

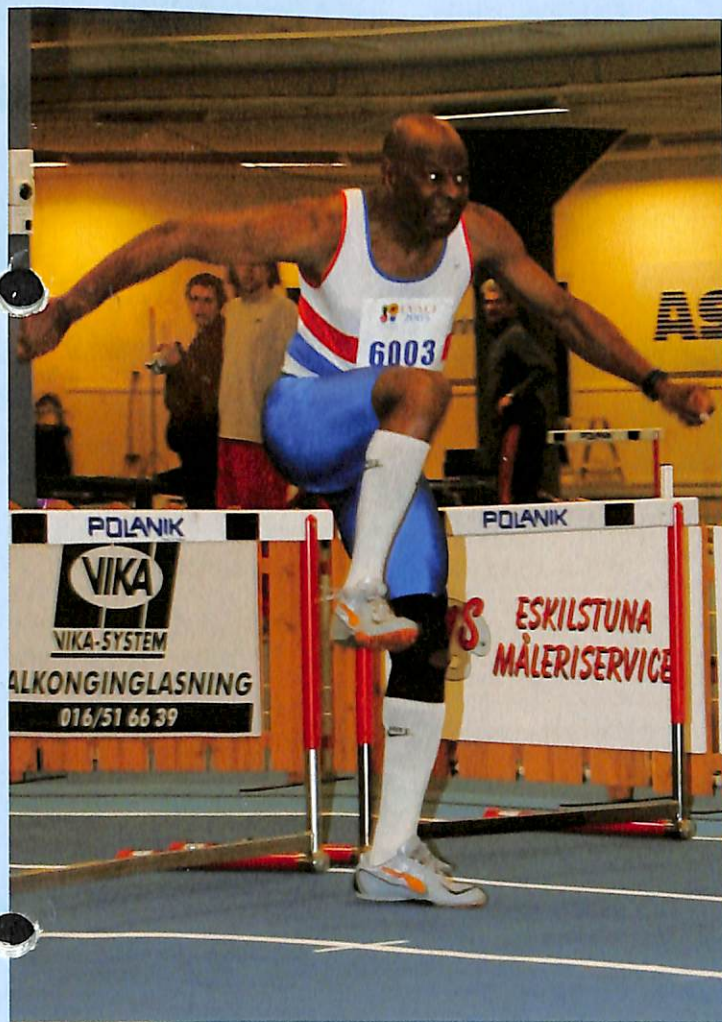
# MASTERS ATHLETICS

The Newspaper of the British Masters Athletic Federation

British  
Masters Athletic  
Federation



No. 71 Spring 2005



Barry Ferguson wins Gold in Eskilstuna (picture Lesley Richardson)



Gerry Finegan eight medals in B.M.A.F. Indoor in Cardiff (picture Lesley Richardson)

- Page 2 E.V.A.A. European Indoors.  
**Maurice Doogan.**
- Page 5 B.M.A.F. Cross Country  
Championships.  
**Alastair Aitken & Martin Duff.**
- Page 9 Official News.
- Page 12 Meet our Members.
- Page 14 B.M.A.F. Review & entry form.
- Page 16 B.M.A.F. Indoor.  
**Pete Mulholland.**
- Page 21 B.M.A.F. XC Relays.  
**Philip Lee.**
- Page 23 News & Views.
- Page 24 Books.
- Page 27 Is active sport killing us ?  
**Dr. Tony Crocker**  
**& Dr. Bill Davies.**
- Page 33 Addresses.
- Page 34 Fixtures.

THE OFFICIAL  
MAGAZINE  
OF  
**BRITISH  
MASTERS  
ATHLETIC  
FEDERATION**



## EUROPEAN INDOOR CHAMPIONSHIPS.

### EUROPEAN VETERANS INDOOR CHAMPIONSHIPS.

REPORT: MAURICE DOOGAN

PICTURES: LESLEY RICHARDSON

(order from- [www.rikko2photo.co.uk](http://www.rikko2photo.co.uk))



Cath Goddard wins Pentathlon on day one.

#### DAY 1.

On a day of numerous delays and extensions, the Pentathletes battling through a stressful day saw Catherine Goddard [W35] Wendy Laing [W40] and Hazel Barker [W45] mount the rostrum to lift gold medal in each of their age groups. Jan Hardcastle [W45] also stepped up to take the silver. Andy Waddington, Pete Clarke and Lorraine Molloy produced some good results to keep the flag flying in other age groups.

The 3000m saw Jim Caddy [M80] strike gold, with a bevy of silver medals for Jane Pidgeon [W40] Susie Tawney [W45] Pat Gallagher [W55] and Ian Johstone [M35], with Betty Stacey [W65] claiming a bronze. Sue Ridley [W35] just failed to hold off a debutante Swedish Masters for the bronze and had to settle for fourth.

The 10K Road Walk – seven and a half laps of an interesting course, saw Arthur Thomson [M65], after a cautious start (probably due to his interminable hanging around due to transport malfunctions) strike out for gold with minutes to spare. Colin Turner [M60], on the other hand, after a furious start had to settle for silver. The proposal for these races to apply Swedish rules with regard to the wearing of tights was finally overruled just before the start. This apparently did not apply to a member of the local organising committee, who proceeded to win the Women's race, in only partly turned up tights. But there again, clearing the course of pedestrians, cyclists and even some motorists, lifting (running) and other aspects of race walking, appeared of little concern to the officials. The day finally closed only 65 minutes behind schedule, at 21:35, with most of the buses gone, and the thought, is there any where open for dinner [basically the answer was NO]

DAY 2. The day arrives with the realisation that the sprinters are expected to perform heats over all three-sprint distances together with even longer days for the 60m hurdlers. Most of our 'Top Guns' ease through the heats and semis of the sprints, but with some inexperienced officiating, numerous disqualifications occur in the M45 200's, with Jeff Battista being one of those caught out.

In the field, Wendy Laing [W40] gets us off to a flying start, but much to her chagrin, can only claim silver in the High Jump [still her bridesmaids event, with yet another 2nd]. Most of us would be pleased just to be running, after a full day in the Pentathlon, but not Wendy, to her second is nowhere. Claire Cameron [W45] and Jaroslav Hanus [M75] continue the good work with bronzes in the Shot, with Allan Williams [M50] adding silver and Jim Day [M70] adding bronze in the Pole Vault. The day closes with the 60m Hurlers taking centre stage. This time Wendy Laing [W40] takes no prisoners as she stretches for gold, as does

Barry Ferguson [M65]. Tony Wells [M55] takes silver and Manndy Laing [W45] completes the set with a bronze.

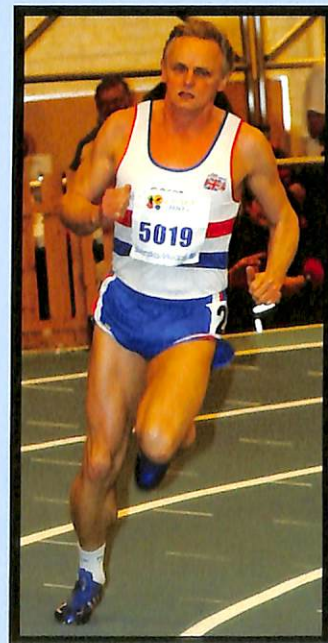
So it was another late night at the mill, as well as for those of us slumming it in the heaving cellars of Stockholm.



Wendy Laing wins in the Hurdles and Pentathlon

DAY 3. Things are starting to hot up in the Arena, partly due to frustrations with the transport, declaration sheets, event timings, queues for food and loos, late entries, you name it, it is not happening. We also, now have semi-finals for both middle distance races – so what is the excuse for, 'could not run a bath' – the water's frozen [TM aside]. However the show must go on!

It is snowing outside, the temperature is -6C, there is transport to the course but not back, unless you're very quick, and there are no changing



Steve Peters four Gold Medals



## EUROPEAN INDOOR CHAMPIONSHIPS

rooms or shelter. We are doing Masters Cross Country races; a week before the official outdoors season starts for Swedish Seniors [where was that Risk Assessment sheet]. Never mind, we're British, on top of £80.00 for a single room in a one-horse town, we appear to be sucker for anything, but think again. The men warmed up the course, with Brian Gardner [M45] and Jim Caddy [M80] taking gold and John Brown [M40] taking bronze. Kevin Dillon only managed to warm up his feet, by 'a tad' long spikes, being his only option on the ice rink course, but did uphold the British tradition of sometimes down, but never out.

This was just the prelude for the ladies to run amok. Seven women entries proceeded to coin it in, with Sue Ridley [W35], Jane Pidgeon [W40], Susie Tawney [W45] and Betty Stacey [W65] taking gold, with Diane Farmer [W45] and Brenda Jones [W55] taking silver. Eva Osborne [W60] not to be out done, although having to settle for 4th in her category proceeded to beat the gold medallist in the W55 category. Our girls are made of stern stuff - Eva adding it was also a beautiful day to be out running, which turned out to be useful, as there was no transport back to the Arena. [Attitudes like this, whatever next - staying up late, frequenting establishments of low repute? - but that's a story for another time].

Back at the Arena, matters reach a crescendo early in the Field, with Neil Griffin [M55] grabbing gold and Steve Whyte [M40] having to settle for silver behind a useful Russian, both in the Shot. Kimberley Rothman [M40] and Manndy Laing [W45] both strike gold in the long jump, where John Shepherd [M40] and Trevor Wade [M50] grab a brace of bronze with Catherine Goddard [W35] adding silver to her collection. Claire Cameron [W45] closes the Brits Field haul for the day, by claiming gold in the Weight.

The walkers Arthur Thomson [M65] and Colin Turner [M60] repeat their outdoor efforts with gold and silver in the 3K Indoor Walk. The early evening brings the finals of the 60m Sprints, where Alan Mellet [M70] bronze and Val Parsons [W55] silver get the team back on the medal trail which Helen Godsell [W50], back in her Sindelfingen form, trumps by cruising to gold. The M50's event, which at one stage appeared a British benefit, had Viv Oliver [the Time form favourite] doing 'shot bambi' impressions, when pulling a muscle at mid point. This caused Wally Franklyn (4th) to flinch, thus allowing Steve Peters to once again close down John Brown (silver) for the gold. A slight pause in proceedings, that led to Dalton Powell [M40], just failing to split the Italians and having to settle for bronze. However not to worry !

**DAY 4.** The day starts with last minute panics to finalise the numerous permutations of relay to be done, one of the new kids on the block, Terence Stamp [M35] was left to sign off the Brits account for the day with another gold.

Another satisfying day, only the relay teams to be sorted now - so no panic then!!! teams and possible final selection procedures, prior to the 10.00 am submission deadline.

An early start in the field saw Rez Cameron [M40] grab gold in the Triple Jump, a feat repeated by both a relaxed 'young gun' Martin Rossitter [M35], hiding a slight injury and later by Manndy Laing [W45] nearly outgunning Wendy in the medal stakes. The gold haul was continued by Sue Yeomans [W50] in the Pole Vault.

The attention was then drawn to the first time Indoor Weight Throw competitions, where Steve Whyte [M40] and Neil Griffin [M55] both claimed silver, and Jaroslav Hanus's [M75] bronze. Steve being rightly miffed [as was Dave Burrell (4th)] by the very late entry Hungarian. Claire Cameron [W45] balanced matters by striking gold in this new event.

On the track, the flood gates were finally breached, with gold being lifted by Alan Mellet [M70] 200, Terry Bissett [M60] 200, Steve Peters [M50] 200 and 400, Pat Gallagher [W55] 1500, Helen Godsell [W50] 200 and Averil McClelland [W45] finally claiming her rightful 200 title.

Two further 'young guns' also came to the fore to claim gold - Michael Thierry H' Osunsami [M35] 400 and Matt Kinane [M35] 1500 (it'll be

the Friday night Stockholm Guinness then), holding off a weepy, disbelieving and unbeatable (allegedly) Pole.

Two Italian Job's deprived Darrell Maynard [M40] 400 silver, Andy Waddington [M40] gained 400 bronze and Stephen Toogood [M40] 800 bronze.



**Helen Godsell spring double Gold**

Silver and bronze medals galore, were being hauled aboard the British Cream machine.

It was also good to see two repaired bambi's, Viv Oliver [M50] 200 and Sarah Heath [W40] 800 complete their races, maybe in only 4th place, succumbing at the last, but a triumph in it's mere achievement.

But wait, stirrings are noted in Chiro's Corner, the depleted are being brought back to life - it must be RELAY time.



**Pat Gallagher Gold at 1500 metres**



## EUROPEAN INDOOR CHAMPIONSHIPS

The shortage of numbers prevent teams in all age groups from toeing the start line – but those that did, came up trumps.

The girls with attitude, the W60's, started us off with gold, even frightening the German frau's off the start line.

The M45's, M35's and W35's claim bronze, the M60's, M40's and W40's claim silver. The M50's European Outdoor 4 x 400 Team repeat the gold standard here, with the W45's also claiming gold as well as breaking their own World Record from Sindelfingen.

**The Fat Lady sings, the lights go out on a job well done – Mission Accomplished. It will never get better than this. Well except in Harry's Bar during the ensuing 'what's up doc' Post Mortem.**

### 60m:

**M35: 1 Terence Stamp 6.98 (6.96 ht); 5 Rohan Samuel 7.22 (7.18ht);**  
**M40: 3 Dalton Hugh Powell 7.32;**  
 6 Glen Reddington GBR 7.60 (7.56qr); **(QR) David Kemp 7.56;** John Shepherd 7.70; Warren Fraser 7.80;  
**M45 (QR):** Clement Bartley 7.69; Jeff Battista 7.75; David Murrie 7.88; Robert Cawson 7.97;  
**M50: 1 Steve Peters GBR 7.57; 2 John Wesley Browne GBR 7.63 (7.50 qr); 4 Walwyn Franklyn GBR 7.70 (7.67sf); 6 Viv Oliver GBR 9.95 (7.55 sf); (QR):** Philip Bell 8.56;  
**M55: 4 David Leech IRL 8.27; (QR):** Tony Wells 8.38; Bruce Hendrie 9.09; **M60 (QR):** Charles Isetts 8.54;  
**M65: 5 Tony Bowman GBR 8.73 (8.63 qr); M70: 3 Alan Mellet GBR 8.62; M80: 5 Norman Frank Copping GBR 14.75;**  
**W35 (QR):** Angie Alstrachen 9.06; Lesley Richardson 9.89;  
**W40: 6 Lesley Hopkins GBR 8.78 (8.71 qr); (QR):** Denise Timms 8.85;  
**W45: 4 Averil McClelland GBR 8.25; (QR) Carmel Carey IRL 9.18;**  
**W50: 1 Helen Godsell GBR 8.61;**  
 6 Lorraine Molloy GBR 10.28 (10.17); **(QR) Anne-Grete Howart GBR 10.76;**  
**W55: 2 Valerie Parsons GBR 8.82 (8.79 qr);**

### 200m

**M35: (QR):** Eli Barnett 25.61;  
**M40 2 Dalton Hugh Powell 23.64; (QR):** David Kemp 24.21; Andrew Waddington 24.54; Warren Fraser 24.92; Michael May 28.42;  
**M45 (QR):** Anthony Martin IRL 25.62; Robert Cawson 25.65; Clement Bartley 25.72; Greg Duggan IRL 25.84; Kevin Carey IRL 25.86;  
**M50: 1 Steve Peters 24.00; 3 Walwyn Franklyn 24.80;** 4 Viv Oliver 27.37 (24.74 sf); **(QR) John Wesley Browne 25.20;** James O'Hare IRL 27.14; Philip Bell 27.22;  
**M55: 3 Tony Wells GBR 26.54 (26.51 qr); 4 Bruce Hendrie 27.67 (27.09 qr);**  
**M60: 1 Terry Bisset GBR 26.82; (QR):** Charles Isetts 28.29; Pete Clarke 34.97;  
**M65: (QR):** Tony Bowman 28.61;  
**M70: 1 Alan Mellet 29.01;**  
**(QR):** John Evans 33.02;  
**M80: 4 Norman Frank Copping GBR 48.25;**  
**W35 (QR):** Lesley Richardson 34.86;  
**W40 (QR):** Lesley Hopkins 28.78; Denise Timms 29.32;  
**W45: 1 Averil McClelland 26.38; (British Record); (QR):** Angela Beadnall 28.56; Alison Brown 29.54;  
**W50: 1 Helen Godsell 28.50;**  
 4 Anne-Grete Howarth 40.44;  
**W55: 2 Valerie Parsons 29.68;**  
**W60: 3 Marjorie Hocknell 34.01;**  
**W65: 2 Dorothy Fraser 35.96;**

### 400m

**M35: 1 Michael Osunsami 54.04;**  
**M40: 2 Darrell ST Clair Maynard 51.57; 3 Andrew Waddington 54.31; 4 Danny Hodge 55.50; (QR) Andy Gannaway 56.43;** Michael May 67.90;  
**M45: (QR) Eugene Kirwin IRL 59.50;**  
**M50: 1 Steve Peters 54.23; 3 Walwyn Franklyn 55.08;**  
**M55: 2 Bruce Hendrie 59.49;**  
**M60: 4 Winston Thomas 63.32;**

**M65 (QR):** John Wilson 69.52; Arthur Kimber 72.05;  
 Tony Bowman 75.11;  
**W35: 4 Angie Alstrachen 66.20;**  
**W40: 3 Colette Hurley 64.26;**  
**W45: 4 Alison Brown 64.74; (QR):** Angela Beadnall 68.54;  
**W50: 2 Helen Godsell 69.35;**  
**W60: 3 Marjorie Hocknell 78.70;**  
**W65: 2 Dorothy Fraser 83.65;**

### 800m

**M40: 3 Stephen Toogood 2:05.68 (2:03.53 qr); 5 Andy Gannaway 2:10.59 (2:09.54 qr);**  
**M45 3 Kevin Pye GBR 2:09.64; (QR):** Richie Power IRL 2:21.68; Eugene Kirwin IRL 2:33.21; Brian Worthington 2:44.52;  
**M50: 2 Joe Gough IRL 2:07.87;**  
 3 Bilal Namani GBR 2:09.41; 6 Fred Pidgeon 2:17.63 (2:15.95 qr);  
**M60: 5 Mike Duggan IRL 3:02.52;**  
**M65: 3 Arthur Kimber GBR 2:34.57; 8 John Wilson 2:55.54;**  
**M80: 4 Norman Frank Copping 4:03.82;**  
**W35: 3 Bernadette White IRE 2:22.43; 5 Angie Alstrachen 2:37.04;**  
**W40: 4 Sarah Heath 2:27.73; 6 Susan Walsh IRE 2:32.24;**  
**W55: 2 Patricia Ann Gallagher 2:41.06;**

### 1500 Metres

**M35: 1 Matt Kinane 4:13.09;**  
**M40: 7 John Brown 4:21.92;**  
**M45: 6 Brian Worthington 5:31.82; M65: 6 Arthur Kimber 5:34.26;**  
**M80: 2 Jim Caddy 7:26.43;**  
**W35: 2 Susan Ridley 4:52.07;**  
**3 Bernadette White IRE 5:02.79;**  
**W40: 3 Jane Pidgeon 5:00.96;**  
**W45: 4 Susie Tawney 5:04.15;**  
**W55: 1 Patricia Ann Gallagher 5:34.42;**  
**W65: 2 Betty Stracey 6:48.29;**

### 3000m

**M35: 2 Johnston Ian GBR 9:13.54;**  
**M40: 1 Michael Traynor IRL 8:47.45;**  
**M45: 8 Brian Worthington GBR 11:40.49;**  
**M50: 4 Tommy Murphy IRL 9:54.88;**  
**M55: 5 Peter Hamilton GBR 10:24.79;**  
**M80: James Caddy 15:52.21;**  
**W35: 4 Susan Ridley GBR 10:15.98;**  
**W40: 2 Jane Pidgeon 10:36.26;**  
**W45: 2 Susie Tawney 10:49.59;**  
 4 Diane Farmer 12:05.11;  
**W55: 2 Patricia Ann Gallagher 11:38.02;**  
**W65: 3 Betty Stracey 14:16.81;**

### 60m Hurdles

**M40: 4 Gary Myles GBR 8.75; 5 Des Wilkinson GBR 8.81 (8.64sf); (QR) Glen Reddington 8.91;** James Gillespie IRL 10.22;  
**M55: 2 Tony Wells GBR 9.28;**  
**M60: 1 Barry Ferguson GBR 9.72;**  
**M65: 4 Tony Bowman 11.40;**  
**W40: 1 Wendy Laing GBR 9.38; Sally Stagles dnf (9.55sf);**  
**W45: 3 Manndy Laing GBR 9.13 (British Record); 5 Hazel Barker GBR 10.29;**

### High Jump

**M45: =5 Colin Hague 1.60;**  
**W40: 2 Wendy Laing GBR 1.60;**  
**W45: 6 Hazel Barker GBR 1.40;**

### Pole Vault

**M50: 2 Allan Williams GBR 400;**  
**M70: 3 Jim Day GBR 250;**  
**W50: 1 Sue Yeomans 2.80;**  
**W65: 1 Dorothy McLennan IRE 2.05 (World Record); 2 Sheila Champion IRE 1.60;**

### Long Jump

**M40: 3 John Shepherd GBR 6.37 (6.08; 5.93; 6.07; - xxx; 5.92; 6.37)**  
**M45: 3 Trevor Wade GBR 6.12 (0.00; 6.02; 0.00; 0.00; 0.00; 6.12);**  
**M60: 10 James Parish 3.98;**  
**M65: 8 Anthony Treacher GBR 4.31;**  
**M70: 5 John Evans 3.95;**  
**W35: 2 Catherine Goddard GBR 5.40 (British Record) (5.29; 0.00; 5.40; 5.26; 5.17; 5.34)**  
**W40: 1 Kimberly Rothman GBR 5.78 (British Record); (5.44; 5.52; 5.78; 0.00; 5.45; 5.42); 4 Wendy Laing GBR 4.93 (4.81; 4.79; 4.90; 4.87; 4.89; 4.93); 8**

Denise Timms GBR 4.51 (4.42; 4.43; 4.51; 4.43; 4.49; 4.39);  
**W45: 1 Manndy Laing GBR 4.96 (4.96; 4.86; 4.53; 4.88; 4.80; 4.70);**  
 8 Janice Hardcastle GBR 3.87 (3.38; 3.61; 3.67; 3.69; 3.70; 3.87);  
**W50: 4 Anne-Grete Howart GBR 3.16 (2.77; 2.92; 2.80 3.16; 0.00; 2.91);**  
**W65: 2 Dorothy McLennan IRL 2.83 (2.47; 2.51; 2.83; 2.58; 2.52; 2.60);**

### Triple Jump

**M35: 1 Martin Rossiter GBR 14.90;**  
**M40: 1 Rez Cameron GBR 13.64;**  
**M60: 7 James Parish GBR 7.95;**  
**M70: 5 John Evans GBR 8.36;**  
**W45: 1 Manndy Laing 10.58 (British Record);**  
**W50: 4 Anne-Grete Howarth 6.31;**

### Shot Put

**M40: 2 Steve Whyte GBR 16.18 (British Record); 7 David Burrell GBR 11.37;**  
**M55: 1 Neil Griffin GBR 14.07;**  
 6 Michael Hazelwood GBR 11.32;  
**M75: 3 Jaroslav Hanus GBR 9.74 (British Record);**  
**W45: 3 Claire Cameron GBR 10.17;**  
**W65: 7 Dorothy McLennan IRL 5.71;**

### Weight Throw

**M40: 2 Steve Whyte GBR 17.32;**  
 4 David Burrell 13.00; **M55: 2 Neil Griffin GBR 16.00;**  
 5 Michael Hazelwood 12.97;  
**W75: 3 Jaroslav Hanus GBR 11.27;**  
**W45: 1 Claire Cameron GBR 10.31;**

### 3 km Track Walk

**M40: 3 Patrick Murphy IRL 15:36.69;**  
**M50: 6 Sean Pender IRL 18:14.10;**  
**M55: 3 Anthony King IRL 15:05.74; 6 John McMullin IRL 16:10.66;**  
**M60: 2 Colin Turner GBR 15:55.55;**  
**M65: 1 Arthur Thomson GBR 16:14.92;**  
**W35: 4 Anne Boyle IRL 17:06.34;**  
**W40: 3 Anne Gormley IRL 18:31.91;**  
**W45: 6 Elizabeth Harris GBR 20:00.01;**

### Pentathlon

**M40: 5 Andrew Waddington GBR 3202;**  
**M45: 14 Frank Stam 58 IRL 1383;**  
**M60: 9 Pete Clarke GBR 2217;**  
**W35: 1 Catherine Goddard GBR 2921;**  
**W40: 1 Wendy Laing 62 GBR 3964;**  
**W45: 1 Hazel Barker GBR 3239;**  
**2 Janice Hardcastle GBR 2523;**  
**W50: 4 Lorraine Molloy GBR 1630;**

### 4 x 200:

**M35: 3 GBR 1:38.74;**  
**M40: 2 GBR 1:35.91;**  
**M45: 3 GBR 1:41.33; 4 IRE 1:42.68;**  
**M50: 1 GBR 1:41.72;**  
**M60: 2 GBR 1:51.44;**  
**M65: 4 GBR 2:06.30;**  
**W35: 3 GBR 2:06.27;**  
**W40: 2 GBR 1:54.47;**  
**W45: 1 GBR 1:51.26 (European Record);**  
**W60: 1 GBR 2:37.60;**

### 10 km Road Walk

**M50: 7 Sean Pender IRL 1:02:02;**  
**M55: 3 Anthony King IRL 53:15;**  
 5 John McMullin IRL 55:27;  
**M60: 2 Colin Turner GBR 54:49;**  
**M65: 1 Arthur Thomson GBR 54:28;**  
**W35: 4 Anne Boyle IRL 58:38;**  
**W40: 2 Anne Gormley IRL 1:05.54;**  
**W45: 5 Elizabeth Harris GBR 1:07.01;**  
**W65: 4 Sheila Champion IRL 1:26:22;**

### 5 km Cross Country

**M40: 1 Michael Traynor IRL 16:43; 3 John Brown GBR 17:07; 7 Michael May GBR 25:19;**  
**M45: 1 Brian Gardner GBR 17:03;**  
**M50: 3 Tommy Murphy IRL 19:04; 7 Kevin Dillon GBR 26:07;**  
**M60: 4 Michael Smith GBR 21:56; 6 Mike Duggan IRL 24:02;**  
**M80: 1 James Caddy GBR 30:19;**  
**W35: 1 Susan Ridley GBR 19:17;**  
**W40: 1 Jane Pidgeon GBR 20:30;**  
**W45: 1 Susie Tawney GBR 20:49; 2 Diane Farmer GBR 24:32;**  
**W60: 2 Brenda Jones GBR 25:30; 4 Eva Osborne GBR 26:53; W65: 1 Betty Stracey GBR 27:26;**



# BMAF Open National Track & Field Championships

Alexander Stadium, Walsall Road, Perry Barr, Birmingham.

**Sat/Sun 16th-17th July 2005**

(Under IAAF/WMA/UKA Rules)

## FIRST EVENT 9.30am

**SAT:** 100m, 400m, 1500m, 5000m, 300/400mH, Hammer(W), Shot(W), Weight(W), Discus(M), Javelin(M), Long Jump, High Jump(W), Pole Vault(M), 3000m Walk

**SUN:** 200m, 800m, 10000m, 80/100/110mH, 2000/3000m S'chase, Discus(W), Javelin(W), Hammer(M), Shot(M), Weight(M), Triple Jump, Pole Vault(W), High Jump(M), 5000m Walk

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

**Entry Fee:** Non-affiliated £12.00 [€17.50] first event. Affiliated: £9.00 [€13.00] first event.  
£5.00 [€7.25] each extra event. [Overseas Entries – add €0.60 in lieu of SAE]

**CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO 'BMAF' [€ CHQ TO WILLIAM DOOGAN]**

MALE ☐

FEMALE ☐

**Please use capital letters**

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address [IN FULL] \_\_\_\_\_

Postcode \_\_\_\_\_

Birth of Date \_\_\_\_\_ Age Group for Event \_\_\_\_\_

Telephone No. Home \_\_\_\_\_ Work \_\_\_\_\_

**E-mail Address [please confirm]** \_\_\_\_\_

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

SCVAC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please only tick ONE "PAID UP" Club)

**Membership Number** \_\_\_\_\_

**Non-Affiliated – UKA Club** \_\_\_\_\_ **or** **For Overseas Entry – Country** \_\_\_\_\_

### FOR NON-AFFILIATED, OVERSEA'S AND M35 ATHLETES ONLY

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

**EVENT**

**PB2004/05**

**EVENT**

**PB2004/05**



First Event	Payment enclosed for Entry fees as follows: £12.00 [€17.50] for non BMAF Affiliated Member	£ [€] _____
	£9.00 [€13.00] for BMAF Affiliated Member	£ [€] _____
Each subsequent Event	£5.00 [€7.25]	£ [€] _____
	Overseas Entries – in lieu of Confirmation SAE [€0.60]	£ [€] _____
	<b>TOTAL</b>	£ [€] _____

**[SAE Essential for Confirmation of Entry (not by phone) as Final Timet. + Athletes Instructions posted 7th July ]**

I enclose a cheque/PO in sterling currency payable to BMAF [in Euro's payable to WILLIAM DOOGAN].

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 2nd JULY 2005**

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



## BMAF CROSS COUNTRY CHAMPIONSHIPS

Words -Alastair Aitken & Martin Duff

Pictures-Jeremy Hemming (order 0208871 9989)



**BRIAN RUSHWORTH** retained his British Masters **M40** title in cold windy conditions in Castle Park, Bangor although the sun did come out from time to time.

Last year Guy Amos, the Home Veteran International winner, got within six seconds of Rushworth at the finish in Durham but on an easier course than at Bangor. Over tougher terrain of twisting, undulating and sometimes wooded countryside; much more suited to Rushworth's style of running, it would be hard to imagine any British Master heading the Sunderland Harrier, who was ten times a North Eastern Champion and once an Inter-County senior winner.

Rushworth came into veteran/Masters running with a third place in the British Masters' at Irvine Scotland two years ago but had been out all the previous year with an injury, which dented his form.

At Bangor, after the first of four laps Rushworth, was closely followed by Ben Reynolds but that only lasted a short time. In defence of Reynolds he had a stress fracture last year and has therefore had indifferent form during the last twelve months.

After that came Mark Aspinall, and Alex Woods of the winning Bristol & West team. Twenty metres further back was Andy Wilton, who will be remembered for his 'Glory' days with Tipton's 'crack' teams that won 'National' medals.

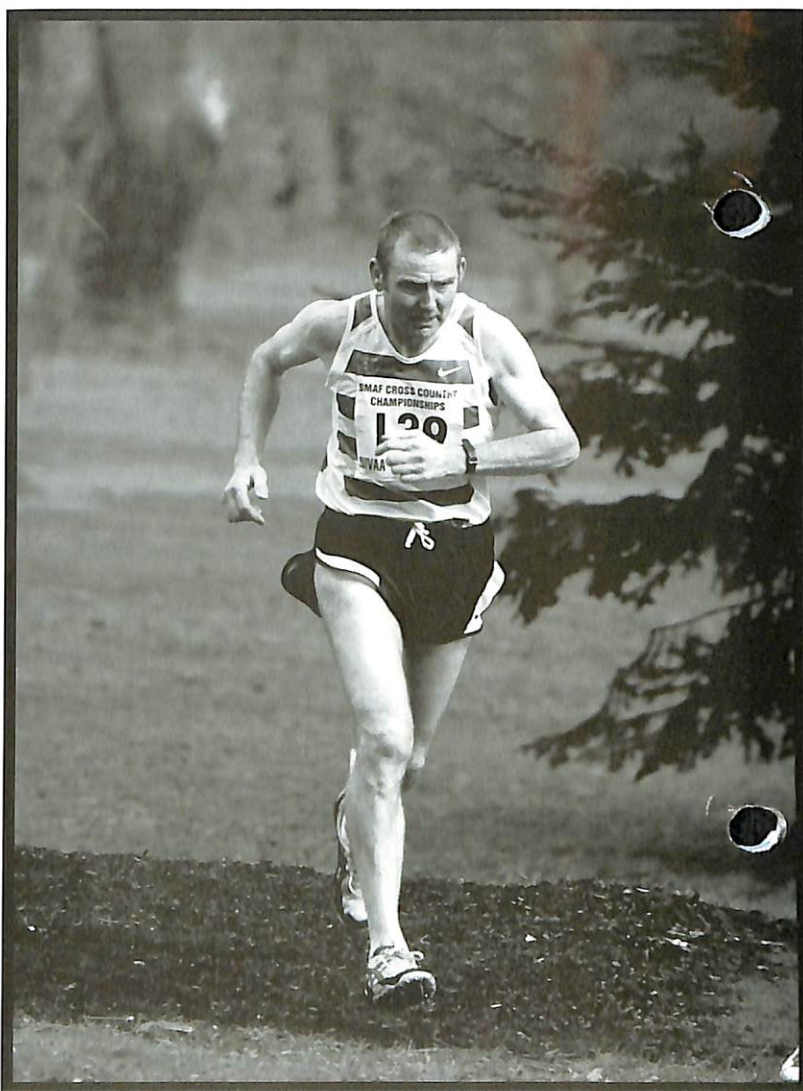
It was not long into the second lap Rushworth put on the pressure and ran hard for the whole of lap to establish a reasonable lead. Woods was then a clear second but going well behind him was Reynolds with

Wilton moving up to his shoulder. It was on the last lap of the four Wilton made another strong move to get past Woods for second place by the home stretch. It was interesting to see Dave Hollins finish in fifth and be first M45, as he was the outright winner at Croydon in the British Vets of 1998. In this case he had to beat Dave Neill, who had counted 'M45' titles to his name and was only one place behind him at the finish.

In tenth position of the 86 counted in was Deon McNeilly, who had been 2nd and 3rd in senior 'Nationals' of the 1980's, having started his racing as a Fell runner which in recent years he has returned to, coming first in the British Masters Fell Championships of 2003.

Brian Rushworth said afterwards "I was determined that anything other than a good result for me would have been bitterly disappointing " That was certainly something Rushworth need not have worried about judging by his fairly comfortable victory"

### M50.



**MIKE HAGER'S** first consideration is always to try and make the Tipton team, even though he is fast approaching the age of 55.

He added "I remember my favourite result since turning 50 and that was the two gold medals in the European Masters road races in Malta in 2001 but doing that I missed out on a 12 stage medal for Tipton the last time they won it"

As Tipton had no 40-49 team he could be part of at Bangor, he decided to do the M50 event. He led from start to finish. The race was on for the minor places and Rick Hailey and Stanley Owen of the winning Nene Valley team battled it out. Hailey moving better on the hills and Owen running soundly on the flatter ground. Owen eventually came out



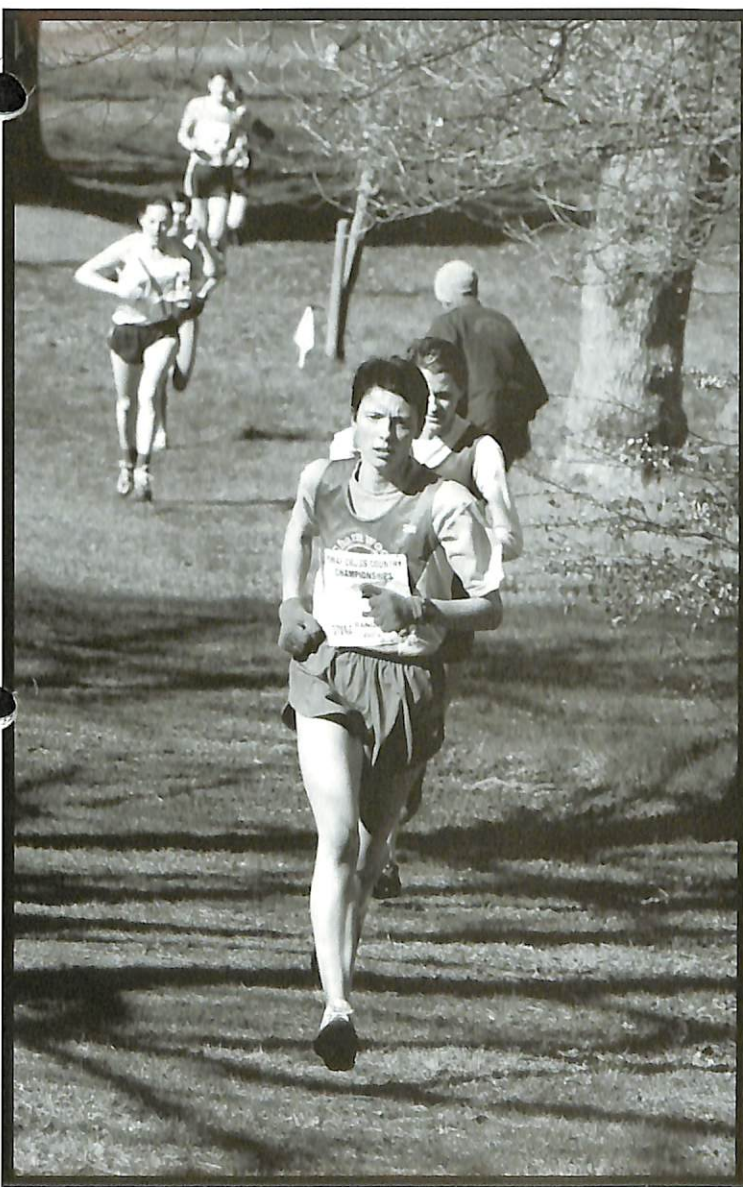
## BMAF CROSS COUNTRY CHAMPIONSHIPS

on top. In fifth place but first over 55 was the Home Veteran M55 winner Brian Lloyd, who also won the corresponding race in his age group last year.

Lloyd took up athletics back in 1982 to keep fit after playing regular amateur football in Shropshire.

In 25th position out of the 77 runners was first M60 Martin Ford. Walter Ryder was the winner of the M65 in 47th place but only two positions behind that came the second M65 Major General Keith Spacie who was not expecting such a good result on his current form.

The M70 race was a close affair for most of the two laps. Walter McCaskey, the previous weekend had won the Scottish Masters title at Bellahouston Park, Glasgow. Ian Barnes headed him for half the two-lap race at Castle Park before he took over. It was the first time Barnes had got a National Masters-medal over the country, despite having many over other surfaces. McCaskey was stronger during the last mile or so. He got the 'bug' after running for Charity in the Edinburgh Marathon of 1982. He had just three months training for that. He wanted to raise money for a swimming pool to be built for disabled children. He entered the stadium after four hours and never looked back running-wise.



### KATE RAMSEY WON THE WOMEN'S RACE

In the women's two-lap race it was only in the latter stages could one be sure of who was going to fill the first three positions at the finish. After the first of the two laps Noleen Porter of Finn Valley led with

Kate Ramsey second, Bridie Trearty was third followed by Andrea Dennison.

It was in the second lap that Ramsey started to make a her move and Hazel Dean, who was second in the World Masters Orienteering event, was moving through fast for a final second spot, as first W40.

That followed up her second in the Scottish' the previous weekend again as first W40. Maureen Laney was impressive with her first over 50 place being ninth overall and Sue Cariss as a W55 also ran well to be 19th overall just ahead of 2nd over 50' Zina Marchant who had run 2:16 the previous weekend for 20 miles in a Gloucester race, giving away 'chunks of age' to her rivals as, the nearest person to her in the first five was in their 30's.

Pamela Benson (W60) and Mary Holmes (W65) were both category winners at Castle Park.

Reading Road Runners had 3 in 26 to win the team event.

Kate Ramsey the overall winner looked back to her best races which included being in the Ekiden Relay of 1998 (Virtually a World Road Relay Championship) and a 9.16 3000m but it has not been easy for Ramsey recently. She first took up athletics at twelve years old. She has two daughters. One 9 and the other 18 months old but has had miscarriages and 2 1/2 years out of the sport but this year, she has been determined to aim for these Championships all season, thanks especially to her parents who have supported her athletics right through. "I would like to have another senior vest but I really love doing the veterans stuff. It is just so nice and everyone is so friendly. It is very competitive. It has really helped me come back to athletics despite my viral infections. I really wanted to do this event and I had been aiming for it all season."

As an ending for this report I thought I would introduce the oldest runner in the races and his philosophy that many would agree with. JOHN McKEAG who was born ten miles outside Belfast on 22.7.22.

He was the first over M80 runner by about six minutes at Castle Park. He started running in 1940 (*The year the Author of this article was bom*). He trains in Stormont Park in the Parliament grounds on grass and on the pathways: "Masters' athletics" is the most satisfying running I have done, more than in my younger days, because you are more relaxed in the masters scene. In your younger years you are more competitive and maybe you do not enjoy your races so much. I think the comradeship is more of an advantage when you get old."

He admits, "You can only do a certain number of miles in training when you get to an older age otherwise, you would be doing your body more harm than good. Your body tells you!"

To finish with he says "I did not run at my very best today because I am going in for a hernia operation on Thursday." A Never Say Die" spirit has John McKeag.

### DUFF SHORTS – THE UNION JACK KIND!

By Martin Duff of Athletics Weekly

#### M35 race Cancelled

Despite the efforts of the organisers of Masters events, there is just no take up for the age group and maybe the B.M.A.F should review its policy of devoting resources where they are not needed, writes Martin Duff.

In Bangor the Northern Ireland Veterans committee had invited entries and arranged a separate race for M35 runners but, with just five entries, all from the Province and none from the mainland, decided to cut their losses and cancel the event.

Trevor Alderdice the Race Director for the Masters Cross-Country said: "we only had a few entries, so it was not worth running the event by itself and, as it was not a championship, we felt that it might affect the M40 race if we included it in their event. Alan McCulloch could have won the combined race and it might have affected the outcome of the M40 event and we did not think that right."



# BMAF CROSS COUNTRY CHAMPIONSHIPS

## Brian Rushworth

The Sunderland Harrier retained his title after finding himself at the front of the field towards the end of the first (of four) laps and then decided to push on with a victory bid. "I just went off with the early pace, but it was faster than I expected. When we came to the climb I found myself in front and decided to push it on and split the field," added the 42-year-old. He said that he pressed on for the whole of the second lap and, at the end, had an advantage of more than 60 yards. "I could look across to see what was happening behind," said Rushworth.

He had missed out on winning the championship in his first year as a veteran: "I turned 39 and I was injured with Plantar Faciitis," he said. The loss of training meant that at Beach Park Irvine, in 2003, he was unable to withstand a very strong challenge by Tommy Murray. "It also took me a year to come to terms with being a vet, but I came here determined that anything other than a good result would be a disappointment."

Rushworth had been the victim of three cancelled races in the North East this year and, although the weather played a part, he was unsure why they had all been postponed: "My last race was the Signals relay four weeks ago," he said.

## Maureen Laney

16 Years ago, Maureen Hirst, as she then was, competed in and won many marathons, but called it a day in 1989 to start a family. After time in Bath, Laney moved back to re-join Clayton-le-Moors Harriers but, after winning some fell championships, was sidelined for nearly two years with injury. Now, in her first British Masters championships, she dominated the over-50 age group and also headed long time local rival Sue Becconsall, the W45 winner.

Laney was always in a good position in the 5km women's race and eventually finished ninth overall.

After her age group victory Laney explained more about her earlier career: "I did 17 marathons, with a best of 2:39 in Paris, but I don't do marathons any more. I won Paris, Miami, Dublin and Guernsey Marathons, as well as the Swiss Alpine Marathon and ran in the Great Britain team," said the 51-year-old.

"In 2002 I started fell running again and, in the first year, won the British Vets, but I consider myself an open runner. For the last two seasons I have been injured and this is only my third race this year."

## Brian Lloyd

Brian Lloyd lives in Spain, yet is able to make the winter hop over to a cold UK to continue to dominate the M55 age group. He did it last year and again at Croydon for the British and Irish Masters International and now the 56-year-old has done it again.

In fifth place overall, after just losing out on fourth he said: "I was suffering at the end." He was still feeling the effects of a half-marathon in Torrevieja where he ran 79:38 two weeks ago, but said: "I was disappointed with the time."

After a stay with friends in Telford after the Bangor race, it was back to warmer weather in Spain. Lloyd was complimentary about the race: "It was a good course and was drier than I thought." He went on to win by 31 seconds from Terry Eakin and Jimmy Bell.

## RESULTS:

**WOMEN RACE & MEN 70+:** 1, 19:18 F35 KATE RAMSEY CHARN; 2, 19:28 F40 HAZEL DEAN SVHC; 3, 19:30 F40 ANDREA DENNIS BRAD; 4, 19:33 F35 LIZ HARTNEY READING RR; 5, 19:37 F40 NOLEEN PORTER FINN VALL; 6, 19:48 F40 BRIDIE TREARTY CRANFORD AC; 7, 19:50 F35 ANGELA ALLEN HORW; 8, 19:54 F40 LESLEY WHILEY READING RR; 9, 20:05 F50 MAUREEN LANEY CLAYTON LA MOORS; 10, 20:14 F45 SUE BECCONSALL BING; 11, 20:27 F40 CHERELYN EVANS TEL; 12, 24:54 20:30 F40 SUE WINT COV; 13, 20:34 ALISON WHITELAW WREX; 14, 20:53 F35 SHELASH BODKIN DERRY; 15, 20:57 F40 ANNE SANDFORD NEWC; 16, 21:00 F45 ELIZABETH BATTY INVICTA KENT; 17, 21:03 F40 HANNAH SHIELDS DERRY AC; 18, 21:04 F40 ANNE KELLY CLAYTON LA MOORS; 19, 21:04 F55 SUE CARISS BING; 20, 21:07 F50 ZINA MARCHANT BATH; 21, 21:11 F45 LINDI MARSON NVH; 22, 21:29 F35 GERALDINE FINNEGAN NIVAA; 23, 21:31 F40 MATRINA ELLIOTT DERRY; 24, 21:32 F50 JANE WATERHOUSE CENTRAL AC; 25, 21:48 F40 LYNNE MARR TYNEDALE AC; 26, 21:54 F40 CAROL BOWKER READING RR; 27, 21:57 F45 ROS ADAMS WREX; 28, 22:08 F40 CLARE GALBRAITH NEWCASTLE AC; 29, 22:09 F40 ALWYNNE SHANNON NEWC; 30, 22:43 M70 WALTER CASKEY COE; 31, 22:54 M70 IAN BARNES DARI; 32, 22:59 F40 KIRSTY JOHNSTON BARNETT; 33, 23:00 F45

FIONUALA MCCOURT LAGAN VALL; 34, 23:24 F45 RUTH MAGILL LAGAN; 35, 23:41 F45 LIZ CLARKE LES CROUPIERS; 36, 23:43 M70 DEREK HOWARTH READING AC; 37, 23:49 F40 CLARE PARRY SAFFRON STRIDERS; 38, 23:53 M70 JAMES IRVINE GUFFNOCK NORTH; 39, 24:01 F45 SHEILA KANDAR SOUTHEND; 40, 24:06 F50 MARGARET DOCKING WREX; 41, 24:46 M70 ERIC APPLEBY HEATON; 42, 25:24 F45 CAROL MORGAN ROMSEY; 43, 25:39 F60 PAMELA BENSON; 44, 25:59 F45 JULIA GRISTWOOD ESM; 45, 26:53 F50 JANE HAILEY TEL; 46, 27:15 M75 JIM METCALFE NIVAA; 47, 27:16 F50 MAUREEN OLIVE DUB RUNNERS; 48, 27:27 F65 MARY HOLMES CAMB & COL; 49, 27:30 F55 JUDY POTL BUNGA B; 50, 27:51 F50 ELAINE MCMAHON; 51, 28:01 F50 RUTH KAY INVICTA E/Kent; 52, 28:41 F50 CHRISIE BROOKS SWVAC; 53, 28:44 M70 BRIAN SHAVE HHH; 54, 28:52 M70 BERTIE GRIMASON EAST ANTRIM; 55, 28:54 F50 CAROL HALL WOLDS VETS; 56, 29:59 F45 JENNY WILSON; 57, 30:03 M70 SEAN DOONER SWVAC; 58, 31:07 M80 JOHN MCKEAG BALLYDRAIN; 59, 32:41 M70 HARRY CRAVEN HEATON; 60, 37:27 M80 JAMES JOHNSTON NEVAA; 61, 46:21 M80 ALEX DUNCAN STORNOWAY;

## MEN 50-59:

1, 35:12 M50 MICHAEL HAGAR TIPT; 2, 36:01 M50 STANLEY OWEN NVH; 3, 36:16 M50 RICK HAILEY TEL; 4, 36:45 M50 ROY BAILEY BING; 5, 36:59 M55 BRIAN LLOYD TEL; 6, 37:11 M50 STEPHEN GROOMBRIDGE TAVISTOCK AC; 7, 37:13 M50 RICHARD GRANT OXF CITY; 8, 37:30 M55 TERRY EAKIN LAGAN; 9, 37:36 M50 MICHAEL BARNSDALE NVH; 10, 37:49 M50 DAVE COX WD GN; 11, 37:51 M55 JIMMY BELL; 12, 38:07 M50 ARCHIE JENKINS RH CAMBUSLANG; 13, 38:20 M50 GRAHAM WILLIAMS; 14, 38:25 M50 GEORGE BELL NORTH DOWN; 15, 38:27 M50 DESSIE MARTIN N/BELFAST; 16, 38:30 M50 RAY CURRAN BALLYMENA; 17, 38:44 M50 JIM NEWBERRY N/BELFAST; 18, 38:51 M55 DESMOND MICHAEL BARNETT; 19, 38:55 M50 DAVID WHEELER OXF CITY; 20, 38:58 M55 MARK MCNALLY ELISWICK; 21, 39:08 M55 ROY TREADWELL OXF CITY; 22, 39:34 M55 JOHN EXLEY OXF CITY; 23, 39:38 M50 TOM HUTCHINSON BATH; 24, 39:39 M55 TONY CULSHAW INVICTA E/ KENT; 25, 39:44 M60 MARTIN FORD CHELT; 26, 39:48 M60 CHRIS ELSON BRISTOL & W; 27, 39:49 M50 JOHN WILKINS INVICTA E/KENT; 28, 39:51 M50 TERRY O'NEILL BELG; 29, 39:58 M50 HUGH GALLAGHER GUFFNOCK NORTH AC; 30, 40:02 M55 DESI MCHENRY WILLOWFIELD; 31, 40:06 M60 LES HAYNES BING; 32, 40:15 M50 JIM BREEN SPRINGWELL RC; 33, 40:20 M50 GERRY BELL BING; 34, 40:22 M50 PATTERSON NEWC; 35, 40:26 M50 DAVE CLARKE N/BELFAST; 36, 40:28 M55 MALCOLM DAWES TEL; 37, 40:34 M55 ERIC RANILAR BOLT; 38, 40:35 M60 BOBBY YOUNG CLYDES; 39, 40:44 M55 HARRY MATTHEWS ELISWICK; 40, 41:35 M55 MICHAEL CUNNINGHAM MANCHESTER; 41, 41:54 M50 BOB HEPBURN 42; 42:04 M50 DOMINIC DRUMM SPRINGWELL RC; 43, 42:06 M60 BRIAN CAMPBELL CLYDES; 44, 42:08 M50 BRIAN STEWART N/BELFAST; 45, 42:10 M60 PETE CARTWRIGHT CLYDES; 46, 42:20 M50 STEPHEN BELL ELISWICK; 47, 42:24 M65 WALTER RYDER MORPETH; 48, 42:29 M55 ROBIN MUSGRAVE TAVISTOCK; 49, 42:38 M65 KEITH SPACIE THAMES H&H; 50, 42:41 M60 ROBERT DOVER BING; 51, 42:42 M50 MICK MOORHOUSE MATLOCK; 52, 42:43 M60 TONY GRAY EYE; 53, 43:03 M50 PAUL SPICK NVH; 54, 43:19 M50 ALAN HERDMAN TAVISTOCK AC; 55, 43:21 M65 JAMES REID SPRINGWELL RC; 56, 43:31 M65 FRED GIBBS BING; 57, 43:43 M55 PETE SARGENT NEWQUAY; 58, 43:46 M50 BRIAN MCBRIDE CRANFORD AC; 59, 44:29 M65 IAN LEGGETT LIVINGSTONE AAC; 60, 44:40 M55 FRANCIS BOAL BALLYDRAIN HARRIERS; 61, 44:41 M55 ROY BRIDGEN BATH AC; 62, 44:47 M50 DAVE FARNWORTH CLAYTON LA MOORS; 63, 44:56 M60 MICHAEL JOHNSON THAMES H&H; 64, 45:04 M60 KENNETH BUCKLE CHEL; 65, 45:14 M60 ROY CORRY WILLOWFIELD; 66, 45:30 M50 PATRICK MCMULLAN NORTH DOWN; 67, 46:50 M50 PAUL ROSS-DAVIES INVICTA E/ KENT; 68, 47:01 M60 FRED MURDOCH NORTH DOWN; 69, 47:13 M60 KEN ALNWICK GATESHEAD; 70, 48:34 M60 GEORGE LAWSON MANCHESTER; 71, 49:07 M60 MARTIN DUFF AFD 72; 49:24 M55 RICKY COWAN WILLOWFIELD; 73, 50:20 M65 HUGH YOUNG NORTH DOWN; 74, 52:06 M55 IAN TAYLOR BARF; 75, 54:12 M55 TERRY MITCHELL; 76, 55:48 M65 MICHAEL SPOTSWOOD DUNCAIRN; 77, 01:05:34 M55 GEORGE ROUTLEDGE HEATON;

## MEN 40-49:

1, 33:17 M40 BRIAN RUSHWORTH SUND; 2, 33:29 M40 ANDY WILTON STAFFS MOOR; 3, 33:42 M40 ALEX WOODS BRISTOL & W; 4, 33:47 M40 BEN REYNOLDS THAMES H&H; 5, 33:51 M45 DAVID HOLLINS STAFFS MOOR; 6, 34:01 M45 DAVID NEILL STAFFS MOOR; 7, 34:05 M45 MARK ASPINALL C-L MOORS; 8, 34:19 M45 MICK O'DOHERTY BRISTOL & W; 9, 34:21 M40 KEITH NEWTON HHH; 10, 34:42 M40 DEON MCNEILLY NEWC; 11, 34:47 M40 ALEX HOPE SEVERN; 12, 34:51 M40 TED PARTRIDGE WREX; 13, 34:56 M40 DANIEL MOORE BRISTOL & W; 14, 35:01 M45 PAUL MERRISON WALLS; 15, 35:12 M40 RICHARD RODGERS NEWC; 16, 35:15 M40 DAVID BRADY NORTH BELFAST HARRIERS; 17, 35:17 M40 CLIVE BROMHALL BRISTOL & W; 18, 35:19 M40 PHILIP HALL C-L MOORS; 19, 35:24 M45 BERNIE JONES WREX; 20, 35:33 M45 MIKE WEEDALL WREX; 21, 35:41 M40 DAMIE MCGINTY FOYLE VALLEY; 22, 35:56 M45 CHRISTOPHER SYKES; 23, 36:00 M40 MARK WRIGHT TIP; 24, 36:05 M45 JOHN PATIENCE N/BELFAST; 25, 36:07 M45 RICHARD DRAGE TAVISTOCK; 26, 36:11 M45 MALCOLM EUSTACE TIP; 27, 36:12 M40 GERRY WILKINSON C-L MOORS; 28, 36:19 M45 ALEX ROWE WESHAM; 29, 36:24 M45 RICHARD HOLLAND WD GN; 30, 36:26 M45 NEEDS TEL; 31, 36:30 M40 DERMOT MCGONIGLE NEWC; 32, 36:39 M40 PAUL RODGERS NEWC; 33, 36:44 M40 GEORGE MORRIS WILLOWFIELD; 34, 36:51 M45 BILL GRISTWOOD ESM; 35, 36:57 M40 TONY ST LEGER BELG; 36, 36:59 M40 PETER MARTIN STAFFS MOOR; 37, 37:03 M45 RICHARD GREY B-ROW; 38, 37:05 M45 PETER THOMPSON NVH; 39, 37:10 M45 GREG WILSON TEL; 40, 37:12 M40 MIKE ROBINS WREX; 41, 37:14 M40 GERRY MCMONAGLE CRANFORD; 42, 37:17 M40 TOM MUNT READING; 43, 37:40 M40 STEVEN COXON SUND; 44, 37:44 M40 WARWICK FORTESCUE BITTON; 45, 37:52 M40 SIMON JOHNSON READING; 46, 37:55 M40 PAUL CRUTCHLEY STAFFS MOOR; 47, 37:57 M40 DAVID ALLEN ALBERTVILLE; 48, 37:59 M40 PHILIP CARSTAIRS BELG; 49, 38:01 M40 PETER PLANT TEL; 50, 38:02 M45 JOHN ROCHE C-L MOORS AC; 51, 38:03 M40 DAVID ELLIS SUND; 52, 38:05 M40 BILLY ORR FOYLE V; 53, 38:07 M45 MALCOLM PETERSON SHETTLESTON; 54, 38:08 M45 DICKIE WYTHE WELLS; 55, 38:10 M45 STEVE BOND READING; 56, 38:21 M40 PJ BOYCE CRANFORD; 57, 38:24 M45 JEREMY HOGAN BRISTOL; 58, 38:28 M45 PAUL MURPHY N/BELFAST; 59, 38:29 M45 MIKE PROVEN READ; 60, 38:32 M45 COLIN SHUTTLEWORTH C-L MOORS; 61, 38:36 M40 DAVID OWEN STAFFS MOOR; 62, 38:39 M45 FRANKIE DAVIDSON N/BELFAST; 63, 38:44 M45 PAUL GITTINGS READ; 64, 38:58 M45 WILLIAM TAYLOR NVH; 65, 39:05 M40 EDDIE BURNS; 66, 39:09 M40 DES MCIVOR WIRRAL; 67, 39:10 M40 TONY SYMONS TAVISTOCK; 68, 39:14 M40 MARK BAYLISS WIRRAL; 69, 39:36 M40 GEORGE HARDEN SUND; 70, 39:53 M45 CHRIS HENRY WIRRAL; 71, 39:59 M40 JOHN WILLIAMS TEL; 72, 40:17 M40 MERVAN CHAMBERS WILLOWFIELD T HARRIERS; 73, 40:23 M40 STEPHEN FRY BING; 74, 40:29 M45 SAMMY MCANANEY FOYLE V; 75, 41:03 M45 PHILIP GREER STAFFS MOOR; 76, 41:14 M45 FRANCIS MCCAFFREY N/BELFAST HARRIERS; 77, 41:29 M45 KEVIN MCGEOGHAN CRANFORD; 78, 41:43 M45 ERIC MONTGOMERY LAGAN V; 79, 41:50 M45 LIAM MARLEY CRANFORD; 80, 42:04 M40 PAT DOOLE N/BELFAST; 81, 42:08 M45 GERRY O'DOHERTY PRINGWELL; 82, 44:00 M40 DANNY MAGILL N/BELFAST; 83, 44:44 M45 GERALD MEAK CAMB & COL; 84, 45:16 M40 PHILIP BOYD LAGAN V; 85, 45:26 M40 PETER SIMPSON VEG & CYCLING; 86, 46:23 M40 ALAN ROBERTS VALE OF EVESBURY;



**I hereby give Notice that the Annual General Meeting of the British Masters Athletic Federation will be held on Saturday 16 July 2005 at Birmingham Alexander Stadium, at the end of the day's events.**

**Any proposals or nominations for Office must reach the Honorary Secretary.**

**156 Mitcham Road, Croydon, Surrey, CR0 3JE, by 16 June.**

## **Secretary's Report.**

### **Annual General Meeting**

**O**ur AGM will be held on Saturday 16 July after the first day of the Track & Field Championships. We are proposing a constitutional change that will abolish the Women's Representative's post as it is now seen as obsolete. No complaints on inequality have been raised for some considerable time, the B.M.A.F Delegates have always been vociferous on equality at International Meetings. However, since it was mooted I have heard from a few dissenting females who will be voting against, and who are prepared to seek election should the Council's proposal not get the required two-thirds majority.

**All members are** entitled to attend our A.G.M. and you have a vote. A member may also seek nomination for any of the nine Council positions. Most of the incumbents are seeking re-election, but our longest serving Officer, President Keith Whitaker, is stepping down after sitting on Council right from our formation in 1975, first as Treasurer, then Chairman and latterly as President. His contribution to the sport and to the Council's policy is immeasurable. We will miss him terribly, but I know you will all want to wish him well for the future.

**World Masters Athletics** biennial General Assembly will be held on 30 August in San Sebastian. We are putting forward eleven proposals, covering the nomination of our Chairman for the post of **Executive Vice President**; two constitutional changes, a review of the number of Regional / WMA championships, a proposal to reduce the weight of the **M80 hammer/shot to 3k**, and six on technical rules and use of personal equipment. Separately, the I.A.A.F. will decide at their Congress in Helsinki if they

## **B.M.A.F. OFFICIALS REPORTS**

wish to change their Rule 141 to lower the men's age to 35.

### **Bridget Cushen**

#### **V.A.A. of England Report from the Chair 2005.**

**a**nother exciting year draws to a close. As Veterans athletics goes from strength to strength it puts a great onus on those of us organising competition to provide for the additional category of M35.

**There are also the requirements** of health and safety, risk assessment, increasing costs and, of course, the reorganisation of English Athletics lurking in the background - we need to keep our fingers on the pulse. If you went to one of the consultation meetings please let me know your thoughts.

This year it was the turn of England to host the Home International Cross Country. In common with all the organising countries, many happy hours were spent trying to obtain sponsorship - we must thank Bridget Cushen for our success on this front. She and the Committee under the guidance of Phil Lee worked hard to provide a safe but demanding course. Unfortunately the weather and certain local difficulties defeated our best endeavour.

**However, it was once more my great delight** to be involved with the presentation of all the trophies to our outgoing Team Managers, Mick & Elaine Statham. They merit our thanks and gratitude for their efforts over the years that have seen great success. They will be a very hard act to follow but we think we have found worthy successors in Kim Davison and Harry Matthews and welcome them on board.

**Thanks also** to the athletes who have been so loyal and enthusiastic in their support. I am always heartened that so many of you are willing to travel far and wide at your own expense, mind you, we always have a jolly good time and enjoy the annual get together. Perhaps that is why there is great competition in some age groups to get into the team, so keep those results and put in your application early.

**Once more the Inter Area Club Track & Field Challenge** provided exciting competition. The inclusion of Scotland for the first time enhanced the entries but we still need more support from the English Area Clubs - if only to frustrate the run away Eastern and Midlands who again shared the honours. The event will be held at Solihull on the August 6<sup>th</sup>. Information will be sent shortly to Team Managers.

**The 10k Road Challenge** was incorporated into the BM 10k at Portsmouth with great support from our southern clubs. Thanks to the organisers for their support and assistance - the fixture will be held in conjunction with the BM event this year. **Eric Horwill has arranged our walking challenge** with Republic of Ireland for 2005.

The home leg is 16<sup>th</sup> April in Leamington, Dublin will host on 26<sup>th</sup> June.

**Les Brown, our Treasurer**, is presenting his last accounts this year.

Les has been a member of the Committee since its inception in 1994 and has been a great support, none less than during this year's International. We wish him a long and happy 'retirement'.

**The Committee** has had a busy year and my thanks go to them all for their wise council and support. This year we are missing Road and Track & Field Secretaries and also a Treasurer - if you can spare some time to help, please contact Bridget or myself.

**Best wishes for a successful and injury free year.** I hope to meet you at our events.

### **Irene Nicholls**

#### **TRACK AND FIELD SECRETARY'S REPORT**

**A**fter a frustrating Indoor season which finished with the farcical European Veterans Indoor Championships in Sweden, where the words could not and brewery spring to mind, let us hope the Outdoor Track [and Road] Season brings with it some enlightenment.

A few chinks of light, do however pierce the curtain of despair that appears to surround Masters Athletics. Apart from the band of hard working officials that regular run our championships, other custodians of the family of athletics also enthuse over the positive role that Masters Athletics does and should play in the re-discovery of OUR sport, a sport we never left. We must all work individually and together with these enlightened officials to overcome the sloth of mounting bureaucracy that is being constructed before us. We need to be at the heart of these new bodies, we cannot afford to wait, to again be a secondary appendage on a dysfunctional edifice. Back in the real world, where we have always been life goes on.

Our major championship, the National Track and Field, returns to Alexander Stadium, Birmingham on 16th/17th July, where with the experience of last year, the field timetable will be adjusted to avoid last year's problems of sequencing of events. We will also schedule in A and B finals in shorter track races in some age groups, to reduce numbers of races that athletes have to undertake. This hopefully will then enable us to present Alexander Stadium as a setting worthy of our Masters Class.

The Outdoor Pentathlon and 10K Track Walk has been moved from Solihull and will now be combined with the Weight Pentathlon at Milton Keynes on the 19th June. Entry Forms available from the website.



The revived annual Interland Match against France and Belgium will be held on **HOME** soil this year – **The Julie Rose Stadium in Ashford, Kent on 25th June**. The selection criteria is outlined elsewhere in this edition, but even if not selected or if you are in an older age group, please come along and support the British Masters Athletics Teams – **YOUR TEAM**.

We are looking at new venues for the Decathlon Heptathlon and the Weight Decathlon. These will be advised in the next issue and at the various Masters fixtures and championships throughout the summer as well as on the web-site and being e-mailed to all 500+ athletes in my Masters Athletes address book – **ARE YOU ONE**.

On the International scene, we have the World Championships in San Sebastian in August.

If you have never done an international championship, this is a **MUST**; this is what Masters Athletics is all about. A world family coming together, to take part at all levels of competitiveness and to enthuse at people's achievement however minor they appear to be. It is the **TAKING PART** that matters. With all major events, getting there will not be easy and you will have to compromise on accommodation, but what's wrong with camping etc. At the end of the day, this is your **OLYMPICS**, except here you compete, you are part of the pageant not an onlooker – you will never know how good that feels until you have done it.

**Make this summer, YOUR summer.**

**Maurice**

## **INTERLAND SELECTION CRITERIA**

The Interland is a quadruple International Match involving France, Belgium and ourselves, where the host country fields two teams [the Dutch pulled out two years ago], which this year is due to take place at the Julie Rose stadium in Ashford, Kent on Saturday 25th June 2005. The match is an A and B string affair for virtually all track and field disciplines for M40's and W35's. Older athletes can apply; if you are good enough you will get the nod.

However, due to financial constraints, there are no funds available to assist participating athletes. Each selected athlete will have to bear their own costs, in travelling to and from Ashford, but as the first event is not until approximately Noon, most people should be able to get there and back in a day, albeit rather a long one. The dress code however is mandatory, all athletes are required to compete in the latest British Masters kit supplied by Bourne Sports including the mid blue shorts – if you do not have such kit, or cannot borrow it, then you cannot be

## **B.M.A.F. OFFICIALS REPORTS**

considered. You may well be un-funded, but you are representing your country and must therefore dress accordingly.

Selection will be based on current form, with the cut off date being Friday 10th June. This should allow you to have done the County Championships and Senior League fixtures as well as some Masters Area Club Leagues and Championships. If you wish to be selected for this fixture, please **WRITE** your full details down, name, address, telephone number followed by event(s) and time/height/distance and what competition and where achieved, and **POST** to me with an **S.A.E.** for reply. Sorry, but I cannot answer e-mail enquires for this; I must have a hard copy.

A meeting in Paris (whilst I sat in a plane at Heathrow for two hours, as Charles De Gaulle Airport was closed due to snow) accepted my proposed changes to the timetable, subject to some minor adjustments. The changes will allow athletes who are good enough, to double up in events that are naturally associated, thus making the trip more worthwhile.

The Women's Pole Vault is now included in the Match, but the meeting would only accept the Women's Steeplechase and both genders Weight Throw as non-match events. This I find unfair, in as much that people could travel vast distances to compete and yet not be part of the team result. I have therefore withdrawn these events from the timetable.

So if still interested, and there are four places in each discipline up for grabs, possibly eight in the 100 and 400, when relay places are included, then get competing and get some good times... posted. [Twice]

I do have contact numbers/addresses of local Bed and Breakfast establishments for those who would consider the journey to tiring too do both ways in one day, as well as compete.

The proposed timetable will be on BMAF website by the time you read this!

**Maurice Doogan**

## **WINSTON THOMAS FROM THE CHAIR**

Following on from my last report I hope that 2005, has started well for you all and having seen many of you in Cardiff Indoors it seems that for some at least it has started well. I hope that it continues and for others with injuries and other problems, I wish you all better fortunes.

I have just received notice of the death of Mike Fox, I send my condolences to his family and have to say on a personal note that I will miss Mike as with many other of our athletic "family" that have passed away, it

was always good to share a joke and a talk with Mike and I am sure that many who knew him will also miss him.

Having just had the European Indoor Championships in Eskilstuna, I am glad to say that BMAF members had a very successful championships, and well done to all those that took part whether you won or lost, achieved that PB or was just able to get into competition again after injuries. Following this we have the E.V.A.A. Non Stadium events in Portugal, good luck to all those that will be competing.

Then we have the W.M.A. Championships in San Sebastian where there seem to be many problems with accommodation and competition facilities, I have several e-mails regarding the accommodation situation and I would ask those that have problems with their personal bookings or payments. If they are not able to resolve the problems with the L.O.C. to send their complaints to the WMA Torsten Carlus [torsten.carlius@helsingborgshem.se](mailto:torsten.carlius@helsingborgshem.se) and Executive Vice President President. Thomas Jordan

[tjordan@nwevent.com](mailto:tjordan@nwevent.com); as well as the copy to me, the big problem is the cost of accommodation and the transfers that are costing up to £20.00 a time, (note with WGT you do not have these problems) same as with the transport from Bilbao to San Sebastian.

Following on from my December report there have been several "road shows" on the future of the sport in various areas and I am aware that several members of B.M.A.F. and Clubs have attended these meetings. From the feedback that I have heard there seems to be no genuine move forward, as to the structures of the new Regions. However there has been lots of talk, and questions but no real answers. I hope that for the next news letter I will have some concrete points regarding the B.M.A.F., and the Clubs on the situation and I will look to have a report from persons that have been to some of the Roads Shows, as to how it can affect the clubs. In the mean time it would be advisable for club members to try and attend some of these events when possible.

### **BMAF Raffle**

Thank to all those that entered the raffle, we made approximately £ 2,700.00 for BMAF. I would ask that in any future raffles the persons that do not want to take part please just discard the tickets, as it is not necessary to send them back, thank you to those that sent donations rather than entering the draw, and please remember it is not a duty to enter but it is appreciated when you do, this help with the B.M.A.F. finances and the masters magazine, and there are always some good prizes.

### **Winners:**

R SWAN 31054; DAVID WEATHERBURN 2059; JEANETTE KEENAN 23299; ARMSTRONG 36521; PETER WAINWRIGHT 48833; M GILMORE 45821; S LITTLE 61110; P OAKES 47520; MR C GODDARD 54921; NIGEL GATES 49680; KEITH PAILING 6781; PATSY FORBES 2490; BILL ELLISON 39892; ERIC HORWILL; ARTHUR KIMBER 16935; CHADWICK 8733; MISS SUSAN RIDLEY 32690; M E ROUND 61600; MR-MRS W B JENKINS 12006; J EDGAR 18454.





**Come along to the CSSC Games and compete for your chance to be crowned CSSC champion.**

The Civil Service Athletics Association (CSAA) annual veteran's track and field championships are being held at the CSSC Games in Loughborough on the 23<sup>rd</sup> September 2005. The Games is going to be a great event, bringing together 14 events and giving members an excellent opportunity to meet new people. Loughborough has superb facilities, boasting an international standard track.

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

**CSSC Vets Track and Field Championships 2005**  
**Friday 23 September 2005**  
**The CSSC Games, Loughborough University.**

**For more information and/or an entry form please contact Ian Burnham,  
CSSC Event Team Co-ordinator on 01494 888417 or email  
[ian.burnham@cssc.co.uk](mailto:ian.burnham@cssc.co.uk)**

**Closing date for entries Friday 31st July 2005**



## OUR MEMBERS



❖ **Full Name:** **Averil McClelland**

- ❖ **Age:** 46 but 47 on 22 nd April
- ❖ **Born (town):** Belfast
- ❖ **UKA Club:** Lancaster and Morecambe AC
- ❖ **Masters Club:** Northern Vets AC
- ❖ **Residence (Town):** Lancaster
- ❖ **Employment:** General Practitioner. Work three days week in seven partner practice in Lancaster.
- ❖ **My Event:** 100m, 200m, long jump and I suppose 400m but up to now have only dabbled in the 400m and not trained properly for it.
- ❖ **Lifetime PB:** 11.7 (100), 23.8 (200), 5m 75(LJ).
- ❖ **Masters PB:** 12.56 (Northern Ireland champs, 2002 25.71 (European Champs 2002), 5m 29 Lancashire champs 2004) 61.79 (World Champs 2003)
- ❖ **Masters Titles:** World (400m Indoor 2004), 4x100m Puerto Rico 2003). British (100 and 200) in 2002,2003,2004); European Indoor 2005.
- ❖ **Pre-Masters Titles:** English Schools 100 -1973, 200m-1974. WAAA titles as Junior and Intermediate Northern Ireland WAAA 100m and 200m 1974. British Universities 100m and 200m 1977
- ❖ **Records:** British (Indoor 200m W45 26.36, Long Jump W45; 5.29
- ❖ **Aspirations in 2005:** To be fit healthy and injury free. Looking forward to the World Championships and getting there fit and injury free! Get fit to run a good 400 metres without dying!  
I love relays and this year we have a very strong group in the W45.I believe we can be World champions in the 4 x 100m and 4 X 400 and smash the world record in the 4 X 400m.
- ❖ **My Coach:** Peter Warden (ex GB international in 400m hurdles and GB senior coach)
- ❖ **Training partners:** A small group of sprinters and sprint hurdlers training at Preston Arena. Also my teenage sons, Sandy and Tom when I can persuade them to do a session with me.
- ❖ **Most enjoyable meeting:** European Indoors San Sebastian 2003. Great meeting (we beat the German team in the 4 X 200m with a photo finish!!) and fantastic town. Loved it.
- ❖ **Best Stadium in which I have competed:** Christchurch Commonwealth Games 1974. As a 15 year old I was the youngest ever to get into a WAAA senior sprint final and consequently was selected to compete for N.Ireland in the 1974 Commonwealth Games. I will never forget watching John Walker in the 1500m and the amazing atmosphere in the stadium.
- ❖ **Favourite training venue:** I love running on grass and my favourite place to train in the summer is along the grass path by the canal in Lancaster
- ❖ **How I like to relax:** With friends; my favourite way to unwind and recharge my batteries is a night out with a good

group of mates. I also love Sundays at home with the family (I have four kids) and big Sunday dinners with lots of chat and fun.

- ❖ **My Athletics' inspiration:** Must be Marlene Ottey.
- ❖ **Favourite meal:** T-bone steak and mash! (with a couple of glasses of red wine)
- ❖ **Favourite film:** Gladiator
- ❖ **Favourite recording:** Almost impossible to chose just one!! Depends on my mood. Probably " Don't Get me Wrong by the Pretenders "
- ❖ **Favourite Holiday resort:** Club La Santa. Lanzarote.



❖ **Full Name:** **Danny Malik Brown**

- ❖ **Age:** 44
- ❖ **Born in:** Gloucester
- ❖ **UKA Club:** Birchfield Harriers
- ❖ **Masters Club:** M.V.A.C.
- ❖ **Residence (Town):** Birmingham
- ❖ **Employment:** Security.
- ❖ **My Event:** 400 metres, occasionally 200 metres.
- ❖ **Masters PB:** 400 (52.40); 200 (24.3).
- ❖ **Masters Titles:** European Indoor-Semi-final 2001, Outdoor SF 2002. 3<sup>rd</sup> British Outdoor 2001, 3<sup>rd</sup> Indoor 2002.
- ❖ **Aspirations in 2005:** Getting back to full fitness following a foot operation. To try 400 metres Hurdles.
- ❖ **My Coach:** Dave Newnham.
- ❖ **Training partners:** A small group of 10 Senior and Junior Athletes.
- ❖ **Most enjoyable meeting:** The 8<sup>th</sup> Internazionale in Milan, when I set my PB. Of 52.73.
- ❖ **Best Stadium in which I have competed:** Alexander Stadium, Birmingham and Sindelfingen Germany for atmosphere.
- ❖ **Favourite training venue:** University of Birmingham on a warm summer evening.
- ❖ **How I like to relax:** Spending quality time with my daughters, listening to my big collection of music.
- ❖ **My Athletics' inspiration:** Alberto Tuantorena, Montreal Olympics dual Gold medallist at 400 & 800 metres. Mike Rawson 1958 European Champion, who knew everything you needed to know about Athletics!
- ❖ **Favourite meal:** West Indian and Italian.
- ❖ **Favourite film:** One upon a time in America or any Denzel Washington film.
- ❖ **Favourite recording:** "Your Game Baby"- Barry White.
- ❖ **Favourite Holiday resort:** Anywhere warm. I don't like the cold!

IF YOU WOULD LIKE TO FEATURE PLEASE CONTACT THE EDITOR?



## OUR MEMBERS

### Bob Minting writes.

Listed below are 21 new indoor British records that have been ratified added to the BMAF website. Where the record has been broken more than once this year, only the latest record is shown:

				Venue	Date
Steve Whyte	M40	SP	16.18	Eskilstuna	12/03/05
Allan Williams	M50	PV	4.10	Sutton	05/03/05
David Burton	M70	LJ	4.17	Cardiff	19/02/05
Norman Carter	M75	HJ	1.20	Glasgow	12/02/05
James Crehan	M75	TJ	7.51	Cardiff	20/02/05
Jaroslav Hanus	M75	SP	9.74	Eskilstuna	11/03/05
James Caddy	M80	800	3-48.54	Cardiff	20/02/05
James Caddy	M80	1500	7-21.57	Cardiff	19/02/05
Catherine Goddard	W35	LJ	5.40	Eskilstuna	12/03/05
Kim Rothman	W40	LJ	5.78	Eskilstuna	12/03/05
Averil McClland	W45	200	26.36	Cardiff	20/02/05
Manndy Laing	W45	60H	9.13	Eskilstuna	11/03/05
Manndy Laing	W45	TJ	10.58	Eskilstuna	13/03/05
Helen Godsell	W50	60	8.25	Sutton	30/01/05
Iris Holder	W60	LJ	3.94	Cardiff	19/02/05
Kathleen Stewart	W65	800	2-59.41	Cardiff	20/02/05
Kathleen Stewart	W65	1500	6-03.01	Cardiff	19/02/05
Betty Steedman	W70	LJ	3.10	Cardiff	19/02/05
Betty Steedman	W70	TJ	6.69	Cardiff	20/02/05
Rosemary Chrimes	W70	HJ	1.18	Cardiff	19/02/05
Rosemary Chrimes	W70	SP	9.79	Cardiff	19/02/05

This list does not include multi-event records, which are dealt with by Julian Kennedy. It also does not include the Weight Throw, for which there are no official British records, but I am hoping to establish an initial list later this year.

Helen Godsell's 60m of 8.25s at age 51. This should soon be ratified as a new European Record. I have also submitted Kathleen Stewart's 1500m for ratification as a World and European record.

In addition, David Wilcock's M50 800m of 2m 00.53s in Birmingham last year, for which the relevant documentation has just been received, has now been ratified as a British record and should also become a new World and European record.

This record corresponds to a WAVA % of 96.84, and an equivalent senior time of 1m 45.05s. David's M50 1500m British record has also been submitted for a World and European record.

As a reminder, in order for British records to be ratified two things have to happen – the performance has to be done under certain conditions and it has to be processed. There are many performances that are reported at meetings or in magazines as records, but which fail one of these requirements.

So, for example, all sprints up to 400m now have to be electronically timed (even though there are some old records which were not), horizontal jumps and sprints up to 200m need a maximum wind-speed reading of 2.0m/s (outdoors, of course), throws need to be with implements of the correct weight and length. All the necessary information is requested on the record application forms which can be downloaded from the BMAF website.

However, the most frustrating reason why records are not ratified is that the athlete does not send a fully completed application form. Without this the ratification process never even starts. I don't have the time to search out records (for each event in each age group, for both sexes, indoor and outdoor) or to chase people for the necessary information. I therefore rely on being sent what is needed. The only exception to this is where the performance is at a National, European or World Masters Championships.

If you were thinking of breaking a European or World record at a National Championships then it would be best to send the application form to me anyway. Otherwise we end up with British records that are superior to those which can be ratified at the European or World level.

This applies to all masters in all age groups, with similar rules applying at European and World levels. As a consequence, which I am not entirely comfortable with, many performances that would qualify as British records have not been recognised. For example, neither Mick Jones nor Lorraine Shaw hold British hammer records, because although their performances easily exceed the current British records, they do not compete at British Masters championships and no documentation has yet been received. Of course, we also have Kelly Holmes approaching age 35, and I wonder if she will ever send me a form? Constructive views on this situation may be sent to Masters Athletics, but if any change to the current rules are suggested then please bear in mind that any new rule must be able to be applied easily in respect of all age groups, and preferably can be accepted at the European and World levels.

I read in the April edition of Running Fitness (which incidentally now includes a section devoted to Masters Athletics), that Kim Rothman has 'broken' the British indoor LJ record in the W40 age group with 5.86m. I wonder whether it will ever be ratified. Although it was reportedly set in January 'on the fast surface of the indoor facility at Carshalton', no documentation has yet been received. Kim has now competed in the European Masters Championships and qualifies for the record as noted above, but only at 5.78m. Similarly, other fine performances during 2004 (e.g. Dave Taylor's middle distance runs) have not been ratified.

Finally, it should be noted that the first British Record of the year fell to Arthur Thomson who took the M65 10k road walk record at Hampton Court on 9 January with 55m 02s. He has now improved on that in Eskilstuna (outdoors, I assume) with 54m 28s.

Booklets showing track and field ranking lists for Masters in 2004 are now available from Bob Minting (men) and Sally Gandee (women) as shown below:

#### Bob Minting

**The Rowans, Convent Road, Sidmouth, Devon, EX10 8RD - price £5.00**

#### Sally Gandee

**5 Westfield Road, Hertford, SG14 3DJ – price £3.50 plus SAE (35p)**

#### 2004 lists available for £3.00 + SAE for each distance

**5km:** Martin Duff, Ramatuelle, Spronketts Lane, Warninglid, West Sussex, RH17 5SA. E-mail: martin@martinduff.freemove.co.uk

**5M:** John Perratt, Gable Cottage, 1 Stanhope Drive, Sidmouth, EX10 9JE or e-mail: perrattj@aol.com

**10km:** Bruce Davidson, Birch Lea, School Lane, Thorney Hill, Christchurch, Dorset, BH23 8DT. E-mail: bz@birchlea.fsnet.co.uk

**10M:** Pete Mulholland, 71 St Julian's Farm Road, West Norwood, London, SE27 0RJ

**Half-Mara & Marathon/20M:** Martin Duff (as above)

**The new Race Walking compiler is:** Chris Smith, 79, Buckminster Road, Leicester, LE3 9AT  
0116 2518744 email - Smithracewalk@aol.com

On February 6th at the Alsager 5mile road race **Dot Fellows** recorded a time of **34min 21secs** which puts her top of the all time list for W60 athletes.

John Perratt has confirmed the record, which breaks Mary Anstey record, set in 1996; Mary's time was 34min 46secs.



## OUR MEMBERS

The weather conditions at Alsager were excellent for running being dry and cool and very little wind, the conditions obviously suited her.

## A Spectacular Sports Festival in the heart of Horwich Town Centre.

Website: [www.horwichrmharriers.co.uk](http://www.horwichrmharriers.co.uk) and [www.horwichcc.co.uk](http://www.horwichcc.co.uk).

### ASDA HORWICH CARNIVAL RACES



The second event of the day (11-30am) is the British Masters 5K Road Running Championships, successfully staged in Horwich in 2003. The 2003 5K running events were well received in many quarters, with the national magazine "Runner's World" ranking the BMAF 5K Horwich race 84<sup>th</sup> out of over 2000 races nationwide.

The Georgia Pacific Horwich Carnival 5K running event is open to runners over 14 years of age for males and 15 years for females. The race incorporates both the prestigious **AAA of England and Warburtons North of England AA 5K Road Championships**. This open race is also the final event in the second ON THE RUN Countryside Tour of Horwich and Rivington, a tour that consists of five races in six days. Competitors from all over the North West and further a field will have been battling it out in this unique series and once more the thrilling climax will see the crowning of the overall Tour Champions plus the various age group winners. Look out for the distinctive yellow Tour Leader vests, worn by the leading man and lady in the Tour, as the runners compete to win the coveted individual Tour titles.

Horwich can be very proud indeed to be staging such prestigious events that incorporate such high profile championships. This all follows on from the extremely successful hosting of the inaugural North of England AA 5K Road Championships last year and the British Masters 5K Championships in 2003. Staging these national and regional Road Championships, together with one of the country's largest multi event tours, is further evidence of the top athletic status of the Horwich Carnival Races. Many top runners, including current and former international athletes, will be pounding the streets of Horwich all vying for glory in these high profile events.

#### Programme of events.

11.30am British Masters 5K Road Running Championships  
12.15pm Georgia Pacific Horwich Carnival 5K (Incorporating the 5K Championships of the AAA of England and Warburtons North of England AA 5K Championships)  
1.00pm Carnival Parade  
2.00pm Senior 3/4/Junior/Women's Cycle Race

## STILL 'STREAKING' AFTER 40 YEARS!

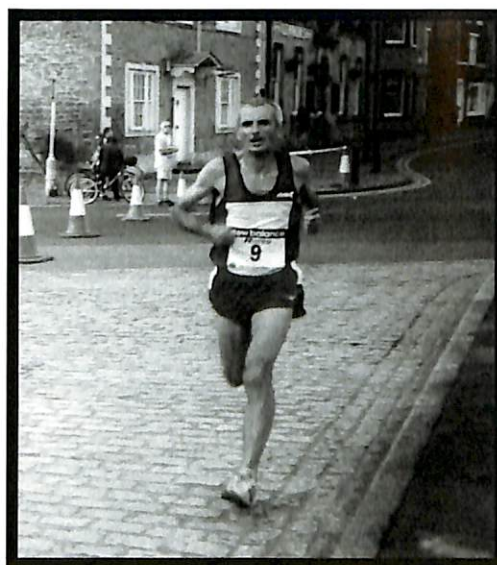
On December 20th. 2004, Dr Ron Hill, MBE, the former European and Commonwealth Marathon champion, celebrated a remarkable fete – not missing a day's running in 40 years!

The 'streak' started in 1964, included a period of 26.2 years (26.2 is the marathon distance) when Ron ran twice per day, once on Sunday that is 13 times per week, without missing a run.

There have been some scary moments along the way, that could have prevented Ron from continuing the 'streak', including a head on car crash resulting in a broken Sternum, six weeks of 1 mile per day in a plaster cast, after a bunion operation, let alone the common ailments of colds and flu.

Ron commented: "My philosophy has always been where there's a will, there's a way and I will not let anything stop me. I am sure that this has helped me to recover from illnesses and injuries more quickly".

Ron, undoubtedly one of Britain's greatest long distance runners is also currently pursuing another goal – to compete in 100 different countries, before he is 70, in 2008. The tally currently stands at 85, but will be 87 later this year after races in Monaco and Cambodia.



**ACCORDING** to the South Wales Evening Post, super over 50 Master distance man, **Martin Rees** has been forced to retire from running due to injury.

Rees underwent surgery to clear some floating debris in his right knee, however, he experienced further problems and a scan revealed that the joint was in fact badly worn.

The holder of many British Masters records has taken his consultants advice, and will in future keep fit by cycling. We wish Martin well, and I shall remember him by his astonishing overall victory in the 2003 International Cross Country in Cardiff.

**Confirmation has been received that the ROAD WALKS will be held on the 31<sup>st</sup> August, at the WMA Championships in San Sebastian.**

**PETE & CATH DUHIG** has a spare plane ticket to "Jerez" and an empty place in their hire car, for the Non Stadia Championships in May.

The cost is approximately £110-115, and if you can take up this economic travel option, please contact [Peter@winningways.org.uk](mailto:Peter@winningways.org.uk)

**JOHN KERSTING** has ceased being the Welsh Masters Hon. Secretary, and is now to concentrate on his role as A.A.W. (Facilitator) Masters. He thanks everyone for his or her help in his eight years in the role, and is pleased to remain in the promotion of Masters Athletics.





HORWICH RMI HARRIERS present  
Under UKA Rules. Permit No. 05/6495



British  
Association  
of Road  
Races  
Member 978



## The British Masters Athletic Federation 5KM Road Race Championships

on

Sunday 26 June 2005 at 11:30am

Part of the Horwich Carnival Festival of Cycling and Running  
3 lap Town Centre course

Please note – The course is not suitable for wheelchair athletes

Changing, showering and presentation at Horwich Leisure Centre, Victoria Road, Horwich

Race Headquarters – The Crown Hotel, Chorley New Road, Horwich

**CLOSING DATE FOR POSTAL ENTRIES – 10 JUNE 2005**

**ENTRY FEE £5.00 (member of BMAF area club), £7.00 (Non member)**

Postal Entries to Gareth Hughes, 8 Vauze House Close,  
Blackrod, Bolton, BL6 5BZ. Tel 01204 695528

Please make cheques payable to "The Horwich Tour"  
Please include large SAE for number and information

Horwich RMI Harriers' website is at [www.horwichrmiharriers.co.uk](http://www.horwichrmiharriers.co.uk)

Free  
commemorative  
glass to all  
entrants

At least 50  
spot prizes

### British Masters 5KM Road Race 2005 Entry Form

Name..... M/F..... DOB..... Age.....

Address..... Postcode.....

Club..... Tel No.....

BMAF Area Club..... Accommodation Info Pack Required ☐  
(please tick box)

Declaration: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UKA and agree to abide by their rules. I am medically fit, and understand that the organisers will be in no way responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event.

Signed..... Date.....



# BRITISH MASTERS INDOOR CHAMPIONSHIPS, UWIC, Cardiff

## WORDS :

PETE MULHOLLAND..

## PICTURES:

LESLEY RICHARDSON

(More on [www.rikko2photo.co.uk](http://www.rikko2photo.co.uk))

**R**ecords galore: A weekend's record breaking spree !

Baby, it was cold outside - but inside the competition was hot with no less than two world records and 18 British records being set.



**Rosemary Chrimes WR in the shot, and BR in the High Jump**

Rosemary Chrimes, competing for the first time since setting three world records at Derby in 2003, soared over 1.18m for a British W70 record but this was just a foretaste of what was to follow. By now enjoying her return to competition, Chrimes proceeded to hurl out the shot to 9.20m to claim a world record.

"That was my first high jump competition since my 1.26m in the World

## BMAF INDOOR CHAMPIONSHIPS

Championships at Puerto Rico almost two years ago," the former Commonwealth champion admitted. "I'm creaking a bit today and really, I'm performing from memory." However, Chrimes' hadn't forgotten how to run as she took the 60m title when leading home Betty Steedman, who herself later over the weekend set two W70 British records with her long jump of 3.10m and triple jump of 6.69m.



**World 1500 mark for Kath Stewart**

The second world leading mark came in the W65 1500m where Kathleen Stewart clocked 6:03.01 after earlier in the day having set a British record in the 800m with 2:59.41 which sits alongside her existing W60 record of 2:52.4. Stewart's running career began as a 40-year-old in the Great North Run, and admitted her success was achieved by, "Doing what my husband (and coach) Ron tells me. I train six days a week, sometimes twice a day and run over sand dunes."

Turning 45 last November, Manndy Laing soon got among her age category records as she clocked 9.20s over the 60m hurdles and triple jumped 10.39m for two new British marks. Also making a double impression with British records was M75 James Crehan with his high jump of 1.17m and triple jump of 7.51m.

The oldest male competitor on show was 80-year-old James Caddy whose performances in the 800m (3:48.54) and

1500m (7:21.57) were both good enough for British records.

Twice failing at his opening height, Allan Williams went on to win the M50 pole vault with a clearance of 4.02m to add to his collection of British records while M70 David Burton long jumped 4.17m for his second British record of the year having set one with the BMAF indoor pentathlon. Another who makes a habit of breaking records is Averil McClelland and it was no different this time around as she set a British W45 mark of 26.30 over 200m but she left the arena believing that another record was on the cards. "It was a straight final for the 60 metres but if there had been heats and a final I'm sure I could have got the record," admitted McClelland. "I need a 'warm up' race before I get going." With the British record of 8.14s, currently standing to Helen Godsell, it could have been close as McClelland clocked 8.20s.



**British Pole Vault record for Allan Williams**

A new M70 shot record was credited to Jaroslav Hanus after his effort of 9.51m but this was in fact a touch below his pending mark of 9.58m set two weeks previously in the Southern Counties Veterans AC Championships.





**No records this time around for M50 Dave Wilcock, who ran 4:12.67 for a 400m world record at this event last year just three weeks after his 800m world record of 2:00.53 - but he was his usual impressive self with wins over 800m, 1500m and 3000m. For good measure he also took the bronze medal over 400m**

## RESULTS.

### 60 metres:

#### M35:

**Heat 1:** 1 Chris Millard OPEN 7.37; 2 Jason Carty SCVAC 7.41; 3 Paul Donaghy VAA-NE 7.43; 4 Eli Barnett MVAC 8.01; 5 Robert Murkin SCVAC 8.99; **Heat 2:** 1 Terence Stamp SCVAC 7.06; 2 Rohan Samuel SCVAC 7.22; 3 Will Macgee SVHC 7.37; 4 Barrington King SCVAC 7.94; 5 Robert Peers VAC DNF;  
**FINAL:** 1 Stamp 7.04; 2 Samuel 7.21; 3 Millard 7.25; 4 Carty 7.27; 5 Macgee 7.32; 6 Donaghy 7.40; 7 Barnett 7.94; 8 King DISQ;

#### M40:

**Heat 1:** 1 Anthony Noel SCVAC 7.20; 2 Richard Walter OPEN 7.65; 3 Lincoln Campbell SCVAC 7.66; 4 George Charlton VAA-NE 7.69; 5 Keith Palmer EVAC 7.85; 6 Chris Tummons NVAC 7.87; 7 Robert Allen OPEN 8.02; **Heat 2:** 1 Mark Baker VAC 7.63; 2 Kermitt Benthams SCVAC 7.68; 3 Warren Fraser MVAC 7.72; 4 Andy Smith EVAC 7.74; 5 Martin Weetman MVAC 8.00; 6 Michael May VAC 8.70; **Heat 3:** 1 Dalton Powell MVAC 7.52; 2 Glen Reddington SCVAC 7.65; 3 Trevor Sinclair EVAC 7.72; 4 Nick Grocock SCVAC 7.82; 5 Des Wilkinson EVAC 7.88; 6 Dave Shields WMAA 8.51;  
**FINAL:** 1 Noel 7.15; 2 Powell 7.43; 3 Baker 7.48; 4 Walter 7.51; 5 Reddington 7.62; 6 Charlton 7.64; 7 Benthams 7.77;

#### M45

**Heat 1:** 1 Ricky Huskisson EVAC 7.54; 2 Eric Smart VAA-NE 7.59; 3 Bruce Scott OPEN 7.73; 4 Clement Bartley MVAC 7.75; 5 Philip Clayton MVAC 8.00; 6 Stephen Walsh NVAC 8.06; 7 Brian Matthews VAC 8.38; 8 John Barwick EVAC 9.44; **Heat 2:** 1 Kwei Sankofa SCVAC 7.65; 2 Cecil Moven MVAC 7.69; 3 John Wright NVAC 7.70; 4 Robert Cawson MVAC 8.14; 5 Graeme Knowles WMAA 8.19; 6 Roderick Davies SCVAC 8.68; 7 Adrian Courtenay OPEN 8.96; 8 John Barclay MVAC DNF;  
**FINAL:** 1 Smart 7.50; 2 Sankofa 7.61; 3 Wright 7.62; 4 Moven 7.64; 5 Scott 7.69; 6 Bartley 7.70; 7 Clayton 8.00; 8 Huskisson 8.35;

**M50 FINAL:** 1 Viv Oliver MVAC 7.60; 2 Walwyn Franklyn SCVAC 7.74; 3 Ray Watkins SCVAC 7.84; 4 Phil McIlpatrick NIVAC 8.02; 5 David Blunt VAC 8.56; 6 Philip Bell VAC 8.57; 7 John Moore EVAC 9.15;

#### M55:

**Heat 1:** 1 Glyn Sutton WMAA 7.99; 2 Graham Pope SCVAC 8.21; 3 Geoffrey Kitchener VAC 8.30; 4 David Leech IRL (G) 8.39; 5 Leslie Wood VAC 8.48; 6 Bruce Hendrie MVAC 8.61; 7 Earl Taylor NIVAC 9.59; **Heat 2:** 1 Robert Fraser SCVAC 8.03; 2 Anthony Roker SCVAC 8.14; 3 Brian Williamson WMAA 8.24; 4 Tony Deleiros VAC 8.48; 5 Tony Wells EVAC 8.53; 6 John Steel MVAC 8.76; 7 Richard Coates OPEN 8.94; 8 Peter Wright MVAC 9.40;  
**FINAL:** 1 Fraser 7.86; 2 Sutton 7.90; 3 Roker 8.17; 4 Pope 8.31; 5 Williamson 8.33; 6 Kitchener 8.36; 7 Leech 8.46;

#### M60:

**Heat 1 (Hand timing):** 1 John Steede SVHC 8.3; 2 Jim Bartlett MVAC 8.6; 3 Charles Isetts VAC 8.7;

## BMAF INDOOR CHAMPIONSHIPS

4 Mike Garvey MVAC 8.7; 5 Huw Morgan WMAA 8.9; 6 Jeff Rozelaar SCVAC 9.3; 7 Dai Vaughan MVAC 10.3;  
**Heat 2 (Hand timing):** 1 Mike Morris OPEN 8.4; 2 Terry Bissett SCVAC 8.4; 3 Victor Novell SCVAC 8.6; 4 Cameron Sealey MVAC 8.6; 5 James Sloan SVHC 9.1; 6 Robert Smoult VAA-NE 9.1;  
**FINAL:** 1 Steede 8.26; 2 Sealey 8.33; 3 Bissett 8.34; 4 Morris 8.46; 5 Novell 8.61; 6 Bartlett 8.62; 7 Garvey 8.77; 8 Isetts 8.79;

**M65 FINAL:** 1 John Tunks OPEN 8.66; 2 Tony Bowman NVAC 8.73; 3 Brian Ariss MVAC 8.93; 4 Alan Carter EVAC 9.08; 5 Geoff Hudson MVAC 9.69; 6 Roger Bruck SCVAC 9.71;

**M70 FINAL:** 1 Alan Mellett MVAC 8.71; 2 David Burton MVAC 8.84; 3 Peter Field SCVAC 9.51; 4 Joseph Nygate VAC 10.10; 5 Keith Whitaker NVAC 10.60; 6 Tim Burkitt SWVAC 11.18;

**M75 FINAL:** 1 Alfred Woods EVAC 11.53; 2 Ajitsingh Kalirai SCVAC 11.71; 3 Bill Morrow MVAC 12.51;

**M80 FINAL:** Frank Copping EVAC 14.59;

#### W35:

**Heat 1:** 1 Anna Poole WMAA 8.86; 2 Dawn Jones OPEN 8.93; 3 Angie Alstrachen EVAC 8.94; 4 Sharon Waller OPEN 9.02; 5 Lesley Richardson SCVAC 10.11; **Heat 2:** 1 Geraldine Finegan NIVAC 8.53; 2 Julie Howard SWVAC 8.85; 3 Claire Hynes EVAC 9.31; 4 Maire Hudson OPEN 9.33;  
**FINAL (Hand timing):** 1 Finegan 8.4; 2 Howard 8.8; 3 Poole 8.8; 4 Alstrachen 8.8; 5 Jones 9.1; 6 Waller 9.1; 7 Hudson 9.4; 8 Hynes 9.5;

**W40 FINAL:** 1 Angela Fudge VAC 8.53; 2=Lesley Hopkins SCVAC 8.70; 2=Gaye Clarke EVAC 8.70; 4 Denise Timmis EVAC 8.79;

**W45 FINAL:** 1 Averil McClelland NVAC 8.20; 2 Wendy Dunn EVAC 8.48; 3 Lynn Talbert SCVAC 8.67; 4 Anne Goad SCVAC 8.85; 5 Dina Francis VAC 8.91; 6 Pauline Gerner MVAC 9.09; 7 Christine Young SCVAC 9.57; 8 Diane Farmer EVAC 9.71;

**W50 FINAL:** 1 Emily McMahon SCVAC 8.96; 2 Lyn Ahmet SCVAC 9.28; 3 Fiona Argent NIVAC 9.31; 4 Anne Nelson VAC 9.86; 5 Annette Burkitt SWVAC 10.26;

**W55 FINAL:** 1 Valerie Parsons SCVAC 8.83; 2 Daphne Marler SCVAC 12.94;

**W60 FINAL:** 1 Iris Holder SCVAC 9.82; 2 Jackie Charles MVAC 10.39; 3 Dorothy Morgan WMAA 10.66;

**W65 FINAL:** Mary Webb WMAA 10.70;

**W70 FINAL :** 1 Rosemary Chrimes MVAC 10.41; 2 Betty Steedman SVHC 10.80; 3 Eileen Kear SCVAC 10.90;

**W75 FINAL :** Brenda Green SCVAC 12.96;

**W80 FINAL:** Mary Wixey MVAC 14.83;

### 200 metres :

#### M35

**Heat 1:** 1 Will Macgee SVHC 23.62; 2 Paul Donaghy VAA-NE 24.0; 3 Nigel Greenway OPEN 26.45; 4 Robert Murkin SCVAC 31.17; **Heat 2:** 1 Chris Millard OPEN 23.73; 2 Jason Carty SCVAC 23.88; 3 Scott Dorset SCVAC 24.49; 4 Eli Barnett MVAC 25.53;  
**FINAL:** 1 Millard 23.23; 2 Carty 23.49; 3 Macgee 23.57; 4 Donaghy 23.95;

#### M40:

**Heat 1:** 1 Dalton Powell MVAC 23.56; 2 Anthony Noel SCVAC 23.92; 3 Andy Smith EVAC 24.83; 4 Andrew Waddington SWVAC 25.22; **Heat 2:** 1 Richard Walter OPEN 24.89; 2 Warren Fraser MVAC 24.97; 3 Glen Reddington SCVAC 25.06; 4 David Robinson VAA-NE 27.04; **Heat 3:** 1 Darrell Maynard WMAA 23.83;

2 Kermitt Benthams SCVAC 24.40; 3 Michael May VAC 28.25; **Heat 4:** 1 George Charlton VAA-NE 24.84; 2 Nick Grocock SCVAC 24.95; 3 Patrick Bass MVAC 25.45;

**FINAL A:** 1 Charlton 24.64; 2 Smith 25.05; 3 Noel DNF;  
**FINAL B:** 1 Fraser 24.90; 2 Grocock 24.96;

#### M45:

**Heat 1:** 1 Barry Morris VAC 24.69; 2 Bruce Scott OPEN 25.18; 3 Malcolm Bramhall EVAC 25.61; 4 Roderick Davies SCVAC 28.38; **Heat 2:** 1 Eric Smart VAA-NE 24.71; 2 Philip Jones VAA-NE 25.21; 3 Robert Cawson MVAC 26.35; 4 Brian Matthews VAC 27.24; **Heat 3 :** 1 Michael Williams SVHC 26.09; 2 Clive Pengelly SWVAC 26.53; 3 Lawrence Taylor VAC 27.24;  
**FINAL:** 1 Smart 23.98; 2 Morris 24.43; 3 Scott 24.78; 4 Jones 25.12;

#### M50:

**Heat 1:** 1 Walwyn Franklyn SCVAC 25.46; 2 Ray Watkins SCVAC 26.25; 3 Phil McIlpatrick NIVAC DNF; **Heat 2:** 1 Viv Oliver MVAC 24.85; 2 Ian Broadhurst NVAC 25.70; 3 Bob Minting SWVAC 27.00;  
**FINAL:** 1 Oliver 24.85; 2 Franklyn 25.46; 3 Broadhurst 25.70; 4 Watkins 26.25; 5 Minting 27.00;

#### M55:

**Heat 1:** 1 Tony Wells EVAC 27.29; 2 Bruce Hendrie MVAC 27.63; 3 John Steel MVAC 28.83; **Heat 2:** 1 Robert Fraser SCVAC 26.67; 2 Geoffrey Kitchener VAC 27.69; 3 Richard Coates OPEN 31.04;  
**FINAL:** 1 Fraser 26.02; 2 Wells 27.04; 3 Kitchener 27.26; 4 Hendrie 27.38;

#### M60:

**Heat 1:** 1 John Steede SVHC 27.84; 2 Norman Gould SVHC 28.18; 3 Charles Isetts VAC 28.79; **Heat 2:** 1 Terry Bissett SCVAC 27.26; 2 Cameron Sealey MVAC 28.40; 3 Mike Morris OPEN 28.79; 4 Robert Smoult VAA-NE 30.78;  
**FINAL:** 1 Bissett 26.98; 2 Steede 27.33; 3 Gould 28.00; 4 Cameron Sealey MVAC 28.25;

#### M65:

**Heat 1:** 1 Tony Crocker MVAC 28.81; 2 Brian Ariss MVAC 29.46; 3 Alan Carter EVAC 29.54; 4 Malcolm Schofield NVAC 31.18; **Heat 2:** 1 Anthony Treacher SCVAC 28.55; 2 Tony Bowman NVAC 28.76; 3 Colin Field SCVAC 30.17; 4 Geoff Hudson MVAC 32.03;  
**FINAL:** 1 Treacher 28.36; 2 Bowman 28.57; 3 Crocker 28.96; 4 Ariss 30.20

**M70 FINAL:** 1 David Burton MVAC 29.04; 2 Alan Mellett MVAC 29.65; 3 John Evans MVAC 33.39;

**M75 FINAL:** James Crehan NVAC 37.16;

**W35 FINAL:** 1 Geraldine Finegan NIVAC 28.23; 2 Angie Alstrachen EVAC 29.23; 3 Anna Poole WMAA 30.41;

#### W40:

**Heat 1:** 1 Lesley Hopkins SCVAC 28.52; 2 Fiona Kirton VAC 29.00; 3 Gaye Clarke EVAC 29.50; **Heat 2:** 1 Wendy Laing NVAC 28.06; 2 Denise Timmis EVAC 29.49;  
**FINAL:** 1 Laing 28.06 2 Hopkins 28.52; 3 Kirton 29.00; 4 Timmis 29.49; 5 Clarke 29.50;

#### W45:

**Heat 1:** 1 Averil McClelland NVAC 26.51; 2 Wendy Dunn EVAC 28.10; 3 Teresa May VAC 29.96; 4 Alison Brown NVAC 30.13; **Heat 2:** 1 Manndy Laing NVAC 28.23; 2 Angela Beadnall VAA-NE 28.32; 3 Jane Horder MVAC 28.66; 4 Christine Young SCVAC 32.84;  
**FINAL:** 1 McClelland 26.36 (British Record); 2 Dunn 27.18; 3 Beadnall 28.18;

#### W50:

**Heat 1:** 1 Fiona Argent NIVAC 30.80; 2 Lyn Ahmet SCVAC 31.60; 3 Annette Burkitt SWVAC 33.21; **Heat 2:** 1 Anne Nelson VAC 33.02; 2 Cathy Lyon-Green MVAC 34.80;  
**FINAL:** 1 Argent 30.80; 2 Ahmet 31.60; 3 Nelson 33.02; 4 Burkitt 33.21; 5 Lyon-Green 34.80;



## BMAF INDOOR CHAMPIONSHIPS

**W55 FINAL:** Valerie Parsons SCVAC 29.64;

**W60 FINAL :** 1 Iris Holder SCVAC 33.04; 2 Marjorie Hocknell MVAC 34.15;

**W65 FINAL:** Mary Webb WMAA 37.50;

**W70 FINAL:** Betty Steedman SVHC 39.23;

**W75 FINAL:** Brenda Green SCVAC 47.27;

### 400 metres:

**M35 FINAL:** 1 Michael Osunsami SCVAC 55.65; 2 Scott Dorset SCVAC 55.78;

**M40:**

**Heat 1:** 1 Darrell Maynard WMAA 54.31; 2 Andy Gannaway VAC 56.22; 3 Keith Palmer EVAC 56.33; 4 David Robinson VAA-NE 59.78; **Heat 2:** 1 Jonathan Tilt SCVAC 54.09; 2 Danny Hodge SCVAC 56.88; 3 Charlie Batts SWVAC 57.85; 4 John Dickinson SCVAC 58.78; **Heat 3:** 1 Stephen Toogood EVAC 54.07; 2 Neil Tunstall SWVAC 54.82; 3 Patrick Bass MVAC 57.96; 4 Alan Easey VAC DNF; **Heat 4:** 1 Andrew Waddington SWVAC 54.15; 2 Nick Grocock SCVAC 54.42; 3 Stewart Walton MVAC 56.71; 4 Michael May VAC 65.10; **FINAL A:** 1 Maynard 51.44; 2 Toogood 52.51; 3 Tilt 52.69; 4 Waddington 55.05; **FINAL B:** 1 Tunstall 54.15; 2 Grocock 54.75; 3 Palmer 55.38; 4 Gannaway 56.43;

**M45:**

**Heat 1:** 1 Ludwig Ramsey OPEN 54.33; 2 Tennyson James EVAC 58.23; 3 Malcolm Bramhall EVAC 58.49; 4 Stephen Langford SCVAC 61.89; **Heat 2:** 1 Philip Jones VAA-NE 55.34; 2 Graham Fletcher SWVAC 55.64; 3 Martin Telford VAA-NE 55.98; 4 Clive Pengelly SWVAC 60.12; **Heat 3:** 1 Kwei Sankofa SCVAC 55.08; 2 Bill Doherty IRL (G) 55.98; 3 Craig Douglas SVHC 57.81; **Heat 4:** 1 Michael Williams SVHC 55.55; 2 Stephen Walsh NVAC 55.57; 3 Andrew Hutchinson NVAC 59.44; **FINAL A:** 1 Ramsey 53.27; 2 Sankofa 53.64; 3 Williams 57.75; 4 Jones 59.95; **FINAL B:** 1 Doherty 54.60; 2 Walsh 55.03; 3 Fletcher 73.72; 4 Telford DNF;

**M50 FINAL A:** Bilal Namani WMAA 59.59;

**FINAL:** 1 Steve Lang SWVAC 54.88; 2 Walwyn Franklyn SCVAC 55.88; 3 David Wilcock VAC 57.01; 4 Ian Broadhurst NVAC 57.13; 5 David Cooke SWVAC 58.55;

**M55:**

**Heat 1:** 1 Paul Anthony MVAC 59.55; 2 Bruce Hendrie MVAC 60.32; 3 Graham Pope SCVAC 61.57; 4 John Steel MVAC 65.11; **Heat 2:** 1 David Hayward VAC 59.33; 2 Anthony Roker SCVAC 60.12; 3 Tony Wells EVAC 60.55; 4 Earl Taylor NIVAC 73.98; **FINAL:** 1 Anthony 59.32; 2 Hayward 59.68; 3 Roker 60.69; 4 Hendrie 60.94;

**M60 FINAL:** 1 Cameron Sealey MVAC 63.90; 2 Richard Barrington MVAC 64.03; 3 Peter Tabenor SWVAC 69.52; 4 Ryszard Jurowski VAA-NE 70.45;

**M65:**

**Heat 1:** 1 Anthony Treacher SCVAC 65.91; 2 Tony Bowman NVAC 67.18; 3 Malcolm Schofield NVAC 70.67; 4 Geoff Hudson MVAC 86.10; **Heat 2:** 1 Brian Ariss MVAC 68.62; 2 Bruce Lyons SWVAC 69.20; 3 John Wilson NVAC 71.39; 4 Colin Field SCVAC 72.45; **FINAL:** 1 Treacher 65.09; 2 Bowman 66.15; 3 Ariss 69.77; 4 Lyons 71.88;

**M70 FINAL:** 1 Geoffrey Feast VAC 78.69; 2 Tim Burkitt SWVAC DNF;

**W35 FINAL:** 1 Sally Read-Cayton VAC 58.97; 2 Geraldine Finegan NIVAC 62.17; 3 Sarah Wells OPEN 63.07; 4 Angie Alstrachen EVAC 67.93;

**W40:**

**Heat 1:** 1 Lesley Hopkins SCVAC 65.65; 2 Angela Fudge VAC 69.12; 3 Gaye Clarke EVAC 69.28; **Heat 2:** 1 Colette Hurley SCVAC 65.97; 2 Alison Collins SCVAC 66.60; **FINAL:** 1 Hurley 67.00; 2 Collins 67.20; 3 Hopkins 67.86;

**W45:**

**Heat 1:** 1 Wendy Dunn EVAC 66.23; 2 Alison Brown NVAC 66.87; 3 Dina Francis VAC 68.16; 4 Kate Rogers SWVAC 68.47; **Heat 2:** 1 Jane Horder MVAC 63.88; 2 Lynn Talbert SCVAC 64.16; 3 Edna Roe SCVAC 65.97; 4 Christine Young SCVAC 74.88; **FINAL:** 1 Talbert 63.40; 2 Horder 63.58; 3 Dunn 64.54; 4 Roe 66.61;

**W50 FINAL:** 1 Barbara Lock SWVAC 65.35; 2 Fiona Argent NIVAC 67.67; 3 Annette Burkitt SWVAC 76.67;

**W60 FINAL:** Marjorie Hocknell MVAC 79.39;

### 800 metres:

**M35 FINAL:** 1 Stephen Mulrine OPEN 2-07.66; 2 Cliff Young MVAC 2-19.30;

**M40 FINAL:** 1 Stephen Toogood EVAC 2-01.30; 2 Kevin Pye MVAC 2-10.83; 3 Andy Gannaway VAC 2-11.15; 4 Eric Fowler OPEN 2-11.74; 5 John Dickinson SCVAC 2-19.14; 6 Ian Mackett VAC 2-27.90; 7 Sean Price WMAA DNF;

**M45 FINAL:** 1 Ludwig Ramsey OPEN 2-07.79; 2 Richard Holland VAC 2-09.51; 3 Martin Telford VAA-NE 2-09.81; 4 David Barlow SCVAC 2-10.56; 5 Graham Fletcher SWVAC 2-13.16; 6 Richy Power IRL (G) 2-20.77; 7 Brian Worthington MVAC 2-46.54;

**M50:**

**Heat 1:** 1 David Wilcock VAC 2-08.87; 2 Guy van Herp SVHC 2-09.98; 3 Joe Gough IRL (G) 2-10.91; 4 Fred Pidgeon MVAC 2-15.11; 5 Alan Maddocks MVAC 2-28.57; **Heat 2:** 1 Bob Minting SWVAC 2-12.61; 2 Steve Lang SWVAC 2-13.67; 3 David Bedwell MVAC 2-15.36; 4 Paul Gasson SCVAC 2-17.69; 5 Robert Briggs SCVAC 2-19.55; 6 Kevin Dillon NVAC 3-02.94; **FINAL:** 1 Wilcock 2-05.16; 2 Gough 2-06.20; 3 Bob Minting 2-08.78; 4 Lang 2-10.53;

**M55 FINAL:** 1 Ed Connolly SCVAC 2-24.70; 2 Derek Wardle VAC 2-31.13; 3 Earl Taylor NIVAC 2-56.79;

**M60 FINAL:** 1 Richard Somers VAC 2-26.36; 2 Richard Finlayson SVHC 2-31.42; 3 John Garber EVAC 2-33.07; 4 Peter Tabenor SWVAC 2-37.93; 5 Ryszard Jurowski VAA-NE 2-48.28;

**M65 FINAL:** 1 John Newcombe NVAC 2-27.33; 2 Lynn Hughes WMAA 2-40.85; 3 Bruce Lyons SWVAC 2-41.68; 4 John Wilson NVAC 2-46.79; 5 Eric Barber SWVAC 2-53.52; 6 Malcolm Schofield NVAC 3-00.47;

**M70 FINAL:** 1 Peter Dibb NVAC 2-54.20; 2 William Davies WMAA 3-01.93;

**M80 FINAL:** 1 James Caddy VAA-NE 3-48.54 (**British Record**);

**W35 FINAL:** 1 Sally Read-Cayton VAC 2-18.56; 2 Bernadine Pritchett VAC 2-20.47; 3 Helena Trigg OPEN 2-20.95; 4 Geraldine Finegan NIVAC 2-21.29; 5 Caroline Steven SWVAC 2-23.43; 6 Sarah Wells OPEN 2-24.95; 7 Deborah Doherty SCVAC 2-30.33; 8 Angie Alstrachen EVAC 2-42.14;

**W40 FINAL:** Carol-Ann Gray SVHC 2-31.41;

**W45 FINAL:** 1 Kate Rogers SWVAC 2-36.51; 2 Diane Farmer EVAC 2-53.34;

**W50 FINAL:** 1 Barbara Lock SWVAC 2-27.17; 2 Nancy Hitchmough MVAC 2-35.64; 3 Joyce Barrus MVAC 2-43.50; 4 Liz Bowers SCVAC 2-49.31; 5 Sue James SCVAC 2-53.59; 6 Annette Burkitt SWVAC 2-58.77;

**W65 FINAL:** Kathleen Stewart VAA-NE 2-59.41 (**British Record**);

### 1500 metres:

**M35 FINAL:** Robert Peers VAC 4-54.69;

**M40 FINAL:** 1 Kofi Agyei VAC 4-10.80; 2 Ian Aunger EVAC 4-22.73; 3 Mike Robbins WMAA 4-24.15; 4 Craig Sabin MVAC 4-30.78; 5 Kevin Steed EVAC 4-34.65; 6 Hugh Shields SVHC 4-39.23;

**M45 FINAL:** 1 Bernie Jones WMAA 4-17.16; 2 Chris Sykes OPEN 4-23.57; 3 Richard Holland VAC 4-26.43; 4 Dickie Wythe SWVAC 4-33.23; 5 Brian Worthington MVAC 5-36.28;

**M50 FINAL:** 1 David Wilcock VAC 4-15.99; 2 David Bedwell MVAC 4-17.61; 3 Archie Jenkins SVHC 4-32.60; 4 Paul Gasson SCVAC 4-35.70; 5 Fred Pidgeon MVAC 4-35.78; 6 Peter Kennedy VAC 4-37.64; 7 Barry Smith SWVAC 4-52.64;

**M55 FINAL:** 1 Peter Molloy SCVAC 4-44.28; 2 Ed Connolly SCVAC 4-53.70; 3 Stephen Knight VAC 4-55.08; 4 Mick Smedley MVAC 5-03.30; 5 William Valentine SWVAC 5-36.77;

**M60 FINAL:** 1 Peter Tabenor SWVAC 5-17.41; 2 John Garber EVAC 5-19.11; 3 Michael Duggan IRL (G) 5-23.93;

**M65 FINAL:** 1 John Perratt SWVAC 5-22.69; 2 Lynn Hughes WMAA 5-26.27; 3 Edmond Simpson VAC 5-34.05; 4 Bruce Lyons SWVAC 5-39.13; 5 Eric Barber SWVAC 5-47.76; 6 Malcolm Schofield NVAC 6-24.56;

**M70 FINAL:**

1 Peter Dibb NVAC 5-54.65; 2 William Davies WMAA 6-12.17; 3 Brian Shave SCVAC 6-40.80;

**M75 FINAL:** Ron Franklin SCVAC 7-26.79;

**M80 FINAL:** James Caddy VAA-NE 7-21.57 (**British Record**);

**W35 FINAL:** 1 Bernadine Pritchett VAC 4-47.56; 2 Geraldine Finegan NIVAC 4-58.62; 3 Caroline Steven SWVAC 4-58.94; 4 Deborah Doherty SCVAC 5-06.77;

**W40 FINAL:** 1 Jane Pidgeon MVAC 4-53.59; 2 Joan Lasenby EVAC 4-53.88; 3 Carol-Ann Gray SVHC 5-11.07; 4 Lynne Marr SVHC 5-35.12;

**W45 FINAL:** 1 Denise Farnham SCVAC 5-02.85; 2 Susie Tawney MVAC 5-05.61; 3 Kate Rogers SWVAC 5-35.65; 4 Diane Farmer EVAC 5-52.35;

**W50 FINAL:** 1 Nancy Hitchmough MVAC 5-13.42; 2 Joyce Barrus MVAC 5-21.28; 3 Liz Bowers SCVAC 5-42.27; 4 Sue James SCVAC 5-51.18;

**W55 FINAL:** 1 Patricia Gallagher WMAA 5-29.77; 2 Ros Tabor VAC 5-30.40;

**W60 FINAL:** Johanna Jay MVAC 6-00.63;

**W65 FINAL:** 1 Kathleen Stewart VAA-NE 6-03.01 (**World Record**); 2 Pamela Jones SCVAC 6-44.50; 3 Betty Stracey EVAC 6-58.66;

### 3000 metres:

**M40 FINAL:** 1 Ian Aunger EVAC 9-23.48; 2 Mike Robbins WMAA 9-27.68; 3 Craig Sabin MVAC 9-29.15;

**M45 FINAL:** 1 Bernie Jones WMAA 9-13.55; 2 Richard Holland VAC 9-19.72; 3 Brian Gardner SVHC 9-21.40; 4 Dickie Wythe SWVAC 9-39.68; 5 Huw Roberts WMAA 10-06.92; 6 Brian Worthington MVAC 11-45.14;

**M50 FINAL:** 1 David Wilcock VAC 9-35.27; 2 Archie Jenkins SVHC 9-47.89; 3 Bilal Namani WMAA 10-13.89;



## BMAF INDOOR CHAMPIONSHIPS

**M55 FINAL:** 1 Peter Hamilton SCVAC 10-21.05; 2 Mick Smedley MVAC 11-00.85; 3 William Valentine SWVAC 11-50.91;

**M60 FINAL:** John Garber EVAC 12-26.43;

**M65 FINAL:** 1 John Perratt SWVAC 11-22.23; 2 Lynn Hughes WMAA 11-39.63; 3 Edmond Simpson VAC 12-06.76; 4 Eric Barber SWVAC 12-06.82;

**M70 FINAL:** 1 Peter Dibb NVAC 13-03.03; 2 William Davies WMAA 13-20.22;

**M75 FINAL:** Ron Franklin SCVAC 15-56.79;

**M80 FINAL:** James Caddy VAA-NE 16-02.19;

**W35 FINAL:** 1 Nicki Neelson MVAC 10-18.59; 2 Diane Behan IRL (G) 10-48.00; 3 Caroline Steven SWVAC 11-01.14;

**W40 FINAL:** 1 Jane Pidgeon MVAC 10-28.13; 2 Joan Lasenby EVAC 10-37.00; 3 Alison Bathie SCVAC 10-44.99; 4 Lynne Marr SVHC 11-44.01;

**W45 FINAL:** 1 Denise Farnham SCVAC 10-30.81; 2 Susie Tawney MVAC 10-53.92; 3 Kate Rogers SWVAC 12-25.06;

**W50 FINAL:** Anne Darby SWVAC 12-03.24;

**W55 FINAL:** 1 Patricia Gallagher WMAA 11-49.85; 2 Ros Tabor VAC 11-52.39; 3 Pauline Rich VAC 12-49.04; 4 Maureen Coffey SWVAC 13-05.22;

**W65 FINAL:** 1 Pamela Jones SCVAC 14-11.84; 2 Betty Stracey EVAC 14-16.48;

### 60m Hurdles:

**M40 FINAL:** 1 Des Wilkinson EVAC 8.83; 2 Glen Reddington SCVAC 8.94; 3 Neil Tunstall SWVAC 9.09; 4 Gary Myles MVAC 9.11;

**M45 FINAL:** 1 Tennyson James EVAC 9.41; 2 John Mayor EVAC 9.45; 3 Clive Pengelly SWVAC 10.00; 4 Ian Worrall MVAC 10.60;

**M50 FINAL:** Phil McIlfatrick NIVAC 8.93;

**M55 FINAL:** 1 Tony Wells EVAC 9.44; 2 Anthony Roker SCVAC 9.78;

**M60 FINAL:** Barry Ferguson VAC 10.88;

**M65 FINAL:** 1 Tony Bowman NVAC 10.83; 2 Trevor Pugh WMAA 13.47; 3 Brian Ariss MVAC 13.84;

**M70 FINAL:** 1 Peter Field SCVAC 12.24; 2 Jim Day SCVAC 12.28; 3 Keith Whitaker NVAC 13.37;

**W35 FINAL:** 1 Geraldine Finegan NIVAC 9.55; 2 Catherine Goddard EVAC 9.60;

**W40 FINAL:** 1 Wendy Laing NVAC 9.44; 2 Jennie Mathews SCVAC 9.46; 3 Gaye Clarke EVAC 9.71;

**W45 FINAL:** 1 Manndy Laing NVAC 9.20 (British Record); 2 Joss Harwood VAA-NE 9.51; 3 Jane Horder MVAC 10.31; 4 Hazel Barker NVAC 10.70; 5 Lucy Moore-Fox IRL (G) 12.22;

**W50 FINAL:** 1 Emily McMahon SCVAC 10.31; 2 Lyn Ahmet SCVAC 11.88; 3 Pam Garvey MVAC 12.79;

**W60 FINAL:** Jackie Charles MVAC 12.68;

### High Jump:

**M35 FINAL:** 1 Stuart Caudery OPEN 1.85; 2 Ian Bridgeman SCVAC 1.65; 3 Simon Eastwood OPEN 1.60;

**M40 FINAL:** 1 Steve Linsell NVAC 1.80; 2 Andrew Waddington SWVAC 1.70;

**M45 FINAL:** 1 Chris Hesketh NVAC 1.70; 2 John Mayor EVAC 1.65; Eq3 Colin Hague SWVAC & Trevor Wade SCVAC 1.60;

**M50 FINAL:** 1 Duncan Talbot SCVAC 1.60; 2 David Blunt VAC 1.55; 3 William Lonsdale SVHC 1.50;

**M55 FINAL:** Geoffrey Kitchener VAC 1.30;

**M60 FINAL:** 1 Sean Power WMAA 1.51; Eq2 Mike Garvey MVAC & Collin Green MVAC 1.40; 4 Keith Tugwell NVAC 1.35; 5 James Sloan SVHC 1.30; 6 Dai Vaughan MVAC 1.20;

**M65 FINAL:** 1 Tony Crocker MVAC 1.48; 2 Anthony Bateman SWVAC 1.45;

**M70 FINAL:** 1 Jim Day SCVAC 1.17; 2 Clifford Taylor VAC 1.17;

**M75 FINAL:** James Crehan NVAC 1.17 (British Record);

**W35 FINAL:** Geraldine Finegan NIVAC 1.51;

**W40 FINAL:** Wendy Laing NVAC 1.66;

**W45 FINAL:** 1 Teresa May VAC 1.45; 2 Hazel Barker NVAC 1.40; 3 Lucy Moore-Fox IRL (G) 1.30;

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

**W70 FINAL:** Rosemary Chrimes MVAC 1.18 (British Record);

### Pole Vault:

**M35 FINAL:** 1 Stuart Caudery OPEN 3.80; Eq2 Simon Tolson OPEN & Simon Eastwood OPEN 3.80; 4 Richard Stubbs WMAA 3.60; 5 Rob Savage SCVAC 3.40;

**M40 FINAL:** 1 John Andrews SCVAC 3.80; 2 Nicholas Walker MVAC 3.40; 3 Alan Easey VAC 2.90; 4 John Dickinson SCVAC 2.80;

**M45 FINAL:** 1 Gary Walker NVAC 2.90; 2 Martin Davies SWVAC 2.80;

**M50 FINAL:** Allan Williams SCVAC 4.02 (British Record);

**M55 FINAL:** Bruce Hendrie MVAC 2.80;

**M60 FINAL:** 1 John Bradley MVAC 3.00; 2 Maurice Joyce SCVAC 2.70; 3 Keith Tugwell NVAC 2.50;

**M70 FINAL:** Jim Day SCVAC 2.60;

**W45 FINAL:** 1 Teresa May VAC 2.10; 2 Anne Goad SCVAC 2.00;

**W50 FINAL:** Sue Yeomans SCVAC 2.60;

### Long Jump

**M35 FINAL:** Robert Peers VAC 4.78;

**M40 FINAL:** 1 Trevor Sinclair EVAC 6.02; 2 Andrew Waddington SWVAC 5.77; 3 Charlie Batts SWVAC 5.45; 4 Dave Shields WMAA 5.16; 5 Chris Tummons NVAC 5.12;

**M45 FINAL:** 1 Trevor Wade SCVAC 6.15; 2 John Mayor EVAC 5.85; 3 Ian Worrall MVAC 5.57; 4 Stephen Langford SCVAC 5.39; 5 Roderick Davies SCVAC 4.51;

**M50 FINAL:** 1 Paul Pinnington SCVAC 5.36; 2 Ken Jackson SWVAC 5.30;

**M55 FINAL:** 1 Brian Williamson WMAA 4.93; 2 Leslie Wood VAC 4.86; 3 Earl Taylor NIVAC 3.63;

**M60 FINAL:** 1 Mike Garvey MVAC 4.76; 2 Collin Green MVAC 4.61; 3 Jim Bartlett MVAC 4.48; 4 James Parish NVAC 4.13; 5 Dai Vaughan MVAC 3.49;

**M65 FINAL:** 1 John Tunks OPEN 4.41; 2 Roger Bruck SCVAC 4.25; 3 Anthony Treacher SCVAC 4.09; 4 Colin Field SCVAC 3.98; 5 Trevor Pugh WMAA 3.64;

**M70 FINAL:** 1 David Burton MVAC 4.17 (British Record); 2 Geraldine Finegan VAC 4.08; 3 John Evans MVAC 3.85; 4 Colin Sheppard SCVAC 3.74; 5 Geoffrey Feast VAC 3.69;

**M75 FINAL:** 1 Ajitsingh Kalirai SCVAC 2.86; 2 Bill Morrow MVAC 2.50;

**M80 FINAL:** Hugh Gallagher IRL (G) 1.53;

**W35 FINAL:** 1 Catherine Goddard EVAC 5.35 (British Record); 2 Geraldine Finegan NIVAC 4.77; 3 Dawn Jones OPEN 4.47; 4 Anna Poole WMAA 4.27; 5 Sharon Waller OPEN 4.12;

**W40 FINAL:** 1 Wendy Laing NVAC 4.89; 2 Gaye Clarke EVAC 4.40; 3 Denise Timmis EVAC 4.40;

**W45 FINAL:** 1 Manndy Laing NVAC 4.81; 2 Teresa May VAC 4.27; 3 Hazel Barker NVAC 3.97;

**W50 FINAL:** 1 Emily McMahon SCVAC 3.96; 2 Pam Garvey MVAC 3.64; 3 Cathy Lyon-Green MVAC 3.28;

**W55 FINAL:** Daphne Marler SCVAC 2.61;

**W60 FINAL:** 1 Iris Holder SCVAC 3.94 (British record); 2 Jackie Charles MVAC 3.23;

**W70 FINAL:** 1 Betty Steedman SVHC 3.10 (British Record); 2 Eileen Kear SCVAC 2.52;

**W80 FINAL:** Mary Wixey MVAC 1.77;

### Triple Jump

**M35 FINAL:** Ian Bridgeman SCVAC 11.67;

**M40 FINAL:** 1 David Richards WMAA 12.37; 2 David Dixon VAA-NE 11.88; 3 Andrew Waddington SWVAC 10.93;

**M45 FINAL:** 1 Albert Earle MVAC 12.17; 2 Trevor Wade SCVAC 11.13; 3 Stephen Langford SCVAC 10.60;

**M50 FINAL:** 11 Paul Pinnington SCVAC 11.09; 2 William Lonsdale SVHC 9.96;

**M55 FINAL:** 1 Robert Cutler MVAC 9.96; 2 Brian Williamson WMAA 9.70; 3 Leslie Wood VAC 9.54; 4 Derek Wardle VAC 9.48;

**M60 FINAL:** 1 Sean Power WMAA 11.46; 2 Allan Cheers SCVAC 9.91; 3 Collin Green MVAC 9.70;

**M65 FINAL:** 1 Tony Crocker MVAC 9.27; 2 Trevor Pugh WMAA 8.26;

**M70 FINAL:** 1 John Evans MVAC 8.25; 2 Colin Sheppard SCVAC 7.91;

**M75 FINAL:** James Crehan NVAC 7.51 (British Record);

**W35 FINAL:** 1 Dawn Jones OPEN 10.27; 2 Jill Dinsmore OPEN 9.11;

**W40 FINAL:** 1 Gaye Clarke EVAC 8.98;

**W45 FINAL:** 1 Manndy Laing NVAC 10.39 (British Record); 2 Teresa May VAC 9.32; 3 Lucy Moore-Fox IRL (G) 8.64;

**W50 FINAL:** 1 Lyn Ahmet SCVAC 8.59; 2 Cathy Lyon-Green MVAC 6.63;



**W55 FINAL:** Daphne Marler SCVAC 4.92;

**W60 FINAL:** Jackie Charles MVAC 7.61;

**W70 FINAL:** Betty Steedman SVHC 6.69 (British Record); 2 Eileen Kear SCVAC 5.06;

### Shot Putt

**M35 FINAL:** Joseph Nagle IRL (G) 10.28;

**M40 FINAL:** 1 Steve Whyte EVAC 15.36; 2 Andrew Turner WMAA 13.75; 3 David Burrell EVAC 11.51; 4 Nicholas Walker MVAC 11.01;

**M45 FINAL:** 1 Guy Perryman SCVAC 13.45; 2 Ian Lindley NVAC 13.14; 3 Jim Hogg OPEN 12.37; 4 Greg Poole WMAA 8.66; 5 Adrian Courtenay OPEN 8.52;

**M50 FINAL:** 1 Mike Small SCVAC 15.22; 2 Bruce Holden SWVAC 13.33; 3 Roy Steventon MVAC 11.67;

**M55 FINAL:** 1 Neil Griffin SCVAC 13.92; 2 Anthony Richards SCVAC 10.97; 3 Earl Taylor NIVAC 7.93;

**M60 FINAL:** 1 Garry Negus SCVAC 12.32; 2 James Sloan SVHC 10.85; 3 John Howe WMAA 10.62; 4 Jim Bartlett MVAC 9.29; 5 Dai Vaughan MVAC 8.53;

**M65 FINAL:** 1 Eric Kitney SCVAC 9.63; 2 Brian Webb WMAA 8.80;

**M70 FINAL:** 1 Gordon Hickey SCVAC 11.57; 2 Ian Miller SVHC 11.27; 3 Clifford Taylor VAC 9.91;

**M75 FINAL:** 1 Jaroslav Hanus SCVAC 9.51 (British Record); 2 Keith Dutton MVAC 8.76; 3 William Kingsbury WMAA 6.82;

**M80 FINAL:** Hugh Gallagher IRL (G) 6.53;

**W35 FINAL:** 1 Geraldine Finegan NIVAC 10.67; 2 Catherine Goddard EVAC 10.63; 3 Jane Thrush SCVAC 10.59; 4 Anna Poole WMAA 6.28;

**W40 FINAL:** 1 Wendy Laing NVAC 10.33; 2 Alison George MVAC 10.00;

**W45 FINAL:** 1 Manndy Laing NVAC 10.43; 2 Claire Cameron SVHC 10.03; 3 Hazel Barker NVAC 9.31; 4 Lucy Moore-Fox IRL (G) 8.44; 5 Anne Goad SCVAC 8.40;

**W55 FINAL:** Barbara Terry SCVAC 8.88;

**W60 FINAL:** 1 Elizabeth Sissons VAC 9.66; 2 Margery Swinton SVHC 7.74; 3 Dorothy Morgan WMAA 7.25;

**W70 FINAL:** Rosemary Chrimes MVAC 9.79 (World Record);

## British Masters Athletic Federation, Indoor Walks & Pentathlon Championships, Cardiff N.I.A.C., January 23<sup>rd</sup>.

The best performances in this well organised meeting came from Sharon Tonks who is not quite a "Master" (April is the date I am told) who set a lifetime indoor best of 14:12.7 walking as a guest in the Men's 3000 metres Walk. The time would have

## **BMAF INDOOR CHAMPIONSHIPS**

placed the Bromsgrove and Redditch athlete fifth on last years outdoor rankings, and Sharon is expected to do very well in the World Masters in Spain later this year. Second in the Walk came Trevor Jones, and John Hall who finished 15 seconds behind.

Tamworth Harrier Sheila Owen who despite being at the top end of her age group was 45 seconds clear of last years Southern Counties Champion Fiona Bishop, and dominated the Women's race from the gun.



**Sheila Owen with coach Alf Stokes**

Highlight of the Pentathlons were the British Men 70, and Men 75 records set by Dave Burton and Norman Carter. David added 140 points to Sid McSweeney's twenty-year-old record, whilst Norman added 80 points to Tony Rawlinson's seven-year-old best.

Other age group winners were Andrew Waddington, John Mayor, Julian Kennedy, Mike Corden, Peter Clarke, Charmaine Johnson, Teresa May and Anne Wainwright.

### Men

**3k Walk:** M40: A Bell (EVAC) 16:41.0; M45: 1 T Jones (SCVAC) 14:28.0; 2 C Hobbs (SCVAC) 15:42.1; 3 M Wall (EVAC) 16:42.1; M55: 1 J Hall (VAC) 14:33.3; 2 S McMullen (IRE) 17:26.7; M60: 1 P Hannell (VAC) 16:08.3; M65: J Collins (WMAA) 20:14.9; M70: 1 C Shafro (NVAC) 18:39.3; 2 P Ray (SCVAC) 19:55.4; 3 E Horwill (MVAC) 20:19.1; M75: R Davies 21:50.3;

### Pent

**M40:** 1 A Waddington (SWVAC) 3153 (9.9, 5.60, 8.02, 1.74, 2:55.6); 2 D Richards (WMAA) 2906 (9.7, 5.78, 8.39, 1.56, 3:14.5); 3 G Reddington (SCVAC) 2739 (9.2, 5.30, 6.68, 1.47, 3:10.9); 4 A Easey (VAC) 2307 (10.7, 5.04, 7.14, 1.29, 3:07.6); 5 John Dickinson (SCVAC) 2263 (11.6, 4.85, 7.10, 1.47, 3:08.3);

**M45:** 1 J Mayor (EVAC) 3580 (9.4, 5.76, 8.92, 1.68, 3:06.8); 2 C Hague (SWVAC) 2500 (11.6, 4.91, 7.59, 1.50, 3:28.7); M50: 1 J Kennedy (SWVAC) 2916 (11.0, 4.78, 10.05, 1.44, 3:29.0); 2 J Ratcliff (SWVAC) 2667 (11.8, 4.83, 6.84, 1.44, 3:20.0); 3 I Turner (SWVAC) 2444 (11.8, 4.89, 9.96, 1.29, 3:58.8); N Baker (EVAC) DNF; M55: M Corden (NVAC) 3600 (10.0, 4.96, 11.55, 1.41, 3:42.2); M60: 1 P Clarke (SWVAC) 2263 (13.9, 3.58, 8.13, 1.23, 3:54.4); 2 D Vaughan (MVAC) 1919 (14.5, 3.75, 8.32, 1.26, 4:56.5); M70: D Burton (MVAC) 3080 (British Record) (12.9, 3.90, 8.99, 1.20, 4:16.7); M75: N Carter 2291 (MVAC) 2291 (British Record) (15.2, 2.89, 5.98, 1.11, 4:57.1);

### Women:

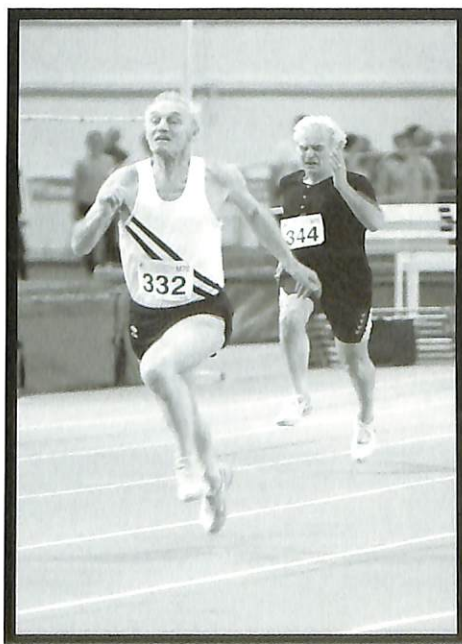
**3k Walk:** S Tonks (B&R) 14:12.7; W40: M Noel (VAC) 18:02.9; W45: 1 S Owen (MVAC) 17:03.2; 2 F Bishop (VAC) 17:49.0; 3 L Harris (VAC) 20:30.9; W70: P Horwill (MVAC) 20:38.0;



**British Record for Norman Carter (M75)**

### Pent

**W40:** C Johnson (VAC) 3562 (9.6, 1.50, 10.85, 4.83, 2:43.8); W45: 1 T May (SCVAC) 3107 (11.1, 1.41, 6.05, 4.46, 2:50.9); 2 D Farmer (EVAC) 1907 (13.0, 1.08, 4.94, 3.35, 2:58.5); W50: 1 A Wainwright (MVAC) 2840 (12.0, 1.14, 6.71, 3.89, 2:52.8); 2 L Molloy (SWVAC) 1510 (14.9, 0.96, 6.93, 2.96, 3:49.9);



**British Record's for David Burton (M70)**



## B.M.A.F. CROSS COUNTRY RELAYS

### Last leg shocks in the 9<sup>th</sup> BMAF Cross Country Relays

Report by Philip Lee



City of Norwich Men 40 winning team (picture Tony Challis)

The 9<sup>th</sup> BMAF XC Relays were held at Earlham Park, Norwich on Saturday 12<sup>th</sup> February. On an undulating course, each leg being two laps of the Earlham Park circuit, blasted by strong winds, the runners found themselves going up hill with the wind behind them but facing the strong blasts going downhill. Still it was probably better than the other way round.

Perhaps not as well supported, as it could have been, the majority of teams coming from the East Anglian region, never the less some teams made the long journey to the East and gained their rewards with impressive performances.

Which leg to place your fastest runner on is an intriguing tactic of relay races and it played a significant part in the days events.

#### W55

Only three teams competed the event and Milton Keynes were only able to field two runners.

Barnet and District AC took the lead on the first leg through Karen Faloon, whose time of 19.09 minutes was the fastest leg of the race.

Milton Keynes AC were in second place through Rosemary Muston, with a time of 20.51 which was the second fastest overall. Wymondham AC were in third place, through Anne Martin (22.35).

On the second leg, Pauline Lygo (22.44) had increased Barnet and District's lead over Milton Keynes (Val Russell 23.40) and Wymondham (Margaret Bailey 24.46). Unfortunately that is were the Milton Keynes challenge finished and it was left to Wymondham to take it up.

A strong run by Eva Osbourne in 22.05, third fastest leg, although reducing the deficit on Barnet & District's Maureen Shirley (24.06) never looked like pegging back the lead.

#### W45

Six teams contested this event with some close racing down the field.

A strong leg by Lindi Marson, Nene Valley Harriers, in 17.32 proved to be the second fastest leg and helped to establish a lead, which was never threatened. Good runs from Janice Moorkite (Invicta East Kent AC, 18.30), Yuko Gordon (Cambridge & Coleridge AC, 18.31) and Penny Edwards (Norwich Road Runners, 18.35) meant that the second leg would be interesting.

Nene Valley continued to lead when England International, Tina Lazenby produced the third fastest leg of 17.48. The real battle was for the second spot and Diana Braverman, Cambridge, opened up a gap by putting in a 19.48 leg against Invicta's Pam Clayton 21.13 to grab second spot. Meanwhile excitement was growing down the field, as a fine run by Milton Keynes' Anick Valapinee, 19.08 took them from sixth

to fourth place. With Milton Keynes at 40.33, Rotherham Harriers & AC, 40.35 and Norwich Road Runners on 40.53, a close race for the minor placings looked on the cards.

On the third and final leg Elizabeth Batty of Invicta produced the fastest leg of the race and her time of 17.33 enabled Invicta to take second place from Cambridge's Vikki Green's 19.20 as Nene Valley Harriers took first place. Further down the field, Rotherham Harriers & AC took fourth place from Milton Keynes AC with Norwich Road Runners in sixth place.

#### W35

The women's race attracted 4 teams and a close finish.

England International Jane Clarke put Norfolk Gazelles into the lead with the fastest leg of 16.32. Janet Hindley of Rotherham Harriers was second to complete with the third fastest leg of 18.16 but unfortunately had no one to hand over to. This left Barnet & District AC in second place due to Simone Kimberley's 19.04 followed by Sarah Golding 19.34 for St. Edmunds Pacers with Milton Keynes AC fourth in 20.17

The Gazelles continued to maintain the lead as Allison Crane with 19.04 slightly increased the lead over Barnet's Kirsty Johnstone 19.08. A run of 19 minutes by Trish Dennison brought St. Edmunds closer to second place while Milton Keynes Julie Dalzell recorded the best leg time of 18.32

The final leg saw Lucy Cooper bring Norfolk Gazelles home with a leg of 19.48. Jane Laws of Barnet made a gallant effort to close the gap by producing the second fastest time of 17.19 but failed by only 7 seconds to take the gold medal. The other two places remained unchanged.

#### M60

Of the 8 teams who competed, one from E.V.A.C. was made up of M70 men. Perhaps a hint to include a further age category in the future?

A strong first leg by Peter Cartwright of 16.49 enabled Clydesdale Harriers to go into the second leg in the lead. Following were Aldershot Farnham & District for whom Dave Gibson had run 17.25, ahead of Fred Gibbs of Bingley Harriers and AC's time of 17.43. These teams were to challenge for the medal places throughout the race.

The second leg saw Aldershot take over the lead when Peter Beacham's time of 16.37, the third fastest leg, took him past Clydesdale's Brian Campbell 17.28. Still in third place but only 35 seconds and 20 secs behind first and second were Bingley for whom Bob Dover had run a time of 16.54. Hallamshire's Dave Trickett's time of 16.39 had taken his team into fourth place passing Invicta East Kent and Lowestoft Road Runners with Milton Keynes and E.V.A.C. bringing up the rear.

The final leg promised much excitement as an enthralling race unfolded between Martin Duff (Aldershot), Les Haynes (Bingley) and Robert Young of Clydesdale with Bob Toogood from Hallamshire not out of it either. The question on everyone's lips was could Martin resist the challenge from the might of International runners lined up against him.

So Aldershot set off with a 15 secs lead over Clydesdale, a 35 sec lead over Bingley and one of 51 seconds over Hallamshire. With a splendid run of 16.23, Les Haynes clocked up the fastest leg for Bingley but it was not enough as Bob Young put Clydesdale into the Gold medal position with the same time of 16.23. A gallant run from Martin Duff of 18.25 enabled him to take third ahead of Bob Toogood's 16.40 by 6 seconds.

#### M50

A field of 11 teams contested this event with the medal places only being decided on the final leg.

Philip Wallace's fast leg of 15.47 for Medway & Maidstone AC was matched by Kevin Youngs for Norfolk Gazelles followed by Richard Blake who posted a time of 16.08 for Great Yarmouth RR. Behind and closely grouped were City of Norwich AC, Derry Kelleher 16.15, and Mansfield Harriers & AC for whom Eric Palmer recorded 16.24 and Cambridge & Coleridge AC, John Jenkins 16.32. So the scene was set for an exciting second leg.

Medway went into the lead thanks to a leg of 16.10 from Allan Newman. City of Norwich moved up to second when Harry Knowles



## B.M.A.F. CROSS COUNTRY RELAYS

clocked 16.24 ahead of Barnet & District AC who moved from 9<sup>th</sup> to third thanks to very fast leg from Des Michael of 15.51. North Herts RR also made a forward move from 7<sup>th</sup> to 4<sup>th</sup> when Deryk Myall managed 17.12. Of the other leading contenders after the first leg, Great Yarmouth had slipped to 8<sup>th</sup>, Mansfield to 7<sup>th</sup> while Cambridge maintained their 6<sup>th</sup> spot.

Medway continued to set the pace as Stuart Nice's 17.01 leg maintained their lead from Barnet who had improved to second thanks to a 15.56 leg from Tony Cousins. City of Norwich slipped back to 3<sup>rd</sup> after Philip Bamford did a 18.12 leg. Of the chasing pack, North Herts maintained 4<sup>th</sup> place as Roger Witherick recorded 17.40, Mansfield returned back to 5<sup>th</sup> place when Bob Scott finished with a 17.12 leg and Cambridge maintained 6<sup>th</sup> place.

The final leg was to provide drama and disappointment as Medway went into the last leg with a 40 second leads. In the final leg, Patrick Finn posted a time of 16.34 but he was unable to hold of the determined challenge by Barnet's Dave Wilcott who recorded a leg of 14.55, which was not only the fastest leg but also the winning leg as Barnet finished first 59 seconds ahead of Medway. Further down the field Rik Huntington's time of 15.57 enabled Mansfield to move from 5<sup>th</sup> to finish as bronze medallists. North Herts maintained their hold on 4<sup>th</sup> place while City of Norwich slipped back to 5<sup>th</sup>. Cambridge, consistent as ever, got the 6<sup>th</sup> place.

### M40

14 teams contested this race, from as far a field as Wirral on Merseyside, Watford and Aldershot as well as 11 local teams.

Running for their teams were some well-known International runners.

15 runners set off up the hill on the first of two laps, which made up a leg of the relay. The first to finish the leg was Danny Moore of Bristol & West AC in a time of 14.08 which was the third fastest leg overall. Unfortunately Bristol could not capitalize on this excellent run, as they had no other members present.

The first complete team to finish was Nene Valley Harriers, from Peterborough, for whom Ian Auger recorded a 14.41 leg, followed by Keith Donkin of Aldershot with 14.53 and City of Norwich's Dale Hurren on 15.26.

On the second leg, Chris Clarke's time of 14.49 was the faster of the second leg and opened up the gap a little more over Aldershot's Bill Ablitt 14.47. Back in the pack a strong run from Pete Golding of St. Edmunds of 15.14 moved his team from 7<sup>th</sup> to 3<sup>rd</sup> place. The rest of the places were swapped around as runners worked hard to overcome the conditions on the course, as the wind appeared to strengthen.

The third leg continued like the other two before it. Stan Owen the M50 International runner put in a leg of 14.49, which would have been fastest in the M50 race and extended Nene Valley's lead over Aldershot for whom Simon Sheard recorded 15.32. St. Edmund's Les Heath could

not close the distance on the ones in front as he did a 16.21 leg. Further down the field a 16.31 from Ray Lindsey moved Norwich Road Runners from 10<sup>th</sup> to 7<sup>th</sup> place and a 17.03 leg from Norman Leslie took North Herts from 11<sup>th</sup> to 8<sup>th</sup>.

A 15.53 leg from Nene Valley's Bill Taylor maintained their lead on leg 4. However the second fastest leg overall of 14.06 by Richard Sales moved City of Norwich into third place behind Aldershot for whom Rob Hudson recorded 15.24. The rest of the places remained generally unchanged and even a leg of 14.54 by Chris Wood of Watford failed to move his team forward.

Nene Valley maintained their position in the lead on leg 5 when Graham Williams clocked 15.27 ahead of Aldershot's Nick Bateson's 16.11 and a 14.48 leg from Ray Goose of City of Norwich. Steve Bell of Watford put in a quick leg of 14.54 to move his team into 5<sup>th</sup> place.

And so the stage was set for the final leg of these championships. Could Nene Valley conquer the hills and the other teams and be triumphant or would they be down on their last legs. Michael Barnsdale the Valley runner was up against Steve Bone of Aldershot and Guy Amos of City of Norwich. Yes the Guy Amos who had won the Cross Country International at Croydon and defeated the invincible Nigel Gates in an International for the first time. Nene Valley had a lead of 78 seconds over Aldershot and 86 over City of Norwich. It would take some catching.

As the race unfolded it became clear that Amos was setting an extremely fast pace and making inroads into the two in front of him. By the end of the first lap he had moved into second place and had Barnsdale in his sights. Had he gone to quickly to early?

The question was soon to be answered as he moved ahead of Barnsdale with half a lap to go and crossed the line in a time of 13.21. It had needed something special in order for the City of Norwich to win and he had done that by producing the fastest leg of the race. Barnsdale brought Nene Valley home in 15.22 with a strong run from Kevin Vaughan of St. Edmunds of 14.54 moving them into 3<sup>rd</sup> place. A 14.24 from International runner Julian Crichlow moved Watford into 4<sup>th</sup> place.

The Championships had finished on a dramatic note but all athletes must be congratulated on their performances in extremely difficult conditions.

### RESULTS:

#### M40:

1 City of Norwich (Hurren 15:26, Pring 17:12, Huntington 15:33, Sales 14:06, Goose 14:48, Amos 13:21) 1:30:26; 2 Nene Valley Harriers (Auger 14:41, Clarke 14:49, Owen 14:49, Taylor 15:53, Williams 15:27, Barnsdale 15:22) 1:31:01; 3 St. Edmund Pacers (Arnold 15:44, Golding 15:14, Heath 16:21, Cooke 15:34, Copeland 15:18, Vaughan 14:45) 1:32:56; 4 Watford Harriers (A) (Orton 17:07, Williamson 15:41, Bradley 16:11, Wood 14:54, Bell 14:54, Crichlow 14:24) 1:33:11; 5 Aldershot Farnham & District (Donkin 14:53, Ablitt 14:57, Sheard 15:32, Hudson 15:24, Bateson 16:11, Bone 16:38) 1:33:35; 6 Norwich RR Roper 15:59, Chamberlain 17:20, Lindsey 16:31, Sherry 15:08, Elvin 16:45, Tuttle 15:33) 1:37:16; 7 Wirral AC (Devoy 15:37, Hird 16:00, McDavitt 16:24, Kilgallon 15:29, Morris 15:55, Downey 17:51); 8 North Herts RR (A) (Franklin 16:46, Annetts 16:46,

Leslie 17:03, Frampton 16:31, Harbon 17:39, Sibbett 15:33) 1:40:18; 9 Cambridge & Coleridge AC (Stone 15:43, Chaplin 17:10, Kretzer 17:53, Lewy 18:13, Meah 17:38, Bowker 16:34) 1:43:11;

10 Harwich Runners (Wade 16:35, Wallace 17:51, Clarke 17:20, Doyle 17:22, Gooding 18:19, Burls 18:26) 1:45:53; 11 North Norfolk Beach Runners (Bolam 16:05, Hedges 16:44, Leach 19:12, Sadler 18:55, Wade 19:31, Parfit 16:57) 1:47:21; 12 Norfolk Gazells (Bailey 16:12, Yaxley 16:56, Hill 18:29, Colman 18:30, G Hardingham 19:28, K Hardingham 18:37) 1:48:12; 13 Bungay Black Dog RC (Mulcahy 17:01, Smith 16:42, Garrity 18:08, Cooper 16:50, Gibbs 19:47, Whale 20:32) 1:49:00; 14 West Norfolk AC (Bailey 17:57, James 20:37, Empson 18:38, Reeve 17:58, Bray 21:00, Perry 22:11) 1:58:21; 15 Bristol & West (Moore 14:08).

Fastest Legs: 1 G Amos (Norw) 13:21; 2 R Sales (Norw) 14:06; 3 D Moore (B&W) 14:08; 4 J Critchlow (Wat) 14:24; 5 I Auger (Nene) 14:41; 6 K Vaughan (st, Ed) 14:45; 7 R Goose (Norw) 14:48; 8 C Clarke (Nene) 14:49; 9 S Owen (Nene) 14:49; 10 K Donkin (AFD) 14:53;

#### M50:

1 Barnet & District: (Binham 17:51, Michael 15:51, Cousins 15:56, Wilcock 14:55) 1:04:33; 2 Medway & Maidstone AC (Wallace 15:47, Newman 16:10, Nice 17:01, Finn 16:34) 1:05:32; 3 Mansfield Harriers (Palmer 16:25, Brown 18:20, Scott 17:12, Huntington 15:57) 1:07:54; 4 North Herts RR (Howitt 16:53, Myall 17:12, Witherick 17:40, Priestley 16:37) 1:08:22; 5 City of Norwich AC (Kelleher 16:15, Knowles 16:24, Bamford 18:12, Wilkinson 18:18) 1:09:09; 6 Cambridge & Coleridge AC (A): (Jenkins 16:32, Downie 18:10, Smith 17:45, Bowen 16:44) 1:09:11; 7 Norfolk Gazells (Youngs 15:47, Fowle 18:37, Cobb 18:24, Bromley 18:12) 1:11:00; 8 Great Yarmouth RR (Blake 16:08, Hills 19:36, Bone 18:35, Spragg 17:31) 1:11:50; 9 Norwich Road Runners (Horrex 18:13, Millet 19:17, Tayler 19:44, Yeomans 17:11) 1:14:25; 10 North Beach Runners (Emery 17:49, Wade 19:10, Dickens 20:31, Quigley 18:06) 1:15:36; 11 Harwich Runners (Goddard 19:22, Gibson 22:51, Peck 20:30, Knott 19:27) 1:22:10; 12 Watford (Grimsdale 18:27); Fastest Legs: 1 D Wilcock (Barn) 14:55; 2 P Wallace (M&M) & K Youngs (Norf G) 15:47; 4 D Michael (Barn) 15:51; 5 T Cousins (Barn) 15:56; 6 R Huntington (Mans) 15:57;

#### M60:

1 Clydesdale Harriers (cartwright 16:49, Campbell 17:28, Young 16:23) 50:40; 2 Bingley Harriers (Gibbs 17:43, Dover 16:55, Haynes 16:22) 51:00; 3 Aldershot Farnham & District (Gibson 17:25, Beacham 16:37, Duff 18:25) 52:27; 4 Hallamshire Harriers (Wilson 19:14, Trickett 16:39, Toogood 16:40) 52:33; 5 Invicta East Kent AC (Broad 18:39, Moorekite 19:38, Jenkins 18:19) 56:36; 6 Lowestoft RR (Oldman 18:46, Mawer 17:59, Gilbert 20:04) 56:49; 7 Milton Keynes AC (Daniels 19:05, Callow 22:55, Gilks 23:31) 1:05:31; 8 EVAC (Chaplin 23:06, Hutson 25:41, Double 23:19) 1:12:06; 9 Barnet & District (Antoniou 19:06); Fastest Legs: 1 L Haynes (Bing) 16:22; 2 R Young (Clydes) 16:23; 3 P Beacham (AFD) 16:37; 4 D Trickett (Hallam) 16:39; 5 B Toogood (Hallam) 16:40; 6 P Cartwright (Clydes) 16:49;

#### W35:

1 Norfolk Gazells (Clarke 16:32, Crane 19:04, Cooper 19:48) 55:24; 2 Barnet & District AC (A) (Kimberley 19:04, Johnstone 19:08, Laws 17:19) 55:31; 3 St. Edmund Pacers (Golding 19:34, Dennison 19:00, Partridge 18:55) 57:29; 4 Milton Keynes AC (Ovington 20:17, Daizell 18:32, Gill 20:23) 59:12; 5 Rotherham Harriers (Hindley 18:16); 6 Barnet & District (B) (Antoniou 24:29);

Fastest Legs: 1 J Clarke (Norf G) 16:32; 2 J Laws (Barn) 17:19; 3 J Hindley (Roth) 18:16;

#### W45:

1 Nene Valley Harriers (Marson 17:32, Lazenby 17:48, Bailey 18:57) 54:17; 2 Invicta East Kent AC (Moorekite 18:30, Clayton 21:13, Batty 17:13) 56:56; 3 Cambridge & Coleridge (Gordon 18:31, Braverman 19:48, Green 19:20) 57:39; 4 Rotherham Harriers (Taylor 20:36, Fisher 19:59, Garrison 19:07) 59:42; 5 Milton Keynes AC (Farmer 21:25, Valapinee 19:08, Knight 20:14) 1:00:47; 6 Norwich RR (Edwards 18:35, Tayler 22:18, Millet 20:02) 1:00:55;

Fastest Legs: 1 E Batty (Invita) 17:13; 2 L Marson (NVH) 17:32; 3 T Lazenby (NVH) 17:48;

#### W55:

1 Barnet & District AC (Faloon 19:09, Lygo 22:44, Shirley 24:06) 1:05:59; 2 Wymondham AC (Martin 22:35, Bailey 24:26, Osbourne 22:05) 1:09:06; 3 Milton Keynes AC (Muston 20:51, Russell 23:40);

Fastest Legs: 1 K Faloon (Barn) 19:09; 2 R Muston (MK) 20:51; 3 E Osbourne (Wym) 22:05;

### BMAF 50k Road Walk 26<sup>th</sup> September 2004

M35: Steve Partington 4h30:08; M40: Mike Smith 4h 59:47; M50: 1 Paul King 5h 28:59; 2 John Stubbs 5h35:19; M55: 1 John Borgars 5:54:57; 2 Chris Flint 6:10:35; M60: Alf Short 5:26:08; M70: 1 Dave Boxall 5:55:16; 2 John Payne 6:10:35; W45: Kim Howard 5:57:22;



## NEWS & VIEWS

### Unpublished letter to Athletics Weekly

As most disappointed to read in AW (12<sup>th</sup> January 2005) that the performances of our male "Masters" athletes were considered unworthy of publication in the annual ranking lists.

British Athletes gained a good haul of medals in the walks in the three main international championships in 2004, i.e.: the World Indoors in Germany, World non-stadium in New Zealand and the European Championships in Denmark. In addition there were many excellent performances in domestic events that were also ignored.

Some "masters" have already appeared in open (Senior) ranking and merit tables. However will restrict myself to quoting one specific example of the inconsistency of your correspondent's statements. "The track walks in Denmark were held under far from ideal conditions at Randers" (July 04). No one who was present will forget the epic battle for the Men 80 title. This was only decided in the final 10 metres, resulting in a wonderful victory for Len Creo (Worcester AC /MVAC) in a time of 33:31.55".

I note that the second ranked RUNNER in the M80 group is credited with 33:50.0 and the third ranked with 39:12.13.

I look forward to reading your response.

**Eric Horwill.**  
**BMAF. Race Walking Secretary**

I am writing to express my dissatisfaction over the very late change of start time for the men's open race held in conjunction with the BMAF International XC at Croydon on 20 November.

The start was brought forward from 3:00 pm and amalgamated with the Women's race, which was due to start at 2:15 pm. The two races, run as one eventually started at about 2:30 pm. It is difficult to understand how the organizers could assume that everyone would have heard the announcement about the change of time.

Some runners did not find out and missed the race. Did the organisers consider those that lived locally and who may well have arrived as late as 2:30 pm only to find the race had already started? Once advertised, the start of a mass race should never be brought forward because you can never be sure everyone knows of the change.

I feel that one should always be very cautious about criticising people who volunteer their services. If it were not for volunteer officials the competitive side of the sport would not exist.

The vast majority of officials do a brilliant job, often in the most inclement conditions.

However, having once volunteered, people have an obligation to stage the event as advertised, especially when an entry fee has been paid.

Along with a number of other runners I only heard about the change 5 minutes before the start and had the choice to run with very little warm up or to withdraw from the race.

The result was a torn calf muscle on the first lap and for the first time in over 50 years of running, I had to drop out of a race. What a waste of months of training! I have never before sustained a running injury in a race because I always allow myself time to warm up properly.

It was a particularly good course, one of the best lap courses I have run on for many years; I was expecting to complete both laps!

**Jonathan Hassall**  
**Telford AC**

### Regarding the recent Five Nations Cross Country International at Lloyd Park, Croydon.

While the actual running course was ideal the overall event was more than disappointing, to say the least with little to indicate that this was one of the most important events of the year for "Master Athletes".

There was:

- 1) A distinct lack of signs! 2) No flags! 3) No first aid! 4) No cover for athletes or spectators! 5) The start and finish were well away from the meagre refreshments and the changing rooms! 6) Why was the start and finish not close to the facilities, as the course could have skirted the football fields? 7) As to course markings, its my opinion that whoever was responsible for posting and taping, must have been told that the "M" for Masters meant Midgets as the post were only 12 inches high, and in some cases the tape was laid on the ground.

Overall it was a poor effort, especially compared with previous fixtures.

**Doug Morris**

**I would like to respond to the two letters, which are written about the Cross Country International in this edition of Masters Athletics.**

The Lloyd Park course was mainly along well-established pathways and the need to mark for directional guidance was not as important as on more open courses. The use of short pegs, situated off the main course, was only as an indicator as to width of course. Scotland, both at Masters International and National level, have always marked by putting tape on the ground, perhaps to counteract windy conditions, and this has been a very efficient way of marking. The change of time for the open races was due to deteriorating weather conditions. The decision to move the men's race forward to

the women's start time was because the conditions were getting so overcast that when the men's race should have started at 15.00 it may have been extremely difficult to see the course and even be dangerous to run on it in the gathering gloom. The other alternative would have been to have waited till 15.00 and perhaps had to cancel the race altogether. Announcements of the changes were broadcast on the Tannoy and the races were put back 15 minutes to give the men time to prepare.

I do appreciate that not everyone may have heard about the change of times and apologise to all those who were inconvenienced by the change of time necessitated by the worsening conditions.

First Aiders were on the course although they, like many other officials on the day, spent most of their time sheltering from the weather. It had been arranged for a tent to be at the start / finish area but unfortunately the person responsible for it resigned from the organising committee a few weeks earlier and it was too short notice to obtain one. The start / finish area has been used for many events at Lloyd Park, including BMAF XC Relays, and it has not been criticized before.

In normal circumstances the arrangements for the event would have been ok. However the weather played an extremely important part in causing difficulties. As the weather forecast on Friday night and Saturday morning had told of dry, cloudy skies and temperatures of 4C, the resulting downpours and cold conditions made life extremely unpleasant for all concerned.

It is a pity that Doug Morris appears to only praise the set up of the P.A. speakers in his letter. I think a great big thank you should have been given to all the officials who had to spend all the time out on the course so that all the runners could take part in the races. How people managed to record numbers in those conditions amazed me and we sometimes forget that without these dedicated people there would be no events to compete in.

### PHILIP LEE, CROSS COUNTRY SECRETARY

The Chairman in his end of year report raises a number of points. I would like to comment upon.

1, some have contacted their area/hubs, some have not. - What have those that have got to say about the contact they have made? I think we should be told.

2. Is "it" a members, club or BMAF Problem? - What does he define by "it", and what is BMAF looking into? again I think we should be told.

I would say it is not an individual's problem; the vast majority of members will be fully represented by their first claim clubs on any hub organisation. It is not a club problem. Each Veteran club will have its say related to its first claim membership.



## NEWS & VIEWS

It is a BMAF problem. They need to completely reassess their position and decide, where they are now, where they want to go, and how they are going to get there. When they have decided this they need to keep the membership informed. 'Looking into or at this' is not sufficient. It is not that we only want to compete, and want everything plain sailing. We are if nothing else these days, parochial, very few of us have neither a national or international outlook.

If the "management" wish us to see the bigger picture, then they need to show it to us, and offer guidance and a sense of direction.

**Peter Chaplin EVAC membership No 19**

### Which Rules for Competition?

In the last issue Maurice Doogan took Malcolm Fenton to task at great length for not knowing under which rules he was competing at last year's BMAF Championships, and for attempting to find out from an official. Maurice wrote that the entry form stated that the 'meeting was to be held under UKA rules, as well as others', although the programme stated BMAF Rules, and that as a permitted meeting there was a requirement that it be held under UKA rules. I have just checked the entry form for the 2005 Indoor championships and it contains the phrase 'Under UKA/IAAF/WMA Rules'.

I cannot find any BMAF Rules for competition anywhere.  
WMA Rules say: -

*"National Masters Athletics Championships shall be conducted in accordance with the technical rules of IAAF except as modified by the WMA Constitution, Bye-Laws and/or Rules of Competition".*

As this applies to BMAF Championships any reference to IAAF rules would appear to be both superfluous and incorrect.

So we have a situation where both UKA and WMA insist that the BMAF Championships are held under their rules. Having examined both sets of rules, it is in my opinion not possible to compete under both at the same time because of differences between the two. For example, if another thrower wanted to use my hammer, do I have to let him? WMA rules say my hammer is in the pool, and anyone can use it, but UKA rules say he needs my permission.

Other problems are that the UKA does not recognise the weights pentathlon or the weight throw, nor do they publish any age-grading factors essential for multi-event scoring.

The whole thing is a mess. It is simply not good enough for Maurice to attempt to sweep the matter under the carpet by his statement that the meeting was to be held under UKA rules, as well as others. It is like stating that a financial contract was to be governed by English law, Scottish law, and others. It is just not possible.

Is the solution to provide some BMAF rules for competition, but would the UKA or WMA allow such a thing?

As it is, I do not know under what rules I am competing, and I do not believe anyone else can know either.

**Chris Melliush  
Cambridge Harriers**

Whilst taking part in the "Sheffield Multi-events" last year, pain developed in my Gluteal area, causing some handicap, thus adding to my already declining standards!

The trouble eventually was identified by Matt Tribble, that most generous and helpful visiting physio, as due to injury to the "peridormis" muscle, a deep seated problem, in the gluteal area.

Amongst our members could anyone advise how this injury comes about, and how best to avoid reoccurrence. Also can anyone advise if there is a beneficial exercise I can employ to aid recovery.

I notice that I have not been included in the 2004 Decathlon Rankings, can this be noted in any revision of the lists.

**Tony Rawlinson**

### B.M.A.F. Marathon, Cardiff Oct 3<sup>rd</sup>

The results of the above event were published in the Christmas Edition of MA, and are the third set of results I have seen.

The local newspaper listed all finishers, Master Athletics Monthly and MA all published the results.

However, the age groups did not list finishers in the age groups 65+ and 70+, I am listed as M60 when in fact I am M65.

I cannot believe I was the only M65 to finish the race, and if I was I should have received a medal, I am sure other runners would welcome this information.

**LES GREEN**

**I feel I must write to express my disappointment, at the decision to remove the Race-Walks from the B.M.A.F. Indoor Championships.**

When I joined the Veterans, I was overwhelmed by the positive attitude of the Athletes toward Race Walking-what a pleasant surprise!

I have supported the Indoor Championships, wherever they have been held, and enjoyed both racing and the opportunity to meet up with friends from other disciplines.

Can I request that this decision to isolate Race Walks be reconsidered?

**JILL LANGFORD**

## WELSH MASTERS ATHLETIC ASSOCIATION



**Newport AC the winners of the Welsh Masters League**

Welsh Masters Athletes gathered at the Aberdare Hall in Cardiff's Civic Centre for their annual presentation and social evening on Friday December 3<sup>rd</sup>. There was a good attendance and most clubs in the association were represented.

After renewing acquaintances in the lounge room we made our way to the dining room to feast on the gastronomic delights prepared by the Catering College Students. When we had finished eating we returned to the comfort of the lounge for the main business of the evening.

Chairman Mel James compered the proceedings, first calling on John Collins to give an account of the Welsh successes on the Road and Cross Country, especially highlighting Welsh Masters Tracy Morris who was selected for the Olympic Games Marathon and came a creditable 39th, John also conveyed the news that Alan Currie had received the Torch Award and Life Membership from the Welsh A. A. and the Mick McGeogh and Les Baldwin had been given Meritorious Awards, he concluded by giving us the good news that Hubert Daniels who had suffered a Cardiac Arrest at the start of the Cardiff Marathon in October was making a full recovery.

Next on the agenda was the presentation of the cups and plaques for our Track and Field League competitions. Mary Webb was called upon to do this. Glyn Sutton received the Men's Cup for Newport who finished first ahead of Rhondda with Port Talbot in third place. Nance Hailing received the Ladies Cup for Rhondda with Pembroke and Cardiff in second and third places.

Mary also presented plaques for the top points scorers in the four league meetings, Geoff Miller (M40) Newport Glyn Sutton (M50) Newport Nance Hailing (F35) Rhondda and Dorothy Morgan (F50) Pembroke were the recipients of these. Three gifts were then presented to John Collins, Bill Kingsbury and Robert Hooper who officiated at all the league meetings as well as our Open Championships.

Mel James then presented the Dave



## NEWS & VIEWS

Williams Memorial Cup to Treasurer Ken Bray for all his work in the Welsh Masters, Mel James then received the Tom Wood Cup for his Chairmanship of the Welsh Masters.

Bill Kingsbury then kept us amused with some jokes and anecdotes before presenting the Bill Kingsbury Trophy Award to two Rhondda Ladies Cath Alford and Amy Edwards who were ever present officiating at the Welsh Masters and Welsh A.A. Meetings, after an hour of chat and socialising a very enjoyable evening came to an end.  
**JC.**

### Obituary – Len Watson 1914-2005

Veteran athletes in the North East were saddened to learn of the death of Len Watson in January 2005.

Len was a latecomer to athletics having played football for Durham City in his earlier years. He joined Durham City Harriers and the then North East Veterans Athletics Club as a 70 year old having seen a local TV article about Barry Parnaby's success as a veteran athlete. Both Clubs honoured Len with honorary membership to celebrate his 80<sup>th</sup> birthday. Len was fortunate to be able to take part in National, European and World Championships. Len still held the British Records for the O75 long jump, a distance of 4.13m (the first O75 to break the 4m barrier), which he set in 1991 at Birmingham. He had previously held an age group British record for the 100m and the 400m. Len also featured in age group rankings for 200m, discus, shot and javelin.

Len hung up his spikes several years ago and spent his last few years in a care home in Bishop Auckland. Barry and Bryan Mackay, both friends and former training partners from Durham City Harriers helped Len to celebrate his 90<sup>th</sup> birthday last December with a bottle of champagne last year.

### Mike Fox 1933-2005

The athletics fraternity was saddened to learn of the unexpected death in hospital at the age of 71 after a short illness of World veteran 800 metres champion Mike Fox.

Mr. Fox, who lived in Edgbaston, was born in Blackpool in July 1933.

After studying for an Economics degree at Sheffield University, he went undertook postgraduate studies at the Sorbonne. He represented Paris versus London University in 1955.

After retiring from athletics, Mike went onto a successful advertising career.

Like many others, Mike returned to athletics about twenty years ago in his early 50's and soon got hooked on veteran athletics.

His training partner Wilf Morgan, who is also the Birchfield Harriers archivist, recalls that Mike's first international success came when he won the 800m in the Over 60 age category at the 1996 European Championships in the Swedish city of Malmö.

A year ago he won the Over 70 800m in the Over 70 age group at the inaugural World Veterans Indoors in Stuttgart. A few months later in July, he won a silver medal over the same distance at the European Veterans Championships in Denmark.

Mike was due to have received an award last Saturday night at the Birchfield Harriers Annual Dinner and Awards Ceremony at the Aston Villa Football Stadium in recognition of his considerable achievements last year. Another former Veteran World champion, Allan Meddings, accepted the award on behalf of the Fox family.

Away from the track, Mike Fox was also a passionate chess player. One of his regular opponents by post was the astronomer, Patrick Moore.

His widow, Janet, daughter Emma and son Harry survive Mr. Fox.

The funeral was at Lodge Hill Crematorium, Weoley Park Rd, Selly Oak, Birmingham B29 5AA at 1PM on Thursday 24 March.

**Tom McCook 21 March 2005**

### **WENDY DUNSFORD REMINDS ATHLETES THAT THE CLOSING DATE FOR ENTRIES FOR W.M.A. IN SPAIN IS 23<sup>RD</sup> MAY.**

Anyone competing in the World non-stadium in Portugal and would like to take part in the Cross Country Relays on Sunday 15<sup>th</sup> May, contact Archie Jenkins ([archie@meadowriggs.btinternet.com](mailto:archie@meadowriggs.btinternet.com)) Will be staying at "Hotel Alcazar".

Tom Morris advises he has set up a website <http://stagbearers.mysite.wanadoo-members.co.uk>

**Irie Hill** won her first Australian medal in finishing third in the National Championships in Sydney on the 6<sup>th</sup> March.

Irie's first time clearance at 4.05 makes her the highest placed "Master" this winter, and was just 5cm short of the qualifying height for the Commonwealth Games.

New Zealand's Melinda Hamilton, who cleared 4.25, with Karina Miroshnichenko second with 4.10, won the competition.



## BOOKS

THE LITTLE WONDER  
ALFRED SHRUBB

### A book review by Colin Simpson

Nearly one hundred years ago, in October 1905, the English athletics world was rocked by scandal – not drugs – but professionalism (shock, horror!) The culprit was no less a star performer than Alf Shrubbs, holder of numerous world records, and, for four successive years, English, National and Southern Counties cross country champion and twice International Champion. Alf had contrived to sell some of his many prizes and concoct some dubious expenses.

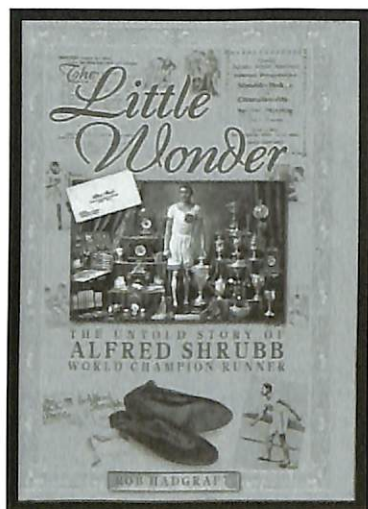
He had opened a tobacconists' shop in Horsham when he was ostensibly still a builder's labourer. Such activities did not go unnoticed by those worthy guardians of the amateur laws, the AAA Board of Control and he was suspended permanently. Ironically, Alf rode up to London for the hearing on a motorbike, the £40 cost being paid for by the sale of prizes. This is said to be equivalent to £2,500 at today's prices. Needless to say, few of our top athletes would consider putting on a pair of spikes for that sort of money.

Born in Horsham on 12 December 1879, Alfred Shrubbs was the family's fifth child. Upon leaving school he was around 5ft. 6in. in height and weighed less than nine stone. This did not deter him from work as a builder's labourer and he can be credited with inventing running to and from work for training (and I always thought I was the first!). Ultimately, Fred Spencer, a member of Horsham Blue Star Harriers, noticed his abilities and in the autumn of 1899 he began the usual club night training. His rise to fame is chronicled in detail and



## NEWS & VIEWS

gives, in passing, an insight into the world of handicap running which, thankfully, remained unchanged until the 1960's, for which I, and many of my peer group, have much to be grateful.



Shrubbs very quickly attracted the attention of a predator "Big Club". In this case South London Harriers, so no change there then down the years. By the following year he was first claim SLH and 2<sup>nd</sup> claim Horsham. Four years of glory followed with no great strength of depth in the rest of the country Shrubbs was generally well clear of his rivals.

In the immediate years which followed his suspension Shrubbs had to rely on relays of runners to provide competition and interest in him began to evaporate although he seemed to be running as well as ever.

By 1907 it looked as though, due to the paucity of professional opposition in Britain, that Shrubbs's career was over. Then, totally out of the blue, an American athlete and old friend Arthur Duffy, similarly suspended like Shrubbs, cabled to say there were lucrative races to be found 'across the pond'. Duffy took over as Shrubbs's manager in New York and very soon he was back to his old form racing all and sundry including handicaps and the relay of opponents. During 1907 he is reported as winning 33 out of 34 races.

In Canada he raced against horses with mixed results.

By the summer of 1908, after returning to England to pick up his wife and son, Shrubbs returned to the US and continued with lucrative races against, it must be said, inferior opposition. Finally, however, Tom Longboat, a Canadian Indian of some repute, turned professional, which ensured a worthy opponent. Also competing was Dorando Pietri of 1908 Olympic marathon fame (he was disqualified).

For the next ten years Shrubbs ran races at many strange venues indoors and out. One event at the Hippodrome (!) in Winnipeg ended in a riot when the lights failed and the crowd sacked and burned the stadium. Shrubbs took on all comers winning more than he lost and also combined the post of coach to the Harvard University club. In 1919 however, the call of the old country saw him on board the Grampian bound for Liverpool. Unhappily the

ship, a la Titanic, struck an iceberg off Newfoundland. Fortunately, although badly damaged and with two of the crew killed it was not holed below the waterline and was able to make its way back to St John's. Eventually the Empress of Britain took on board all the Grampian passengers and after arriving in England Shrubbs secured the first paid post as OUAC coach.

Shrubbs must have cut an incongruous figure among the dreaming spires of Oxford. The laid back attitude of Oxford athletes did not bode well for Shrubbs but he achieved many successes before his other interests as City Councillor and Licensee of a local hostelry saw his downfall and in October 1927 his contract expired and was not renewed.

Canada called and in May 1928 he took up a post of zoo manager in Brownsville, Ontario. As the years passed Shrubbs's wife became increasingly disabled with arthritis and ultimately died in 1946.

He made two visits to England in the years that followed, in 1952 and 1958 and came to Birmingham on both occasions to meet old friends in Birchfield Harriers. On one of these occasions he was brought to Collingwood Drive School in Great Barr from where Birchfield were organising a cross-country race over the nearby Barr Beacon. I am happy to say that I was present and saw the great man, standing on a chair, addressing us young hopefuls. He lived on until 1964 when, at the age of 84, he slowly slipped away after the effects of a fall.

This is a gem of a book for athletic historians. The calibre of the man can be judged by the fact that many of his English Native records stood until Walter Hesketh and Gordon Pirie came on the scene some fifty years after they were set.

**Rob Hadgraft -Published by: Desert Island Books -  
Price: £18.99**

### PAULA - MY STORY SO FAR

Paula Radcliffe (with David Walsh)

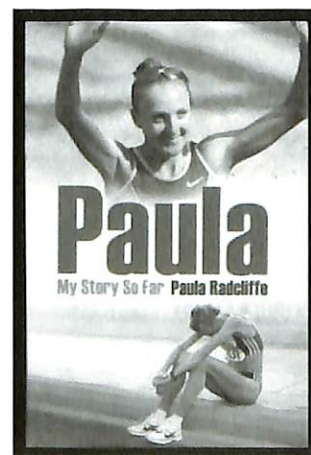
**T**his book brings home the message that in athletics extraordinary times and performances are often only achieved at a price.

Pushing her body to its limits in order to reach athletic excellence has given Paula Radcliffe many problems. These include blood sugar deficiency, asthma, damaged foot ligaments, torn hamstring, acute shin soreness, hernia, part deflation of the lungs and then, immediately before the Athens Olympic Marathon, a monumental stomach upset described in detail. Down the years Paula also seems to have used, as part of the treatment for some injuries, ice equivalent to that which sank the Titanic. That she had a great ability as a runner from the age of nine emerges clearly. A very determined

young lady and also a highly intelligent one – these factors combined to produce the formidable woman we know today. The book contains much personal detail of her relationships with her family, friends and, of course, her now husband, Gary Lough. She is, however, remarkably reticent on the subject of her earnings, the only mention of money being the £500 in an envelope (presumably brown) given to her by Andy Norman after finishing 6<sup>th</sup> in the 3000m in the Oslo Grand Prix in 1993. She does not say so, but I suspect that this was the point at which she became sure that there was more money in the running game than anything her degree – a first with honours in French, German and Economics – was likely to bring in the real world. In normal circumstances, with her qualifications, she might have gone for a post in the Foreign Office, however, Whitehall's loss was UKA's gain. The trappings of wealth do eventually emerge – a flat in Fan-Romen in the French Pyrenees, something similar in Albuquerque, New Mexico, and naturally keeping her husband on the payroll as manager. \*\*

Her achievements are formidable – World Cross Country Champion; World's best marathon time; European 10,000m champion; winner of the Chicago and London marathons in record times. Sadly, however, a gold medal, indeed, an Olympic medal of any colour, has continued to elude her. I get the feeling that she would trade in all her other achievements for the gold in the 10,000m in Sydney where she was fourth, and particularly in the Athens Marathon on which she had set her heart.

This is an interesting book. Her training would have made Zatopek wince and any aspiring champion looking to follow in her footsteps might well ask is it worth it? Knowing Paula Radcliffe through these pages I know she would say "yes".



**Postscript** \*\* The Paula Radcliffe company, Run2Win, filed accounts at Companies House recently showing a bank balance of nearly £2m. to April 2004.

**PAULA - MY STORY SO FAR**  
By PAULA RADCLIFFE (with DAVID WALSH)  
Published by: Simon & Schuster



Price: £17.99

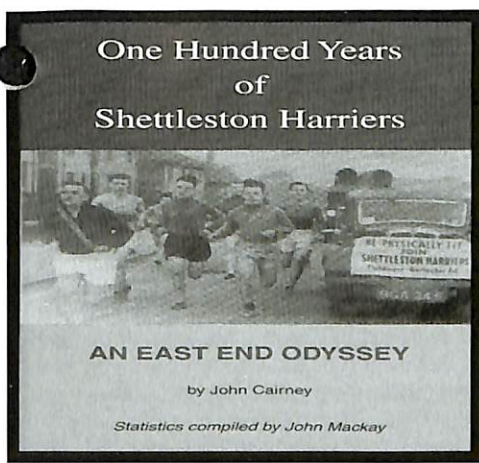
Colin J Simpson – December 2004

460 pages of wonderful content and statistics! A real labour of love by John Cairney with statistics compiled by John MacKay. The Club's History, statistics, Champions, facts and figures are available in this fascinating book - an East-End Odyssey.

The most complete history of an Athletics Club that I have seen, and great value for £ 15. To sample some of the facts in the book-Did U Know??

**That the clubs colours were not always blue and gold?**

**Co-founder John Howieson was one of 9 Children?**



**The club regularly trained at Celtic Park?**  
**The club appointed its first trainer in 1912?**  
**The club had to wait 10 years for its first individual medal in an Open race?**  
**The club's first boy's section was formed in 1919?**

**The club's oldest surviving member joined in 1917 and is 102 years old?**

**The club won the National Cross Country title in its first attempt and for two successive years after that**

**One of the men most connected with the club in the 20th Century was never a member?**

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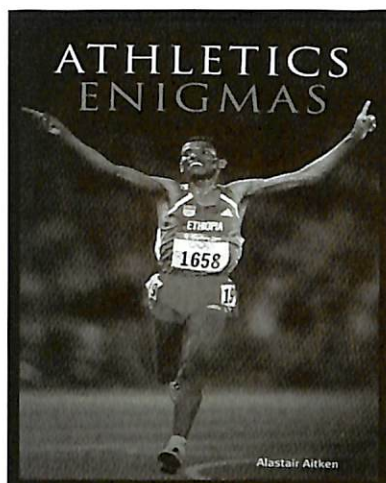
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already spent all the money that we thought we were saving for our pensions. Perhaps all this politico-speak about everyone doing more exercise and living longer, healthier lives is really a smoke screen because what they actually want is that most of us enrol for a quick, cheap, exit the day after we retire.

But does the Government really need to worry? Is it really true that all this exercise that we master athletes do is good for us? A new book by two German doctors, Dr Peter Axt and his daughter Dr Michaela Axt-Gaderman has just arrived on the British scene. "The Joys of Laziness – How to Slow Down and Live Longer". Certainly an essential book to guide Tony Bowman and John Ross in their preparations for the final of the M65 two hundred metres this coming summer. Should the Government ban this book? Would that mean Tony and John being denied their rights to a long, lazy life?

## Is Active Sport Killing we Middle Aged and Older Athletes?

Dr Tony Crocker and Dr Bill Davies

In January we were all set to write a brilliant article for fans of *Masters Athletics* when a series of publications overtook our planning: On Tuesday the 1st of February this year the Government told us, (again), that it is becoming increasingly worried about the 16% of youngsters aged six to sixteen who are now described as 'officially obese'.

The Government says, 'something has to be done'. Clearly these children must eat less sugar, less fat, less salt, and do much more sport in and out of school. On Thursday the 3rd of February *Sport England* leapt to the rescue. What better time for it to announce that with a 13% cut in their income there would be even less money for grassroots sport because what is left is needed for the few elite sports people who are likely to win medals at the Beijing Olympics?

Not to be outdone, on Saturday the 5th of February the Government came back and took up the challenge. It announced that it was abandoning its plans to encourage an increase in the numbers of cyclists from 2% to 6% by 2010. So, are we missing the point or is policy the opposite of political sound bites?

Regular articles are appearing in the press pointing out that because of the poor diets and lack of exercise exhibited by the middle aged and the young they aren't going to live very long. Us older people are going to live longer than our children or our children's children. That worries the Government because it has

What seems to be the evidence? Looking at the book by the Axt family first. Peter and Michaela provide quite a lot of good, common sense advice about the needs to avoid too much stress, not to eat too much, but also not eat too little, to get a good night's sleep; and what to do, or avoid doing, in pursuit of these goals. Their whole research presentation however is based on his or her belief in the theory that living creatures have a fixed amount of "life energy". The harder we work and play and the more stressfully we live our lives the quicker we will empty our bucket of energy. They dismiss the idea that the amount in our bucket will to some extent be dependent on the genes we inherit from our parents.

When they examined the lives of healthy, exercise conscious people, and compared these with the lives of healthy, non-exercising people the parents of the exercisers had not lived any longer than the parents of the non exercisers. Well, that proves it doesn't it! Or could one possible source of error in jumping to that conclusion be the fact that almost all of had parents and grandparents, who worked harder physically, for longer hours, had less holiday time, worked in their vegetable gardens during the evenings and weekends and walked or cycled to work. They didn't have automatic washing machines or central heating. They weren't even able to buy today's ready prepared junk food, much of it didn't exist. They had to be active.

The Aix's provide further compelling evidence when they ask us to compare the long lives enjoyed by the diesel engines of lorries compared with the short lives of engines in F1 racing cars – worn out after as few as 200 miles of frantic competition. And a further gem that they offer. Did you know that a piece of British research shows that lazy, relaxed, bus passengers suffered less heart attacks than bus drivers? We leave you to enjoy thinking that one through.

Should we all give up training for, and competing in, athletics? Would that mean we



## NEWS & VIEWS

would be able to live a few extra months - bored silly! What does some of the recent research tell us?

The Framlington Study, (2004), has been following 1402 people, plus their children since 1967. After controlling for the effects of things like death from accidents, height, body mass and gender, they found that the single biggest factor predicting how long the members of their research group lived was the genes they inherited from their parents. A bit late to advise you all - but if you want a long life and you believe in reincarnation, chose your parents carefully next time.

Fortunately for all of us there are many factors that we do have some control over that affect how long we can hope to live. For instance, a doctoral research project that was recently finished at Liverpool John Moores University (2004) has shown the advantage to men's hearts that comes from regular exercise. This advantage translates into more of the athletes living longer. The study was based on a study of men and women aged between 18 and 70 and included a group of male veteran athletes. By age 70 the average man has lost between 20% and 25% of his heart's contractile muscle cells - and as a result, the power that goes with these cells. Regular exercise prevented most of this loss and as a result the athletic men's hearts were in such good shape that they lived as long as the women in the study. Typically their hearts were in as fit and healthy as those of men in their twenties. Interestingly the women's hearts had deteriorated far less by age 70 than those of the average man. The women's hearts had shown little decline in power by age 70, despite the women being involved in much less exercise.

Professor David Goldspink, the researcher's supervisor, thinks the superior power of older women's hearts, compared with most men, and is the possible reason why they live longer. Not entirely contradictory to this was the findings of Antonio Pelliccia and his colleagues, (2000), although it looks it at first sight. They studied 1005 young, adult men and women who trained for and took part in 38 different sporting disciplines. Heart deviations from the norms, for society in general, were common. Abnormal EEG's were most common in the youngest athletes, those under the age of twenty. Enlarged hearts and hearts with thickened walls were also common. However, all of these aspects are well known. The high levels of bodily stress have explained the youngster's abnormality they expose themselves to whilst chasing glory; but before their bodies are fully developed. Heart enlargement has been shown to be linked to spending years training and competing in endurance sports, i.e. we develop bigger pumps in order to send more blood / oxygen around the body. And explosive event athletes, such as sprinters, have to develop more muscular heart walls in order to pump extremely powerfully during their brief, but maximally stressed, efforts. The heart, just like other muscles, is able to develop its fast or slow

twitch fibres to meet the needs of the person who owns it. Once again though we become aware that comparing fit, middle aged and older people involved in sport, with norms based on the majority of people - who don't - is likely to lead to misunderstanding.

Staying with the heart for one more bit of research. Pigozzi and his co researchers, (2004), took another commonly held belief about exercise. They compared elderly male athletes involved in high intensity physical activity with similarly healthy, elderly males who did not. Basically they were exploring the commonly held belief, in the medical profession, that intensive physical activity in older people increases the likelihood of those people having an irregular heart beat. They studied a small group of 49 healthy, older athletes from various sports. Roughly 60% of them were aged between 60 and 65 years old, (95% were between 57 and 68). Further twenty-four healthy males with a similar spread of ages, who didn't engage in vigorous exercise, were also studied. After a range of examinations, (including ecocardiograms, resting ECG's, exercise stress tests and 24 hour electrocardiograph monitoring), they found no pathological problems in either group. Not surprisingly the exercise performances of the athletes were superior to those of the non-athletes. No evidence was found of differences between the two groups for irregular heart beat.

However, one difference they did find was that premature contractions of the heart were more common in the non-athletes than in the athletes. Jankord and his colleagues, (2004), looked at the relationship between inflammation in disease development in older people aged 65-74. Remember that inflammation is a sign that the body is fighting some source of disease or injury. All of the people Jankord studied were extremely healthy, but only half of them were physically very active. The group that were involved in regular activity showed markedly less signs of inflammation cytokines but more anti-inflammatory cytokines - even though no physical signs of diseases were present. One conclusion they came to was that the long term advantage of the ability to suppress the negative cytokines and to manufacture the positive cytokines can be seen later on in life when comparing very old, frail, people with very old, robust, people. In other words, long term, exercise pays off.

Cathy Zanker, and her colleague, (2004), at Leeds University, looked at energy balance and bone tissue turnover. (Throughout our lives we replace the old cells in our bodies with new, young ones, and this includes bone cells). The reason for their research was that a high proportion of elite young female sportswomen appear to have significantly lower bone densities. Their bodies struggled to replace old bone cells at the necessary rate. Within their study (and similarly in larger groups of young women), it was found that in today's pressurised climate of 'skinny being the all important female image' many of these top young athletes

were suffering from the effects of anorexia nervosa. They were eating significantly less food than their bodies needed. They were massively malnourished. When some of these superb young athletes were persuaded to eat more their bone densities increased.

Kyle Tarpenning and her team, (2004), started from the commonly held belief that maximal leg muscle strength peaks at around the age of 30. It then holds up quite well until about age of 50 before declining steadily. Much of this decline in muscle strength is due to a reduction in muscle mass. They say that the effects of long-term endurance training have been largely overlooked in the medical world. They tested a group of 107 master athletics runners, (aged 44-88) for leg strength. A sub group of 30 of these then allowed small amounts of leg muscle tissue to be taken and tested in the laboratory. Only for the oldest athletes over seventy did the tests show a major decrease in strength. Tarpenning concluded that regular, long term; endurance training significantly delays the age at which our leg muscles decline.

Where does that leave us master athletes? Just where most of us would have guessed. It seems that regular, sensible training, exercise and even competition is all likely to keep our hearts healthier, our bone strength higher and our muscle bulk and tone in better shape. It won't cause our hearts to beat irregularly but might just give Gordon Brown a few palpitations, if we can persuade more of our friends to take up our sport and join us in speeding along as wait for that magic telegram from the Queen. Well, no not quite. Recently Winston Thomas, (2004), wrote about the growing problems faced by veteran and masters athletics clubs because of the increasing shortage of officials out there making sure that we continue to have a reason to run. Well, it goes further than just we middle aged and older athletes getting the competition we want over the next few years. Mainstream athletics associations and clubs tend to think we do little for them, whereas the evidence (Crocker and Davies 2005, in press) shows that quite a high proportion of us active athletes are in many ways the reason why mainstream clubs and associations are still able to function. But beyond, admin, coaching, officiating, continuing to compete as seniors, there is another way in which we make a major contribution to the next generation of master athletes. Many researchers in the world of physical activity, (e.g. Dishman 1994, Sallis 1998), have shown that the physical activity of young people is largely influenced by the activity of older people, particularly parents. Childhood and youth is the time when not only skills but also attitudes are developed. Studies have shown that families that are physically active together tend to create long-term involvements in their children. But it isn't just 'doing' sport that is important, but sharing sport. Beyond the increase in involvement that always follows events like the Olympics and the media attention given to the Beckhams and Roonies is the covert encouragement that comes from our being involved in our sport and in theirs. When youngsters see older people enjoying their sport



## NEWS & VIEWS

those older people cease to be “wonderful at your age” and instead become just an extension of how their own lives can continue to provide excitement, and better health.

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## Exercise and your joints

**Dr Adam Carey** is the director of nutrition for the England Rugby Football Union and nutritionist for Celebrity Fit Club and LWT productions. He has 19 years experience in the NHS specialising in reproductive endocrinology and nutrition. He is scientific editorial director for the Nutrition Practitioner and Nutrition Director for Focus on Food – an educational charity. He is the founder and managing director of Pure Nutrition.

**Exercise is really good for us, but not always so good for our joints.** Dr Adam Carey advises on the best things to do to maintain active, flexible joints while exercising to help achieve a healthy old age.

**Did you know** that high impact exercise could triple your risk of osteoarthritis? That's bad news if you run or participate in any joint-intensive exercise regularly. And there you were thinking that your regular exercise was good for you!

**So what can we do** to help get the balance between regular exercise and pain-free joints right?

**My first piece of advice** is to take moderate, regular exercise. Don't be tempted to overdo it!



Dr Adam Carey

Injury (and associated joint pain) is probably the strongest risk factor for osteoarthritis. Make sure that you warm up thoroughly and incorporate plenty of stretching after exercising.

**And don't over exert your joints!** Many people want to exercise too much, too soon, at too high a speed or for too long a distance/time – these are all major causes of joint pain and injury.

**The number of years** you've spent participating in a joint-intensive activity has a significant effect on your risk of osteoarthritis. This link is nowhere more clearly demonstrated than when you look at the joints of professional sportspeople. A study of 284 former professional footballers reported that half of the players were diagnosed with osteoarthritis by the tender age of forty, with pain in nearly all cases, as well as problems with mobility and performing daily activities, leading to surgery in over a third of cases<sup>3</sup>

Although your joints don't go through the wear and tear of those of a professional athlete, they can still take a beating. Fortunately, there are some simple measures that can be taken to maintain healthy supple joints and counter the wear and tear of regular exercise. Here are some of my recommendations:

1) Act early - good nutrition and responsible exercising can help to reduce your risk of osteoarthritis. Don't forget about your joints until you feel them – by then, some of the damage is done.

2) If possible choose lower impact activities such as walking, cycling, or swimming. Try training on softer surfaces too – grass is kinder to the knee than tarmac.

3) Include plenty of fresh fruit, vegetables and oily fish in your diet.

4) Do plenty of flexibility and strengthening exercises.

5) Never over-exert your joints during exercise.

6) Warm up properly before exercising – incorporating stretching.

7) Get plenty of vitamin D! The Arthritis Research Council are researching the effect of vitamin D supplementation in preventing osteoarthritis.

8) Take a joint care supplement. Glucosamine sulphate and chondroitin have gained significant interest, fuelled by positive word-of-mouth among athletes, and by positive research results. Glucosamine is an important building block in joints, cartilage and tendons and has proven pain-relieving properties.

9) If you begin to feel knee pain, stop exercising for several days and try the following.

10) Ice the knee and surrounding tissues several times a day.

11) Elevate the knee, and wrap it with elastic tape.

12) Take anti-inflammatories for a week to ease the pain and reduce inflammation. Or try bromelain (a natural enzyme from pineapples with anti-inflammatory properties).

13) Exercise should be regular, for those who have had high blood pressure or any other cardiac risk factor, or who have diabetes, twice as much is needed. So it's up to you to strike a healthy balance. Avoid over-exertion, coupled with a balanced diet and a daily dose of glucosamine sulphate, you can help to counter joint pain, improve flexibility and protect against future joint problems as well as maintaining good health into your older age. You only get one set of knees, so make sure you look after them!

### The evidence behind glucosamine sulphate

is very encouraging. A study published in the *British Journal of Sports Medicine* in 2003 investigated its effect on knee pain. Volunteers took either a daily glucosamine sulphate supplement or a dummy tablet for twelve weeks. 88% of the glucosamine sulphate group reported some degree of pain relief and improved uncton after twelve weeks, compared to just 17% taking the dummy tablet<sup>4</sup>. It is worth noting that many subjects who had noticed no difference in the first two months began improving in the third month of glucosamine sulphate supplementation.



## RESULTS

### WELSH MASTERS CROSS COUNTRY CHAMPS, WREXHAM 11<sup>th</sup> DEC 2004

The Championships were held in conjunction with the Welsh inter regional Championships. Women and over 70 men ran 5.4km around sports fields, whilst the other men ran an undulating traditional course, with stretches of rough pasture.

**Former FINLAND** cross Country Skier Sutu Maikola Rees, was well supported by Triathlete Angela Jones led Brecon to a surprise team victory from host club Wrexham.

**Andy Eynon** (Bridgend) led the men's race, but was forced to retire with a pulled muscle, allowing Ted Partridge to gain victory and lead Wrexham to two more team wins, to add to the Women's 45 victory.

**Northern runners** dominated throughout, with only Jeremy Collins (Swansea M50), and Pauline Thomas (Trots-W60) winning titles from outside of the region.

It was pleasing to see the return of Rob Sheen, and a new name Dave Bosley who both won medals in the Men's 40 group.

**J.H. Collins.**

#### Women & Men 70 (5.4k)

1. Satu Haikala-Rees W35 19:38; 2. Anne Rawlins W40 19:45; 3. Helen Davies W35 19:51; 4. Alison Whitelaw W45 19:51; 5. Alexia Hamilton-Morris 20:11; 6. Angela Jones W35 20:12; 7. Melissa Watson W40 20:14; 8. Anne Nixon W45 20:17; 9. Jane Mountford W35 20:18; 10. Wendy Huggins W45 21:08; 11. Helen Mansfield W40 21:08; 12. Fiona Davies W45 21:13; 13. Annie Williams W40 21:45; 14. Dawn Kenwright W45 21:52; 15. Jenny Parkes W35 22:20; 16. Francis Williams W45 22:27; 17. Victoria Musgrove W45 22:28; 18. Tracey Williams W40 22:30; 19. Libby Lavis W45 22:31; 20. Budge English W45 22:31; 21. Celia Speake W35 22:42; 22. Margaet Docking W50 22:48; 23. Glenda Davies W40 22:52; 24. Kim Norgrove W35 23:06; 25. Gabby Waring W45 23:10; 26. Carol Miller W40 23:27; 27. Alison Donnelly W35 23:35; 28. Sue Hughes W50 23:38; 29. Maggie Oliver W55 23:40; 30. Janet Jones W40 23:47; 31. Christine Lloyd W45 23:50; 32. Sandra Montgomery W35 23:55; 33. Brenda Tiedtke W40 23:59; 34. Judy Bowsher W35 24:12; 35. Barbara Williams W45 24:21; 36. Lynn W35 24:24; 37. Hazel Dirksen W55 24:29; 38. Lee Newbury W45 24:53; 39. Doug Morris M70 25:23; 40. Brian Bowering M70 25:43; 41. Sheila Bennell W50 25:57; 42. Karen Hopwood W45 25:59; 43. Christine Jones W40 26:06; 44. Pauline Thomas W60 26:21; 45. Susan Jenkins W45 26:40; 46. Graham Jones M70 28:30; 47. Mary Gartrell W65 28:41; 48. Ron Jones M75 34:57;

#### Teams:

**Over 35-** 1. Brecon 28; 2. Wrexham 49; 3. Sarn Helen 59; 4. Buckley 78; 5. Prestatyn 81; **Over 45-** 1. Wrexham 26; 2. Eryri 96;

#### MEN (9.5km)

1. Ted Partridge M40 33:56; 2. Mike Weedall M45 34:28; 3. Robert Sheen M40 34:44; 4. Dave Bosley M40 34:51; 5. Phil Crane M40 34:59; 6. Stephen Gilliland M40 35:00; 7. Bernard Jones M45 35:15; 8. Russell Owen M45 35:28; 9. Mike Robbins M40 35:48; 10. Phil Kendrick M40 36:08; 11. Kevin Lewis M40 36:15; 12. Stephen Davies M45 36:21; 13. Phil Marland M40 36:23; 14. Peter Osborne M40 36:40; 15. Adam Haynes M45 36:50; 16. Chris Davies M40 36:41; 17. Clive Thomas M45 37:15; 18. Jeremy Collins M50 37:15; 19. Huw Roberts M45 37:26; 20. John Williams M45 37:29; 21. Arwell Lewis M45 37:45; 22. Simon Osborne M40 37:46; 23. Ian Spilsbury M40 37:46; 24. Sean McCormack M40 37:48; 25. Alan Kerr M45 37:50; 26. Kevin Taylor M40 37:56; 27. Graham Thomas M40 37:59; 28. John Montgomery M40 38:04; 29. Derek Scarborough M45 38:06; 30. George Nixon M50 38:09; 31. David Davies M45 38:26; 32. Stephen Williams M45 38:29; 33. Stephen L Jones M45 38:32; 34. Martin Cortvriend M50 38:39; 35. Richard Marks M50 38:44; 36. Chris Evans M40 38:52; 37. Emyr Davies M60 38:58; 38. Dylan Owen M40 39:05; 39. Phil Meyler M45 39:14; 40. Jon Embling M45 39:18; 41. Neil Halliday M45 39:35; 42. Jon Diffey M40 39:47; 43. Arthur Egan M60 39:48; 44. Arwell Jones M45 39:51; 45. David Coles M40 39:56; 46. Stephen Bellis M45 39:57; 47. David Roderick M50 40:07; 48. Jeff Rees M50 40:21; 49. Ian Carson M50 40:23; 50. Geoff Oldrid M50 40:28; 51. Neil Salt M40 41:07; 52. Grahame Shone M50 41:12; 53. Dai Roberts M40 41:13; 54. Jim Bennell M50 41:15; 55. Stuart Davidson M50 41:37; 56. Phil Walker M55 41:43; 57. Chris Baldwin M50 41:50; 58. Peter Moody M60 41:57; 59. Clive Osmond M40 42:03; 60. Alun Stedman M55 42:14; 61. Kenneth Buckle M60 42:43; 62. Iorwerth Jones M55 42:51; 63. Mike Davies M50 42:54; 64. David A Jones M50 43:17; 65. Bruce Morgn M40 43:26; 66. Leonard Richards M50 43:38; 67. Jeff Ashton M50 43:51; 68. Gareth John M50 44:03; 69. Bob Frost M55 44:06; 70. Harford Evans M55 44:17; 71. Steve Brace M40 46:10; 72. Des Davies M50 46:10; 73. Steve Hatfield M55 46:32; 74. Peter Norman M65 48:04; 75. John Davies M50 49:44; 76. Chris Copus M50 50:29; 77. Paul Allen M55 51:33; 78. Mark Denholm M45 51:35;

#### TEAM (40-49):

1. Wrexham 19; 2. Neath 68; 3. Eryri 77; 4. Bridgend 95; 5. Prestatyn 142; 6. Les Croupiers 218; **Men over 50:** 1. Wrexham 148; 2. Denbigh 155; 3. Les Croupiers 198;

#### Midland Veterans AC 5k Cross

**Country Championships 2005-held at Perry Park, Birmingham Sunday 16th Januray 2005**

#### Women & Men 70 (5k):

1. 19:45 RAMSEY, Kate Charnwood AC W35; 2. 19:51 NEALON, Nicki Huncote H W35; 3. 20:20 SHEPPARD, Julie Tipton H W35; 4. 21:05 WILLIAMS, Caroline Derby O/35 W35; 5. 21:18 THOMPSON, Nicki Charnwood AC, W35

6. 21:26 PIDGEON, Jane, Notts AC, W40; 7. 21:41 KILKENNY, Christine Cannock & Staffs AC W50; 8. 22:27 BRAZNELL, Kim West Bromwich H W45; 9. 23:13 RAY, Wendy Ilkeston O/35 W40; 10. 23:22 WOOLEY, Teresa Centurion RC W40; 11. 23:30 CLARKE, Joan West Bromwich H W45; 12. 23:41 OLIVER, Geoffrey 100k Association M70; 13. 23:44 WHITE, Linda Coventry Godiva W55; 14. 23:53 FELLOWS, Dot Cannock & Staffs AC W60; 15. 24:15 HOUGH, Grace Telford Harriers W55; 16. 24:53 POOLE, Jane Ilkeston O/35 W45; 17. 26:03 SLOAN, Charlie Solihull & Small Heath AC M70; 18. 26:11 HARDY, Gill Ilkeston O/35 W45; 19. 27:13 ASTON, Bill Halesowen AC M70; 20. 28:38 PHIPPS, George Leamington C & AC M75; 21. 28:46 GRIFFITHS, Barry Halesowen AC M70; 22. 28:59 WYER, Thomas Royal Sutton Coldfield AC M70; 23. 30:30 SIMPSON, Colin Solihull & Small Heath AC M75; 24. 31:45 SLOAN, Magdalene Solihull & Small Heath AC W65; 25. 41:18 HADEN, James Tipton H M80;

#### MEN (10k)

1. 32:03 O'CALLAGHAN, Paul Solihull & Small Heath AC M40; 2. 32:10 WILTON, Andy Staffordshire Moorland M40; 3. 32:29 LAMB, Kevin Tipton H M40; 4. 33:09 HOPE, Alex Severn AC M40; 5. 33:15 ROBINSON, Steve Cheltenham M45; 6. 33:34 WRIGHT, Richard Tipton H M40; 7. 33:54 HAGER, Michael Tipton O/50 M50; 8. 33:59 EUSTACE, Malcolm Tipton H M45; 9. 34:39 MARKLEW, Steve Royal Sutton Coldfield AC M40; 10. 35:16 GRAY, Richard Birmingham Rowheath H M45; 11. 35:26 STANIER, Ray Tipton H M45; 12. 35:30 PARKER, Peter Royal Sutton Coldfield O/50 M50; 13. 35:32 LUCAS, Peter Staffordshire Moorland M40; 14. 35:39 RILEY, Simon Leamington C & AC M40; 15. 35:58 SHACKLETON, Paul Tipton H M40; 16. 36:08 FOWLER, Hary Birmingham Rowheath H M45; 17. 36:14 GRANT, Alastair Halesowen AC M45; 18. 37:00 WAREING, Bernard Sparkhill O/50 M50; 19. 37:24 HURCOMBE, Paul Birmingham Rowheath H M45; 20. 37:25 FORD, Martin Cheltenham M60; 21. 37:25 FLETCHER, John Royal Sutton Coldfield AC M45; 22. 37:44 DAWES, Malcolm Telford Harriers M55; 23. 38:00 GRICE, Alan Tipton O/50 M50; 24. 38:12 ROSLING, Chris Derby O/50 M50; 25. 38:26 HINCHEY, Tony Royal Sutton Coldfield AC M40; 26. 38:31 ACFORD, Bryan Rugby & Northampton M45; 27. 38:40 SMEDLEY, Michael Derby O/50 M55; 28. 39:46 HASSALL, Jonathan Telford Harriers M55; 29. 39:55 JUDGE, Martin Massey Ferguson M50; 30. 40:39 SMITH, Martin Massey Ferguson M50; 31. 40:55 HYDE, Doug Royal Sutton Coldfield O/50 M55; 32. 41:32 GOWER, Ian Saracens RC M40; 33. 41:41 HOWARTH, Tony Massey Ferguson M50; 34. 41:46 SIMPSON, Roger Solihull & Small Heath AC M50; 35. 42:02 ELLIOTT, Alexander Birchfield Harriers M60; 36. 42:32 BEST, Keith Tipton O/50 M50; 37. 42:56 RYAN, Christopher Retford AC M50; 38. 43:07 DAVIES, Peter Birchfield Harriers M55; 39. 43:10 COCKAYNE, Eddie Birchfield Harriers M60; 40. 43:23 Bouldstridge, David Birchfield Harriers M60; 41. 43:31 HUMPHERSON, Roy Royal Sutton Coldfield O/50 M60; 42. 43:35 WILLIAMS, Thomas Tipton O/50 M55; 43. 44:59 KIDMAN, Gavin Sparkhill O/50

M60; 44. 45:50 SIMMONDS, Alan Midland Vets M55; 45. 46:45 CLARKE, Ian Stourbridge RC M50; 46. 47:00 LATHAM, George Trentham RC M65; 47. 47:15 JUKES, Terence Trentham M60; 48. 48:08 BURNS, Derek Massey Ferguson M60; 49. 48:21 COWLEY, David Stafford H M60; 50. 48:30 AYLYER, John Massey Ferguson M55; 51. 48:38 HUDSON, Geoffrey Nuneaton H M65; 52. 49:08 SUDDENS, Robin Nuneaton H M65; 53. 49:42 Butterly, Michael Derby O/50 M65; 54. 50:46 SMITH, Graham Tipton O/50 M60; 55. 51:43 BUTLER, John Stratford upon Avon M60; 56. 54:45 PHILLIPS, Dave Massey Ferguson M60; 57. 1:04:03 POWELL, John Sparkhill O/50 M65; Results prepared by Irene Nicholls 0121-445 5327

This year for the first time the Cross Country Championships were hosted by COLCHESTER HARRIERS AC. From an entry of seven over seventies, of which five ran, George Phipps from Leamington AC was a clear winner of what has now become a separate race.



**Clare Parry** was a determined winner of the women's race, and our first ever from Saffron Striders. Because of the layout of the two courses, Clare and Stan Owen finished within one second of each other. Stan winning by a stride. He was chased all the way by Paul Sparrage from the home club, and Peter Thompson his club mate from N.V.H. Who both had the consolation of winning their Five year age group gold medal This was Stan's third consecutive win.

The team races were dominated by the Local club, and deservedly so, both they and Chelmsford AC were very supportive. It was an excellent cross country course, and well organised, Thanks once again

**COLCHESTER. – Peter Chaplin  
EVAC Secretary**



## RESULTS

### NVAC CHRISTMAS HANDICAP AT IRLAM ON SUNDAY 12TH DECEMBER 2004. 10K MEASURED ROAD COURSE

THIS WAS THE FIRST TIME THE CHRISTMAS HANDICAP HAS BEEN RUN OVER THIS COURSE PREVIOUSLY TAKING PLACE AT EAST CHESHIRE SINCE 1970 ALTHOUGH THE IRLAM VENUE HAS BEEN USED FOR MONTHLY RUNS FOR THE SAME LENGTH OF TIME. THE NEW COURSE WAS A VERY FLAT OUT AND BACK 10K WHICH HAD QUITE A BIT OF MUD ON PARTS OF THE ROAD FROM FARM VEHICLES.

OUR THANKS TO ALL WHO HELPED IN ANY WAY. I AM SURE THAT EVERYONE WHO TOOK PART WILL AGREE THAT THIS VENUE PROVED TO BE EXCELLENT FOR THIS EVENT AND WE HOPE TO SEE MORE MEMBERS TAKING PART NEXT YEAR.

### Name-Club-FinishTime-Race-TimeAge-Cat

1 Rev Jones Warrington AC 58.32 52.32 M45; 2 John Newby Todmorden H 59.41 59.41 M70; 3 John Newsham Nvac 63.52 48.37 M55; 4 Arthur Walsham Salford H 64.10 60.25 M70; 5 Ken Mayor Bolton UH 65.18 43.33 M60; 6 David Helps Leigh H 65.39 39.54 M50; 7 Ron Hill Clayton Le Moors H 66.03 54.03 M65; 8 Dave Edge Rochdale H 66.14 44.59 M65; 9 Dave Atwell Altrincham AC 66.56 48.26 M65; 10 Derek Howarth Leigh H 67.00 41.51 M55; 11 Eric Wickstead Rochdale H 67.06 41.51 M55; 12 Andrew O'Connor St Helens/Sutton AC 67.09 36.54 M40; 13 David Sinnott Saddleworth 67.21 44.36 M55; 14 Adrian Harris Radcliffe AC 67.22 36.22 M45; 15 Kevin Dillon Manchester H 67.28 55.43 M50; 16 Ken Burgess Altrincham AC 67.56 39.56 M60; 17 Mike Howe Sale H 67.57 46.12 M65; 18 Dave Waywel Wesham RR 68.00 36.45 M60; 19 Igor Shabalin Nvac 68.09 40.24 M50; 20 Derek Walton Altrincham AC 68.10 40.10 M60; 21 Eric Rannicar Bolton UH 68.14 35.44 M55; 22 Ken Clark Nvac 68.22 52.37 M70; 23 Mary Littler Nvac 68.41 53.26 W45; 24 Peter Wilkinson Skipton AC 68.43 41.28 M55; 25 Kath Hoyer Wesham RR 69.15 45.45 W40; 26 David Alderson Nvac 69.53 61.08 M50; 27 Peter Dibb Longwood H 70.04 48.19 M70; 28 Sid Sacks Sale H 71.53 47.23 M60; 29, Malcolm Schofield Altrincham AC 71.54 49.09 M65; 30 Alan Fielding Bolton UH 76.06 48.36 M55;

### 5 K RACE

1 Les V. Hodkinson 24.37 M70; 2 John Betney 29.25 M70; 3 Sylvia Smith 39.24 W70; 4 Harry Smith 59.19 M75;

### NVAC MONTHLY RUN HELD AT MOSS BANK PARK BOLTON. SUNDAY 9TH JANUARY 2005 (APPROX 10K) CROSS COUNTRY

It was disappointing that so few members took part at this new venue it had first class facilities and helpful staff at the sports centre.

The course had variety flat for part of each lap with an uphill and downhill section and plenty of mud.

This is a course I know well having run it on a number of occasions including my first cross country race when I was 17.

The race winner was Mark Aspinall who ran in two races on the previous day coming 4th in the Red Rose Cross - Country League on the same course at Moss Bank Park after finishing 2nd in the Garstang 10K earlier in the day.

Further down the field there was some good competition and in the 5K it was good to see Bernard Lister turning out again.

A vote of thanks to Ken Fowler Ken Mayor and Alan Fielding for organising the event and also to everyone who helped.

### Pos-Name-Club-Time-H/Cap-H/C Time-Age-Pos-H/C Pos.

1 Mark Aspinall Clayton Le Moors H 37.22 4.15 33.07 1st M/O40; 2 Alex Rowe Wesham RR 39.08 3.30 35.38 1st M/O45; 3 Eric Rannicar Bolton UH 41.55 6.30 35.25 1st M/O55; 4 Adrian Harris Radcliffe 42.01 4.30 37.31 2nd M/O45; 5 Ken Fowler Bolton UH 44.39 6.30 38.09 1st M/O50; 6 Tony Davies Radcliffe H 44.48 Guest 44.48 2nd M/O45; 7 Ken Burgess Altrincham AC 44.57 8.30 36.27 1st M/O60; 8 Dennis Kearns Bolton UH 45.19 7.30 37.49 2nd M/O60; 9 David Helps Leigh H 45.33 6.00 39.33 2nd M/O50; 10 Derek Walton Altrincham AC 46.08 9.00 37.08 3rd M/O60 1st H/Cap; 11 Peter Wilkinson Skipton AC 47.11 19.30 27.41 2nd M/O55; 12 Igor Shabalin Nvac 48.00 9.00 39.00 3rd M/O50 2nd H/Cap; 13 George Large Nvac 48.03 7.00 41.03 3rd M/O55 4th H/Cap; 14 John Golden Sale H 49.51 10.00 39.51 4th M/O55 3rd H/Cap; 15 Alan Peers Spectrum Striders 50.41 9.00 41.41 4th M/O60 5th H/Cap; 16 Roger Ashby Sale H 52.24 10.00 42.24 5th M/O60 6th H/Cap; 17 Bill Atkinson Nvac 52.51 10.30 42.21 1st M/O65; 18 Mike Howe Sale H 53.48 12.00 41.48 2nd M/O65; 19 Derek Howarth Leigh H 54.06 14.30 39.36 1st M/O70; 20 David Sinnott Saddleworth RC 54.50 11.00 43.50 5th M/O55; 21 Terry Mannion Leigh H 55.39 12.00 43.39 4th M/O50; 22 Sid Bailey Dee Striders 57.47 15.00 42.47 3rd M/O45; 23 Jennifer Adams Accrington RR 57.59 17.00 40.59 1st L/O50; 24 Kenneth Black Spectrum Striders 60.54 16.00 44.54 6th M/O60; 25 Richard Packer Red Rose 66.54 21.30 45.24 2nd M/O70; 26 Kevin Dillon Manchester H 67.53 16.00 51.53 5th M/O50;

### 5000

1 Les V. Hodkinson Nvac 30.19 M/O70; 2 Dave Attwell Altrincham AC 30.45 M/O65; 3 Denise Sutcliffe Radcliffe AC 31.25 L/O45; 4 Jim Rhodes Nvac 31.46 M/O60; 5 Arthur Walsham Salford H 34.57 M/O70; 6 Bernard Lister Nvac 36.45 M/O70;

### Midland Veterans AC-February Handicap

### Name-Club-Time-H/Cap time

1 David Cowley Staff'd H 38 25 21.55; 2 Alexander Elliott B'field 33 39 22.09; 3 Geof Oliver 100K 36 35 23.05; 4 Peter Estick Mass F 40 53 23.23; 5 Steve Colbourne Sphinx 30 56 23.41; 6 Theresa Woolley Cent'ion 35 41 23.41; 7 Robert Thomson Shrews 29 34 24.04; 8 Bunny Kyd RSC 42 31 24.36; 9 Alan Gilmour MV 42 13 24.38; 10 Brian Dawson Cent'ion 43 40 25.06; 11 Richard Gray B'ham R 28 17 25.17; 12 John Clulee B'ham R 52 23 25.23; 13 Bernard Wareing Sparkhill 30, 20 25.50; 14 Geoffrey Hudson Nun't H 38 50 26.00; 15 Lesley Pym Cent'ion 45 25 26.05; 16 Peter Davies MV 36 25 26.15; 17 Mike Stanley RSC 20 42: 27.13; 18 John Powell Sparkhill 48:10 28.01;

### V.A.A.-N.E. X COUNTRY CHAMPIONSHIPS 2005 Sat.5th. February Whitley Bay (N.S.P.)

### 6k RESULTS

W.35: 1 D.Hales Durham City H.24.07; 2 Y.Thiru Gosforth H. 25.58; 3 C.Bruce North Sh.Poly 27.35; W.40: 1 D.James Elvet Striders 23.29; 2 L.Marr Tynedale 25.51; 3 A.Nott Chester-le-Street 26.15; W.45: 1 F.Shenton Elvet Striders 24.37; 2 H.Lambert North Sh.Poly 25.37; 3 S.White Tynedale 26.24; W.60: C.Lee Gosforth H. 29.02; W.65: K.Stewart North Sh.Poly 30.10; M.70: 1 I.Barnes Darlington H. 25.47; 2 E.Appleby Heaton H.28.32; 3 R.Laverick Aurora H.29.27; M.75: 1 B.McNeil Durham City H. 29.28; M.80: 1 J.Caddy Midd. & Clev.35.05; 2 J.Johnston N.E.V.A.C.43.01; 3 T.Joyson Gateshead H. 57.26

### 9.6k

M.40: 1 B.Rushworth Sunderland H.30.11; 2 D.Robertson Sunderland H. 30.23; 3 J.Ross North/land Fell R. 31.40; M.45: 1 P.Merrison Wallsend H. 31.08; 2 A.Dent Blaydon H. 32.06; 3 F.Smith Saltwell H. 32.14; 40/45 Teams: 1 Sunderland 34; 2 Wallsend 75; 3 North Shields Poly 102; M.50: 1 A.Jenkins Morpeth H. 32.11; 2 T.McPhail Wallsend H. 33.32; 3 N.Cassidy Tynedale H. 34.14; M.55: 1 C.Dentice Morpeth H. 32.21; 2 J.Bell Elswick H. 32.37; 3 S.White Elswick H. 33.08; 50/55 Teams: 1 Morpeth 64; 2 Elswick 93; 3 Low Fell RC 179; M.60: 1 R.Wilson Sunderland H. 38.16; 2 T.Ward Morpeth H. 39.12; 3 A.Lindsay N.E.V.A.C. 39.38; M.65: 1 W.Ryder Morpeth H. 36.01; 2 F.Dockerty Jarr. & Hebb.39.17; 3 R.Pinkney South Shields 39.20; 60/65 Teams: 1 Morpeth 138; 2 South Shields 182;

### NVAC 10K MONTHLY RUN / ROADS/ PATHS AND TRACKS MEASURED. HELD AT STOCKTON HEATH ON SUNDAY 13TH FEBRUARY 2005

This race was run on an altered course part of the way in a blizzard but this does not excuse certain competitors cutting corners on roundabouts despite marshalls being on duty, which could lead to accidents and therefore the possibility of the venue having to be discarded.

Everyone taking part seemed to enjoy the event despite the conditions. Our thanks to anyone who helped in any way without you these events could not take place.

### Pos-Name-Club-Time-H/Cap-H/C Time-Age Pos-H/C Pos

1 John Howarth Leigh H 36.04 4.00 32.04 1st M/O40; 2 Joe Parkinson Liverpool H 36.09 36.09 2nd M/O40; 3 Paul Targett 37.38 Guest 37.38 3rd M/O40; 4 Dave Carrington Warrington AC 37.44 5.00 32.44 1st M/O45; 5 Alan Pover Stockport H 37.58 37.58 1st M/O55; 6 Adrian Harris Radcliffe AC 38.25 4.30 33.55 2nd M/O45; 7 Michael Stores 38.31 38.31 4th M/O40; 8 Paul Aird Nvac 39.14 39.14 3rd M/O45; 9 Andrew O'Connor St Helens /Sutton AC 39.23 5.30 33.53 5th M/O40 5th H/Cap; 10 Geoff Rawlinson Warrington AC 39.34 5.00 34.34 4th M/O45; 11 Dave Waywell Wesham RR 40.29 5.30 34.59 1st M/O60; 12 Alan Hudson Wesham RR 40.38 40.38 2nd M/O55; 13 Igor Shabalin Nvac 41.04 8.30 32.34 1st M/O50; 14 D Cook 41.12 41.12 6th M/O40; 15 George Large Nvac 41.17 7.00 34.17 3rd M/O55 6th H/Cap; 16 Derek Walton Altrincham AC 41.22 8.30 32.52 2nd M/O60; 17 Ken Burgess Altrincham AC 41.31 8.30 33.01 3rd M/O60 3rd H/Cap; 18 Tim Murphy Nvac 41.32 41.32 7th M/O40; 19 Pete Wilkinson Skipton AC 42.09 9.15 32.54 4th M/O55 2nd H/Cap; 20 Amanda Hewitt 42.10 42.10 1st L/O40; 21 Karen Hutchinson Horwich RM1 43.12 9.00 34.12 1st L/O35; 22 John Dwyer Altrincham AC 43.55 10.30 33.25 4th M/O60 4th H/Cap; 23 Francis Slavin Nvac 44.58 10.00 34.58 2nd M/O50; 24 Tony Bell 45.40 45.40 8th M/O40; 25 Bill Atkinson Nvac 45.47 10.30 35.17 1st M/O65; 26 Rob Buckley Altrincham AC 46.04 13.30 32.34 3rd M/O50 1st H/Cap; 27 Derek Haworth Leigh H 47.36 13.00 34.36 1st M/O70; 28 Dave George Sale H 47.41 47.41 5th M/O55; 29 C Smith 47.55 47.55 4th M/O50; 30 Kath Hoyer Wesham RR 48.24 13.30 34.54 1st L/O45; 31 J Sutcliffe Radcliffe AC 48.52 Guest 48.52 9th M/O40; 32 Peter Dibb Longwood AC 49.10 15.00 34.10 2nd M/O70; 33 Jennifer Adams Accrington RR 49.42 18.00 31.42 1st L/O50; 34 Alan Fielding Bolton UH 50.44 8.30 42.14 6th M/O55; 35 Dave Mangnall Wilmslow 50.48 13.30 37.18 7th M/O55; 36 Iain Fortune Nvac 51.10 16.30 34.40 8th M/O55; 37 Ken Mayor Bolton UH 52.25 11.00 41.25 5th M/O60; 38 Anne Fortune Nvac 52.51 17.00 35.51 2nd L/O50; 39 Mary Littler Bradford /Airedale 55.55 20.00 35.55 2nd L/O45; 40 John Newsham Nvac 55.55 20.00 35.55 9th M/O55; 41 Shelly Walsh 56.37 56.37 3rd L/O50; 42 Denise Sutcliffe Radcliffe AC 56.44 56.44 3rd L/O45; 43 Richard Packer Red Rose 57.09 20.00 37.09 3rd M/O70; 44 Ken Clark Nvac 57.59 17.30 40.29 4th M/O70; 45 Kevin Dillon Manchester H 59.05 16.00 43.05 5th M/O50; 46 Tony Totham Nvac 60.06 15.00 45.06 8th M/O40; 47 Bernice Greenhalgh Nvac 60.16 20.00 40.16 4th L/O45; 48 Joe McAloon Liv/Pem and Sefton 68.15 21.30 46.45 5th M/O70; 5K RACE: 1 Maurice Morrell Wirral AC 39.02; M/O70; 2 Jack Betney Clayton Le



Moors H 40.44 M/O70; 3 Bernard Lister  
Nvac 41.17; 4 H Burton 44.42;  
5 J Savage 44.43; 6 R Davies no time;

What do EASTERN VETERAMS do on New Years Eve? I can tell you that a considerable number turned out to compete in the ELY RUNNERS OPEN 10K Promotion at the Fenland Village of Little Downham. 'On the Hill', if there is such a thing in the Fens, (The Race does start down hill for the first Km, and from 8 to 9K goes back up hill.)

A very successful day it was too for club members. Of the forty VETERAN PRIZES award EASTERN VETS won 50%. At least one Club member figured in the first three in all five-year age categories with the exception of M40, W35, W45 and W50. This poses the question where are all the 'Young Vets' from EVAC. In fact there were only two M40/W35 in the first fifty, out of a total of twenty-two VETERANS, and neither of those were EVAC members

Pride of place must go to JANE CLARKE from Norfolk Gazelles and STAN OWEN. N.V.H. Jane was first woman in 21<sup>st</sup> place in a time of 36m 37s and Stan an outstanding 6<sup>th</sup> in 34m 07s. Jane and Stan of course won their age categories W.40 & M.50 as did,

M.45 Philip Jones M.K.A.C 34m 46s,  
M.50 Stan Owen 2<sup>nd</sup> Pete Johnson Nfk  
G 36m 24s 3<sup>rd</sup> Colin Arnold St.E. Pacers  
36m 52s  
M.55 Kevin Youngs 36m 58s,  
M.60 2<sup>nd</sup> Terry Braverman Newmarket  
J 44m 33s 3<sup>rd</sup> Peter Howard C&C 45m  
17s  
M.65 Peter Oldman EVAC 42m 40s 2<sup>nd</sup>  
Tony Cotton BRJ Hunts 43m 39s 3<sup>rd</sup>  
Colin Weight St.Ed Pacers 48m 31s  
M.70 Peter Chaplin EVAC 57m 30s 2<sup>nd</sup>  
Terry Law Gt Bentley RC 57m 51s  
W.40 Jane Clarke W.55 Sue Barnett  
C&C 46m 04s,  
W.60 Barbara Law Gt.Bentley RC 49m  
24s,  
W.65 Betty Stracey Lincoln Wellington  
AC 51m 50s

Positions on the WAVA Percentage scores make interesting reading. Stan was the highest of all the 560 finishers with 88.76% other plus 80% scores were: -

Philip Jones 85.76%, Pete Johnson 82.52%, Colin Arnold 81.47% Phil Redden, Riverside Runners 81.24%

Further to the WAVA percentages in searching for those who ran in EVAC colours

I found our erstwhile Newsletter editor and committee member IAN VAUGHAN-ARBuckle who finished in 317<sup>th</sup> place in a time of 51m 19s and a percentage for M66 of 67.84. Remembering that there were 561 finishers, there were only two women, F67 Gena Jackman from March 73.09% and F65 Betty Stracey from Lincoln W. 76.9%, who scored higher than IAN, everyone else could only make the low sixties at best, the majority of the 240 finishers only managing 50%.

Further interesting fact to arise were that half of the first fifty home were veterans, of which 12 were members of EVAC, and of the other 14, four were un-attached runners To these four can be added a further 5 who won prizes in the 5 year Veteran Age Groups, who have possibly never heard of EVAC or BMAF Add to this the other 17 five year age group prize winners The question then arises who best represents the needs of VETERAN ROAD RUNNERS? The Specialist club, or U.K.A. Open competition.

Just one aside, should all runners be members of a U.K.A. Club?

Nevertheless it was good to see EVAC members both first claim and second claim holding their own in relation to times positions and percentages. Finally thanks to ELY RUNNERS for an excellent promotion and of course the bottle of local beer at the finish. Also to the village of Little Downham, for absorbing for a brief spell four hundred or more cars, and at least Six hundred runners and relations on New Years Eve 2004...

### Veterans AC Cross Country Championships- 22nd of January Wimbledon

ROGER ALSOP, led all the way in the Vets AC Championships reports Alastair Aitken.

Alsop, who was 40 the previous Sunday, had come 31st in Belgraves' scoring team in the Surrey League Division One the day before. After one lap of the three laps in Caesars Well Alsop, was timed at 10.15 with the first 'M45' Richard Holland next in 10:21. Then came two previous winners Bill Gristwood and Mick Waine, followed by Steve Smythe and first over 50 winners Barry Attwell. That order remained for the rest of the race.

Alsop won the Surrey 10k track Championship back in 1993 in 30:33 and was part of Belgrave's 'National' 12-stage road relay team that gained silver medals in 2001 and 2004.

## RESULTS

An outstanding performance, once again, was by Steve Charlton, who will be 79 in October. He came 36th of the 63 finishers and ahead of all those over 65. His friend ex-international Ron Franklin thinks he will go on to easily break the over 80 world 10k track record of 44.29.4.

52-year-old Jane Genghiou, who was fifth in the Home Veteran International for her age group at Lloyd Park was the first woman home and it was her third race in eight days, as preparation for the London Marathon. As a 47 year old she ran 3:10:22 for the event.

Ross Tabor (56) was the second home. Tabor the previous weekend beat all the women over 45 in the Dartford 10 in 68:38.

Men. 1 R Alsop (Belg, M40) 31:26; 2 R Holland (WG&EL, M45) 32:22; 3 R Gristwood, (ESM, M45) 32:56; 4 M.Waine (Woking, M45) 33:21; 5 S Smythe (Dulw, M45) 33:55; 6 B Attwell (S Lon, M50) 34:44; 7 C Stone (RPR, M45) 34:49; 8 L O'Hare (Barn, M55) 34:57; 9 M Mann (Dulw, M55) 35:44; 10 M Nouch (Belg, M50) 35:45; 11 J Wallace (Wimb W, M45) 36:14; 12 A Murray (Dulw W, M50) 36:27; 13 M Miller (HW, 55) 36:32; 14 P Kennedy, WSEH, M50) 36:54; 15 G Ball (Wim W, M55) 37:22.

M60 1 G Bradbury (S Lon) 39:01; 2 R Graham (WSEH) 39:15; 3 J Wilkins (E&E) 41:55. M65 1 A Howard (Rane) 43:18; M70 1 J Taylor (Liss) 44:35; 2 B Shave (Heme H) 47:36; 3 J Gordon (THH) 48:26. M75 1 S Charlton (VAC) 41:42; 2 R Dare (VAC) 48:31.

Women W40 1 C Wyngard (Dulw) 42:49; W45 1 J Gristwood (ESM) 45:51 2 S Burchill (Dulw) 47:09. W50 J Geoghiou (Farnham) 39:49. W55 R Tabor (Dulw) 40:09

### Southern Counties Veterans Athletic Club 14th Indoor Track & Field Championships Sutton Leisure Centre, Sunday 6th February, 2005

#### RESULTS

#### 60 Metres Sprint (Best of two Rounds):

W35: 1 Catherine Goddard (Milton Keynes-Gst) 8.4, 2 Lesley Richardson (Newham & Essex Beagles) 12.2; W40 Kirstin King (Bracknell AC) 8.0; W50: Helen Godsell (Blackheath & Bromley) 8.2CBP; W55 Val Parsons (WSE & H. AC) 8.7; W60: Iris Holder (Woking AC) 9.8; W75: Brenda Green (Serpentine RC) 12.8 CBP; M35: Robert Murkin (Reigate Priory AC) 8.3; M40 1 Anthony Noell SCVAC) 7.1 CBP, 2 Lincoln Campbell (Kent AC) 7.5, 3 Mark Baker (Hercules Wimbledon AC) 7.5, 4 Glen Reddington (Leeds City) 7.6, 5 Kermit Bentham (TVH) 7.6, 7 Peter Ilo (Barnet & District) 7.6, 8 Des Wilkinson (Luton - Guest); 9 7.8. Anthony Cameron (Heme Hill Harriers) 7.9; M45: 1 Kwei Sankofa (Heme Hill Harriers) 7.5 =CBP, 2 Trevor Wade (TVH) 7.9, 3 Rod Davies (Team Southampton) 8.6, 4 John Ryan (Veterans AC) 9.1; M50 1 Ray Watkins Wycombe Phoenix) 7.7 =CBP, 2 Tom Phillips (Blackheath & Bromley) 8.0, 3 Duncan Talbot (Abingdon Amblers) 8.4. M55:

1 Anthony Roker (Aldershot, Famham & Dist.) 8.0, 2 Geoff Kitchener (Sevenoaks) 8.2. M60: 1 Terry Bissett (Epsom & Ewell Harriers) 8.2, 2 Charles Isetts (Kingston AC & Polytechnic H) 8.8; M65: 1 Jeff Rozelaar (SCVAC) 9.0, 2 Kevin Bumet (Striders of Croydon) 10.2.

M70 Cliff Taylor (Belgrave Harriers) 10.0.

#### 60 Metres Hurdles (Best of two Rounds)

W35: Catherine Goddard (Milton Keynes - Guest) 9.5. M40 1 Des Wilkinson (Luton - Guest) 8.7, 2 Glen Reddington (Leeds City) 9.1 CBP, 3 Mikhail Popov (Croydon Harriers) 12.0. M50 : Duncan Talbot (Abingdon Amblers) 11.0. M55: 1 Anthony Roker (Aldershot, Famham & Dist.) 9.6, 2 Geoff Kitchener (Sevenoaks) 11.8. M60 Brian Harlick (Epsom & Ewell Harriers) 12.7. M70 Jim Day (Blackheath & Bromley) 12.4;

#### Pole Vault

W50 Susan Yeomans (Watford Harriers) 2.70 CBP W65 Dorothy McLennan (WSE&H AC) 2.30 (World Record); M35 Robert Savage Aldershot, Famham & District AC) 3.40 CBP. M40 John Andrews (Epsom & Ewell H.) 4.00 CBP. M50 David Blunt (Epsom & Ewell Harriers) 3.20 CBP. M55 Gerry Olson (SCVAC) 2.80. M60 1 Mike Edward (Guest) 2.90. 2 Maurice Joyce (Kingston AC & Polytechnic H) 2.60 CBP, 3 Brian Harlick (Epsom & Ewell Harriers) 2.50. M70 Jim Day (Blackheath & Bromley) 2.50 CBP.

#### High Jump

M45 Trevor Wade (Thames Valley Harriers) 1.61. M50 1 Duncan Talbot (Abingdon Amblers) 1.58 CBP, 2 David Blunt (Epsom & Ewell H) 1.50. M55 Geoffrey Kitchener (Sevenoaks) 1.35 M70 Jim Day (Blackheath & Bromley) 1.15.

#### Long Jump

W60 Iris Holder (Woking) 3.84 CBP. W65 : Dorothy MacLennan (WSE & H AC) 2.83 CBP; M40 Peter Ilo (Barnet & District AC) 5.40. M45 Trevor Wade (TVH) 5.94 CBP, 2 Rod Davies (Team Southampton) 4.46. M55 Geoff Kitchener (Sevenoaks) 4.04 CBP ; M65 Kevin Bumett (Striders of Croydon) 3.07; M70 Colin Sheppard (Basingstoke & Mid-Hants AC) 3.74, 2 Jim Day (Blackheath & Bromley) 3.52.

#### Triple Jump

M55 Geoffrey Kitchener (Sevenoaks) 8.81. M60 Allan Cheers (Basingstoke & Mid-Hants AC) 9.73 CBP; M70 Colin Sheppard (Basingstoke & Mid-Hants AC) 7.69.

#### Shot Putt

W35 Camilla Thrush (Kingston AC & Polytechnic H) 10.75. W55 Barbara Terry (Bromley Vets AC) 8.78; W60 Liz Sissons (Epsom & Ewell H) 9.85. W65: Dorothy McLennan (WSE&H AC) 5.49, 2 Rae Boxall (Haslemere Border) 4.99. M40 Jeremy Davis (Walton AC) 11.16. M50 Mike Small (WSE&H AC) 15.17. M55 Neil Griffin (WSE&H AC) 14.25 CBP M60 Garry Negus (SCVAC) 12.05, 2 Christopher Melliush (Cambridge Harriers) 9.54, 3 Brian Harlick (Epsom & Ewell Harriers) 8.24. M65 Kevin Buraett (Striders of Croydon) 6.47. M70 Gordon Hickey (Blackheath & Bromley) 12.12 CBP, 2 Cliff Taylor (Belgrave-Guest) 10.26, 3 Norman Fullick (Haslemere Border) 8.08. M75 Jaroslav Hanus (SCVAC) 9.58 CBP and British M75 RECORD.



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

### 300+ CLUB

#### October Draw.

Ursula Duckworth £ 125; Lesley Richardson, Mary Worth, Dave Stevens, Andrew Cunningham and Pete Mulholland all £10.

#### November Draw

Anita Neal £125; David Allemby, J.A.Hall, Joe Jewell, Rod Turvey, Elizabeth Wheeler all £ 10;

#### December Draw:

Colin Monks £125; Jim Bennett, Peter Hamilton, Bill Marshall, Jon Wightman & Dick Neil all £10.

#### January Draw

Charles Manning £125; Helen Burrell, Brian Davies, Tom Horne, Christine Bathgate, Steve Chesson all £10.

#### February Draw

Jean Bryan £ 125; Brian Holden, Dave McNamee, Moira O'Leary, Harold Piper, Val Sharpe all £10.

#### March Draw

Jim McMahon £ 125; Keith Whitaker, Steve Surridge, Gillian Cox, Gordon Shrimpton and Peter Le Couilliard all £ 10.

### Donations:

John Hill, Mike James, Brian Holden, Allan Sowden, Nigel Wray, Tony Rawinson.

## FIXTURES

DATE	EVENT	VENUE	DETAILS
10 <sup>th</sup> April	MVAC Road Relays & A.G.M/	Chasewater	
10 <sup>th</sup> April	NVAC 10k road race	Platt Fields, Manchester	
16 <sup>th</sup> April	VAEE Match v Ireland and Open 3k Walk	Leamington Spa	
17 <sup>th</sup> April	LONDON MARATHON	LONDON	
17 <sup>th</sup> April	Spring Warm Up	Redditch	
20 <sup>th</sup> April	NVAC T&F League	Cleckheaton	7pm start
23 <sup>rd</sup> April	Glen Bash 5miles	Fort William	Dougie MacDonald
24 <sup>th</sup> April	SWVAC 10km	Pensford, Nr Bristol	13:00
24 <sup>th</sup> April	Lochaber Marathon (SVHC Champs)	Fort William	Dougie MacDonald 01855 841 276 <a href="http://www.lochaberac.co.uk">www.lochaberac.co.uk</a>
30 <sup>th</sup> April	BMAF 20k Walk	Sutton Park	With Birchfield 20k
1 <sup>st</sup> May	BMAF 13.1 Mile (Half Marathon Champs) Great West Run	Exeter	10:30
2 <sup>nd</sup> May	SCVAC 10k Road Championship (With Ted Pepper Memorial Race)	Langley Park Boys School Beckenham	
4 <sup>th</sup> May	Alistair McInnes Memorial 4.8 Mile (SVHC race)	Coatbridge	Bill McBrinn
4 <sup>th</sup> May	NVAC T&F League	Hyndburn	7pm start
4 <sup>th</sup> May	MVTFL first match	Nuneaton	East Division
5 <sup>th</sup> May	MVTFL first match	Redditch, Telford.	North and South Division
8 <sup>th</sup> May	NVAC 10k Paths run	Hoodlane rec grd, Warrington.	
12-15 <sup>th</sup> May	European Non Stadia Championships	Portugal.	
21 <sup>st</sup> May	BMAF Road Relays	Sutton Park, Birmingham	Advert in this issue
28 <sup>th</sup> May	SWVAC Egdon Easy 10k	Weymouth	1900
29 <sup>th</sup> May	NVAC Track & Field Championships	East Cheshire	
JUNE	NVAC T&F League	Bogarthole	Noon Start ,Date TBA
1 <sup>st</sup> June	Kilpatrick Hill Race (SVHC Champs)	Old Kilpatrick	
5 <sup>th</sup> June	MVAC Track & Field Championships	Solihull	Details in future newsletter.
5 <sup>th</sup> June	SWVAC Championship Fairford 10k	Fairford, Gloucestershire	1100
8 <sup>th</sup> June	MVTFL Second match	Stoke, Leamington & Birmingham	All divisions.
12 <sup>th</sup> June	NVAC 10k Road Championships	Clitheroe	
12 <sup>th</sup> June	SCVAC Track & Field	Millenium Stadium, Battersea Park, London.	
19 <sup>th</sup> June	BMAF Pentatlon Weight Pent & 10k Walk	Milton Keynes	Contact Maurice Doogan
19 <sup>th</sup> June	NVAC Half Marathon Championships	Freckleton	
23 <sup>rd</sup> June	NVAC T&F League	Burney	7pm start
25 <sup>th</sup> June	Inter Land	Julie Rose Stadium, Ashford	Maurice Doogan.
26 <sup>th</sup> June	BMAF 5k Road Championships	Horwich.	Advert this issue
26 <sup>th</sup> June	2 <sup>nd</sup> World Masters 100k Championships	Japan	
26 <sup>th</sup> June	Walks Match v Ireland & Open 3k	Dublin	
2 <sup>nd</sup> July	EVAC Track & Field Championships	Chelmsford	
3 <sup>rd</sup> July	SWVAC Launceston 13.1m	Cornwall	1030
3 <sup>rd</sup> July	MVAC 10k Road Race	Burton	
3 <sup>rd</sup> July	NVAC 10k Paths race	Radcliffe	
6 <sup>th</sup> July	MVTFL 3 <sup>rd</sup> match	Loughborough	East division
12 <sup>th</sup> July	MVTFL 3 <sup>rd</sup> match	Stafford	North division
13 <sup>th</sup> July	NVAC T&F League	Cleckheaton	7pm start
16-17 <sup>th</sup> July	BMAF Track & Field Championships	Birmingham Alexander Stad.	
23 <sup>rd</sup> July	VAEE Inter Area	Solihull	
30 <sup>th</sup> July	BMAF 30k Walk	Coventry	
10 <sup>th</sup> Sept	BMAF 10k	Glasgow	TBC



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62. NIKE ZOOM SUPERFLY UK sizes 4, 4½, 11½,  
and 12 Usual £75 **OFFER £45**



63. NIKE ZOOM LADIES UK sizes 2½, 4½, 5½  
Usual £70 **OFFER £35**



64. NIKE ZOOM WAFFLE CROSS COUNTRY  
(2 Colourways) UK sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½,  
8, 8½, 9, 9½, 10, 10½, 12, 14,  
Usual £50 **OFFER £30**



65. NIKE AIR STREAK VENTULUS Road light  
weight racing shoe UK sizes 3½, 4, 4½, 5, 5½,  
6, 6½, 7 Usual £65 **OFFER £30**



66. NIKE AIR STREAK Road racing shoe UK  
sizes 4½, 5½, 6, 6½, 7, 7½, 10,  
Usual £69.95 **OFFER £40**



67. NIKE ZOOM SHIFT middle to long distance  
UK sizes 8½ only. Usual £70 **£30**



68. NIKE ZOOM JSC UK sizes 4, 6, 7, 7½, 8,  
8½, 9, 10, 10½, 11, and 11½  
Usual £75 **OFFER £50**



69. NIKE ZOOM SHIFT FLY UK sizes 6½, 7, 7½,  
8, 8½, 9, 9½, Usual £70 **OFFER £30**



70. NIKE ZOOM SUPERFLY UK sizes 4, 4½, 11½,  
and 12 Usual £75 **OFFER £45**



71. NIKE ZOOM LADIES UK sizes 2½, 4½, 5½  
Usual £70 **OFFER £35**



72. NIKE ZOOM WAFFLE CROSS COUNTRY  
(2 Colourways) UK sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½,  
8, 8½, 9, 9½, 10, 10½, 12, 14,  
Usual £50 **OFFER £30**



73. NIKE AIR STREAK VENTULUS Road light  
weight racing shoe UK sizes 3½, 4, 4½, 5, 5½,  
6, 6½, 7 Usual £65 **OFFER £30**



74. NIKE AIR STREAK Road racing shoe UK  
sizes 4½, 5½, 6, 6½, 7, 7½, 10,  
Usual £69.95 **OFFER £40**



75. NIKE ZOOM SHIFT middle to long distance  
UK sizes 8½ only. Usual £70 **£30**



76. NIKE ZOOM JSC UK sizes 4, 6, 7, 7½, 8,  
8½, 9, 10, 10½, 11, and 11½  
Usual £75 **OFFER £50**



77. NIKE ZOOM SHIFT FLY UK sizes 6½, 7, 7½,  
8, 8½, 9, 9½, Usual £70 **OFFER £30**



78. NIKE ZOOM SUPERFLY UK sizes 4, 4½, 11½,  
and 12 Usual £75 **OFFER £45**



79. NIKE ZOOM LADIES UK sizes 2½, 4½, 5½  
Usual £70 **OFFER £35**



80. NIKE ZOOM WAFFLE CROSS COUNTRY  
(2 Colourways) UK sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½,  
8, 8½, 9, 9½, 10, 10½, 12, 14,  
Usual £50 **OFFER £30**



81





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