,

The Thoughts of Mo' Revisited

I've read an article by Maurice Doogan recently; once by "round-robin" e-mail but also repeated in Masters Athletics.

He says: "We also, **will not** (sic) have the unacceptable problem we had this year, of a small group of throwers having "toys out of the pram" tantrums throughout the competition".

Just as he suggests that someone with a grievance should address their concern to referee, meeting director etc, so problems with individual athletes should be addressed to those concerned in person, rather than dangled accusingly in the faces of all throwers. I've been competing for 38 years, and have been an official of the oldest specialist athletic club for a number of them, and I don't appreciate being generically smeared. The defence of "If the cap fits, wear it", which may be the response to my complaint, just isn't good enough.

Hold to good manners; perhaps the same courtesy could be extended to me.

Alan Woods

OBITUARY: Frederick William Parsons, 13 Nov 1930 – 3 Aug 2004

On Wednesday the 4th of August this year, the members of the Scottish Veteran Harriers club were shocked and saddened to hear of the sudden death of their membership secretary, Fred Parsons. A feeling of disbelief, then a sense of loss and great sadness followed the news, coming as it did so unexpectedly. Fred had been in hospital undergoing some tests when he suffered a massive stroke, followed by a fatal heart attack. We had no idea that he was having health problems, as he had always looked so fit and healthy, and this only seemed to add to our disbelief of what we were hearing.

Fred was born and brought up in the Whitehill District of Glasgow's East End, and he joined the City of Glasgow Police in 1955. His initial police service was devoted to divisional uniform duties in Glasgow City centre. He was transferred to the Dog Branch in 1960 and for the succeeding ten years undertook a wide range of duties as a dog handler. During this period he was very successful in police dog competitions and represented his Force at regional and national level; he was promoted to the rank of sergeant in 1970. His exceptional knowledge of dogs and his natural enthusiasm for his job earned him the highest respect in this dedicated field.

In 1976 he assumed command of Strathclyde Police Dog Branch in the rank of Inspector, where he was largely responsible for the integration and rationalisation of the different Dog Branch units

within the five constituent forces. In 1978 he was promoted to Chief Inspector and was placed in charge of the Scottish Regional Police Dog Training Establishment at Pollok Estate, Glasgow. Fred was awarded the Queens Police Medal in 1987 for outstanding service to the Dog Branch.

Following his retirement from the Police he was appointed Manager of the R.S.S.P.C.A. Glasgow Cat and Dog Home at Cardonald in Glasgow's South Side. When Fred took over, it was an antiquated relic of the Victorian age, with a dingy grey stone building housing the office staff. There was poor shed-type kennelling and the drainage was inadequate so that the whole place had a heavy unpleasant smell. Some six years later, when Fred retired from the R.S.S.P.C.A. the home was a thriving enterprise with modern computerised administration offices, a new Veterinary Surgeons Laboratory, lecture room, new kennels and new drainage. An exercise area for stray cats and dogs brought to the home had been built, dogs were being identity chipped, and staff were imbued with a fresh interest and optimism. It is now a jewel in the crown of the R.S.S.P.C.A.

Fred was for many years a keen cyclist and was a member of Glasgow Wheelers. One of his good friends was the late John Briely, who was also a club cyclist. In the 1980s, at the exhortation of John, Fred began his running career and joined the unofficial running club known as the Allander Auld Runners, who trained out of the Allander Sports Centre at Milngavie. Owing to the fitness gained from cycling he very quickly got into the training regime and gained a reputation as a tough competitor, principally in marathon running where he completed many sub-3 hour marathons, notably his London Marathons in the 80s, with several around the 2 hours 50 minute mark. I think that Fred would count the period running and associating with the Allander crowd as among the best times of his life.

It was during this time that Fred joined the Scottish Veteran Harriers Club and in 1998 he took up the post of Membership Secretary. In his usual fashion, where "standards must be maintained," Fred carried out this duty in a meticulous and exemplary manner.

One of my most cherished memories concerning Fred was on a walk up to Black Water Reservoir with a group of the vets. The day had been one of warm sunshine, and the food and company had been great. While resting at the dam, Fred produced a number of medals and proceeded to present them to the various recipients who had won them in the various championships that had been held that season. Only Fred would have thought of that, leaving all those present with a wealth of memories of the occasion.

One of the most poignant moments will come in a few short months when the vets will be celebrating the birth of Scotland's Bard, Robert Burns. On all of the previous occasions, Fred was one of the principal participants, and as we toast the bard this time, we will finally realise that he is no longer with us and I hope that we can pause for just a moment to remember Fred and keep a little corner in our hearts for him.

On behalf of Fred's many friends in the vets club, I send

deepest sympathy to Anne, son Kenneth, and daughters Annette and Debbie.

Tommy O'Reilly
Springburn Harriers and
The Scottish Veterans Harriers Club

PETER ANDREWS 1939 –2004

It is with great sadness that I have to report that Peter Andrews, one of EVAC's finest athletes and Club Treasurer for many years died, very suddenly, on the morning of 6th October 2004. Peter who was born in London moved to Norwich in 1975 after working in Germany as the financial adviser to a large company. Peter had been a racing cyclist for many years until, in 1987; he found that the long hours of training interfered with his work as an accountant. To keep fit Pete started jogging about four miles a day and, on just that small mileage, ran his first 10Km on the road in 33 minutes. A few months later he won the Norfolk Half Marathon in 84 minutes and it was then that he realised that he could hold his own against runners far younger than himself.

After a spell with Duke Street Runners he joined City of Norwich A.C. and EVAC.

By 1992 Pete was a force to be reckoned with in Open, as well as Veteran, competition. That year he ran a track 5000m in 16min 12sec and recorded 34:09.20 to win his age group in the BVAF 10,000m. A 2:35:53 London Marathon and 1:24:00 to win the Bruges International 25Km followed winning the M50 age group in both events and he represented England in the Home International Cross Country. Peter was BVAF Marathon champion in 1996 and won the London Marathon M55 in 1998. It is well known that Pete was a hard training man and in the mid-1990's would cover around 80-90 miles a week. The result of all his training paid off over the years and he achieved many EVAC records. On the road he is the M60 record holder over the 10Km course at Comberton (37:04) and the 5Km at Granchester (17:44). In the Grand Prix Road Race Series, Pete was the overall winner in 2003 with an average of 87% and he regularly scored over 80% with his highest being 90% at Granchester. When the Inter-Area Road 10Km was held at Wrexham in 1995, Pete recorded 34.00 – 2nd EVAC behind Harry Knowles who was then M40. After running the Vets race he then ran in the 'Open', recording a shade over 35 minutes, all this on one of the hottest days of the year. When EVAC instituted the Road Runner of the Year award it was fitting that Pete was the first winner and he went on to win it many more times.

On the track Pete holds Championship Best Performances for M60

1500m (4:46.3);

5,000m M50 (16:28.0); M55 (17:01.5)

M60 (17:45.2), and at 10,000 M60 (33:38.0).

In 1993 Peter took over the post of EVAC Treasurer, a role that he took very seriously. Ever present at Club Committee meetings to give an up-to-date report on the financial state of EVAC. Even when not running in the relays prior to the AGM, Pete would travel from his home in Norwich to give his annual report.

Speaking to Peter some time ago he was looking forward to going to Athens to watch the Olympics and then run the New York Marathon in November.

Peter's funeral took place at the Norwich Crematorium on October 18th and there were many of his friends from the world of cycling and athletics. So large was the congregation that many of us had to stand outside. Eastern Veterans A.C. was represented by the Chairman and Secretary as well as many members, many of whom no longer compete but were there to pay their last respects to a fine athlete and gentleman who will be sorely missed by his family and the world of athletics.

Peter's club, City of Norwich, has set up a fund in his memory. Combined with Norfolk A.A.A. the fund is to help young athletes, something that was dear to Pete. For many years Pete helped train and advise many up and coming athletes in the Norwich area. I am sure there will be many members who would wish to donate to this fund. Of course they can do so directly or through EVAC, indeed some have sent their donations to the club already. It is the intention of the club to make a donation and, in the course of time, will forward this and any that members make, to the appropriate authority.

Our Chairman, Mark Chaplin, has agreed to accept donations and they may be sent to

113 GREEN DRIFT, ROYSTON. HERTS. SG8 5BL

In the fixture list AUTUMN EDITION the fixture on the 17th October should have read **SVHC 10,000 Track Championships**, and not as printed.

George Mitchell Celebrates His 90th Birthday

After walking the equivalent of five times round the globe and celebrating a 90th birthday most people would be ready to put their feet up and enjoy a well earned cuppa- but not George Mitchell. Birchfield Harriers' oldest active competitor has no thoughts of retirement and is all geared up for the next Saturday's RWA Winter 5K League race in Sutton Park.

George has reduced his mileage, as he grew older. He said, "I limit my events to shorter distances these days. Gone are the days of doing 50 milers. I progressively cut down to 20's then 10's and now I limit myself to 5k, which is just over three miles." "If I find that I start to be in trouble with that I suppose I will have to think about packing up then but for now with regular training I find that I can still cope with the racing. I live near Sutton Park so some friends and I train there twice a week. I don't do a lot these days- about 20 miles a week."

George was born in Handsworth on Guy Fawkes Day in 1914, three months after the outbreak of the Great War.

As a 14-year old pupil at Waverley Grammar School in Small Heath, he and a school friend Frank Jennings decided to walk along the canal towpaths from Birmingham to Warwick. This 45 miles excursion took considerably longer than either anticipated. Since it was many decades before the invention of mobile telephones, the Police were informed of the boy's absence! Three years later in August 1932, George became a member of Birmingham Walking Club and trained at the first Alexander Stadium on Aldridge Road, which is now the Birmingham Greyhound Track. His first ever race was when he competed in

NEWS & VIEWS

the Sutton Coldfield to Birmingham walk, which was held in conjunction with the Nottingham to Birmingham event. In 1938 he travelled to Holland with Bill Bates, Bill Hewitt and George Wakeman to participate in the Neimagen Marches walking 34 miles each day for four consecutive days. Nearly a quarter of a century later in 1962 George accompanied by Bernard Osborne repeated the feat.

In August 1947 George was chosen as Assistant Team Manager for the Great Britain team for the European Race Walking Championships in Prague.

George is renowned for being a good team member and this is illustrated by the fact that he competed in: -

33 Birmingham Outer Circle Race Walks (26 miles)

20 Leicester Mercury Race Walks (20 miles)

Many National 20k Championships

Many National 50k Championships.

1948 was a successful year when the club won the Outer Circle the upper deck of the tram proudly brandishing the trophy for all to witness their victory.



Although he has broken several World Veterans Age records for 3K, the achievement that George is most proud of is becoming a Centurion.

Although he is knocking on a bit, even George was not around when the Roman Legions were building their road in what we now know as Sutton Park. In 1970, at the age of 56, George completed the one hundred miles from Leicester to Skegness in 21 hours 10 minutes, which just goes to show what lengths Midlands will go to just to paddle their feet in the sea!

George's father encouraged his race walking and was President of Birmingham Walking Club. The club formed an amalgamation to become Royal Sutton and Birmingham Walking Club in 1978.

Subsequently when that club disbanded four years later, George and many other race walkers became Birchfield Harriers.

George was successful in an application to become Youth In Training with the Engineering Department of the GPO. George had a long and distinguished career as a Post Office Engineer, which included four years secondment with the Colonial Service in Nigeria between 1950 and 1954. After service at the Midlands Regional Headquarters George retired as a Senior Executive Engineer in Birmingham Telephone Manager's Office in Newhall Street in 1976.

During the Second World War, he served his country as an Engineer in the Naval Fleet Air Arm. On every occasion that George carried out repairs, he was required to be on board the aircraft when it was returned to service.

It was around this time that George met Rita, a member of the ATS. The couple wed in 1948 and have been married for 56 years.

One daughter Alison lives in the Calgary whilst her sister Susan lives in Elgin.

George attributes his longevity to a variety of reasons. "Three of my grandparents survived into their 90's so it may be in the genes. I have always tried to keep myself fit and done nothing stupid to harm my body such as taking drugs but I like a pint of mild particularly after a race on a hot day."

Last Friday George was both delighted and astonished when more than 30 of his friends joined Rita and Susan at lunchtime at the Alexander Stadium to celebrate his special birthday. The occasion was transmitted live on the BBC Midland Today lunchtime television programme.

The Olympic 4x100m Relay gold medallist, Mark Lewis Francis was one of many people to come along to offer his congratulations to his fellow Birchfield Harrier on this special day. Ken Matthews who was crowned Olympic 20K Champion forty years ago last month in Tokyo also send Birthday greetings from his home in Wrexham to his old friend and former team mate.

Tom McCook

9 November 2004

9th BMAF CROSS COUNTRY RELAY CHAMPIONSHIPS

Organised under
UKA Rules by EVAC
& City of Norwich AC



Earlham Park, Norwich, Norfolk, Saturday 12 February 2005

Organised by EVAC and City of Norwich AC

Open to all UKA affiliated clubs

BMAF medals to first three teams and fastest three individuals in each championship

12.30pm - W35+, W45+, W55+, M60+ (three stages per team)

1.45pm - M40+ (six stages per team) & M50+ (four stages per team)

Closing date - postmarked 31 January 2005 - no late entries

Entry fees - £4 per stage

For entry forms and further details, please send a stamped s.a.e. (A5 or larger) to

BMAF XC Secretary, 85 Parlour Close, Histon, Cambridge, CB4 9XR or

City of Norwich AC, 6 Hare Close, Mulbarton, Norwich, NR14 8QQ

or visit

www.conac.org.uk

FEATURES

Stress Fractures

Reproduced with the kind permission of
GERALD HARTMANN

Before the running revolution of the 1970's, stress fractures had a not so popular association within the military, where 'march fractures', as they were termed, occurred most commonly in new army recruits recently introduced to marching.

Stress fractures currently represent 10% of all sports injuries and can strike every runner from the weekend warrior to the elite competitor. In my own athletic career I suffered three stress fractures (one metatarsal and two tibia fractures). One of my clients, a 33 year old female national record holder (2.27) in the marathon, has suffered 14 stress fractures over an 18 year period, which include 7 rib fractures, 3 tibia, 3 metatarsal and one public arch fracture.

Since implementing modifications in her diet, training environment, and correcting foot biomechanics, she has not had an osseous injury in almost two years.

Every sportsperson who has had a stress fracture has come up against the medic who treats the injury with contempt. 'Take two or three months off running and cut back on the training and you'll be OK' is hardly what the runner wants to hear. Here I will present information on understanding, preventing and managing stress fractures.

WHAT IS A STRESS FRACTURE?

Stress fractures are microscopic cracks in the bones that never get a chance to heal and are caused by the build-up of repetitive stress. Imagine bending a coat hanger back and forth. Repeated bending weakens the wire, eventually breaking it. Bones similarly weaken by repeated stress and are liable to crack. As with invisible metal fatigue, stress fractures set the stage for a complete break. The symptoms produced by a stress fracture are simple and unmistakable; a quite rapid onset of pain that is well localized, usually to the bones of the lower limbs.

The tibia is the most common site, accounting for 55% of stress fractures. The pain is usually bearable when the athlete is resting or is walking, but as soon as any

running is attempted, the pain becomes quite unbearable and running is impossible.

The diagnosis of a stress fracture is quite simple. "The injury is usually of quite sudden onset, and there is no incidence of external violence. Warning symptoms are usually mild; runners get little notice until suddenly they are no longer able to run."

"The runner will find that hopping on the injured leg (hop test) is painful."

"The diagnosis may be confirmed if tenderness is felt localized to the bone."

The usual prognosis for stress fracture healing is 5 to 8 weeks rest. Recently I have begun using magnet therapy to expose the fracture to an electrical field to speed up recovery by as much as half the normal healing time.

Few runners accept a two-month rest period

without visible evidence that the diagnosis is correct, so doctors usually resort to X-rays, which have drawbacks. In quite a high percentage of cases (up to 60%) X-rays will fail to reveal the presence of a stress fracture if they are taken earlier than three weeks after the initial injury. In effect the fracture is so small it cannot be seen. Only when new bone is being formed, which is denser than the old bone it replaces, does the fracture show as a line on the X-ray?

WHY DO STRESS FRACTURES OCCUR?

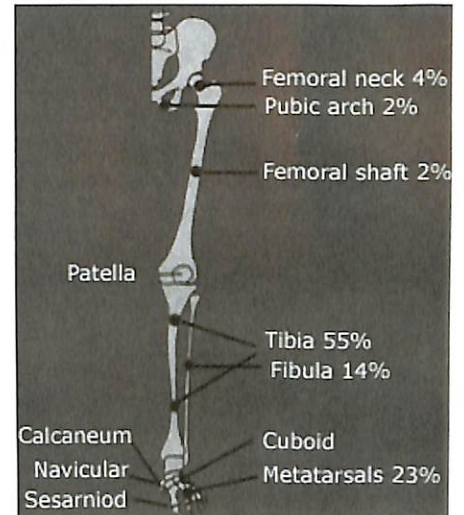
More stress fractures occur in novice runners or in competitive runners who suddenly increase their training after a rest. An adverse result of a sudden increase in training distance is that it causes accumulated muscular fatigue, which reduces the muscles abilities to absorb shock.

When the muscles are tired and unable to absorb shock that function is passed over to the bones, which therefore become more likely to fracture. I advise runners to do 60% or more of their running on grass or trail to decrease impact forces and resulting musculoskeletal breakdown from cyclic overuse on hard surfaces.

The repetitive use of wearing track spikes on a hard track is also a contributing factor as are inadequate shoes for distance running. Muscle imbalances and inflexibility are also an important consideration. For example in the lower leg there often exists an imbalance between the posterior, calf muscle which is developed and strong, and its opposing muscle, the

tibialis anterior (the muscle on the front of the shin), which is often weak.

Such imbalances between agonist and antagonist muscles reduce the shock absorbing capabilities of the muscles and place additional forces on the bones. Tight, overly strong muscles should be stretched regularly and weak hypo-mobile muscles should be strengthened to keep the kinetic chain in balance.



BIOMECHANICS

Three principal genetic factors are associated with stress fractures:

"The high-arched foot which fails to absorb shock adequately and is associated with fractures of the femur and metatarsals."

"The pronating low-arched foot which causes abnormal bio-mechanical function, part of which is a shearing motion in the tarsal bones, the tibia and fibula, predisposing those bones to fracture." Leg length inequalities. A physiotherapist who specializes in sports injuries can evaluate the lower extremity from a biomechanical perspective and customize orthotics accordingly, which, if required, will not only prevent musculo-skeletal injuries but also improve running efficiency.

Running shoes lose their shock absorbing properties and break down with constant use. I recommend a shoe change every 500 miles and the old shoes should be discarded as running shoes because the shock absorbing qualities and heel counter breakdown in old shoes can magnify any biomechanical abnormality.

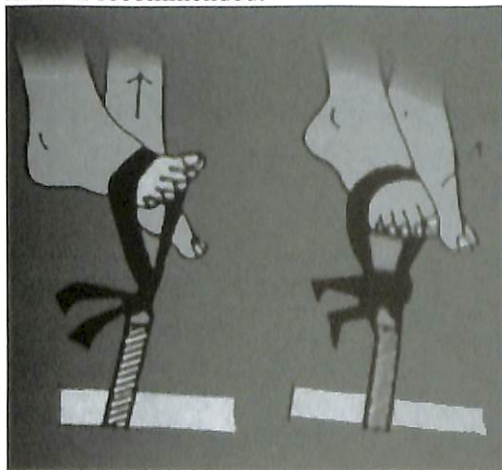
Menstrual abnormalities from exercise or other causes are a significant risk factor for stress fractures in runners because estrogen deprivation can lead to osteoporosis. Low bone density is a recognized risk factor for

stress fractures in men and women. Athletes with eating disorders are more likely to develop stress fractures. Stress fractures are much more common among subjects who have a low dietary calcium intake. These subjects' dietary calcium intake is often too low to maintain bone mineral content.

WHAT CAN I DO IF I HAVE A STRESS FRACTURE?

Initial treatment for most stress fractures involves eliminating the activities that cause pain. Pain free weight bearing is allowed. Patients who have pain with weight bearing should use crutches (not normal except sometimes with pubic / femoral stress fractures).

Flexibility and strength training for the distal lower extremity can begin during initial treatment to reduce muscle fatigue. Cross training is essential for maintaining cardiovascular fitness. Deepwater running, swimming, biking and upper body weights are good aerobic alternatives. Have a sports injury specialist do a biomechanical analysis and have customized orthotics made if recommended.



Underlying metabolic disorders and contributing nutritional problems should be treated. Estrogen replacement therapy reduces bone loss in post-menopausal women.

Oral contraceptives have been shown to positively affect bone density in young women and are the most convenient and accepted estrogen replacement regimen available to this age group. To promote bone healing 1000 to 1500 mg of calcium supplement should be taken daily in addition to an increase in dairy produce (unless lactose intolerant). Prevention of stress fractures is the best policy so take heed of the above wisdom and your bones should not let you down.

FEATURES

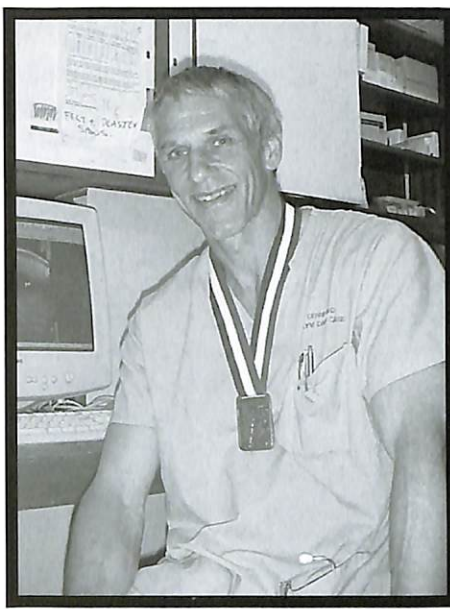
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Training for speed and power

Dr JULIAN KENNEDY



Training for the explosive events in track and field, namely all the jumps, throws and sprints should be specific (i.e. as close to the event as possible), should be done fast, done when the athlete is warm (sweating or near to) and have adequate recovery between each effort.

Obviously doing the actual event under competition-like conditions is best but in the winter months this is not often possible so we have to improvise. Power or impulse is a product of force x time-so to increase the impulse either you increase the force or the time over which the impulse is applied. Increasing the force entails more strength-hence the importance of weight training.

The distance the athlete jumps or the implement is thrown depends on the speed at release or take off and this depends on the force of impulse and the range (distance) over which the force acts-again strength is vital but also flexibility for range.

The best way to develop power for the jumps, throws and sprints is a combination of plyometrics and weight training. Plyometrics e.g. bounding, clapping press ups etc are based on the fact that a shortening muscle contraction is more powerful if the muscle has been stretched first-a bit like a stretched coiled spring.

Typical plyometric exercises include depth jumps where you jump down from a bench and then immediately spring up again. Other well-known plyometric exercises are bounding, one-legged or two, hopping and catching and throwing a medicine ball. Weight training for power uses about 50% max weight and is done fast. About five reps can be done then have a good full recovery.

Stronger muscles and tendons will be less likely to be strained or pulled. Whole movements need strengthened rather than individual muscles so dynamic lifts like the clean and snatch and stepping onto a bench with dumbbells are better than machine exercises. I would remind runners who never jump or throw that Seb Coe, Herb Elliot and many other world-class middle distance runners used weights regularly. Since training should mimic your event as closely as possible here are my Prescriptions:

Jumps-

- ❖ Standing HJ and LJ (mat),
- ❖ Step-ups with weights,
- ❖ Bounding up stairs.

Throws-

- ❖ Javelin-pulley weight, light medicine ball throws.
- ❖ Discus-turns with weight or ball in hand
- ❖ Shot-dumbbell or med ball, inclined bench-press with dumbbell.

Sprints etc-

- ❖ Power clean, snatch, dead lift
- ❖ Circuit training
- ❖ Short hill reps (50-
- ❖ Core stability work- abdo-sit ups, trunk curls
- ❖ Back-back extensions

Try to maintain flexibility by stretching at the end of your workout before warming down. Try to maintain speed and strength over the winter and look out for indoor competitions.

RESULTS

B.M.A.F. THROWS PENTATHLON 26th SEPT.

W30 1 Sue Lawrence (Thurr) 2785 (37.02, 10.26, 32.95, 30.17, 9.84);
W35 1 S Freebairn (Glas) 3103 (37.21, 9.17, 42.06, 24.68, 10.95); 2 C Thrush (P) 2797 (35.23, 9.55, 29.06, 22.65, 11.12); 3 C Hallden (Jer) 2153 (26.98, 7.04, 27.42, 14.56, 9.52)
W40 1 E Augee (WG&EL) 3665 (47.11, 10.13, 35.19, 19.38, 11.63); 2 J Wilson (Read) 2360 (25.24, 7.63, 23.95, 20.73, 8.50); 3 W Dunsford (SCVAC) 2213 (24.97, 8.34, 24.91, 13.78, 7.65)
W45 1 J Earl (SCVAC) 3431 (37.23, 8.55, 27.90, 19.24, 10.17); 2 B Simpson (B&B) 3297 (33.25, 7.76, 28.35, 25.14, 9.35); 3 J Piercy (E&E) 2543 (26.76, 7.04, 15.67, 19.17, 8.82);
W50 1 V Thompson (Belg) 2976 (25.77, 9.85, 22.90, 23.87, 10.49); 2 F Crompton (Rown) 2407 (23.78, 8.42, 18.69, 17.07, 9.10); 3 J Denyer (Hay H) 2360 (27.25, 7.10, 17.43, 16.43, 9.43);
W55 1 B Terry (Brom Vets) 2889 (26.43, 8.83, 19.65, 17.74, 9.23);
W60 1 E Simmons (E&E) 3780 (26.06, 9.27, 21.06, 31.03, 10.57); 2 M Swinton (Moray) 3629 (31.12, 8.34, 21.28, 21.02, 12.01);
W65 1 E Williams (E&H) 5557 (37.98, 10.03, 30.31, 34.52, 13.06); 2 C Derrien (Jer) 3146 (22.50, 6.28, 19.59, 15.89, 10.09);
M35 1 S Sammut (WSEH) 3202 (53.14, 10.46, 37.31, 40.10, 17.13); 2 G Grinstead (Lut) 2082 (29.24, 10.84, 30.35, 29.58, 9.30);
M40 1 S Whyte (Lut) 3739 (52.92, 14.89, 42.32, 41.96, 15.94); 2 A Turner (B'mth) 3367 (45.31, 14.14, 42.96, 35.23, 14.49); 3 D Burrell (Lut) 3033 (42.69, 10.81, 38.27, 42.61, 12.83); 4 J Davis (Walton) 2566 (31.83, 10.74, 32.64, 40.27, 10.88); 5 S Maylan (E&H) 2389 (31.29, 9.64, 26.36, 39.40, 11.52); 6 C Privett (Belg) 2031 (40.85, 9.70, 31.74, 37.13, 0);
 7 P Sutherland (Camb H) 1631 (16.45, 8.30, 25.28, 32.05, 6.92); 8 D Lipscomb (P) 1547 (18.80, 7.92, 25.71, 28.32, 6.10);
M45 1 S Archer (Hav M) 2428 (26.65, 11.33, 33.41, 30.04, 8.46); 2 C Murphy (M&M) 2131 (26.44, 8.47, 28.60, 28.48, 8.84); 3 M Bale (Hay H) 2095 (29.20, 7.89, 26.12, 23.95, 10.05); 4 S Woolley (Man) 1312 (16.81, 7.70, 23.61, 17.75, 4.18);
M50 1 M Small (E&E) 4255 (48.39, 14.65, 48.69, 44.67, 18.14); 2 T Lalley (Bolt) 3166 (43.53, 11.25, 36.90, 25.75, 15.65); 3 J Wild (R&T) 3077 (36.25, 10.46, 41.92, 32.87, 13.67); 4 T Saunders-Mullins (SNH) 2052 (27.66, 8.97, 20.18, 26.34, 10.37);
M55 1 N Griffin (WSEH) 4247 (41.92, 13.60, 47.23, 39.30, 16.02); 2 B Hawkesworth (Der C) 3371 (37.26, 9.86, 35.90, 35.77, 13.84); 3 K Prior (E&E) 3063 (38.16, 10.10, 32.66, 27.00, 12.48); 4 D Webster (Royst) 2909 (33.33, 9.37, 38.23, 28.31, 10.39);
 5 J Edgar (Brack) 2833 (31.73, 10.00, 32.52, 28.15, 10.96); 6 G Devereaux (L. Irish) 2633 (32.38, 9.29, 28.88, 21.53, 11.75); 7 R Jegou (WHH) 2259 (28.10, 8.51, 27.65, 18.80, 9.66)
M60 1 C Melliush (Camb H) 3920 (53.67, 9.92, 37.39, 23.52, 18.76); 2 G Leak (SNH) 3044 (34.76, 10.67, 38.21, 12.52, 14.45); 3 C Court (WSEH) 3034 (37.24, 10.01, 31.85, 22.85, 13.21);
M65 1 C Brand (B&B) 3759 (30.03, 10.75, 37.85, 37.15, 11.53); 2 J Freebairn (C'nauld) 3758 (32.22, 10.74, 33.57, 31.95, 14.04); 3 H Thomas (Lewes) 3331 (34.45, 8.56, 33.05, 20.37, 14.09); 4 K Burnett (VAC) 1935 (17.95, 6.26, 22.08, 19.85, 7.41);
M70 1 I Miller (H&W) 4070 (41.57, 11.10, 31.85, 25.23, 16.30); 2 G Hickey (B&B) 3689 (31.86, 11.11, 29.35, 32.96, 12.99); 3 P Barber (Camb H) 3357 (31.16, 8.01, 28.49, 15.07, 14.89); 4 J Hanus (SCVAC) 3198 (34.32, 9.29, 28.00, 20.36, 12.33); 5 N Fullick (Has B) 2522 (28.48, 8.09, 21.72, 22.01, 8.36);

NORTHERN VETERANS TRACK & FIELD LEAGUE RESULTS HELD AT ACCRINGTON ON SUNDAY 26TH SEPTEMBER 2004

5000 (RACE 1 MEN): 1 M45 Alex Rowe 16.14.3; 2 M40 Keith Standrin 16.39.3; 3 M45 George Thompson 17.07.6; 4 M50 James Bailey 17.13.2; 5 M40 David Lord 17.17.8; 6 M40 Stephen Doxey 17.21.6; 7 M50 William Johnstone 18.02.4; 8 M50 Archie Jenkins 18.52.3; 9 M45 John Shelbourne 19.29.6; 10 M50 Igor Shabalin 19.48.8; 11 M40 Alan Williams 20.36.1;
RACE 2 M& W: 1 M65 Fred Gibb 18.45.7; 2 L50 Susan Cooper 18.47.4; 3 L35 Karen Hutchinson 19.18.7; 4 M60 Derek Walton 19.30.5; 5 L55 Carol Wolstenhome 19.35.8; 6 L40 Lynne Marr 19.52.1; 7 M60 Alan Peers 20.10.7; 8 M65 Bill Atkinson 21.00.0; 9 M65 Dave Edge 21.42.6; 10 L50 Shelly Walsh (Gst) 21.53.8; 11 M70 Derek Howarth 22.45.8; 12 M55 Alan Speak 22.49.7; 13 L50 Glenis Speak 24.46.7; 14 L55 Brenda Bradshaw 25.10.7; 15 M70 Arthur Walshaw 28.27.0
80H LADIES: 1 L40 Mandy Laing 12.3; 2 L45 Paula Booth 14.9;
100 H MEN: 1 M65 Tony Bowman 19.7; 2 M65 Colin Shafto 20.9;
110 H MEN: 1 M45 Ian Scholes 18.15; 2 M45 Gary Walker 19.0
300 H MEN: 1 M65 Tony Bowman 63.3; 2 M70 Maurice Morrell 67.0;
400 H MEN: 1 M50 David Anderson 60.7; 2 M55 Barry Chapman 94.7;
500 WALK MEN: 1 M40 Anthony Bell 17.27.9;

2 M65 Colin Shafto 17.52.4; 3 M55 John Graham 20.11.9; 4 M70 Geoff Dowling 21.15.3;
PV MEN: 1 M45 John Taylor 3.10; 2 M45 Gary Walker 2.90; 3 M55 Keith Tugwell 2.50;
LJ MEN: 1 M40 Mark Line 5.31; 2 M45 Gary Walker 5.04; 3 M55 Harold Halliwell 4.70; 4 M55 Kenneth Gibson 4.17; 5 M55 Barry Chapman 3.80; 6 M55 Keith Tugwell 3.54; 7 M65 Colin Shafto 3.44; 8 M75 James Crehan 3.33;
LJ LADIES: 1 L40 Wendy Laing 4.82; 2 L35 Karen Vaughan 3.24; 3 L35 Deborah Lister 3.00;
TJ MEN: 1 M40 Julien Gittens 12.20; 2 M55 Harold Halliwell 9.69; 3 M65 Trevor Driver 9.06; 4 M75 James Crehan 7.87;
JT MEN: 1 M40 Mark Line 46.59; 2 M40 Alan Marriott 38.24; 3 M60 Robert Ownsworth 34.60; 4 M60 David Myerscough 31.71; 5 M60 Graham Smith 31.05
 6 M40 Philip Wall 30.24; 7 M65 Trevor Driver 29.57;
 8 M70 Maurice Morrell 25.35; 9 M70 Charles Marshall 19.89; 10 M70 Denys Lee Jones 19.58; 11 M55 Barry Chapman 17.41; 12 M70 Jack Betney 17.00; 13 M70 Peter Dibb 15.06;
JT LADIES: 1 L40 Diane Smith 29.55; 2 L40 Mandy Laing 29.07; 3 L40 Lynn Marriott 19.97; 4 L35 Karen Vaughan 18.21; 5 L45 Susanne Pickersgill 15.71; 6 L40 Karen Heweth 15.41; 7 L60 Sheila Bolland 12.14;
HAMMER MEN: 1 M60 Graham Smith 28.83; 2 M60 Robert Ownsworth 26.06;
HAMMER LADIES: 1 L40 Diane Smith 38.80; 2 L40 Karen Hewed 28.07; 3 L55 Linda Ridsdale 27.44; 4 L60 Sheila Bolland 25.25; 5 L40 Lynn Marriott 21.89; 6 L35 Karen Vaughan 19.25; 7 L40 Julie Walls 18.81;
DISCUS MEN: 1 M60 David Myerscough 41.56; 2 M40 Mark Lines 37.69; 3 M40 Alan Marriott 36.80; 4 M60 Graham Smith 34.95; 5 M55 John Graham 29.63; 6 M45 Gary Walker 28.82; 7 M60 Gordon Firths 27.67; 8 M60 Edward Almond 25.11; 9 M60 Robert Ownsworth 25.04;
 10 M70 Charles Marshall 22.95; 11 M40 Philip Walls 20.73; 12 M70 Peter Dibb 18.15;
 13 M55 Alan Speak 16.56; 14 M70 Jack Betney 16.45;
DISCUS LADIES: 1 L40 Karen Heweth 29.95; 2 L40 Diane Smith 24.35; 3 L40 Julie Walls 20.39; 4 L40 Lynn Marriott 18.15; 5 L60 Sheila Bolland 14.02;
SHOT LADIES: 1 L40 Wendy Laing 10.07; 2 L40 Mandy Laing 9.65; 3 L40 Karen Heweth 8.34; 4 L40 Diane Smith 7.50; 5 L35 Deborah Lister 6.93; 6 L40 Lynn Marriott 6.26; 7 L40 Julie Walls 5.96; 8 L60 Sheila Bolland 5.92; 9 L45 Susanne Pickersgill 5.86;
SHOT MEN: 1 M60 David Myerscough 13.27; 2 M40 Mark Lines 11.49; 3 M40 Alan Marriott 11.22; 4 M60 Graham Smith 8.91; 5 M65 Trevor Drivers 8.83; 6 M60 Robert Ownsworth 8.63; 7 M55 John Craham 8.45;
 8 M60 Edward Almond 8.25; 9 M70 Maurice Morrell 7.43; 10 M60 Gordon Firths 7.42;
 11 M40 Philip Walls 7.40; 12 M70 Peter Dibb 6.78;
HIGH JUMP MEN: 1 M40 Steven Linsell 1.80;
 2 M45 Gary Walker 1.50; 3 M55 Keith Tugwell 1.35;
 4 M65 Colin Shafto 1.30; 5 M60 David Myerscough 1.30;
 6 M75 James Crehan 1.15;
HIGH JUMP LADIES: 1 L40 Wendy Laing 1.55;
100 METRES:
RACE 1 MEN: 1 M40 John Crowley 12.2; 2 M40 Stephen Chaisty 12.3; 3 M40 Andrew Kinnear 12.8;
RACE 2 MEN: 1 M45 John Wright 11.8; 2 M45 Peter Hickey 11.9; 3 M45 Francis Scott 12.6; 4 M45 Stephen Boardman 11.8;
RACE 3 MEN: 1 M55 Kenneth Gibson 13.6; 2 M55 Harold Halliwell 13.7; 3 M55 Albert Eland 14.3; 4 M55 John Whelan 15.8;
RACE 4 MEN: 1 M65 Tony Bowman 14.9; 2 M70 Denys Lee-Jones 15.0; 3 M70 Peter Dibb 17.4; 4 M70 James Crehan 17.5;
RACE 5 LADIES: 1 L40 Maria Townsend 13.6;
 2 L40 Mandy Laing 13.8; 3 L45 Paula Booth 15.1;
 4 L35 Deborah Lister 15.3; 5 L35 Karen Vaughan 15.5;
 6 L75 Monica Shone 17.7;
200 METRES:
RACE 1 MEN: 1 M40 John Crowley 24.7; 2 M40 Stephen Chaisty 24.9; 3 M40 Stephen Gorrill 25.8;
 4 M40 Andrew Kinnear 26.3;
RACE 2 MEN: 1 M45 John Wright 23.8; 2 M45 Peter Hickey 23.9; 3 M45 Ian Scholes 25.4; 4 M45 Stephen Boardman 29.1;
RACE 3 MEN: 1 M50 David Anderson 25.8; 2 M55 Kenneth Gibson 28.3; 3 M55 Harold Halliwell 29.00;
 4 M55 Albert Eland 29.2; 5 M55 John Whelan 31.4;
RACE 4 MEN: 1 M65 Tony Bowman 30.7; 2 M70 Denys Lee-Jones 31.7; 3 M70 Peter Dibb 38.0;
RACE 5 LADIES: 1 L40 Maria Townsend 27.3; 2 L40 Wendy Laing 27.5; 3 L35 Deborah Lister 35.9; 4 L75 Monica Shone 38.2;
400 METRES:
RACE 1 MEN:
 1 M40 Martin Blackman 52.0; 2 M45 Francis Scott 55.9;
 3 M45 Andrew Hutchinson 57.6; 4 M40 Andrew Kinnear 58.2; 5 M45 John Taylor 60.8; 6 M45 Anthony Raffles 67.4;
RACE 2 MEN & LADY: 1 M55 Albert Eland 65.2;
 2 M55 Kenneth Gibson 69.8; 3 M55 John Whelan 70.8;
 4 L45 Susanne Pickersgill 82.6;
RACE 3 MEN: 1 M60 Vic Blanchard 60.1; 2 M60 David Cowgill 73.6;
RACE 4 MEN: 1 M65 Tony Bowman 71.2; 2 M70 Denys Lee-Jones 71.7; 3 M65 Brian Fox 78.3; 4 M70 Peter Dibb 81.1; 5 M70 Charles Marshall 97.1;

RESULTS

800 METRES MEN AND LADIES:

1 M60 Rod Scholes 2.22.0 ; 2 M50 Roger Tolson 2.24.8; 3 L40 Pauline Atkinson 2.26.4; 4 M50 Trevor Bailey 2.28.9 ; 5 M60 Harvey Gott 2.33.9 ; 6 M45 Anthony Raffle 2.34.8; 7 M60 David Cowgill 2.49.1 ; 8 M65 Brian Fox 3.00.4 ; 9 M50 Kevin Dillon 3.03.2; 10 L60 Brenda Robinson 3.30.7;

1500 METRES MEN AND LADIES:

1 M45 Alex Rowe 4.30.7 ; 2 M40 Stephen Doxey 4.39.6; 3 M50 Roger Tolson 4.54.5 ; 4 L40 Pauline Atkinson 4.56.2; 5 M60 Michael Smith 4.58.0 ; 6 M50 Archie Jenkins 5.03.0 ; 7 M60 Harvey Gott 5.09.0 ; 8 M60 Alan Peers 5.20.6 ; 9 M40 Alan Williams 5.32.4; 10 M60 Derek Walton 5.39.2; 11 M65 Bill Atkinson 5.51.8; 12 L40 Lucy Hickey 6.03.0 ; 13 M70 Maurice Morrell 6.39.0; 14 L60 Brenda Robinson 6.54.1 ; 15 M70 Arthur Walsham 8.01.2 ;

NVAC MONTHLY RUN HELD AT EDGEWORTH: ON SUNDAY 3RD OCTOBER 2004

The course for the race had to be changed due to a number of bridges being washed away resulting

in running two laps of the bottom reservoir a distance of 10400M.

The field was smaller than normal maybe due to the weather forecast the winner Alex Rowe having an

easy win. Our new Russian member Igor Shabalin appears to have settled in having a good run.

The 5000M race, which we have introduced, seemed to prove successful with more over 70s taking part.

1 Alex Rowe 36.18 1st M/O45; 2 Len Best 38.07 1st M/O50 ; 3 Kenneth Moss 39.00 2nd M/O50; 4 Ken Fowler 40.50 3rd M/O50 ; 5 Ken Burgess 42.52 1st M/O60 ; 6 Derek Walton 43.56 2nd M/O60; 7 George Large 44.17 1st M/O55 ; 8 Igor Shabalin 44.19 4th M/O50 ; 9 Peter Wilkinson 45.18 2nd M/O55; 10 Tony Lythe 45.27 3rd M/O60 ; 11 Robert Russell 46.09 5th M/O50; 12 Alan Fielding 48.57 3rd M/O55 ; 13 Terry Mannion 48.59 6th M/O50; 14 Sid Sacks 49.23 4th M/O60 ; 15 George Lawson 49.29 5th M/O60; 16 Ken Mayor 50.07 4th M/O55 ; 17 Tina Lewis 50.08 1st L/O40; 18 Mike Howe 50.20 1st M/O65; 19 Phil Spratt 50.30 1st M/O70 ; 20 John Smith 51.27 2nd M/O65; 21 David Sinnott 52.02 5th M/O55; 22 Malcolm Schofield 54.39 3rd M/O65 ; 23 Geoff Gartrell 58.15 4th M/O65 ; 24 Mary Gartrell 62.41 1st L/O65 ; 25 Dave Tompkinson 65.50 6th M/O60;

5K RACE :

1 Bryan Rogers 25.57 1st M/O70; 2 Tony Totham 30.05 M/O40 ; 3 Bernice Greenhalgh 30.06 L/O45 ; 4 Les V-Hodkinson 30.07 2nd M/O70; 5 Peter Madden 31.43 3rd M/O70 ; 6 Lola Small 33.06 1st L/O70 ; 7 Derek Wilcock 36.05 M/O60; 8 Les Heald 75.50 1st M/O80 ;

NVAC 10 MILE ROAD CHAMPIONSHIP(MEASURED COURSE) HELD AT PADGATE ON 17TH OCTOBER 2004

AFTER 30 YEARS OF RACES OVER THIS COURSE WITH THE INCREASE IN TRAFFIC AND OBJECTIONS BY THE POLICE THIS WAS THE LAST 10M CHAMPIONSHIP TO BE HELD AT PADGATE.

THE RACE WAS RUN IN GOOD CONDITIONS WITH A BREAKAWAY BY TWO RUNNERS WITHIN 300M FROM THE START CONTINUING FOR THE FIRST PART OF THE RACE WHEN NATHAN VENGDA SALEM LEFT JOEY PARKINSON BEHIND TO BECOME THE WINNER. OTHER BATTLES WERE ALSO TAKING PLACE WITHIN DIFFERENT AGE GROUPS FURTHER DOWN THE FIELD.

AS THIS RACE HAS TAKEN PLACE FOR SO MANY YEARS IT SEEMED FITTING TO HAVE AN ATHLETE FROM THE PAST TO PRESENT THE PRIZES AT THE LAST RACE AND IT WAS A PLEASURE TO WELCOME EX-OLYMPIAN RUNNER FRED NORRIS TO PERFORM THIS TASK.

OUR THANKS TO ALL WHO HELPED TO MAKE THIS A SUCCESSFUL AND ENJOYABLE EVENT IN PARTICULAR DON GEORGE FOR ALL HIS WORK DEALING WITH ENTRIES AND ORGANISING MARSHALLS AND HELPERS A JOB WELL DONE.

1 Nathan Vengdasalam Liverpool H 54.51 1stM40; 2 Joey Parkinson Liverpool H 56.52 2ndM40; 3 Ray Cole Liverpool H 57.09 3rdM40; 4 John Howarth Leigh H 57.26 4thM40; 5 Kenneth Moss Nvac 58.15 1stM50;

6 Len BestStockport H & AC 58.18 2ndM50; 7 James Bailey Bingley H 58.42 3rdM50; 8 Arthur Deane Liverpool H 60.10 4thM50; 9 Andrea Dennison Bradford Airedale 60.57 1stL40; 10 David Gough Vale Royal 62.10 5thM40; 11 Jane Raffell Wigan 63.19 1stL35; 12 Fred Gibbs Bingley H 63.21 1stM65; 13 Alan Hudson Wesham RR 63.34 1stM5; 14 Gerry Bell Bingley H 64.35 5thM50; 15 Frank Davies Liverpool H 64.52 2ndM55; 16 Ken Burgess Altrincham AC 65.45 1stM60; 17 Alan Clarkson Clayton Le Moors H 66.15 1stM45; 18 Frank Reddington Spennborough 66.31 6thM50; 19 Igor Shabalin Nvac 67.25 7thM50; 20 Keith Hatton Liverpool H 67.28 6thM60; 21 Alan Peers Spectrum Striders 68.04 2ndM60; 22 Derek Walton Altrincham AC 68.07 3rdM60; 23 Billy Hargreaves Liverpool H 68.21 3rdM55; 24 Malcolm Barnwell Nvac 68.23 4thM60; 25 Tony Lythe Sale H 68.30 5thM60; 26 Paul Woodyatt City of Norwich AC 71.34 7thM40GUEST; 27 David Sinnott Saddleworth RR 71.51 4thM55; 28 Denise Wakefield Horwich RMI H 72.38 1stL50; 29 Patrick Henley Liverpool H 72.50 5thM55; 30 Dave Edge Rochdale H 73.05 2ndM65; 31 Fechin McCormick Sale H 73.09 6thM55; 32 Jennifer Adams Accrington RR 74.50 2ndL50; 33 Derek Howarth Leigh H 76.01 1stM70; 34 Dennis Michaels Nvac 79.03 7thM55; 35 Phil Spratt Nvac 79.32 2ndM70; 36 Ken Clark Nvac 86.25 3rdM70; 37 Eric Pendleton Spectrum Striders 86.58 1stM75; 38 Kevin Obrien Penny Lane Striders 90.52 6thM60; 39 Richard Packer Red Rose RR 91.55 4thM70; 40 Joe McAloon LiverpoolPm&Sef H 93.01 5thM70; 41 John Newsham Nvac 94.30 8thM55; 42 Brian Heeler Nvac 94.40 2ndM75; 43 Mary Littler Bradford Airedale 95.14 1stL40; 44 Kevin Dillon Manchester H 97.52 8thM50; 45 Sandra Harris Nvac 100.11 1stL55; 46 Arthur Walsham Salford H 104.17 6thM70; 47 Dave Tompkinson Nvac 107.21 7thM60;

TEAM RESULTS

M40 LIVERPOOL H (Nathan Vengdasalem, Joey Parkinson, Ray Cole, Keith Hatton);

M50 LIVERPOOL H (Pat Henley, Billy Hargreaves, Frank Davies, Arthur Deane);

M70 NVAC (Phil Spratt, Ken Clark, Brian Heeler)

B.M.A.F MARATHON, CARDIFF OCT 3rd

COMPLETE MASTERS RESULTS

Men Two Hours plus

1 Howard Parsell M40 36:32; 2 Anthony Duffy 38:37; 3 Steve Watson 40:08; 4 Peter Russell M50 42:41; 5 Mick McGeoch M45 43:23; 6 Stephen Davies M45 46:04; 7 Godfrey Rhimes M50 47:46; 8 Graham Williams M50 49:12; 9 Trevor Edgley M55 52:54; 10 Chris Baily M40 54:26; 11 Warwick Fortescue M40 54:45; 12 Tieman Oclairigh 55:20; 13 Peter Coles M40 55:43; 14 Richard Kennedy M40 55:53; 15 Kenneth Bloor M40 57:06; 16 Phil Adams M40 59:20;

Men Three Hours Plus:

17 Sandy Johnston M55 00:13; 18 Peter Sarson M55 00:14; 19 Ian King M40 00:33; 20 Emrys Thomas M45 00:41; 21 Ade White M40 00:57; 22 Colin Davies M40 01:44; 23 Michael Moore M40 02:59; 24 Eric Palmer M50 04:27; 25 Bill Johnson M60 04:35; 26 Scott Howell M40 04:41; 27 David Neal M45 04:46; 28 Peter Weatherhead M50 05:01; 29 Douglas Moody M55 05:59; 30 Paul O'Donnell M45 06:41; 31 Andy Murray M50 07:32; 32 Stephen Baxter M50 07:43; 33 Steve Townsley M45 07:43; 34 Alan Clarkson M45 07:48; 35 Edwin Evans M55 08:19; 36 Alan Mann M45 08:29; 37 Steve Edwards M40 08:26; 38 Ben Farag M40 08:37; 39 Gerald McDaid M40 09:10; 40 Nigel Stone M50 09:12; 41 Philip Cross M40 09:35; 42 Clive Crisp M45 09:30; 43 Robert Philpotts M45 09:51; 44 Graham Shaw M50 10:17; 45 John Hargreaves M50 10:34; 46 Simon Price M45 10:33; 46 Ashif Meghjee M40 10:50; 47 Michael Athony M45 11:13; 48 Barry Cartledge M45 10:51; 49 Simon Mingay M40 11:15; 50 Graeme Donnan M50 11:53; 51 Graham Caulder M40 12:16; 52 Phylip James M40 12:58; 53 Robert Hodges M45 12:44; 54 Neil Middleton 13:04; 55 Tony Wilkes M45 13:25; 56 Paul Jennings M40 13:44; 57 John Carpanini M40 13:46; 58 Geoffrey Rigby M60 14:05; 59 Keith Thompson 14:09; 60 John Holland M40 14:39; 61 Andrew Mason M40 14:28; 62 Stephen Hunter M45 15:01; 63 Allan Herdman M50 15:13; 64 Adrian Webb M40 15:22; 65 Gerry O'beirne M45 15:33; 66 Thomas Davies M40 15:40; 67 Edward Morgan M45 15:49; 68 Paul Hansen M45 16:02; 69 Donald Sandeman M45 17:27; 70 Vernon Olivant M50 17:33; 71 Haydon Michael M50 17:41; 72 David Fuller M50 18:17; 73 Roger Jones M40 18:47; 74 Steven Locker M50 19:18; 75 Llewelyn Jones M40 19:22; 76 Leslie Unsworth M45 19:52; 77 Ray Betterton M55 20:34; 78 Peter Lambillon-Jamieson M40 20:41; 79 Mark Jordan M40 20:59; 80 Mark Jones M40 21:02; 81 Tony Carzana M55 21:46; 82 Stephen Price M45 22:28; 83 Andrew Cumin M45 22:54; 84 Adrian Taylor M45 23:33; 85 David Stearn M40 23:37; 86 Robert English M50 23:41; 87 Mark Sutcliffe M40 24:41; 88 David Thomas M40 24:52; 89 Alan Peers M60 25:43; 90 Neale Jarrett M40 25:48; 91 Michael Learoyd M45 26:04; 92 Pete Nash M45 26:07; 93 Michael Murphy M50 26:11; 94 Paul McGurk M45 26:15; 95 David Jones M40 27:04; 96 Graham Taylor M45 27:39; 97 Michael Johnson M40 27:41; 98 Steven Campbell M40 27:49; 99 Chris Moore M45 27:55; 100 Lew Badger M55 28:10; 101 Shaun Collins M40 28:15; 102 Neil Williams M40 28:16; 103 Colin Longworth M50 29:51; 104 Stuart Forrester M45 30:16; 105 Clive Osmond M40 31:11;

RESULTS

106 Patrick Slattery M55 31:45; 107 Raymond Harris M50 31:57; 108 Graham Butler M50 31:58; 109 Colin Lee M40 32:00; 110 Aled Evans M40 32:44; 111 Michael Cromack M40 32:48; 112 Garry Tann M45 33:09; 113 Michael Matthews 33:28; 114 Michael Reilly M50 33:35; 115 Paul Marchant M500 34:02; 116 Martin Davies 34:15; 117 Nigel Griffiths M45 34:36; 118 Keith Dakin M50 34:46; 119 Michael Lawrence M45 34:55; 120 Philip Duffy M60 35:32; 121 Norman Green M45 35:58; 122 Roy Poy M60 35:59; 123 Paul Tate M40 36:19; 124 Ian Davies M50 36:49; 125 Dewi balswin M40 37:38; 126 Mike Rundle M55 37:50; 127 James Morrison M50 38:01; 128 Colin Riley M40 38:19; 129 Andrew Bickle M45 38:57; 130 Alan Littlejohns M55 38:57; 131 Neil Jones M45 39:16; 132 Steven Owen M45 39:19; 133 Jim Kirkland M45 39:34; 134 Mario Ciantanni M40 40:00; 135 Martin Williams M40 40:05; 136 David King M45 40:12; 137 Graham Rowland M40 40:33; 138 Kenneth Powney M55 40:34; 139 John Fryer M50 41:43; 140 Mark Broom M40 42:04; 141 Peter Clements M55 42:08; 142 Gary Wade M45 42:39; 143 Nigel Arthur M50 42:50; 144 Stuart Allen M40 42:59; 145 Tim Pollard M40 43:02; 146 John Aylmer M55 43:11; 147 Phil Brookes M45 43:16; 148 Stephen Jones M45 43:36; 149 William Davies M45 44:00; 150 Colin Maddocks M45 44:03; 151 Brendan Connolly M45 44:11; 152 Brian Smith M45 44:58; 153 Derek Ricketts M50 45:14; 154 Martin Church M60 45:17; 155 Danny Kay M40 45:18; 156 David Palmer M40 45:29; 157 Michael Smith M45 45:32; 158 Mike Grummel M50 45:23; 159 Peter Jones M50 45:51; 160 Steve Barney M40 45:55; 161 Philip Huckie M40 46:07; 162 Nick Darroch M45 46:12; 163 Charlie Francis M45 47:05; 164 David Allen M40 47:17; 165 Peter Williams M45 48:13; 166 Ralph Allen M45 48:20; 167 Bernard O'brien M40 48:47; 168 Victor Trykush M40 48:53; 169 Chris Wilkinson M50 49:08; 170 Chris Blockwell M40 49:17; 171 John Hooper M40 49:18; 172 Paul Clarke M50 49:21; 173 Kevin Russell M45 49:42; 174 John Davies M40 49:44; 175 Nick Roe M50 50:14; 176 Ivan Arkinstall M40 50:18; 177 Walter McCaskey M60 50:38; 178 Martin Fitzhugh M40 51:12; 179 Raymond Norman M45 51:14; 180 Andrew Meek-Welsh M50 51:37; 181 Colin Dawkins M50 51:48; 182 Steve Reay M45 52:13; 183 Ray James M40 52:39; 184 Steven Weeks M40 52:51; 185 Stephen Fowles M50 52:53; 186 Michael Donnelly 53:13; 187 Josh Harry M40 53:29; 188 Richard Palmer M40 54:05; 189 Graham Craven 54:35; 190 Stephen Hanlon M40 54:54; 191 Peter Mander M60 55:17; 192 Stephen Williams M45 55:24; 193 Eddie Pugh M60 56:10; 194 Robert Clark M40 56:16; 195 Roger Tarrant M50 56:29; 196 Kevin Smallman M45 56:44; 197 Ryszard Piotrowicz M40 56:52; 198 Ben Rowell m40 57:04; 199 John Horgan M50 57:52; 200 Anthony Ollman M45 58:19; 201 Bob Jones M45 58:37; 202 Terry Flukes M40 58:39; 203 Chris Roberts M40 58:48; 204 Phil Roberts M45 59:16; 205 Jaime Veiga M40 59:23; 206 Glyn Millward M40 59:33;

Men Four hours plus:

207 Wayne Matthews M40 00:16; 208 David Miller M50 00:20; 209 Richard Dustan M40 00:34; 210 Jan Puzio M50 00:55; 211 Simon Lewis M45 02:03; 212 Jim Buttleman M40 02:21; 213 Richard Kennington M50 03:17; 214 Stephen Lewis M55 04:10; 215 Clinton Riley M40 04:45; 216 Michael James M60 04:57; 217 Richard Howe M50 04:57; 218 Nick Teaza M45 05:03; 219 Roger Jones M50 05:17; 220 Colin Poole M60 05:47; 221 Des Davies M50 05:47; 222 Julian Withers M40 05:59; 223 Robert Bell M55 07:18; 224 Andrew Evered M40 07:48; 225 David Barrett M40 08:02; 226 Graham Jones M50 08:40; 227 Peter Clarke M60 09:10; 228 Ian Hipkins M55 09:15; 229 Roger Biofeld M55 09:21; 230 Rod Ashman M50 09:25; 231 Philip Owens M45 10:15; 232 Edwin Counsell M40 10:37; 233 John Cunnane M55 11:07; 234 Roland Knight M55 11:18; 235 Iestyn Harris M40 11:25; 236 Tony Holing M45 11:52; 237 John Martin M40 12:43; 238 Mike Clinch M45 12:53; 239 Ian Wills M40 13:04; 240 Richard Manning M55 13:17; 241 Tim Sadler M40 15:32; 242 Alistair Pauline M45 15:38; 243 Steve Brooking M40 15:42; 244 Malcolm Parker M60 15:47; 245 Jonathan Stone M40 16:07; 246 Lewis Robertson M45 16:25; 247 Terry Wootton M55 16:46; 248 James Williams M60 17:57; 249 Jonny Hjelm M45 17:59; 250 Rupert Chessmore M45 18:49; 251 Stephen Bartlett M40 20:43; 252 Frank Sergeant M40 21:10; 253 Paul Bigmore M45 21:31; 254 Michael King M55 21:42; 255 Michael Hodges M45 22:14; 256 John Collins M40 22:28; 257 Ian Phillips M40 23:28; 258 Max Wallis M60 23:30; 259 Andy Richmond M40 23:50; 260 Len Baggs M55 23:58; 261 Derek Tansill M45 24:46; 262 Karl Baynham 24:52; 263 Douglas Forde M40 25:06; 264 Paul Thomas M45 27:10; 265 John King M55 27:27; 266 John Vinicombe M55 28:42; 267 Ronald Wood M60 28:46; 268 Roger Phillips M60 29:09; 269 Tony Hampson M45 29:33; 270 Martin Heaven M45 30:50; 271 Graham Gunn M40 31:24; 272 Stuart Wild M55 32:34; 273 David Hughes M50 33:36; 274 Richard Evans M40 34:40; 275 James Johnson M60 35:10; 276 Richard Wiltshire M50 36:23; 277 Gavin Parry M55 39:04; 278 Colin Newman M50 40:39; 279 Robert Mapp M45 45:10; 280 Jim Sutton M60 45:39; 281 Kevin Harris M40 45:48; 282 Peter Barker M50 48:02; 283 Greg Whatmough M55 46:32; 284 Bernard McCarthy M55 46:37; 285 Keith Vamham M60 47:57; 286 Les Green M60 48:08; 287 Barney Lane M60 48:29; 288 Patrick Smyth M40 48:45; 289 Les Hooper M50 49:01; 289 David Phillips M60 49:49; 290 Brian Smith M60 52:18; 291 Michael Kettley M50 53:14; 292 Anthony Edwards M40 54:07; 293 Robin Jarvis M60 55:39; 294 Robert Ryan M45 57:58; 295 Geoff Dennis M60 58:02;

Men Five Hours plus

296 Gareth Parsons M40 01:25; 297 Roland Francis M45 04:25; 298 Clifford Greenhaigh M60 04:50; 299 Gareth Jones M40 07:44; 300 Howard Taylor M50 08:54; 301 David Marriott M40 09:40; 302 Geoffrey Brown M45 11:18; 303 Ivor Davies M55 11:21; 304 Peter Addis M60 22:50; 305 David Williams M40 22:50; 306 Len Creo M60 25:06; 307 Max Bergmanski M45 27:24; 308 David Reeves M45 27:32; 309 Peter Warneant M50 28:59; 310 Olughenga Fakande M45 28:59; 311 Graham Casey M40 39:06; 312 Peter Morgan M55 41:28; 312 David Jones M40 43:04; 313 Maxwell Scott-Cook M60 50:38;

Women Two hours plus:

1 Ruth Pickvance W40 53:47; 2 Victoria Perry W45 56:32;

Women Three hours plus:

3 Heather Founding-Hawker W35 03:20; 4 Joy Noad W45 05:52; 4 Ros Tabor W55 09:37; 5 Dawn Critchell W40 14:53; 6 Lesley Griffin W55 22:51; 7 Tracey Lewis W35 23:22; 8 Veronica Singleton W40 24:03; 9 Melanie Jones W35 24:26; 10 Helen Mansfield W40 27:26; 11 Sarah McLoughlin 27:33; 12 Liz Righam W35 29:17; 13 Nina Van de Pol W35 31:07; 14 Joanna Wilson W40 31:52; 15 Janice Lightly W45 31:48; 16 Mandy Jones W40 33:21; 17 Therezia Duffy W45 34:56; 18 Fiona Jeffreys-Thomas W35 35:27; 19 Heather Johnson W45 37:26; 20 Liz Souness W40 37:56; 21 Deborah Otley W45 38:01; 22 Jackie Garland W40 38:45; 23 Shirley Brokenshaw W55 38:47; 24 Dorothy Wilkinson W35 40:00; 25 Mary Joyce W40 40:08; 26 Kate Taylor 43:46; 27 Jacqui Rees W40 44:40; 28 Jenny Tinkler W40 46:23; 29 Loretta Daley W35 47:55; 30 Karen Thomas W40 47:58; 31 Alison Pretious W40 50:00; 32 Margaret Hodges W45 51:37; 33 Kathleen Oliver W50 52:30; 34 Pam White W45 52:38; 35 Kath Scott W40 53:10; 36 Kizzy Sims-Stirling W40 55:13; 37 Jane Hardacre W40 55:13; 38 Rosalind Edmonds W40 57:06; 39 Kathleen Stewart W55 57:32;

Women Four hours plus:

40 Michelle Scott W40 00:23; 41 Catherine O'Regan W55 00:33; 42 Eileen Wall W50 01:14; 43 Tracey Booth W40 03:17; 44 Paula Ace W35 03:59; 45 Catherine Marriot W50 04:26; 46 Diana Jones W40 04:46; 47 Jane Bright W50 05:42; 48 Melanie Evans W40 07:37; 49 Dawn James W40 08:40; 50 Jacqui Harries W40 10:56; 51 Wendy Baxter W40 14:00; 52 Eilan Harris W45 14:26; 53 Teri Thompson W35 16:12; 54 Angela Godfrey W35 16:12; 55 Maria Ronnlund W40 17:59; 56 Judith MacDougall W35 18:38; 57 Liza Darroch W55 18:49; 58 Amanda Elais W35 20:54; 59 Diane Waite W40 21:56; 60 Helen Jones W35 23:25; 61 Julie Roche W35 23:51; 62 Valerie Cooper W40 24:40; 63 Aranka Pratt W55 25:59; 64 Sarah Jones W35 28:14; 65 Pauline O'Reilly W45 28:45; 66 Nicola Parkinson W35 29:55; 67 Dawn Cox W45 30:47; 68 Helen Embling W45 31:01; 69 Joanne Brewster W35 31:50; 70 Gillian Borders W40 33:56; 71 Kathryn Hennessy W49 37:08; 72 Karen Bobruk W35 41:24; 73 Emma Davies W35 41:24; 74 Jane Fraser W45 49:02; 75 Annette Wyndham W35 53:51; 76 Sharon Holland W35 54:03; 77 Caroline Edwards W40 54:06;

Women Five Hours plus

78 Tammy Turner W35 06:44; 79 Jocelyn Anderson W35 06:45; 80 Kay Richmond W55 06:50; 81 Ruth Benzimra W35 17:30; 82 Pam Kane-Hamer W35 18:04; 83 Helga Warren W35 42:59;

GRAND PRIX CHAMPIONSHIP ROAD RACE SERIES 2004

Lies, damn Lies and statistics, so spoke Winston Churchill many years ago . This time statistic do not lie, (thanks to our chairman, only the 1999 figures are mine). This time they point to, if not an outstanding success, at least a considerable improvement in club members participation over the last six years. In 2001 154 members took part in the 5 championships, for an average of 31 for the five Championships. Three members took part in all five, and 21 ran in three or more.

This year the overall numbers have risen to 213, with an average of 43. Twelve

EASTERN VETERANS AC ROAD grand prix 2004 WAVA % Scored in the 5 Championship Events

members competed in all five Championships, and 34 in three or more.

EVAC Half Marathon , 09/2004

1 Arnold Colin M.40; 2 Spragg Michael M.55; 3 Tomlinson Geoffrey M.40; 4 Richardson Andrew M.40; 5 Blake Richard M.50; 6 Redden Philip M.50; 7 Bees Fred M.60; 8 Reed Maurice M.40; 9 Chaplin Mark M.45; 10 Tofts Godfrey M.40; 11 Pryke Gail W.40; 12 Bissell Peter M.40; 13 Smith Glyn M.55; 14 Downie Alex M.55; 15 Haining William M.45; 16 Firmage Paul M.45; 17 Green Paul M.45; 18 Scarratt Yvonne W.35; 19 Cotton Tony M.65; 20 Price Robert M.60; 21 Wallen Bridget W.35; 22 Meah Gerald M.45; 23 Green Vikki W.45; 24 Dimmock Paul M.55; 25 Shrimpton Gordon M.55; 26 Manly Veronica W.55; 27 Hellings Roger M.55; 28 Sargent Rob M.50; 29 Storey John M.60; 30 Pettitt Nigel M.40; 31 Hobson Roger M.55; 32 Rosbrook Mike M.65; 33 Ball Malcolm M.70; 34 Barnett Sue W.50; 35 Howard Peter M.60; 36 Braverman Terry M.55; 37 Uff Fred M.70; 38 Potter Judy W.55; 39 Law Barbara W.60; 40 Young Maurice W.70; 41 Yates Eric M.65;

EVAC 10 Miles Championships, West Walton 31st Oct

1 Reed D M40 58:16; 2 Williams G M50 58:32; 3 Arnold C M50 59:25; 4 Richardson A M40 1:00:11; 5 Tomlinson G M40 1:00:46; 6 Blake R M50 1:01:36; 7 Cottis J 1:01:37; 8 Bees F M60 1:01:45; 9 Chaplin M M45 1:03:23; 10 Reed M M40 1:06:09; 11 Haining W M45 1:06:18; 12 Firmage P M45 1:06:31; 13 Price R M60 1:06:54; 14 Scarott Y W35 1:07:53; 15 Cotton T M65 1:09:18; 16 Dimmock P M55 1:10:28; 17 Ross M M40 1:11:42; 18 Rosbrook M M65 1:12:02; 19 Pettitt M40 1:12:15; 20 Bailey L W50 1:13:18; 21 Manley V W55 1:13:50; 22 Braverman T M60 1:14:32; 23 Storey J M60 1:15:00; 24 Milnes C M45 1:15:49; 25 Barnett S W50 1:16:25; 26 Saines R M60 1:17:46; 27 Ball M M70 1:17:56; 28 Woodhouse G W55 1:18:04; 29 Milnes A W40 1:19:28; 30 Harris D W40 1:19:45; 31 Dormer S W50 1:21:01; 32 Weight C M65

RESULTS

1:21:43; 33 Callow M M65 1:24:44; 34 Dalby T M55 1:30:59; 35 Yates E M65 1:33:15; 5 mile Michael. Gamble-Thompson & Veronica Manly, 10k Stephen Howard & Veronica
36 Bryant J M75 1:44:08; 37 Copeland M M75 1:49:12;

| | Name | A G | 5M | 10K | 5K | HM | 10M | Avg % 5 races |
|----|--------------|---------|-------|-------|-------|-------|-------|------------------------|
| 1 | Bees F | 60 | 81.05 | 83.97 | 83.93 | 84.48 | 88.29 | 84.34 |
| 2 | Blake R | 50 | 79.14 | 80.04 | 81.29 | 80.47 | 83.06 | 80.80 |
| 3 | Price R | 60 | 78.61 | 79.54 | 80.83 | 76.42 | 82.29 | 79.54 |
| 4 | Ball M | 70 | 78.27 | 79.19 | 76.99 | 77.38 | 78.02 | 77.97 |
| 5 | Tomlinson G | 40 | 74.71 | 77.68 | 77.59 | 74.87 | 77.84 | 76.54 |
| 6 | Dimmock P | 55 | 76.73 | 78.01 | 78.02 | 71.11 | 74.55 | 75.69 |
| 7 | Barnett S | 50 | 74.76 | 74.24 | 76.62 | 73.10 | 75.97 | 74.94 |
| 8 | Chaplin M | 45 | 71.31 | 73.76 | 74.52 | 73.30 | 75.73 | 73.72 |
| 9 | Haining W | 45 | 70.48 | 71.17 | 74.23 | 70.70 | 73.53 | 72.02 |
| 10 | Firmage P | 45 | 71.24 | 71.04 | 68.58 | 71.15 | 73.87 | 71.18 |
| 11 | Reed M | 40 | 71.15 | 70.26 | 72.60 | 71.23 | 69.94 | 71.04 |
| 12 | Braverman T | 55 | 57.55 | 69.04 | 72.19 | 65.50 | 72.43 | 67.34 |
| | Name | A G | 5M | 10K | 5K | HM | 10M | Avg best 3 races |
| 1 | Bees F | 60 | 81.05 | 83.97 | 83.93 | 84.48 | 88.28 | 85.58 |
| 2 | Williams G | 50 | 81.99 | 81.77 | - | - | 84.60 | 82.79 |
| 3 | Blake R | 50 | 79.14 | 80.04 | 81.29 | 80.47 | 83.06 | 81.61 |
| 4 | Cotton T | 65 | - | 80.34 | 80.46 | 80.73 | 82.78 | 81.33 |
| 5 | Price R | 60 | 78.61 | 79.54 | 80.83 | 76.42 | 82.29 | 80.88 |
| 6 | Manley V | W 55 | 79.76 | 80.62 | - | 78.82 | 80.20 | 80.19 |
| 7 | Reed D | 40 | 75.78 | - | 80.36 | - | 79.95 | 78.70 |
| 8 | Ball M | 70 | 78.27 | 79.19 | 76.99 | 77.38 | 78.02 | 78.49 |
| 9 | Tomlinson G | 40 | 74.71 | 77.68 | 77.59 | 74.87 | 77.84 | 77.70 |
| 10 | Dimmock P | 55 | 76.73 | 78.01 | 78.02 | 71.11 | 74.55 | 77.59 |
| 11 | Richardson A | 40 | 77.25 | 76.38 | - | 74.11 | 78.59 | 77.41 |
| 12 | Stone L | 45 | 76.34 | 74.35 | 77.60 | - | - | 76.10 |
| 13 | Barnett S | 50 | 74.76 | 74.24 | 76.62 | 73.10 | 75.97 | 75.78 |
| 14 | Howard P | 60 | 75.19 | 75.20 | 76.65 | 69.17 | - | 75.68 |
| 15 | Chaplin M | 45 | 71.31 | 73.76 | 74.52 | 73.30 | 75.73 | 74.67 |
| 16 | Duffield R | 60 | 73.54 | 74.69 | 75.70 | - | - | 74.64 |
| 17 | Greene V | W 45 | - | 74.57 | 74.24 | 74.94 | - | 74.58 |
| 18 | Haining W | 45 | 70.48 | 71.17 | 74.23 | 70.70 | 73.53 | 72.98 |
| 19 | Potter J | W 55 | 72.23 | 71.80 | 73.68 | 70.60 | - | 72.57 |
| 20 | Firmage P | 45 | 71.24 | 71.04 | 68.58 | 71.15 | 73.87 | 72.09 |
| 21 | Reed M | 40 | 71.15 | 70.26 | 72.60 | 71.23 | 69.94 | 71.66 |
| 22 | Law B | W 60 | 71.63 | 69.01 | 70.78 | 71.75 | - | 71.38 |
| 23 | Braverman T | 55 | 57.55 | 69.04 | 72.19 | 65.50 | 72.43 | 71.22 |
| 24 | Shrimpton G | 55 | - | 76.05 | 67.28 | 70.14 | - | 71.15 |
| 25 | Tofts G | 40 | 70.37 | 71.61 | - | 69.01 | - | 70.33 |
| 26 | Green P | 45 | 69.90 | 70.86 | - | 68.61 | - | 69.79 |
| 27 | Callow M | 65 | - | 66.29 | 72.39 | - | 70.04 | 69.57 |
| 28 | Stbbins D | 60 | 69.16 | 69.12 | 69.15 | - | - | 69.14 |
| 29 | Braverman D | W 50 | 77.14 | 75.63 | - | 51.19 | - | 67.99 |
| 30 | Meah G | 45 | 66.15 | 66.41 | 69.67 | 67.01 | - | 67.70 |
| 31 | Copeland M | 75 | 60.01 | 62.38 | 58.68 | - | 58.67 | 60.36 |
| 32 | Yates E | 65 | - | 57.90 | 60.05 | 52.97 | 60.84 | 59.60 |
| 33 | Potter D | 60 | 52.71 | 57.15 | 58.68 | - | - | 56.18 |
| 34 | Holmes G | W 50 | 46.42 | 55.52 | 59.36 | - | - | 53.77 |

There was an increase of 27 overall from 2003, and an increase of nine in those finishing three or more of the championships.

Going back to 1999 (the first ever EVAC G.P.) when the club did not have a statistician for Chairman, I see that 14 completed the three races, with 109. Runners taking part in the those three events. The GRAND PRIX was won by Peter Andrews with 84.98%, with Robert Price second with 81.9%. (Robert has competed in all six since 1999) . As can be seen from the figures the series is slowly developing into a successful event.

CONGRATULATIONS TO FRED BEES –GRAND PRIX ROAD RUNNING CHAMPION

Now to this years competition. With the exception of Veronica Manly, who won two championships, (the five mile and the 10k). All the other races had a different winner.

Congratulations to,

5K Stan Owen, and Vikki Green, - Half Marathon Colin Arnold and Gail Pryke, - 10 mile David Reed and Yvonne Scarrott.

Based on the WAVA % Tables, Fred Bees had the highest percentage in three races, (10k, Half Marathon & 10m) and was second in two Graham Williams the highest in one (5 mile) and was second in two, and Stan Owen in the 5k.. From the it is clear that FRED BEES was the overall winner with an average of 85.58% for the best three races, and Graham Williams runner up with 82.79% average. Congratulation to both.

The top 10 will receive their engraved plaques through the post as soon as I can get them engraved.

The Road Runner of the Year awards (based on the Five best performances) will be presented at the Annual Meeting at Hemingford Grey on Sunday, 1st May 2005.

The table gives the order of finishing for those who completed all five Championships, and for those who scored in three or more. Sue Barnett was the only woman to finish all five championships, with five others completing three or more.

On behalf of the team that organise the first three events, and cover the other two, I would like to thank you all for taking part and making it an enjoyable and interesting series. If you can manage to run just that bit faster next year your % must improve, and you will have the added bonus of being one year older (and wiser) Plus thanks to Eva Osborne whose idea it was in the first place.

NVAC MONTHLY RUN CROSS COUNTRY HELD AT GREAT HARWOOD

10K RACE : 1 Mark Aspinall 41.24 1st M/O40; 2 Des McIvor 46.24 2nd M/O40; 3 Adrian Harris 46.41 1st M/O45; 4 Derek Walton 52.05 1st M/O60; 5 Igor Shabalin 52.47 1st M/O50; 6 George Large 52.55 1st M/O55; 7 Peter Wilkinson 53.09 2nd M/O55; 8 John Golder 53.40 3rd M/O55; 9 Tony Lythe 54.05 2nd M/O60; 10 M.Bowkley 55.30 2nd M/O50; 11 Alan Williams 56.20 3rd M/O40; 12 Alan Peers 60.06 3rd M/O60; 13 Roger Ashby 61.42 4th M/O60; 14 Mike Howe 62.53 1st M/O65; 15 Ken Mayor 65.59 4th M/O55; 16 Jennifer Adams 66.04 1st L/O50; 17 Tony Totham 67.28 4th M/O40; 18 Ken Clark 67.34 1st M/O70; 19 Bernice Greenhalgh 72.04 1st L/O45; 20 Richard Packer 75.34 2nd M/O70; 21 Kevin Dillon 76.42 3rd M/O50; 22 Dave Tomkinson 87.06 5th M/O60;
5K RACE: 1 Phil Spratt 35.40 M/O70; 2 Peter Madden 36.00 M/O70; 3 Joe McAloon 47.23 M/O70;

NVAC MONTHLY RUN TRACKS AND PATHS (APPROX 6 MILES) HELD AT LEIGH ON SUNDAY 14TH NOVEMBER 2004

1 Alex Rowe 30.55 1st M/O45; 2 Phil Foster 31.50 1st M/O40; 3 Paul Muller 32.13 2nd M/O45; 4 Len Best 32.19 1st M/O50; 5 John Howarth 32.26 2nd M/O40; 6 Ken Moss 33.18 2nd M/O50; 7 Dave Waywell 33.39 1st M/O60; 8 Richard Roberts 34.19 3rd M/O40; 9 Pete Sandford 34.30 3rd M/O45; 10 Adrian Harris 34.33 4th M/O45; 11 Andrew O'Connor 34.50 4th M/O40; 12 Hossein Yousefian 36.36 3rd M/O50 ; 13 Keith Boardman 36.51 5th M/O45; 14 Ken Burgess 37.04 2nd M/O60; 15 Derek Walton 37.07 3rd M/O60; 16 Igor Shabalin 37.12 4th M/O50; 17 Karen Hutchinson 37.27 1st L/O35; 18 Peter Wilkinson 37.44 1st M/O55; 19 Chris Slavin 37.50 2nd M/O55; 20 Paul Spare 37.52 3rd M/O55; 21 George Large 38.27 4th M/O55; 22 Alan Peers 38.33 4th M/O60; 23 Francis Slavin 39.26 5th M/O50 ; 24 Eric Wickstead 39.39 5th M/O55; 25 John Taylor 39.49 6th M/O45; 26 John Golder 40.31 6th M/O55; 27 Steve Ruffley 41.14 5th M/O40; 28 Kath Hoyer 41.25 1st L/O40; 29 Rob Buckley 41.40 6th M/O50; 30 David Sinnott 41.59 7th M/O55; 31 David Preston 42.14 7th M/O50; 32 Christine Yousefian 42.44 1st L/O55; 33 Derek Howarth 42.57 1st M/O70; 34 Mike Howe 43.02 1st M/O65; 35 Ken Mayor 43.35 8th M/O55; 36 Peter Dibb 44.00 2nd M/O70; 37 Joe Park 44.54 2nd M/O65; 38 Jennifer Adams 45.54 1st L/O50; 39 Dave Atwell 46.14 3rd M/O65; 40 David Wailles 46.40 8th M/O50; 41 Karen Forshaw 46.47 2nd L/O40; 42 Tony Totham 46.55 6th M/O40; 43 Eric Pendleton 47.15 1st M/O75; 44 Jim Rhodes 49.06 5th M/O60; 45 Bernice Greenhalgh 49.19 1st L/O45; 46 John Newsham 49.24 9th M/O55; 47 Mary Littler 49.26 2nd L/O45; 48 Angela Pike 51.34 2nd L/O50; 49 Richard Packer 52.09 3rd M/O70; 50 Joe McAloon 52.23 4th M/O70; 51 Kevin Dillon 52.59 9th M/O50; 52 Lola Small 53.32 1st L/O70; 53 James Munn 54.18 5th M/O70; 54 Dave Alderson 55.17 10th M/O50; 55 Arthur Walsham 55.56 6th M/O70; 56 Dave Tomkinson 58.13 6th M/O60; 57 Lorraine Atherton 58.40 3rd L/O40; **SHORT COURSE:** 1 Jack Betney 31.45 M/O70; 2 Les Heald 56.16 1st M/O80;

RESULTS

SVHC 10,000 metres Track Championships, Coatbridge:

M90: Gordon Porteous 1:09.28, (World Record); **M40:** 1, Jim Cooper 35:13; 2 Cullen 35:54; 3 Peter Laing 36:13; 4 Robert Rogerson 37:32; **M45:** 1 Andy Law 38:42; 2 Steve Cullen 44:38; **M50:** 1 Brian Kirkwood 34:18; 2 Alistair Dunlop 35:02; 3 Peter Carton 35:37; 4 Peter Redzinski 44:03; **M55:** 1 Jackie Gourlay 39:38; 2 Ian Donnelly 40:09; 3 Hugh Watson 41:30; **M60:** 1 Peter Cartwright 37:06; 2 David Fairweather 39:15; 3 Laurie Pearson 43:11; 4 William Murray 43:40; **W65:** 1 Ian Leggat 41:41; 2 George Tait 44:50; 3 Dougie Campbell 49:46; 4 Neil Hare 50:20; 5 John Scott 54:23; **M70:** 1 Tom O'Reilly 44:57; 2 Hugh Gibson 46:44; 3 Pat Keenan 48:34; 4 Willie Hamill 49:32; 5 Jim Munn 58:20; **M75:** Hugh McGinlay 55:27; **W40:** Ada Stewart 46:35; **W70:** Lola Smal 57:26;

SVHC 10k Road Race Championships, Lochinch, Glasgow 800:

M40: 1 Iain Cullen 36:56; 2 Robert Rogerson 37:37; **M45:** 1 Mike Simpson 35:22; 2 Brian Craig 35:27; 3 E McKay 36:06; 4 John Weir 38:14; 5 Mike McGinlay 38:36; 6 Cliff Brown 41:18; 7 Steve Cullen 42:29; 8 Tom McChord 44:46; **M50:** 1 Kenny McVey 39:36; 2 Peter Redzinski 42:39; **M55:** Stuart Waugh 37:12; **M60:** 1 Peter Cartwright 38:23; 2 Bob Young 39:31; 3 Brian Edridge 42:57; 4 Laurence Pearson 45:43; 5 Ian McManus 46:05; 6 George Inglis 46:10; 7 Iain Hamilton 59:38; **M65:** 1 Ian Leggat 41:39; 2 Alastair Shaw 43:06; 3 George Tait 47:47; 4 John Taylor 48:01; 5 Stewart Campbell 49:56; 6 Willie Spark 50:36; 7 Neil Hare 54:30; **M70:** Tom O'Reilly 48:23; **M75:** Hugh McGinlay 60:09; **W40:** 1 Susan Addison 45:11; 2 Ada Stewart 45:27; **W45:** Marie McChord 43:45; **W70:** Margaret Moore 57:55;

S.C.V.A.C. INDOOR PENTATHLON 14th November 2004:

(60h-LJ-SP-HJ-60)

M2: C Pates (11.5, 4.17, 7.75, 1.39, 9.2) 2795; **W45:** 1 A Goad (11.5, 4.30, 9.21, 1.33, 8.7) 3544; 2 T may (11.5, 4.29, 6.06, 1.42, 9.1) 3312; **W50:** L Ahmet (12.1, 3.84, 6.85, 1.21, 9.4) 3075; **W55:** P.Oakes (13.7, 3.32, 7.44, 1.12, 10.8) 2816; **M60:** J Charles (13.6, 3.20, 7.11, 1.15, 10.3) 3457; **M40:** 1 G Capon (11.6, 4.94, 7.59, 1.55, 8.0) 2417; 2 J Dickinson (11.6, 4.76, 7.49, 1.40, 8.4) 2118; 3 D Hodge (10.3, 4.50, 7.34, 1.58, 10.0) 2090; **M50:** 1 D Talbot (11.2, 4.31, 8.03, 1.58, 8.3) 2940; 2 L Turner (12.0, 4.88, 9.42, 1.31, 8.6) 2723; 3 G Kitchener (11.9, 3.82, 6.15, 1.28, 8.3) 2254; **M55:** B Lukinski (11.3, 4.40, 10.52, 1.40, 8.7) 3248; **M60:** 1 J Hoew (10.7, 4.03, 10.76, 1.39, 9.2) 3444; 2 B Charles (12.7, 3.78, 7.98, 1.18, 9.6) 2445; 3 B Harlick (12.8, 3.46, 9.14, 1.18, 9.8) 2403; **M65:** 1 R Bruck (13.7, 3.97, 8.71, 1.30, 9.3) 3121; 2 C Sheppard (13.2, 3.70, 5.99, 0.97, 9.9) 2308; **M70:** J Day (12.3, 3.41, 8.84, 1.21, 10.0) 3211;

BMAF UK decathlon rankings 2004

Note that all BMAF results were windy!

M35:

S.Eastwood BMAF, 13.09,5.38,8.73,1.63,64.65,21.45,29.05,3.9,41.76,6.28,25,4267

M40:

A.Waddington, BMAF, 11.89,5.92,7.6,1.75,53.76,18.15,24.46,2.3,32.07,4.52,93,5687

N.Walker, Exeter, 12.4,5.46,9.51,1.49,60.2,18.7,29.93,3.35,74.5,48,5020

M.Line, BMAF, 12.06,5.59,11.56,1.48,63.06,18.98,NT, 3.4,48.73,6.17,89,4924

A.Easy, BMAF, 12.75,5.34,7.02,1.27,58.38,19.63,18.14,3.26,99.5,08.02,4494

M.Jenkins, Herts, 13.59,4.94,7.74,1.33,61.56,20.33,19.19,2.7,30.82,5.07,05,4178

J.Mayor, BMAF, 11.96,6.09,9.53,1.63,56.02,16.2,25.37,2.5,35.24,5.15,42,6488

B.Slaughter, BMAF, 12.48,5.35,10.59,1.51,58.51,19.51,29.6,2.9,40.74,5.22,83,5965

S.Wooley, BMAF, 12.18,5.13,9.22,1.45,58.45,21.52,28.28,2.8,33.26,5.46,23,5346

N.Cummings, BMAF, 12.38,5.3,9.26,1.6,59.65,20.94,25.42,2.8,29.03,5.49,37,5343

G.Walker, EVAA, 12.94,5.26,8.51,1.56,65.29,18.43,28.28,3m, 27.61,6.08,22,5172

K.Pokorniecki, SAF, 12.79,5.09,10.13,1.55,60.46,20.8,24.77,2.6,31.84,6.18,42,5051

A.Laughton, BMAF, 12.82,5.02,7.17,1.45,58.65,22.28,17.31,2.4,21.5,20.03,4579

M50:

I.Reeve, BMAF, 13.11,4.95,8.65,1.48,58.65,17.45,28.74,2.7,37.97,5.23,8,5990

J.Kennedy, Millfield, 13.8,4.63,10.4,1.45,63.3,18.26,7.2,7.34,93,5.36,9,5433

N.Phipps, BMAF, 13.19,5.11,8.3,1.39,64.36,19.13,36.96,nhc, 37.16,6.04,1,5259

P.Oakes, EVAA, 13.32,4.78,9.58,1.57,67.39,20.42,32.24,3.46,24,dnf, 5173

S.Nelson, BMAF, 12.97,4.54,8.18,1.36,58.11,21.35,25.26,2.2,27.84,5.03,36,5163

D.Johnston, Herts, 13.89,5.29,9.99,1.6,68.8,20.4,29.81,2.6,31.98,6.40,46,5075

B.Gibbs, BMAF, 13.34,4.9,7.98,1.3,63.3,20.72,20.29,2.34,12.5,28.27,4800

M55:

J.Charlton, BMAF, 12.49,5.57,10.67,1.47,833,16.07,29.48,3.38,34,5.37,85,7485

M.Corden, BMAF, 13.44,5.11,11.08,1.47,64.39,16.62,37.04,3.39,51,6.32,97,6852

M.Clerihew, SAF, 12.77,5.02,8.3,1.37,63.55,19.25,26.9,2.3,32.59,5.36,1,6039

R.Masson, SAF, 14.2,4.38,9.49,1.49,69.6,19.67,32.79,3.39,15.5,53.72,6006

L.Dunn, BMAF, 13.83,4.53,7.03,1.32,64.55,21.61,24.42,2.28,15.5,49.52,5004

R.Toomey, BMAF, 13.93,3.89,6.9,1.26,65.95,20.87,22.63,2.4,28.24,5.43,54,4877

M60:

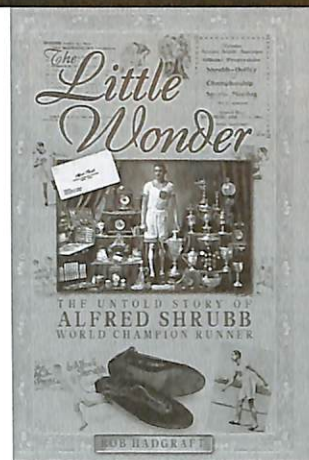
B.Loten, BMAF, 14.35,4.31,9.49,1.23,70.43,21.33,30.86,2.3,31.83,6.31,97,5405

P.Duckers, BMAF, 13.33,5.15,10.19,1.38,77.84,20.02,26.96,2.1,29.99,dnf, 5284

Charles, BMAF, 14.96,3.88,7.65,1.14,72.58,21.85,21.66,2.3,26.73,6.45,66,4467

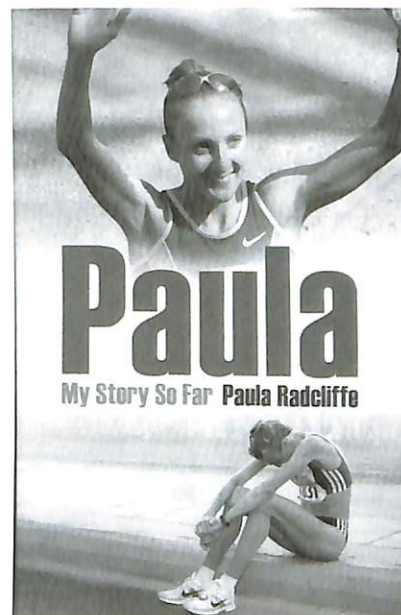
B.Harlick, BMAF, 16.03,3.65,9.07,1.17,81.58,22.85,31.08,2.4,28.77,7.58,7,4131
P.Clark, BMAF, 16.38,3.72,8.48,1.2,80.76,23.98,23.92,1.8,19.22,6.07,03,3888
J.Clark, Herts, 15.45,3.74,7.06,1.12,85.87,24.56,19.87,2,26.57,7.17,89,3535
D.Vaughan, BMAF, 16.6,3.68,7.82,1.23,92.7,39.18,25.44,1.6,20.47,8.30,8,2894
M65:
D.Burton, BMAF, 13.85,4.48,7.98,1.2,70.29,21.19,24.16,2.1,24.32,6.38,96,5843
J.Scott, BMAF, 14.06,4.34,8.86,1.23,70.01,23.44,28.09,1.5,28.64,7.05,89,5568
T.Bowman, BMAF, 13.47,4.35,7.4,1.2,67.42,20.42,20.85,1.5,19.26,6.42,23,5526
M70:
C.Taylor, EVAA, 16.4,3.14,10.27,1.15,84.5,19.67,33.28,NH, 21.29,7.19,57,4700
A.McManus, BMAF, 17.22,2.41,6.17,0.99,79.13,dnf, 14.79,1.2,10.36,7.52,84,2798
M75:
N.Carter, BMAF, 17.46,2.62,6.52,1.11,94.02,19.85,21.04,1.7,17.52,8.14,18,4532

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

300+ CLUB

September Draw.

C.J.Hickey £125; M.James, Peter Morgan, Adrien Newman, M Round, Pam Spence £ 10;

FIXTURES

| DATE | EVENT | VENUE | DETAILS |
|----------------------------|---------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 26 th Dec | SWVAC 10k | Rounds the Lakes, Poole Park | 1100 19/19 |
| 2005 | | | |
| 2 nd Jan | 'Old Father Tyme Five' | Landaff, Cardiff. | |
| 9 th Jan | Masters Cross Country Race | Dublin | |
| 23 rd Jan | SAL Senior Indoor Championships | Kelvin Hall, Glasgow | 0131 476 7321 |
| 16 th Jan | MVAC Cross Country Championships | Perry Barr, Birmingham | |
| 23 rd Jan | BMAF Indoor Pentathlon & 3k Walk | Cardiff | Maurice Doogan |
| 29 th Jan | Northern Ireland / Ulster Masters Champs | Bangor | |
| 30 th Jan | Irish Masters Cross Country Championships | Tinyrland | |
| 30 th Jan | SWVAC Cross Country Championships | Sidmouth | |
| 6 th Feb | MVAC February Handicap | Chelmsley Wood | MVAC Newsletter |
| 6 th Feb | EVAC Cross Country Championships | Highwoods Country Park, Colchester | Secretary £4:00. |
| 12 th Feb | Scottish Masters Indoor Championships | Kelvin Hall, Glasgow | 0131 476 7321 |
| 12 th Feb | 9 th BMAF Cross Country Relays | Earlham Park, Norwich | 9 th BMAF XC Relays, 6, Hare Close, Mulbarton, Norwich, NR14 8QQ |
| 19/ 20 th Feb | BMAF Indoor Championships | Cardiff | Advert in this issue |
| 26 th Feb | Veterans AC 5.5 Miles XC | Wimbledon Common | |
| 27 th Feb | SWVAC 10k | Bourton-on-the-Water, Gloucs | 10:30 (TBC) |
| 27 th Feb | SCVAC Indoor Champs | Eton | |
| 5 th March | SCVAC Cross Country Championships | Lloyd Park, Croydon | |
| 6 th March | SAL Masters Cross Country Championships | Glasgow (TBC) | 0131 476 7321 |
| 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 | |
| 19 th March | VAC 5.5 Mile Cross Country | Wimbledon Common | |
| 27 th March | SWVAC 10 Mile | Teignbridge, Devon | 10:30 |
| 3 rd April | SWVAC 13.1 mile | Bournemouth, Dorset | 10:00 |
| 3 rd April | Tom Scott 10 Mile (SVHC Champs) | Strathclyde Park | William Drysdale 01555 771 448 |
| 10 th April | MVAC Road Relays & A.G.M/ | Chasewater | |
| 24 th April | SWVAC 10km | Pensford, Nr Bristol | 13:00 |
| 24 th April | Lochaber Marathon (SVHC Champs) | Fort William | Dougie MacDonald 01855 841 27 www.lochaberac.co.uk With Birchfield 20k |
| 30 th April | BMAF 20k Walk | Sutton Park | 10:30 |
| 1 st May | BMAF 13.1 Mile (Half Marathon Champs) Great West Run | Plymouth | |
| 13-15 th May | European Non Stadia Championships | Portugal. | |
| 4 th May | Alistair McInnes Memorial 4.8 Mile (SVHC race) | Coatbridge | Bill McBrinn |
| 21 st May | BMAF Road Relays | Sutton Park, Birmingham | Advert in this issue |
| 1 st June | Kilpatrick Hill Race (SVHC Champs) | Old Kilpatrick | |
| 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. | |
| 26 th June | 2 nd World Masters 100k Championships | Japan | |
| 16-17 th July | BMAF Track & Field Championships | Birmingham Alexander Stad. | |
| 23 rd July | VAAE Inter Area | Solihull | |
| 30 th July | BMAF 35k | Midlands | |
| 10-12 th August | First Masters Grand Prix | Lahti, Finland | www.lahdenahkera.fi |
| 13 th August | Masters Grand Prix Final | Helsinki | |
| 22-31 st August | WMA Track & Field Championships | San Sebastian, Spain | |
| 4 th September | MVT&FL Cup Final | Royal Sutton Coldfield | |
| 10 th September | 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 Dec | Welsh Masters XC Championships | Wrexham | |
| 2008 | | | |
| 4-14 th Aug | European Veterans Championships | Ljubljana, Slovenia | |

INDOOR RECORDS 16th OCTOBER 2004

| INDOOR RECORDS 16 th October 2004 | | | | | | |
|----------------------------------------------|---------|------------|----------------------|----------------|----------------|-------------|
| Men's Events | | | | Women's Events | | |
| 60 metres | World | European | British | World | European | British |
| MW35 | 6.51 | 6.51 | 6.51 | 7.01 | 7.20 | 7.80 |
| MW 40 | 6.81 | 6.81 | 7.05 | 7.18 | 7.17 | 8.04 (8.0h) |
| MW 45 | 7.02 | 7.18 | 7.18 | 8.02 | 8.06 | 8.14 |
| MW 50 | 7.20 | 7.42 | 7.42 | 8.05 | 8.30 | 8.30 |
| | | | 7.4 hand | | | |
| MW 55 | 7.51 | 7.51 | 7.63 | 8.59 | 8.53 | 8.64 |
| | | | 7.6 hand | | | |
| MW 60 | 7.7 | 7.76 | 7.76 | 8.98 | 8.98 | 8.98 |
| MW 65 | 7.8 | 8.04 | 8.17 | 9.34 | 9.29 | 9.40 |
| MW 70 | 8.39 | 8.22 | 8.47 | 10.12 | 9.85 | 9.98 |
| MW 75 | 8.67 | 8.71 | 8.93 | 10.89 | 10.89 | 11.53 |
| MW 80 | 9.39 | 9.62 | 9.94 | 11.52 | 11.82 | 12.43 |
| MW 85 | 9.78 | 9.78 | 11.4h | 12.58 | 12.57 | |
| MW 90 | 11.50 | 10.73 | | | | |
| MW 95 | 16.96 | | | | | |
| MW 100 | 27.29 | | | | | |
| 200 metres | World | European | British | World | European | British |
| MW35 | 20.45 | 20.59 | 20.59 | 23.04 | 23.04 | 25.29 |
| MW 40 | 22.19 | 22.38 | 22.82 | 25.58 | 25.46 | 25.99 |
| MW 45 | 22.57 | 22.76 | 22.76 | 26.06 | 26.07 | 26.39 |
| MW 50 | 22.99 | 23.22 | 23.22 | 26.52 | 28.06 | 28.06 |
| MW 55 | 24.09 | 24.58 | 24.7h | 29.31 | 28.16 | 29.31 |
| MW 60 | 25.10 | 25.24 | 25.25 | 30.39 | 29.93 | 30.43 |
| MW 65 | 26.20 | 25.60 | 26.41 | 32.0 | 31.46 | 32.0h |
| MW 70 | 27.40 | 27.40 | 27.40 | 33.11 | 33.11 | 33.11 |
| MW 75 | 29.11 | 29.11 | 30.01 | 40.13 | 40.13 | 41.70 |
| MW 80 | 32.85 | 32.36 | 34.00 | 46.03 | 45.16 | |
| MW 85 | 36.40 | 34.42 | | 52.01 | 51.80 | |
| MW 90 | 41.74 | 41.74 | | | | |
| MW 95 | 66.78 | | | | | |
| 400 metres | World | European | British | World | European | British |
| MW35 | 47.45 | 47.95 | 49.99 | 53.13 | 51.99 | 57.17 |
| MW 40 | 49.14 | 49.22 | 49.99 | 56.82 | 56.82 | 60.73 |
| MW 45 | 49.89 | 51.75 | 51.48 | 59.86 | 59.86 | 59.86 |
| MW 50 | 52.72 | 52.96 | 52.96 | 62.56 | 62.56 | 62.56 |
| MW 55 | 54.36 | 54.51 | 56.31 | 66.99 | 67.90 (66.99p) | 68.86 |
| MW 60 | 55.62 | 55.70 | 58.84 | 70.69 | 73.23 | 73.23 |
| MW 65 | 59.35 | 56.63 | 64.18 | 71.89 | 73.97 | 80.15 |
| MW 70 | 61.31 | 64.12 | 67.96 | 88.79 | 83.25 | 1:52.91 |
| MW 75 | 68.65 | 68.65 | 78.90 | 1:41.15 | 1:53.86 | |
| MW 80 | 75.58 | 77.97 | 1:54.28 | 2:25.03 | | |
| MW 85 | 1:38.05 | 89.26 | | 2:39.23 | | |
| MW 90 | 1:51.26 | 1:51.26 | | | | |
| 800 metres | World | European | British | World | European | British |
| MW35 | 1:45.96 | 1:52.43 | 1:55.63 | 2:01.49 | 1:58.37 | 2:13.6 |
| MW 40 | 1:48.81 | 1:55.32 | 1:55.63 | 1:58.39 | 2:01.59 | 2:14.09 |
| MW 45 | 1:57.32 | 1:57.32 | 1:57.32 | 2:19.7 | 2:19.7 | 2:19.7 |
| MW 50 | 2:02.88 | 2:02.20 | 2:02.20 | 2:25.28 | 2:25.28 | 2:25.28 |
| | | 2:00.53p | 2:00.53 Dave Wilcock | | | |
| MW 55 | 2:08.15 | 2:08.15 | 2:08.15 | 2:36.75 | 2:36.75 | 2:37.87 |
| MW 60 | 2:14.42 | 2:18.50 | 2:16.9 | 2:44.22 | 2:45.18 | 2:56.91 |
| MW 65 | 2:16.80 | 2:24.82 | 2:24.81 | 2:53.54 | 2:47.75 | 3:00.05 |
| MW 70 | 2:20.45 | 2:34.2 | 2:34.2 | 3:28.1 | 3:27.04 | |
| MW 75 | 2:42.35 | 2:42.35 | 2:43.35 | 3:46.79 | | |
| MW 80 | 3:11.16 | 3:11.16 | 3:59.65 | 5:16.53 | | |
| MW 85 | 3:46.96 | 3:30.95 | | 5:59.98 | | |
| 1500 metres | World | European | British | World | European | British |
| MW35 | 3:37.40 | 3:37.40 | 3:54.61 | 4:03.08 | 4:03.61 | 4:33.35 |
| MW 40 | 3:45.3 | 3:45.3 | 3:57.16 | 4:05.19 | 4:05.19 | 4:39.99 |
| MW 45 | 4:03.69 | 4:03.69 | 4:03.69 | 4:44.0 | 4:40.48 | 4:44.0 |
| MW 50 | 4:14.73 | 4:14.73 | 4:14.67 | 4:51.8 | 4:51.68 | 4:51.68 |
| | | (4:14.67p) | | | | |
| MW 55 | 4:27.01 | 4:27.01 | 4:27.01 | 5:11.36 | 5:11.36 | 5:11.36 |
| MW 60 | 4:37.80 | 4:37.80 | 4:37.80 | 5:41.91 | 5:41.91 | 5:59.7 |
| | | | | | (5:36.35p) | |
| MW 65 | 4:47.11 | 4:53.03 | 4:53.02 | 6:06.14 | 6:03.92 | 6:14.16 |
| MW 70 | 5:27.4 | 5:13.1 | 5:13.1 | 6:50.6 | 6:50.6 | 6:50.6 |
| MW 75 | 5:37.28 | 5:37.28 | 5:42.26 | 7:43.3 | 11:34.12 | |
| MW 80 | 6:19.34 | 6:19.34 | 8:19.34 | 12:37.13 | | |
| MW 85 | 8:16.73 | 7:18.32 | 8:41.47 | | | |
| MW 90 | 14:29.4 | 14:29.4 | | | | |

INDOOR RECORDS 16th OCTOBER 2004

| 3000 metres | World | European | British | World | European | British |
|-------------------|-------------------------|-------------------------|----------|----------------|--------------------------|------------------------------------|
| MW35 | 7:40.68 | 7:40.68 | 7:59.6 | 8:39.14 | 8:43.49 | 9:32.93 9:31.11 Liz McColgan |
| MW 40 | 8:09.13 | 8:20.16 (8:09.13p) | 8:20.16 | 9:15.91 | 9:02.83 | 9:52.84 |
| MW 45 | 8:36.64 | 8:36.64 | 8:45.19 | 9:11.67 | 9:11.67 | 10:00.05 |
| MW 50 | 8:54.73 | 8:49.37 | 8:49.37 | 10:17.53 | 10:17.53 | 10:17.53 |
| MW 55 | 9:23.43 | 8:58.7 | 9:23.43 | 11:06.13 | 11:06.13 | 11:06.13 |
| MW 60 | 9:43.88 | 9:43.88 | 9:43.88 | 11:58.23 | 11:48.35 | 12:33.4 |
| MW 65 | 10:11.60 | 10:17.02 | 10:32.28 | 13:09.42 | 13:09.42 | 13:09.42 |
| MW 70 | 11:08.49 (10:56.59p) | 10:56.59 | 11:08.49 | 14:07.09 | 13:27.8 | 14:13.7 |
| MW 75 | 12:12.72 | 12:12.72 (12:05.83p) | 12:12.72 | 15:43.66 | 15:50.01 | |
| MW 80 | 14:10.79 | 14:10.79 | 14:10.79 | 23:41.32 | | |
| MW 85 | 16:41.3 | 16:41.3 | | 25:57.92 | | |
| 60 metres Hurdles | World | European | British | World | European | British |
| MW35 | 7.37 | 7.40 | 7.40 | 8.04 | 8.04 | 8.20 |
| MW 40 | 7.96 | 8.30 | 8.49 | 8.73 | 8.73 | 8.88 (8.8h) |
| MW 45 | 8.36 | 8.51 | 8.86 | 9.18 | 8.79 | 9.51 |
| MW 50 | 8.47 | 8.71 | 8.92 | 9.38 | 9.83 | 10.02 |
| MW 55 | 8.63 | 9.23 (9.12p) | 9.12 | 9.84 | 10.62 | 10.9 |
| MW 60 | 9.14 | 9.00 | 9.63 | 10.86 | 10.43 | 11.24 |
| MW 65 | 9.8 | 9.60 | 10.30 | 11.24 | 11.24 | |
| MW 70 | 9.89 | 10.14 | 10.9h | 14.98 (11.37p) | 11.37 | |
| MW 75 | 10.09 | 11.43 | 13.9 | 16.01 | 15.57 | |
| MW 80 | 12.23 | 11.65 | 16.41 | | | |
| MW 85 | 14.36 | 14.21 | 16.06 | | | |
| 3000 metres Walk | World | European | British | World | European | British |
| MW35 | 11:09.40 | 11:09.40 | 11:58.49 | 12:28.76 | 12:28.76 | 13:52.12 |
| MW 40 | 12:25.9 | 12:25.80 | 13:07.9 | 13:33.1 | 12:33.1 | 15:59.69 |
| MW 45 | 12:38.71 | 12:21.55 | 13:03.3 | 14:43.70 | 14:35.7 | 15:52.71 |
| MW 50 | 12:34.9 | 13:06.0 (12:55.3p) | 13:06.0 | 15:11.2 | 15:11.2 | 16:38.4 |
| MW 55 | 13:53.5 | 13:53.5 (13:19.6p) | 14:11.2 | 15:58.47 | 15:58.47 | 16:57.81 |
| MW 60 | 14:34.28 | 14:29.4 (13:57.9p) | 15:00.1 | 15:59.53 | 15:59.53 | 17:27.9 |
| MW 65 | 15:35.07 | 15:35.07 (14:46.4 p) | 15:32.58 | 17:38.4 | 17:38.4 (17:32.0p) | 17:38.4 |
| MW 70 | 17:03.33 | 15:27.96 | 17:28.28 | 18:26.5 | 21:50.34 (17:38.10 p) | 18:23.0 |
| MW 75 | 18:35.8 | 17:41.6 (17:26.1p) | 17:41.6 | 22:17.08 | 21:12.2 | |
| MW 80 | 17:41.4 | 17:41.4 | 17:41.4 | 24:28.00 | 24:28.00 | |
| MW 85 | | 22:42.03 | 21:13.8 | 28:47.11 | 30:30.99 | |
| High Jump | World | European | British | World | European | British |
| MW35 | 2.30 | 2.27 | 2.25 | 2.00 | 1.95 (2.00p) | 1.71 |
| MW 40 | 2.10 | 2.02 | 1.90 | 1.72 | 1.69 | 1.69 |
| MW 45 | 1.92 | 1.92 | 1.78 | 1.58 | 1.55 | 1.55 |
| MW 50 | 2.00 | 2.00 | 1.71 | 1.55 | 1.55 | 1.37 |
| MW 55 | 1.81 | 1.81 | 1.65 | 1.48 | 1.48 | 1.36 |
| MW 60 | 1.65 | 1.73 | 1.60 | 1.36 | 1.37 | 1.30 |
| MW 65 | 1.62 | 1.62 | 1.56 | 1.28 | 1.24 | 1.25 |
| MW 70 | 1.49 | 1.49 | 1.26 | 1.19 | 1.20 | 0.93 |
| MW 75 | 1.40 | 1.40 | 1.15 | 1.12 | 1.03 | 0.88 |
| MW 80 | 1.27 | 1.27 | 1.04 | 0.93 | 0.93 | |
| MW 85 | 1.09 | 1.09 | 0.97 | 0.80 | 0.80 | |
| MW 90 | 0.99 | 1.00 | | | | |
| MW 95 | 0.86 | | | | | |
| Pole Vault | World | European | British | World | European | British |
| MW35 | 5.75 | 5.70 | 4.70 | 4.25 | 4.25 | 3.80 |
| MW 40 | 5.18 | 5.05 | 4.40 | 3.20 | 3.20 | 3.20 |
| MW 45 | 4.78 | 4.77 | 4.33 | 3.31 | 2.75 | 2.70 |
| MW 50 | 4.61 | 4.63 | 4.01 | 3.06 | 2.80 | 2.90 |
| MW 55 | 4.10 | 4.05 (4.06p) | 3.80 | 2.60 | 2.50 | 2.00 |
| MW 60 | 3.91 | 3.60 | 3.60 | 2.80 | 2.55 | |
| MW 65 | 3.42 | 3.30 | 3.30 | 2.00 | 1.80 | |
| MW 70 | 3.15 | 2.90 | 3.20 | 2.09 | | |
| MW 75 | 2.82 | 2.70 | 2.20 | 1.71 | | |
| MW 80 | 2.75 | 2.25 | 1.80 | 1.20 | | |

INDOOR RECORDS 16th OCTOBER 2004

| | | | | | | |
|--------------------|--------------|-----------------|----------------|--------------|-----------------|----------------|
| MW 85 | 1.90 | 1.90 | | | | |
| MW90 | 1.60 | 1.60 | | | | |
| Long Jump | World | European | British | World | European | British |
| MW35 | 8.01 | 7.91 | 7.87 | 6.81 | 6.86 | 5.22 |
| MW 40 | 7.52 | 7.52 | 7.52 | 5.61 | 5.87 | 5.32 |
| MW 45 | 6.90 | 6.90 | 6.40 | 5.75 | 5.22 | 5.12 |
| MW 50 | 6.50 | 6.50 | 5.91 | 5.00 | 4.73 | 4.86 |
| MW 55 | 6.34 | 6.34 | 5.78 | 4.79 | 4.61 | 4.09 |
| MW 60 | 5.80 | 5.80 | 5.35 | 4.58 | 4.58 | 3.80 |
| MW 65 | 5.31 | 5.13 | 4.77 | 3.92 | 3.92 | 3.63 |
| MW 70 | 5.07 | 5.07 | 4.16 | 3.50 | 3.88 | 3.06 |
| MW 75 | 4.41 | 4.41 | 4.03 | 3.10 | 2.93 | 2.71 |
| MW 80 | 4.01 | 3.92 | | 2.49 | 2.10 | 2.04 |
| MW 85 | 3.40 | 3.40 | 2.22 | | | |
| MW 90 | 2.96 | 2.96 | | | | |
| Triple Jump | World | European | British | World | European | British |
| MW35 | 17.44 | 17.44 | 17.44 | 13.85 | 14.34 | 11.49 |
| MW 40 | 16.08 | 14.94 | 14.47 | 11.14 | 11.14 | 11.14 |
| MW 45 | 14.82 | 13.98 | 13.10 | 11.02 | 11.02 | 9.70 |
| MW 50 | 13.72 | 13.72 | 12.74 | 10.69 | 10.69 | 9.82 |
| MW 55 | 13.35 | 13.35 | 12.45 | 9.33 | 9.11 | 8.90 |
| MW 60 | 12.53 | 12.53 | 11.93 | 9.45 | 9.45 | 8.35 |
| MW 65 | 10.92 | 11.20 | 10.09 | 8.12 | 7.87 | 7.00 |
| MW 70 | 10.54 | 10.54 | 9.25 | 7.99 | 7.99 | 6.37 |
| MW 75 | 9.40 | 9.40 | 7.20 | 6.47 | 6.08 | 5.17 |
| MW 80 | 8.65 | 8.10 | | 5.15 | 4.27 | 4.38 |
| MW 85 | 6.95 | 6.95 | | | | |
| MW 90 | 6.52 | 6.52 | | | | |
| Shot Put | World | European | British | World | European | British |
| MW35 | 21.70 | 20.85 | 20.85 | 21.47 | 21.47 | 13.45 |
| MW 40 | 20.07 | 19.48 | 16.10 | 19.16 | 19.16 | 13.75 |
| MW 45 | 15.78 | 20.40 | 13.83 | 14.88 | 14.88 | 11.54 |
| MW 50 | 16.27 | 16.24 | 16.01 | 12.66 | 14.07 | 12.48 |
| MW 55 | 15.74 | 15.57 | 14.73 | 12.57 | 12.57 | 12.09 |
| MW 60 | 16.83 | 16.57 | 13.81 | 12.54 | 12.54 | 11.97 |
| MW 65 | 15.28 | 15.15 | 12.51 | 11.75 | 11.75 | 11.75 |
| MW 70 | 14.39 | 14.64 | 11.93 | 8.58 | 8.58 | 7.98 |
| MW 75 | 13.02 | 13.02 | 9.21 (9.46p) | 7.75 | 7.75 | |
| MW 80 | 11.58 | 11.80 | 7.33 | 6.30 (6.36p) | 6.36 | 4.36 |
| MW 85 | 9.68 | 8.25 | 5.19 | 5.29 | 5.29 | |
| MW 90 | 6.64 | 7.10 | | 4.08 | | |
| MW 95 | 4.06 | | | | | |
| 4x200 | World | European | British | World | European | British |
| MW 35 | 1:31.4 | 1:31.71 | | 1:44.23 | 1:44.23 | |
| MW 40 | | 1:32.53 | | 1:50.86 | 1:44.34 | |
| MW 45 | | 1:36.42 | | | 1:51.30 | 1:51.30 |
| MW 50 | 1:38.88 | 1:37.37 | 1:37.37 | 1:56.93 | 1:56.93 | 1:56.93 |
| MW 55 | | 1:44.06 | | | 1:57.30 | |
| MW60 | 1:47.57 | 1:45.24 | | | 2:17.18 | |
| MW 65 | | 1:49.78 | | 2:21.21 | 2:13.38 | |
| MW 70 | 2:02.45 | 1:58.71 | | | 2:51.15 | |
| MW 75 | | 2:14.76 | | | | |
| MW 80 | 2:26.29 | 2:26.29 | | | | |
| MW 85 | | 3:53.70 | | | | |

NB: World Records have not altered since 2003; hence I guess there must be a huge batch of records to be processed. Several European and British records are superior to World and European records this could be again delay in processing or even insufficient information put forward to back up a record claim.

RANKINGS

Track & Field (Men)

Bob Minting, "The Rowans", Convent Road, Sidmouth, Devon. EX10 8RD.
bob.minting@btopenworld.com

Track & Field (Women)

Sally Gandee, 4, Westfield Road, Hertford, SG14 3DJ.

Multi-Events

Julian Kennedy, 133, Beufort Road, Bournemouth, BH6 5AX j.kennedy403@ntlworld.com

5k, ½Marathon

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

20m, Marathon

John Shave, 89, Montgomery Raod, Farnborough, Hants, GU14 0AZ jackshave@aol.com

5 Miles

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

10k

Pete Mulholland, 71, St Julian's Farm Road, London, SE27 0RJ petehwac@aol.com

10 Miles

18th NATIONAL OPEN MASTERS ROAD RELAY CHAMPIONSHIPS

SATURDAY, 21st MAY 2005, SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all Affiliated clubs

**Promoted by Midland Veterans A.C. for the British Masters Athletic Federation
Championships will be held over a traffic-free three -mile course**

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

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

ENTRIES CLOSE ON 23rd APRIL (Entries from 'B' teams will not be accepted).

Entry form and other details from :

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

WGT SPORT

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

World Masters Athletics Championships – San Sebastian

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

Accommodation standards will include 3 and 4 star options .

For the Indoor Championships in Sweden and the Non Stadia event in Portugal, WGT can offer flights and hotels on a individual basis.

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

Contact us on telephone 0121 745 1001 for a brochure

Athletics House, Central Boulevard, Blythe Valley Park, Solihull, B90 8AJ

Tel: 0121 745 1001 Fax: 0121 745 7666

Email: nicola@wgtsport.co.uk

BMAF Open Indoor Track & Field Championships

National Indoor Athletics Centre at U.W.I.C., Cardiff.

Sat/Sun 19th-20th February 2004

(Under UKA/IAAF/WMA Rules)

FIRST EVENT 10.00am

SAT: 60m, 400m, 1500m, 60mH, Shot, Long Jump, High Jump(W), Pole Vault(W/M60+).

SUN: 200m, 800m, 3000m, Triple Jump, High Jump(M), Pole Vault(M40 – M55). Relays 4x200 [Area Clubs – on day].

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

Entry Fee: Non-affiliated £14.00 first event. Affiliated: £11.00 first event. £6.00 each extra event.

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

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

MALE ☐

FEMALE ☐

Please use capital letters

Surname _____ First Name _____

Address _____

_____ Postcode _____

Birth of Date _____ Age Group for Event _____

Telephone No. Home _____ Work _____

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

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

Membership Number _____

FOR NON-AFFILIATED ATHLETES ONLY

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

EVENT

PB2003/05

EVENT

PB2003/05

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Payment enclosed for Entry fees as follows:

| | |
|-----------------------------------------------------|---------|
| First Event - £14.00 for non BMAF Affiliated Member | £ _____ |
| First Event - £11.00 for BMAF Affiliated Member | £ _____ |
| Each subsequent Event £6.00 | £ _____ |
| Total | £ _____ |

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

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

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2005 Track & Field Championships

Signed _____

Date _____

Entries close 5th FEBRUARY 2005

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



BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 12th MARCH 2005

(Permit applied for)

CASTLE PARK, BANGOR, CO. DOWN, NORTHERN IRELAND

Organised by NORTHERN IRELAND VETERAN ATHLETICS ASSOCIATION
in partnership with the NORTH DOWN BOROUGH COUNCIL

OPEN to ALL MASTERS / VETERANS:

Women over 35 years; Men over 40 years of age (on race day)

| | | | |
|--------|------|------------------------------------|-------|
| RACE 1 | 5km | WOMEN (all ages) and MEN over 70 | 12.00 |
| RACE 2 | 10km | MEN 50 -69 | 12.45 |
| RACE 3 | 10km | MEN 40 -49 | 14.00 |

ENTRY FEES Members of a Veteran Club £6.00

All other competitors (who must include proof of age £8.00

e.g. photocopy of birth certificate, driving licence, passport etc).

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

BMAF Team Awards for the first three teams, M40-49 (4 to count), M50-59, M60-69, W35-44, W45-54, W55+ (three to count).

BMAF Championship competitors in M50-59, M60-69, W45-54, W55+ who wish to count for a M40-49, M50-59, W35-44 and

W45-54 team instead of their own age group, must declare on the entry form.

SAE (9x6) required for number, confirmation and travel directions. Send completed entry form to: BMAF XC CHAMPIONSHIP, c/o 1 WILMONT PARK, DUNMURRY, BELFAST BT17 9JW. Cheques made payable to: NIVAA.

Closing Date: 23rd February 2005

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

BMAF 2005 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on 12th March 2005. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

Surname _____ First name _____ M/F _____

Age on 12/3/2005 _____ D.O.B. _____ Age Group _____

Address _____

Post Code _____

First Claim UKA athletic club _____

BMAF Club _____ Membership No. _____

YOUNGER TEAM DECLARATION M40-49 , M50-59, W35-44, W45-54 please Ring group

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

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

B.M.A.F. THROWS PENTATHLON

BMAF Weight Pentathlon Championships held at Cophall Stadium, Hendon. Cophall 26th September -Report by: Colm Murphy

How does one measure success? A couple of years back the late Erwin Kolmar mentioned to me that he rarely attended European or World Championships as he found them very impersonal and not at all athlete friendly, certainly not thrower friendly. He much preferred the throwers' only events such as those at Tata and similar. At these events success was measured not in medals won or in positions secured but in the value of friendships made and good camaraderie - sure enough there were medals to win but this was way down the list of importance.

Although at the time I thought the view somewhat extreme, I did see his point and did agree on the whole with him. But that was what was different with Erwin; he spoke frankly, invariably made good sense but also was prepared to listen to the viewpoint of others, and as the years progress, I am coming more and more round to Erwin's view!



Steve Whyte

So were the BMAF 2004 WP Championships a success? Well, for Erwin they would have been; I would be able to advise him that friendship and camaraderie were paramount and medal winning down the scale of matters.

Peter Barber had done much of the preparation and there was nothing left

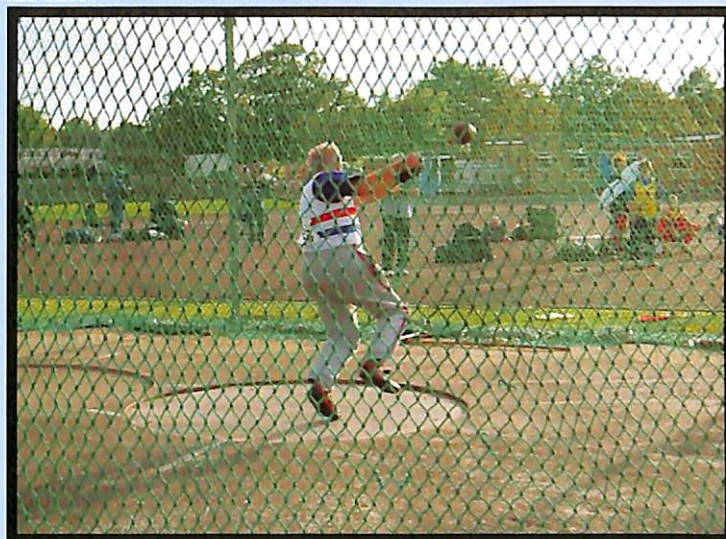
to chance; the club's new equipment was used - from the scales, to the measuring equipment to the new set of heavy hammers. Much comment was made on how far SECTA has come in such a short time in existence - pleasurable to hear!

Some 56 throwers materialised on the day and were run off in six groups - a marathon effort very ably managed by the excellent and first rate judges we had on the day. Efficiency was the hallmark of their input on the day and everyone commented the interactivity between judge and throwers.

John Stanbridge ensured that the team of judges under him worked well and efficiently and much of the success on the day falls to him and his team.

Maurice Doogan was also an ever present individual on the day - smiling throughout, he appeared pleased with the numbers participating, the efficiency of the judges and how smooth matters ran not to mention what has already been said, the interactivity between judge and athlete. He

also presented the many medals and our thanks to him for spending the day with us! Not to be outdone he also ably assisted with tea. /coffee and biscuits - very refreshing on the day! - Many thanks. Mention too must be made of the excellent ground staff, in particular Marcus, who ably assisted and our own medical man who when called upon for assistance was ever ready - many thanks. Norman and Mrs Fullick also gave of their time and effort with Mrs Fullick being the tea lady for much of the day and a very good cuppa it was! Very finally, mention also of Catherine Murphy who spent the day ensuring the judges were nourished and at the computer entering the data to ensure we had results - and on examination afterwards not a mistake!



Chris Melliush

Half dozen British records were broken with Chris Melliush providing half of these. His tally included 53,67m in the hammer and 3,920pts in the overall; his surprise at being awarded the overall award for the Championships sums up the event altogether. He had a look of disbelief on his face and protested that others had scored more points than him in winning a title - the modesty was phenomenal.

In answer to Chris's surprise - 3 British records on the one-day surpasses most achievements, and few would disagree.

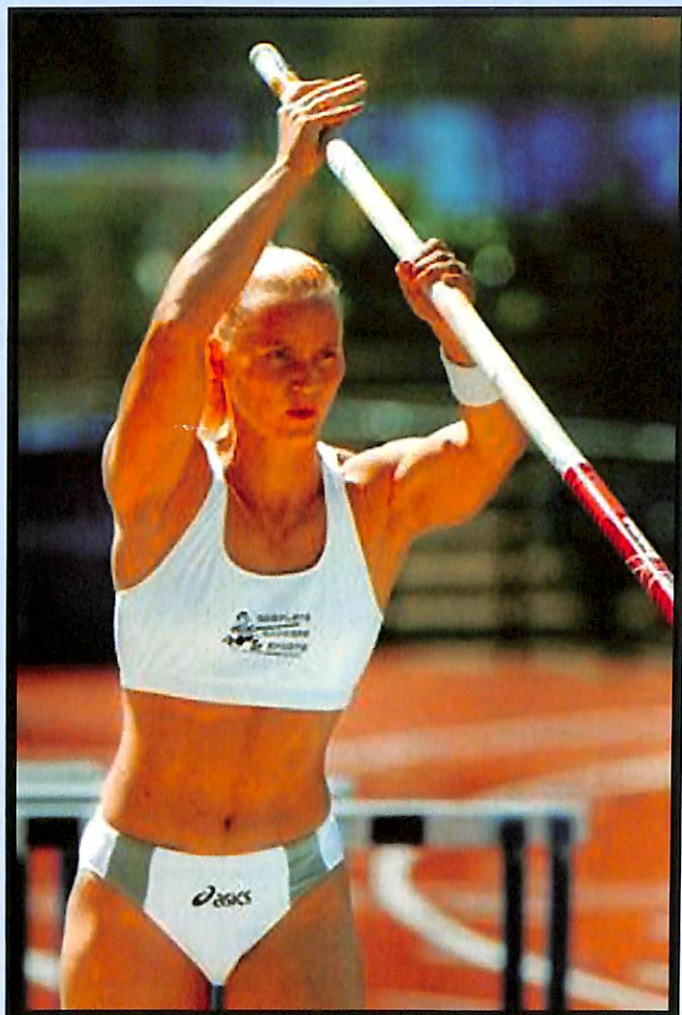
Beatrice Simpson broke her won British record total in the W45 category but had to settle for silver as Jenny Earle scored even more points.

Others that could feel somewhat deflated include Esther Augee, who although won the W40 event, was a mere 14 points below the British record of 3,379pts, Chris Court who lost on silver in the M60 category to Godfrey Leak by ten points - 3,034pts to 3,044pts and finally and very bizarrely, the M65 result finished with Colin Brand taking gold from John Freebairn - 3,759pts to 3,758pts!

Other British records fell to the evergreen Evaun Williams, W65 - 5,557pts, Vilma Thompson, W50 - 2,976pts and the legendary [after Dunboyne he will be legendary to all of Dublin], Ian Miller in the M70 category with 4,070pts.

So well done to everyone who made the event such a tremendous success - Erwin would certainly have enjoyed the day; the efforts of Steve Woolley [M45] and David Burrell [M40] to complete the five events stand out in the mind - finishing the event despite the onset of injury; well done to both it is always great to witness enthusiasm and endeavour overcoming any handicap that may arise. Good too to welcome all our foreign visitors - the Freebairns [Ian Miller does not count] from across the border, John Wild from up north somewhere [foreign parts anyway], Catarine Hallden, Carole Derien from across the channel [not quite France] and Terry Lalley [known in far flung foreign parts as Lalli, Terri] who skipped the warmth of the Med [south coast of France] for the highs of Cophall. Our thanks to everyone who made the day great we all enjoyed ourselves tremendously. (Full Results in Results Section).

**IRIE HILL WORLD INDOOR, EUROPEAN CHAMPION & COMMONWEALTH GAMES
BRONZE MEDALLIST**



Full Name

☐ *Irie Heidi Alexa Hill*

Age

☐ *35*

Born (town)

☐ *Schwabmunchen, Germany*

UKA Club

☐ *Windsor Slough Eton & Hounslow*

Masters Club

☐ *Midlands Vets*

Residence (Town)

☐ *Hereford*

Employment

☐ *Full-time athlete + Housewife*

My Event

☐ *Pole Vault (Triple Jump on occasions)*

Lifetime PB

☐ *4.20m PV, 11.27 TJ*

Masters PB

☐ *4.10m PV, 11.27m TJ*

Masters Titles

- ☐ *World Masters 2002 Pole Vault & Triple Jump;*
- ☐ *2004 World Pole Vault Indoors*
- ☐ *European Outdoor 2004,*

☐ *British - 2004 Pole Vault*

Pre-Masters Titles

- ☐ *Commonwealth Games 2002 Bronze for England.*
- ☐ *AAA 2002.*
- ☐ *Midlands Championships 6 titles.*

Records World

- ☐ *Not yet but working on it (will definitely get it this season)*

Records British

- ☐ *Pole Vault, 4.10m*

Aspirations

- ☐ *World Record (4.22m),*
- ☐ *World Masters Outdoor 2005.*
- ☐ *Qualification for IAAF World Championships 2005,*
- ☐ *European and Commonwealth Games in 2006.*

My Coach

- ☐ *Warren Hill (My Husband)*

Training Partners

- ☐ *2 Masters athletes, 5 Junior athletes on occasions. I normally train on my own.*

Most enjoyable meeting

- ☐ *Local meet in Munich where I met my husband-to-be.*
- ☐ *Victory lap after winning Bronze at the Commonwealth Games*

Best Stadium in which I have competed

- ☐ *Commonwealth Stadium Manchester for atmosphere, Bedford for set-up and everybody's helpfulness*

Favourite training venue

- ☐ *Cardiff National Indoor Centre (UWIC), always available and no bad weather.*

How I like to relax

- ☐ *Spend time with my husband (unfortunately he is terribly busy at work), go to the movies, cook a nice meal and jump well (it's amazing how relaxed you are after a good training session)*

My Athletics' inspiration

- ☐ *All the wonderful Masters Athletes I get to meet around the world with their fascinating stories*

Favourite meal

- ☐ *A big slab of Hereford beef*

Favourite film

- ☐ *Any of Agatha Christie's Miss Marple movies starring Margaret Rutherford*

Favourite recording

- ☐ *Bolero by Ravel*

Favourite Holiday resort

- ☐ *Hayman Island on the Great Barrier Reef where I got married*

If you would like to feature in future editions please contact the editor !