

MASTERS ATHLETICS



The Newspaper of the British Masters Athletic Federation

No. 73 Autumn 2005



P26 : JANE PIDGEON WINS ONE OF BRITAINS 47 GOLD MEDALS IN SPAIN (PICTURE BY SHELLY WALSH)



P2 SUPERB CHAMPIONSHIPS IN BIRMINGHAM



P24:
KESWICK
WORLD
MOUNTAIN
BRITS
CLIMB
TO
TITLES



P9: MEDALS FOR
MASTERS IN I.A.A.F.
WORLD CHAMPS

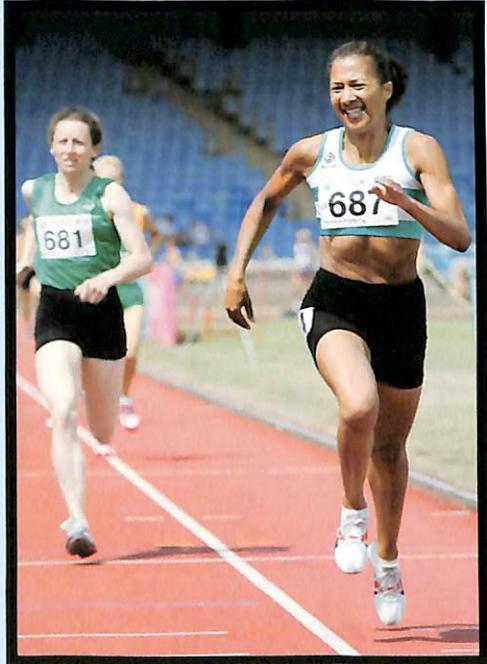
ADDRESSES P17.
XC ADVERT P10.
FIXTURES P22.
INTER AREA P15.

COMBINED EVENTS P23.
RESULTS P18.
NEWS P11.

BMAF TRACK & FIELD CHAMPIONSHIPS, BIRMINGHAM 16/17 July 2005.

**BRITISH MASTERS ATHLETIC
FEDERATION T&F
CHAMPIONSHIPS**
Alexander Stadium, Birmingham
Pictures Lesley Richardson
www.rikko2photo.co.uk

MARTIN DUFF, of Athletics Weekly, reports on a plethora of championship bests and a smattering of British records from two days of intense competition.



Bernie Pritchard winner at 800 W35



It's a new European Record for Emily McMahon



Evaun Williams won all W65 heavy throws



Bob Minting wins 400, 800 & 1500 metres M55

The Championships marked the first time that the new men's M35 group has made any impact at all on the T&F scene, with the sprinters almost matching the times of the



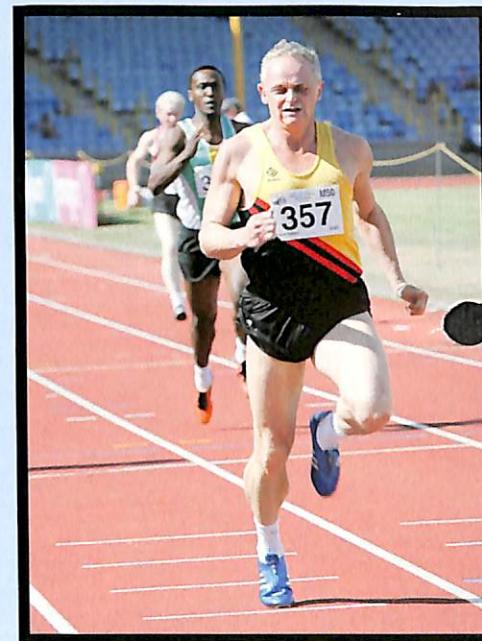
Gordon Daborn wins the Hurdles M70



Steve Peters treble in the sprints.



Manndy and Wendy Laing in the Hurdles



Sue Cariss British Record in W55 10000

Irie Hill kept the crowd on the second day well entertained in the pole vault and, after clearing a new championship best of 4.00 in the W7 class, attempted a new record of 4.12. The year-old was unable to progress further but did appear to go over the five-minute time limit

BMAF TRACK & FIELD CHAMPIONSHIPS



Virginia Michell 400 & 400 Hurdles double

between jumps after constantly adjusting the uprights and finally changing to a harder pole for her final attempt. "The poles are very soft because of this nice weather," she said.

The meeting began in overcast weather on the Saturday morning that raised the spirits of the distance runners who found themselves subjected to the usual baking temperatures thereafter that caused at least one collapse due to dehydration necessitating a hospital visit.

1500 metre finals got the meeting underway and Nancy Hitchmough began the record breaking in the first event with a championship best and coming close to the British W55 record with a comfortable victory over Ros Tabor with 5:08.41.

Kate Ramsey has supported BMAF events since returning to the sport and, already holder of the cross-country and road relay titles this year; added W35 gold medals over 1500 and then 5000 metres. At this distance she has been remarkably consistent. She ran 16:42.21 here when the sun was at its hottest and said: "I've done 16:40.93 and 16:41.4, but I did 16:18 on the road at Horwich."

The women certainly coped better with the hot conditions than the men and Sue Cariss, beaten by Janette Stevenson in the 5000 on the opening day, was back on the track on Sunday to set a new British W55 10,000 record of 40:03.62. Bev Jenkins led home all of the women to set a new W35 CBP of 35:47.63.

Gates was probably the best of the male 10,000 metre runners with his 2minute M5 victory in 33:44.80 but even he wilted badly in the second half.

The men's heavy events have usually seen at least one good performance of World class in each age group and this year's championships was no exception with a number of likely champions in San Sebastian, scheduled for a month later in August, going through their paces. Gateshead World Veteran W45 discus champion Neville Thompson made a rare vets outing to win the M50 event with 57.56m for a new championship best. Mike Small was a well beaten second there before adding shot and hammer. Jaroslav Hanus (M75) and Neil Griffin (M55) had both won their respective titles in the BMAF weight pentathlon at Milton Keynes the previous month and they were among the gold medals again here, each taking four titles to set up their chances in the World Championships.

Steve Whyte dominated the M40 events in the 2004 BMAF championships but could not quite do the same this time as he was on Jubilee Cup duty for TVH on the Saturday.

winning the Hammer in the combined match at Eton in 58.87, before an M40 winning toss of 57.06 at Birmingham. A 15.16 shot and 16.58 weight followed.

One of the closest races of the second afternoon saw Dave Wilcock take the M50 800, in 2:05.77 from Dave Bedwell. "I've been injured all summer with hamstring problems, but I'm now doing a lot of races to get fit and I've got to settle down, but I wanted that one," he said. This reversed the result from the 1500 held early on the Saturday when Bedwell came through to take gold in an equally tight finish. Steve Peters has been a top class competitor in a strong group since turning 40 nearly a dozen years ago. With Viv Oliver and Wally Franklyn usually struggling in his wake the 51-year-old has taken a hatful of medals at all levels right up to World championships. Here, in the 100, he overcame a slow start to beat Franklyn in the M50 dash, before adding the 400 later on the first day in 53.12 and then the 200 at the end of the second in 23.76. "I found that really hard, as I've had this virus and can't clear it, that's only my second 100 of the year," said the multi gold medallist after his first gold.

Alan Meddings announced his retirement from athletics last year but was back despite little training. "I'm just doing light stuff, but I'm missing all of the training, but it's in the system," said the 77-year-old who later missed the 200 when he claimed the race was not called. He took the M75, and over race, 100 from Sylvester Stein who moves up to the M85's on Christmas Day.

In the women's sprints Avril McLelland won a couple of W45 gold's while Ester Linaker retained her W60 100 crown in 14.84, before adding 200.

Tom Clowry picked up M75 400 and 800 gold's, his 72.21 400 being intrinsically better than the existing British best of 72.2

Wendy Laing set a championship best 1.66m in the W40 high jump in the best of her many efforts, while sister Manndy was not to be outdone with a British record in the W45 hurdles in 12.27.

Martin Blackman retained his M40 400 title in 52.37 after beating Kermit Bentham last year. In the M45's Bentham was back to take another gold, but revealed: "I've been injured since February when my foot blew up with Plantar Faciitis." Bentham ran with a heavily strapped foot. "I'd like to thank Fiona from British Medical Services for patching me up," said the 45-year-old.

Decathlon International Alex Kruger won his pole vault with 4.20 before adding an M40 high jump British record of 1.88 on the second day. "I've done no training for four years, my training regime is to compete myself fit," said the 41-year-old, who has moved back to Carlisle, although still competing for Sheffield.

DUFF SHORTS

Janette Stevenson

Sue Cariss has been setting W55 road best times this year but respects the capabilities of

Janette Stevenson. "She's a better 5km runner than me," said Cariss and so it proved as the Scot broke clear after the first mile and went on to win by over 60 metres in a new British record of 18:53.25. The 56-year-old had done well to win the BMAF 5km championships a couple of weeks earlier: "I did 18:36 at Horwich, but that was my first race as I've been out for two years. I've got funny feet and they pulled the Achilles off the bone, said Stevenson."

Before that Stevenson had set a W50 road 5km best of 17:02 in 2002, as well as a 28:05 five-mile best and is now back to form and will surely try and eradicate some of Cariss' new marks.

Phil Parry

Phil Parry is new to the sport but nevertheless looked good in the men's 5000, which he won in 15:20.81, after Paul O'Callaghan set the pace before dropping back then out. "It was a suicidal pace, below 70's a lap, but I was determined not to be in the lead anyway." Parry revealed that he only started training less than two years previously and added: "that's my first ever title." That was not strictly true as he was a member of the record breaking Bristol club's winning road relay team at Sutton Park back in May.

Neville Thompson

Gateshead World Veteran champion Neville Thompson has made very few Masters appearances since 1999, but here made a rare outing to take the M50 discus title with 57.56m. The Shaftesbury 50-year-old caught the wind right on his final throw for a new championship best, while others were worrying about the difficult wind. Mike small was second in the event and said: "the wind was bad for us all," but Thompson seemed less than bothered. "I just throw it as long as I can deliver it, nice and flat so I'm not too bothered about the wind," said Thompson.

Steve Whyte

Steve Whyte dominated the M40 events in the 2004 BMAF championships but could not quite do the same this time as he was on Jubilee Cup duty for TVH on the Saturday, winning the Hammer in the combined match at Eton in 58.87, before an M40 winning toss of 57.06 at Birmingham. A 15.16 shot and 16.58 weight followed. However Whyte felt that he was merely doing his duty and complained of being heavy legged after a busy week of competition. "I had a competition on Wednesday, trained on Thursday, had a corporate golf day with Paul Dickenson on Friday", said Whyte.

Emily McMahon

Emily McMahon had planned not to run the 300 hurdles in this meeting and wanted to concentrate on the sprints and sprint hurdles, but her programme was thrown into disarray when two previous attempts to set a new W55 300 hurdles European record were thwarted by faulty electronic timing. However she finally got the full photographic evidence to back up her 300-metre hurdles European record claim, as after a 51.94 effort all of the equipment was

BMAF TRACK & FIELD CHAMPIONSHIPS

found to be in order. On the second day McMahon then lowered her own 80m hurdles record to 13.61. The 55-year-old was pushed all the way by Jean Fail, who was also under the old mark. "That was the first real competition that I have had, but I have had a problem with my orthotics," said an extremely relieved McMahon.

Anne Lewis

Ann Lewis is consistency personified in the walks and after taking the 3000 metres in 16:56.43, before adding the 5000 on day 2, she said: "I managed to stick to my lap times, as I usually go off like a bat out of hell." Back up times this year of 16:54.6 and 16:55 prove just how steady the Aldershot walker's progress has been this year: "but before these I hadn't been under 17 minutes for 2-3 years," said the 57-year-old.

A-Saturday; B-Sunday

100 metres

M35 FINAL(a)w/s +0.7 1.Antony Leigh MVAC 11.05; 2.Rohan Samuel SCVAC 11.19; 3.Derek Morgan SWVAC 11.34; 4.David Gilmour OPEN 11.38; 5.Scott Dorset SCVAC 11.65; 6.Paul Donaghy VAA-NE 11.72; 7.Graeme Hogg SCVAC 11.75; 8.Barrington King SCVAC 12.38; 9.Steven Spires WMAA 12.44; 10.Robert Murkin SCVAC 13.50; 11.Kevin Ariss OPEN 15.31;

M40

Heat 1 (a)w/s +0.3 1.Claude Peter-Thomas OPEN 11.61; 2.Anthony Noel SCVAC 11.73; 3.Andy Smith EVAC 12.00; 4.Christopher Ashmore MVAC 12.33; 5.Marc Amron OPEN 12.34; 6.Martin Weetman MVAC 12.44; 7.Trevor Sinclair EVAC DNF;

Heat 2 (a)w/s +1.9 1.Mark Phills SCVAC 11.37; 2.Dalton Powell MVAC 11.57; 3.Lincoln Campbell SCVAC 11.68; 4.Patrick Logan VAC 11.68; 5.Tom Nicholson OPEN 12.12; 6.John Statham MVAC 12.55; **Heat 3** (a)w/s +1.5 1.George Charlton VAA-NE 11.85; 2.Richard Walter SWVAC 11.86; 3.Glen Reddington SWVAC 12.15; 4.Patrick Bass MVAC 12.18; 5.Ronnie Hunter SCVAC 12.33; 6.Ricky Fox SCVAC 12.43;

FINAL (a)w/s +2.0 1.Mark Phills SCVAC 11.02; 2.Anthony Noel SCVAC 11.11; 3.Claude Peter-Thomas OPEN 11.41; 4.Lincoln Campbell SCVAC 11.58; 5.Patrick Logan VAC 11.60; 6.George Charlton VAA-NE 11.75; 7.Richard Walter SWVAC 11.86; 8.Andy Smith EVAC 11.91; 9.Dalton Powell MVAC DNF;

M45 FINAL (a)w/s -0.6 1.John Wright NVAC 11.67;

2.Stephen Smith VAA-NE 11.84; 3.Cecil Moven MVAC 11.91; 4.Eric Smart VAA-NE 12.06; 5.Brendan Moran IRL (G) 12.42; 6.Philip Jones VAA-NE 12.50; 7.Timothy Beaglehole SWVAC 12.58; 8.Malcolm Bramhall EVAC 12.62; 9.Philip Clayton MVAC 12.78; 10.Roderick Davies SCVAC 13.50;

M50 FINAL (a)w/s -1.5 1.Steve Peters EVAC 11.82; 2.Walwyn Franklyn SCVAC 12.15; 3.Viv Oliver MVAC 12.51; 4.Philip Bell VAC 13.43; 5.Mark Bannan SWVAC 13.68; 6.Ian Whyte MVAC 13.78; **M55 FINAL (a)w/s +0.6** 1.Robert Fraser SCVAC 12.50; 2.Brendan Lynch OPEN 12.96; 3.Michael Maisyev EVAC 13.12; 4.Geoffrey Kitchener VAC 13.16; 5.Mike Applegate SWVAC 13.22; 6.Tony Wells EVAC 13.29; 7.Bruce Hendrie MVAC 13.42; 8.Brian Williamson WMAA 13.57;

M60 FINAL (a)w/s +1.4 1.Glyn Sutton WMAA 12.39 (CBP); 2.Victor Novell SCVAC 13.33; 3.Charles Isetts VAC 13.50; 4.Derek Brown MVAC 13.70; 5.Peter Rowell VAA-NE 13.84; 6.Cameron Sealy MVAC 13.92; 7.Jeff Rozelaar SCVAC 14.14; 8.Arthur Simmonds EVAC 14.59;

M65 FINAL (a)w/s +1.9 1.John Ross SVHC 13.61; 2.Alan Carter EVAC 13.93; 3.Brian Ariss MVAC 13.96; 4.Colin Field SCVAC 14.70; 5.Malcolm Schofield NVAC 15.14; 6.Roger Brueck SCVAC 15.49;

M70 FINAL (a)w/s +3.4 1.David Burton MVAC 13.82; 2.Gordon Daborn EVAC 15.25; 3.John Evans MVAC 15.59; 4.Geoffrey Feast VAC 15.78; 5.Keith Whitaker NVAC 16.44;

M75 FINAL (a)w/s +1.9 1.Allan Meddings MVAC 14.57; 2.Norman Carter MVAC 18.55; 3.Alfred Woods EVAC 19.06; 4.Bill Morrow MVAC 29.22; **M80 FINAL (a)w/s +1.9** 1.Sylvester Stein VAC 17.83; 2.Frank Copping EVAC 22.03; **W35 FINAL (a)w/s +0.3** 1.Kathleen Madigan SVHC 12.96; 2.Beverley Matthews MVAC 13.58; 3.Catherine Goddard EVAC 13.62; 4.Wendy Lewis OPEN 13.64; 5.Anna Poole WMAA 13.70; 6.Julie Howard SWVAC 14.04; 7.Melina Healy SCVAC 14.22; 8.Cindy Parry MVAC 14.46; 9.Sharon Waller OPEN 14.95;

W40 FINAL (a)w/s +2.5 1.Janet Lyon SVHC 13.40; 2.Angela Fudge VAC 13.56; 3.Yvonne Salmon SCVAC 13.56; 4.Gaye Clarke EVAC 13.81; 5.Angela Kelly SVHC 14.08; 6.Denise Timmis EVAC 14.13; 7.Abiola Onatade SCVAC 14.20; 8.Judy Thomas MVAC 15.01;

W45 FINAL (a)w/s +1.6 1.Wendy Dunn EVAC 13.26; 2.Manndy Laing NVAC 13.61; 3.Lynn Talbert SCVAC 13.91; 4.Joss Harwood VAA-NE 14.00; 5.Janice Hardcastle EVAC 14.21; 6.Pauline Gerner MVAC 14.23; 7.Alison Brown NVAC 14.29; 8.Hazel Barker NVAC 14.61; 9.Diane Farmer EVAC 15.44;

W50 FINAL (a)w/s +1.2 1.Helen Godsell SCVAC 13.52; 2.Ed Roe SCVAC 13.96; 3.Fiona Argent NIVAC 14.64; 4.Rosamund Aylett VAC 14.83; 5.Anne Nelson SCVAC 15.14; 6.Gwen Cunningham SCVAC 15.29; 7.Pam Garvey MVAC 15.98; 8.Annette Burkitt SWVAC 16.16; 9.Cathy Lyon-Green MVAC 17.01;

W55 FINAL (a)w/s +0.6 1.Valerie Parsons SCVAC 13.97; 2.Emily McMahon SCVAC 14.27; 3.Vivienne Kirkland MVAC 16.60; **W60 FINAL (a)w/s +0.6** 1.Esther Linaker SVHC 14.84; 2.Iris Holder SCVAC 15.93; 3.Margaret Coombe EVAC 18.54; **W65 FINAL (a)w/s +0.6** 1.Dorothy Fraser EVAC 17.29; **W70 FINAL (a)w/s +0.6** 1.Betty Steedman SVHC 18.40;

200 metres

M35 FINAL A (b)w/s -0.6 1.Darren Scott SCVAC 22.48; 2.Antony Leigh MVAC 22.92; 3.David Gilmour OPEN 23.32; 4.Graeme Hogg SCVAC 23.60; 5.Scott Dorset SCVAC 23.91; 6.Clive Farrow OPEN 24.97; **FINAL B (b)w/s -1.9** 1.Michael Gardiner MVAC 24.24; 2.Paul Donaghy VAA-NE 24.35; 3.Eli Barnett MVAC 25.39; 4.Robert Murkin SCVAC 29.17; 5.Kevin Ariss OPEN 31.66;

M40 Heat 1 (b)w/s -0.6 1.Mark Phills SCVAC 22.99; 2.Anthony Noel SCVAC 23.02; 3.Lincoln Campbell SCVAC 24.48; 4.Nick Grocock SCVAC 24.56; 5.Glen Reddington SWVAC 25.07; 6.Ricky Fox SCVAC 25.63; 7.Mare Amron OPEN 25.86; 8.John Statham MVAC DNF;

Heat 2 (b)w/s +0.6 1.George Charlton VAA-NE 24.32; 2.Andy Smith EVAC 24.49; 3.Keith Palmer EVAC 24.65; 4.Patrick Bass MVAC 25.11; 5.Tom Nicholson OPEN 25.12; 6.Ronnie Hunter SCVAC 25.41; 7.John Dickinson SCVAC 26.85; 8.Michael May VAC 27.12;

FINAL (b)w/s -2.7 1.Anthony Noel SCVAC 22.38; 2.Mark Phills SCVAC 22.82; 3.Lincoln Campbell SCVAC 24.05; 4.Andy Smith EVAC 24.42; 5.George Charlton VAA-NE 24.44; 6.Keith Palmer EVAC 24.47; 7.Nick Grocock SCVAC 24.73; 8.Glen Reddington SWVAC 25.32;

M45 FINAL A (b)w/s -0.2 1.John Wright NVAC 23.76; 2.Peter Hickey NVAC 24.07; 3.Philip Jones VAA-NE 25.17; 4.Ian Scholes NVAC 26.07; 5.Roderick Davies SCVAC 27.84;

FINAL B (b)w/s +1.3 1.Eric Smart VAA-NE 24.22; 2.Cecil Moven MVAC 24.47; 3.Stephen Smith VAA-NE 24.54; 4.Brendan Moran IRL (G) 25.42; 5.Timothy Beaglehole SWVAC 25.82;

M50 FINAL (b)w/s -2.5 1.Steve Peters EVAC 23.76; 2.Walwyn Franklyn SCVAC 24.75; 3.Viv Oliver MVAC 25.01; 4.Ian Broadhurst NVAC 25.13;

5.Ramsay Sloss SVHC 26.52; 6.Philip Bell VAC 26.85; **M55 FINAL A (b)w/s -0.3** 1.Robert Fraser SCVAC 25.61; 2.Geoffrey Kitchener VAC 26.77; 3.Tony Wells EVAC 26.85; 4.John Moore EVAC 26.91; 5.Paul Anthony MVAC 27.52;

FINAL B (b)w/s -3.1 1.Bruce Hendrie MVAC 27.44; 2.Michael Maisey EVAC 27.66; 3.Brian Williamson WMAA 28.14; 4.John Steel MVAC 29.58;

M60 FINAL (b)w/s -1.6 1.Glyn Sutton WMAA 25.46; 2.Laurence Oldfield MVAC 26.80; 3.Victor Novell SCVAC 27.32; 4.Charles Isetts VAC 27.99; 5.Peter Rowell VAA-NE 29.96;

M65 FINAL (b)w/s +0.9 1.John Ross SVHC 28.12; 2.Brian Ariss MVAC 28.75; 3.Alan Carter EVAC 28.77; 4.Malcolm Schofield NVAC 31.18; 5.John Wilson NVAC 32.12;

M70 FINAL (b)w/s +0.9 1.David Burton MVAC 28.61; 2.Gordon Daborn EVAC 32.91; 3.John Evans MVAC 33.34; **M80 FINAL (b)w/s -1.6** 1.Frank Copping EVAC 46.20;

W35 FINAL (b)w/s -2.2 1.Kathleen Madigan SVHC 27.08; 2.Catherine Goddard EVAC 28.53; 3.Anna Poole WMAA 28.66; 4.Beverley Matthews MVAC 28.93; 5.Julie Howard SWVAC 29.21; 6.Melina Healy SCVAC 30.06;

W40 FINAL A (b)w/s -1.2 1.Wendy Laing NVAC 27.39; 2.Janet Lyon SVHC 27.86; 3.Yvonne Salmon SCVAC 28.20; 4.Angela Griffiths SCVAC 28.95; 5.Denise Timmis EVAC 29.82;

FINAL B (b)w/s -1.1 1.Angela Fudge VAC 28.38; 2.Chammaine Johnson VAC 28.39; 3.Gaye Clarke EVAC 29.45; 4.Abiola Onatade SCVAC 30.09; 5.Angela Kelly SVHC 30.42;

W45 FINAL (b)w/s -2.7 1.Averil McClelland NVAC 26.55; 2.Wendy Dunn EVAC 27.45; 3.Angela Beadnell VAA-NE 28.93; 4.Pauline Gerner MVAC 29.84; 5.Alison Brown NVAC 30.01; 6.Janice Hardcastle EVAC 30.59; 7.Ann Haywood MVAC 31.34;

W50 FINAL B (b)w/s -2.9 1.Anne Nelson SCVAC 32.02; 2.Judi Stafford MVAC 33.16; 3.Annette Burrows MVAC 33.66; 4.Cathy Lyon-Green MVAC 36.24;

FINAL A (b)w/s -1.9 1.Caroline Powell SWVAC 27.98; 2.Helen Godsell SCVAC 28.59; 3.Jolyn SaundersMullin SCVAC 28.61; 4.Ed Roe SCVAC 28.67; 5.Fiona Argent NIVAC 30.87;

W55 FINAL (b)w/s -1.0 1.Valerie Parsons SCVAC 29.85; **W60 FINAL (b)w/s -1.0** 1.Esther Linaker SVHC 31.29; 2.Iris Holder SCVAC 33.70; 3.Jackie Charles MVAC 35.72;

W65 FINAL (b)w/s -1.0 1.Dorothy Fraser EVAC 36.69; **W70 FINAL (b)w/s -1.0** 1.Betty Steedman SVHC 39.43;

400 metres

M35 FINAL (a) 1.Michael Gardiner MVAC 53.36; 2.Michael Osunsami SCVAC 53.83; 3.Eli Barnett MVAC 55.47; 4.Harvey Tait MVAC 57.00; 5.Kevin Ariss OPEN 72.61; 6.Robert Murkin SCVAC 72.94;

M40 Heat 1 (a) 1.Martin Blackman NVAC 55.08; 2.Jonathan Tilt SCVAC 55.40; 3.Tim Osman OPEN 56.39; 4.Andy Gannaway VAC 59.47; 5.Michael May VAC 61.44;

Heat 2 (a) 1.Tony Noel MVAC 55.92; 2.Nick Grocock SCVAC 56.00; 3.Alex Bryce SVHC 57.52; 4.John Dickinson SCVAC 60.62;

FINAL (a) 1.Martin Blackman NVAC 52.37; 2.Tony Noel MVAC 52.87; 3.Jonathan Tilt SCVAC 53.06; 4.Nick Grocock SCVAC 54.20; 5.Andy Gannaway VAC 56.08; 6.Tim Osman OPEN 57.99; 7.John Dickinson SCVAC 60.06; 8.Alex Bryce SVHC DNF;

M45 Heat 1 (a) 1.Lud Ramsey OPEN 54.12; 2.Francis Scott NVAC 54.50; 3.Stephen Walsh NVAC 54.53; 4.Robert Franklin SCVAC 55.07; 5.Martin Telford VAA-NE 56.51; 6.Andrew Hutchinson NVAC 57.62;

Heat 2 (a) 1.Kermitt Bentham SCVAC 55.15; 2.Nigel Wilson OPEN 55.20; 3.Ken Deevy IRL (G) 55.44; 4.Phil Knowles NVAC 56.16; 5.Craig Douglas SVHC 58.48;

FINAL (a) 1.Kermitt Bentham SCVAC 52.77; 2.Lud Ramsey OPEN 52.83; 3.Ken Deevy IRL (G) 53.10; 4.Robert Franklin SCVAC 53.67; 5.Stephen Walsh NVAC 54.27; 6.Francis Scott NVAC 55.37; 7.Phil Knowles NVAC 57.45; 8.Nigel Wilson OPEN DNF;

M50 FINAL (a) 1.Steve Peters EVAC 53.12; 2.Steve Lang SWVAC 54.42; 3.Walwyn Franklyn SCVAC 54.81; 4.Viv Oliver MVAC 56.21; 5.Douglas Lucas VAC 56.36; 6.Ian Broadhurst NVAC 56.95; 7.Ramsay Sloss SVHC 59.64;

M55 FINAL (a) 1.Bob Minting SWVAC 56.31; 2.Robert Fraser SCVAC 56.75; 3.Tony Wells EVAC 59.74; 4.Bruce Hendrie MVAC 60.11; 5.Geoffrey Kitchener VAC 60.61; 6.Lawrie Dunn MVAC 65.67; 7.Paul Anthony MVAC 66.87; 8.John Steel MVAC DISQ;

BMAF TRACK & FIELD CHAMPIONSHIPS

- M60 FINAL (a)** 1.Terry Bissett SCVAC 63.24; 2.Frederick Bush SCVAC 64.20; 3.Terry Faulkner MVAC 65.83;
- M65 FINAL (a)** 1.John Ross SVHC 63.40; 2.Bruce SWVAC 66.57; 3.Brian Ariss MVAC 68.05; 4.Alan Carter EVAC 68.62; 5.Arthur Kimber SCVAC 69.20; 6.Michael Dyer SWVAC 69.54; 7.John Wilson NVAC 70.88; 8.Malcolm Schofield NVAC 73.52; 9.Colin Field SCVAC DNF;
- M70 FINAL (a)** 1.Wilfred Morgan MVAC 72.17; 2.John Seymour SCVAC 75.69; 3.Geoffrey Feast VAC 77.60; 4.Gordon Daborn EVAC DNF;
- M75 FINAL (a)** 1.Tom Clowry MVAC 72.21 (CBP); 2.William Davies WMAA 79.69;
- M80 FINAL (a)** 1.Frank Copping EVAC 103.88; 400 metres
- W35 FINAL (a)** 1.Denise Morley EVAC 60.30; 2.Fiona Palmer MVAC 61.19; 3.Jayne Anscombe VAC 63.70; 4.Melina Healy SCVAC 66.83; 5.Cindy Parry MVAC 71.36;
- W40 FINAL (a)** 1.Virginia Mitchell SCVAC 60.38; 2.Yvonne Salmon SCVAC 64.36; 3.Tracy Burrows SCVAC 64.74; 4.Alison Collins SCVAC 66.50; 5.Fiona Meldrum MVAC 67.74; 6.Carol Simpson NVAC 70.77; 7.Abiola Onatade SCVAC 71.72; 8.Angela Kelly SVHC 71.73;
- W45 FINAL (a)** 1.Averil McClelland NVAC 62.49; 2.Lynn Talbert SCVAC 62.83; 3.Helen Patton VAA-NE 63.15; 4.Alison Brown NVAC 66.69; 5.Kate Rogers SCVAC 69.15; 6.Ann Haywood MVAC 70.51; 7.Diane Filer EVAC 74.38; 8.Carole Filer EVAC 75.09;
- W50 FINAL (a)** 1.Caroline Powell SWVAC 61.13; 2.Joylyn Saunders-Mullin SCVAC 63.79; 3.Ed Roe SCVAC 64.64; 4.Helen Godsell SCVAC 65.99; 5.Fiona Argent NIVAC 68.04; 6.Rosamund Aylett VAC 72.08; 7.Judi Stafford MVAC 74.69; 8.Annette Burkitt SWVAC DNF;
- W65 FINAL (a)** 1.Dorothy Fraser EVAC 86.14;
- 800 metres**
- M35 FINAL (b)** 1.Andy Knight OPEN 1-58.41; 2.John Nunn VAA-NE 1-59.28; 3.Jon Thorpe OPEN 2-02.41; 4.Peter Benedickerter OPEN 2-04.18; 5.Robert Poulter OPEN 2-06.96; 6.Roger Bradley OPEN 2-08.22; 7.Matthew Hargreaves MVAC 2-10.32;
- M40 FINAL (b)** 1.Lawrence Mangelshot OPEN 1-59.87; 2.Mark Oldham EVAC 2-00.31; 3.Philip Hall NVAC 2-01.02; 4.Ian Wright SCVAC 2-02.54; 5.Ivan Pawluk MVAC 2-04.09; 6.Robert Spencer OPEN 2-04.41; 7.John Knibb MVAC 2-04.51; 8.George Harden VAA-NE 2-06.36; 9.Danny Hodge SCVAC 2-07.44; 10.David Lane OPEN 2-08.72; 11.Windel Simpson OPEN 2-09.93; 12.Brett Davis WMAA 2-11.12; 13.Paul Jacob EVAC 2-16.06; 14.John Dickinson SCVAC 2-18.27; 15.Abraham Asgedom SCVAC 2-22.51; 16.Ian Mackett VAC 2-31.49;
- M50 FINAL (b)** 1.Dominic Swords SCVAC 2-02.23; 2.Ian Smith NVAC 2-02.84; 3.Steve Bond SCVAC 2-03.47; 4.Peter Ivens MVAC 2-03.72; 5.Duncan McGroarty EVAC 2-04.17; 6.John Telford NVAC 2-04.55; 7.Ken Deevy IRL (G) 2-06.10; 8.Ian Smith VAC 2-06.79; 9.Kevin Pye MVAC 2-06.81; 10.Christopher Shore MVAC 2-07.94; 11.Martin Telford VAA-NE 2-10.30; 12.Richard Holland VAC 2-10.86; 13.Paul Davoile OPEN 2-11.37; 14.Kevin Steed EVAC 2-11.44; 15.Stephen Walsh NVAC 2-12.33; 16.Richie Power IRL (G) 2-18.09; 17.John Taylor NVAC 2-20.80; 18.David Warren SCVAC 2-22.79; 19.Lud Ramsey OPEN DNF;
- M50 FINAL (b)** 1.David Wilcock VAC 2-05.77; 2.David Bedwell MVAC 2-05.81; 3.Steve Lang SWVAC 2-09.97; 4.Kevin Archer VAC 2-11.45; 5.Martin Kelly IRL (G) 2-13.35; 6.Derek Leitch SVHC 2-15.61; 7.Peter Coventry MVAC 2-16.13; 8.John Taylor EVAC 2-19.07; 9.Alan Maddocks MVAC 2-22.03; 10.Paul Spray MVAC 2-34.95;
- M55 FINAL (b)** 1.Bob Minting SWVAC 2-10.25; 2.Ed Connelly SCVAC 2-17.65; 3.Pat Timmons IRL (G) 2-18.63; 4.Bill Birmingham VAC 2-22.27; 5.Trevor Attey VAA-NE 2-36.33; 6.Robin Davies MVAC 2-41.11;
- M60 FINAL (b)** 1.Reg Phipps MVAC 2-19.98; 2.Richard Somers VAC 2-21.99; 3.Rod Scholes NVAC 2-25.83; 4.Tony Young MVAC 2-32.10; 5.Frederick SCVAC 2-37.35; 6.Mike Duggan MVAC 2-47.64;
- M65 FINAL (b)** 1.John Newcombe NVAC 2-28.80; 2.Barry Swindells NVAC 2-34.16; 3.Bruce Lyons SWVAC 2-38.25;
- M70 FINAL (b)** 1.John Seymour SCVAC 2-59.76; 2.Derek Howarth NVAC 3-02.29; 3.Peter Chaplin EVAC 3-40.28;
- M75 FINAL (b)** 1.Tom Clowry MVAC 2-55.89 (CBP); 2.William Davies WMAA 2-58.64; 3.Eric Shirley SCVAC 3-17.25;
- M80 FINAL (b)** 1.James Caddy VAA-NE 3-50.68;
- W35 FINAL (b)** 1.Bernadine Pritchett VAC 2-15.19; 2.Denise Morley EVAC 2-16.11; 3.Bernie White IRL (G) 2-18.52; 4.Caroline Steven SWVAC 2-19.37; 5.Gail Ellershaw OPEN 2-27.94; 6.Deborah Doherty SCVAC 2-28.36; 7.Michelle Leach OPEN 2-29.85; 8.Jenny Phillips WMAA 2-32.82;
- W40 FINAL (b)** 1.Mary Edwards SCVAC 2-19.74; 2.Tracy Burrows SCVAC 2-25.93; 3.Helen Lockyer OPEN 2-26.21; 4.Jenny Hughes OPEN 2-30.14; 5.Oriana Johnson EVAC 2-43.08;
- W45 FINAL (b)** 1.Helen Patton VAA-NE 2-21.43; 2.Lesley Felton SCVAC 2-23.61; 3.Jane Searle SCVAC 2-35.79; 4.Elisabeth Batty SCVAC 2-36.28; 5.Kate Rogers SWVAC 2-38.83; 6.Diane Farmer EVAC 2-57.37; 7.Alison Brown NVAC DNF;
- W50 FINAL (b)** 1.Caroline Powell SWVAC 2-29.73; 2.Joan Howe NVAC 2-32.37; 3.Joyce Barrus MVAC 2-38.81; 4.Sue James SCVAC 2-49.52; 5.Shelley Walsh NVAC 2-53.20; 6.Jane Morley NVAC 2-55.55;
- W55 FINAL (b)** 1.Nancy Hitchmough MVAC 2-31.49 (CBP);
- W65 FINAL (b)** 1.Kathleen Stewart VAA-NE 2-56.81 (CBP); 2.Eva Osborne EVAC 3-26.20;
- 1500 metres**
- M35 FINAL (a)** 1.Jon Thorpe OPEN 4-19.29; 2.Gareth Williams OPEN 4-24.63;
- M40 FINAL (a)** 1.Philip Hall NVAC 4-10.70; 2.Kofi Agyei VAC 4-12.00; 3.Lawrence Mangelshot OPEN 4-13.75; 4.John Knibb MVAC 4-20.40; 5.Alex Bryce SVHC 4-20.55; 6.David Bosley OPEN 4-22.84; 7.Mike Robbins WMAA 4-27.83; 8.Peter Plant MVAC 4-33.28; 9.Kevin Jacob OPEN 4-40.29; 10.David O'Keefe OPEN 4-52.80; 11.Andrew Wilkinson MVAC DNF;
- M45 FINAL (a)** 1.Duncan McGroarty EVAC 4-26.03; 2.Bernie Jones WMAA 4-27.28; 3.Richard Jenkins SCVAC 4-28.86; 4.Warwick Fortescue SWVAC 4-32.44; 5.Paul Davoile OPEN 4-33.54; 6.Chris Pedder NVAC 4-34.01; 7.Richard Holland VAC 4-36.12; 8.Howard Crabtree MVAC 4-38.28; 9.James Espir SCVAC 4-40.37; 10.Brian Worthington MVAC 5-33.87;
- M50 FINAL (a)** 1.David Bedwell MVAC 4-22.59; 2.David Wilcock VAC 4-23.05; 3.Kevin Archer VAC 4-28.75; 4.Richard Elliott MVAC 4-41.81; 5.Peter Kennedy VAC 4-43.31; 6.Fred Pidgeon MVAC 4-49.09; 7.Alan Newman SCVAC 5-12.55; 8.Martin Kelly IRL (G) DNF; 9.Terry O'Neill VAC DISQ;
- M55 FINAL (a)** 1.Bob Minting SWVAC 4-39.87; 2.Michael Mann VAC 4-41.69; 3.Pat Timmons IRL (G) 4-43.60; 4.Stephen Knight VAC 4-48.98; 5.Trevor Attey VAA-NE 5-27.56; 6.Geoffrey Vine VAC 5-41.17;
- M60 FINAL (a)** 1.John Potts MVAC 4-57.36; 2.Reg Phipps MVAC 5-02.18; 3.Martin Ford MVAC 5-03.44; 4.Mike Cunningham NVAC 5-13.60; 5.Alan Peers NVAC 5-29.06; 6.Mike Duggan MVAC 5-48.97;
- M65 FINAL (a)** 1.Barry Swindells NVAC 5-20.39; 2.Arthur Kimber SCVAC 5-27.90; 3.Edmond Simpson VAC 5-51.72;
- M70 FINAL (a)** 1.Ian Barnes VAA-NE 5-43.20; 2.Derek Howarth NVAC 6-02.67; 3.Geoff Oliver MVAC 6-07.33;
- M75 FINAL (a)** 1.William Davies WMAA 6-13.74; 2.Ron Franklin SCVAC 7-34.37;
- M80 FINAL (a)** 1.James Caddy VAA-NE 7-33.44; 2.Frank Copping EVAC 8-19.30;
- W35 FINAL (a)** 1.Kate Ramsey MVAC 4-33.33; 2.Bernadine Pritchett VAC 4-41.89; 3.Clare Hayes EVAC 4-52.55; 4.Bernie White IRL (G) 4-56.46; 5.Caroline Steven SWVAC 4-58.15; 6.Deborah Doherty SCVAC 4-58.44; 7.Sue Lamb MVAC 5-01.79; 8.Joanne Smith EVAC 5-03.54; 9.Sally Frapwell OPEN 5-11.79; 10.Jenny Phillips WMAA 5-16.44; 11.Sian Evans MVAC 5-23.37; 12.Julie Herron EVAC 5-47.20;
- W40 FINAL (a)** 1.Jane Pidgeon MVAC 4-55.18; 2.Helen Lockyer OPEN 5-01.92; 3.Anne Rawlings SCVAC 5-27.94;
- W45 FINAL (a)** 1.Carolyn Robbins NVAC 5-02.23; 2.Denise Farnham SCVAC 5-05.94; 3.Susie Tawney MVAC 5-12.90; 4.Elisabeth Batty SCVAC 5-20.37;
- 5**

BMAF TRACK & FIELD CHAMPIONSHIPS

5.Sammy Rashid NVAC 34-50.20; 6.Garon Heslop EVAC 34-58.35; 7.Ian Aunger EVAC 35-04.99; 8.Steve Marklew MVAC 35-28.90; 9.David Cooper MVAC DNF;
M45 FINAL (b) 1.James McMahon EVAC 33-57.88; 2.Alex Rowe NVAC 34-03.45; 3.Richard Jenkin SCVAC 34-52.96; 4.Malcolm Eustace MVAC 34-56.29; 5.Colin Oxlade SCVAC 37-13.12; 6.Brian Colella SVHC 37-52.63; 7.Andrew Cooper MVAC DNF; 8.Mark Chaplin EVAC DNF; 9.Chris Clarke EVAC DNF;
M50 FINAL (b) 1.Nigel Gates VAC 33-44.80; 2.Archie Jenkins SVHC 35-24.18; 3.Michael Ellsmore SCVAC 35-27.19; 4.Andy Miles VAC 36-09.67; 5.Robert Jacobs OPEN 36-20.38; 6.Graham Williams EVAC 37-26.67; 7.Des Martin NIVAC 38-06.63; 8.Gerry Bell NVAC 38-43.17; 9.Michael Wakefield NVAC 39-34.90; 10.Rob Sargent VAC 40-58.87;
M55 FINAL (b) 1.Paul Williams MVAC 37-44.46; 2.Pete Marsh SCVAC 40-05.88; 3.Danny Mullane EVAC 45-48.21; 4.William Valentine SWVAC 46-03.86; 5.Michael Smedley MVAC DNF;
M60 FINAL (b) 1.Anthony Stranger-Jones VAC 38-45.78; 2.Andrew Johnson SCVAC 42-28.36; 3.George Lawson NVAC 47-37.00;
M65 FINAL (b) 1.Steve James NVAC 39-00.48; 2.John Perratt SWVAC 41-45.59; 3.Fred Gibbs NVAC 43-56.42; 4.Eric Barber SWVAC 46-36.93; 5.Michael Allen SWVAC 52-32.99; 6.Les Green MVAC 56-22.80; 7.Edmond Simpson VAC DNF; 8.Richard Cashmore MVAC DNF;
M70 FINAL (b) 1.Brian Ashwell MVAC 40-34.85; 2.Geoff Oliver MVAC 42-59.28;
M75 FINAL (b) 1.Ron Franklin SCVAC 55-34.08; 2.Arthur Walsham NVAC 59-03.80;
M80 FINAL (b) 1.James Caddy VAA-NE 58-41.45;
W35 FINAL (b) 1.Bev Jenkins NVAC 35-47.63 (CBP); 2.Nicki Nealon MVAC 36-49.51;
W40 FINAL (b) 1.Julia Myatt MVAC 37-32.14; 2.Andrea Dennison NVAC 39-11.87;
W50 FINAL (b) 1.Jane Georghiou VAC 42-35.46; 2.Denise Wakefield NVAC 45-04.84;
W55 FINAL (b) 1.Sue Cariss NVAC 40-03.62 (British Record); 2.Ros Tabor VAC 41-52.06; 3.Lou Lyness NVAC 42-27.48; 4.Margaret Moody VAC 44-06.99;
W60 FINAL (b) 1.Pauline Rich VAC 45-58.42; 2.June Johnson SCVAC 48-42.94;
W65 FINAL (b) 1.Pam Jones SCVAC 49-36.61; 2.Betty Stacey EVAC 52-01.27;

3,000 metres Walk

M35 FINAL (a) 1.Dwane Butteley MVAC 14-16.17; **M40 FINAL (a)** 1.Mark Williams MVAC 13-32.30; 2.Phil Williams OPEN 18-37.78;
M45 FINAL (a) 1.Trevor Jones VAC 14-31.89; 2.Mark Wall EVAC 15-32.97; 3.Ivor Groves VAC 19-44.17; 4.Stephen Walker WMAA 21-36.04;
M50 FINAL (a) 1.Nicholas Silvester SCVAC 14-21.24; 2.Rod Dunn EVAC 15-47.95;
M55 FINAL (a) 1.John Hall VAC 14-54.13; 2.Michael Graham EVAC 18-17.92;
M60 FINAL (a) 1.Colin Turner MVAC 15-42.20; 2.Peter Hannell VAC 16-30.50; 3.Les Scrivens MVAC 17-58.17;
M65 FINAL (a) 1.Edmund Shillabeer SWVAC 16-22.05; 2.David Stevens VAC 17-46.60; 3.David Mace MVAC 19-33.60;
M70 FINAL (a) 1.Colin Shafto NVAC 18-10.82; 2.Gordon Chapman MVAC 21-39.53;
M75 FINAL (a) 1.Karl Abolins MVAC 20-02.55;
M80 FINAL (a) 1.Len Creo MVAC 20-19.86;
W35 FINAL (a) 1.Julie Bellfield MVAC 17-45.76;
W40 FINAL (a) 1.Maureen Noel VAC 18-08.32; 2.Anne Gormley IRL (G) 18-41.69;
W45 FINAL (a) 1.Fiona Bishop VAC 17-39.27; 2.Anne Ashton MVAC 19-45.61; 3.Elizabeth Harris VAC 20-33.99; 4.Susan Rey MVAC 21-38.58;
W50 FINAL (a) 1.Anne Belchambers VAC 17-22.13; **W55 FINAL (a)** 1.Ann Lewis SCVAC 16-56.43;
W70 FINAL (a) 1.Maureen Spelman VAC 19-10.18; 2.Pamela Horwill MVAC 21-23.42; 3.Beryl Chapman MVAC 23-56.51;

5000m WALK

M35 FINAL (b) 1.Dwane Butteley MVAC 24-38.94; **M40 FINAL (b)** 1.Mark Williams MVAC 23-52.28; 2.Anthony Bell NVAC 30-09.58;

M45 FINAL (b) 1.Trevor Jones VAC 25-06.84; 2.Mark Wall EVAC 28-30.26; 3.Michael Kelly EVAC 30-39.53; 4.Ivor Groves VAC 34-25.66;
M50 FINAL (b) 1.Nicholas Silvester SCVAC 24-45.68; 2.Rod Dunn EVAC 28-52.89;
M55 FINAL (b) 1.John Hall VAC 25-22.68; 2.Stephen Holliday VAC 32-32.71;
M60 FINAL (b) 1.Les Scrivens MVAC 30-22.05; 2.Alan O'Rawe EVAC 30-36.56;
M65 FINAL (b) 1.Edmund Shillabeer SWVAC 28-46.63; 2.David Stevens VAC 30-52.43;
M70 FINAL (b) 1.James Munn SVHC 31-44.32; 2.Eric Horwill MVAC 34-42.56;
M75 FINAL (b) 1.Douglas Fotheringham VAC 31-13.39; 2.Karl Abolins MVAC 34-45.80;
M80 FINAL (b) 1.Len Creo MVAC 35-41.61;
W35 FINAL (b) 1.Liz Stocker EVAC 31-08.61; 2.Julie Bellfield MVAC 31-33.40;
W40 FINAL (b) 1.Maureen Noel VAC 30-19.71; 2.Anne Gormley IRL (G) 33-53.59;
W45 FINAL (b) 1.Fiona Bishop VAC 30-32.08; 2.Jo Miles VAC 34-17.66; 3.Elizabeth Harris VAC 36-53.66; 4.Susan Rey MVAC 37-00.81;
W50 FINAL (b) 1.Anne Belchambers VAC 29-46.78;
W55 FINAL (b) 1.Ann Lewis SCVAC 29-57.98; **W65 FINAL (b)** 1.Jill Langford MVAC 33-16.91; **W70 FINAL (b)** 1.Maureen Spelman VAC 32-51.87 (CBP);

3000m S/C

M40 FINAL (b) 1.Keith Newton VAC 10-17.27; 2.Paul Spowage EVAC 10-24.98; 3.Dave Stanfield SWVAC 12-19.21; 4.Philip York OPEN 12-41.89;
M45 FINAL (b) 1.Chris Ireland NVAC 10-19.34; 2.Bernie Jones WMAA 10-25.30; 3.Dickie Wythe SWVAC 10-29.10; 4.Richard Jenkin SCVAC 10-39.69; 5.John Lowden VAC 10-40.04; 6.Richard Gray MVAC 10-53.70; 7.David Warren SCVAC 11-55.78; 8.Simon Pugh OPEN 12-09.04;

2000m S/C

M60 FINAL (b) 1.Frederick Bush SCVAC 8-03.30; 2.Albert Gay NVAC 8-59.39;
M65 FINAL (b) 1.Peter Knott NVAC 10-49.79; **W35 FINAL (b)** 1.Deborah Doherty SCVAC 7-49.61; 2.Fiona Lamkin SVHC 8-16.55;
W40 FINAL (b) 1.Jane Pidgeon MVAC 7-18.60 (British Record); **W50 FINAL (b)** 1.Anne Darby SWVAC 8-48.47; 2.Shelley Walsh NVAC 10-41.02;
W65 FINAL (b) 1.Anne Martin EVAC 10-56.26;

110m Hurdles

M35 FINAL (b/w/s +0.2 1.Nigel Taylor OPEN 17.45; **M40 FINAL (b/w/s +0.2** 1.Des Wilkinson EVAC 15.61; 2.Claude Peter-Thomas OPEN 16.14; 3.Neil Tunstall SWVAC 16.30; 4.Glen Reddington SWVAC 16.56; 5.Allan Leiper SCVAC DNF;
M45 Final (b/w/s -0.3 1.John Mayor EVAC 16.57; 2.Ian Scholes NVAC 17.66; 3.Clive Pengelly SWVAC 18.79; **M50 FINAL (b/w/s -0.8** 1.Philip McEllpatrick NIVAC 15.12; 2.Roy Buchanan SVHC 15.88; 3.Terry Hall SCVAC 17.92;

100m Hurdles

M55 FINAL (b/w/s -0.8 1.Tony Wells EVAC 15.84; **M60 FINAL (b/w/s -1.8** 1.Barry Ferguson VAC 18.19; 2.Albert Gay NVAC 19.77; **M65 FINAL (b/w/s -1.8** 1.Brian Ariss MVAC 19.74;

80m Hurdles

M70 FINAL (b/w/s -1.4 1.Gordon Daborn EVAC 15.77; 2.David Burton MVAC 16.39; 3.Jim Day SCVAC 17.24; 4.Keith Whitaker NVAC 18.60; **M75 FINAL (b/w/s -1.4** 1.Norman Carter MVAC 20.88; **W40 FINAL (b/w/s -0.4** 1.Wendy Laing NVAC 12.24; 2.Charmaine Johnson VAC 12.79; 3.Gaye Clarke EVAC 12.92; 4.Imeta Barauskiene OPEN 13.54; 5.Christine Pates SCVAC 17.36; **W45 FINAL (b/w/s -0.4** 1.Manndy Laing NVAC 12.27 (British Record); 2.Hazel Barker NVAC 13.84; 3.Paula Booth NVAC 15.18; **W50 FINAL (b/w/s +1.2** 1.Anne Wainwright MVAC 14.99; 2.Gwen Cunningham SCVAC 16.70; **W55 FINAL (b/w/s +1.2** 1.Emily McMahon SCVAC 13.61 (British record); 2.Jean Fail SWVAC 13.87;

W60 FINAL (b/w/s +1.2 1.Jackie Charles MVAC 16.67;

400m Hurdles

M35 FINAL (a) 1.Chris Holliday OPEN 65.07; **M40 FINAL (a)** 1.Neil Tunstall SWVAC 57.45; 2.Jonathan Tilt SCVAC 57.57; 3.Anthony Archdeacon OPEN 58.83; 4.Danny Hodge SCVAC 59.92; 5.Iain Moody MVAC 60.89; 6.Andrew Waddington SWVAC 62.98; **M45 FINAL (a)** 1.Tony Mitchell SCVAC 58.77; 2.Michael Coker SCVAC 61.86; 3.Peter Ley VAC 62.49; 4.Clive Pengelly SWVAC 65.90; **M50 FINAL (a)** 1.Ian Broadhurst NVAC 63.30; 2.Roy Buchanan SVHC 65.71; 3.John Taylor EVAC 69.93; **M55 FINAL (a)** 1.Tony Wells EVAC 67.02; 2.Geoffrey Kitchener VAC 71.11; 3.Andrew Webb NVAC DNF; **W40 FINAL (a)** 1.Virginia Mitchell SCVAC 64.76 (CBP); 2.Imeta Barauskiene OPEN 69.82; **W45 FINAL (a)** 1.Jane Horder MVAC 67.84; 2.Susan Newberry EVAC 76.86;

300m Hurdles

M60 FINAL (a) 1.Frederick Bush SCVAC 50.15; 2.Richard Barrington MVAC 50.33; 3.Albert Gay NVAC 52.21; 4.Barry Ferguson VAC 53.38; 5.Derek Graves SCVAC 55.00; **M65 FINAL (a)** 1.Brian Ariss MVAC 54.33; 2.Trefor Pugh WMAA 61.85; **M70 FINAL (a)** 1.Gordon Daborn EVAC 69.62; 300m Hurdles **W50 FINAL (a)** 1.Judi Stafford MVAC 59.60; 2.Margaret Jarvis EVAC 61.69; **W55 FINAL (a)** 1.Emily McMahon SCVAC 51.94 (European Record);

High Jump

M40 FINAL (b) 1.Alex Kruger NVAC 1.88 (British Record); 2.John Perkins SWVAC 1.75; 3.Andrew Waddington SWVAC 1.70; 4.Karl Eve EVAC 1.65; 5.John Bancroft SCVAC 1.55; **M45 FINAL (b)** 1.Stephen Gill OPEN 1.70; 2.John Mayor EVAC 1.60; 3.Colin Hague SWVAC 1.60; **M50 FINAL (b)** 1.Duncan Talbot SCVAC 1.55; 2.David Blunt VAC 1.50; 3.Paul Askew MVAC 1.45; **M55 FINAL (b)** 1.Geoffrey Kitchener VAC 1.35; 2.Joe Eastwood SCVAC 1.35; **M60 FINAL (b)** 1.Sean Power WMAA 1.50; 2.Collin Green MVAC 1.35; **M65 FINAL (b)** 1.Anthony Bateman SWVAC 1.45; 2.Tony Crocker MVAC 1.42; 3.John Freebairn SVHC 1.30; **M70 FINAL (b)** 1.Jim Day SCVAC 1.21; 2.Robin Sykes SVHC 1.09; **M75 FINAL (b)** 1.Norman Carter MVAC 1.12; 2.Alfred Woods EVAC 1.01; **W35 FINAL (a)** 1.Catherine Goddard EVAC 1.52; 2.Dawn Jones EVAC 1.45; **W40 FINAL (a)** 1.Wendy Laing NVAC 1.66 (CBP); 2.Chamaine Johnson VAC 1.51; 3.Imeta Barauskiene OPEN 1.48; 4.Christine Pates SCVAC 1.40; 5.Julie Bayne SWVAC 1.35; **W45 FINAL (a)** 1.Hazel Barker NVAC 1.40; **W50 FINAL (a)** 1.Pam Garvey MVAC 1.27; 2.Anne Wainwright MVAC 1.21; **W70 FINAL (a)** 1.Rosemary Chrimes MVAC 1.21;

Pole Vault

M35 FINAL (a) 1.Simon Tolson OPEN 3.60; **M40 FINAL (a)** 1.Alex Kruger NVAC 4.20 (CBP); 2.Mark Johnson NVAC 4.00; 3.Allan Leiper SCVAC 4.00; 4.John Andrews SCVAC 4.00; 5.Rod Grant-Smith MVAC 3.60; 5.Simon Eastwood EVAC 3.60; 7.Nicholas Walker MVAC 3.40; 8.Kenny Lyon SVHC 3.20; 9.John Dickinson SCVAC 2.40; **M45 FINAL (a)** 1.John Taylor NVAC 3.40; 2.Derek Turner SCVAC 3.00; 3.Wayne Martin SCVAC 2.80; 4.Martin Davies SWVAC 2.80; **M50 FINAL (a)** 1.Allan Williams SCVAC 4.00; 2.David Blunt VAC 3.30; **M55 FINAL (a)** 1.Michael Goodall VAC 3.40; 2.Bruce Hendrie MVAC 2.70; **M60 FINAL (a)** 1.Glyn Sutton WMAA 3.20; 2.John Bradley MVAC 3.00; 3.John Howe WMAA 2.80; 4.Brian Harlick SCVAC 2.60; 5.Albert Gay NVAC NHIC; **M65 FINAL (a)** 1.David Simpson VAC 1.70;

BMAF TRACK & FIELD CHAMPIONSHIPS

M70 FINAL (a) 1.Jim Day SCVAC 2.50;
M75 FINAL (a) 1.Alfred Woods EVAC 1.80;
W35 FINAL (b) 1.Irie Hill MVAC 4.00 (CBP);
W40 FINAL (b) 1.Janet Lyon SVHC 2.50; 2.Joanna
 Cook EVAC 1.80;
W45 FINAL (b) 1.Jenifer Ibbotson NVAC 2.70
 (=CBP);
W50 FINAL (b) 1.Sue Yeomans SCVAC 2.90 (CBP);

Long Jump

M35 FINAL (a) 1.Neil Skelding MVAC 6.06 +1.0;
 2.Paul Donaghy VAA-NE 6.00 +1.4; 3.Steven Spires
 WMAA 5.16 +1.3; 4.Robert Murkin SCVAC 3.97 +1.2;
M40 FINAL (a) 1.John Shepherd VAC 6.06 0.0;
 2.David Richards WMAA 5.94 +0.2; 3.Claude Peter-
 Thomas OPEN 5.90 +1.7; 4.Trevor Sinclair EVAC 5.90
 +1.3; 5.Kenny Lyon SVHC 5.65 +1.8; 6.Andrew
 Waddington SWVAC 5.63 +1.0; 7.Dave Shields
 WMAA 5.03 +0.2;
M45 FINAL (a) 1.Trevor Wade SCVAC 6.10 +2.5;
 2.John Mayor EVAC 5.69 +1.6; 3.Stephen Langford
 SCVAC 5.42 +1.2; 4.Ian Worrall MVAC 5.38 +2.9;
 5.Roderick Davies SCVAC 4.58 +0.8;
M50 FINAL (a) 1.Paul Pinnington SCVAC 5.34
 +3.2; 2.David Folgate EVAC 5.29 +2.4; 3.Philip
 McIlpatrick NIVAC 5.08 -0.1; 4.William Lonsdale
 SVHC 4.87 +2.3;
M55 FINAL (a) 1.Dennis Wallington EVAC 4.98
 +2.3; 2.Brian Williamson WMAA 4.87 +2.0; 3.Michael
 Maisey EVAC 4.62 +1.7; 4.Robert Cutler MVAC 4.57

M60 FINAL (a) 1.Collin Green MVAC 4.70; 2.Allan
 Cheers SCVAC 4.67; 3.Albert Gay NVAC 4.64;
 4.Arthur Simmonds EVAC 4.29;
M65 FINAL (a) 1.Padraig Maye IRL (G) 4.55 +5.3;
 2.Roger Bruck SCVAC 4.20 +3.6; 3.Colin Field
 SCVAC 3.94 +2.6; 4.Jhalman Singh MVAC 3.61 +1.6;
M70 FINAL (a) 1.David Burton MVAC 4.12 +2.6;
 2.John Evans MVAC 3.79 +3.7; 3.Clifford Taylor VAC
 3.27 +3.3;
M75 FINAL (a) 1.Ajitsingh Kalirai SCVAC 2.97
 +3.9; 2.Norman Carter MVAC 2.77 +3.1; 3.Bill
 Morrow MVAC 2.50 +2.4;
W35 FINAL (a) 1.Catherine Goddard EVAC 5.32
 +3.9; 2.Wendy Lewis OPEN 5.01 +2.2; 3.Marie Hudson
 SWVAC 4.22 +2.9; 4.Cindy Parry MVAC 3.99 +3.4;
 5.Sharon Waller OPEN 3.70 +1.1;
W40 FINAL (a) 1.Imeta Barauskiene OPEN 5.10
 +1.1; 2.Wendy Laing NVAC 5.10 +1.6; 3.Chamaine
 Johnson VAC 4.92 +2.2; 4.Angele Griffiths SCVAC
 4.58 +2.5; 5.Denise Timmis EVAC 4.47 +1.4; 6.Julie
 Bayne SWVAC 3.83 +1.7;
W45 FINAL (a) 1.Manndy Laing NVAC 5.07 +1.8;
 2.Carole Filer EVAC 4.90 +4.9; 3.Janice Hardcastle
 EVAC 4.17 +2.9; 4.Hazel Barker NVAC 4.15 +2.8;
W50 FINAL (a) 1.Sue Yeomans SCVAC 4.31 +4.4;
 2.Jean Cunningham SCVAC 3.88 +4.0; 3.Anne
 Wainwright MVAC 3.84 +1.2; 4.Cathy Lyon-Green
 MVAC 2.97 +1.2; 5.Linda Harrison SCVAC 2.68 +0.7;
W55 FINAL (a) 1.Jean Fail SWVAC 4.12 +2.3;
 2.Daphne Marler SCVAC 2.65 +3.4;
W60 FINAL (a) 1.Iris Holder SCVAC 3.80 +3.3;
 2.Jackie Charles MVAC 3.37 +2.4; 3.Margaret Coombe
 EVAC 3.28 +1.6;
W70 FINAL (a) 1.Betty Steedman SVHC 3.08 +2.1;
 Long Jump W80 FINAL (a).Mary Wixey MVAC
 1.67 +3.0;

Triple Jump

M35 FINAL (b) 1.Martin Rossiter SCVAC 14.91;
 2.Steven Spires WMAA 10.16;
M40 FINAL (b) 1.Claude Peter-Thomas OPEN
 12.32; 2.Julien Gittens NVAC 12.25; 3.David Richards
 WMAA 12.12; 4.Kenny Lyon SVHC 11.55; 5.Andrew
 Waddington SWVAC 10.75;
M45 FINAL (b) 1.David Dixon VAA-NE 12.32;
 2.Steve Wallace SVHC 11.14; 3.Ian Worrall MVAC
 10.61; 4.Albert Earle MVAC 10.41;
M50 FINAL (b) 1.David Folgate EVAC 11.23;
 2.Paul Pinnington SCVAC 10.99; 3.William Lonsdale
 SVHC 10.17;
M55 FINAL (b) 1.Robert Cutler MVAC 10.13;
 2.Brian Williamson WMAA 9.97; 3.Michael Maisey
 EVAC 9.70;
M60 FINAL (b) 1.Sean Power WMAA 11.49;
 2.Allan Cheers SCVAC 10.08;
M65 FINAL (b) 1.Padraig Maye IRL (G) 9.53;
 2.Tony Crocker MVAC 9.12;

M70 FINAL (b) 1.John Evans MVAC 8.36;
M75 Card 1 (b) 1.Ajitsingh Kalirai SCVAC 6.70;
W35 FINAL (b) 1.Dawn Jones EVAC 10.40 +1.0;
 2.Jill Dinsmore SCVAC 9.45 +0.2; 3.Fiona Lamkin
 SVHC 8.92 +1.8;
W40 FINAL (b) 1.Imeta Barauskiene OPEN 10.96
 +2.4; 2.Claire Bowman NVAC 9.22 +1.0; 3.Carolyn
 Gordon MVAC 8.47 +1.6;
W45 FINAL (b) 1.Manndy Laing NVAC 10.25 +2.3;
 (CBP)
W50 FINAL (b) 1.Gwen Cunningham SCVAC 8.05
 0.0; 2.Cathy Lyon-Green MVAC 6.74 -1.4; 3.Linda
 Harrison SCVAC 6.21 -3.0;
W55 FINAL (b) 1.Jean Fail SWVAC 8.29 -2.8;
 2.Daphne Marler SCVAC 5.65 -2.0;
W60 FINAL (b) 1.Jackie Charles MVAC 8.05 -2.1;
 2.Gibby Meneer SWVAC 6.91 0.0;
W65 FINAL (b) 1.Anne Martin EVAC 6.83 -3.4;
W70 FINAL (b) 1.Betty Steedman SVHC 6.48 -4.9
 (CBP);
W80 FINAL (b) 1.Mary Wixey MVAC 3.49 -0.5;

Shot Putt

M35 FINAL (b) 1.Geoff Grinsted OPEN 10.63;
 2.Joseph Nagle IRL (G) 10.23;
M40 FINAL (b) 1.Steve Whyte EVAC 15.16;
 2.Andrew Turner WMAA 13.37; 3.David Burrell
 EVAC 10.95; 4.Jeremy Tigar SCVAC 10.59; 5.David
 Brown OPEN 10.08; 6.Nicholas Walker MVAC 9.93;
 7.Samuel Moylan SCVAC 9.75; 8.John Statham MVAC
 9.37;
M45 FINAL (b) 1.Ian Lindley NVAC 12.15; 2.Alan
 Marriott NVAC 11.32;
M50 FINAL (b) 1.Michael Small VAC 14.29;
 2.Bruce Holden SWVAC 13.10; 3.John Little NVAC
 12.23; 4.Roy Steventon MVAC 11.28; 5.Nigel Hooker
 OPEN 10.70; 6.Michael Cashmore OPEN 10.49; 7.John
 Wild VAA-NE 10.40; 8.Tim SaundersMullin SCVAC
 8.75; 9.Clive Howell MVAC 8.40;
M55 FINAL (b) 1.Neil Griffin SCVAC 13.01;
 2.Anthony Richards EVAC 11.30; 3.Terry Lalley
 MVAC 10.55; 4.Mike Hazlewood NVAC 10.22;
 5.James Edgar SCVAC 9.38; 6.Philip Bramford EVAC
 9.28; 7.David Webster EVAC 9.21;
M60 FINAL (b) 1.David Myerscough NVAC 12.92;
 2.Garry Negus SCVAC 12.29; 3.John Howe WMAA
 10.99; 4.James Sloan SVHC 10.43; 5.Godfrey Leak
 EVAC 10.27; 6.Richard Jegou MVAC 10.18; 7.David
 Kuester VAC 9.47; 8.Patsy Conboy IRL (G) 8.86;
M65 FINAL (b) 1.John Freebairn SVHC 10.46;
 2.Michael Jones MVAC 10.45; 3.Jhalman Singh
 MVAC 7.90;
M70 FINAL (b) 1.Ian Miller EVAC 11.34; 2.Gordon
 Hickey SCVAC 11.25; 3.Michael McGarry IRL (G)
 10.73; 4.Robin Sykes SVHC 10.36; 5.Clifford Taylor
 VAC 9.84; 6.Peter Barber SCVAC 8.00; 7.Norman
 Fullick SCVAC 7.94;
M75 FINAL (b) 1.Jaroslav Hanus SCVAC 9.30
 (CBP); 2.Keith Dutton MVAC 8.88; 3.Norman Carter
 MVAC 6.60;
M80 FINAL (b) 1.Leslie D'Arey NVAC 7.39;
 2.Hugh Gallagher IRL (G) 6.52;
W35 FINAL (a) 1.Jane Thrush SCVAC 10.11;
 2.Catarina Hallden SWVAC 8.25; 3.Beverley Matthews
 MVAC 7.97;
W40 FINAL (a) 1.Chamaine Johnson VAC 11.89;
 2.Wendy Laing NVAC 10.01; 3.Alison George MVAC
 9.61; 4.Julie Wilson SCVAC 7.73;
W45 FINAL (a) 1.Claire Cameron SVHC 10.09;
 2.Manndy Laing NVAC 9.97; 3.Hazel Barker NVAC
 9.63; 4.Wendy Dunsford SCVAC 8.18;
W50 FINAL (a) 1.Vilma Thompson SCVAC 9.74;
 2.Gwen McFarlane SVHC 9.35; 3.Fiona Crompton
 VAA-NE 8.80; 4.Joylyn SaundersMullin SCVAC 8.65;
 5.Anne Wainwright MVAC 6.91;
W55 FINAL (a) 1.Barbara Terry SCVAC 9.17;
 2.Romana Martin EVAC 8.84; 3.Judy Coram AUS (G)
 8.83; 4.Linda Ridsdale NVAC 6.80;
W60 FINAL (a) 1.Elizabeth Sissons VAC 9.63;
 2.Marjory Swinton SVHC 7.78;
W65 FINAL (a) 1.Evaun Williams SCVAC 10.72;
 2.Anne Martin EVAC 7.15; 3.Carole Derrien SWVAC
 6.88;
W70 FINAL (a) 1.Rosemary Chrimes MVAC 9.80;
W80 FINAL (a) 1.Mary Wixey MVAC 3.41;

Discus

M35 FINAL (a) 1.Geoff Grinsted OPEN 29.50;
 2.Andy Briggs SCVAC 28.73;
M40 FINAL (a) 1.Kevin Brown MVAC 50.85;
 2.Andrew Turner WMAA 42.63; 3.David Burrell
 EVAC 36.37; 4.Jeremy Tigar SCVAC 34.00; 5.David
 Brown OPEN 30.86; 6.Nicholas Walker MVAC 29.93;
 7.Dave Shields WMAA 23.52;
M45 FINAL (a) 1.Jacek Drzewiecki SCVAC 36.46;
 2.Alan Marriott NVAC 36.36; 3.Bob Broadbridge
 SWVAC 36.19; 4.Steve Woolley MVAC 28.39;
M50 FINAL (a) 1.Neville Thompson SCVAC 57.56
 (CBP); 2.Michael Small VAC 46.88; 3.Richard Healey
 SCVAC 42.71; 4.John Little NVAC 41.96; 5.John Wild
 VAA-NE 38.90; 6.Michael Cashmore OPEN 35.23;
 7.Roy Steventon MVAC 31.74; 8.Tim SaundersMullin
 SCVAC 21.92;
M55 FINAL (a) 1.Neil Griffin SCVAC 47.17;
 2.Terry Lalley MVAC 37.00; 3.Anthony Richards
 EVAC 35.58; 4.David Webster EVAC 35.23; 5.Mike
 Hazlewood NVAC 33.37; 6.Philip Bramford EVAC
 32.90; 7.James Edgar SCVAC 31.51; 8.Robert Richards
 EVAC 30.56; 9.Allan Webb SWVAC 24.90;
M60 FINAL (a) 1.David Myerscough NVAC 40.79;
 2.Chris Ellis OPEN 39.21; 3.Godfrey Leak EVAC
 39.00; 4.Peter Eddy SVH 38.95; 5.Peter Virgo VAC
 38.04; 6.James Sloan SVHC 37.19; 7.Patsy Conboy IRL
 (G) 34.79; 8.John Howe WMAA 34.72; 9.William
 Hudson SCVAC 33.31; 10.David Kuester VAC 30.91;
 11.John Marmery OPEN 30.05;
M65 FINAL (a) 1.Colin Brand SCVAC 36.39; 2.John
 Freebairn SVHC 33.01; 3.Michael Jones MVAC 31.30;
 4.Jhalman Singh MVAC 24.15;
M70 FINAL (a) 1.Robin Sykes SVHC 33.19;
 2.Michael McGarry IRL (G) 33.19; 3.Dennis Field
 VAA-NE 27.80; 4.Philip McEvoy SCVAC 26.51;
 5.Gordon Hickey SCVAC 25.53; 6.Norman Fullick
 SCVAC 23.58;
M75 FINAL (a) 1.Jaroslav Hanus SCVAC 30.07
 (CBP); 2.Robert Laidler VAA-NE 26.79; 3.Ian Briggs
 SCVAC 23.71; 4.Norman Carter MVAC 20.17;
M80 FINAL (a) 1.Hugh Gallagher IRL (G) 18.54;
W35 FINAL (b) 1.Susan Freebairn SVHC 40.65;
 2.Jane Thrush SCVAC 30.96; 3.Catarina Hallden
 SWVAC 28.00;
W40 FINAL (b) 1.Jenny Cooper MVAC 31.60;
 2.Janet Smith SCVAC 30.27; 3.Julie Wilson SCVAC
 25.23; 4.Joanna Brook EVAC 22.82;
W45 FINAL (b) 1.Claire Cameron SVHC 38.53;
 2.Jenifer Ibbotson NVAC 32.60; 3.Karen Heweth
 NVAC 31.11; 4.Wendy Dunsford SCVAC 23.15;
W50 FINAL (b) 1.Gwen McFarlane SVHC 25.18;
 2.Vilma Thompson SCVAC 24.57; 3.Fiona Crompton
 VAA-NE 19.48; 4.Jenny Denyer SCVAC 17.53;
W55 FINAL (b) 1.Romana Martin EVAC 23.63;
 2.Judy Coram AUS (G) 20.60;
W60 FINAL (b) 1.Elizabeth Sissons VAC 22.48;
 2.Marjory Swinton SVHC 20.03;
W65 FINAL (b) 1.Evaun Williams SCVAC 28.48;
 2.Carole Derrien SWVAC 20.21;
W70 FINAL (b) 1.Rosemary Chrimes MVAC 29.25;

Hammer

M35 FINAL (b) 1.Geoff Grinsted OPEN 29.08;
M40 FINAL (b) 1.Steve Whyte EVAC 57.06;
 2.Russell Payne MVAC 47.69; 3.Andrew Turner
 WMAA 46.98; 4.David Burrell EVAC 42.76; 5.Samuel
 Moylan SCVAC 32.12; 6.David Brown OPEN 25.83;
 7.Nicholas Walker MVAC 21.70;
M45 FINAL (b) 1.Malcolm Fenton EVAC 53.47;
 2.Nigel Winchcombe EVAC 53.01; 3.Martin Roberts
 MVAC 41.18; 4.David Maggs VAA-NE 37.96;
M50 FINAL (b) 1.John Little NVAC 44.73; 2.Allan
 Woods SCVAC 44.56; 3.Michael Small VAC 43.97;
 4.Nigel Hooker OPEN 36.90; 5.John Wild VAA-NE
 36.90; 6.Clive Howell MVAC 35.88; 7.Tim
 SaundersMullin SCVAC 28.09;
M55 FINAL (b) 1.Neil Griffin SCVAC 42.04;
 2.Barry Haworth MVAC 39.10; 3.Terry Lalley
 MVAC 38.40; 4.Mike Hazlewood NVAC 36.36; 5.Dave
 Russell MVAC 32.77; 6.David Webster EVAC 32.08;
 7.James Edgar SCVAC 28.16; 8.Philip Bramford
 EVAC 24.61;
M60 FINAL (b) 1.Christopher Melluish SCVAC
 48.19; 2.Garry Negus SCVAC 37.43; 3.Godfrey Leak
 EVAC 34.09; 4.Richard Jegou MVAC 32.46; 5.David
 Kuester VAC 28.52;
M65 FINAL (b) 1.John Freebairn SVHC 30.32.

BMAF TRACK & FIELD CHAMPIONSHIPS

M70 FINAL (b) 1.Peter Barber SCVAC 39.79; 2.Philip McEvoy SCVAC 37.46; 3.Ian Miller EVAC 35.59; 4.Michael McGarry IRL (G) 33.25; 5.Gordon Hickey SCVAC 31.24; 6.Norman Fullick SCVAC 27.34; 7.Graham Roberts MVAC 25.41; 8.David Burton MVAC 22.02;

M75 FINAL (b) 1.Jaroslav Hanus SCVAC 34.81 (CBP); 2.William Kingsbury WMAA 24.55;

M80 FINAL (b) 1.Hugh Gallagher IRL (G) 17.86;

W35 FINAL (a) 1.Susan Freebairn SVHC 35.54; 2.Jane Thrush SCVAC 33.68; 3.Catarina Hallden SWVAC 29.47;

W40 FINAL (a) 1.Janet Smith SCVAC 40.69; 2.Jenny Cooper MVAC 33.71; 3.Julie Wilson SCVAC 26.14;

W45 FINAL (a) 1.Jenifer Ibbotson NVAC 34.52; 2.Claire Cameron SVHC 31.75; 3.Brenda Russell EVAC 27.21; 4.Pat Higgins MVAC 25.07; 5.Wendy Dunsford SCVAC 24.01;

W50 FINAL (a) 1.Jenny Piercy VAC 28.53; 2.Gwen McFarlane SVHC 28.37; 3.Jenny Denyer SCVAC 27.58; 4.Vilma Thompson SCVAC 26.95; 5.Fiona Crompton VAA-NE 23.39; 6.Linda Harrison SCVAC 18.90; 7.Margaret Ehrenberg MVAC 15.57;

W55 FINAL (a) 1.Lesley Shrosbree EVAC 33.12; 2.Judy Coram AUS (G) 32.19; 3.Linda Ridsdale NVAC 29.45; 4.Romana Martin EVAC 29.23; 5.Barbara Terry SCVAC 25.17; 6.Vivienne Kirkland MVAC 22.51;

W60 FINAL (a) 1.Elizabeth Sissons VAC 29.24; 2.Marjory Swinton SVHC 24.55; 3.Carol Rafferty MVAC 16.89;

W65 FINAL (a) 1.Evaun Williams SCVAC 35.30; 2.Carole Derrien SWVAC 24.38; 3.Anne Martin EVAC 19.43;

Javelin

M35 FINAL (a) 1.Andy Briggs SCVAC 34.38; 2.Geoff Grinsted OPEN 24.22;

M40 FINAL (a) 1.Trevor Ratcliffe EVAC 61.19; 2.Jeremy Tigar SCVAC 47.56; 3.Neil Warzee SCVAC 46.51; 4.Allan Leiper SCVAC 43.47; 5.David Brown OPEN 41.28; 6.David Burrell EVAC 39.18;

M45 FINAL (a) 1.Kevin Murch MVAC 49.66; 2.Steve Woolley MVAC 35.16; 3.Ian Worrall MVAC 32.62;

M50 FINAL (a) 1.Steve Ladds EVAC 49.36; 2.Mike Bennett SCVAC 40.47; 3.John Wild VAA-NE 33.36; 4.Simon Norman VAC 30.69; 5.Tim SaundersMullin SCVAC 25.90; 6.Clive Howell MVAC 25.55;

M55 FINAL (a) 1.Mike Hazlewood NVAC 44.69; 2.Leslie Hatton VAC 44.23; 3.Joe Eastwood SCVAC 40.85; 4.Philip Bramford EVAC 38.33; 5.Anthony Richards EVAC 38.24; 6.Allan Webb SWVAC 26.53;

M60 FINAL (a) 1.Phil Owen MVAC 41.31; 2.Ashley Fox SCVAC 39.04; 3.David Kuester VAC 33.23; 4.James Sloan SVHC 31.84;

M65 FINAL (a) 1.Colin Brand SCVAC 39.03; 2.Vic Adcock SCVAC 36.13; 3.John Webster SCVAC 35.87; 4.David Price MVAC 31.93; 5.John Freebairn SVHC 31.90; 6.Jhalman Singh MVAC 20.04;

M70 FINAL (a) 1.Gordon Hickey SCVAC 29.55; 2.Gordon Daborn EVAC 27.06; 3.Dennis Field VAA-NE 25.95; 4.David Burton MVAC 25.47; 5.Norman Fullick SCVAC 22.36; 6.Clifford Taylor VAC 21.49;

M75 FINAL (a) 1.Keith Dutton MVAC 23.28; 2.Robert Laidler VAA-NE 22.29;

M80 FINAL (a) 1.Hugh Gallagher IRL (G) 15.41;

W35 FINAL (b) 1.Norma Bruce SVHC 31.41; 2.Nicky Rolfe VAC 31.06; 3.Catherine Goddard EVAC 26.26; 4.Deborah Doherty SCVAC 25.97;

W40 FINAL (b) 1.Caroline Garratt VAC 36.40; 2.Wendy Laing NVAC 30.84; 3.Chamaine Johnson VAC 30.12; 4.Julie Wilson SCVAC 23.96; 5.Christine Pates SCVAC 21.36;

W45 FINAL (b) 1.Manndy Laing NVAC 32.52; 2.Carole Morris EVAC 27.42; 3.Hazel Barker NVAC 19.94;

W50 FINAL (b) 1.Joylyn SaundersMullin SCVAC 26.55; 2.Vilma Thompson SCVAC 25.32; 3.Gwen McFarlane SVHC 23.19; 4.Fiona Crompton VAA-NE 21.63; 5.Anne Wainwright MVAC 13.47;

W55 FINAL (b) 1.Judy Coram AUS (G) 22.77;

W60 FINAL (b) 1.Elizabeth Sissons VAC 30.83; 2.Margaret Coombe EVAC 24.60; 3.Carol Rafferty MVAC 23.17; 4.Marjory Swinton SVHC 20.74;

W65 FINAL (b) 1.Evaun Williams SCVAC 34.73 (British Record);

Weight

M35 FINAL (b) 1.Geoff Grinsted OPEN 9.29;

2.Joseph Nagle IRL (G) 7.12;

Weight M40 FINAL (b) 1.Steve Whyte EVAC 16.58; 2.David Burrell EVAC 14.10; 3.Andrew Turner WMAA 13.61; 4.David Brown OPEN 9.94; 5.Samuel Moylan SCVAC 9.37;

M45 FINAL (b) 1.Malcolm Fenton EVAC 15.43; 2.Martin Roberts MVAC 11.74; 3.David Maggs VAA-NE 10.78;

M50 FINAL (b) 1.Michael Small VAC 16.83; 2.John Little NVAC 14.39; 3.John Wild VAA-NE 13.12; 4.Clive Howell MVAC 12.38; 5.Tim SaundersMullin SCVAC 9.93;

M55 FINAL (b) 1.Neil Griffin SCVAC 14.97;

2.Terry Lalley MVAC 14.18; 3.Mike Hazlewood NVAC 13.68; 4.Barry Hawksworth MVAC 12.87; 5.David Webster EVAC 11.26; 6.James Edgar SCVAC 10.50; 7.Philip Bramford EVAC 7.22;

M60 FINAL (b) 1.Christopher Melluish SCVAC 17.27 (CBP); 2.Patsy Conboy IRL (G) 16.31; 3.Godfrey Leak EVAC 15.42; 4.Garry Negus SCVAC 14.90; 5.John Howe WMAA 11.35; 6.David Kuester VAC 10.82; 7.James Sloan SVHC 10.81; 8.Richard Jegou MVAC 10.78;

M65 FINAL (b) 1.John Freebairn SVHC 12.52;

M70 FINAL (b) 1.Ian Miller EVAC 15.19; 2.Peter Barber SCVAC 14.73; 3.Michael McGarry IRL (G) 13.37; 4.Gordon Hickey SCVAC 13.04; 5.Philip McEvoy SCVAC 12.10; 6.Graham Roberts MVAC 9.99; 7.Norman Fullick SCVAC 7.50;

M75 FINAL (b) 1.Jaroslav Hanus SCVAC 11.62 (British Record); 2.William Kingsbury WMAA 10.19;

M80 FINAL (b) 1.Hugh Gallagher IRL (G) 8.35 (CBP);

W35 FINAL (a) 1.Jane Thrush SCVAC 12.24;

2.Susan Freebairn SVHC 11.98; 3.Catarina Hallden SWVAC 9.71;

W40 FINAL (a) 1.Janet Smith SCVAC 13.12 (British Record); 2.Alison George MVAC 9.29; 3.Julie Wilson SCVAC 9.05;

W45 FINAL (a) 1.Jenifer Ibbotson NVAC 10.84 (CBP); 2.Claire Cameron SVHC 10.75; 3.Brenda Russell EVAC 9.20; 4.Pat Higgins MVAC 8.99;

5.Wendy Dunsford SCVAC 8.26;

W50 FINAL (a) 1.Vilma Thompson SCVAC 10.22 (CBP); 2.Gwen McFarlane SVHC 10.04; 3.Jenny Piercy VAC 9.98; 4.Jenny Denyer SCVAC 9.50; 5.Fiona Crompton VAA-NE 9.17;

W55 FINAL (a) 1.Judy Coram AUS (G) 10.26 (CBP); 2.Barbara Terry SCVAC 8.96; 3.Romana Martin EVAC 8.72;

W60 FINAL (a) 1.Elizabeth Sissons VAC 11.68 (CBP); 2.Marjory Swinton SVHC 10.00;

W65 FINAL (a) 1.Evaun Williams SCVAC 13.98; 2.Carole Derrien SWVAC 10.41;

Road: 5k-16: 41; 5m-27: 51;

10k 35:37; 10m-61:07;

❖ **Masters PBs: 1500-4:33.0: 3000-9:39.7; 5000- 16:41.**

❖ **Titles-BMAF 1500&5000 track, BMAF XC, 2nd AAA 5k.**

Midland Counties 3000 metres all in 2005.



Picture Jeremy Hemming

❖ **To keep on running, and to win another GB senior vest the last one was in 1998.**

❖ **Coaches-Roy Stowell & Roger Franks.**

❖ **Trains with-Clare McKittrick (nee Tomkinson, Hannah Whitmore and Amber McGee but most of my running is done with mum following on her bike.**

❖ **Most enjoyable meeting-June 1993 Loughborough Reebok Track Challenge.**

❖ **Favourite venues-Loughborough & Sutton Park.**

❖ **How do I relax-What's that?**

❖ **My inspiration-Jo Thompson, City of Bath.**

❖ **Favourite Film- My Fair Lady.**

❖ **Recording-"What a wonderful world" Louis Armstrong.**

❖ **Holiday- Club la Santa, Lanzerote.**

KATE RAMSEY

❖ **Age-37**

❖ **Born-Barrow upon Soar, Leicestershire.**

❖ **Club-M.V.A.C & Charnwood A.C.**

❖ **Residence-Sileby, Leicestershire.**

❖ **Employment-Runs the family boatyard with her husband.**

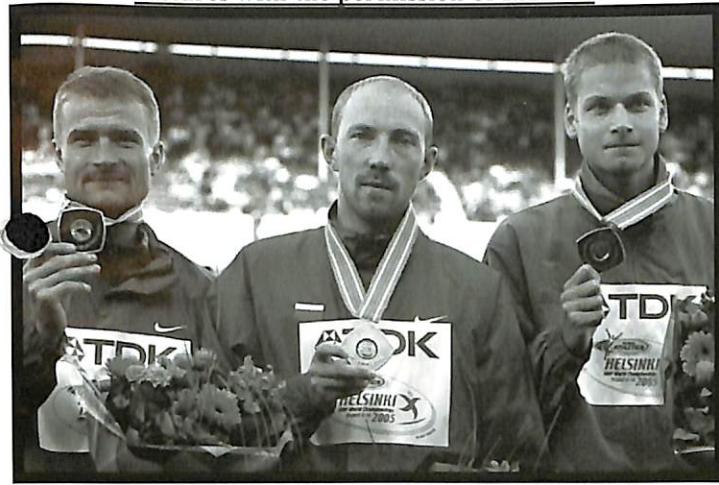
❖ **Events-Middle distance, Road and Cross Country.**

❖ **PB: 800-2:16.8; 1500-4:28.0; 3000-9:16.24; 5000-16:41.1;**

I.A.A.F. World Athletics Championships Helsinki 6-14th August 2005.



Pictures with the permission of I.A.A.F.

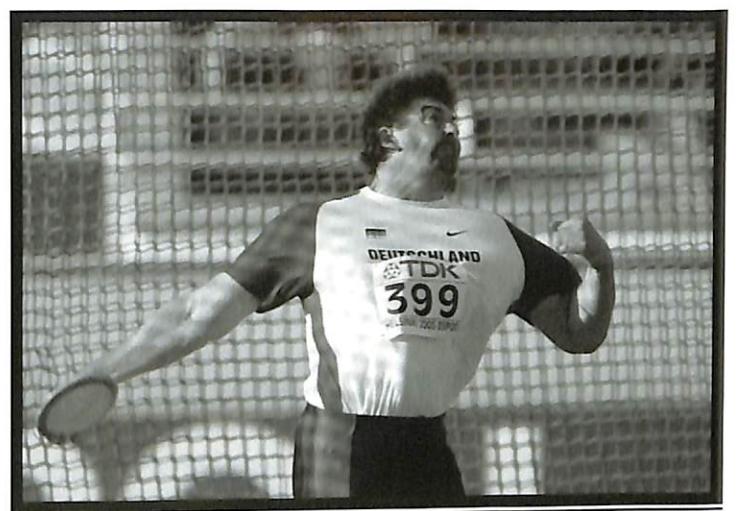


Aleksey Voyevodin (left) shows off his Silver from the 50k Walk

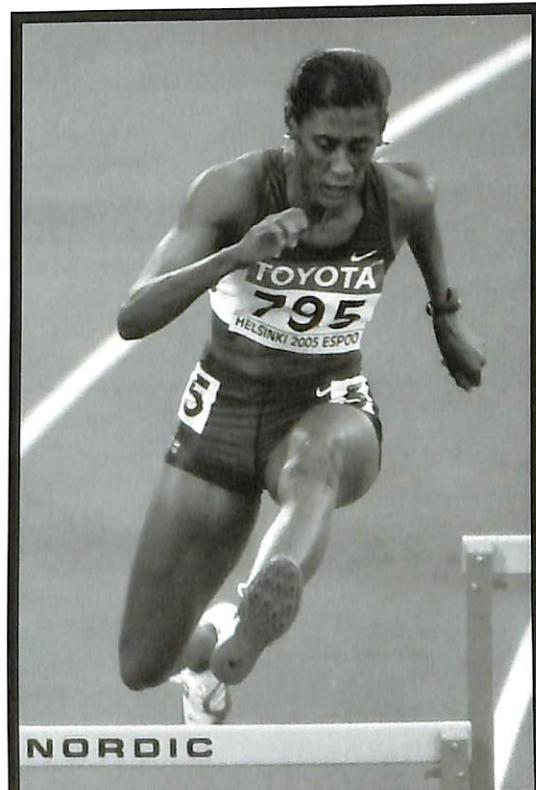
Pos.	Name	Age	Country	Event	Performance
1	Franka Dietzsch	37	Germany	Discus Women	66.56
2	Aleksey Voyevodin	35	Russia	50k Walk Men	3h:41:25
3	Michael Mollenbeck	35	Germany	Discus Men	65.95
3	Sandra Glover	36	USA	400h Women	53.32
3	Constantina Tomescu	35	Romania	Marathon Women	2h: 23:19
	Svetlana Krivelyova	36	Russia	Shot Women	19.16
5	Edith Masai	38	Kenya	10000 Women	30:30.26 (World Record)
5	Simon Vroemen	36	Holland	SC Men	8:16.76 (World Record)
5	Luciana Dos Santos	35	Brazil	4x100 Women	Na
5	Robert Mackowiak	35	Poland	4x400 Men	Na
6	John Kibowen	36	Kenya	5000 men	13:33.77
7	Tetiana Teveschuk-Antipova	35	Ukraine	400 H Women	55.09
8	Lars Riedel	38	Germany	Discus Men	63.05
8	Harumi Hiroyama	36	Japan	Marathon Women	2h: 25:46
10	Andriy Skvaruk	38	Ukraine	Hammer Men	76.01
	Laverne Eve	40	Bahamas	Javelin Women	57.10



Franka Dietzsch with the massive 66.56 Gold medal throw



Michael Mollenbeck wins bronze for Germany



Bronze for Sandra Glover 400 hurdles



BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

Sunday 5th MARCH 2006

(Under UKA rules : Permit No SEAA/60/05)

KINGS PARK, BOURNEMOUTH

Organised by SOUTH WEST VETERANS' ATHLETICS CLUB
OPEN to ALL MASTERS

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

RACE 1	6 km	WOMEN (all ages) and MEN over 70	12.00 noon
RACE 2	8 km	MEN 50 - 69	12.45 pm
RACE 3	8 km	MEN 35 - 49	1.45 pm

ENTRY FEES	Members of a Veteran Club	£6.00
All other competitors who must include proof of age e.g. photocopy of birth certificate, driving licence, passport etc		£8.00

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

BMAF Team Awards for the first three teams, M40-49 (4 to count)

M50 - 59, M60 -69, W35 - 44, W45 - 54, W 55 + (three to count)

Runners, who wish to count for a younger team instead of their own age group, must declare this on the entry form. If it means you have to run in a different race then you will not qualify for medals in your own age group.

Send completed entry form with a large SAE (9"x6") for race number, confirmation and travel directions to:

BMAF XC CHAMPIONSHIP, c/o 7 Sandford Court, 32 Belle Vue Road, BOURNEMOUTH BH6 3DR

Cheques payable to "South West Vets AC"

Closing Date: 16th FEBRUARY 2006

Entries will not be accepted after this date. **No entries on the day.**

BMAF 2006 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on 5th March 2006. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

Surname _____ First name _____ M/F _____

Age on 5 March 2006 _____ D.O.B. _____ Age Group _____

Address _____

Post Code _____

First Claim UKA club _____

BMAF Club _____ Membership No. _____

YOUNGER TEAM DECLARATION M 40-49, M50-59, W35-44, W45-54
(Indicate your choice, if applicable)

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

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

NEWS & VIEWS

BMAF CHAIRMAN

Firstly, may I thank all who attended the AGM, and ask those who did not -why is it they have no interest in attending your federations meeting? It is usually the same people that attend and have to fight for you, and then people moan when they do not get what they want. Would you please let me know why many of you do not attend the A.G.M?

Do we need to change the date and time of this?

Do we need to have a forum at a different time?

Please let me know?

We had the retirement of Keith Whitaker as President at the A.G.M, I wish to thank Keith for all the hours, days and years of services to the B.M.A.F as Treasurer, Chairman and President, as well as being our C.C.P.R liaison, I hope that he will now have a little more time for some family matters.

We also lost the services of Wendy Dunsford as Overseas Co-ordinator and I thank Wendy for all the hard work carried out on behalf of our members , making sure championship entries arrived at the L.O.C one way or another. This can sometimes be a thankless and time consuming task but one she made managed well, and I am sure that you all wish her well for the future.

Following this loss, I have to say a very big welcome to our new President **Paul Dickenson**, who I am sure, will be great value to the future of BMAF. We also have a new Vice Chairman **Tony Bowman**, and again I know that Tony will also add to our future outlook, and our third new member will be **Carole Filer**, the new Overseas Co-ordinator, so a big welcome to Carole and we wish her well with the up and coming championships entries.

Following from the A.G.M there were several points that were raised, and I know that many are sad to see the loss of the Women's Representative position, but any Women's issues will be addressed, as we have the same situation for both genders in all of our championships, but where there are issues they will be addressed to our Secretaries, other points raised will be addressed at our November meeting, and hopefully we will be able to take on board the things that many of you brought up and will be reported in the Winter magazine.

Congratulations to all the athletes who travelled to the World Championships in San Sebastian, and brought back medals, attained personal bests, or just enjoyed themselves. Thanks to the British Masters Medical Team for their hard work that kept many of you going, to the team managers for all their hard work , (even harder for the relays) and it does not help when your team manager is told to (go some where). No comment on the organisation, I leave this to Maurice. Finally I say to one special athlete Steve Peters well done for his 100-200-400 wins, notwithstanding the relays.

For the WMA General assembly in San Sebastian see the report from the secretary, Unfortunately I was not successful in my bid for the Executive Vice President, this was not such a loss as there would have been 5 out of 7 of the elected members from Europe on the Council, so I was aware that our Australian compatriot had to be elected President for me to be elected Executive V.P, so congratulations to Monty Hacker and I do hope that we have a change of direction from the WMA Council.

WMA AFFILIATES

Following a meeting of the WMA Stadium committee in San Sebastian, it was decided that we should have an International moratorium on the hurdles world wide before looking at any recommendation for changes.

I have been asked to coordinate the information from as many affiliations as possible , so that we can have a detailed outline of hurdle specifications. Whilst I am awaiting the information, I would be grateful for comments from B.M.A.F members athletes and organizers as to their thoughts, as I am already aware of the general hurdles markings on our tracks. These are the same as several of our European Affiliates.

The start base of any changes will be from the Australian Recommendation, which should be compared with our general and other Nations hurdle specifications.

There are several outlined points from the Australians to justify the changes. It is not possible to put all of these in the magazine but I have put them all on the BMAF Website, so please have a look for more information.

I would be grateful for genuine responses and recommendations before the end of December, when I will coordinate these and let you have the result in February, prior to the discussions in Linz at the Indoor championships in March.

Secretary's Report-M35-39 age group

On 4th August the I.A.A.F, the world's largest sports governing body, made an historic decision at their 45th Congress in Helsinki. By 89 votes to 77, Rule 141.4 was amended to read "A male athlete becomes a master on his 35th birthday." The French delegate spoke against the proposal, they had carried out a survey amongst 15,000 people (were they athletes or Rent a Mob?), all preferred 40. He argued that only those who could afford to travel compete in W.M.A championships. Opposing him, Cesar Moreno the Chairman of the I.A.A.F Masters Committee, reminded him of France's previous proposals to have the women's age raised to 40.

There is a heavy dropout rate in this range in some countries through lack of competition and motivation. We welcome the many members who have joined our clubs; the BMAF has officially included this age category in our championships.

The BBC commentator, Paul Dickenson, succeeded the retiring Keith Whitaker as President at our A.G.M. We are also delighted to welcome on board Ray Lewis who takes over as Road Running Secretary in November.

Bridget Cushen

Andy Penn M40 achieved a qualifying time for 20k Walk in Dublin 26th June of 89mins13seconds.
Steve Partington Isle of Man set a new Manx record for the 50k walk of 4hours 17 minutes 40 seconds.

Mark Proctor set a new British Men 40 record when competing in the British League at Manchester, on the 25th June. His 7.26k Shot distance 19.01 metres.

Winston Thomas

NEWS & VIEWS



In Beautiful sunny weather the Isle of Man held their Grand Prix of running.

The Marathon held on Sunday involved 300 runners, and was won by Blackheath's Tim Dickenson in 2h 23 mins.

The Hill race was won by Tony Okell in 22:57 over the four mile course, who repeated his first place in the Great South Run over 10k.

Okell (309) also won the Foxdale 6 in 34:06, and finished his great week winning the Peel 4.

I would like to respond to the T&F Secretary's report in the summer 2005 "Masters Athletics".

As a competitor at the Interland this year, gaining my first GB vest (an honour I will always cherish) I feel it only appropriate that I should write in to mention some positives about the event.

For those athletes who attended I sensed an overall feeling of a great team spirit and a pride in the individual athletes achievements in being selected for the GB team. To witness the obvious delight and pride expressed by both athletes and their supporting families at the event were a truly touching experience, one that I will remember for the rest of my days.

After many years in athletics I realise that it is an all too familiar story that team managers are left utterly despondent when their best athletes do not show the level of commitment one would expect from them. I also suppose the higher level of competition the more acute the problem becomes. The Interland may well be viewed as the domain of the "cream", however, for those athletes who do show the required level of commitment, often planning their whole seasons training and racing to gain selection for this one event, they should not be viewed as "semi-skimmed milk" or indeed "shoddy".

I for one will be up for it again next year and will keep focussed on that one goal throughout the long winter nights of hard training in whatever conditions the British weather dictates. So lets build the event up to what it truly is. Lets look defeat in the eye and then respond with a positive attitude. Lets commit to the cause over the next 12 months and give the T&F secretary your full support. Then in the Parisian sunshine next summer lets give the French and Belgium's a proper run for their money (with or without funding!).

Steve Smith

Dear Sir

As a member of the Scottish Vets who regularly competes in British Masters' events, may I offer the following observation? I do not expect explanations? Possibly by going to press dates may have changed but my mole informs of the following cross-country dates:

Saturday March 4th, Scottish Masters Cross Country Championships, Forrest, east of Inverness.

Sunday March 5th, British (English?) Masters Cross Country Championships, Bournemouth, south west of London.

Monday March 6th, Work 8.15am.

Archie Jenkins

Dear Madam (written to Bridget Cushen),

Herewith I would like to suggest, that your veteran runner Mrs Pamela Jones, born at July 7th 1936 should be honoured with a fair-play-award.

Mrs Jones had started at the veteran athletics world championships in San Sebastian this year. In the 10.000 m race she became third place at first, but she knew that the German runner Renate Hofmann was ahead of her. By mistake of one of the judges, Renate Hofmann had to run one more lap then she was supposed to and by the time she crossed the finish line she was on fourth place.

Pamela Jones refused to receive the bronze medal, which was not entitled to her, and encouraged Renate Hofmann and the German team to protest against the placing. The protest was finally accepted and Renate Hofmann received her medal (even the silver medal, because she caught one of the runners on the finish line).

Pamela Jones showed an exemplary attitude as an athlete and should be honoured for that.

Please let me know what you think about my suggestion and if you would honour Pamela Jones appropriately.

Sincerely yours
Harald Molenda
Coach of Mrs Renate Hofmann

INTERNATIONAL XC DUBLIN

Hi Folks

Hope all is well with you. We have set out our timetable for the race day, hereunder.

There is an International Rugby match on the same day, so we have had to be conscious of traffic / parking restriction

For those of you who have not finalised your accommodation requirements yet please be advised you are leaving it very late, accommodation is at a premium in the city in particular with the Rugby International the same weekend.

The day's timetable:

Official Team Photo	Ireland	10.15
	England	10.25
	Northern Ireland	10.35
	Scotland	10.45
	Wales	10.55
International Races	Ladies	12.00
	Men's	12.45
Open Race	Combined	13.45

Susan Walsh
International Secretary, IMAA
19 Cherryfield Ave, Walkinstown, Dublin 12
Ph: 0035314504739

TOP WORLD MASTERS 2005

The top "Masters" for 2005 selected by W.M.A. Council were

Female: Rietje Dijkmann, Netherlands

Male: Earl Fee, Canada.

Peter Newton of City of Portsmouth, was the top British finisher in the M60 group in the London Marathon, as Jack Miller is Canadian.

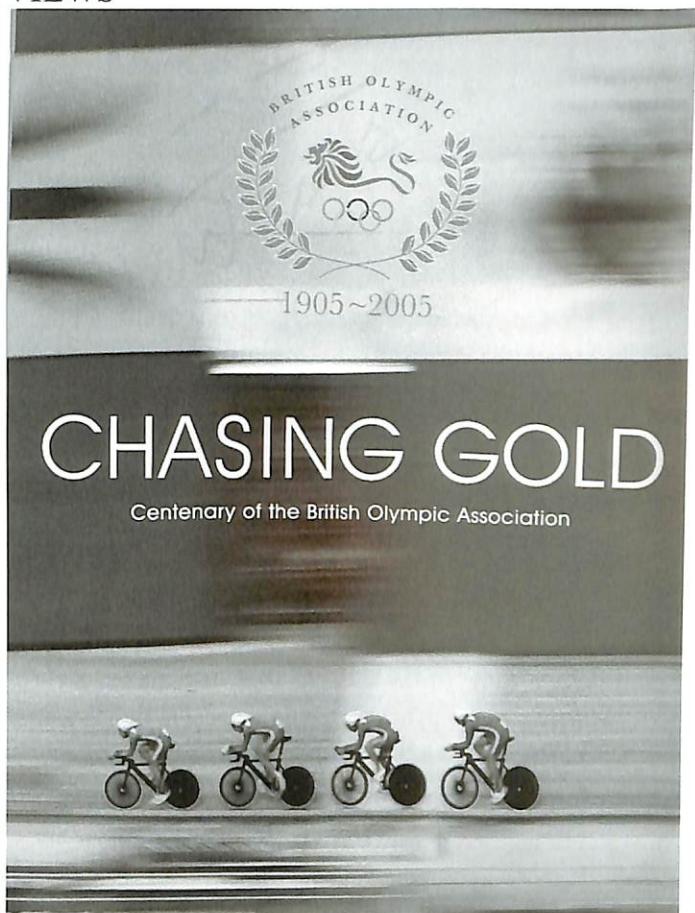
Keith Beard (M40) lives in The Netherlands and is member of Rotterdam Atletiek. His club became first in the final of the masters league 1st division on September 11, in Leiden.

Keith (8 November 1961) threw the javelin 66.84 and that was his best performance of the year. It was also voted the best performance of the whole day.

From Ton Peters

NEW OVERSEAS ENTRIES CO-ORDINATOR.

Carole Filer is the new Overseas Entries Co-ordinator, looking after all European and World Championship literature, entry forms and entry submissions. To obtain the Entry Booklet for any championship, please write or e-mail Carole at The Street, Hockering, Dereham, Norfolk NR20 3AJ and c.filer@uea.ac.uk, stating the Championship literature you require. Please Note: No stamps or envelopes need to be included with your enquiry. Carole can also be contacted on 07929 752093, if necessary.



The British Olympic Association have produced this superb book to mark, their Centenary, and with the great news of the award of the 2012 Games to London what a marvellous time to produce such a work.

The book marks British achievement from the 1896 Athens Games until last years Athens Games, using tremendous Getty Images edited by Mark Fletcher.

The content achieves a wonderful balance of commentary and the pictures used include many I have never seen before, and I have a large number of books and videos on the Olympic theme.

The purchase price is £ 24.99 and this includes a CD Rom, which compliments, the quality of the work.

It is a must for any sports fan, and would make a great Christmas present.

Contact: The British Olympic Association, 1, Wandsworth Plain, London SW18 1EH, and bookshops.

IRENE LISLE

The Welsh Masters A.A. report with sincere regret the death of Irene Lisle on Sept 5th shortly before her 83rd birthday.

Despite poor health and failing eyesight in her last year or so she remained fiercely independent and a fervent enthusiast for Athletics.

She served our sport for nearly fifty years. Originally recruited to assist with the Empire Games in Cardiff in 1958 she went on to serve in various capacities, particularly as team manager and

NEWS & VIEWS

secretary of the Welsh Women's Cross Country Association in its early years. In more recent times her main interests was in Race Walking, Cross Country and Masters competition in general.

She also served a term as President of the Gwent League at whose matches she was an ever present, near the finish funnel collecting disk envelopes back from team managers.

The BMAF Cross Country Relays are being held in the grounds of Tredegar House Country Park, Newport, and Gwent on Saturday October 29th. By the time these notes are published entries may well have closed but any late enquiries should be addressed to JOHN COLLINS (01792-206119).

COMING EVENTS.

Fri Nov 25th 2005 -WMAA Presentation & Awards Evening & Buffet Aberdare Hall, Cardiff (Tickets from Mary Webb)

Cross Country team Selection for the International in Dublin will take place on Sun October 16th.

Performances in the Cardiff, Swansea & Flint 10k road races plus North Wales League 1 & 2 and Gwent League 1 will be major but not sole criteria.

Athletes wishing to be considered are invited to contact **Liz Clarke** (female); e-mail - liz@strumble.freeserve.co.uk or **John Collins** (male); e-mail- john.collins@swansea-itec.co.uk with details of recent performances.

Dear Editor,

As Masters Officials , many of us are certainly in this age group, may we thank Maurice Doogan for all of the arrangements made on behalf of the officials, **AT THE BMAF CHAMPIONSHIPS**.

The accommodation, Buffets were superb.

Pam Gooding.

AND ON BEHALF OF THE PEOPLE WHO DID NOT WRITE WHAT A TREMENDOUS CHAMPIONSHIPS THESE WERE.

WELL DONE MAURICE DOOGAN!

Ray Tucker points out that as well as Bristol & West M40 team setting a new course record in the Road Relays at Sutton Park.

The Women's 35 team from Shaftsbury Barnet also set a new course record, and became the first team to complete a " Hat Trick " of wins.

The Inter-Area 5km Challenge held in Horwich, resulted in a win for N.V.A.C with 42 points; E.V.A.C. finished second with 28 points and M.V.A.C. third with 21 points

From the B.M.A.F Annual General Meeting the following decisions were made.

- ❖ A separate women member is not now necessary to represent the views of women in the Council or International Committee.
- ❖ That in the Road Relays Men 35-39 shall have a separate race, other groups remaining as at present. To be reviewed in two years.
- ❖ Paul Dickenson was elected President.
- ❖ Tony Bowman was elected Vice Chairman Policy and International Affairs.

WGT SPORT

The official travel agent of the British Masters Athletics Federation and UK Athletics are pleased to offer special travel packages to master's events.

Brochures for 2006 events will be available in November

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

Accommodation standards will include 3 and 4 star options.

W.G.T will be able to offer inclusive packages, flights and hotels on an individual basis.

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

Contact us on telephone 0121 745 1001 for a brochure

Athletics House,Central Boulevard,
Blythe Valley Park, Solihull, B90 8AJ
Tel: 0121 745 1001 Fax: 0121 745 7666
Email: nicola@wgtSport.co.uk

INTER AREA SOLIHULL 6th AUGUST 2005.

On a beautiful day on home turf Midland Veterans Athletic Club secured a wonderful victory, winning both Male & Female matches to gain overall victory.

The win was not only a great team effort but a superb personal triumph for team manager Derek Fellows, who after many hours spent selecting his team, had to spend many more finding replacements for those who had dropped out.

Although Derek was delighted with this win he announced that this was to be his swansong, as he intends to do other things in his life.

There were many good performances Paul O'Callaghan was tremendous over 3000 metres, with a 20 second win from Martin Farran. Paul is very much looking forward to the International Cross Country in Dublin, where he represented IRELAND in the World Cross Country Championships some years ago.

Steve Peters was a triple winner for E.V.A.C being the fastest of all groups at 200, with Cecil Moven and Martin Blackman being fastest over 100 & 400 metres.

Kevin Brown may be going to Australia in March 2006 for Jamaica, threw the 2k Discus 53.36 to win the event, whilst Russell Payne and Kevin Murch had big throws in the Hammer and Javelin.

The Laing sisters were in great form in the women's events Wendy winning at 100-200-HJ-TJ and Manndy at 80h-JT-TJ.

Denise Morley had a great 400 and 800 metres double, and Nicki Nealon beat Fiona Lampkin Just! by 1/10 second over 3000 metres.

Midlands dominated the Walk with Sharon Tonks, Anne Wheeler and Sheila Owen all winning their age groups.

Sian Freebairn won the Discus and Javelin, for the Scots who made the long journey for the match.

Overall Scores 1 MVAC 345; 2 EVAC 300; 3 NVAC 235; 4 SVHAC 132; 5 WMAA 125

Womens Score: 1 MVAC 171; 2 EVAC 137; 3 NVAC 111; 4 SVHAC 62; 5 WMAA 24;

200m

W35: 1 Wendy Laing (N) 27.5; 2 Catherine Goddard (E) 28.8; 3 Wendy Morant (M) 29.7; 4 Susan Freebairn (S) 31.2; **W40:** 1 Wendy Dunn (E) 27.4; 2 Manndy Laing (N) 28.4; 3 Suzanne Bartram (M) 30.8; **W50:** 1 Anne Wainwright (M) 31.2; 2 Greta Howarth (N) 31.4; 3 Mary Waters (E) 35.3; 4 Monica Shone (W) 38.4;

80m H

W40: 1 Manndy Laing (N) 12.4; 2 Sue Newberry (E) 14.7; 3 Lesley Willis (M) 17.1;

1500m:

W35: 1 Sian Evans (M) 5-20.0; 2 Julie Herron (E) 5-45.0; **W40:** 1 Andrea Cameron (S) 4-58.5; 2 Caroline Robbins (N) 5-00.0; 3 Cheryl Evans (M) 5-04.7; 4 Di Farmer (E) 6-08.2; **W50:** 1 Nancy Hitchmough (M) 5-11.4; 2 Joan Howe (N) 5-16.8; 3 Audrey Sutton (E) 6-25.6;

100m H

W35: 1 Catherine Goddard (E) 16.8; 2 Fiona Lampkin (S) 17.3; 3 Wendy Morant (M) 23.8;

50m Walk

W35: 1 Sharon Tonks (M) 9-38.3; 2 Di Gill (E) 14-36.6; **W40:** 1 Anne Wheeler (M) 10-52.2; 2 Di Farmer (E) 15-

28.5; **W50:** 1 Sheila Owen (M) 11-32.8; 2 Kath McGrath (N) 15-43.8; 3 Mary Waters (E) 16-23.3;

400m

W35: 1 Denise Morley (E) 59.6; 2 Fiona Palmer (M) 60.9; 3 Susan Freebairn (S) 84.9; **W40:** 1 Sue Newberry (E) 67.8; 2 Suzanne Bartram (M) 69.2; **W50:** 1 Joylyn Sanders-Mullins (E) 64.8; 2 Ros Townsend-Hope (M) 75.8; 3 Monica Shone (W) 95.6;



Nicki Nealon winner at 3000

3000m

W35: 1 Nicki Nealon (M) 10-11.7; 2 Fiona Lampkin (S) 12-11.8; 3 Anick Valapinee (E) 12-15.8; **W40:** 1 Jane Pidgeon (M) 10-37.2; 2 Andrea Cameron (S) 10-44.5; 3 Andrea Dennison (N) 10-54.6; 4 Di Farmer (E) 13-19.6; **W50:**

1 Sue Carris (N) 11-23.8; 2 Joyce Barrus (M) 11-53.8; 3 Audrey Sutton (E) 13-34.0; 4 Pauline Thomas (W) 14-22.9;

800m

W35: 1 Denise Morley (E) 2-25.8; 2 Sue Lamb (M) 2-26.5; **W40:** 1 Susie Tawney (M) 2-33.7; **W50:** 1 Nancy Hitchmough (M) 2-35.5; 2 Jean Howe (N) 2-37.1; 3 Joylyn Sanders-Mullins (E) 2-38.6; 4 M.Docking (W) 2-42.5;

100m

W35: 1 Wendy Laing (N) 13.7; 2 Beverley Matthews (M) 13.8; 3 Susan Freebairn (S) 15.1; 4 Julie Herron (E) 17.0; **W40:** 1 Wendy Dunn (E) 13.5; 2 Julie Rogers (M) 14.2; 3 Hazel Barker (N) 14.9; **W50:** 1 an other (S) 15.4; 2 Avis Cowley (N) 16.1; 3 Chris Cox (M) 16.2; 4 Greta Howarth (N) 17.8;

Relay (200-200-400-800)

W35: 1 MVAC 4-26.3; 2 EVAC 4-54.8; **W40:** 1 MVAC 4-40.8; 2 NVAC 4-42.0; 3 EVAC 5-16.9; (**W50:**) 1 MVAC 5-06.2; 2 NVAC 5-07.8; 3 EVAC 6-24.3;

Pole Vault

W35: Tracy Morris (M) 2m70;

Discus

W35: 1 Susan Freebairn (S) 39m26; 2 Alison George (M) 25m17; 3 Sara Besford (E) 23m55; 4 Jane Goatcher (W) 18m54; **W40:** 1 Claire Cameron (S) 35m56; 2 Jenny Cooper (M) 33m42; 3 Manndy Laing (N) 27m23; 4 Romana Martin (E) 23m27; 5 Karen Llewellyn (W) 22m20; **W50:** 1 Shirley Quinn (E) 31m16; 2 Rosemary Chrimes (M) 29m70; 3 Greta Howarth (N) 10m05;

High Jump

W35: 1 Wendy Laing (N) 1m50; 2 Fona Yeomans (M) 1m30; 3 Susan Freebairn (S) 1m25; 4 Jane Goatcher (W) 1m15; **W40:** 1 Hazel Barker (N) 1m45; 2 Lesley Willis (M) 1m30; 3 Jan Hardcastle (E) 1m25; **W50:** 1 Anne Wainwright (M) 1m25; 2 Caroline Marler (N) 1m20; 3 Avis Cowley (E) 1m10;

Triple Jump

W35: 1 Wendy Laing (N) 10m06; 2 Fiona Lampkin (S) 9m14; 3 Wendy Morant (M) 7m88; **W40:** 1 Manndy Laing (N) 10m18; 2 Lesley Willis (M) 8m80; 3 Diane Farmer (E) 7m92;

Shot

W35: 1 Alison George (M) 10m08; 2 Susan Freebairn (S) 9m39; 3 Sara Besford (E) 8m12; 4 Jane Goatcher (W) 7m12; **W40:** 1 Claire Cameron (S) 10.08; 2 Hazel Barker (N) 9.53; 3 Karen Llewellyn (W) 8m40; 3 Romana Martin (E) 8.29; 4 Jenny Cooper (M) 8.28; **W50:** 1 Caroline Marler (N) 9m40; 2 Rosemary Chrimes (M) 9m32; 3 Shirley Quinn (E) 8m44;

Long Jump

W50: 1 Wainwright (M) 3m90; 2 Avis Cowley (E) 3m36; Ann Greta Howarth (N) 3m16;

Javelin

W35: 1 Susan Freebairn (S) 27m48; 2 Catherine Goddard (E) 24m21; 3 Jane Goatcher (W) 19m08; 4 Beverley Matthews (M) 18m61; **W40:** 1 Manndy Laing (N) 28m94; 2 Carol Morris (E) 28m73; 3 Julie Rogers (M) 26m57; 4 Karen Llewellyn (W) 16m68; 5 Claire Cameron (S) 13m59; **W50:** Joy Saunders-Mullins (E) 25m27; 2 Caroline Marler (N) 21m17; 3 Carol Rafferty (M) 19m32;

Men's Score: 1 MVAC(M)176; 2 EVAC(E) 163; 3 NVAC(N) 124; 4 WMAA(W) 101; 5 SVHAC(S) 70



Steve Peters in action for the East

200m

M40: 1 Cecil Moven (M) 24.2; 2 Andy Smith (E) 24.4; 3 Steve Chaistey (N) 25.0; 4 S.Berney (W) 26.1; 5 John McGarry (S) 26.7; **M50:** 1 Steve Peters (E) 23.7; 2 Viv Oliver (M) 25.1; 3 Ian Broadhurst (N) 25.2; 4 B.Williamson (W) 28.0; 5 Bill Lonsdale (S) 29.4;

M60: 1 Phil Harris (E) 27.6; 2 Malcolm Baxter (M) 28.7; 3 Malcolm Schofield (N) 30.5; 4 Peter Eddy (S) 32.4;

1500m

M40: 1 Phil Hall (N) 4-17.3; 2 Bernie Jones (W) 4-18.5; 3 Neil Ovington (E) 4-21.0; 4 Andy Wetherill (M) 4-24.9;

M50: 1 Rick Hailey (M) 4-28.9; 2 Phil Jones (E) 4-35.9; 3 M.Clissold (W) 4-52.8; **M60:** 1 John Potts (M) 4-57.8; 2 Ken Buckle (W) 5-47.1;

100m H

M50: 1 Ian Reeve (E) 18.5; 2 Mike Clerihew (S) 20.7; 3 Lawrie Dunn (M) 22.1; **M60:** 1 Phil Harris (E) 17.7; 2 Cameron Sealey (M) 22.8; 3 T.Pugh (W) 23.1; 4 John Freebairn (S) 32.6;

2K Walk

M40: 1 Mark Williams (M) 8:45.8; 2 John.Collins (W) 13-24.6; **M50:** 1 Rod Dunn (E) 10-20.3; 2 Bill Lonsdale (S) 12-14.4; 3 Eric Horwill (M) 12-51.5; 4 D.Ainsworth (W) 12-41.5; **M60:** 1 Peter Stapleford (M) 12-22.0; 2 JackThomas (W) 12-54.4;

110m H

M40: 1 Des Wilkinson (E) 15.9; 2 Glenn Reddington (N) 17.2; 3 M.Mullins (W) 19.2; 4 Gary Myles (M) 19.2; 5 D.Osborne 19.3;

400m

M40: 1 Martin Blackman (N) 51.0; 2 Daryl Maynard 51.0; 3 Keith Palmer (E) 53.8; 4 Derek Watson (S) 54.6; 5 Sean Price 56.2; 6 Kevin Pye (M) 56.7; **M50:** 1 Steve Peters (E) 53.8; 2 Ian Broadhurst (N) 55.7; 3 Paul Anthony (M) 59.0; 4 G.John (W) 67.6; **M60:** 1 Vic Blanchard (N) 59.4; 2 Phil Harris (E) 63.4; 3 Cameron Sealey (M) 64.9; 4 M.James (W) 70.7;

3000m

M40: 1 Paul O Callaghan (M) 8:56.4; 2 Martin Farran (N) 9:16.7; 3 Jim McMahon (E) 9:22.3; 4 Rob Sheen (W) 9:27.7; 5 Glen Reddington 11-25.0; **M50:** 1 Rick Hailey (M) 9:52.9; 2 Keith Wilkinson (E) 10:17.0; 3 Gerry Bell (N) 10:45.0; 4 Alan Perkins 11-20.4; 5 D.Proffitt (W) 11:21.4; **M60:** 1 Fred Gibbs (N) 10:46.1; 2 Ken Buckle (W) 11-38.2. 4;

800m

M40: 1 Mark Oldham (E) 2-00.9; 2 Mark Benson (W) 2-01.1; 3 Peter Ivens (M) 2-04.1; 4 Philip Hall (N) 2-04.4; 5 Derek Watson (S) 2-18.6; **M50:** 1 Bill Naaman (W) 2-10.2; 2 Guy Van Herp (S) 2-12.6; 3 Fred Pidgeon

INTER AREA SOLIHULL 6th AUGUST 2005.

(M) 2:17.7; 4 Alasdair Gibson (E) 2:26.7; **M60:** 1 Reg Phipps (M) 2:22.3; 2 Mike Smith (N) 2:42.1; 3 M.James (W) 2:44.9;
100m:
M40: 1 Cecil Moven (M) 11.7; 2 Andy Smith (E) 11.8; 3 Steve Chaisty (N) 12.3; 4 G.Redington 12.4; 5 I.Scholes 12.6; 6 S.Berney (W) 12.7; 7 John McGarry (S) 13.1; **M50:** 1 Steve Peters (E) 12.0; 2 Viv Oliver (M) 12.4; 3 another (N) 12.6; 4 B.Williamson (W) 13.3; 5 Bill Lonsdale (S) 14.7; **M60:** 1 Laurence Oldfield (M) 13.3; 2 Phil Harris (E) 13.4; 3 Peter Eddy (S) 15.1; 4 John Wilson (N) 16.0; 5 T.Pugh (W) 16.3;
Relay (200-200-400-800):
M40: 1 Evac 3-48.7; 2 Nvac 3-48.7; 3 WMAA 3-57.2; 4 Mvac 3-57.5; **M50:** 1 MVAC 4-12.7; 2 WMAA 4-19.5; 3 EVAC 4-24.3; **M60:** 1 MVAC 4-26.7; 2 NVAC 4-47.6; 3 WMAA 5-39.5;
Pole Vault
M40: 1 Simon Eastwood (E) 3.95; 2 Ian Scholes (N) 2.70; 3 Derek Osborne (W) 2.50;
Hammer :
M40: 1 Russell Payne (M) 48.22; 2 David Burrell (E) 42.42; 3 Alan Marriott (N) 33.96; 4 Steve Orosz (W) 30.92; **M50:** 1 John Little (N) 41.88; 2 Dave Webster (E) 32.94; 3 P.Bramford 24m39; 4 Bill Lonsdale (S) 23.04; **M60:** 1 Godfrey Leak (E) 35.18; 2 Brian Sumner (M) 32.61; 3 John Freebairn (S) 32.45;
High Jump
M40: Karl Eve (E) 1.69; Shaun Ainge (M) 1.66; **M50:** 1 Bill Lonsdale (S) 1.63; 2 Mike Warrilow (M) 1.48; 3 Ian Reeve (E) 1.45; **M60:** 1 Tony Crocker (M) 1.40; 2 Phil Harris (E) 1.35; 3 John Freebairn (S) 1.25;
Shot :
M40: 1 Alan Marriott (N) 11.33; 2 Nicholas Walker (M) 10.58; 3 Tim Saunders (E) 8.74; 4 Andrew Davies (W) 8.80; 5 John McGarry (S) 5.73; **M50:** 1 Merrik Bousfield (N) 12m55; 2 Terry Lalley (M) 11m65; 3 Phil Bramford (E) 10m83; 4 Mike Clerihew (S) 7m45; **M60:** 1 David Myerscough (N) 13m16; 2 Mike Jones (M) 10m56; 3 John Freebairn (S) 10m00; 4 Godfrey Leak (E) 9m99;
Discus
M40: 1 Kevin Brown (M) 53m36; 2 David Burrell (E) 38m62; 3 Alan Marriott (N) 36m26; 4 Steve Orosz (W) 26m09; **M50:** 1 John Little (N) 42m04; 2 Terry Lalley (M) 36m81; 3 David Webster (E) 34m80; 4 Paul Bramford 32m69; 5 Mike Clerihew (S) 25m73; **M60:** 1 David Myerscough (N) 40m73; 2 Peter Eddy (S) 40m41; 3 Godfrey Leak (E) 35m89; 4 Jim Bartlett (M) 33m26;
Long Jump
M50: 1 Trevor Wade 5m68; 2 Mike Warrilow (M) 5.05; 3 Mike Clerihew (S) 4.90; 4 Ian Reeve (E) 4.84; 5 Dave Shields 4m79; 6 Brian Williamson (W) 4m75; **M60:** 1 Phil Harris (E) 4.66; 2 Allan Cheers (W) 4.41; 3 Vic Blanchard (N) 4.32; 4 Jim Bartlett (M) 4.23; 5 Peter Eddy (S) 3.42;
Javelin :
M40: 1 Kevin Murch (M) 52.87; 2 David Burrell (E) 42.25; 3 Alan Marriott (N) 36.92; 4 Andrew Davies (W) 34.56; 5 John McGarry (S) 16.09; **M50:** 1 Martin Greaves (M) 36.89; 2 Phil Bramford (E) 36.40; 3 Merrik Bousfield (N) 33.05; 4 Mike Clerihew (S) 31.00; 5 Brian Williamson (W) 19.12;
M60: 1 Phil Owen (M) 39.09; 2 Phil Harris (E) 27.84; 3 David Myerscough (N) 31.99; 4 John Freebairn (S) 26.77;
Triple Jump:
M40: 1 Dave Richards (GST) 12.20; 2 Julian Gittins (N) 12m11; 3 David Shields (W) 10m36; 4 Shaun Ainge (M) 10m32; **M50:** 1 Bill Lonsdale (S) 10m25; 2 Ian Reeve (E) 9m99; 3 Bob Cutler (M) 9m54; **M60:** 1 Allan Cheers (W) 10m02; 2 Phil Harris (E) 9m31; 3 Jim Bartlett (M) 8m75; 4 Peter Eddy (S) 7m66;

MVAC 10k, Crown School, Burton, 3rd July 2005

W35: Wendy Ray Ilkeston 47.32; **W45:** 1. Yvonne Crawley Derby 41.13; 2 Joan Clark West Brom 42.55; 4 Jane Poole Ilkeston 47.31; **W50:** Ann Ford Redhill 40.42; **M40** 1.Paul Rogers Tipton 34.05; 2. Steve Marklew RSC 34.32; 3. Paul Levell MVAC 35.39;

4. Patrick McGeever MVAC 36.51; 5. Kevin Squires Redhill 37.03; 6 Martin McHale Redhill 37.05; 7. Simon Nash Redhill 37.48; **Team Prize's:** 1. Redhill (Kevin Squires- Simon Nash – Martin McHale) 2. RSC (Steve Marklew – Peter Parker (M50) – Richard Cashmore - M65); **M45:** 1. John Hood Cobra 38.43; 2. Brian Worthington Birthfield 42.29; 3. Michael Kelsall Burton 48.14; **M50:** 1. Kevin Brailsford Derrby 36.31; 2. Peter Parker RSC 37.10; 3. John Hadden Tipton 44.18; **M55:** 1. Paul Williams Wrekin 37.21; 2. Mick Smedley Derby 38.13; 3. Graham Wood Tamworth 46.34; **M60:** 1.Stan Winterton Trentham 38.21; 2. John Keeling Trentham 39.52; 3. Geoffrey Rigby Trentham 40.11; **M65:** 1.Richard Cashmore RSC 43.01; 2. Michael Butterley Derby 49.16; **M70:** 1. Geoff Oliver 100k ass 43.08; 2. Graham Cooper Sparkhill Harriers 46.14;

Relay (200-200-400-800):
M40: 1 Evac 3-48.7; 2 Nvac 3-48.7; 3 WMAA 3-57.2; 4 Mvac 3-57.5; **M50:** 1 MVAC 4-12.7; 2 WMAA 4-19.5; 3 EVAC 4-24.3; **M60:** 1 MVAC 4-26.7; 2 NVAC 4-47.6; 3 WMAA 5-39.5;
Pole Vault
M40: 1 Simon Eastwood (E) 3.95; 2 Ian Scholes (N) 2.70; 3 Derek Osborne (W) 2.50;
Hammer :
M40: 1 Russell Payne (M) 48.22; 2 David Burrell (E) 42.42; 3 Alan Marriott (N) 33.96; 4 Steve Orosz (W) 30.92; **M50:** 1 John Little (N) 41.88; 2 Dave Webster (E) 32.94; 3 P.Bramford 24m39; 4 Bill Lonsdale (S) 23.04; **M60:** 1 Godfrey Leak (E) 35.18; 2 Brian Sumner (M) 32.61; 3 John Freebairn (S) 32.45;
High Jump
M40: Karl Eve (E) 1.69; Shaun Ainge (M) 1.66; **M50:** 1 Bill Lonsdale (S) 1.63; 2 Mike Warrilow (M) 1.48; 3 Ian Reeve (E) 1.45; **M60:** 1 Tony Crocker (M) 1.40; 2 Phil Harris (E) 1.35; 3 John Freebairn (S) 1.25;
Shot :
M40: 1 Alan Marriott (N) 11.33; 2 Nicholas Walker (M) 10.58; 3 Tim Saunders (E) 8.74; 4 Andrew Davies (W) 8.80; 5 John McGarry (S) 5.73; **M50:** 1 Merrik Bousfield (N) 12m55; 2 Terry Lalley (M) 11m65; 3 Phil Bramford (E) 10m83; 4 Mike Clerihew (S) 7m45; **M60:** 1 David Myerscough (N) 13m16; 2 Mike Jones (M) 10m56; 3 John Freebairn (S) 10m00; 4 Godfrey Leak (E) 9m99;
Discus
M40: 1 Kevin Brown (M) 53m36; 2 David Burrell (E) 38m62; 3 Alan Marriott (N) 36m26; 4 Steve Orosz (W) 26m09; **M50:** 1 John Little (N) 42m04; 2 Terry Lalley (M) 36m81; 3 David Webster (E) 34m80; 4 Paul Bramford 32m69; 5 Mike Clerihew (S) 25m73; **M60:** 1 David Myerscough (N) 40m73; 2 Peter Eddy (S) 40m41; 3 Godfrey Leak (E) 35m89; 4 Jim Bartlett (M) 33m26;
Long Jump
M50: 1 Trevor Wade 5m68; 2 Mike Warrilow (M) 5.05; 3 Mike Clerihew (S) 4.90; 4 Ian Reeve (E) 4.84; 5 Dave Shields 4m79; 6 Brian Williamson (W) 4m75; **M60:** 1 Phil Harris (E) 4.66; 2 Allan Cheers (W) 4.41; 3 Vic Blanchard (N) 4.32; 4 Jim Bartlett (M) 4.23; 5 Peter Eddy (S) 3.42;
Javelin :
M40: 1 Kevin Murch (M) 52.87; 2 David Burrell (E) 42.25; 3 Alan Marriott (N) 36.92; 4 Andrew Davies (W) 34.56; 5 John McGarry (S) 16.09; **M50:** 1 Martin Greaves (M) 36.89; 2 Phil Bramford (E) 36.40; 3 Merrik Bousfield (N) 33.05; 4 Mike Clerihew (S) 31.00; 5 Brian Williamson (W) 19.12;
M60: 1 Phil Owen (M) 39.09; 2 Phil Harris (E) 27.84; 3 David Myerscough (N) 31.99; 4 John Freebairn (S) 26.77;
Triple Jump:
M40: 1 Dave Richards (GST) 12.20; 2 Julian Gittins (N) 12m11; 3 David Shields (W) 10m36; 4 Shaun Ainge (M) 10m32; **M50:** 1 Bill Lonsdale (S) 10m25; 2 Ian Reeve (E) 9m99; 3 Bob Cutler (M) 9m54; **M60:** 1 Allan Cheers (W) 10m02; 2 Phil Harris (E) 9m31; 3 Jim Bartlett (M) 8m75; 4 Peter Eddy (S) 7m66;

SOUTHERN DIVISION WOMEN MEETING 2 BIRCHFIELD 8th June

W35:
200m : W Morant (Birch) 28.6 ; (B) J Thomas (Birch) 29.5; **800m** S Evans (Spark) 2.40.2 ; (B) L Blake 2.50.5; **3000m** J Shepherd (Tip) 10.53.7 ; (B) L Blake 12.23.5; **2k Walk:** S Tonks (B&R) 9.27.3 **4 x 100m Relay** Birch 55.6 **SP:** R Chimes (Hales) 7.86m **LJ:** J Rogers 4.37m;
W45
200m: A Haywood (Birch) 30.5; **2k Walk:** G Repton (Worc) 13.20.6 ; **SP:** J Smallwood (Hales) 6.67m ; **JT:** J Wakelam 21.97m
800m N Hitchmough (DASH) 2.36.3; **3000m** N Hitchmough 10.53.4 ; **LJ:** H Boszko 3.48m ; **DT:** R Chimes 30.24m;

MIDLAND VETERANS TRACK & FIELD LEAGUE EAST DIVISION MEN MEETING 2- 8th Jun

M40
200m: D Powell (Notts) 23.5 ; (B) P Clayton (Notts) 26.6; **800m :** A Wilkinson 2.08.7 ; (B) A King (Charn) 2.18.8 ; **3000m** D Guess (Charn) 9.29.0 (B): A King 9.47.9; **2k Walk:** A Flear (Nun) 10.30.6 ; **4 x 100m Relay** Rugby L 51.0 ; **LJ:** S Clay 4.94m :**Shot:** G Herrington (Rugby L) 11.04m; **Discus** G Herrington 42.10m;
M50
3000m: R Elliott (Leam) 10.00.4 **2k Walk:** C Turner 10.31.9 ; **JT:** D Grum (Rugby L) 37.77m ; **PV:** D Cowley (Rugby L) 2.80m ;
M60:
800m: C Turner (Nun) 2.28.6 ; **LJ:** 1st T Cox 4.44m ;

MIDLAND VETERANS TRACK & FIELD LEAGUE EAST DIVISION WOMEN – MATCH 2

W35:
200m: B Mathews (Rugby L) 29.9 (B): L Willis (Rugby L) 31.5; **800m :** K Ramsey (Charn) 2.34.9 (B): M Leach (Rugby L) 2.33.7; **3000m :** K Ramsey 9.39.7 (League Record) (B): G Yardley (Charn) 11.43.7 **2kW:** A Wheeler (Nun) 10.42.3 **4x100:** Rugby L 60.1 ; **SP:** B Mathews 7.55m **LJ:** L Willis 4.22m ;
W50:
3000m: L Carter (Rugby L) 13.23.4; **800:** A Rollins (Rugby L) 3.06.5 ; **DT:** C Cox (Rugby L) 18.65m; **LJ:** C Cox 3.41m;

W45:
200m: S Brown (Charn) 30.42kW; A Rollins 11.45.3; **JT:** D Murch (Rugby L) 21.97m ; **SP:** D Murch 8.35m ;

MIDLAND VETERANS TRACK & FIELD LEAGUE NORTH DIVISION MEETING 2 STOKE 8th JUNE 2005

M40
200m : P Williams (Stoke) 24.8 ; (B) D Drew (Telf) 26.6; **800:** P Ivens (Tam) 2.09.2 ; (B): D Talbot (Telf) 2.25.7; **3000:** P Plant 9.43.3 ; (B): D Talbot 9.53.6; **2kW:** M Williams (Tam) 8.32.7 ; **4x100:** Stoke 50.8 ; **DT:** K Brown (RSC) 52.60m (**League Record**) **LJ:** C McDonald 5.03m ; **SP:** K Brown 10.73m
M50:
3000m R Phipps 11.06.4 ; **2k Walk** G Chapman (RSC) 13.23.2 ; **PV:** J Bradley (Telf) 3.00m **JT:** P Owen (Tam) 36.55m ;
M60
800m R Phipps (RSC) 2.36.0; **Long Jump** P Duckers 4.74m ;

W35:
200m: S McDonald (RSC) 28.0. (B) 1st E Jebb (Shrew) 33.5; **800m :** K Finch (C&S) 2.43.6; (B) G Russon 2.57.6; **3000m:** S Johnson (C&S) 12.48.8; (B) S Kneill-Boxley 13.14.5 ; **2k Walk:** Z McDonald 13.14.4;

OFFICIALS & CLUB ADDRESSES

Editor: Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, WR14 3BX (Phone- 01684 565721
Email-brian.owen2@btinternet.com

Advertising: Bridget Cushen, 020 8683 2602; Email: *Bcushen@aol.com*

Production: Hastings Printing Company, Drury Lane, St. Leonards-on-Sea, East Sussex TN38 9BJ.

Subscription Rates: £10 per annum (four issues) free to members of affiliated clubs.

BRITISH MASTERS ATHLETICS FEDERATION

Website: *www.bmaf.org.uk*

078791580



President: **Paul Dickenson**, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. (*athlete.uk@btopenworld.com*)

Life Vice Presidents: Norman Ashcroft, Bridget Cushen, Barbara Dunsford, Jack Fitzgerald, Ron Franklin, George Phipps, Sylvester Stein, Keith Whitaker and Tom Wood.

Chairman:

Vice Chairman Policy and International Affairs :

Hon. Secretary:

Hon. Treasurer:

Secretary -Track & Field:

Secretary -Road Running: **Ray Lewis**, "Honeypots", Adversane Lane, Adversane, West Sussex, RH 14 9EG. Phone: 01403 782467
e-mail-ray@honeypots.plus.com

Secretary Race Walking: Eric Horwill, 79, Enville Road, Wall Heath, Kingswinford, DY6 0JA. (01384 273851)

Secretary-XC: Philip Lee, 85, Parlour Close, Histon, Cambs, CB4 9XR. (01223 234856)

Overseas Entries Coordinator: **Carole Filer**, The Street, Dereham, Norfolk, NR20 3AJ. Email: *c.filier@uea.ac.uk*

Chairman of Records Committee: Bob Minting "The Rowans" Convent Road, Sidmouth, Devon, EX10 8RD. email-
Bob.Minting@btopenworld.com

VAA of England: Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL.

Website Administrator: Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778)

Email: *webmaster@bmaf.org.uk*

SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

Eastern VAC: (General) Peter Chaplin, 1, Gunning Way, Cambridge, CB4 3SQ. (Membership) Eva Osbourne, 61, Damgate, Wymondham, Norfolk NR18 0BG (01953 604501)

Isle of Man: Lesley Christian, 1, Chester Mews, The Paddocks, Ballasalla, Isle of Man, IM9 2DH. (Phone 01624 829164 – Email: *lesley_christian@hotmail.com*)

Midlands VAC: (Membership) Peter Cooper, "Woodheights", Knocksharry, German, IM5 2AG. (Tel/Fax 01624 842477)

(General Sec.) Edgar Nichols, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL .

(Membership) Colin Simpson, 87, Willow Road, Solihull, B91 1UF (0121 705 5139) www.mvac.org.uk

Northern VAC: (General) Alison Doyle, 6 Valley View, Hyde, Cheshire, SK14 4UD Tele: 0161-366-5175 . email: *alison.doyle1@talk21.com* (Membership) Tina Lewis, 110, Grassington Drive, Burnley, Lancs. BB10 2SP. Tele: 01282 453469 Email *tina.robert@tiscali.co.uk* www.nvac.co.uk (alex.rowe@v21.me.uk)

Veterans AA-NE: Membership: Val Hancock, Low Dryburn Farm, North End, Durham DH1 4NJ.

Northern Ireland: Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 624296)

Scotland (SVHC): (General) Willie Drysdale, 6, Kintyre Wynd, Carlisle ML8 5RW (01555 771448)

(Membership): David Fairweather, 24, Sheepburn Road, Uddingston, Glasgow G71 7DX (phone-01698 810575) djf@dfairweather.plus.com

Southern Counties VAC: (General) Liz Bowers, 36, The Greenway, Emsworth, Hampshire, PO10 7SB Tel-01243 371775
martindy@supanet.com

(Membership) Vilma Thompson, 18, Albany House, Boyfield Street, SE1 0SB (020 7928 9577)
email : *villy@sports93.fsnet.co.uk*

South West VAC: John Perratt, Gable Cottage, Stanhope Drive, Sidmouth, Devon, EX10 9JE (01395 513611) email: *perrattj@aol.com*
(Membership) Doreen Paine, 72, Trevanion Road, Liskeard, Cornwall, PL14 3QN. Phone: 01579 344402

email: *dor@bt.openworld.com*

Veterans AC: (General) Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112) (Membership)
Geoff Mellor, 39, Carlton Avenue, Feltham, Middx TW14 0EE (020 8890 9476 email - *jgeoffmellor@aol.com*)

Welsh Masters : (General) Brian Williamson, 1, Ebenezer Street, Rhyl, Pontypridd, CF37 5PB Phone-01443 660234. mobile-07817 193660 (Membership) Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Phone-01633 881608.

MASTERS ATHLETICS is an official publication of the BRITISH MASTERS ATHLETICS FEDERATION and of the WORLD

MASTERS ATHLETICS. The editorial policy is not, unless otherwise stated, that of the BMAF or WMA.

Unsolicited material would be welcomed, preferably Microsoft Word or Text. Copy submitted on "Floppy Disc / CD", needs to be accompanied by a hard copy.

Email attachments are acceptable in any Microsoft format.

If you require the return of your information and photographs, please enclose a "stamped Addressed Envelope".

MASTERS ATHLETICS cannot accept any responsibility for items lost or damaged in transit, and any correspondence published at the Editors discretion.

This Magazine is posted to the home address of all registered BMAF members, based on the information supplied by Affiliated Clubs and Associations.

MASTERS Athletics will take every care to ensure that advice given to assist readers with training, diet and injuries is safe.

MASTERS Athletics or its contributors cannot, however, accept any responsibility for injury, loss or damage caused by such advice.

SHOULD YOUR ADDRESS BE INCORRECT PLEASE CONTACT THE EDITOR.

RESULTS

V.A.A.-N.E. TRACK & FIELD CHAMPIONSHIPS 9th.July '05 Monkton

Records Fall at the VAA-NE Track and Field Championships held at Monkton Stadium on 9 July 2005

Warm sunny conditions provided the ideal conditions for breaking records at the 2005 track and field championships. On the track, Nadine Garnham set three new records, improving her W55 100 metre record to 16.6 and setting new marks in the 200m and long jump. Jim Caddy set new records in the M80 800m and 1500 m and improved the existing 3000m to 16.18.8. Kath Stewart set two new records in W65 800m and 1500m and Helen Patton improved both the W45 400m and 800m. Steve Smith (M45) set a new 200m mark of 24.7.

Four records were set in the throwing events, two by Hugh Ryan (M70 shot and M70 hammer), John Wild (M50 hammer) and Chris Courtney (W45 hammer). In addition an inaugural heavy weight competition was held with age groups winners were John Wild (M50), Terry Hudson (M55), Paul Wheater (M60 and Hugh Ryan (M70). In the jumping events, Bruce Robertson cleared a record height of 1.67 to win the M40 high jump while Don Butler improved the M65 long jump to 4.71, Dave Dixon increased the M45 triple jump to 11.88 and Stephanie White improved the W45 triple jump to 8.92.

100: **M.35:** 1 P.Donaghy Durham City 11.7; **M.40:** 1.B.Robertson North Sh.Poly 13.1; 2.D.Robinson Jarr.& Hebb.13.1; **M.45:** 1 S.Smith Gateshead 11.9; 2 R.Anderson Birtley 13.0; **M.55:** C.Burke New Marske 15.1; **M.60:** 1 R.Jurowski Gateshead 15.0; 2 T.Whitfield North Sh.Poly 15.6; **M.65:** 1 D.Butler Jarr.& Hebb. 14.0; 2 J.Scott N.E.V.A.C. 14.4; 3 P.Donaghy N.E.V.A.C. 16.8; **W.40:** 1 J.Goodfellow Morpeth 14.8; 2 L.Smith Morpeth 15.0; **W.45:** 1 S.White Tynedale 14.6; 2 T.Robertson North Sh.Poly 15.6; **W.55:** N.Garnham N.E.V.A.C. 16.6*

200: **M.35:** P.Donaghy Durham City 25.0 ; **M.40:** D.Robinson Jarr.& Hebb.26.3 ; **M.45:** 1 S.Smith Gateshead 24.7*; 2 R.Anderson Birtley 27.6; **M.60:** 1 R.Jurowski Gateshead 30.9 ; 2 T.Whitfield North Sh.Poly 33.0; **M.65:** 1 D.Butler Jarr.& Hebb.30.1; 2 P.Donaghy N.E.V.A.C. 34.7; **W.40:** L.Smith Morpeth 31.9; **W.55:** N.Garnham N.E.V.A.C. 35.8* ;

400: **M.40:** D.Robinson Jarr.& Hebb 58.2; **M.45:** 1 M.Telford Wallsend 57.9; 2 R.Anderson Birtley 61.4; **M.55:** 1 T.Attey Chester-le-Str. 71.0; 2 C.Burke New Marske 72.9; **M.60:** 1 R.Jurowski Gateshead 69.5; 2 T.Whitfield North Sh.Poly 74.3; **M.65:** R.Checkley Heaton 73.6; **W.35:** S.Hunter North Sh.Poly 79.2; **W.45:** H.Patton Gateshead 63.7* ;

800: **M.35:** J.Nunn Crook 1.59.3; **M.40:** 1 T.Field Sunderland 2.05.8; 2 G.Harden Sunderland 2.07.5; 3 D.Hughes North Sh.Poly 2.22.7 ; **M.45:** M.Telford Wallsend 2.12.8 ; **M.50:** 1 A.Jenkins Morpeth 2.21.7; 2 R.O'Donnell Jarr.& Hebb. 2.35.6; **M.55:** G.Routledge Heaton 3.35.0; **M.60:** 1 R.Wilson Sunderland 2.46.9; 2 R.Stewart North Sh.Poly 2.51.2 ; 3 C.Foote-Wood Crook 3.40.3; **M.65:** R.Checkley Heaton 2.52.9; **M.70:** I.Barnes Darlington 2.58.1; **M.80:** 1 J.Caddy Midd.& Clev. 3.50.1* ; 2 T.Joynson Gateshead 5.00.4; **W.45:** H.Patton Gateshead 2.27.1* ; **W.65:** K.Stewart North Sh.Poly 3.01.6* ;

TJ: **M.45:** 1 D.Dixon Border 11.88*; 2 J.Evans Hough.& Pet'lee 11.10; **W.40:** J.Goodfellow Morpeth 8.52; **W.45:** S.White Tynedale 8.92* ;

1500: **M.40:** 1 T.Field Sunderland 4.19.7; 2 P.Redman Sunderland 4.59.3; 3 D.Hughes North Sh.Poly 4.53.6; **M.45:** A.Dent Blaydon 4.35.6; **M.50** 1 A.Jenkins Morpeth 4.38.1; 2 S.Winter Chester-le-Str. 5.07.0; 3 D.Morris North Sh.Poly 5.22.1; **M.55:** 1 T.Attey Chester-le-Str. 5.20.7; 2 S.Eccleston Hou.& Pet. 5.37.7

3 G.Routledge Heaton 7.13.0; **M.60:** 1 R.Wilson Sunderland 5.25.2; 2 R.Stewart North Sh.Poly 5.55.0; 3 M.Stephenson South Shields 6.25.5; **M.65:** R.Checkley Heaton 6.06.3 ; **M.70:** I.Barnes Darlington 5.42.5 ; **M.80:** 1 J.Caddy Midd.& Clev. 7.39.4*; 2 T.Joynson Gateshead 11.04.5; **W.40:** L.Marr Tynedale 5.50.3; **W.55:** S.Wilson N.E.V.A.C. 6.46.9; **W.65:** K.Stewart North Sh.Poly 6.14.0* ;

3000: **M.70** I.Barnes Darlington 13.22.2; **M.80** J.Caddy Midd & Clev. 16.18.8* ; **W.35:** 1 K.Haldane Alnwick

11.48.8; 2 S.Hunter North Sh.Poly 11.59.7; **W.40** 1 L.Marr Tynedale 11.36.5; 2 H.Morris North Sh.Poly 11.42.0; **W.45:** C.Courtney Blaydon 12.28.0; **5000:** **M.40:** 1 T.Field Sunderland 16.11.5; 2 S.Pigford Chester-le-Str. 16.33.0; 3 M.Jones South Shields 17.36.1 4 P.Redman Sunderland 18.09.5 ; **M.45:** 1 A.Dent Blaydon 16.26.2 ; 2 B.Bingham Loftus 16.26.4; 3 M.Johnson North Sh.Poly 18.22.2; 4 R.Weightman Gateshead 19.40.8; **M.50** 1 A.Jenkins Morpeth 17.18.5 2 S.Winter Chester-le-Str. 18.16.0; 3 F.Devlin Gateshead 19.19.0; 4 D.Morris North Sh.Poly 19.31.4; **M.55:** 1 B.Cook Chester-le-Str. 19.05.7; 2 K.Pyle Chester-le-Str. 20.12.0; **M.60:** 1 R.Wilson Sunderland 20.22.5; 2 R.Balmer South Shields 21.33.4; 3 F.Strand South Shields 21.53.9; 4 C.Foote-Wood Crook 27.15.7; **M.65** P.Donaghy N.E.V.A.C. 24.27.7; **HJ:** **M.40** : 1 B.Robertson North Sh.Poly 1.67*; 2 P.Young Midd.& Clev. 1.30; **LJ:** **M.40:** 1 B.Robertson North Sh.Poly 4.70; 2 P.Young Midd.& Clev.4.36; **M.45:** 1 D.Dixon Border 5.43; 2 R.Anderson Birtley 4.39; **M.55:** C.Burke New Marske 3.42; **M.65:** D.Butler Jarr.& Hebb. 4.71* ; **W.40** 1 J.Goodfellow Morpeth 3.97; 2 L.Smith Morpeth 3.88; **W.45:** S.White Tynedale 4.41; **W.55:** N.Garnham N.E.V.A.C. 3.25*; **SP:** **M.40:** 1 P.Young Midd.& Clev. 9.41; 2 D.Robinson Jarr.& Hebb.7.82; **M.50:** J.Wild Rich.& Hebb. 10.42; **M.55:** 1 T.Hudson Jarr.& Hebb.10.36; 2 G.Routledge Heaton 7.59; 3 C.Burke New Marske 7.35; **M.60:** 1 P.Wheater N.E.V.A.C.9.65; 2 R.Jurowski Gateshead 8.85; **M.65:** J.Scott N.E.V.A.C.8.37; **M.70:** 1 H.Ryan N.E.V.A.C. 10.37* ; 2 D.Field Sunderland 7.59; **M.75:** R.Laidler Sunderland 7.11; **W.40:** L.Smith Morpeth 6.81; **DT:** **M.40:** P.Young Midd.& Clev. 30.75; **M.50:** J.Wild Rich.& Zet. 39.36; **M.55:** 1 T.Hudson Jarr.& Hebb. 30.79; 2 C.Burke New Marske 21.49; 3 G.Routledge Heaton 19.14; **M.60:** P.Wheater N.E.V.A.C. 27.05; **M.70:** D.Field Sunderland 30.54; **M.75:** R.Laidler Sunderland 25.11; **W.35** A-M.Larkin Gateshead 14.34; **W.45:** C.Courtney Blaydon 18.14; **HT:** **M.40:** P.Young Midd.& Clev.23.83; **M.50** J.Wild Rich.& Zet. 39.44*; **M.55:** 1 Hudson Jarr.& Hebb.31.16; 2 C.Burke New Marske 23.81; 3 G.Routledge Heaton 17.82 ; **M.60:** P.Wheater N.E.V.A.C.27.85; **M.70 :** 1 .Ryan N.E.V.A.C. 28.02* ; 2 D.Field Sunderland 23.96; **W.35:** A-M.Larkin Gateshead 15.23; **W.40** J.Goodfellow Morpeth 15.73; **W.45** C.Courtney Blaydon 23.15*; **JT:** **M.40** P.Young Midd.& Clev.33.07; **M.45:** M.Bunn Jarr.& Hebb.34.16; **M.50:** J.Wild Rich.& Zet. 34.95; **M.55:** 1 Hudson Jarr.& Hebb.31.61; 2 C.Burke New Marske 26.24; 3 G.Routledge Heaton 20.78; **M.60** T.Whitfield North Sh.Poly 24.30 ; **M.65** J.Scott N.E.V.A.C. 27.27; **M.70** 1 Field Sunderland 29.79; 2 H.Ryan N.E.V.A.C. 23.44; **M.75:** R.Laidler Sunderland 23.80; **WEIGHT:** **M.50:** J.Wild Rich.& Zet.14.13; **M.55** T.Hudson Jarr.& Hebb. 10.82; **M.60** P.Wheater N.E.V.A.C. 13.22 ; **M.70:** H.Ryan N.E.V.A.C. 11.60 ; **400 H:** **M.40** GHarden Sunderland 70.3

MIDLAND VETERANS LEAGUE NORTHERN DIVISION MEETING 3 STAFFORD 12th JULY 2005 WOMEN

W35: **100M** C Parry (Shrews) 14.5 ; **(B)** E Jebb (Shrews) 16.0; **400M** F Meldrum (Tam) 67.1 ; **(B)** S Johnson (C&S) 87.7; **1500M** S Kneill-Boxley 5.51.1; **(B)** S Johnson 6.13.6 **2K WALK** J Langford (W&B) 12.51.0 ; **(B)** P Lay (RSC) 14.03.1 ; **DT:** J Cooper (W&B) 31.93m **HT:** J Cooper 32.76m; **HJ:** J Pryce 1.25m **MEDLEY RELAY** Cannock & Stafford 5.22.3 **LJ:** J Pryce 4.28m ;

W45: **100M** A Wainwright (C&S) 15.2 ; **LJ:** A Wainwright 3.68m ;

W50: **400M** A Wainwright 71.4; **1500M** D Fellows (C&S) 6.00.2 ; **SP:** M Lewington (RSC) 7.24m ;

MIDLAND VETERANS TRACK & FIELD LEAGUE SOUTHERN DIVISION MEETING 3 WORCESTER 14th JULY 2005 MEN

M40: **100m:** D Maynard (Birch) 12.1 ; **(B)** R White (Worc) 12.9 **400:** Maynard 51.2 ; **(B)** I Pawluk (Worc) 55.7; **1500:** W Simpson (Birch) 4.37.7 ; **(B)** S Halton (Worc) 4.48.1; **Medley Relay** 1st Worcester 4.06.0 ; **2k Walk** I.D Henley (B&R) 10.49.3 ; **(B)** E

Horwill 13.15.0; **DT:** C Baker 29.11m ; **TJ:** J Church 10.55m ; **HJ:** W Simpson 1.55m **M50:** **100m:** L Oldfield (Worc) 13.6 ; **HT:** R Cutler (D&S) 26.+91m ; **HJ:** I Gapper 1.20m ; **SP:** R Cutler 9.51m ; **M60:** **400m:** L Oldfield 66.2 ; **1500m** G Orme (Birch) 5.30.6 ; **DT:** M Jones (B&R) 29.95m ;

MIDLANDS VETERANS TRACK & FIELD LEAGUE NORTHERN DIVISION MEETING 3 STAFFORD 12th JULY 2005 MEN

M40: **100M** P Williams (Stoke) 12.1; **(B)** S Ainge (C&S) 12.8; **400M** I Moody 55.3 **(B)** D Drew (Telf) 61.0 ; **1500M** S Marklew (RSC) 4.37.1 ; **(B)** P Parker (RSC) 4.44.6 ; **2K WALK** M Williams (Tam) 8.56.3; **(B)** P Evanson (Tam) 12.48.1; **MEDLEY RELAY** Tamworth 4.03.1; **DT:** K Brown (RSC) 47.57m; **HJ:** S Ainge 1.60m ; **TJ:** N Gardner 9.35m; **M50:** **100M** D Drew (Telf) 13.1 ; **SP:** R Steventon 11.06m H JC Green (Tam) 1.45m ; **HT:** C Howell 32.71m; **M60:** **400M** R Phipps 64.1; **1500M** R Phipps 5.14. **DT:** J Bartlett (Tam) 34.94m;

MIDLAND VETERANS TRACK & FIELD LEAGUE SOUTHERN DIVISION MEETING 3 WORCESTER 14th JULY 2005

Women
W35: **100m** W Morant (Birch) 14.1 **(B)**: J Thomas (Birch) 14.6; **400m** J Rogers (Birch) 65.4; **(B)**: W Morant 67.8; **1500m** S Evans 5.29.5 **(B)**: E Blake 5.31.5 ; **Medley Relay** Birchfield 5.05.0 ; **2k Walk** : S Tonks (B&R) 9.19.7; **(B)** J Malin 11.39.8; **Long Jump** J Rogers 4.22m; **HT:** K Davies 20.08m ; **HJ:** J Wakelam 1.20m; **DT:** R Chrimes 27.40m; **W45:** **100m** A Haywood (Birch) 15.0; **W50:** **400m** : N Hitchmough (D&S) 71.2 ; **LJ:** E Resterick 3.70m; **W50:** **1500m** B Cardy (B&R) 5.31.5; **SP:** 1st R Chrimes (Hales) 9.35m ;

MIDLAND VETERANS TRACK & FIELD LEAGUE EASTERN DIVISION MEETING 3 LOUGHBOROUGH 6th JULY 2005 MEN

M40: **100M** S Davy (Mans) 12.0 **(B)**: C Ashmore (Mans) 12.2; **400M** M Alwyn 57.2 ; **(B)** K Pye (Charn) 58.6; **1500M** A King (Charn) 4.36.8; **(B)** C Webb (Harb) 4.45.9; **2K WALK** C Turner 10.59.2; **(B)** N Smith (Nun) 11.33.0 ; **MEDLEY RELAY** Harborough 4.09.9; **HJ:** A Wilkinson 1.40m; **DT:** G Herrington (R Saints) 43.00m; **TJ:** D Cowley 10.16m ; **M50:** **100M** A Baxter (Charn) 13.2; **HJ:** D Cowley (R Saints) 1.45m; **HT:** B Hawksworth (Charn) 37.02m ; **SHOT** J Edwards 11.04m ; **M60:** **400M** C Turner (nun) 68.0; **1500M** C Turner 5.23.3; **DT:** J Love (R Lions) 24.83m ;

MIDLAND VETERANS TRACK & FIELD LEAGUE EAST DIVISION MEETING 3 LOUGHBOROUGH 6th JULY 2005 WOMEN

W35: **100M** P Roberts (Harb) 13.5; **(B)** J Seward (R Lions) 14.1; **400M** J Seward 65.8; **(B)** M Leach (R Lions) 68.2 **1500M** K Ramsey 5.27.1; **(B)** N Thompson (Charn) 5.32.8; **2K WALK**: A Wheeler (Nun) 11.08.1; **(B)** C Birch 12.37.2; **MEDLEY RELAY** 1st Rugby Lions 4.47.2; **LJ:** L Willis (R Lions) 4.28m ; **HJ:** P Garvey 1.30m; **HT:** D Murch 19.04m **DT:** D Murch 22.24m; **W45:** **100M** S Brown (Charn) 14.9; **LJ:** 1st D Murch 3.56m **SP:** C Cox 7.39m **W50:** **400M** 1st D Williamson (Mans) 2.21.4; **1500M** C Birch (R Lions) 6.17.3;;

V.A.A.- N.E. TRACK & FIELD LEAGUE 4. 1st. August 2005 Monkton

3000: **M.40** 1 G.Harden Sunderland 9.56.0; **2 R.Williamson** Loftus 10.18.6; **3 G.Smith** Gateshead 10.49.4; **M.45:** 1 B.Bingham Loftus 10.08.4; **2 M.Mallen** Crook 10.33.5; **3 R.Weightman** Gateshead 11.04.3; **4 K.Freeman** Blyth 11.06.3; **5 A.Mullis** Heaton 12.10.4; **M.50** 1 D.Mitchinson Blaydon 10.34.6; **2 F.Devlin** Gateshead 10.53.5; **3 S.Todner** Hough.& Pet'lee 10.56.0; **4 D.Morris** North Sh.Poly 12.02.3; **M.60:** 1 K.Pyle Chester-le-Str.11.57.2 ; **2 G.Routledge** Heato. 16.08.9; **M.60:** 1 K.Alnwick Gateshead 11.58.0;

RESULTS

2 C.Foote-Wood Crook 15.21.7; **M.65:** 1 R.Checkley Heaton 12.58.5 ; 2 A.Purdham Crook 13.16.1; **W.35:** K.Haldane Alnwick 11.24.5; **W.40:** 1 L.Marr Tynedale 11.28.0; 2 H.Morris North Sh.Poly 11.39.2 ; **W.45:** Lambert North Sh.Poly 11.36.5 ;
M.40: D.Robinson Jarr.& Hebb.4.37; **M.45:** 1 A Readman Hough.& Pet'lee 5.00 ; 2 G.Hewitson Crook 4.49; 3 M.Bunn Jarr.& Hebb.4.41; 4 T.Cornwell Birtley 3.64; **M.55:** C.Burke New Marske 3.17; **M.65:** D.Butler Jarr.& Hebb.4.09; **W.45:** 1 M.Lorraine Birtley 2.92; 2 C.Pearson Birtley 2.85; **W.55+:** N.Garnham NEVAC. 2.99;
JT: **M.45:** 1 M.Bunn Jarr.& Hebb.33.15; 2 R.Anderson Birtley 25.49; 3 T.Cornwell Birtley 22.79; 3 M.Mallen Crook 19.93; **M.50:** J.Wild Rich.& Zet. 32.74; **M.55:** 1 C.Burke New Marske 26.65; 2 G.Routledge Heaton 16.22; **M.60:** 1 T.Whitfield North Sh.Poly 21.96; 2 J.Hompson Durham City 17.79; **M.70+:** D.Field Sunderland 24.68; **W.35:** A.-M.Larkin Gateshead 9.46; **W.45:** 1 K.Partridge Crook 19.17; 2 C.Pearson Birtley 16.70; 3 M.Lorraine Birtley 12.72; **W.50:** L.Inwood Birtley 12.07;

V.A.A.- N.E. TRACK & FIELD LEAGUE 5.

20th. Aug. 2005 Monkton

5000: **M.40:** 1 V.Hemy North Sh.Poly 17.57; 2 D.Hughes North Sh.Poly 19.41; **M.45:** 1 M.Mallen Crook 18.22; 2 R.Weightman Gateshead 19.28; 3 G.Hewitson Crook 19.39; **M.50:** L.Atkinson Morpeth 16.28; **M.55:** S.Eccleston Hough.& Pet'lee 21.55; **M.60:** Larkin Crook 21.32; **M.65:** A.Purdham Crook 23.14; **W.50:** **W.40:** H.Morris North Sh.Poly 11.40; **SP:** **M.40:** P.Young Midd.& Clev. 9.13; **M.45:** M.Mallen Crook 6.43; **M.50:** 1 J.Wild Rich.& Zet. 10.07; 2 W.Bell Crook 7.87; **M.55:** G.Routledge Heaton 6.96; **M.60:** 1 P.Wheater N.E.V.A.C. 9.76; 2 R.Jurkowski Gateshead 8.47; **W.35:** A.-M.Larkin Gateshead 4.66; **W.40:** L.Smith Morpeth 6.70; **W.45:** C.Pearson Birtley 5.92; **TJ:** **M.45:** 1 D.Dixon Border 13.33; 2 G.Hewitson Crook 9.82; 3 A.Readman Hough.& Pet'lee 9.72; **JT:** **M.45:** M.Bunn Jarr.& Hebb. 29.79 ; **M.50:** J.Wild Rich.& Zet. 32.17; **W.35:** A.-M.Larkin Gateshead 8.68; **W.45:** 1 K.Partridge Crook 21.15; 2 C.Pearson Birtley 17.89; **DT:** **M.40:** 1 P.Young Midd.& Clev. 31.22; 2 D.Robinson Jarr.& Hebb. 19.05; **M.50:** J.Wild Rich.& Zet. 38.43 **M.55:** G.Routledge Heaton 18.65; **M.60:** P.Wheater N.E.V.A.C. 24.28 ; **M.70+:** D.Field Sunderland 28.65 ; **W.35:** A.-M.Larkin Gateshead 14.52; **W.45:** 1 M.Lorraine Birtley 14.94; 2 C.Pearson Birtley 14.38;

SOUTHERN COUNTIES VETERANS AC - TRACK & FIELD CHAMPIONSHIPS , BATTERSEA PARK

SUNDAY 12TH JUNE 2005

LONG JUMP: **M35:** 1 D McAdam 4.79 (CBP); **Murkin 3.74; M40:** 1 J Gittens 5.25; **M45:** 1 T Wade 5.2; 2 A Oyediran 5.78; 3 D Thacker 4.54; **M50:** T Hall 4.55; **M55:** M Martineau 4.08; **M60:** R Ruff 4.30; **M65:** R Bruck 4.11; **W45:** A Goad 4.37; **W50:** 1 S Yeomans 4.15; 2 L Harrison 3.00; **W55:** D Marler 2.74; **W60:** 1 I Holder 3.64; 2 J Charles 3.40; **Triple Jump:** **M40:** J Gittens 12.23; **M45:** A Oyediran 13.67; **M55:** 1 I Edwards 9.57; 2 G Kitchener 7.75; **M70:** R Grubb 7.79; **W50:** L Harrison 6.69; **W60:** J Charles 7.82; **High Jump:** **M45:** T Wade 1.60; **M50:** D Talbot 1.58; **M55:** 1 J Eastwood 1.40; 2 G Kitchener 1.35; **M65:** R Bruck 1.27; **M70:** 1 R Grubb 1.24 (CBP); 2 J Day 1.24 (CBP); **M75:** A Woods 1.00; **SHOT PUTT:** **M35:** A Briggs 8.71 (CBP); **M40:** 1 P Todd 11.74; 2 D Burrell 11.04; 3 A Tipping 10.92; 4 J Tigar 10.80; **M45:** 1 A Kibblewhite 10.65; 2 J Drzewiecki 9.41; **M50:** T Saunders-Mullins 9.78; **M55:** 1 N Griffin 13.07; 2 J Edgar 9.12; **M60:** 1 G Negus 11.63; 2 S Brooks 11.09; 3 C Melluish 8.95; 4 B Harlick 8.46; 5 W O'Connor 7.12; **M65:** 1 C Brand 10.18; 2 P Shevlane 8.47; 3 K Burnett 6.10; **M70:** 1 G Hickey 10.36; 2 B Strange 9.71; 3 R Grubb 8.91; 4 N Fullick 7.89; 5 P McEvoy 6.48; 6 D Birch 5.72; **M75:** 1 J Hanus 9.25 CBP; 2 I Briggs 7.38; **W35:** 1 C Goddard 10.48; 2 J Thrush 10.27; **W40:** 1 E Augee 10.74; **W45:** 1 W Dunsford 8.88; 2 A Goad ; **W50:** 1 V. Thompson 10.27; 2 J Saunders-Mullins ; 3 ; **W60:** 1 E Sissons 9.39; **W65:** E Williams 10.34; **HAMMER THROW:** **M40:** 1 D Burrell 42.22;

2 P Todd 40.26; **M45:** C Privett 43.34; **M50:** T Saunders-Mullins 29.58; **M55:** 1 N Griffin 44.55; 2 J Edgar 29.72 ; **M60:** 1 C Melluish 46.55; 2 G Negus 35.79; 3 B Harlick 25.06; **M65:** 1 H Thomas 35.08; 2 P Shevlane 32.53; **M70:** 1 P Barber 40.69; 2 P McEvoy 36.80; 3 G Hickey 30.18; 4 N Fullick 26.81; 5 D Birch 21.49; **M75:** 1 J Hanus 35.39; **BRITISH RECORD-CBP:** ; **W35:** J Thrush 35.40; **W40:** 1 E Augee 46.56 CBP; **W45:** 1 S Roberts 24.44; 2 W Dunsford 23.53; 3 A Goad 18.57; **W50 :** 1 V Thompson 28.21; 2 K Workman 23.73 ; 3 L Harrison 17.2; **W55:** L Shrosbree 33.79; **W60:** 1 E Sissons 27.16; 2 V Miles 19.50; 3 N Cross 16.67; **W65:** E Williams 38.18 CBP; **DISCUS THROW:** **M35:** A Briggs 29.64 CBP; **M40 :** 1 P Todd 36.71; 2 J Tigar 35.11; 3 A Tipping 34.00; 4 D Burrell 3.21; **M45:** 1 J Drzewiecki 36.21; **M50:** 1 M Bennett 32.45; 2 T Saunders-Mullins 21.78; **M55:** 1 N Griffin 45.85; 2 J Edgar 32.73; **M60:** 1 C Melluish 35.46; 2 B Harlick 32.49; 3 W O'Connor 20.94; **M65:** 1 C Brand 38.56; 2 P Shevlane 32.70; 3 H Thomas 30.91; 4 K Burnett 20.73; **M70:** 1 B Strange 30.06; 2 P McEvoy 27.75 ; 3 G Hickey 27.68; **M75:** 1 J Hanus 30.38; 2 I Briggs 24.79; **W35:** J Thrush 34.68; **W40:** E Augee 35.52; **W45:** 1 W Dunsford 24.24; 2 S Roberts 17.70; **W50:** 1 V Thompson 21.79; 2 K Workman 20.58; **W60 :** E Sissons 20.82; **W65:** E Williams 29.43 CBP; **W70 :** M Grant-Stevens 16.13; **JAVELIN:** **M35:** A Briggs 29.36 CBP; **M40 :** 1 J Tigar 46.76; 2 D Burrell 40.02; **M50:** 1 M Bennett 40.14; 2 T Saunders-Mullins 26.46 ; **M55:** J Eastwood 41.90; **M60:** 1 A Fox 43.34; 2 B Harlick 26.99; 3 W O'Connor 17.84; **M65:** 1 C Brand 36.52 ; 2 J Webster 34.82; 3 K Burnett 16.12; **M70:** 1 G Hickey 26.37 CBP; 2 R Grubb 23.19; **W45:** 1 A Goad 25.39; 2 W Dunsford 13.69; **W50:** 1 J Saunders-Mullins 28.00; 2 V Thompson 24.55; 3 K Workman 24.54; **W60:** 1 E Sissons 30.16; 2 N Cross 15.81; **W65:** E Williams 34.54 CBP; **POLE VAULT:** **M40:** J Andrews 3.80; **M45:** D Thacker 2.20; **M60 :** 1 M Joyce 2.70; 2 B Harlick 2.60; 3 S Brooks 2.50; **M70:** J Day 2.50 CBP; **W35:** J Anderson (Guest) 1.80; **W45:** A Goad 2.20 = CBP; **100m:** **M35:** 1 Will MacGee 10.87 CBP; 2 Rohan Samuel 10.99 3 Jason Cartt 11.05; 4 Scott Dorset 11.60; 5 Barrington King 12.04; 6 Gary Palmer 12.06; 7 Robert Murkin 13.58; **M40:** 1 Patrick Logan 11.90; 2 Timothy Beaglehole 12.67; **M45:** 1 Kwei Sankofa 11.87; 2 Akin Oyediran 12.72; 3 Roderick Davies 14.16; **M50:** 1 John Browne 11.74; 2 Walwyn Franklyn 12.20; 3 Ray Watkins 12.37; **M55:** 1 Anthony Roker 13.13; 2 Geoffrey Kitchener 13.54; **M60:** 1 Terry Bissett 13.53; 2 Charles Isetts 13.71; 3 Robert Ruff 15.31; 4 Snowy Brooks 15.46; **M65:** 1 Colin Field 14.28; 2 Roger Bruck 15.18; 3 Allan Sowden 16.20; **M70:** Andrew Blackman 16.05; **M75:** Alf Woods 19.11; **M80:** Sylvester Stein 18.44; **W35:** 1 Mel Healy 14.12; 2 Adele Forsyth 14.67; **W45:** 1 Anne Goad 14.07; 2 Christine Young 15.32; **W50 :** Helen Godsell 13.24 CBP; **W55:** 1 Val Parsons 14.01 CBP; 2 Emily MacMahon 14.43 ; 3 Daphne Marler 21.97; **W60:** 1 Iris Holder 16.06; 2 Nanette Cross 17.89; **W75:** Brenda Green 24.54; **200m:** **M35:** 1 Will MacGee 22.58 CBP; 2 Jason Cartt 23.02; 3 Scott Dorset 23.69; 4 Gary Palmer 24.65; 5 Barrington King 25.63; 6 David McAdam 27.48; 7 Robert Murkin 28.50; **M40:** 1 Patrick Logan 24.42; 2 Timothy Beaglehole 26.09; **M45:** 1 Kwei Sankofa 24.15; 2 Dennis Thacker 28.71; **M50:** 1 John Browne 24.06; 2 Walwyn Franklyn 24.91; 3 Ray Watkins 25.19; **M55:** 1 Anthony Roker 26.32; 2 Geoffrey Kitchener 27.18; **M60:** 1 Terry Bissett 26.58; 2 Charles Isetts 28.11; 3 Bruce Charles 32.21; **M65:** 1 Colin Field 30.37; 2 Allan Sowden 33.66 **M70:** Andrew Blackman 34.13; **W35:** 1 Mel Healy 29.00; 2 Adele Forsyth 30.90; **W45 :** 1 Wendy Dunn 27.50; 2 Chrithine Young 32.30; **W50:** 1 Helen Godsell 27.60; 2 Joy Saunders-Mullins 29.10 ; **W55:** Val Parsons 29.80; **W60:** 1 Iris Holder 33.05; 2 Jackie Charles 34.74; **400m:** **M35:** 1 David McAdam 64.41; 2 Robert Murkin 77.34; **M40:** 1 Danny Hodge 55.70; 2 Glen Reddington 61.56; 3 Michael May 62.49; **M45:** Dennis Thacker 66.53; **M50:** Douglas Lucas 58.55; **M55:** 1 Geoffrey Kitchener 62.77; 2 Ian Edwards 68.69; **M65:** 1 Arthur Kimber 71.00; 2 Colin Field 71.80; **M70:** 1 John Seymour 68.36; 2 Donald Adie 91.29; **W35:** Adele Forsyth 73.28; **W45:** 1 Lesley Felton 64.32; 2 Christine Young 76.75; **W50:** Helen Godsell 66.79;

800m: **M35:** Andrew Del Nevo 2.21.56; **M40:** Abraham Asgedom 2.25.80; **M45:** Steve Bond 2.07.31; **M50:** 1 Paul Gasson 2.22.75; 2 Bill Birmingham 2.28.26 ; 3 Alan Newman 2.33.27; **M55:** Peter Hamilton 2.27.15; **W45:** 1 Lesley Felton 2.27.50; 2 Jane Searle 2.41.90; **W50:** Sue James 2.58.20;

1500: **M35:** Andrew Del Nevo 4.43.10; **M40:** Bob Fursey 4.44.50; **M45:** Nigel Burnell 4.56.10; **M50:** 1 Paul Gasson 4.44.50; 2 Alan Newman 4.52.90; 3 Pete Marsh 5.18.80; 4 Rob Sargent 5.25.30; **M55:** Peter Hamilton 4.49.44; **M60:** William O'Connor 5.40.34; **M65:** 1 Arthur Kimber 5.41.34; 2 Tony Merritt 6.40.62; **M70:** Donald Adie 6.31.77; **W45:** 1 Denise Farnham 5.13.95; 2 Annabelle Wallace 5.42.37; **W50:** Sue James 5.55.88; **W60:** Cecilia Morrison 6.34.19; **W65:** Pam Jones 6.34.13;

3000 W: **M45:** 1 Ivor Groves 19.41.20; 2 John Ryan 21.24.90; **M50:** 1 Rod Dunn 16.02.24; 2 David Sharpe 16.22.46; **M65:** 1 Ron Powell 17.53.01; 2 Brian Sturt 18.24.05; **M70:** Paul Ray 19.44.60; **M75:** Harvey Jacquest 23.39.00; **M80:** Jack Fitzgerald 25.10.60; **W55:** Ann Lewis 17.05.65 CBP;

5000: **M35:** Ian Johnston 16.06.41 CBP; **M40:** 1 Luke Armitage 16.49.55 ; 2 Bob Fursey 17.46.34; 3 Adrian Moody 18.40.61; **M45:** Colin Oxlade 17.32.20; **M50:** 1 Pete Marsh 19.11.47; 2 Rob Sargent 19.17.24; 3 Martin Lippett 22.00.14; **M55:** Matthew Doughty 20.46.47; **M60:** 1 William O'Connor 21.07.34; 2 Martin Duff 21.41.39; **M65:** Tony Merritt 23.20.61; **M70:** Brian Shavel 26.23.86; **M75:** Ron Franklin 27.36.41; **M80:** Ron Hale 26.01.44 CBP; **W45:** Denise Farnham 19.12.13 ; **W50:** Anne Lippett 23.35.27; **W65:** Pam Jones 24.06.66;

80H: **M70:** Jim Day 17.28; **W55:** Emily McMahon 14.02;

100H: **M50:** Terry Hall 17.87; **M55:** 1 Anthony Roker 16.67; 2 Geoffrey Kitchener 22.08; **M60:** Brian Harlick 22.85;

110H: **M40:** 1 Clarence Allan 15.43; 2 Des Wilkinson 15.84;

300H: **W55:** Emily McMahon 52.41 BRITISH RECORD (faster 51.94 in Birmingham) CBP; **M60:** 1 Barry Ferguson 52.80; 2 David Barrington 54.10; 3 Bruce Charles 61.30; **M70:** Peter Field 55.90

400H: 1 D Hodge 61.40; 2 A Roker 66.00; 3 J Wright 67.30;

2000m S/C: **M35:** Robert Savage 8.07.63 CBP ; **M60:** William O'Connor 9.26.13 CBP; **W45:** Gwyneth Hueter 8.34.15;

MIDLAND VETERANS TRACK & FIELD LEAGUE SOUTHERN DIVISION MEETING 4 TIPTON WOMEN

W35: **200M:** J Rogers (Birch) 29.3; **(B)** A Haywood (Birch) 30.7; **800M :** S Evans 2.44.7 **(E)** Blake (Spark) 2.54.2; **3000M :** S Evans 11.30.0; **(B)** : E Blake 12.15.0; **Mile Walk:** S Tonks (B&R) 7.48.6 ; **(B)** : P Horwill (D&ST) 11.02.9; **4 x 400m Relay:** Birchfield 5.01.0; **Triple Jump** J Rogers 8.00; **Javelin** : J Rogers 23.47m

W50: **200M :** A N Other (Worc) 34.3 ; **Javelin:** C Rafferty (Birch) 19.89m

W45: **800M:** N Hitchmough (D&St) 2.40.7 8 **3000M:** N Hitchmough 11.20.2; **Discus :** R Chrimes 27.49m

FINAL LEAGUE STANDING

1st BIRCHFIELD 34.5; **2nd Bromsgrove & Redditch** 33.5; **3rd SPARKHILL** 26; **4th WORCESTER** 23;

5th Dudley & STOURBRIDGE 23; **6th HALESOWEN** 13; **7th TIPTON** 13; **8th WEST BROMWICH** 11;

MIDLAND VETERANS TRACK & FIELD LEAGUE EASTERN DIVISION MEETING 4

RUGBY 10th AUGUST 2005 MEN

M40: **200M:** C Moven (R Lions) 24.2; **800m** A Wilkinson (Harb) 2.12.1 **(B)**; T Harrison (Harb) 2.19.7;

3000M : D Guess 9.22.7; **(B)**: E Barker 9.42.0; **2k**

Walk: C Turner 10.45.4 **(B)**: A Flear (Nun) 10.47.2;

4 x 400M Relay: Rugby Lions 3.58.7 **JT**; K Murch (R Lions) 54.95m; **PV:** A Wilkinson 2.50m **LJ** D Bithray (R Lions) 4.92m ; **SP** G Herrington (R Lions) 11.49m

M50: **200M:** S Clay (Leam) 27.5; **800M:** T Akiens (R Lions) 2.20.0; **Long Jump** S Clay 4.89m; **DT:** J Edwards 36.10m

M60: **200M** M Baxter (Charn) 28.5; **3000M** C Turner (Nun) 11.12.8; **JT:** S Avins (Harb) 24.76m;

FINAL LEAGUE PLACINGS **1st** Charnwood 34; **2nd** Rugby Lions 32; **3rd** Leamington 26; **4th** Nuneaton 24. 5;

RESULTS

EVAC 5K SUNDAY 7TH AUGUST 2005 & 2005 GRAND PRIX

Jim McMahon, continuing his run of first from the 5m in June, won his second EVAC Road Race Championship in 2005, beating David Read this years 10k winner, with newcomer Justin Coleman just holding off M.50 Phil Jones for third place.

Lindi Marson was first woman home, this time she was given a close race by Lynn Emmett from the City of Norwich Club, adding the 5k to her 5 mile and 10k titles won earlier this year.

As in previous years within the three EVAC promoted events and the two open events (The Grunty Fen Half Marathon and the Fenland 10), a GRAND PRIX (best of three), based on the WAVA % Tables is run in conjunction with the Championships. After three events Brian Harris from Mansfield H leads by just .06 of a percentage point from David Read closely followed by newcomer to the Championships, Graham King of Bedford Harriers, and a regular since the event started Malcolm Ball from Cromer's North Norfolk Beach Runners. All four having a score of over 80 %

This year in memory of Peter Andrews our late Treasurer, who died last year, the club is presenting a Memorial Medal from a design based on an image of Peter running in the "Grantchester 5k" in the year 2000.

To win this medal a runner must score 85 % or more on the WAVA % Tables. Jim Mc.Mahon is the first ever winner having bettered 85 % in both the 5m and 5k. Phil. Jones from MKAC came very close, missing out by just less than .25 %

The tables are calculated on your age on the day of the race. The Chairman has created tables from 35 to 85 for all of our championships distances 5k, 5m, 10k, 10m and half marathon.

It was also a day for setting new records, Jim Mc.Mahon with a new course and M.45 Record, David Reed equaling the M.40, Phil Jones beating the old M.50 Time, as did Malcolm Ball in the M.70 age Group, and last but not least Veronica Manley with a new time for the W.55's. Obviously the conditions were good, though I did hear mention of the face wind between 3 & 4k, and traffic was light after 1k once you were off the main road.

Jim was not the only runner to set new Records; seven other members bettered or equalled previous age group times. In the 10k Graham Williams was the sole record breaker with a time of 37 m 04 s. Jim's 26.33 for the 5 mile and 16.03 for the 5k were new course records, and a new M40 Record in the 5m, and a new M45 in the 5K.

Brian Harris ran 31.39 in the 5 mile for a new M55 Course Record and Lindi Marson's 33.07 improved the W45 Record.

In the 5k David Reed equalled the M40 record with a time of 16.42, Phil Jones, who just missed out on a Peter Andrews award, did set a new M50 Record of 17.08, Malcolm Ball improved the M70 record to 22.26 and lastly Veronica Manley was rewarded for her efforts with a time of 22.57 for the W55 Age Group. Well run everyone.

One final point, for the second time this year we have had over 50 finish, in the 5 mile and 5k, and over 80 have taken part in one or more of the three Championships so far. Twenty-six have competed, in all three and a further twenty-seven in two of the three events. Which means, to compete for a GRAND PRIX AWARD roughly a third need to do both the 10 mile and the Half Marathon, and a third need to compete in one or the other, the final third can also compete in both to improve the percentage, and of course ALL can compete for the CHAMPIONSHIP AWARDS and for a PETER ANDREWS MEMORIAL MEDAL.

Results:

1 16:03 Jim McMahon M45; 2 6:42 David Reed M40; 3 17:05 Justin Coleman M40; 4 17:08 Phil Jones M50; 5 17:40 Peter Pearce M40; 6 17:51 James Heath M45; 7 17:52 Geoffrey Tomlinson M45; 8 17:58 Peter Gipp M40; 9 18:09 David Bowker M45; 10 18:23 Paul Woodyatt M40; 11 18:25 Graham King M50; 12 18:48 Brian Harris M55; 13 19:03 Jonathan Roots M40; 14 19:12 Malcolm Cowley M45; 15 19:21 Maurice Reed M40; 16 19:26 Mark Chaplin M45; 17 19:30 Paul Devision M50; 18 19:32 Lindi Marson W45; 19 19:37 Lynn Emmett W35; 20 19:39 John Jenkins M55; 21 19:42 Gerald Meah M45; 22 19:49 Alex Downie M55; 23 19:54 David Mail M50; 24 20:09 Paul Dimmock M55; 25 20:14 Steve Tate M50; 26 20:19 Mark Ross M40; 27 20:32 Robert Price M60; 28 21:07 Paul Firmage M50; 29 21:23 Mike Rosebrook M65; 30 21:26 Karen Worrell W40; 31 21:33 Terry Braverman M60; 32 21:36 Peter Howard M60; 33 21:39 Roger Duffield M65; 34 21:40 Vikki Green W45; 35 21:59 Bob Thompson M55; 36 22:06 Ian Foskew M40; 37 22:15 Julie Heath W40; 38 22:25 John Turner M60; 39 22:26 Malcolm Ball M70 40 22:57 Veronica Manley W55; 41 23:21 Susan Barnett W55; 42 23:43 John Fordham M65; 43 24:02 Milford Callow M70; 44 24:11 Colin Weight M70; 45 24:22 Dave Stubbins M60; 46 24:27 Judy Potter W55; 47 24:40 Peter Moston M40; 48 24:58 Ann Martin W65; 49 26:28 David Potter M60; 50 26:37 Maurice Young M70; 51 27:02 Sarah Moston W40; 52 27:31 Eric Yates M65; 53 27:33 Ursula Duckworth W65; 54 29:50 Leslie Lawrence M50; 55 31:44 Gillian Holmes W50;

MIDLANDS VETERANS LEAGUE FINAL, WORCESTER, 3RD SEPTEMBER

MENS A FINAL

M40

100: C Moven 11.9; 800: I R White 2:06.1; 3000: S Marklew 9:12.4; 200/400: D Maynard 23.4 / 51.0; 1500: I Pawluk 4:19.5; 2kW: D myers 10:59.8; 4x100: Rugby & Northampton 50.6; HT: R Payne 46.18; PV: M Flannery & K Murch 2.60; LJ: A Burt 4.94; TJ: J Church 10.45; JT: K Murch 52.48;

M50:

100: L Oldfield 13.3; 3000: P Parker 9:58.0; 400 / 1500: S Halion 61.1 / 4:47.8; ; HJ: D Cowley & P Askew 1.45; SP / DT : J Edwards 11.42 / 34.90; TJ: D Cowley 10.38; M60:

200 / 400 / 800: L Oldfield 27.3 / 61.7 / 2:38.4; 3000: G Orme 11:09.3; HJ: D Vaughan 1.25; SP: C Street 9.37; DT: I Love 27.01; 1 Worcester AC 167.5; 2 Rugby & Northampton 145; 3 Charnwood 137.5;

MENS B FINAL

M40

100 / 400 / LJ / 200: I Moody 12.7 / 55.7 / 5.20 / 25.6; 800 / 1500 / PV: A Wilkinson 2:11.0 / 4:36.3 / 3.00; ; 3000: D Riley 9:53.7; / 2kW: C Turner 10:40.3; 4x100: Telford 52.7; HT / JT:C Baker 35.09 / 40.34; ; TJ: P Hayden 9.31;

M50:

100 / 400 / HJ: D Drew 12.9 / 60.5 / 1.30; 3000: R Hailey 4:38.1; 1500: M Dawes 4:51.1; SP / TJ: A Turney 7.86 / 9.62; DT: P Owen 26.71;

M60:

200; J Bradley 31.0; 400: M Smith 70.6; 800:/ 3000 : C Turner 2:34.3 / 11:38.4; HJ: C Green 1.35; SP / DT: J Bartlett 10.15 / 33.36; 1 Harborough 162; 2 Sparkhill 157; 3 Telford 154;

Womens A Final

W35:

100 / 200: S McDonald 13.5 / 27.7; 400: W Morant 66.1; 800 / 1500: M Leach 2:33.3 / 5:30.7; 3000: S Evans 11:28.3; 2kw: K Davies 12:30.7; 4x100: Royal Sutton Coldfield 56.8; PV: A Wainwright 2.10; LJ: J Pryce 4.52; HJ: L Willis 1.30; SP / DT: A George 9.41 / 24.24; W45:

800 / 3000: S Fearn 2:38.9 / 12:04.2; HJ: J Pryce 1.30; SP / JT: D Murch 8.65 / 24.37;

W50:

100 / LJ / DT / SP: M Lewington 14.5 / 3.82 / 17.10 / 7.76; 200 / 400: A Wainwright 30.4 / 71.5; 1500 / 3000:

Peter Chaplin

RESULTS

D Fellows 5:58.4 / 12:55.3;

1 Royal Sutton Coldfield 155.5; 2 Rugby & Northampton 138.5; 3 Cannock & Stafford 133;

Womens B Final

15:

100/200 / 400 / SP: S Barker 14.9 / 30.8 / 72.5 / 6.35 ;

800: S Bartram 2:39.3; 1500 / 3000: C Evans 5:12.2 /

10:51.4; 2kw : K Brazwell 10:36.4; 4x100: Worcester

65.4; LJ: C Gordon 3.61; HJ: D Elmhurst 1.20; DT:

J Roginski 19.04;

W45:

200/400 / 800: R Townsend-Hope 34.8 / 85.6 / 2:42.9;

3000: K Braznell 12:02.6; SP / JT: J Roginski 6.51 / 20.37;

W50:

100: R Townsend-Hope 16.6; 1500 / 3000: J Rowland

7:09.2 / 15:03.8; LJ: C Lyon-Green 3.00; DT: P Price 14.40;

SP: S Owen 7.35;

1 Worcester 176; 2 West Bromwich 144; 3 Harborough

125;

Central TV Trophy – Rugby & Northampton 293;

PV: M40: Lyon 3.20;
HT: M45: Vince 32.61; **M60:** J MacBeath 36.83; **M65:** Gentleman 47.58; **M70:** Miller 33.76;
JT: M40: Lyon 35.68; **M60:** Sloan 33.00; **M65:** Freebairn 29.32; **M70:** Miller 22.03;
LJ: M40: Lyon 5.52; **M50:** Lonsdale 4.78; **M55:** Clerihew 5.08; **M60:** T MacBeath 4.08;

WELSH MASTERS CHAMPIONSHIPS, CARDIFF 26th JUNE

W35: 800 / 1500: Jenny Phillips 2:34.8 / 5:12.8; **SP / DT / HT:** Susan Freebairn 9.06 / 38.33 / 35.23;
W40: 100 / 400: Susan Hooper 14.7 / 67.8; **SP / DT / HT / JT:** Alyson Hourihan 10.72 / 34.62 / 29.26 / 29.04;
W45: SP/DT/HT: Claire Cameron 10.04 / 34.89 / 32.50;
W55: 800: Pat Gallagher 2:42.7;
W60/100/200/SP / DT/HT/JT: Dorothy Morgan 18.2 / 38.3

7.40 / 20.07 / 21.51 / 17.47;

W75: 200/400: Monica Shone 38.5 / 94.9;

W80: LJ/TJ/SP: Mary Wixey 1.77 / 3.27 / 3.71;

J15: 100/200: C Millard 11.8 / 23.1; **LJ/TJ:** Steven Spiers 4.85 / 9.93; **PV:** Glyn Price 4.20; **SP:** Joseph Nagle 10.25;

M40: 100/PV/DT: Nicholas Walker 12.7 / 3.40 / 32.74;

200/800: Malcolm Medhurst 26.0 / 2:08.1; **400:** Brett Davies

55.5; **5000:** R Sheen 16:32.1; **110H:** Mike Mullins 19.8;

400H: Steve Wedley 71.8; **HJ/JT:** Jonathon Powell 1.60 /

55.32; **LJ:** David Richards 5.35; **TJ:** David Shield 10.17;

SP/HT: Glyn Pugh 9.95 / 35.82;

M45: 100/200/LJ: Roderick Davies 13.7 / 28.1 / 4.68; **800:** Nigel Webb 2:08.4; **1500:** Mick McGeoch 4:42.6; **5000:**

Robert Hackett 18:13.0; **SP/DT/HT/JT:** Geoff Van

Klaveren 8.25 / 22.00 / 18.45 / 33.93; **2kW:** Colin Bradley

10:51.4;

M50: 100/400: Bilal Namani 13.2 / 56.1; **200/LJ:** John

Watkins 28.5 / 4.17; **800/1500:** Gareth John 2:37.1 / 5:13.7;

5000: David Proffitt 20:42.7; **TJ/DT/JT:** Stuart Powell 8.6 / 25.55 / 23.48;

M55: 100/LJ: Brian Williamson 13.5 / 4.63; **400/800/5000:**

Gary Hyatt 75.6 / 2:51.8 / 15:58.9; **SP/DT/HT/JT:** J Davies

7.35 / 25.06 / 24.78 / 35.88; **2kW:** David Ainsworth

12:50.7;

M60: 100/200/PV: Glyn Sutton 12.4 / 25.7 / 3.20 ; **400/800:**

Mel James 72.2 / 2:43.3; **HJ/SP/DT/HT/JT:** James Sloan

1.20 / 10.95 / 37.27 / 23.42 / 31.71;

M65: 100/200/300h/LJ/TJ: Trevor Pugh 16.4 / 34.1 / 61.1 /

3.61 / 8.36; **800:** David Carney 2:56.1; **HJ/SP/DT/HT/JT:**

John Freebairn 1.30 / 10.20 / 32.07 / 31.94 / 30.25; **2kW:**

John Collins 13:59.0;

M70: 100/LJ/TJ: John Evans 16.1 / 3.75 / 8.09; **800/1500:**

Len Tew 2:44.3 / 5:35.6; **2kW:** Jack Thomas 13:05.9;

M75: SP/DT/HT: Bill Kingsbury 6.51 / 18.54 / 24.00; **2kW:**

Ronald Davies 14:26.5;

VETS AC CHAMPIONSHIPS Millennium Stadium, Battersea, 4th September

JAROSLAV HANUS beat the Championship Best Performance on all his throws in the hammer and the discus and set new figures in the shot.

Hanus, once a clubmate of Emil Zatopek, hurled the hammer 33.78 to improve on the old M75 mark of 28.83..

The previous best in the M75 discus was 25.80 and he did 28.83. Chris Melluish had his best throw this year in the hammer doing a CBP for the M60 of 50.84 bettering the previous mark of 48.57.

Liz Sissons, who had competed for her club Epsom & Ewell for fifty years on the 11th of July this year, improved on the CPB for W60 in the hammer and shot.

Ashford's Southern League Division One pole vaulter Mike Goodall, improved on the M55 pole vault CBP of 3.20 with a height of 3.40 and, in the 3000m walk, 69 year old, Arthur Thomson, who came second overall, was 36 seconds up on the M65 CBP of 16:20.9 with 15:44.1.

Paul Sutherland, won the first two track events of the day. The unusual combination of 110hurdles and the 800m but considers himself more a long jumper / hurdler and he thinks he will be back next year to Lonsdale 1.45; **M60:** Madigan 1.30; **M65:** J Freebairn 1.25; attack the hurdles CBP of 15.2.

Winston Laing (61) the 1998 National Masters M55, 800m Champion in the USA, was a guest in the 400/800 M60 events and ran away with both in the good times of 61.1/2:28.7. Laing, who lived in Shepherds Bush and competed in the RAF till 1971, before going to America said "I have been running a bit better in training lately and expected faster times but it was very hot out there"

The oldest competitor in the day at Battersea was Sylvester Stein, who won the M80 100m in the modest time for him of 19.2.

Stein, who has been a World and European Masters sprint Champion in his time, remarked "I had no warm up and I am straight off to the Riverside Studios now!" His play "Killing Mr Drum" is remarkable in the fact Stein is the oldest person ever to have his first play put on in the theatre!

Blackheath's Peter Hamilton, 57 who won the M55 1500, remarked that it was his 26th medal in 28 starts in these Championships. Liam O'Hare, was a clear winner of the M55 5000m, which was surprising as he had to rip off his clothes, as the organiser of the whole meeting, to run and Jan Ross (W45) won the women's equivalent, equally impressively but pointed out, that she will be 50 a couple of weeks after the Home Veteran International cross country in Dublin in November so, that she would not expect to make the W45 age group for England, as it is bound to be very strong. She may have to wait for the opportunity till next year.

Alastair Aitken

EASTERN VETERANS AC Half Marathon Championship RAND PRIX 2005 Sunday 11th September 2005 Grunty Fen Witchford Ely Cambs.

1: 01:14:20 Mark Gamble-thompson M40; **2: 01:18:48** Justin Coleman M40; **3: 01:19:18** David Reed M40; **4: 01:19:32** Mike Barnsdale M50; **5: 01:20:04** Geoffrey M50; **6: 01:20:13** Graham Williams M50; **7: 01:21:00** Colin Arnold M50; **8: 01:22:05** Peter Sibbert M40; **9: 01:22:27** Graham King M50; **10: 01:24:02** Brian Harris M55; **11: 01:24:56** David Abbott M45; **12: 01:25:42** Godfrey Tofts M40; **13: 01:27:19** Mark Chaplin M45; **14: 01:28:49** William Haining M45; **15: 01:29:09** Kir Macrosson M50; **16: 01:29:48** Gail Pryke W45; **17: 01:30:22** Maurice Reed M40; **18: 01:31:08** Paul Firmage M50; **19: 01:31:16** Gerald Meah M45; **20: 01:32:26** Paul Green M45; **21: 01:32:42** Yvonne Scarrott W35; **22: 01:33:07** Robert Price M60; **23: 01:34:22** Tina Lazenby W45; **24: 01:34:37** David Bowker M45; **25: 01:35:25** Nigel Bush M55; **26: 01:36:26** Bridged Wallen W40; **27: 01:37:21** Vikki Green W45; **28: 01:37:57** Alex Downie M55; **29: 01:39:01** Chris Milne M45; **30: 01:39:43** Louise Bailey W50; **31: 01:40:05** Edward Morris M65; **32: 01:40:28** Lysa Ralph W35; **33: 01:42:26** Peter Howard M60; **34: 01:43:33** Terry Braverman M60; **35: 01:44:32** Susan Barnett W55; **36: 01:47:57** Karen Dodsworth W45; **37: 01:47:59** Colin Weight M70; **38: 01:49:26** P J Hough M65; **39: 01:51:51** Nigel Pettitt M40; **40: 01:55:30** Fred Uff M70; **41: 01:59:28** Mike Russel M75; **42: 02:12:05** Eric Yates M65;

V.A.A. - N.E. PENTATHLON CHAMPIONSHIP 11th. September.

M.40: 1 G.Harden (19.53- 4.21 -27.7- 23.34- 4.33.8) 2120pts; 2 P.Young (32.66- 4.12 -29.5 -31.83- 7.20.7) 1624pts; 3 D.Robinson (22.12 -4.82-dnf-21.92-5.30.0) 1391pts; **M.45 :** 1 A.Readman (18.76- 4.76- 25.48- 28.65-5.35.9); 2310pts; 2 M.Bunn (18.95- 4.14- 28.8- 30.64-5.22.8) 2043pts; **M.50 :** A.Jenkins (16.71- 2.88- 31.8- 17.27-5.01.9) 1680pts; **M.55:** 1 J.Loughran (17.22- 4.22- 28.2-18.30 -6.18.2) 1931pts; 2 C.Burke (25.98- 3.07- 30.1- 25.35-6.40.6) 1834pts; **M.65:** D.Butler (21.92- 4.07- 29.0- 20.11- 6.32.1) 2702pts; **W40:** 1 L.Smith (6.54- 3.55- 31.1- 17.32-3.21.3) 1214pts; 2 L.Marr (5.26- 2.86- 36.1- 11.55 - 2.45.0) 1041pts.

FIELD EVENTS.

DT: **M.45 :** D.Maggs 29.33m.; **M.50 :** J.Wild 37.65m.; **M.55:** T.Hudson 33.29m; **M.70 :** D.Field 31.69m.; **JT:** **M.55 :** Hudson 32.57m; **M.70 :** D.Field 27.00m.; **HT:** Maggs 37.75m.; **M.50:** Wild 37.87m.; **M.55:** Hudson 33.38m; **M.70:** Field 22.70m.

FIXTURES

MASTERS ATHLETICS

ADVERTISING RATES

COLOUR: FULL PAGE: £ 600:00 HALF PAGE: £350:
 BLACK & WHITE: FULL PAGE £ 450:00 HALF PAGE: £ 250:00

Items for inclusion in the "Christmas Edition" to reach the editor by the 16th November .

300+ CLUB

Donations received from:

Dave McNamee.

JUNE / JULY / AUGUST WINNERS:

£125-Jackie Gilchrist, Sally Gandee, Peter Morgan.

£10- Jenny Denyer, Jennie Grimwood, Anita Neil ,Armas Best, Edgar Nicholls, Tom Rowley, W Eldridge, Geoff Vance, P Heffernan, D Mullane, Jack Cross, Val Sharpe, Paula Booth, Dr. G Cooper, M Wooley.

FIXTURES

DATE	EVENT	VENUE	DETAILS
2 nd Oct	SWVAC Cranborne 10k	Dorset	1100
2 nd Oct	SVHC Half Marathon	Playdrome, Clydebank	1200
9 th Oct	BMAF Marathon	Cardiff	
16 th Oct	SVH 10k Track Championships	Coatbridge	1300 followed by AGM at 1400
16 th Oct	SWVAC Swindon 13.1m	Wiltshire	1100
23 rd Oct	NVAC 10 mile Championship	St Annes	
23 rd Oct	SWVAC Hoburne 5m	Christchurch, Dorset	1100
29 th Oct	BMAF XC Relays	Tredegar House, Newport.	JOHN COLLINS 01792 206119
12 th Nov	INTERNATIONAL XC	Dublin, Ireland	
14 th Nov	NVAC Road & paths Race	Leigh	With AGM.
20 th Nov	BMAF 10 mile Championship	Bishops Stortford	Entries to the: Race Secretary, 21, Larksway, Bishop's Stortford, Herts, CM23 4DG. With S.A.E.
27 th Nov	SWVAC Boscombe 10k	Bournemouth	1100
11 th Dec	MVAC Christmas Handicap	Solihull	
11 th December	World Masters 100k	Argentina	Also includes: Half and Full Marathon, 10k Run and 10k Walk: www.mundial100k-wma.com
11 th Dec	Welsh Masters XC Championships	Brecon	In conjunction with Welsh ICXC
11 th December	SVH C Christmas Handicap	Contact SVHC	
12 th Dec	NVAC 10k Road Race	Irlam	Christmas Handicap
2006			
8 th January	NVAC XC Championship	Warrington	Provisional date T.B.C.
22 nd Jan	MVAC Cross Country Championship	Perry Barr, Birmingham.	
5 th Feb	MVAC Road Handicap	Chelmsley Wood , TBC	
5 th February	NVAC 10k Road Race	Stockton Heath, Warrington	
19 th February	NVAC XC race	Bolton, Moss Bank park	
6 th March	BMAF XC Championships	Bournemouth	Entry form this issue
5-20 Mar	2 nd WMA World Indoor Championships	Linz, Austria	With Cross Country & Road walks www.linz2006.com
2 nd April	MVAC Road Relays	Chasewater	Followed by AGM.
20 th May	BMAF Road Relays	Sutton Park	Entry forms will be on www.mvac.org.uk as soon as details are finalised.
18 th June	BMAF 5k Road Championship	Horwich	
19-30 th July	XV European Veterans T&F Championships	Poznan , Poland	www.evacs2006.pl
2007			
22-25 th March	European Indoor Championships	Helsinki	
17-20 th May	European Non Stadium Championships	Regensburg, Germany	
28 th Aug-9 th September	World Masters Athletics Championships	Riccione, Italy.	

DECATHLON & HEPTATHLON

BRITISH MASTERS DECATHLON AND HEPTATHLON CHAMPIONSHIPS SEPTEMBER 17TH/18TH 2005 at HERRINGTHORPE STADIUM, ROTHERHAM

Words: Laurie Dunn

A slight drop in the number of competitors from previous years, mainly due to the proximity to the World Masters Championships, didn't detract from some exciting athletics at the British Masters 26th Decathlon and 18th Heptathlon Championships held at Herringthorpe Stadium, Rotherham, over the weekend of September 17th and 18th 2005. Several of the age-group competitions were still in doubt until the final events.

In the M45 group, the eventual champion, John Taylor was never in the lead during the whole competition until an excellent 1500 metres run took him clear of his rivals to claim the gold medal.

There was also a tight competition in the M40 group with Nicholas Walker and Andy Waddington involved in a close counter until Walker's superb pole-vaulting just gave him the edge. However, Waddington claimed the Derek Clarke Trophy, awarded to the best overall performance from all competing athletes when scores are recalculated on actual age.

Runner up for the Clarke Trophy was M70 winner, Tony Bowman whose performance was all the more remarkable in that only 6 weeks previous he had undergone angioplasty surgery on an artery in his heart. He claims never to have felt so fit.

Britain's oldest multi-eventer, Tony Rawlinson was again able to successfully complete another decathlon and is determined to return again next year after celebrating his 90th birthday.

The decision to limit the attempts in the high jump and pole vault for each competitor to only 7 proved quite popular with the competitors as it allowed them to focus on quality rather than quantity and helped in completing each day's competition by 4pm rather than having it drag out well into the evening as in previous years.

Although only 4 ladies turned up on the first morning for the heptathlon the fact that 3 were in the W50 age group meant that exciting competition was fought out with Caroline Marler eventually getting the better of Ann Wainwright and Lorraine Molloy. Caroline also won the Rawlinson Trophy as the best overall female athlete.

Hazel Barker, tired from her exploits at the World Championships in San Sebastian, fell heavily in the hurdles but battled gamely to the end of the competition.

The championships marked the end of many years of multi-events being staged in Sheffield. After organising the event for the last 13 years John Charlton is handing over responsibility to Bruce and Jackie Charles who have agreed to coordinate next year's championships in the Oxford area. It will be a tough initiation in that it coincides with the next round of the Trans-Atlantic Trophy when a team from the USA will be coming over to compete in the bi-annual event.

John was especially keen to express his appreciation to the many people who have assisted and supported him over the years, especially the Burton and Thomas families, to BMAF Track and Field Secretary, Maurice Doogan and to the many officials and helpers who have willingly given their time and effort to stage the championships.

Several of the Sheffield officials have expressed an interest in continuing their association with the event and will be keen to help Bruce and Jackie in future years. The athletes who have competed at Sheffield over the years can give nothing but the highest praise possible for the efficient yet relaxed way that John has organised the Championships and if the future events gain the cooperation and support

that have been prevalent over the past years then the future of multi-eventing in Britain looks secure.

B.M.A.F. DECATHLON AND HEPTATHLON CHAMPIONSHIPS 17/18 SEPTEMBER 2005 (Herringthorpe Stadium, Rotherham.)

- M35-39:** 1. Eddie McKenzie (12.7- 5.09- 11.06- 1.44- 62.4- 20.4- 33.35- 2.40- 41.69- 6.20.6.) 4053 points; 2. Phil Robinson (13.2- 4.96- 10.02- 1.44- 60.9- 24.2- 31.97- 2.30- 38.48- 5.37.7.) 3794 points;
- M40-44:** 1. Nicholas Walker (12.5- 5.68- 10.46- 1.50- 57.8- 18.0- 29.51- 3.50- 40.80- 5.43.1) 5520 points; 2. Andy Waddington (12.3- 5.70- 7.74- 1.71- 54.2- 19.3- 21.76- 2.40- 32.51- 4.46.1) 5350 points; 3. Derek Osborne (13.1- 5.51- 8.15- 1.56- 57.9- 18.9- 22.46- 2.90- 34.67- 4.55.8) 5045 points ; 4. Derek Glasgow (12.9- 5.15- 6.59- 1.56- 59.8- 21.1- 19.84- 2.40- 30.59- 5.04.1) 4355 points; 5. John Dickinson (13.3- 4.73- 7.03- 1.50- 58.4- 21.0- 22.54- 2.70- 28.68- 5.02.9) 4326 points; Jean Vadim (13.9- 4.17- 6.34- 1.17- 89.8.) RTD; Mark Line (12.1- 5.76- 11.20) RTD ;
- M45-49:** 1. John Taylor (13.6- 4.61- 7.34- 1.41- 60.4- 21.5- 23.19- 3.20- 29.39- 4.55.5) 4883 points; 2. Nash Cummings (13.0- 4.91- 8.57- 1.56- 59.9- 21.4- 25.81- 2.50- 28.06- 6.15.4) 4720 points; 3. Ken Pokorniecki (12.9- 5.11- 9.55- 1.41- 64.2- 24.1- 22.44- 2.40- 32.07- 6.53.4) 4213 points; 4. Ray McEvoy (14.0- 4.61- 8.44- 1.29- 64.8- 21.3- 25.57- 2.10- 33.31- 5.39.5) 4205 points;
- M50-54:** 1. Terry Hall (14.1- 4.63- 8.10- 1.38- 67.2- 17.5- 24.15- 2.20- 30.18- 6.20.8) 4581 points; Ian Reeve (13.6- 4.91- 8.79- 1.44- 60.2- 17.2- 27.86- nhc) RTD;
- M55-59:** Lawrie Dunn (14.3- 4.44- 6.87- 1.32- 65.6- 21.8- 22.76- 2.00- 29.06- 5.59.2) 4711 points;
- M60-64:** 1. Brian Loten (14.7- 4.14- 9.32- 1.24- 72.2- 21.0- 33.42- 2.50- 32.35- 7.08.0) 5212 points; 2. Brian Harlick (16.2- 3.66- 8.85- 1.18- 89.9- 22.9- 31.42- 2.70- 27.39- 8.09.3) 3979 points ; 3. Pete Clarke (17.4- 3.12- 7.65- 1.21- 85.1- 25.0- 26.95- 1.60- 20.22- 6.23.3) 3327 points; 4. Dai Vaughan (16.9- 3.59- 8.22- 1.24- 88.4- 34.6- 24.57- 1.60- 23.68- 8.06.7) 3010 points;
- M65-69:** John Scott (14.4- 4.08- 8.68- 1.15- 74.9- 25.9- 29.19- 1.60- 26.79- 7.43.3) 4840 points;
- M70-74:** Tony Bowman (15.1- 4.11- 7.65- 1.21- 78.3- 14.0- 20.64- 1.60- 18.39- 6.55.8) 5725 points;
- M75-79:** Norman Carter (18.1- 2.85- 6.74- 1.18- 97.9- 20.2- 21.35- 1.50- 22.57- 8.30.1) 4511 points;
- M85-89:** Tony Rawlinson (25.3- 2.07- 4.91- 0.82- 166.5- 42.6- 12.40- 1.00- 12.42- dnf) 2460 points;
- W45-49:** Hazel Barker (dnf- 1.40- 9.72- 30.5- 3.75- 22.25- dnf) 3008 points;
- W50-54:** 1. Caroline Marler (15.4- 1.13- 9.74- 30.7- 3.95- 24.29- 2.42.3) 4579 points; 2. Ann Wainwright (15.0- 1.25- 7.41- 30.8- 4.01- 12.83- 2.53.6) 4176 points; 3. Lorraine Molloy (22.2- 0.98- 6.52- 38.0- 3.15- 18.08- 3.40.5) 2107 points;

WORLD MASTERS, EDMONTON, CANADA

A small group of Brits travelled to Canada to compete in the Championships, acquitted themselves admirably.

Claire Cameron W45 won all of the throws to bring home five Gold medals.

Margery Swinton W60 won two Gold's, one Silver and three bronze medals.

William Gentleman won one Gold, two silver and a bronze.

Allan Williams cleared 4.30 to win the Pole Vault, and Jaroslav Hanus a silver and bronze in the throws.

Claire Ogie won two Silver and two Bronzes.

Archie Jenkins was just outside the medals in the 5000 metres.

- 100:** M50 : (SF) Peter Stennett 13.31; **400:** M45 : (QR): David Barlow 1:18.19; **800:** M45: (QR): Barlow 2:51.71; **1500:** M45: (QR) Barlow 5:20.24; **M50:** (QR) Archie Jenkins 4:52.57; Kevin Dillon 6:43.54; **5000:** M50: 5 Jenkins 17:41.35; **10,000 ROAD:** M35: 34 Paul France 53:43.00; M50: 78 Dillon 56:24.00; **80H:** W40: 3 Claire Ogie 19.68 / -1.4; **HJ:** W40: =2 Ogie 1.24; **PV:** M50: 1 Allan Williams 4.30; **TJ:** W40: 2 Ogie 7.42; **SP:** M65 : 7 William Gentleman 10.36; M75: 4 Jaroslav Hanus 9.24; W45: 1 Claire Cameron 10.25; W60: 3 Margery Swinton 7.84; **DT:** M65: 3 Gentleman 36.27; M75: 3 Hanus 29.86; W45: 1 Cameron 37.84; W60: 3 Swinton 20.48; **HT:** M65: 2 Gentleman 47.77; M75: 4 Hanus 29.57; W45: 1 Cameron 33.56; W60: 2 Swinton 26.56; **JT:** M50: 6 Stennett 37.45; M65: 1 Gentleman 15.75; M75: 4 Hanus 12.32; W45: 1 Cameron 10.71; W60: 3 Swinton 19.87; **WT:** W60: 1 Margery Swinton 9.64; **PENT:** W40: 3 Claire Ogie 12.37; **8k XC :** M50: 4 Archie Jenkins 30:25.00; **Weight Pent:** M65: 2 Gentleman 41.35; M75: 2 Hanus 38.93; W45 1 Cameron 35.35; W60: 1 Swinton 30.73;

WORLD MASTERS MOUNTAIN CHAMPIONSHIPS,KESWICK,10th SEPTEMBER

WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

Words: Archie Jenkins:

Pictures: Pete Hartley (if you would like your picture - Contact images@petehartley.fsnet.co.uk. 01282 420696.



ALISON BRETNELL W55

From the World Masters Track Championships in San Sebastian to the Keswick hills, in the Lake District, just over a week later, sounded like a good end of season wind down, with the anticipated stiff quads true to life days after.

The fifth running of the World Masters Mountain Running Championships came to the British Isles for the first time, and with it the first up and down circuit. The organisation appeared faultless and the 1,115 competitors made it a record entry. On home ground British enthusiasts made up the majority of the fourteen age group fields, all run separately. However seven individual medals went overseas from the twenty-seven visiting nations. The course was sufficiently testing for a championship event, with over forty winner Italian priest Franco Torresani taking 32 minutes 55 seconds on his ascent and 17 minutes 44 seconds on his descent, over the 11.km longer route rising 684 metres. In my very limited hill running over the years I have witnessed more severe descents, but this was fair and the late summer sunshine, ideal for spectators, was an extra test for the one thousand plus runners, on a day when rain stopped play in the Ashes match at the Oval. The wrist chip timing system operated by Sportident Timing was very impressive, with high point, finishing time and individual placing available to runners within ten seconds of crossing the line. I am also in favour of the online entry system, I first came across this at the BMAF 5k road championships at Horwich, followed by the Canmore Trail Race in the Rocky Mountains on my Canadian travels in

July. Spectators were kept expertly informed and entertained, and competitors massively encouraged en route.

Over 50 winner Nigel Gates certainly displayed his versatility, with one gold, two silver and one bronze medal in his collection from San Sebastian, another world title was in the bag, following his prediction in Spain in reaching the top first. Cumbrian Alan Bowness was fastest Great Britain runner, taking M40 silver, from Kendal's experienced Craig Roberts. Dave Neill collected M45 gold from Scottish hill racing specialist Colin Donnelly. Italian Bruno Baggio was the days' first winner in the 70s class over the 9.5km short course (476m ascent) with Alex Menary runner up. Preparing for the World Mountain Running Championships in New Zealand, race favourite Angela Mudge dominated the W35 event from Anne Buckley, only recently returning to form after injury. Once again Scotland's Sue Ridley showed her championship pedigree, with the bronze medal added to her impressive world track, cross country and road medal collection. Mike Walsh, Raymond Wilby, Peter Covey, Sally Newman, Cecilia Greasley, Maureen Laney, Alison Brentnall, Elaine Statham and Heather Goodman, all were leading British medallists in their age groups. Well-done Keswick!

5th World Masters Mountain Running Championship 2005

M40 (first 50)

1 Franco Torresani Italy 50:39; 2 Alan Bowness England 0:51:53; 3 Craig Roberts England 52:50; 4 Mark Croasdale England 0:53:21; 5 Greg Hull England 0:53:55; 6 Paul Dugdale 0:54:15; 7 Christopher Smale England 0:54:22; 8 Mark Horrocks England 0:54:29; 9 Deon McNeilly N Ireland 0:54:34; 9 Dave Taylor England 0:54:34; 11 Stewart Whittle Scotland 0:55:15; 12 Stewart Gregory England 0:55:53; 13 Stephen Pyke England 0:56:14; 14 Mike Whyatt England 0:56:22; 15 Mark Brown Gibraltar 0:56:26; 16 Joe Blackett England 0:56:35; 17 Andrew Wrench England 0:56:40; 18 Billy Minto Scotland 0:56:46; 19 Kevin Spilman Cheltenham Harriers England 0:56:59; 20 Bernie Boettcher USA 57:02; 21 Daniel Moore England 0:57:06; 21 John Hepburn Scotland 0:57:06; 23 Julian Rank England 0:57:17; 24 Malcolm Fowler England 0:57:30; 25 Adrian R Davis Scotland 0:57:43; 26 Garry Richard Wilkinson England 0:58:03; 27 Paul Stevenson England 0:58:07; 28 Kevin Lilley England 0:58:10; 29 Andy Shaw England 0:58:20; 30 Dave Hinchliffe England 0:58:30; 31 Ed Gamble England 0:58:46; 32 Stephen Gilliland Wales 0:59:03; 33 Klaas Jan Hofstra Holland 59:14; 34 Nigel Bunn England 0:59:26; 35 Steve Frazer England 0:59:32; 36 Tim Wylie England 0:59:41; 37 Andy Dickenson England 0:59:51; 38 Andrew Yapp England 1:00:05; 39 Brian Stevenson England 1:00:14; 40 Brian Thompson England 1:00:19; 41 Bruce Smith Scotland 1:00:20; 42 Syd Coxon England 1:00:23; 43 James Archbold England 1:00:29; 44 Dermot McGonigle N Ireland 1:00:31; 45 Chris Reade England 1:00:34; 46 John Mason England 1:00:40; 47 Adam Ward Scotland 1:00:53; 48 Dave Massey England 1:00:55; 49 Clive Bromhall England 1:00:59; 50 Jerry Dawson England 1:01:11;

M45 (first 50)

1 Dave Neill England 0:52:51; 2 Colin Donnelly Scotland 0:55:13; 3 Kevin Harding England 0:55:22; 4 Frantisek Kolinek Czech Republic 0:56:04; 5 Ronnie Gallagher Scotland 0:56:29; 6 Mark Richards England 0:56:51; 7 Mike Wallis England 0:57:23; 8 Aeneas Appius Switzerland 0:57:38; 9 Duncan Frampton England 0:58:01; 10 Graham Schofield England

0:58:07; 11 Alex Rowe England 0:58:31; 12 Didier Bougon France 0:58:47; 13 Alan Smith Scotland 0:58:58; 14 Andrew Normandale



DAVE NEILL WINNER M45

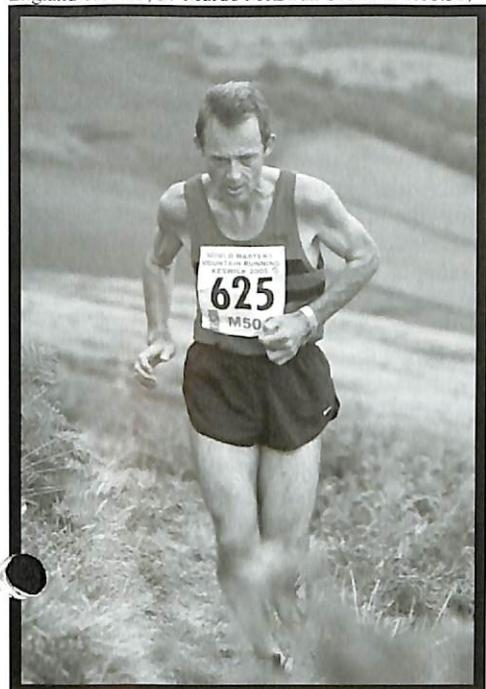
England 0:58:59; 15 Mike Johnson England 0:59:12; 16 Gary Hetherington England 0:59:55; 17 John Cox England 1:00:04; 18 Andy Hauser England 1:00:08; 19 Alex Smith England 1:00:11; 20 Paul Young England 1:00:12; 21 Giacomo Prandini Italy 1:00:16; 22 Neil Wrigley England 1:00:28; 23 Paul Kelly England 1:00:32; 24 James Dickinson England 1:01:04; 25 Paul Levell England 1:01:23; 26 Fred Smith England 1:01:29; 27 Jim Brown N Ireland 1:01:58; 28 David Armstrong England 1:02:04; 29 Gary Bastow England 1:02:17; 30 Andy Spenceley Scotland 1:02:24; 31 Ian Warhurst England 1:02:33; 32 Shaun Addison England 1:02:46; 33 Josef Tomek Czech Republic 1:02:49; 34 Andy Beaty England 1:03:02; 35 Michael Mallen England 1:03:18; 36 Tim Kelly England 1:03:23; 37 Ian Rowbotham England 1:03:25; 38 Laurie Anderson Scotland 1:03:42; 39 Graeme Pearson New Zealand 1:04:01; 40 Mark Smith England 1:04:11; 41 Michael Ligema England 1:04:19; 42 Gilles Convert France 1:04:20; 43 Duncan Asquith England 1:04:22; 44 Dario Amateis Italy 1:04:27; 45 Rick Ansell England 1:04:30; 46 Douglas Fleming Scotland 1:04:40; 47 Milan Krupka Czech Republic 1:04:47; 48 Charles Ashley Wales 1:04:47; 49 Ray Maynard England 1:04:47; 50 Rod Holt England 1:04:55;

M50 (first 50)

1 Nigel Gates England 0:56:56; 2 Steve Jackson England 0:58:49; 3 Tom McGaff Scotland 0:59:13; 4 Edward Davies Wales 0:59:51; 5 Peter Stewhauser Italy 1:00:11; 6 Chris Davies England 1:00:39; 7 Gary McMahon England 1:01:03; 8 Jackie Winn's England 1:01:31; 9 Derek Schofield England 1:01:39; 10 Brian Walton England 1:01:43; 11 Archie Jenkins Scotland 1:01:56; 12 Brian Goodison England 1:02:11; 13 Nick Hewitt England 1:02:49; 14 Robert Burn England 1:03:02; 15 Billy McKay N Ireland 1:03:07; 16 Christopher Taylor England 1:03:08; 17 Rob James England 1:03:15; 18 Andrew Robinson England 1:03:20; 19 Neil Cassidy England 1:03:22; 20 Andrew Lewis England 1:03:30; 21 Simon Daws England 1:03:38; 22 John Blair-Fish Scotland 1:03:43; 23 Alan Duncan England 1:03:46; 24 Ron Fawcett 25 Keith C Holmes England 1:04:09; 27 Phil Clark England 1:04:40; 28 Jonnie Butler England 1:05:15; 29 Kevin

WORLD MASTERS MOUNTAIN CHAMPIONSHIPS, KESWICK, 10th SEPTEMBER

Grogan Ireland 1:05:33; 30 Paul Harris England 1:05:39; 31 Howard Jardine England 1:05:40; 32 David Knee England 1:05:48; 33 Nat Taylor Scotland 1:05:59; 34 David Armitage Scotland 1:06:05; 35 Ian J Robinson England 1:06:11; 36 Graham McAra England 1:06:25; 37 Murdo McEwan Scotland 1:06:31;



NIGEL GATES WON THE M50 RACE

38 Trevor Longman England 1:06:53; 39 David Emmerson England 1:06:55; 40 Andrew Richard Norgate England 1:06:59; 41 Colin Laidlaw Scotland 1:07:21; 42 Paul Spurge England 1:07:25; 43 Peter Haworth England 1:07:28; 44 Mick Moorhouse England 1:07:29; 45 Ian Cowie Scotland 1:07:31; 46 Fred Lynch England 1:07:38; 47 Andy Howie England 1:07:44; 48 Stuart Knowles Scotland 1:07:57; 49 Ashley Jermieson Scotland 1:07:59; 50 Jiri Slegl Czech Republic 1:08:09;

W35 (first 25)

1 Angela Mudge Scotland 0:59:27; 2 Anne Buckley England 1:02:52; 3 Susan Ridley Scotland 1:03:17; 4 Veronique Oldham Belgium 1:07:15; 5 Helen Johnson England 1:07:31; 6 Julie Wilson England 1:08:52; 7 Cal Partington Isle of Man 1:08:55; 8 Zoe Mellings Ireland 1:12:30; 9 Denise Sanders Wales 1:12:40; 10 Ursula Trobec Slovenia 1:12:44; 11 Julie Haworth England 1:12:49; 12 Yvonne Amesbury Wales 1:15:44; 13 Angela Srivastava England 1:17:20; 14 Alison Wilson Scotland 1:17:25; 15 Paula Lernelius England 1:18:12; 16 Rosanne Gittins Eng 1:18:44; 17 Rebecca Mon-Williams Scotland 1:18:48; 18 Cathy Murray England 1:19:46; 19 Lucy Woollons Switzerland 1:20:06; 20 Claire Bruce England 1:20:15; 21 Teresa Segasby England 1:21:12; 22 Alison Stafford Blengdale England 1:23:38; 23 Anna Maria Crabtree England 1:26:52; 24 Steph Scott England 1:27:07; 25 Sharron Kebell England 1:29:01;

W40 (first 25)

1 Sally Newman England 1:03:55; 2 Ruth Pickvance England 1:04:25; 3 Jacqueline Hargreaves England 1:04:55; 4 Elisabeth de Nooijer Holland 1:06:46; 5 Hazel Dean Scotland 1:07:30; 6 Alison Raw England 1:07:31; 7 Suzanne Budgett England 1:08:14; 8 Evelyn Dugdale England 1:09:10; 9 Sally Malir England 1:09:16; 10 Helen Murray Scotland 1:09:19; 11 Jane Mellor England 1:10:13; 12 Alwynne Shannon N Ireland 1:10:33; 13 Alison Eagle England 1:11:18; 14 Carol Geddes Scotland 1:11:34; 15 Clare Galbraith N Ireland 1:12:56; 16 Christine Preston England 1:13:39; 17 Lynn Bland England 1:13:51; 18 Carole Waterhouse England 1:14:11; 19 Jean Shotter England 1:14:33; 20 Alison Bennett England 1:14:46; 21 Ludmila Jorova Czech Republic 1:14:52; 22 Jane Overton Scotland 1:14:56; 23 Alison Weston England 1:15:14; 24 Gill Evans Wales 1:15:53;

W45 (first 25)

1 Cecilia Greasley England 1:05:23; 2 Sue Becconsall England 1:05:34; 3 Kate Beaty England 1:06:15; 4 Elizabeth Tomes England 1:06:55; 5 Kate Ayres England 1:07:32; 6 Jackie Casey England 1:09:32; 7 Katherine Harvey England 1:10:07; 8 Lyn Thompson England 1:11:32; 9 Sandra Grimes ENG 1:12:17; 10 Jackie Graham England 1:12:23; 11 Victoria Musgrave Wales 1:12:32; 12 Anita Hamilton Scotland 1:14:17; 12 Alison Harding England 1:14:17; 14 Caroline Pollard England 1:14:43; 15 Fiona Shenton England 1:14:57; 16 Hilary Spenceley Scotland 1:16:40; 17 Mary Edgerton England 1:17:12; 18 Marian Fletcher England 1:17:54; 19 Julie Gardner England 1:18:28; 20 Barbara Brown N Ireland 1:20:29; 21 Susan Davis England 1:20:54; 22 Elaine Stewart Scotland 1:21:16; 23 Dot Patton England 1:24:04; 24 Kath Turner England 1:24:29; 25 Anne Heeks England 1:25:23;

W50 (first 25)

1 Maureen Laney England 1:04:30; 2 Vanessa Peacock England 1:06:44; 3 Blanka Paulu Czech Republic 1:07:24; 4 Louise Fairfax Australia 1:11:35; 5 Barbara Hoyland England 1:12:35; 6 Anne Haworth England 1:12:37; 7 Wendy Dodds England 1:13:42; 8 Jocelyn Scott Scotland 1:13:54; 9 Sue Ashton Wales 1:14:15; 10 Sue Haslam England 1:14:17; 11 Dawn Kenwright Wales 1:14:50; 12 Rosy Patis Italy 1:15:41; 13 Maria Grazia Boesi Italy 1:15:49; 14 Hilary Bloor England 1:16:24; 15 Caroline Boyd England 1:18:22; 16 Luise Winkler Germany 1:18:57; 17 Katy Thompson England 1:19:31; 18 Jane Waterhouse Scotland 1:20:00; 19 Linda Hayles England 1:20:45; 20 Sue Johnson England 1:22:30; 21 Christine Bland England 1:22:45; 22 Carolyn Charlton England 1:23:52; 23 Valerie Gill England 1:26:33; 24 Helen MacDonald-Jones England 1:27:15; 25 Janet Hill England 1:27:27;

M55 (first 50)

1 Reinhart Vogler Germany 0:44:38; 2 Mike Walsh England 0:45:15; 3 Brian Hilton England 0:45:22; 4 Bernard Grant England 0:46:15; 5 Tom Scott SCOT 0:46:53; 6 Stanislav Svitak Slovakia 0:47:04; 7 Jim Patterson N Ireland 0:47:07; 8 Jack Holt England 0:47:14; 9 Barry Blyth England 0:47:24; 10 Donadoni Livio Italy 0:48:05; 11 David Tait England 0:48:11; 12 Dic Evans Wales 0:48:24; 13 Tony Hulme England 0:48:29; 14 Ken Taylor England 0:48:40; 15 Neil Scruton England 0:49:12; 16 Duncan Overton England 0:49:21; 17 Martin Hulme Scotland 0:49:27; 18 Luciano Spinazzese Italy 0:50:31; 19 Derry Kelleher England 0:50:34; 19 Steve Herrington England 0:50:34; 21 Alan Brentnall England 0:50:53; 22 Ian Ankers England 0:51:02; 23 Neville Boler England 0:51:07; 24 Richard Scottney England 0:51:15; 25 Michael Hetherton England 0:51:56; 26 Rod Futtrell England 0:52:48; 27 Nikolay Kudravtsev Russia 0:52:52; 28 Dragoslav Micić Serbia and Montenegro 0:53:28; 29 Ashley Smith England 0:53:41; 30 Neville Griffiths England 0:54:03; 31 Mike Cronshaw England 0:54:34; 32 Maffeo Staffoni Italy 0:54:37; 33 Barry Warrington England 0:54:39; 34 David Lee England 0:54:55; 35 David Fell England 0:55:04; 36 Alexander Brett Scotland 0:55:11; 37 David Findley England 0:55:29; 38 Arthur John Warren England 0:55:31; 39 John Linley Wales 0:55:46; 40 Jim Downie England 0:55:52; 41 Chris Keeling-Roberts England 0:55:59; 42 George Barron SCOT 0:56:00; 43 Stephen Harwood England 0:56:07; 44 Wes Kettye N Ireland 0:56:15; 45 Les Stephenson England 0:56:22; 46 Michael Shaw England 0:56:26; 47 John Oldroyd England 0:56:30; 48 Jeff Hignett England 0:56:40; 49 Denis Hearn England 0:56:44; 50 Michael Litt England 0:56:47;

M60 (first 50)

1 Raymond Wilby Scotland 0:47:53; 2 Anthony Bland England 0:49:03; 3 Donald Williams Wales 0:49:09; 4 Emyr Davies Wales 0:49:11; 5 Kieran Carr England 0:49:15; 6 David Spedding England 0:49:26; 7 John Clemens England 0:50:28; 8 John Amies England 0:51:15; 9 Gibson Fleming Scotland 0:51:42; 10 Peter Roberts Wales 0:52:01; 11 Hans Muller Austria 0:52:07; 12 James Shields Scotland 0:52:16; 13 Keith Burns Scotland 0:52:30; 14 Petr Leszkow Czech Republic 0:52:44; 15 Peter Moody Wales 0:52:49; 16 John Nuttall England 0:53:25; 17 Ben Preece Scotland 0:53:29; 18 Charlie Love Scotland 0:53:53; 19 John Morris Wales 0:54:12; 20 David Weatherhead England 0:54:16; 21 David Trickett England 0:54:47;

W25 (first 25)

22 Tony Duncan England 0:54:57; 23 Patrick Murray England 0:55:13; 24 Denis Rankin Ireland 55:34; 25 Billy Magee N Ireland 0:56:04; 26 Anthony Minikin England 0:56:10; 27 Dick Finch Wales 0:56:14; 28 Roger Whitaker England 0:56:50; 29 Kenneth Ian Buckle Wales 0:56:58; 30 Colin Pritchard Scotland 0:56:59; 31 Bernard Jarvis England 0:57:08; 32 Bill Wade England 0:57:33; 33 David Hunter England 0:57:42; 34 Geoffrey Webster England 0:58:03; 35 Graham Breeze England 0:58:07; 36 Phil Robinson England 0:58:11; 37 Roger Ashby England 0:58:16; 38 Alan Wikeley England 0:58:27; 39 Peter Heneghan England 0:58:30; 40 John Truscott England 0:58:56; 41 Ernest Huck England 0:59:14; 42 John Hart England 0:59:22; 43 David Mashiter England 0:59:35; 44 Robin Wignall England 0:59:52; 45 Roberto Belsito Italy 1:00:19; 46 Adam Anderson Scotland 1:00:23; 47 Malcolm Carson England 1:00:29; 48 Tim Cock England 1:00:44; 49 Ian McManus Scotland 1:01:03; 50 Paul Walsh England 1:01:44;

M65 (first 25)

1 Peter Covey England 0:50:05; 2 Kaspar Scheiber Switzerland 0:50:11; 3 Norman Bush England 0:52:48; 4 Giancarlo Pedrazza Italy 0:54:36; 5 Brian Daniells England 0:57:12; 6 Stephen Cromar Scotland 0:57:14; 7 Fred Gibbs England 0:57:20; 8 Peter Norman Wales 0:57:33; 9 Bill Booth England 0:57:51; 10 George Armstrong Scotland 0:58:10; 11 Alan Peers England 1:00:38; 12 Michael Rosbrook England 1:00:50; 13 Karl Freund Germany 1:01:12; 14 Peter Taylor England 1:02:06; 15 John Smithurst England 1:02:28; 16 Mike Hayes England 1:03:00; 17 David Arthur Spencer England 1:03:04; 18 Stephen Watson England 1:03:13; 19 Werner Schmittner Germany 1:03:20; 20 William John Murphy England 1:04:38; 21 Barry Johnson England 1:04:56; 22 Ken Lowther England 1:06:26; 23 George Arnold England 1:06:57; 24 Stanislav Sedmak Slovakia 1:07:17; 25 Kevin Heywood England 1:07:40;

M70 (first 25)

1 Bruno Baggia Italy 0:52:51; 2 Alex Menarry England 0:56:53; 3 Lawrence Sullivan England 0:57:07; 4 Ambros Unterkircher Austria 0:57:08; 5 David Naylor England 0:58:08; 6 Gordon Booth England 0:59:16; 7 Frank Herris Makin England 1:01:50; 8 Donald Rigg England 1:02:17; 9 Jaka Res Slovenia 1:02:41; 10 Ian Addison England 1:03:39; 11 James Pittillo Scotland 1:03:59; 12 William McNeil England 1:04:02; 13 Malcolm Ball England 1:05:44; 14 Peter Duffy England 1:06:21; 15 John Carson Wales 1:06:36; 16 Derek Clutterbuck England 1:06:41; 17 Harry Cattlow England 1:07:07; 18 David Hodgson England 1:11:15; 19 Vladimir Suchan Slovakia 1:12:09; 20 Martin Jordan England 1:12:43; 21 Colin Morath England 1:12:53; 22 Mike Hall England 1:13:17; 23 Brian Leathley England 1:13:35; 24 Robert Strachan Scotland 1:13:58; 25 Brian Leonard England 1:15:06;

W55 (first 15)

1 Alison Brentnall England 0:57:16; 2 Catherine Colam England 0:58:54; 3 Margaret Oliver Wales 1:00:32; 4 Phyllis Lemoncello Scotland 1:01:38; 5 Linda Lord England 1:04:08; 6 Kathleen Preston England 1:04:26; 7 Stephanie Charman England 1:04:55; 8 Gerry Goldsmith England 1:05:08; 9 Sylvia Watson England 1:05:09; 10 Ann Bath 1602 26.2 RRC Scotland 1:05:29; 11 Sheila McNulty England 1:06:24; 12 Trish Overton England 1:06:40; 13 Jenny Clark England 1:10:40; 14 Val Bell England 1:16:01; 15 Ger Power Ireland 1:20:28;

Category W60 (first 10)

1 Gerlinde Schmittner Germany 0:56:30; 2 Barbel Berghaus Germany 1:00:29; 3 Elaine Statham England 1:01:07; 4 Sally Law Scotland 1:02:45; 5 Janet Atkins England 1:03:45; 6 Margaret Chippendale England 1:05:53; 7 Anni Kraus Germany 1:06:32; 8 Brenda Jones Wales 1:06:40; 9 Brenda Robinson England 1:17:48; 10 Lyn Eden England 1:19:28;

W65

1 Heather Goodman England 1:06:55; 2 Hetta Morath England 1:10:55; 3 Janet Sutcliffe England 1:13:22; 4 Annemarie Reng Reng Germany 1:23:22; 5 Monica Shone Wales 1:29:52;

Results by SPORTident Timing:

www.sportident.co.uk Tel: 0870 7661792

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

XV1 World Masters Track & Field Championships San Sebastian, 22 Aug-3 September 2005

WORDS: BRIDGET CUSHEN
PICTURES: LESLEY RICHARDSON
www.rikko2photo.co.uk, & SHELLY WALSH.

According to the official programme 6033 competitors from 98 countries entered a total of 12,435 events, making these championships one of the largest since Miyazaki in 1993. We know however there were far more competitors as the Organising Committee accepted late entries from athletes prepared to pay a 100euro surcharge. Identifying athletes was a reporter's nightmare.

With 473 competitors we were the 4th largest entry behind Spain, 1390, Germany 681 and France. Facilities in the Anoeta Sports complex were excellent. There were many plus points, the O.C. supplied a well equipped crèche in the main stadium, a God send to competing parents on the many wet days we had; transport was free, food available at several points and a thousand locals, mainly bilingual youngsters, volunteered to help. But there were several technical problems and disputes between exasperated Team Managers and an intransigent O.C. Events were pushed through on time regardless, appeals were only considered when irrefutable video evidence was produced. One of our top hurdlers, Tony Wells, was 2nd in his 100mh semi, he turned up for the final two days later and was told he had been disqualified. As no result sheet was posted up, he and the athlete who might have got through on his disqualification, were unaware of it. Team Manager, Maurice Doogan, protested strongly to no avail. For the first time in his long and illustrious career, Tony had to sit in the stands watching six athletes run the final on an 8-lane track as the Puerto Rican, Cruz, had withdrawn injured.

Following the I.A.A.F's decision on the M35 age group, this age category became an official part of the championships. 275 entered, including 21 Britons. Men from the Dominican Republic, Cameroon, and Cuba graced these championships for the first time, all M35's, and from the countries that had campaigned for a lowering of the age. What a wise move it proved to be as these athletes may otherwise have been lost to the sport. Setting new short lived national age group records in the preliminary rounds and finals and enjoying the atmosphere, should give them the impetus to continue. The European and BMAF indoor 60m titleholder, Terence Stamp, clocked 10.83 for silver in the 100m behind the Brazilian Oliveira. Chris Millard got bronze and Darren Scott 5th after 6 heats and semis. David Cowlishaw struck gold in the M35 1500m and Matt Kinane silver.

With up to 9 heats in some age groups, all the British sprinters came through with flying colours. Averil McClelland and Ester Linaker retained their titles, Anthony Noel ran brilliantly in the M40 100 to defeat the outstanding Enrico Saraceni. Their clash in the 200 was eagerly awaited and it did not disappoint as the Londoner held pole position to within a metre of the line when the tall Italian, who set two memorable world records at the European last year, dipped to 21.70. Noel ran a season best 21.75 as did Mark Phills for the bronze.

The international exploits of our superb M50 sprinters, led by Steven Peters, are never out of these columns and rightly so as Peters, Walwyn Franklin, Viv Oliver, John Browne and Alasdair Ross have ranked in the World's top ten right through their age group. In San Sebastian they were joined by Geoffrey Walcott, Ian Broadhurst and Mark Cawson. Only two top North American sprinters prevented an all British final! Their winning margin in both relays, as the stands rose to applaud, underlines their supremacy. Dr Peters returned home from a World championships yet again with five gold medals. Welshman, Glynn Sutton notched up gold in the M60 100/200 and George Cheetham two got two bronze medals in the M75 age group. Gold medals were won by the W40, W45, W50 and W50 4 x 400m relay teams.

Anselm Lebourne, USA – remember him from that epic M40 1.54.60 final in Gateshead in 1999 – came out to take the M45 in a sizzling 1.57.60, the fastest time for any age group. Spain did not quite have the dominance in the 5/10,000m that their entry suggested. After winning the American national two weeks earlier in 15.47.83/32.50.00, Brian Pope won the M40 5000 in 14.58.28. The M80 race also went to the USA when the London-born John Keston almost lapped the entire field to win in 23.39.97. He also took the 10,000m in 47.42.27, incredible running for an 80-year old. Jeanette Stevenson completed a W55 double, with a British record in the 10,000.

The well organised cross country on the first day over the nearby Lasarte race course, got off to a wet start for the women in the morning, but we picked up team and individual medals. All the top Spanish middle distance runners turned out in force for the men's event in the afternoon. Nigel Gates broke away on the last lap to win the M50 title. As the host nation's Torres won the M40 event, it was noted that he was not wearing national colours as required under Rule 7(4). Team Manager, Archie Jenkins, hauled the photographer Lesley Richardson along with her irrefutable lens evidence and lodged a successful appeal against Torres inclusion in the scoring team. The strong tightly packed British team led home by the runner-up, Dave Taylor, picked up the team gold. Back at the track, Steve Whyte was well

on his way to the first of his two gold, a silver and a bronze in the field events.

Whilst some of the hurdlers had to contend with a wet slippery track, the walks were conducted in searing heat. In the 10k road walk, the European W70 champion, Maureen Spelman was well in the lead only to see a lapped competitor directed into the finishing tunnel ahead of her. Team Manager Eric Horwill went through all the chips to get the decision reversed. More gold was on its way from two of our longest serving and bemedalled competitors, Doug Forthingham and Len Cleo, both impressive in their style. Not so lucky was another hardy perennial, Dave Stevenson, who got a rare DQ in both races.

The appearance of the ex-World record holder, Willie Banks, in the M45 triple jump was somewhat surprising considering he celebrated his 49th birthday on 11 March, but it brought a flurry of photographers to the pit. The ebullient Californian knows exactly how to engage the crowd, but even with their support he could not quite match the form of Germany's Wolfgang Knabe who won in a World record 14.78m. Three British finalists, Rez Cameron, who won the bronze medal, David Dixon and Steven Wallace, managed to remain focused. Banks was one of a few ex-Olympians on show. The President of the Estonian A.A. competed in the M45 hammer, the Spanish A.A. President, was a member of the O.C.

The marathon on the last day, run over three laps on traffic free streets through the lovely city, attracted a huge entry. There were a lot of DNF's as the late morning temperature soared to 43° on the beach. The winning time, 2.29.43 by M40 Juan Sanchez, from two 35-year olds, was an outstanding run. Our two female members coped magnificently winning individual gold and a bronze. Alicante-based Maxine McKinnon led virtually all the way to win the race. Eli Mansfield finished 3rd in the W65 group. We got an unexpected team bronze in the M40 with Robin Bentley coming in 13th. Martin Ferguson 23rd and Alan Roberts slogging it out in 76th. Steve Davies finished 13th in the M45 in 2.56.30. Mike Spragg 6th, was leading the British team in the M55 group as John Bebbington and William Willmett, 9th and 10th ran together for a team silver medal. The heat did not affect all as can be seen from the winning times in the M60 2.54.00, M65 2.58.19, where Eric Barber was 15th in 3.47.30 and Les Green 26th. Acquareone, Italy is not slowing down racing to another age group win in the M70 in 3.19.27. All results can be viewed on web site www.wma-2005.com

The WMA President had resigned four days into the championships. On the first rest day, I went to the Non Stadia and the Women's meetings, Maurice went to the Stadia and both of us to the European meeting. At the General Assembly on the second rest day the five British delegates, Keith Whitaker, Winston Thomas, Maurice Doogan, Henry Morrison and I, sat through an 11-hour meeting. Cesare Becalli, Italy, was elected President for the next four years. The outgoing President automatically assumes the Past President's 2-

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

year term mantle, a non-electable post created to ensure that accumulated international organisational experience is passed on should there be any major Council changes. The Past President abdicated. He chose instead to make himself eligible to stand for Secretary. This was challenged and put to a vote, he was ruled eligible and went on to be elected over the other candidate, Brian Oxley, Canada. The outgoing Treasurer was grilled on Officers travelling expenses. Without the advance Sanction Fees from future World championships, W.M.A would now be in serious financial difficulties. Why, one wonders, was it necessary for two Officers to visit Japan to inspect the 100k course. The race was subsequently cancelled so late that some ultra distance runners were unable to claim air ticket refunds. The South African lawyer, Monty Hacker, comes in as Executive Vice President, Friediel Schunk, a German Finance Director takes over as Treasurer. The hard working Canadian, Brian Keaveney is now V-P Non Stadia. They have an uphill task!

XVI WMA World Master Athletics Championships Stadia 2005

MEN'S 100m

M35: (QR): Will Macgee GBR 11.34; Rohan Samuel GBR 11.17, Scott Dorset GBR 11.46 ; Paul Donaghy GBR 11.47;
FINAL : 1. Ricardo Oliveira BRA 10.71; 2. Terence Stamp GBR 10.83 ; 3. Chris Millard GBR 10.99; 5. Darren Scott GBR 11.10 (11.00 qr) ;
M40: (QR) :Ronald Hunter GBR 12.00 ; David Kemp GBR 11.84 ; Lincoln Campbell GBR 11.48 ;Patrick Bass GBR 11.85; Glen Reddington GBR 12.12; Trevor Sinclair GBR 12.10 ;
FINAL (ws 0.7) : 1.Anthony Noel GBR 10.74 (British Record) ; 2. Enrico Saraceni ITA 10.79; 3. Mark Phills GBR 10.89 ;
M45: QR: Roderick Davies GBR 13.36; Brian Matthews GBR 12.71; Ricardo Huskisson GBR 11.92; Stephen Smith GBR 11.88; Francis Scott GBR 12.16; Phil Knowles GBR 11.87; ;
FINAL : 1. Allan Tissenbaum USA 11.23; 2. Val Winslow Barnwell USA 11.32; 3. Patrick Logan GBR 11.43; 6. John Wright GBR 11.68 (11.58qr
M50: (QR): Robert Cawson GBR 12.47 ; Philip Bell GBR 12.96; Ramsay Sloss GBR 13.18;

AL (ws 0.5) : 1. Stephen Peters GBR 11.48 (European Record) ; 2. Kerry Smith CAN 11.50; 3. Thomas Dickson CAN 11.96; 4. Walwyn Franklyn GBR 12.01 (11.99 qr); 5. Viv Oliver GBR 12.02 ; 6. John Browne GBR 12.19 (12.00 qr) ; 7. Geoffrey Walcott GBR 12.23 (12.18qr);

M55: QR: Anthony Deleiros GBR 12.98; Brian Williamson GBR 12.86; Bruce Hendrie GBR 13.54;
FINAL : 1. Marion McCoy, Jr. USA 12.22; 2. Charles Allie USA 12.24; 3. Vladimir Vybostok SVK 12.26;

M60: (QR): Derek Brown GBR 13.47 ;
FINAL : 1. Glyn Sutton GBR 12.05; 2. Stephen Robbins USA 12.26; 3. Peter Crombie AUS 12.38 ;
M65: (QR): Tony Bowman GBR 14.13;
FINAL : 1. Theodor Lenk GER 13.07; 2. John Cooper AUS 13.11; 3. Willi Scheidt GER 13.17;
M70: (QR) Keith Whitaker GBR 16.57; Alan Mellet GBR 14.41; Gordon Daborn GBR 15.24;
FINAL : 1. Bruno Kimmel GER 13.20; 2. Hugh Coogan AUS 13.34; 3. Armando Roca Garcia ESP 13.51; 7. David Burton GBR 14.08 (13.77 sf) ;
M75: QR: Alfred Woods GBR 19.33;

FINAL : 1. Wolfgang Reuter GER 13.71; 2. Wilhelm Selzer GER 14.62; 3. George Edwin Cheetham GBR 14.83 (14.79
M80: 1. Melvin Larsen USA 14.99; 2. Hideya Yamazaki JPN 15.33; 3. Hugo A. Delgado Flores PER 15.34;

MEN'S 200m

M35: QR: John Munroe GBR 24.36; Paul Donaghy GBR 23.95; Will Macgee GBR 22.76; Scott Dorset GBR

23.57; **FINAL:** 1. Ricardo Oliveira BRA 21.93; 2. Chris Millard GBR 22.15; 3. Robert Thomas USA 22.19 ; 4. Darren Scott GBR 22.21;
M40: QR: Glen Reddington GBR 24.68 ; Keith Palmer GBR 24.25; Patrick Bass GBR 24.63; Trevor Sinclair GBR 25.14 ; Lincoln Campbell GBR 23.81; Michael Bazire GBR 24.86; Ronald Hunter GBR 24.79; David Kemp GBR 23.71;
FINAL(1.9) : 1. Enrico Saraceni ITA 21.70; 2. **Anthony Noel GBR 21.75 (British Record)** 3. Claudio Molocznik ARG 22.69 ; 8. Mark Phills GBR 23.60 (22.89 qr);

M45: QR: Clive Pengelly GBR 25.50; Roderick Davies GBR 26.97 ; Tennyson James GBR 24.85 ; Ricardo Huskisson GBR 24.36; Stephen Smith GBR 23.93; Patrick Logan GBR 23.74; Martin Phillips GBR 25.39; Brian Matthews GBR 26.02;

FINAL: 1. Allan Tissenbaum USA 22.63; 2. Thomas Riehm GER 22.77; 3. Bruno Dupuy FRA 23.13; 5. John Wright GBR 23.28;
M50: QR: Philip Bell GBR 26.42 ; John Browne GBR 24.66 ; Robert Cawson GBR 25.46;

FINAL: 1. **Stephen Peters GBR 23.17 (23.08 sf)** ; 2. Kerry Smith CAN 23.40 ; 3. **Walwyn Franklyn GBR 24.35**; 4. Ian Broadhurst GBR 24.38; =5. Viv Oliver GBR 24.45 (24.30 sf) ; 8. Geoffrey Walcott GBR 24.87 ;

M55: QR: Tony Wells GBR 26.80; Brian Williamson GBR 27.30 ; Bruce Hendrie GBR 27.10; Anthony Deleiros GBR 26.38; Earl Taylor GBR 29.99;

FINAL: 1. Charles Allie USA 24.47; 2. Franz Hohl AUT 24.88; 3. Vincenzo Felicetti ITA 25.08;

M60: QR: Terry Bissett GBR 26.46;

FINAL: 1. Glyn Sutton GBR 24.65; 2. Stephen Robbins USA 24.87; 3. Peter Crombie AUS 25.13;

M65: QR: Anthony Treacher GBR 29.47; Tony Bowmen GBR 29.54; Maleon Schofield GBR 30.71;

FINAL: 1. Theodor Lenk GER 26.55; 2. John Cooper AUS 26.69 ; 3. Barrie Kernaghan AUS 26.70

M70: QR: John Evans GBR 32.69; Peter Field GBR 32.45; Geoffrey Feast GBR 33.70; Gordon Daborn GBR 32.57;

FINAL: 1. Hugh Coogan AUS 26.84; 2. Horst Schrader GBR 27.50; 3. Hans Blöchligner SUI 27.91; 4. David Burton GBR 28.19 ;

M75: 1. Wolfgang Reuter GER 28.33 (European Record 2. Don Cheek USA 29.94 ; 3. George Edwin Cheetham GBR 31.05;

M80: 1. Lucas Nel RSA 32.18; 2. Melvin Larsen USA 32.47; 3. Hugo A. Delgado Flores PER 32.67

MEN'S 400m

M35: QR: Scott Dorset GBR 53.10; Will Macgee GBR 52.78; Michael Osunsami GBR 52.59; Harvey Sidney Tait GBR 56.22 ;

FINAL : 1. Robert Thomas USA 48.48 ; 2. Ion Lopetegi Aranburu ESP 48.87; 3. Sherwin Sterling USA 49.61 ;

M40: QR: David Kemp GBR 54.37; Keith Palmer GBR 55.00 ; Michael Bazire GBR 55.81; Simon Andrew Cheetham GBR 1:00.38 ; Nicholas Grocock GBR 55.43; Mikhail Popov GBR 1:02.06; Michael May GBR 1:03.44; Patrick Bass GBR 56.23 ; Tony Noel GBR 52.15; Danny Hodge GBR 56.80 ;

FINAL: 1. Enrico Saraceni ITA 48.96; 2. Konstantin Shestakov RUS 50.29; 3. Philippe Corre FRA 50.56;

M45: QR: Stephen Cullen GBR 1:22.57; Daithi O' Murchu IRL 57.94; Martin Phillips GBR 56.21;Francis Scott GBR 53.74; Robert Franklin GBR 53.87 ; Kevin Pye GBR 56.62;Ken Deevy IRL 53.05; Phil Knowles GBR 54.27;

FINAL: 1. James Chinn USA 51.96 ; 2. Israel Ferreira De Melo BRA 52.14; 3. Ettore Ruggeri ITA 52.15; 4. Kermitt Bentham GBR 52.76; 6. Kwei Sankofa GBR 53.15 (52.41 sf) ; 8. Tony Mitchell GBR 53.95 (53.50 sf) ;

M50: QR: Paul Kyberd GBR 1:02.68; Ian Broadhurst GBR 54.97; Philip Bell GBR 59.18 ; Viv Oliver GBR 56.65; Robert Cawson GBR 59.40 ; Patrick Moran IRL 1:06.94;

FINAL: 1. **Stephen Peters GBR 52.46**; 2. Ryszard Nowakowski POL 53.70 ; 3. **Walwyn Franklyn GBR 53.82** ; 4. Geoffrey Walcott GBR 54.88 (54.52 sf); 6. Ian Broadhurst GBR 55.13 (54.96 sf);

M55: QR: Mike Erith GBR 1:02.94; Earl Taylor GBR 1:12.45; Bruce Hendrie GBR 58.70;

FINAL: 1. Charles Allie USA 53.95 ; 2. **Robert Minting GBR 55.23** ; 3. Franz Hohl AUT 55.81 ;

MEN'S 1500m

M35: QR: Cliff Young GBR 4:53.59;

FINAL: 1. **David Cowlishaw GBR 4:01.37**; 2. Matt Kinane GBR 4:03.36; 3. Aser Pernil Mejias ESP 4:05.62; 5. Eamonn Hornibrook IRL 4:13.09; 9. Andrew Del Nevo GBR 4:22.97;

M40: QR: David Browne GBR 4:21.90; John Flahive GBR 4:25.25; Danny Carr IRL 4:31.41; Jonathan Grainger GBR 4:20.75; Michael Traynor IRL 4:23.22 ;

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

- FINAL:** 1. Jesus Borrego Llamas ESP 3:58.35; 2. Uwe Manns GER 3:58.63; 3. Peter Hegelbach USA 4:01.87; 5. Kofi Agyei GBR 4:05.96;
- M45: QR:** Kevin Steed GBR 4:34.41; Michael McGovern IRL 4:37.03; Anthony Richard Holland GBR 4:24.48;
- FINAL:** 1. Anselm Lebourne USA 4:01.64; 2. Wilfried Dubois BEL 4:03.02 ; 3. Kevin Pault USA 4:04.15; 4. Steve Smith GBR 4:07.16 ; 5. Anthony David O'halloran IRL 4:08.35; 8. Alex Bryce GBR 4:13.44;
- M50: QR:** Philip Jones GBR 4:34.36; John O'riordan IRL 4:50.56 ; Rob Sargent GBR 5:19.66; John Haines GBR 5:00.19 ; Kevin Archer GBR 4:31.19; Peter Kennedy GBR 4:38.14; Frederick Pidgeon GBR 4:40.98 ; Kevin Dillon GBR 6:17.94; Martin Kelly IRL 4:29.52 ; Denis Daly GBR 5:19.38;
- FINAL:** 1. Alastair Dunlop GBR 4:12.65; 2. David Wilecock GBR 4:12.97 ; 3. Nikolay Pushilin RUS 4:13.03; 5. David Bedwell GBR 4:14.50; 7. Barry Attwell GBR 4:18.91 ;
- M55: QR:** Stephen Knight GBR 4:43.35 ; Brian Stanage GBR 4:42.74 ; Kenneth Daniel GBR 4:43.75; Richard Connolly IRL 5:01.58; Mike Erith GBR 5:08.07;
- FINAL:** 1. Alexander Tsukanov RUS 4:29.92; 2. Alexei Gavrilov RUS 4:30.55; 3. Fabian Campo Sanchez ESP 4:30.65; 4. Robert Minting GBR 4:30.77;
- M60: QR:** John B Garber GBR 5:39.00; Terry Mee IRL 5:13.10; John Potts GBR 5:03.10 ; Sean Duffy IRL 5:49.66;
- FINAL:** 1. Ulrich Grönhardt GER 4:44.44; 2. Reginald Phipps GBR 4:44.52 ; 3. Emilio De La Camara Peron ESP 4:47.96;
- M65: 1. Rodney Churcher GBR 4:59.71;** 2. Willi Klaus GBR 4:59.75; 3. Yury Savenkov RUS 4:59.79; 8. James Bennett IRL 5:12.11; 10. Stephen James GBR 5:14.76 ; 11. Arthur Kimber GBR 5:20.92
- M70:** 1. Constantino Del Castillo ESP 5:16.34; 2. Roger Davies CAN 5:21.58; 3. Bruno Baggia ITA 5:21.61;
- M75:** 1. Francisco Ramirez Lora MEX 5:57.10; 2. Carlos Sacchi ARG 5:58.17; 3. Derek Howarth GBR 5:58.57; 5. William Davies GBR 6:08.74;
- M80:** 1. Yrjo Torikka FIN 6:27.82; 2. Lucas Nel RSA 6:33.70 ; 3. Fernando Delgado CHI 6:35.19; 7. James Caddy GBR 7:16.74 ; 9. Nick Corish IRL 7:50.61;
- M85:** 1. Emiel Pauwels BEL 8:27.93 ; 2. Frederic Tompkins USA 9:51.02 ; 3. Jiri Zelinka CZE 11:23.97 ;
- M90:** 1. Max Springer USA 10:46.97; 2. Albert Olbrechts GER 11:20.26 ;
- MEN'S 5000m**
- M35:** 1. Jose M. Rodriguez Perez ESP 14:46.25 ; 2. John September RSA 15:28.70; 3. Francisco J. Arraras Ruiz ESP 15:39.45;
- M40:** 1. Brian Pope USA 14:58.28; 2. Claude Nohile FRA 14:59.62 ; 3. David Taylor GBR 15:01.94 ; 5. Greg Hull GBR 15:29.11; 6. John Brown GBR 15:29.48 ; 9. David Browne GBR 15:48.38; 10. Paul Lemmon GBR 15:50.09 (**Others**) Martin Farran GBR 15:55.78 ; Alan Derrick GBR 16:15.26 ; John Flahive GBR 16:19.39; Martin Duthie GBR 16:46.10; Dave Stanfield GBR 18:57.97
- M45:** 1. Benigno Fernandez ESP 15:23.79 ; 2. Johann Hopfner GBR 15:24.75; 3. Guido Potocco ITA 15:34.97; 8. Bill Foster GBR 16:18.85 ; 10 Dickie Wythe GBR 16:34.97; (**Others**) : Ian Van Lokven GBR 16:35.77; Michael Mahoney IRL 16:35.99; Colin Oxlade GBR 17:18.76; Brian Worthington GBR 19:54.68; A Michael Jordan GBR 21:05.85 ;
- M50:** 1. Sergio Fernandez Infestas ESP 15:28.30; 2. Nigel Gates GBR 15:36.27; 3. Jerry Kooymans CAN 15:40.57; (**Others**): Archie Jenkins GBR 16:40.51; Philip Jones GBR 16:44.16; Julian Dillon GBR 17:59.56; Bernard Lough GBR 18:31.01; Andrew Murray GBR 18:37.06 ; Rob Sargent GBR 19:08.89; David Proffitt GBR 21:04.28;
- M55:** 1. Alexei Gavrilov RUS 16:39.34; 2. Franz Herzsell GER 16:39.38 ; 3. Alexander Tsukanov RUS 16:41.77; 6. Charles Dickinson GBR 17:06.05; 7. Patrick Oshea IRL 17:07.56 ; 8. Terry Eakin GBR 17:08.25; (**Others**): Paul Williams GBR 17:53.46; Patrik Comey IRL 18:18.47 ; Ian Graham GBR 18:44.15; Alan Rich GBR 18:55.85 ; Pete Marsh GBR 19:08.93; Arnold Bradshaw GBR 19:38.09 ; John Denyer GBR 20:05.33 David Parsons GBR 20:07.16 ; John Shirley GBR 20:09.49; Danny Mullane GBR 20:56.23;
- M60:** 1. Emilio De La Camara Peron ESP 16:47.89 ;
2. Albert Anderegg SUI 16:48.15 ; 3. Alan Galbraith NZL 17:14.55; (**Others**) : Geoffrey Scott GBR 18:41.37 ;
- William Johnson GBR 19:32.00 ; John Horton GBR 20:01.64; George Ingo Lawson GBR 20:46.15; David Hindley GBR 23:31.54;
- M65:** 1. Anatoliy Prysyaznyuk UKR 18:22.23; 2. Henry Sandkulla FIN 18:35.13; 3. Armando Aldegalega POR 18:35.76; 7. Stephen James GBR 19:11.64; 10. Rodney Churcher GBR 19:29.54; (**Others**): Geoffrey Harrold GBR 21:21.83 ; Eric Barber GBR 21:29.35 ; Chris Rowley GBR 21:48.62 ; Peter Donagh GBR 24:58.30 ; Les Green GBR 27:09.26
- M70:** 1. Manuel Rosales Touza ESP 19:09.71 ; 2. Roger Davies CAN 19:43.33; 3. Bruno Baggia ITA 19:43.82 ; 9. Leonard Parrot GBR 22:26.25; (**Others**): Robert Thomas Davidson GBR 26:36.72 ;
- M75:** 1. Francisco Ramirez Lora MEX 20:38.19; 2. Akhmet Siraziev RUS 20:44.97 ; 3. Derek Howarth GBR 21:25.75; 11. Ron Franklin GBR 27:00.59; 17. Ronald Jones GBR 39:36.77 ;
- M80:** 1. John Keston USA 22:39.97; 2. Fernando Delgado CHI 24:33.97; 3. Walter Sauerwein GER 24:40.28 ; 7. James Caddy GBR 27:19.20 ; 10. Nick Corish IRL 31:51.08 ; 11. James Johnston GBR 37:09.42;
- M85:** 1 Julian Bernal Medina ESP 27:27.42; 2. Charles Eric Delautour NZL 27:27.44; 3. Emiel Pauwels BEL 30:20.71;
- M90:** Albert Olbrechts GBR 38:15.26;
- MEN'S 10000m**
- M35:** 1. John September RSA 32:04.33; 2. Juan Jesus Casanova Barro ESP 32:12.79; 3. Nestor uintulen ARG 32:14.64; 6. Ian Johnston GBR 34:12.95 ;
- M40:** 1. Jose R. Torres Peanilla ESP 30:15.24; 2. Claude Nohile FRA 30:55.62; 3. Vitor Cordeiro POR 31:03.38 ; 10. Sammy Rashid GBR 33:02.51; (**Others**):Dominick Boner IRL 34:17.17;
- M45:** 1. Johann Hopfner GBR 32:13.00; 2. Jose D. Peña Puerto COL 32:21.87; 3. Diego Garcia Perez ESP 33:35.74; 16. Michael Baron GBR 36:32.85; 17. David Darby GBR 36:43.89 ; 18. Colin Oxlade GBR 37:05.50; 25. Brian Worthington GBR 41:47.17;
- M50:** 1. Sergio Fernandez Infestas ESP 32:35.10 ; 2. Nigel Gates GBR 32:53.80 ; 3. Jerry Kooymans CAN 33:15.64; (**Others**): Archie Jenkins GBR 35:58.06 ; Julian Dillon GBR 39:40.21 ;
- M55:** 1. Alexander Tsukanov RUS 35:22.19; 2. Alexei Gavrilov RUS 35:23.15; 3. Wolfgang Ahrens GER 35:44.78 ; 5. Charles Dickinson GBR 36:49.03; 9. Martin Mc Evilly IRL 37:04.84 ; (**Others**): Paul Williams GBR 37:16.02 ; Pete Marsh GBR 40:11.34; Danny Mullane GBR 45:20.71;
- M60:** 1. Emilio De La Camara Peron ESP 34:50.54; 2. Albert Anderegg SUI 35:22.63; 3. Alan Galbraith NZL 35:49.10; 5. John Sheridan IRL 38:35.45; (**Others**): William Johnson GBR 41:01.01 ; John Wishart GBR 41:29.19; John Horton GBR 41:49.52; George Ingo Lawson GBR 45:35.59;
- M65:** 1. Anatoliy Prysyaznyuk UKR 37:42.73; 2. Armando Aldegalega POR 38:29.89; 3. Henry Sandkulla FIN 38:36.25 ; 4. Stephen James GBR 39:24.73; 12. Eric Barber GBR 43:19.73 ; 16. Geoffrey Harrold GBR 45:04.94 ; 25. Les Green GBR 55:18.18;
- M70:** 1. Manuel Rosales Touza ESP 39:45.53; 2. Kunio Ichikawa JPN 42:20.20; 3. Ivan Osipov RUS 42:57.30; 15. Peter Alan Robinson GBR 1:01.49.57;
- M75:** 1. Akhmet Siraziev RUS 42:34.44; 2. Derek Howarth GBR 45:53.61 ; 3. Ingolf Hadem NOR 46:00.90; 9. Ron Franklin GBR 56:43.59 ; 16. Ronald Jones GBR 1:23:45.01;
- M80:** 1. John Keston USA 47:42.27; 2. Walter Sauerwein GER 53:50.76 ; 3. Soichi Tamoi JPN 53:51.52 ; 5. James Caddy GBR 57:06.75 ;
- M85:** 1. Charles Eric Delautour NZL 58:59.60; 2. Heinz Colsmann GBR 1:14:04.07; 3. Efrain Wachs ARG 1:38:29.31 ;
- M90:** Albert Olbrechts GER 1:20:42.16
- MEN'S 8km Cross Country**
- M35:** 1. Antonio Da Costa Resende POR 26:03.00; 2. Nestor uintulen ARG 26:53.00; 3. Cecilio Javier Pardo Tapi ESP 26:59.00; 4. Eoin Brady IRL 27:19.00; 18. Andrew Del Nevo GBR 32:30.00;
- M40:** 1. Jose R. Torres Peanilla ESP 25:21.00 ; 2. David Taylor GBR 25:44.00; 3. Vitor Cordeiro POR 26:45.00
5. Greg Hull GBR 26:50.00; 6. Daniel Moore GBR 26:52.00 ; 12. Dominick Boner IRL 27:41.00; 13. Mike Boyle GBR 28:06.00 ; 15. Martin Farran GBR 28:12.00 21. Alan Derrick GBR 28:41.00; 30. Martin Duthie GBR 29:33.00 ; 51. Dave Stanfield GBR 34:05.00 ;
- M45:** 1. Jesus De Grado De Grado ESP 26:10.00 ; 2. Johann Hopfner GER 26:13.00 ; 3. Benigno Fernandez ESP 26:29.00 ; 17. Dickie Wythe GBR 28:47.00 ; 32. Colin Oxlade GBR 29:53.00 ; 61. Brian Worthington GBR 35:44.00 ; 63. A Michael Jordan GBR 36:10.00 ; 68. Stephen Cullen GBR 38:14.00 ;
- M50:** 1. Nigel Gates GBR 27:19.00 ; 2. Kenneth Leinbach USA 27:32.00 ; 3. Jose Ramirez COL 27:52.00;
18. Kevin Archer GBR 29:22.00 ; 22. Archie Jenkins GBR 29:46.00 ; 27. William Curran GBR 30:38.00 ; 38. Frederick Pidgeon GBR 31:29.00 ; 44. Andrew Murray GBR 32:08.00 ; 54. Rob Sargent GBR 33:43.00 69. David Proffitt GBR 38:05.00 ; 70. Martin Lippitt GBR 38:37.00 ; 75. Kevin Dillon GBR 44:35.00
- M55:** 1. Patrick Oshea IRL 28:47.00 ; 2. Alexei Gavrilov RUS 28:48.00 ; 3. Valeriy Aristov RUS 29:00.00; 16. Patrik Comey IRL 31:41.00 ; 17. Pete Marsh GBR 31:45.00 ; 22. Steve Herington GBR 32:29.00 ; 23. Ian Graham GBR 32:39.00 ; 28. David Parsons GBR 33:56.00 ; 31. John Shirley GBR 34:34.00 ; 34. Danny Mullane GBR 35:54.00 ;
- M60:** 1. Albert Anderegg SUI 29:21.00 ; 2. Emilio De La Camara Peron ESP 29:28.00 ; 3. Max Kevin Dravitzki NZL 29:50.00 ; 11. John Sheridan IRL 31:38.00 ; 13. Geoffrey Scott GBR 32:32.00 ; 25. Terry Mee IRL 34:36.00 ; 26. David Lesley GBR 34:51.00 ; 28. Patrik Bonas IRL 35:02.00 ; 33. John Horton GBR 35:49.00 35. Mike Duegan IRL 36:27.00 ; 43. George Ingo Lawson GBR 37:02.00 ; 45. Bryce Dimond GBR 38:23.00 ; 58. Alan Edward Holiday GBR 43:20.00 ;
- M65:** 1. Anatoliy Prysyaznyuk UKR 32:08.00 ; 2. Stephen James GBR 32:25.00 ; 3. Henry Sandkulla FIN 32:30.00 ; 15. Eric Barber GBR 36:40.00 ; 20. Geoffrey Harrold GBR 37:36.00 ; 21. Jim Hynes IRL 38:30.00 ; 25. Les Green GBR 47:24.00 ; 36. John Tipping GBR 51:29.00 ;
- M70:** 1 Rosales Touza ESP 33:10.00 ; 2. Kunio Ichikawa JPN 34:45.00 ; 3. Enri ue Moreno Martinez ESP 35:17.00 11. Leonard Parrot GBR 38:26.00 ; 27. Robert Thomas Davidson GBR 47:32.00 ; 28. Willian Dunne IRL 48:08.00 ;
- M75:** 1. Akhmet Siraziev RUS 35:39.00 ; 2. Derek Howarth GBR 37:12.00 ; 3. Ricardo Bueno Coñiño ESP 38:18.00 ; 9. Ron Franklin GBR 48:36.00 ; 15. Ronald Jones GBR 1:08:09.00 ;
- M80:** 1. John Keston USA 40:53.00 ; 2. Walter Sauerwein GER 45:00.00 ; 3. Antonio Tejada Vergara MEX 45:30.00 ; 4. James Caddy GBR 46:01.00 ; 8. Nick Corish IRL 57:10.00 ; 10. James Johnston GBR 59:57.00;
- M85:** 1. Emiel Pauwels BEL 54:35.00 ; 2. Efrain Wach ARG 1:22:29.00 ;
- M90:** Albert Olbrechts GBR 1:08:58.00 ;
- MEN'S 5000m Walk**
- M35:** 1. Leonardo Toro Lopez ESP 22:08.30 ; 2. Antonio Vico Prieto ESP 29:13.42 ; 3. Emmanuel Tardi FRA 32:11.74;
- M40:** 1. Sergio A. Gutierrez Brene CRC 21:59.46 ; 2. Juan L. Ramilo Comesaña ESP 22:07.64 ; 3. Izak Nel RSA 22:24.43 ; 18. Anthony Bell GBR 29:06.59;
- M45:** 1. Jean Michel Frixon FRA 22:52.36 ; 2. Mark Donahoo AUS 23:15.88 ; 3. Sergey Systrov RUS 23:39.64;
- M50:** 1. Fabio Ruzzier SLO 23:52.40 ; 2. Gerald Dragomir CAN 24:02.68 ; 3. Fabian Monna COL 24:09.67 ; 5. Nicholas Silvester GBR 24:49.06 ; 9. Rodney Dunn GBR 27:56.65 ;
- M55:** 1. Jose Luis Lopez Camarena MEX 23:06.02 ; 2. Jean Pierre Saint Martin FRA 24:20.61 ; 3. Ludwig Niestelberkel Mag AUT 25:20.88 ; Michael Graham GBR 30:52.70 ;
- M60:** 1. Norman Frable USA 26:17.99 ; 2. Thomas Kok MAS 26:23.67 ; 3. Anthony King IRL 26:31.64;
- M65:** 1. Dieter Zschiesche GER 26:32.10 ; 2. Zigurds Irbe LAT 26:32.17 ; 3. Paul Ray Johnson USA 26:32.58 ;
- M70:** 1. Gerhard Weidner GER 27:51.55 ; 2. John Jack Bray USA 28:05.45 ; 3. Carlos Olivares Cambra ESP 30:17.92 ; 10. Eric Horwill GBR 33:21.06 ; 15. Ken Livermore GBR 34:32.76 ;
- M75:** 1. Douglas Fotheringham GBR 30:47.25 ;

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

2. William Moremen USA 32:54.90 ; 3. Daniel Hildebrand RSA 32:56.27 ;
- M80:** 1. Len Creo GBR 34:10.17 ; 2. Gerhard Herbst GER 34:10.85 ; 3. Don Whyte AUS 34:25.69 ; 8. Jack Gerald GBR 45:00.88 ;
1. Armando Estafan Dorantes MEX 38:39.60 ; 2. Troy E. Grove USA 1:17:02.75 ;
- M90:** Manuel Gonzalez Muñoz MEX 1:03:50.46;
- MEN'S 20km Walk**
- M35:** 1. Bernardo Cartoni ITA 1:41:58.00 ; 2. Denis Franke GER 1:43:24.00 ; 3. Anatoli A. Pryhotski BLR 1:47:33.00;
- M40:** 1. Juan L. Ramilo Comesaña ESP 1:35:55.00 ; 2. Sergio A. Gutierrez Brene CRC 1:36:34.00 ; 3. Michael Schneider GER 1:39:44.00 ; 18. Anthony Bell GBR 2:15:28.00 ;
- M45:**
1. Mark Donahoo AUS 1:42:37.00 ; 2. Adan Mendez Montiel MEX 1:44:22.00 ; 3. Rogerio P. Batista Filipe POR 1:45:25.00 ;
- M50:** 1. Fabio Ruzzier SLO 1:41:19.00 ; 2. Ignacio Melo Valls ESP 1:45:58.00 ; 3. Alfons Schwarz GER 1:47:58.00 ; 6. Nicholas Silvester GBR 1:50:54.00 ; 21. Sean Pender IRL 2:12:02.00 ; 24. Rodney Dunn GBR 2:16:01.00 ;
- M55:** 1. Jean Pierre Saint Martin FRA 1:49:17.00 ; 2. Jose Afonso Ferreiro FRA 1:51:56.00 ; 3. Roby Ponzi SUI 1:52:56.00 ; 10. David Kates GBR 2:04:37.00 ; 17. Christopher Bent GBR 2:10:22.00 ; 25. Michael Graham GBR 2:16:19.00 ;
1. Norman Frable USA 2:01:07.00 ; 2. Edoardo Serrini USA 2:02:03.00 ; 3. Thomas Kok MAS 2:02:06.00 ; 16. William Wright GBR 2:16:18.00 ;
- M65:** 1. Dieter Zschiesche GER 1:54:03.00 ; 2. Dario I. Ramirez Castella COL 1:56:58.00 ; 3. Aglya Kuchumov RUS 1:59:37.00 ; 4. Edmund Shillabeer GBR 2:00:14.00 ;
23. Francis Joseph Arthurs IRL 2:34:00.00 ;
- M70:** 1. Gerhard Weidner GER 1:59:24.00 ; 2. John Jack Bray USA 2:09:44.00 ; 3. Mieczyslaw Rutyna POL 2:11:29.00 ; 8. Johnnew Payn GBR 2:22:12.00 ; 10. Eric Horwill GBR 2:27:25.00 ; 13. Ken Livermore GBR 2:34:00.00 ;
- M75:** 1. Douglas Fotheringham GBR 2:17:37.00 ; 2. Daniel Hildebrand RSA 2:23:55.00 ; 3. Otto Schwab GER 2:25:59.00 ;
- M80:** 1. Len Creo GBR 2:34:11.00 ; 2. Don Whyte AUS 2:35:14.00 ; 3. Robert Mimm USA 2:52:21.00 ;
- MEN'S 400m Hurdles**
- M35:** 1. Chris Grant JAM 53.71 ; 2. Don Drummond USA 54.32 ; 3. Andreas Schulze GER 55.20 ; 4. Andrew Gill GBR 56.64 ;
- M40:** QR: Alan C. Anderson-easey GBR 1:06.05; Danny Hodge GBR 59.80; Mikhail Popov GBR 1:12.43; James Gillespie IRL 1:05.33;
- FINAL:** 1. Kip Janvrin USA 54.68 ; 2. Getulio Candia PUR 56.43 ; 3. Jonathan Tilt GBR 57.21 ; 4. Tunstall GBR 57.33
- M45:** QR: David Moles GBR 1:02.95; Clive Pengelly GBR 1:05.04 ; Tennyson James GBR 1:04.38;
- FINAL:** 1. Darnell Gatling USA 57.46 ; 2. Tony Mitchell GBR 58.20 ; 3. Martin Bürkle GER 58.86 ; 7. Michael Coker GBR 1:02.24 (61.90 qr) ;
- M50:** QR: Duncan Talbot GBR 1:10.99 ; Terry Hall GBR 1:09.81;
- FINAL:** 1. Robert Stevenson GBR 58.92 ; 2. Herbert Kreiter AUT 59.47 ; 3. Ian Broadhurst GBR 1:01.20 ; 5. Roy Buchanan GBR 1:04.46 (64.30 qr) ;
- M55:** 1. Anthony Paul Roker GBR 1:02.92 (British Record) ; 2. Tony Wells GBR 1:06.29 ; 3. Ludvik Toman CZE 1:06.39 ; 8. Andrew Webb GBR 1:10.54 ;
- M60:** QR: Richard Barrington GBR 49.46 ;
- FINAL:** 1. Hans-Jürgen Fröhlauf GER 46.20 ; 2. Maurice Callaghan NZL 47.62 ; 3. Włodzimierz Kostrzko POL 47.91 ; 7. Frederick Bush GBR 48.69 ;
- MEN'S 300m Hurdles**
- M65:** 1. Willi Klaus GER 48.13 ; 2. Michael Stevenson AUS 48.67 ; 3. Ronald Kirkpatrick USA 50.06 ;
- M70:** 1. François Corneils BEL 53.76 ; 2. Bertil Hedstrom SWE 54.74 ; 3. Peter Field GBR 55.07 ; 4. Gordon Daborn GBR 56.85 (56.21 qr) ;
- M75:** 1. Earl Fee CAN 52.91 (World Record) ; 2. Jerzy Przyborowski POL 59.97 ; 3. Erik Holo NOR 1:01.26 ;
1. Frederick O' Connor AUS 1:08.63 ; 2. Kurt Byggmästar FIN 1:09.14 ; 3. Ussami Mamoru BRA 1:17.06 ;
- M85:** Ugo Sansonetti ITA 1:27.13 (World Record) ;
- MEN'S 110m Hurdles**
- M35:** 1. Don Drummond USA 14.80 ; 2. Manuel Bellocano ESP 15.78 ; 3. Michael Schieke GER 15.87
- M40:** QR: Glen Reddington GBR 16.52; Neil Tunstall GBR 16.29 ;
- FINAL:** 1. David Ashford USA 14.00 ; 2. Dexter McCloud USA 14.62 ; 3. Marin Garrigues FRA 15.25; 5. Des Wilkinson GBR 15.48 ;
- M45 (ws final 0.4)**
- QR: Clive Pengelly GBR 18.32 ;
- FINAL (ws 0.4) :** 1. Karl Smith JAM 14.70 (World Record) ; 2. Alfred Philip Burgos AHO 15.68 ; 3. Thierry Cabalier FRA 16.15 ; 5. Michael Coker GBR 16.87 (16.79 qr) ; 7. Tennyson James GBR 17.96 (17.64 qr) ;
- MEN'S 100 METRES HURDLES**
- M50:** QR: Terry Hall GBR 17.72 ;
- FINAL (ws 0.6) :** 1. Herbert Kreiner AUT 14.09 (European Record) ; 2. Thaddeus Wilson USA 15.17 ; 3. Roland Hepperle GER 15.23 ; 6. Roy Buchanan GBR 15.63 (15.53 qr) ;
- M55:** QR: Tony Wells GBR 16.87 ;
- FINAL :** 1. Dieter Tisch GER 15.90 ; 2. Ludvik Toman CZE 16.44 ; 3. Antonio Montaruli ITA 17.11 ;
- M60 (ws 0.7) :** 1. Barry Ferguson GBR 15.77 (British Record) ; 2. Milan Beliansky SVK 16.57 ; 3. Walter Bauer GER 16.73 ;
- M65:** 1. Emil Pawlik USA 15.81 ; 2. Michael Stevenson AUS 16.42 ; 3. Romeo Huwiler SUI 18.20 ;
- MEN'S 80m Hurdles**
- M70:** QR: Keith Whitaker GBR 18.83 ; Jim Day GBR 16.73 ; **FINAL:** 1. Lars-åke Hedlund SWE 13.91 ; 2. Vladimir Popov RUS 14.08 ; 3. Bertil Hedstrom SWE 14.16 ; 6. Gordon Daborn GBR 14.94 ;
- M75:** 1. Jerzy Przyborowski POL 15.62 ; 2. Ariel Standen Lewis CHI 16.13 ; 3. Charles Sochor USA 16.80 ;
- M80 (ws 0.1) :** 1. Melvin Larsen USA 14.75 (World Record) ; 2. Horst Albrecht GER 17.15 ; 3. Kurt Byggmästar FIN 19.63 ;
- M85:** Ugo Sansonetti ITA 21.11 ;
- MEN'S 2000m Steeplechase**
- M60:** 1. Emilio De La Camara Peron ESP 7:07.04 ; 2. Josef Kutnophorsky AUT 7:32.89 ; 3. Frederick Bush GBR 7:42.78 ; 6. Michael Dixon GBR 7:58.17 ; Other: Patrick Bonas IRL 8:53.98 ; John Walker GBR 9:47.07 ;
- M65:** 1. Alan Bradford AUS 7:49.92 ; 2. Ewald Schaffter AUT 7:56.00 ; 3. Klaus Keilmann GER 7:58.57
- M70:** 1. Ryosuke Takahara JPN 8:28.09 ; 2. Francisco Vicente POR 8:34.58 ; 3. Kunio Ichikawa JPN 8:46.48 ;
- M75:** 1. Karel Matzner CZE 9:48.12 ; 2. Hector Mein NZL 10:15.25 ; 3. Martino Cuder ITA 10:28.62 ;
- M80:** 1. Soichi Tamoi JPN 10:16.21 ; 2. Max McKay AUS 12:04.49 ; 3. Jose Maria Garin Iraola ESP 12:52.97 ;
4. Nick Corish IRL 13:54.11
- M85:** Daniel Bulkley USA 15:53.89
- MEN'S 3000m Steeplechase**
- M35:** 1. Xavier Sanchez Rodriguez ESP 10:03.99 ; 2. Steffen Meyer GER 10:15.60 ; 3. Francisco J. Beneyto Abad ESP 11:09.11 ;
- M40:** 1. Jesus Borrego Llamas ESP 9:30.11 ; 2. Jordi Bello Sarasa ESP 9:34.38 ; 3. Tobias Philander RSA 9:39.88 ; 5. Angus Henderson GBR 9:59.08 ; 16. Dave Stanfield GBR 12:29.87 ;
- M45:** 1. Ramon Ramon Menargues ESP 9:39.86 ; 2. Cesar Perez Rodriguez ESP 9:45.91 ; 3. Francisco Del Rio Alvarez ESP 9:57.41 ; 4. Chris Ireland GBR 10:13.19
6. Andrew Fox GBR 10:23.48 ; 7. Dickie Wythe GBR 10:45.70 ; 11. Michael Baron GBR 11:00.00 ; 13. Colin Oxlaide GBR 11:32.52 ;
- M50:** 1. Sean Rice RSA 10:29.12 ; 2. Harald Nygaard NOR 10:32.06 ; 3. Martin Van Der Hoorn NED 10:34.92 ; **M55:** 1. Martin McEvilly IRL 10:58.88 ; 2. Harald Odegard NOR 11:04.88 ; 3. Milan Kotnik SLO 11:29.90 ;
- MEN'S Marathon**
- M35:** 1. Sabino Aranaga Aldanondo ESP 2:34:23.00 ; 2. Donovan Wright RSA 2:35:43.00 ; 3. Jose Angel Iglesias Buet ESP 2:47:35.00 ;
- M40:** 1. Juan Vazquez Sanchez ESP 2:29:43.00 ; 2. Antonio Miranda Ordonez ESP 2:35:44.00 ; 3. Jacinto Anton Rodrigo ESP 2:35:55.00 ; 13. Robin Bentley GBR 2:45.21 ; 23. Martin Ferguson GBR 2:55:44.00 ;
76. Alan Roberts GBR 4:02:40.00 ;
- M45:** 1. Gerardo Gomez Sanz ESP 2:35:21.00 ;
2. Federico Nogara ITA 2:37:38.00 ; 3. Alexei Ioudine RUS 2:40:47.00 ; 13. Stephen Davies GBR 2:56:30.00
- M50:** 1. Yoshio Tani JPN 2:40:59.00 ; 2. Mario Aguilera ARG 2:42:13.00 ; 3. Ivan Golob SLO 2:43:38.00 ; 58. Rob Sargent GBR 3:34:21.00 ; Kevin Dillon GBR 3:39:15.00 ; 68. Garrett Clarke IRL 3:42:04.00 ;
- M55:** 1. Günter Koch GER 2:47:15.00 ; 2. Wolfgang Ahrens GER 2:50:15.00 ; 3. Luis Galiano Bernabe ESP 2:52:53.00 ; 6. Michael Spragg GBR 3:00:48.00 ; 9. John Beddington GBR 3:11:46.00 ; 10. William Willmitt GBR 3:12:17.00 ; 44. Liam K. Hester IRL 4:04:30.00 ; 51. Douglas Mooy GBR 4:32:41.00 ;
- M60:** 1. Max Kevin Dravitzki NZL 2:54:34.00 ; 2. Gregorio Ascasibar Soria ESP 3:02:09.00 ; 3. Michele Bassi ITA 3:06:06.00 ; 19. Edward Coyle IRL 4:00:28.00 ;
- M65**
1. Hernan Barreneche Rios COL 2:58:19.00 ; 2. Anatoliy Prysyazhnyuk UKR 2:59:49.00 ; 3. Friedrich Holst GER 3:13:14.00 ; 15. Eric Barber GBR 3:47:30.00 ; 26. Les Green GBR 4:40:18.00 ; 27. Francis Joseph Arthurs IRL 4:45:03.00 ;
- M70:** 1. Luciano Acuadone ITA 3:19:27.00 ; 2. Manuel Rosales Touza ESP 3:24:25.00 ; 3. Ivan Osipov RUS 4:00:01.00 ;
- M75:** 1. Manfred Tjaben GER 4:07:50.00 ; 2. Arturo Rivas Martinez ESP 4:32:27.00 ; 3. Ildefonso Leon Ortega ESP 5:28:56.00 ;
- M80:** Olli Kivioja FIN 5:25:51.00
- MEN'S High Jump**
- M35:** 1. Michal Buzek CZE 1.93 ; 2. Oleg Mysikov USA 1.90 ; 3. Jean-luc Julemont BEL 1.84 ;
- M40:** 1. Marco Segatelli ITA 1.99 ; 2. Christophe Fontaney FRA 1.96 ; 3. Thomas Vanzandt USA 1.96 ;
- M45:** 1. Bruce Mebartnette USA 1.96 ; 2. Patrick Andre FRA 1.93 ; 3. András Vörös HUN 1.87 ;
- M50:** 1. Jan Huijbers NED 1.81 ; 2. Leonardo Habegger SUI 1.75 ; 3. Peter Wolna GER 1.75 ; 11. Duncan Talbot GBR 1.48 ; 16. Patrick Moran IRL 1.36 ;
- M55:** 1. John Hawkins CAN 1.66 ; 2. Hans-theo Nieder GER 1.66 ; 3. Hans-Jürgen Ramacher GER 1.63 ; 11. Michael John Warriow GBR 1.48 ;
- M60:** 1. Gunther Spielvogel GER 1.60 ; 2. Branko Vivod Franc SLO 1.54 ; 3. Norman Frable USA 1.54 ; 5. Sean Power GBR 1.48 ;
- M65:** 1. Hermann Albrecht GER & Carl-erik Sarndal SWE 1.54 ; 3. Daniel Fernandez Gonzalez ESP 1.51 ;
- M70:** 1. Dr. Hikmet Kandeydi TUR 1.42 ; 2. Lambert Vandebosch BEL 1.42 ; 3. Gilbert Van Der Linden BEL 1.42 ;
- M75:** 1. Nils-bertil Nevrup SWE 1.30 ; 2. Jerzy Przyborowski POL 1.27 ; 3. Albert Stoppel AUT 1.24 ;
- M80:** 1. Gerhard Windolf GER 1.21 ; 2. Siegfried Monzien GER 1.18 ; 3. Amelio Compri ITA 1.18 ;
- M85:** Emmerich Zensel AUT 1.21 (World Record) ;
- MEN'S Pole Vault**
- M35:** 1. Ignasi Anguera Camos ESP 4.00 ; 2. Julien Fossat FRA 3.80 ; 3. Michael Talké GER 3.80 ;
- M40:** 1. Francisco J. Hernandez Ri ESP 4.60 ; 2. Paul Babits USA 4.60 ; 3. Emerson Obiena PHI 4.50 ; 14. Alan C. Anderson-Easey GBR 3.20 ;
- M45:** 1. Alfred Achtelis GER 4.50 ; 2. Chris Duhon USA 4.40 ; 3. Allan Leiper GBR 4.00 ; 9. John Taylor GBR 3.40 ;
- M50:** 1. Wolfgang Ritte GER 4.25 ; 2. Ernö Makó HUN 4.00 ; 3. Rolf Nucklies GER 3.90 ;
- M55:** 1. Flemming Johanne DEN 3.90 ; 2. Matti Kilpelainen USA 3.80 ; 3. Karel Fiedler CZE 3.70 ; 10. Bruce Hendrie GBR 2.80 ;
- M60:** 1. Walter Zbinden SUI 3.20 ; 2. Glyn Sutton GBR 3.20 ; 3. Nikolay Leshchenko RUS 3.00 ; 4. John Howe GBR 2.80 ;
- M65:** 1. Zoltán Kurunczi HUN 3.00 ; 2. Siegbert Gneth GER 3.00 ; 3. Gerald Counihan USA 2.90 ;
- M70:** 1. Jean Francois Guiessyes FRA 3.00 ; 2. Dr. Hikmet Kandeydi TUR 2.90 ; 3. Pavel Tosnar CZE 2.60 ; 5. Jim Day GBR 2.60 ;
- M75:** 1. Jerry Donley USA 2.50 ; 2. Fernando Oliveira Marques POR 2.40 ; 3. Alfred Woods GBR 2.20 ;
- M80:** 1. Amelio Compri ITA 1.90 ; 2. Mitsuyoshi Fujita JPN & Jose Figueras URU 1.80 ;
- M85:** Emmerich Zensel AUT 1.80 ;
- MEN'S Triple Jump**
- M35:** 1. Martin Rossiter GBR 14.65 ; 2. Yevgen Tkachenko UKR 14.32 ; 3. Eduardo Calleja Hernandez ESP 14.22 ;

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

- M40:** 1. Beat Ackle SUI 14.54 ; 2. Ruddy Far uhanson GBR 13.95 ; 3. Karsten Nielsen DEN 13.84 ;
- M45:** 1. Wolfgang Knabe GER 14.78 / 0.0 (**World Record**) ; 2. Willie Banks USA 14.64 ; 3. Rez Cameron GBR 13.67 ; 7. David W. Dixon GBR 12.93 ; 12. Steve Wallace GBR 11.52 ; 16. Ian Worrall GBR 10.79 ;
- M50:** 1. Heinz-arno Küppers GER 13.16 ; 2. Valery Zvezdkin RUS 12.70 ; 3. Wolfram Walter GBR 12.47 ;
- M55:** 1. Yuriy Shukevych UKR 11.90 ; 2. Ruslan Bozhayen UKR 11.54 ; 3. Valdis Cela LAT 11.05 ; 8. Brian Williamson GBR 9.82 ;
- M60:** 1. Tapani Taavitsainen SUI 11.83 ; 2. Claus-werner Kreft GER 11.71 ; 3. Akira Kawasumi JPN 10.44 ;
- 4 Sean Power GBR 11.39 ; 5. Shiro Asamura JPN 11.39
- M65:** 1. Stig Bäcklund FIN 11.33 ; 2. Lothar Fischer GER 10.46 ; 3. Giorgio Bortolozzi ITA 10.44 ;
- M70:** 1. Vladimir Popov RUS 10.04 ; 2. Dr. Hikmet Kandeydi TUR 9.48 ; 3. Robert Hewitt USA 9.19 ; 4. John Evans GBR 8.64 ;
- M75:** 1. Ariel Standen Lewis CHI 8.27 ; 2. Matti Jarvinen FIN 8.23 ; 3. Albert Stoppel AUT 8.22 ;
- M80:** 1. Aatos Sainio FIN 8.34 ; 2. Frederick O' Connor AUS 7.95 ; 3. Horst Albrecht GER 7.23 ;
- M85:** 1. Aate Lehtimaki FIN 7.16 ; 2. Emmerich Zensch AUT 7.05 ; 3. Matti Niemi FIN 5.65 ;
- M90:** Max Springer USA 4.25 ;
- MEN'S Long Jump**
- M35:** 1. Sabier Les Lacosta ESP 6.77 ; 2. Giorgio Federici ITA 6.74 ; 3. Eduardo Calleja Hernandez ESP 6.63 ;
- M40:** 1. Thomas Straub GER 6.64 ; 2. Andreas Schindlwein GER 6.49 ; 3. Kent Nygren SWE 6.35 ; 8. Trevor Sinclair GBR 6.03 ;
- M45:** 1. Reiner Wenk GER 6.83 ; 2. Igor Gavenciak SVK 6.31 ; 3. Trevor Wade GBR 6.13 ; 13. Roderick Davies GBR 5.19 ; 22. Ian Worrall GBR 4.71 ;
- M50:** 1. Jouko Nikula FIN 6.10 ; 2. Gojko Banjevic SCG 6.01 ; 3. Yordan Yanev BUL 5.91 ; 16. Terry Hall GBR 4.81 ;
- M55:** 1. Jorge Paez Vera ESP 5.89 ; 2. Heinz Wondra GER 5.50 ; 3. Pekka Koivisto FIN 5.39 ; 7. John Charlton GBR 5.22 ; 13. Michael John Warrilow GBR 4.74 ;
16. Brian Williamson GBR 4.51 ;
- M60:** 1. Tapani Taavitsainen SUI 5.51 ; 2. Claus-werner Kreft GER 5.13 ; 3. Jan Rubes CZE 5.01 ; 5. Sean Power GBR 4.90 ;
- M65:** 1. Hermann Beckering GER 5.16 ; 2. Wolfgang Tuchen GER 4.81 ; 3. Emil Pawlik USA 4.80 ;
- M70:** 1. Vladimir Popov RUS 4.86 ; 2. Robert Hewitt USA 4.37 ; 3. Heinrich Amort ITA 4.26 ; 6. John Evans GBR 3.83 ;
- M75:** 1. Wolfgang Reuter GER 4.54 ; 2. Albert Stoppel AUT 3.94 ; 3. Matti Jarvinen FIN 3.89 ;
- M80:** 1. Aatos Sainio FIN 3.82 ; 2. Melvin Larsen USA 3.74 ; 3. Horst Albrecht GER 3.65 ;
- M85:** 1. Aate Lehtimaki FIN 3.44 ; 2. Ugo Sansonetti ITA 3.30 ; 3. Emmerich Zensch AUT 2.98 ;
- M90:** Max Springer USA 2.07 ;
- MEN'S Discus Throw**
- M35:** 1. Jose I. Pardo Modrego ESP 43.90 ; 2. Carlos Garcia Rodriguez ESP 42.40 ; 3. Deon Wagner NZL 39.38 ;
- M40:** 1. Stanislav Kovar CZE 50.90 ; 2. Mieczyslaw Szpak POL 47.81 ; 3. Kevin Brown GBR 47.02 ; 5. Steve Whyte GBR 45.47 ; 9. David Burrell GBR 36.49
- M45:** 1. Piet Meijdam NED 50.62 ; 2. Harry Kuhn GER 45.08 ; 3. Mariusz Gurzeda POL 44.61 ;
- M50:** 1. Neville Thompson GBR 55.51 ; 2. Gejza Valent CZE 54.77 ; 3. Sandor Katona FRA 52.70 ;
- M55:** 1. Alwin Wagner GER 50.63 ; 2. Tadeusz Laska POL 48.56 ; 3. Thomas Fahey USA 47.77 ; 4. Neil Griffin GBR 47.14 ;
- M60:** 1. Felix Mohr GER 49.63 ; 2. Heinz Harre AUT 49.00 ; 3. Julio Calvo Redondo ESP 48.69 ;
- M65:** 1. Roland Heiler GER 50.26 ; 2. Klaus Albers GER 50.12 ; 3. Svein Hytten NOR 44.95 ; 18. George Eccles GBR 34.30 ;
- M70:** 1. Osten Edlund SWE 43.74 ; 2. Peter Speckens GER 43.58 ; 3. Ladislav Petrovic SVK 41.11 ;
- M75:** 1. Heinz Brandt GER 37.99 ; 2. Richard Rzebak GER 33.58 ; 3. Jaroslav Hanus GBR 29.88 ;
- M80:** 1. Walter Reidinger Dr. AUT 26.34 ; 2. Pierre Darrot FRA 24.73 ; 3. Havard Lund NOR 23.88 ;
- M85:** 1. Philipp Frech GER 27.71 (**European Record**) ;
2. Frederico Fischer BRA 23.79 ; 3. Erling Svennevik NOR 20.76 ;
- M90:** 1. Antonio Antunes Fonseca BRA 20.58 ; 2. Mario Riboni ITA 19.35 ; 3. Torgeir Brandvold NOR 18.09 ;
- M95:** Alfred Proksch AUT 10.53 ;
- MEN'S Javelin Throw**
- M35:** 1. Michal Kruckowski POL 64.27 ; 2. Imprain Farnatzhe GRE 60.27 ; 3. Adrian Perez Teixido AND 51.90 ;
- M40:** 1. Alexander Fingert ISR 66.05 ; 2. Ikka Sakari Kontinaho FIN 65.68 ; 3. Trevor Ratcliffe GBR 59.88 ;
- M45:** 1. Luis Nogueira Fernandez ESP 61.65 ; 2. Gavie Louw RSA 59.34 ; 3. Jörg-andreas Winkelhausen GER 53.38 ;
- M50:** 1. Josef Schaffarzik GER 60.76 ; 2. Walter Kühndel GER 57.08 ; 3. Jonas Linkis LTU 56.49 ; 18. Peter James Todd GBR 36.66 ; 24. Timothy Saunders-mullins GBR 23.95 ;
- M55:** 1. Kestutis Vislavicius LTU 50.14 ; 2. Bob Banens AUS 47.33 ; 3. Bob Powers USA 46.79 ; 14. Thomas Farragher IRL 28.20 ;
- M60:** 1. Kauko Tuisku FIN 57.74 ; 2. Josef Kolar CZE 48.06 ; 3. Ivan Malafeev RUS 46.30 ; 7. Ashley Stewart Fox GBR 42.79 ; 10. David Kuester GBR 37.60 ;
- M65:** 1. Kalevi Honkanen FIN 52.07 ; 2. Dietrich Hoffman GER 44.43 ; 3. Hartmut Kossel GER 41.75 ; 7. George Eccles GBR 35.97 ;
- M70:** 1. Vladimir Porokhin RUS 45.95 ; 2. Antanas Cerniauskas LTU 42.51 ; 3. Michal Drohomirecki POL 42.48 ;
- M75:** 1. Josef Klok CZE 33.52 ; 2. Sharma P L Sharma IND 32.65 ; 3. Sidney Kiwitt USA 29.06 ;
- M80:** 1. Erik Eriksson FIN 32.91 ; 2. Gilberto Santiago Jované PAN 27.48 ; 3. Havard Lund NOR 25.07 ; 6. Hugh Gallagher IRL 18.36 ;
- M85:** 1. Aate Lehtimaki FIN 24.90 ; 2. Frederico Fischer BRA 19.20 ; 3. Erling Svennevik NOR 17.22 ;
- M90:** 1. Torgeir Brandvold NOR 17.91 ; 2. Antonio Antunes Fonseca BRA 17.71 ; 3. Anton Polgar GER 13.09 ;
- M95:** Alfred Proksch AUT 5.17 (**European Record**) ;
- MEN'S Shot Put**
- M35:** 1. Imprain Farnatzhe GRE 15.57 ; 2. Jan Pieter Bussemans GER 14.52 ; 3. Maurizio Stevenazzi ITA 13.42
- M40:** 1. Stuart Gyngell AUS 17.70 ; 2. Andrey Fedyashin RUS 16.61 ; 3. Sergey Rubtsov KAZ 16.24 ; 4. Steve Whyte GBR 15.39 ; 14. David Burrell GBR 11.56 ;
- M45:** 1. Henryk Radzikowski POL 14.44 ; 2. Karl-jorgen Hoff NOR 14.17 ; 3. Jean Pierre Melynas FRA 14.07 ;
- M50:** 1. John Nespoli USA 15.58 ; 2. Vasilis Maganas GRE 15.03 ; 3. Victor Rashchupkin RUS 14.17 ; (**also**) Timothy Saunders-mullins GBR 8.78 ;
- M55:** 1. Reinhard Krone GER 14.49 ; 2. Neil Griffin GBR 14.36 ; 3. Arild Busterud NOR 14.12 ; (**also**): Thomas Farragher IRL 10.32 ; Philip George Bramford GBR 9.83 ; Martin Kelly IRL 8.57 ;
- M60:** 1. Attila Dr. Jerémias HUN 14.62 ; 2. Felix Mohr GER 13.69 ; 3. Milutin Jegidić SCG 13.63 ; 12. Eric Barker GBR 11.62 ; 15. Peter Virgo GBR 11.28 ; 18. Godfrey Leak GBR 10.60 ;
- M65:** 1. Klaus-jürgen Kühnhold GER 13.40 ; 2. Johann Hansen GER 12.93 ; 3. Svein Hytten NOR 12.80 ; 14. Eric Kitney GBR 9.13 ;
- M70:** 1. Peter Speckens GER 13.92 ; 2. James Koch USA 13.92 ; 3. Reino Laine FIN 13.78 ; 22. John James L Dunsford GBR 6.57 ;
- M75:** 1. Leo Saarinen FIN 12.07 ; 2. Richard Rzebak GER 11.81 ; 3. Nils-bertil Nevrup SWE 9.54 ; 4. Jaroslav Hanus GBR 9.45 ;
- M80:** 1. Erik Eriksson FIN 10.90 ; 2. Valto Mäkelä FIN 9.31 ; 3. Gerhard Windolf GER 8.56 ;
- M85:** 1. Frederico Fischer BRA 8.98 ; 2. Aate Lehtimaki FIN 8.22 ; 3. Erling Svennevik NOR 7.65 ;
- M90:** 1. Antonio Antunes Fonseca BRA 7.25 ; 2. Mario Riboni ITA 6.59 ; 3. Torgeir Brandvold NOR 6.36 ;
- M95:** Alfred Proksch AUT 3.65 (**European Record**) ;
- MEN'S Decathlon**
- M35:** 1. Patrick J.J. Valette FRA 6788 ; 2. Franz Hofer GER 5817 ; 3. Aniceto Diaz Rodriguez ESP 5585 ; 6 Stuart Caudery GBR 4260 ;
- M40:** 1. Kip Janvrin USA 8618 ; 2. John Hoyt USA 6929 ;
3. Aivar Koiduste EST 6369 ; 19. Alan C. Anderson-easey GBR 4168 ;
- M45:** 1. Franck Dupont FRA 6821 ; 2. Uwe Turk-noack GER 6820 ; 3. Saulius Svilainis LTU 6552 ; 5. Allan Leiper GBR 6302 ; 12. Brian Slaughter GBR 5544 ; 19. Daithi O' Murchu IRL 4438 ; 21. Wayne Ford Martin GBR 3990
- M50:** 1. Roland Hepperle GER 7344 ; 2. Steve Kemp USA 6991 ; 3. Reidar Zapf-gilje CAN 6727 ; 9. Julian Kennedy GBR 5341 ; 12. Terry Hall GBR 4725 ; 11 Nicholas David Phipps GBR 4851 ;
- M55:** 1. John Hawkins CAN 7083 ; 2. Stefan Hallgrímsson ISL 6983 ; 3. Sven Jorgensen DEN 6431 ; 4. John Charlton GBR 6304 ; (**also**) Tyrone Lewis GBR 5536 ;
- M60:** 1. Rolf Geese GER 8440 ; 2. Nikolay Leshchenko RUS 6191 ; 3. Horst Schaefer GER 6124 ; 11. Clifford John Brooks GBR 4497 ; 13. Brian Selwyn Harlick GBR 3773 (**also**) : Bohdan-miroslaw Luklinski GBR 1812 ;
- M65:** 1. Emil Pawlik USA 7900 ; 2. Willi Klaus GER 7419 ; 3. Kjartan Solberg NOR 6675 ;
- M70:** 1 Lars Wennblom SWE 7602 ; 2 Pavel Tosnar CZE 7356 ; 3 Dr. Hikmet Kandeydi TUR 6871 ; 5 David Burton GBR 6700 ; (**also**) : Clifford Taylor GBR 4095 ;
- M75:** 1 Zenichi Matsumoto JPN 4589 ; 2 Norman James Carter GBR 4126 ; 3 Karl Schumacher GER 3998 ;
- M80:** 1. Pierre Darrot FRA 6184 ; 2. Karl Porep GER 6149 ; 3. Frederick Hirsimaki USA 5912 ;
- M85:** Daniel Bulkley USA 4169
- MEN'S 4x100m Relay**
- M35:** 1. United States Of Ameri USA 42.62 ; 2. Great Brita GBR 43.47 ; 3. Germa GER 43.64 ;
- M40:** 1. Ita ITA 42.57 ; 2. Germa GER 44.13 ; 3. Puerto Ri PUR 44.94 ; 4. Great Brita GBR 45.53 ;
- M45:** 1. Great Brita GBR 44.22 ; 2. United States Of Ameri USA 44.43 ; 3. Fran FRA 44.67 ;
- M50:** 1. Great Brita GBR 46.07 ; 2. Spa ESP 47.50 ; 3. Germa GER 48.92 ;
- M55:** 1. Austral AUS 48.27 ; 2. Germa GER 49.66 ; 3. Great Brita GBR 49.99 ;
- M60:** 1. United States Of Ameri USA 48.92 ; 2. Germa GER 49.52 ; 3. Great Brita GBR 53.08 ;
- M65:** 1. Germa GER 50.13 ; 2. Austral AUS 52.76 ; 3. Ita ITA 53.37 ; 5. Great Brita GBR 56.79 ;
- M70:** 1. Germa GER 53.03 ; 2. Great Brita GBR 1:03.61 ; 3. Argenti ARG 1:28.10
- M75:** 1. Germa GER 1:01.53 ; 2. Jap JPN 1:10.89 ;
- M80:** 1. Germa GER 1:04.68 ; 2. Finla FIN 1:11.66 ;
- MEN'S Hammer Throw**
- M35:** 1. Andreas Pierot GER 48.25 ; 2. Sven Hermann Suhling GER 46.67 ; 3. Johnny Andersen DEN 40.99 ;
- M40:** 1. Steve Whyte GBR 55.45 ; 2. Jose Luis Velasco Gonzalez ESP 52.69 ; 3. Stephan Frey GER 50.00 ; 5. Russel Payne GBR 46.31 ; 8. David Burrell GBR 44.14
- M45:** 1. Gottfried Gassenbauer AUT 55.13 ; 2. Nigel Winchcombe GBR 53.52 ; 3. Kenneth Jansson USA 53.19 ;
- M50:** 1. Vasilis Maganas GRE 56.95 ; 2. Lajos Bózsa HUN 54.41 ; 3. Jose Javier Sobera Garcia ESP 51.41 ; 25. Timothy Saunders-mullins GBR 26.97 ;
- M55:** 1. Andrzej Piatkowski POL 56.47 ; 2. Arild Busterud NOR 55.56 ; 3. Florian Kulczyński POL 54.16 ; 9. Barry Hawksnor GBR 40.68 ;
- M60:** 1. Heimo Viertbauer AUT 55.23 ; 2. Ryszard Krzesinski POL 54.13 ; 3. Flemming Rasmussen-fiske DEN 52.70 ; 8. Eric Barker GBR 40.93 ; 20. Patrick Reilly IRL 32.17 ;
- M65:** 1. Antoni Kargol POL 49.55 ; 2. William Gentleman GBR 49.15 (**British Record**) ; 3. Hermann Albrecht GER 48.97 ;
- M70:** 1. Waldemar Villhauer GER 51.65 (**European Record**) ; 2. Mykhaylo Lytvynenko UKR 44.13 ; 3. Ilmari Tuomela FIN 43.64 ;
- M75:** 1. Richard Rzebak GER 43.01 ; 2. Heinz Brandt GER 39.03 ; 3. Raymond Lamora FRA 36.03 ; 9. Jaroslav Hanus GBR 27.43 ;
- M80:** 1. Erik Eriksson FIN 31.73 ; 2. Jerzy Krawczyk POL 28.75 ; 3. Valto Mäkelä FIN 26.44 ;
- M85:** 1. Erling Svennevik NOR 22.74 ; 2. Alois Meier GER 20.48 ; 3. Frederico Fischer BRA 19.77 ;
- M90:** 1. Antonio Antunes Fonseca BRA 20.70 ; 2. Torgeir Brandvold NOR 14.70 ; 3. Anton Polgar GBR 12.44 ;

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

MEN'S Hammer Weight T.

- M35:** 1. Andreas Pierrot GER 13.42 ; 2. Deon Wagner NZL 11.90 ;
M40: 1. Steve Whyte GBR 16.19 ; 2. David Burrell 14.81 ; 3. Stephan Frey GER 14.81 ;
M45: 1. Kenneth Jansson USA 16.98 ; 2. Valerij Schütz GER 15.58 ; 3. Hartmut Nuschke GER 14.06 ;
M50: 1. Vasilis Maganas GRE 21.54 ; 2. Basie Koen RSA 17.92 ; 3. Marius Bester RSA 16.04 ; 15. Timothy Saunders-mullins GBR 9.72 ;
M55: 1. Arild Busterud NOR 19.70 ; 2. Andrzej Piaczkowski POL 18.98 ; 3. Florian Kulczyński POL 17.72 ; 12. Thomas Farragher IRL 10.93 ;
M60: 1. George Mathews USA 19.84 ; 2. Ryszard Krzesinski POL 19.65 ; 3. Heimo Viertbauer AUT 19.65 ; 6. Godfrey Leak GBR 15.83 ; 9. Eric Barker GBR 14.69 ;
M65: 1. Andrzej Rzepecki RSA 17.38 ; 2. Gerhard Bruckhaus GER 16.85 ; 3. Hermann Albrecht GER 16.76
M70: 1. Waldemar Villhauer GER 19.00 ; 2. Raimo Leino FIN 18.08 ; 3. Peter Speckens GER 17.30 ;
M75: 1. Richard Rzechak GER 17.40 (**World Record**) ; 2. Heinz Brandt GER 15.56 ; 3. Matti Jarvinen FIN 13.93 ; 7. Jaroslav Hanus GBR 11.52 ;
M80: 1. Erik Eriksson FIN 14.56 ; 2. Havard Lund NOR 12.88 ; 3. Valto Mäkelä FIN 12.00 ;
M85: 1. Erling Svennevik NOR 11.68 ; 2. Alois Meier GER 9.76 ; 3. Aate Lehtimaki FIN 9.36 ;
M90: 1. Torgeir Brandvold NOR 9.00 ; 2. Mario Riboni ITA 7.10 ; 3. Anton Polgar GER 6.47 ;

MEN'S Throwing Pentathlon

- M35:** 1 Jochen Koppenhoefer GER 3628 ; 2 Sven Hermann Suhling GER 2897 ; 3 Deon Wagner NZL 2793

M40

1. Steve Whyte GBR 4176 ; 2. Stuart Gyngell AUS 3650
3. Michael Albert GER 3364 ; 5. Andrew Turner GBR 3240 ;
M45: 1 Piet Meijdam NED 3784 ; 2 Piet Meijdam NED 3784 ; 3 Karl-jorgen Hoff NOR 3705 ;
M70: 1 Peter Speckens GER 4626 ; 2 Antanas Cerniauskas LTU 4454 ; 3 Arnost Boldan CZE 4237 ;
M75: 1. Richard Rzechak GER 5007 ; 2. Heinz Brandt GER 4963 ; 3. William Garrahan USA 4301 ; 6. Jaroslav Hanus GBR 3586 ;
M80: 1 Erik Eriksson FIN 4700 ; 2 Valto Mäkelä FIN 3666 ; 3 Bertil Larsson SWE 3422 ;
M85: 1 Erling Svennevik NOR 4194 ; 2 Frederico Fischer BRA 4044 ; 3 Philipp Frech GER 3919 ;
M90: 1 Torgeir Brandvold NOR 4058 ; 2 Anton Polgar GER 3498 ;

4x400m Relay

- M35:** 1. United States Of Ameri USA 3:19.90 ; 2. Germa GER 3:27.98 ; 3. Spa ESP 3:28.58 ; 4. Great Brita GBR 3:34.06
M40: 1. Fran FRA 3:25.05 ; 2. Ita ITA 3:26.18 ; 3. Cerna GER 3:28.53 ; 4. Great Brita GBR 3:34.10 ;
M45: 1. United States Of Ameri USA 3:29.38 ; 2. Great Brita GBR 3:31.02 ; 3. Fran FRA 3:37.75 ; 6. Irela IRL 3:47.93 ;
M50: 1. Great Brita GBR 3:43.36 ; 2. Germa GER 3:49.41 ; 3. Spa ESP 3:53.47 ;
M55: 1. Austral AUS 3:49.33 ; 2. Great Brita GBR 3:56.28 ; 3. Fran FRA 3:59.48 ;
M60: 1. United States Of Ameri USA 3:58.49 ; 2. Germa GER 4:00.73 ; 3. Austral AUS 4:12.89 ; 4. Great Brita GBR 4:23.39 ;
M65: 1. Germa GER 4:09.29 ; 2. Austral AUS 4:14.67 ; 3. Great Brita GBR 4:36.14 ;
M70: 1. Germa GER 4:37.40 ; 2. Great Brita GBR 5:16.33 ; 3. Argenti ARG 9:16.07 ;
M75: 1. Germa GER 5:11.60 ; 2. Great Brita GBR 6:12.90 ;
M80: 1. Germa GER 6:40.92 ; 2. Finla FIN 7:43.95 ;

MEN'S Throwing Pentathlon

- M50:** 1 Vasilis Maganas GRE 4036 ; 2 Michael Small GBR 3951 ; 3 Dieter Kassner GER 3523; (**also**) Timothy Saunders-mullins GBR 2019 ;
M55: 1 Andrzej Piaczkowski POL 4254 ; 2 Neil Griffin GBR 4213 ; 3 Florian Kulczyński POL 4007 ; (**also**) Philip George Bramford GBR 2089 ; Martin Kelly IRL 2322 ;
M60: 1. Ian Percy GBR 4223 ; 2. George Mathews AUS 4130 ; 3. Marek Glowacki CAN 4109 ; 19. David Kuester GBR 2809 ; 24. Godfrey Leak GBR 2431 ;

- M65:** 1. Johann Hansen GER 4657 ; 2. Svein Hytten NOR 4625 ; 3. Klaus Albers GER 4545 ; 6. William Gentleman GBR 4048 ;

WOMEN'S 100m

- F35: QR:** Beverley Matthews GBR 13.46 ;
FINAL : 1. Angelique Hogeveen-smits NED 12.34 ; 2. Lorette Raabe GER 12.72 ; 3. Simone Noack GER 12.81 ; 4. Kim Goodwin GBR 12.95 (12.86 qr);
W40: QR: 12.86 ; Abiola Onatade GBR 14.18 ;
FINAL: 1. Violetta Lapierre FRA 12.25 ; 2. Gianna Mogentale AUS 12.69 ; 3. Angelika Grissmer GER 12.74 ; 4. Julie Money GBR 12.90 (12.86 qr) ;
F45: QR: Janice Hardcastle GBR 14.14 ; Anne Goad GBR 14.46 ; Angela Kelly GBR 13.77 ; Ibhana Finnegan IRL 16.77 ; Angela Beadman GBR 13.70 ; Jocelyn Harwood GBR 13.73 ; Gaye Clarke GBR 13.78 ;
FINAL: 1. Averil Mclelland GBR 13.06 (12.69 qr) ; 2. Nicole Barily FRA 13.23 ; 3. Resi Maerz GER 13.30 ; 5. Wendy Dunn GBR 13.43 (13.17 qr) ;
F50: QR: Anne-grete Howarth GBR 17.11 ;
FINAL: 1. Karla Del Grande CAN 13.20 ; 2. Helen Godsell GBR 13.26 ; 3. Dagmar Fuhrmann GER 13.27 ; 5. Joylyn Saunders-mullins GBR 13.65 (13.59 qr) ; 8. Edna Roe GBR 14.08 (14.00 qr) ;

- F55:** 1. Ingrid Meier GER 13.47 ; 2. Valerie Parsons GBR 13.69 ; 3. Wendy Sheaves AUS 14.11 ;

- F60: 1. Esther Linaker GBR 14.32 ;** 2. Valerie June Reeves AUS 14.57 ; 3. Kathleen Jager USA 14.60 ;

- F65:** 1. Gerti Reichert-wallou GER 15.10 ; 2. Edeltraud Strasdas GER 15.72 ; 3. Rita Blair RSA 15.92 ;

- F70: QR:** Betty Steedman GBR 18.76 ;

- FINAL:** 1. Margaret Peters NZL 15.08w ; 2. Irene Obera USA 15.12 ; 3. Lea Vilpas FIN 16.65 ;

- F75: (QR)** Brenda Green GBR 25.74 ; **FINAL:** 1. Ann Cooper AUS 16.47 ; 2. Isabel Hofmeyr RSA 17.37 ; 3. Juana M. Raspaldo Rodriguez PUR 17.70 ;

- F80:** 1. Johnnny Valien USA 20.89 ; 2. Flora Doreen Mcleod-smith CAN 21.96 ; 3. Margarete Strüven GER 24.74 ;

- F85:** 1. Olga Kotelko CAN 22.34 ; 2. Alicia Canal COL 24.69 ; 3. Modesta Martinez Ramirez MEX 25.40 ;

- F90:** Rosario Iglesias Y Rocha MEX 57.58 ;

WOMEN'S 200m

- F35: QR:** Beverley Matthews GBR 28.94 ;

- FINAL:** 1. Lisa Daley USA 25.17 ; 2. Simone Noack GER 25.63 ; 3. Elena Levina RUS 25.85 ; 5. Kim Goodwin GBR 26.29 (26.14 qr) ;

- F40: QR:** Abiola Onatade GBR 29.81 ; Lesley Hopkins GBR 30.74 ; **FINAL:** 1. Violetta Lapierre FRA 24.84 ; 2. Angelika Grissmer GER 25.95 ; 3. Joy Upshaw-margueron USA 25.97 ; 7. Julie Money GBR 26.95 (26.87 qr) ;

- F45: (QR):** Angela Beadman GBR 28.19 ; Angela Kelly GBR 29.04 ; Gaye Clarke GBR 28.54 ;

- FINAL : 1. Averil Mclelland GBR 25.77 w (25.74 / - 0.7 (European Record qr))** ; 2. Christine Müller SUI 26.21 ; 3. Nicole Barily FRA 26.39 ; 5. Wendy Dunn GBR 26.78 (26.77 qr) ; 8. Jane Horder GBR 27.59 ;

- F50: QR:** Joylyn Saunders-mullins GBR 28.57 ; Judi Stafford GBR 33.02 ; **FINAL:** 1. Karla Del Grande CAN 26.74 ; 2. Dagmar Fuhrmann GER 27.25 ; 3. Caroline Ann Powell GBR 27.55 (27.36 sf) ; 4. Helen Godsell GBR 27.69 ; 6. Edna Roe GBR 28.28 ;

- F55: QR:** Sue Mc Ginlay GBR 40.74 ;

- FINAL:** 1. Ingrid Meier GER 27.85 ; 2. Wendy Sheaves AUS 28.63 ; 3. Valerie Parsons GBR 28.89 (28.87 qr) ;

- F60:** 1 Marge Allison AUS 30.11 ; 2. Valerie June Reeves AUS 30.43 ; 3. Esther Linaker GBR 30.68 ;

- F65:** 1. Gerti Reichert-wallou GER 31.86 ; 2. Rosmarie Mahnke GER 33.16 ; 3. Edeltraud Strasdas GER 33.96 ;

- F70: (QR):** Betty Steedman GBR 42.73 ;

- FINAL:** 1. Margaret Peters NZL 32.10 ; 2. Irene Obera USA 33.65 ; 3. Ase Nyland NOR 34.81 ;

- F75:** 1. Ann Cooper AUS 35.21 ; 2. Isabel Hofmeyr RSA 36.54 ; 3. Pastora Londoño COL 38.05 ;

- F80:** Flora Doreen Mcleod-smith CAN 48.25

- F85:** 1. Modesta Martinez Ramirez MEX 55.54 ; 2. Maria Ramirez Bautista MEX 1:05.61 ;

- F90:** Rosario Iglesias Y Rocha MEX 1:59.45

WOMEN'S 400m

- F35: QR:** Angie Alstrachan GBR 1:04.19 ;

- FINAL:** 1. Lisa Daley USA 56.03 ; 2. Elena Levina RUS 57.34 ; 3. Simone Noack GER 57.77 ; 4. Kim Goodwin GBR 58.24 ; 8. Geraldine Finegan GBR 1:25.17 (61.15 qr) ;

- F40: QR:** Denise Timmis GBR 1:06.23 ; Abiola Onatade GBR 1:12.95 ; Lesley Hopkins GBR 1:10.19 ;

- FINAL:** 1. Virginia Mitchell GBR 57.92 ; 2. Rosa Marchi ITA 59.64 ; 3. Gianna Mogentale AUS 1:01.00 ; 7. Mary Edwards GBR 1:01.95 ;

- F45:** 1. Cathlene Ronel Beukes RSA 59.49 ; 2. Marie Kay AUS 1:00.11 ; 3. Averil Mclelland GBR 1:01.25 ; 5. Jane Horder GBR 1:01.68 ;

- F50:** 1. Karla Del Grande CAN 59.84 ; 2. Caroline Ann Powell GBR 59.87 (European Record) ; 3. Elizabeth Alexander RSA 1:03.13 ; 4. Joylyn Saunders-mullins GBR 1:03.36 ; 6. Edna Roe GBR 1:04.18 ; 7. Barbara Lock GBR 1:04.58 ;

- F55:** 1. Ann-britt Eriksson SWE 1:07.64 ; 2 Hillen Von Maltzahn GER 1:09.48 ; 3 Zdenka Bertrand FRA 1:11.59

- F60:** 1. Marge Allison AUS 1:07.55 ; 2. Oddbjorg Haakensveen NOR 1:09.87 ; 3. Riet Jonkers NED 1:11.00

- F65:** 1. Lydia Ritter GER 1:15.91 ; 2. Erika Sauer GER 1:17.67 ; 3. Jean Daprano USA 1:18.39 ;

- F70:** 1. Jean Horne CAN 1:20.05 ; 2. Ase Nyland NOR 1:21.04 ; 3. Hideko Koshikawa JPN 1:36.00 ;

- F75:** 1. Isabel Hofmeyr RSA 1:36.12 ; 2. Marcia Petley NZL 1:43.40 ; 3. Patricia Peterson USA 1:46.50 ;

- F80:** 1. Mavis Hutchison RSA 1:55.81 ; 2. Johnnny Valien USA 2:04.49 ; 3. Louise Adams USA 2:09.24 ;

WOMEN'S 800m F35

- 1 Simone Brück GBR 2:15.66 ; 2. Dolores Jimenez Guardeno ESP 2:17.36 ; 3. Frida Run Thordardottir ISL 2:18.10 ; 5. Geraldine Finegan GBR 2:22.01 (2:20.48 qr) ;

- F40: QR:** Jane Pidgeon GBR 2:26.15 ; Carol-ann Gray GBR 2:26.98 ; Susan Walsh IRL 2:27.58 ;

- FINAL:** 1. Sally Read-cayton GBR 2:16.12 ; 2. Mary Edwards GBR 2:18.14 ; 3. Bernadette White IRL 2:19.30 ;

- F45: (QR):** Murphy-hehir Cushla IRL 2:36.28 ;

- FINAL:** 1. Aurora Perez Gutierrez ESP 2:23.31 ; 2. Cristine Penn AUS 2:23.95 ; 3. Loretta Rubini ITA 2:24.84 ;

- F50: QR:** Joyce Barrus GBR 2:34.56 ; Shelley Walsh GBR 2:53.23 ; Marion Lyons IRL 3:06.59 ; Anne Darby GBR 2:53.36 ; Carmel Mac Domhnaill IRL 3:05.60 ; Carol Hall GBR 3:11.16 ;

- FINAL:** 1. Maureen De St Croix CAN 2:21.32 ; 2. Elizabeth Alexander RSA 2:21.84 ; 3. Lidia Zentner GER 2:22.03 ; 5. Barbara Lock GBR 2:29.77 ; 6. Joan Margaret Howe GBR 2:31.24 ; 8. Joyce Barrus GBR 2:35.60 (2:34.56 qr) ;

- F55: (QR):** Josephine Revell GBR 4:13.17 ;

- FINAL:** 1. Ingerlise.v Jensen DEN 2:30.02 ; 2. Agnes Hitchmough GBR 2:30.34 ; 3. Waltraud Egger ITA 2:32.14 ;

- F60:** 1. Oddbjorg Haakensveen NOR 2:43.57 ; 2. Marlieshous Michelsohn USA 2:44.98 ; 3. Riet Jonkers NED 2:45.56 ;

- F65:** 1. Lydia Ritter GER 2:54.09 ; 2. Kathleen Stewart GBR 2:57.91 ; 3. Jean Daprano USA 3:07.93 ;

- F70:** 1. Elfriede Hodapp GER 3:07.37 (European Record) ; 2. Jean Horne CAN 3:10.58 ; 3. Helena Cornelius Visser CAN 3:13.70 ;

- F75:** 1. Thelma Wilson USA 3:54.41 ; 2. Marcia Petley NZL 4:14.50 ; 3. Sumi Onodera-leonard USA 4:28.91 ;

- F80:** 1. Nina Naumenko RUS 3:45.00 (**World Record**) ; 2. Mavis Hutchison RSA 4:34.13 ; 3. Emilia De Fontan COL 4:54.87 ;

WOMEN'S 1500m

- F35:** 1. Annette Weiss GER 4:37.74 ; 2. Frida Run Thordardottir ISL 4:38.40 ; 3. Rosa M. Del Olmo Aparicio ESP 4:39.31 ;

- F40:** 1. Mary Grene USA 4:50.47 ; 2. Bernadette White IRL 4:50.90 ; 3. Oksana Clerc FRA 4:53.27 ; 10. Carol-ann Gray GBR 5:11.85 ; 12. Sharyn Ramage GBR 5:15.48 ;

- F45:** 1. Aurora Perez Gutierrez ESP 4:43.19 ; 2. Patty Blanchard CAN 4:50.85 ; 3. Rita Femia ARG 4:57.53 ; 7. Murphy-hehir Cushla IRL 5:16.71 ;

- F50: QR:** Carmel Mac Domhnaill IRL 5:56.19 ; Carol Hall GBR 6:39.08 ;

- FINAL:** 1. Lidia Zentner GER 4:44.55 ; 2. Maureen De St Croix CAN 4:46.11 ; 3. Inger Lise Faengsrød NOR 4:52.31 ; 4. Denise Farnham GBR 5:01.26 ; 5. Joan Margaret Howe GBR 5:08.33 ; 6. Joyce Barrus GBR 5:21.45 ; 10. Shelley Walsh GBR 5:54.40 ;

- F55:** 1. Ingerlise.v Jensen DEN 5:09.46 ; 2. Agnes Hitchmough GBR 5:09.65 ; 3. Waltraud Egger ITA 5:11.07 ;

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

F60: 1. Marie-louise Michelsohn USA 5:44.79 ; 2. Anne Marie Prude FRA 5:47.04 ; 3. Christiane Jolimet-ruzic FRA 5:47.14 ;
F65: 1. Lydia Ritter GER 5:55.70 ; 2. Waltraud Bayer GER 6:00.06 ; 3. Kathleen Stewart GBR 6:03.70 (**British Record**) ; 5. Pamela Jones GBR 6:40.28 ;
F70: 1. Elfriede Hodapp GER 6:19.41 ; 2. Helena Cornelius Visser CAN 6:44.77 ; 3. Mary Harada USA 6:47.36 ;
F75: 1. Melitta Czerwenka-nagel GER 6:49.07 ; 2. Maria Alves BRA 9:52.53 ; 3. Shirley Brasher AUS 10:02.34 ;
F80: 1. Nina Naumenko RUS 7:34.01 ; 2. Mavis Hutchison RSA 9:58.54 ; 3. Emilia De Fontan COL 10:01.86 ;

WOMEN'S 5000m

F35: 1. Annette Kealy IRL 17:12.21 ; 2. Joanne King GBR 17:12.25 ; 3. Nieves Zarza Martinez ESP 17:20.59 ;
 9. Susan Ridley GBR 17:47.31 ; 11. Diane Behan IRL 18:45.23 ; 14. Miranda Porritt GBR 20:19.61 ;
F40: 1. Corine Debaets BEL 17:14.22 ; 2. Liudmila Shevyakova RUS 17:28.50 ; 3. Carmel Papworth AUS 17:29.07 ; 6. Clare Pauzers GBR 17:46.94 ; 7. Madeleine Mackie Scott GBR 17:50.74 ; (**also**) ; 5. Lynne Marr GBR 19:24.48 ; 12. Regina Burton IRL 21:15.13 ;
F45: 1. Carmen Ayala-troncoso USA 17:33.75 ; 2. Aurora Perez Gutierrez ESP 17:49.73 ; 3. Patty Blanchard CAN 18:14.71 ; 14. Hilary Depper GBR 22:43.42 ;
F50: 1. Lidia Zentner GER 18:01.00 ; 2. Carmel Parnell IRL 18:09.39 ; 3. Denise Farnham GBR 18:17.46 ; (**also**) ; Anne Darby GBR 21:19.26; Marion Lyons IRL 23:09.81 ; Anne Lippitt GBR 23:20.32 ; Chrissie Brooks GBR 23:45.42 ; Carol Hall GBR 25:13.53 ;
F55: 1. Janette Stevenson GBR 18:35.05 (**British Record**) ; 2. Waltraud Egger ITA 19:13.10 ; 3. Marianne Knapen NED 19:54.46 ; 6. Ros Tabor GBR 20:21.83 ; 17. Maureen Shirley GBR 25:14.66 ;
F60: 1. Marie-louise Michelsohn USA 20:12.66 ; 2. Jennifer Allebone RSA 20:14.16 ; 3. Anne Marie Prude FRA 21:22.53 ; 5. Pauline Rich GBR 21:47.81 ; 9. June Johnson GBR 23:11.46 ;
F65: 1. Waltraud Bayer GER 22:19.43 ; 2. Joa uina Flores POR 22:33.35 ; 3. Pamela Jones GBR 23:52.27 ; 12. Jeanne Coker GBR 36:22.28 ;
F70: 1. Elfriede Hodapp GER 23:57.68 ; 2. Zhenlun Tian CHN 24:05.38 ; 3. Defeng Wang CHN 24:34.63 ;
F75: 1. Melitta Czerwenka-nagel GER 25:30.08 ; 2. Thelma Wilson USA 29:25.87 ; 3. Maria Alves BRA 34:14.12 ;
F80: 1. Nina Naumenko RUS 26:56.10 (**World Record**) ; 2. Giuseppina Gurtner SUI 30:52.83 ; 3. Louise Adams USA 36:43.16 ;
F85: Maria Ramirez Bautista MEX 45:22.45 ;

WOMEN'S 10000m

F35: 1. Nicola Leonel GBR 35:45.54 ; 2. Joanne King GBR 36:00.46 ; 3. Lorella Pagliacci ITA 36:32.45 ; 5. Susan Ridley GBR 37:11.39 ; 10. Karen Haldane GBR 41:54.29 ; 13. Miranda Porritt GBR 42:36.16 ;
F40: 1. Liudmila Shevyakova RUS 36:11.65 ; 2. Clare Pauzers GBR 36:25.31 ; 3. Recuerdo Arroyo Arroyo ESP 36:32.25 ; 6. Madeleine Mackie Scott GBR 37:31.48
F45: 1. Carmen Cacho Bustamante ESP 37:42.57 ; 2. M^o Nieves Morecunde Domin ESP 39:23.51 ; 3. Charmaine Cupido RSA 40:52.48 ; 12. Sheila Kamdar GBR 47:28.95 ;
F50: 1. Carmel Parnell IRL 38:15.05 ; 2. Anna Magrethe Trave NOR 39:46.75 ; 3. Helena Rantakari FIN 39:55.13 ;
F55: 1. Janette Stevenson GBR 39:22.03 (**British Record**) ; 2. Lucia Soranzo ITA 40:36.57 ; 3. Marianne Knapen NED 42:06.43 ; 4. Ros Tabor GBR 42:27.85 ; 14. Mary Radford GBR 1:00:08.64 ;
F60: 1. Marisa Da Silva Cruz BRA 44:41.55 ; 2. Pauline Rich GBR 45:41.46 ; 3. Jennifer Allebone RSA 46:06.40 ; 5. June Johnson GBR 48:12.70 ;
F65: 1. Joa uina Flores POR 46:41.19 ; 2. Renate Hofmann GER 47:47.84 ; 3. Waltraud Bayer GER 48:12.99 ; 4. Pamela Jones GBR 49:18.29 ;
F70: 1. Zhenlun Tian CHN 49:51.29 ; 2. Margarida Hochstatter BRA 50:06.65 ; 3. Defeng Wang CHN 51:00.96 ;
F75: 1. Melitta Czerwenka-nagel GER 50:00.93 (**World Record**) ; 2. Maria Alves BRA 1:08:22.96 ; 3. Ruth Angelis GER 1:22:05.25 ;
F80: 1. Nina Naumenko RUS 58:24.70 (**World Record**) ; 2. Giuseppina Gurtner SUI 1:06:46.28 .

WOMEN'S 8km Cross Country

F35: 1. Nathalie Louble BEL 30:03.00 ; 2. Nieves Zarza Martinez ESP 30:32.00 ; 3. Lorella Pagliacci ITA 30:36.00 ; 5. Nicola Nealon GBR 31:01.00 ;
F40: 1. Corine Debaets BEL 30:04.00 ; 2. Liudmila Shevyakova RUS 30:24.00 ; 3. Isabelle Dassonville FRA 31:05.00 ; 4. Sharon Coyne GBR 31:09.00 ; 8. Jane Pidgeon GBR 32:50.00 ; 13. Lynne Marr GBR 34:29.00 ; 15. Sharyn Ramage GBR 36:48.00 ; 19. Regina Burton IRL 38:17.00 ;
F45: 1. Carmen Ayala-troncoso USA 30:26.00 ; 2. Carmen Cacho Bustamante ESP 30:51.00 ; 3. Martha Orduna COL 33:35.00 ; 16. Hilary Depper GBR 39:10.00 ; 21. Heather Brain GBR 42:30.00 ;
F50: 1. Helena Rantakari FIN 33:32.00 ; 2. Bronwen Cardy AUS 34:03.00 ; 3. Anna Magrethe Trave NOR 34:18.00 ; 25. Shelley Walsh GBR 39:42.00 ; 29. Barbara Sloss GBR 40:28.00 ; 31. Marion Lyons IRL 40:45.00 ; 32. Chrissie Brooks GBR 41:55.00 ; 33. Anne Lippitt GBR 42:57.00 ; 36. Carol Hall GBR 44:30.00 ;
F55: 1. Marianne Spronk GER 34:55.00 ; 2. Els Raap NED 35:16.00 ; 3. Ros Tabor GBR 35:49.00 ; 23. Maureen Shirley GBR 45:35.00 ; 30. Mary Radford GBR 51:52.00 ;
F60: 1. Camila Bravo Fuente ESP 36:47.00 ; 2. Marisa Da Silva Cruz BRA 37:54.00 ; 3. Pauline Rich GBR 38:31.00 ; 24. Yvonne Miles GBR 1:09:04.00 ;
F65: 1. Joa uina Flores POR 38:48.00 ; 2. Waltraud Bayer GER 40:04.00 ; 3. Pamela Jones GBR 40:58.00 ; 4. Eila Mansfield GBR 44:14.00 ;
F70: 1. Zhenlun Tian CHN 42:00.00 ; 2. Defeng Wang CHN 42:33.00 ; 3. Margarida Hochstatter BRA 44:43.00 ;
F75: 1. Nancy A. Smalley USA 1:00:02.00 ; 2. Shirley Brasher AUS 1:03:21.00 ; 3. Maria Alves BRA 1:09:00.00 ;
F80: Nina Naumenko RUS 50:43.00 ;

WOMEN'S 5000m Walk

F35: 1. Ildikó Illyés HUN 25:10.44 ; 2. Gabriela Winkler AUT 25:35.47 ; 3. Hanne Liland NOR 26:40.64 ; 8. Julie Bellfield GBR 30:37.16 ;
F40: 1. Paola Bettucci ITA 25:32.41 ; 2. Sylvie Chartier FRA 25:37.14 ; 3. Carmen Garcia Frontons ESP 25:53.14 10. Anne Gormley IRL 31:33.83 ;
F45: 1. Lynette Ventris AUS 24:00.68 (**World Record**) ; 2. Marie Francoise Picard FRA 26:24.08 ; 3. Rosa E. Vazquez Garcia MEX 26:40.64 ; 10. Ann Wheeler GBR 29:28.54 ; 11. Anne Mc Gill IRL 29:36.79 ;
F50: 1. Maria A. Silva Fernandes POR 26:28.05 ; 2. Natali Marcencio ITA 27:44.58 ; 3. Maryna Adriana Meintjes RSA 28:53.01 ;
F55: 1. Heather Carr AUS 27:45.97 ; 2. Suzanne Loyer FRA 28:30.74 ; 3. Annelore Werner GER 29:00.93 ;
F60: 1. Heidi Maeder SUI 29:23.66 ; 2. Waltraud Seiler GER 29:59.65 ; 3. Pirjo Karetie FIN 30:27.10 ;
F65: 1. Elton Richardson USA 31:18.30 ; 2. Rita Sinkovec USA 31:45.74 ; 3. Doris Cassels USA 31:47.85 ;
F70: 1. Maureen Spelman GBR 32:40.85 ; 2. Yinfeng Lu CHN 32:52.44 ; 3. June-marie Provost CAN 33:56.50
F75: 1. Elena Pagu ROM 40:16.59 ; 2. Clara Elkins USA 40:18.14 ; 3. Nelliya Lapina LAT 42:05.41 ;
F80: 1. Miriam Gordon USA 37:10.27 (**World Record**) 2. Mavis Hutchison RSA 41:11.69 ; 3. Jessie Courau RSA 41:19.30 ;
F85: Fan Benno - Caris USA 47:58.39 ;

WOMEN'S 10km Walk

F35: 1. Ildikó Illyés HUN 50:52.00 ; 2. Milena Megli ITA 53:43.00 ; 3. Gabriela Winkler AUT 55:23.00 ; 11. Julie Bellfield GBR 1:05:37.00 ;
F40: 1. Paola Bettucci ITA 54:39.00 ; 2. Carmen Garcia Frontons ESP 55:48.00 ; 3. Natali Terenteva RUS 58:47.00 ; 6. Anne Gormley IRL 1:13:56.00 ;
F45: 1. Lynette Ventris AUS 49:45.00 ; 2. Nadine Mazuir FRA 52:55.00 ; 3. Marie Francoise Picard FRA 56:10.00 ; 10. Anne Mc Gill IRL 1:01:58.00 ; 13. Ann Wheeler GBR 1:07:38.00 ;
F50: 1. Barbara Nell RSA 54:10.00 ; 2. Brenda Nooy RSA 54:32.00 ; 3. Nanci Sweazey CAN 55:12.00 ;
F55: 1. Heather Carr AUS 59:14.00 ; 2. Suzanne Loyer FRA 59:24.00 ; 3. Annelore Werner GER 59:29.00 ;
F60: 1. Heidi Maeder SUI 1:01:41.00 ; 2. Waltraud Seiler GER 1:01:51.00 ; 3. Pirjo Karetie FIN 1:03:12.00 ;

22ND AUG-3RD SEPT 2005.

F65: 1. Elton Richardson USA 1:05:51.00 ; 2. Joan Christensen CAN 1:07:27.00 ; 3. Rita Sinkovec USA 1:08:11.00 ;
F70: 1. Maureen Spelman GBR 1:07:16.00 ; 2. June Marie Provost CAN 1:09:45.00 ; 3. Ruth Monica Cai CAN 1:25:01.00 ; 3. Grace Moremen USA 1:25:01.00 ;
F75: 1. Clara Elkins USA 1:23:52.00 ; 2. Elena Pagu ROM 1:27:53.00 ; 3. Xenia Nicolaev MDA 1:28:01.00 ;
F80: 1. Miriam Gordon USA 1:18:01.00 ; 2. Mavis Hutchison RSA 1:29:28.00 ;
F85: Maria Ramirez Bautista MEX 1:37:36.00 ;

WOMEN'S 400m Hurdles

F35: 1. Geraldine Finegan GBR 1:04.21 ; 2. Elma Muros Posadas PHI 1:04.48 ; 3. Barbara Ferrarini ITA 1:04.54 ; 7. Angie Alstrachan GBR 1:12.09 ;
F40: 1. Barbara Gaehling GER 59.76 (**World Record**) ;
F45: 1. Christine Müller SUI 1:04.63 (**European Record**) ; 2. Jane Horder GBR 1:06.13 ; 3. Esca Chandler Taljaard RSA 1:11.62 ; 7. Teresa May GBR 1:21.25 ;

WOMEN'S 300m Hurdles

F50: QR: Anne Wainwright GBR 56.16 ;
FINAL: 1. Maria Jesus Sanguos Espiñ ESP 49.81 ; 2. Joyceline Pater BEL 56.34 ; 3. Bjorg Reknes NOR 56.90 ; 6. Judi Stafford GBR 59.38 (57.62 qr) ;
F55: 1. Emily Memahon GBR 52.54 ; 2. Waltraud Kraehe GER 54.60 ; 3. Wilma Perkins AUS 55.23 ;
F60: 1. Marge Allison AUS 51.64 (**World Record**) ; 2. Oddbjorg Haakensveen NOR 53.40 ; 3. Riet Jonkers NED 55.21 ;
F65: 1. Rietje Dijkman NED 56.96 (**World Record**) ; 2. Erika Sauer GER 57.47 ; 3. Barbara Jordan USA 1:06.33 ;
F70: Gerd Mjelde NOR 1:26.90 ;

WOMEN'S 100m Hurdles

F35: (QR): Catherine Goddard GBR 15.99 ;
FINAL: 1. Andrea Thirty GER 14.94 ; 2. Lara Zamboni SUI 14.95 ; 3. Angeles Guerra Hurtado ESP 15.36 ; 6. Geraldine Finegan GBR 16.21 ; 7. Janet Naylor AUS 17.82 ;

WOMEN'S 80m Hurdles

F40 (ws 1.1) 1. Monica Pellegrinelli SUI 11.24 (**World Record**) ; 2. Stephanie Thomas USA 11.76 ; 3. Joy Upshaw-margerum USA 12.01 ; 4. Wendy Laing GBR 12.05 (11.96 qr) ; 6. Charmaine Johnson GBR 12.40 (12.37 qr) ;

F45: QR: Lucinda Moore-fox IRL 14.54 ;
FINAL: 1. Christine Müller SUI 11.74 ; 2. Manndy Laing GBR 11.92 (11.87 / 1.5 qr British Record) ; 3. Gaye Clarke GBR 12.40 4. Jocelyn Harwood GBR 12.58 ; 7. Hazel Barker GBR 13.41 (13.38
F50: 1. Maria Jesus Sanguos Espiñ ESP 13.04 ; 2. Simonetta Martelli ITA 13.89 ; 3. Anne Wainwright GBR 14.65 ; 4. Joyceline Pater BEL 15.42 ;
F55: 1. Emily Memahon GBR 13.73 ; 2. Jean Fail GBR 13.74 ; 3. Waltraud Kraehe GER 14.38 ;
F60: 1. Edith Graff BEL 14.03 ; 2. Friderun Kuemmerle-valk GER 14.20 ; 3. Riet Jonkers NED 15.10 ;
F65: 1. Rietje Dijkman NED 14.84 ; 2. Erika Sauer GER 16.52 ; 3. Barbara Jordan USA 17.18 ;
F70: 1. Asta Larsson SWE 18.00 ; 2. Hideko Koshikawa JPN 18.29 ; 3. Toshie Kikuchi BRA 23.75 ;
F75: (ws 0.0): Kaleriya Gomberadze RUS 20.97 (**World Record**) ;

WOMEN'S 4x100m Relay

W35: 1. Germa GER 49.31 ; 2. Austral AUS 49.62 ; 3. Ita ITA 50.50 ; 4. Great Brita GBR 52.03 ;
W40: 1. Germa GER 50.48 ; 2. Fran FRA 51.66 ; 3. Great Brita GBR 52.62 ;
W45: 1. Great Brita GBR 51.14 ; 2. Spa ESP 53.34 ; 3. South Afri RSA 55.22 ;
W50: 1. Great Brita GBR 53.31 ; 2. Austral AUS 56.69 ; 3. Swed SWE 58.30 ;
W55: 1. Germa GER 55.44 ; 2. Ita ITA 1:04.05 ; 3. Fran FRA 1:08.63 ;
W60: 1. Germa GER 1:00.00 ; 2. Austral AUS 1:01.77 ; 3. United States Of Ameri USA 1:13.22 ;
W65: 1. Germa GER 1:02.16 ; 2. Colomb COL 1:13.23 ; 3. United States Of Ameri USA 1:13.77 ; 4. Great Brita GBR 1:13.88 ;
W70: 1. Germa GER 1:09.93 ; 2. Russian Federati R 1:20.09 ; 3. Mexi MEX 1:32.30 ;
W75: 1. United States Of Ameri USA 1:24.88 ;

XVI WORLD MASTERS SAN SEBASTIAN 22ND AUG-3RD SEPT 2005.

4x400 metres Relay

W35: 1. Germa GER 4:01.49 ; 2. Ita ITA 4:02.58 ; 3. Great Brita GBR 4:04.13 ;
W40: 1. Great Brita GBR 4:06.70 ; 2. Austral AUS 4:08.98 ; 3. Spa ESP 4:21.72 ;
W45: 1. Great Brita GBR 4:10.61 ; 2. South Afri RSA 4:23.38 ; 3. Germa GER 4:24.01 ;
W50: 1. Great Brita GBR 4:17.60 ; 2. Swed SWE 4:32.97 ; 3. Austral AUS 4:56.88 ;
W55: 1. Germa GER 4:53.52 ; 2. Austral AUS 5:43.30 ; 3. Russian Federati RUS 5:55.10 ;
W60: 1. Austral AUS 4:59.82 ; 2. Germa GER 5:23.89 ; 3. United States Of Ameria USA 6:14.73 ;
W65: 1. Germa GER 5:24.69 ; 2. Colomb COL 6:16.88 ; 3. Great Brita GBR 6:24.64 ;
W70: Russian Federati RUS 7:31.43 ;
W75: United States Of Ameria USA 8:35.60 ;

Womens S 2000m Steeplechase

F35: 1. Annette Weiss GER 6:57.21 ; 2. Geraldine Finegan GBR 7:53.54 ; 3. Francesca Ragnetti ITA 7:59.52 ; 4. Fiona Lampkin GBR 8:07.26 ; 6. Angie Alstrachen GBR 8:25.74 ;
F40: 1. Jane Pidgeon GBR 7:16.49 (British Record) ; 2. Marie Claude Bodilis-loae FRA 7:27.27 ; 3. Jeanine Overveld Van NED 7:53.02 ;
F45: 1. Julie Leonard SWE 7:27.19 ; 2. Loretta Rubini ITA 7:42.71 ; 3. Irina Mozharova RUS 7:54.00 ;
F50: 1. Victoria Adams NZL 8:28.12 ; 2. Nanci Sweazey CAN 8:55.35 ; 3. Katharyn Mary Heagney AUS 9:02.06 ; 5. Anne Darby GBR 9:18.57 ;
 1. Hillen Von Maltzahn GER 8:48.81 (European Record) ; 2. Anezka Janeckova CZE 9:20.56 ; 3. Irene Davey AUS 9:48.79 ;
F60: 1. Miloslava Roenakova CZE 10:04.17 (European Record) ; 2. Frances Harrys AUS 10:46.04 ; 3. Lynne Schickert AUS 14:59.33 ;
F65: Anne Martin GBR 10:39.70 ;
F70: 1. Dawn Leonie Cumming NZL 11:42.64 ; 2. Hideko Koshikawa JPN 14:34.17 ;

WOMEN'S Marathon

F35: 1. Leire Elosegui Insausti ESP 2:58:21.00 ; 2. Ana Alutiz Hernando ESP 3:04:50.00 ; 3. Maria J. Trenado Del Cast ESP 3:07:40.00 ;
F40: 1. Maxine Meki Nnon GBR 2:57:15.00 ; 2. Anneli Sodergards SWE 3:13:31.00 ; 3. Piedad Rodriguez Arranz ESP 3:13:47.00 ; 7. Anna King IRL 3:38:36.00 ;
F45: 1. Julia Gadea Sebastian ESP 3:07:05.00 ; 2. Angelika Hofmann GER 3:18:19.00 ; 3. Mari Carmen Iriarte Romo ESP 3:28:37.00 ;
F50: 1. Luisa Ines Rivas Diaz CHI 3:10:22.00 ; 2. Nadia Dal Ben ITA 3:12:25.00 ; 3. Laila Ceika LAT 3:27:41.00
F55: 1. Karin Risch GER 3:18:53.00 ; 2. Ingrid Koal GER 3:25:28.00 ; 3. Vera Nystrand NOR 3:41:03.00 ;
F60: 1. Jennifer Allebone RSA 3:30:38.00 ; 2. Hilda Steinke GER 3:39:51.00 ; 3. Satsuko Suzuki JPN 3:52:31.00 ;
 1. Renate Hofmann GER 4:10:33.00 ; 2. Eila Mansfield GBR 4:15:40.00 ; 3. Elfriede Willerts GER 4:26:17.00 ;
F70: 1. Mitico Nakatani BRA 4:57:55.00 ; 2. Erika Krüger GER 4:59:44.00 ; 3. Albertina Zuñiga Catalán CHI 5:11:38.00 ;

WOMEN'S High Jump

F35: 1. Elena Semashko RUS 1.69 ; 2. Sabine Rahn GER 1.69 ; 3. Isabelle Giraud FRA 1.51 ; 5. Catherine Goddard GBR 1.45 ;
F40: 1. Patricia Porter USA 1.69 ; 2. Wendy Laing GBR 1.69 ; 3. Patsy Kolhorn-ceulemans NED 1.57 ; 4. Marie Edith Simonet FRA 1.27 ;
F45: 1. Martha Mendenhall USA 1.51 ; 2. Maria R. Escrivano Checa ESP 1.48 ; 3. Hazel Barker GBR 1.42 ;
 5. Lucinda Moore-fox IRL 1.30 ; 6. Teresa May GBR 1.30 ;
F50: 1. Janine Kortbeek NED 1.48 ; 2. Pam Garvey GBR 1.33 ; 3. Cornelia Pelz GER 1.18 ;
F55: 1. Weia Reinboud NED 1.41 ; 2. Waltraud Kraehe GER 1.33 ; 3. Hillen Von Maltzahn GER 1.27 ;
F60: 1. Renate Vogel GER 1.36 ; 2. Edith Graff BEL 1.33 ; 3. Mari Anne Maier AUT 1.27 ;
F65: 1. Rietje Dijkman NED 1.30 ; 2. Christiane Schmalbruch GER 1.27 ; 3. Brigitte Schmidt GER 1.06 ;
F70: 1. Erna Baumann GER 1.09 ; 2. Elsa Enarsson 1.09 ; 3. Christel Donley USA 1.09 ;
 1. Christa Happ GER 1.09 (European Record) ; 2. Leonore Medaniels USA 1.06 ; 3. Isabel Hofmeyr RSA 1.03 ;

F80: 1. Margarete Strüven GER 0.94 ; 2. Johnnye Valien USA 0.91 ; 3. Flora Doreen Mcleod-smith CAN 0.85 ;

WOMEN'S Pole Vault

F35: 1. Irie Hill GBR 3.70 ; 2. Christina Ziemann GER 3.20 ; 3. Anke Paul GER 2.70 ;
F40: 1. Anke Straschewski GER 2.90 ; 2. Silvia Anzinger AUT 2.60 ;
F45: 1. Dawn Hartigan AUS 3.30 ; 2. Carla Forcellini ITA 3.20 ; 2. Brigitte V.d. Kamp-linneb NED 3.20 ;
 5. Jennifer Ibbotson GBR 2.70 ; 6. Teresa May GBR 2.20 ; 7. Anne Goad GBR 2.10 ;
F50: 1. Sue Yeomans GBR 2.70 ; 2. Ute Ritte GER 2.70 ; 3. Rita Hanscom USA 2.40 ;
F55: 1. Hillen Von Maltzahn GER 2.60 ; 2. Karin Förster GER 2.50 ; 3. Wilma Perkins AUS 2.50 ;
F60: 1. Diethild Nix GER 2.20 ; 2. Kathleen Jager USA 2.00 ; 3. Margaret Coombe GBR 1.90 ;
F65: Dorothy Mc Lennan IRL 2.00 (European Record) ;
F75: Leonore Medaniels USA 1.40
F80: Johnnye Valien USA 1.40 (World Record) ;

WOMEN'S Triple Jump

F35: 1. Valentyna Krepkina UKR 11.92 ; 2. Dagmar Imme GER 11.21 ; 3. Andrea Thirtey GER 10.96 ;
 9. Dawn Jones GBR 10.16 ; 11. Jillian Dinsmore GBR 9.69 ; 12. Fiona Lampkin GBR 8.71 ;
F40: 1. Elisa Neviani ITA 11.53 ; 2. Renate Keller GER 11.30 ; 3. Natascha Hillebrecht GER 11.24 ;
F45: 1. Conceição Aparecida G. BRA 11.31 ; 2. Maria R. Escrivano Checa ESP 10.98 ; 3. Manndy Laing GBR 10.95 (British Record) ; 4. Catherine Seillac FRA 10.82
 6. Lucinda Moore-fox IRL 9.03 ; 7. Teresa May GBR 8.97 ;
F50: 1. Janine Kortbeek NED 10.35 ; 2. Angelika Benzing GER 9.78 ; 3. Amy Heidarsdottir ISL 9.58 ;
 8. Anne-grete Howarth GBR 6.50 ; 9. Linda Harrison GBR 6.38 ;
F55: 1. Gertrude Reismann GER 9.17 ; 2. Margaritha Dähler - Stett SUI 8.96 ; 3. Anne Hunter NZL 8.71 ;
F60: 1. Edith Graff BEL 9.02 ; 2. Erika Springmann GER 8.23 ; 3. Jac ueline Wladika AUT 7.78 ;
F65: 1. Rietje Dijkman NED 8.53 ; 2. Barbara Jordan USA 7.08 ; 3. Tokiko Ichigaki JPN 5.16 ;
F70: 1. Hideko Koshikawa JPN 7.30 ; 2. Elsa Enarsson SWE 7.13 ; 3. Asta Larsson SWE 7.03 ; 5. Betty Steedman GBR 6.36 ;
F75: 1. Kaleriya Gomberadze RUS 6.18 (European Record) ; 2. Marcia Petley NZL 5.38 ; 3. Leonore Medaniels USA 5.23 ;
F80: 1. Johnnye Valien USA 4.08 ; 2. Mary Wixey GBR 3.22
F85: Alicia Canal COL 3.91

WOMEN'S Long Jump

F35: 1. Katalin Déak Dr. HUN 6.18 ; 2. Valentyna Krepkina UKR 5.41 ; 3. Barbara Ferrarini ITA 5.35 ; 5. Catherine Goddard GBR 5.10 ; 13. Dawn Jones GBR 6.14 ;
F40: 1. Kimberley Rothman GBR 5.61 / 0.0 (British Record) ; 2. Kirsten Kallmeier-schröde GER 5.47 ;
 3. Marianna Biskup POL 5.36 ; 5. Wendy Laing GBR 5.22
 7. Charmaine Johnson GBR 5.03 ;
F45: 1. Marie Kay AUS 5.33 ; 2. Catherine Seillac FRA 5.05 ; 3. Manndy Laing GBR 4.93 ; 7. Gaye Clarke GBR 4.58 ; 8. Janice Hardecastle GBR 4.33 ; 10. Teresa May GBR 4.20 ;
F50: 1. Anja Akkerman NED 4.73 ; 2. Angelika Benzing GER 4.60 ; 3. Amy Heidarsdottir ISL 4.53 ; 8. Anne Wainwright GBR 3.96 ; 11. Gill Dobson GBR 3.66 ;
 13. Anne-grete Howarth GBR 3.32 ; 14. Linda Harrison GBR 2.69 ;
F55: 1. Ingrid Meier GER 4.65 ; 2. Margaritha Dähler - Stett SUI 4.26 ; 3. Gertrude Reismann GER 4.26 ;
F60: 1. Edith Graff BEL 4.45 ; 2. Mari Anne Maier AUT 3.97 ; 3. Anne-kathrin Eriksen GER 3.96 ; 11. Margaret Coombe GBR 2.91 ;
F65: 1. Elfriede Hofmann GER 3.89 ; 2. Erika Sauer GER 3.81 ; 3. Barbara Jordan USA 3.56 ;
F70: 1. Asta Larsson SWE 3.42 ; 2. Rozka Stancheva BUL 3.41 ; 3. Erna Baumann GER 3.37 ; 7. Betty Steedman GBR 3.01 ;
F75: 1. Christa Happ GER 2.91 ; 2. Leonore Medaniels USA 2.42 ; 3. Helga Schneider GER 2.28 ;
F80: 1. Ingrid Lorenz GER 2.62 / 0.0 (European Record) ; 2. Anna-lisa Lehtovuori FIN 2.16 ; 3. Margarete Strüven GER 2.06 ; 4. Mary Wixey GBR 1.70 ;
F85: Olga Kotelko CAN 1.72

WOMEN'S Discus Throw

F35: 1. Sylvie Margry FRA 44.00 ; 2. Sigrid Balser GER 42.17 ; 3. Silke Stolt GER 40.60 ; 6. Jane Camilla Thrush GBR 33.50 ;
F40: 1. Jaana Kivistö FIN 42.44 ; 2. Marie Christine Albertini FRA 40.03 ; 3. Cornelia Hodel SUI 38.62 ;
F45: 1. Carol Finsrud USA 48.65 ; 2. Ulrike Engelhardt GER 37.73 ; 3. Claire Cameron GBR 36.56 ;
F50: 1. Svetlana Melnikova RUS 33.70 ; 2. Christine Schultz AUS 31.98 ; 3. Lone Sorensen DEN 31.42 ;
 7. Beatrice Simpson GBR 22.58 ;
F55: 1. Gertrud Heinrich GER 35.42 ; 2. Margarethe Tomaneck BEL 35.00 ; 3. Edith Andere SUI 34.47 ;
F60: 1. Karin Illgen GER 31.74 ; 2. Hella Boeker GER 30.00 ; 3. Eva Poláková SVK 26.32 ;
F65: 1. Tamara Danilova RUS 37.62 (World Record) ; 2. Evaun Williams GBR 28.65 ; 3. Helvi Erlkson EST 26.60 ; 5. Carole Derrien GBR 22.00 ;
F70: 1. Sigrun Kofink GER 25.57 ; 2. Susanne Wissinger GER 25.56 ; 3. Jutta Schaefer GER 24.44 ; 12. Marie Grant-stevens GBR 16.06 ;
F75: 1. Ruth Uckel GER 18.61 ; 2. Hilja Bakhoff EST 18.33 ; 3. Milena Carrion Aravena CHI 17.88 ;
F80: 1. Nora Kuttu EST 16.48 ; 2. Ilse Pleuger GER 16.16 ; 3. Margarete Strüven GER 12.57 ;
F85: 1. Olga Kotelko CAN 12.72 ; 2. Margaretha Nyberg SWE 7.62 ;

WOMEN'S Javelin Throw

F35: 1. Idoia Maríezcurrena F. ESP 46.36 ; 2. Dace Jursiene LTU 40.64 ; 3. Dagmar Imme GER 39.74 ;
 8. Norma Bruce GBR 31.90 ; 9. Geraldine Finegan GBR 31.39 ;
F40: 1. Karen Scholz GER 46.17 ; 2. Susanne Strohm GER 43.97 ; 3. Ursula Thirtey GER 43.55 ; 5. Caroline Garratt GBR 35.78 ;
F45: 1. Dawn Hartigan AUS 33.03 ; 2. Alexandra Adlekova CZE 31.79 ; 3. Carol Finsrud USA 31.59 ;
F50: 1. Erlinda Lavandina PHI 36.88 ; 2. Anne Kirstine Jensen DEN 33.73 ; 3. Maite Pasaban Irurtia ESP 31.75 ;
 4. Gill Dobson GBR 30.69 ; 8. Vilma Thompson GBR 25.87 ; 9. Beatrice Simpson GBR 23.83 ;
F55: 1. Jarmila Klimesova CZE 34.34 ; 2. Magda Francky BEL 30.07 ; 3. Brigita Forsu LAT 28.74 ;
F60: 1. Renate Vogel GER 37.21 ; 2. Jadviga Putiniene LTU 33.54 ; 3. Mary Thomas AUS 32.66 ;
F65: 1. Evaun Williams GBR 35.74 (British Record) ; 2. Charlotte Fuhrmann GER 26.05 ; 3. Helvi Erlkson EST 24.37 ;
F70: 1. Birute Kalediene LTU 28.66 (World Record) ; 2. Sigrun Kofink GER 27.40 ; 3. Christel Donley USA 24.70 ;
F75: 1. Rachel Hanssens BEL 21.04 ; 2. Christa Happ GER 18.02 ; 3. Christiane Wippersteg GER 17.27 ;
F80: 1. Nora Kuttu EST 15.92 ; 2. Johnnye Valien USA 13.81 ; 3. Victorian Muñoz Rodriguez ESP 10.72 ;

WOMEN'S Shot Put

W35: 1. Sigrid Balser GER 12.06 ; 2. Silke Stolt GER 11.88 ; 3. Judit Horváth HUN 11.84 ; 6. Jane Camilla Thrush GBR 10.67 ;
F40: 1. Jana Müller-schmidt GER 12.92 ; 2. Carmen Grell GER 12.89 ; 3. Valda Morkuniene LTU 12.42 ;
 7. Charmaine Johnson GBR 11.25 ; 14. Alison George GBR 9.74 ;
F45: 1. Carol Finsrud USA 11.95 ; 2. Yaneth Tenorio Caicedo COL 11.81 ; 3. Tine Schenkels NED 11.51 ;
 8. Claire Cameron GBR 10.00 ;
F50: 1. Margit Irányi HUN 13.15 ; 2. Christine Schultz AUS 12.01 ; 3. Svetlana Melnikova RUS 11.98 ; 7. Vilma Thompson GBR 10.28 ; 8. Gill Dobson GBR 9.38 ;
F55: 1. Edith Andere SUI 12.69 ; 2. Mária Magyar HUN 10.73 ; 3. Margarethe Tomaneck BEL 10.72 ;
F60: 1. Jadviga Putiniene LTU 11.98 ; 2. Mari Anne Maier AUT 11.68 ; 3. Karin Illgen GER 11.07 ;
F65: 1. Tamara Danilova RUS 11.75 ; 2. Evaun Williams GBR 10.58 ; 3. Charlotte Fuhrmann GER 8.40
F70: 1. Sigrun Kofink GER 10.37 ; 2. Susanne Wissinger GER 9.34 ; 3. Jutta Schaefer GER 8.82 ; 13. Marie Grant-stevens GBR 5.95 ;
F75: 1. Rachel Hanssens BEL 7.68 ; 2. Marianne Neubert GER 7.17 ; 3. Hilja Bakhoff EST 7.10 ;
F80: 1. Ilse Pleuger GER 6.60 ; 2. Nora Kuttu EST 6.12 ; 3. Johnnye Valien USA 5.86 ;
F85: Olga Kotelko CAN 5.05 ;

WOMEN'S Heptathlon

F35: 1. Geraldine Finegan GBR 4663 ; 2. Dagmar Imme GER 4637 ; 3. Catherine Goddard GBR 4158 ;

WORLD MASTERS

- F40:** 1. Barbara Gaehling GER 5929 ; 2. Wendy Laing GBR 5649 ; 3. Charmaine Johnson GBR 5209 ;
F45: 1 Marie Kay AUS 6094 ; 2 Manndy Laing GBR 5686 ; 3 Sigrid Boese GER 5064 ; 6 Hazel Barker GBR 4682 ; 11 Diane Farmer GBR 2678 ;
F50: 1 Anja Akkerman NED 5439 ; 2 Gill Dobson GBR 4463; 3 Anne Wainwright GBR 4200 ;
F55: 1 Margaritha Dähler - Stett SUI 5525 ; 2 Phil Raschker USA 4813 ; 3 Wilma Perkins AUS 3160 ;
F60: 1. Mari Anne Maier AUT 5740 ; 2. Jacqueline Wladika AUT 4083 ; 3. Eleni Gkouzia GRE 3871 ;
F65: 1. Erika Sauer GER 5963 ; 2. Dorothy Mc Lennan IRL 2713 ;
F70: 1 Gerd Mjelde NOR 4173 ; 2 Ragnhild Hanstvedt NOR 3816 ; 3 Christel Donley USA 3229 ;
F80: Johnnny Valien USA 5521

WOMEN'S Throwing Pentathlon

- F35:** 1 Kathleen De Wolf BEL 3196 ; 2 Daniela Lachat SUI 3185 ; 3 Jane Camilla Thrush GBR 3121;

- F40:** 1 Ingrid Van Dijk NED 4072 ; 2 Cornelia Hodel SUI 3860 ; 3 Susanne Strohm GER 3689 ; 6 Janet Smith GBR 3375 ;

- F45:** 1 Carol Finsrud USA 4911 ; 2 Margrith Duss - Müller SUI 4660; 3 Ulrike Engelhardt GER 4543; 9 Anne Goad GBR 2631 ;

- F55:** 1 Margarethe Tomanek BEL 4589 ; 2 Annie Van Anholt NED 4015; 3 Kathryn Teresa Glass AUS 3828;

WOMEN'S Hammer Throw

- F35:** 1. Kathleen De Wolf BEL 43.36 ; 2. Paula Peaty GBR 40.00 ; 3. Daniela Lachat SUI 38.76 ; 4. Jane Camilla Thrush GBR 36.58 ;

- F40:** 1. Claudine Chirol FRA 51.95 ; 2. Cornelia Hodel SUI 48.60 ; 3. Ingrid Van Dijk NED 44.56 ; 4. Janet Smith GBR 41.35 ;
1. Margrith Duss - Müller SUI 49.54 ; 2. Carol Finsrud USA 42.76 ; 3. Ulrike Engelhardt GER 40.14 ; 5. Claire Cameron GBR 32.44 ; 9. Jennifer Ibbotson GBR 29.37 ;

14. Ibhana Finnegan IRL 15.74 ;

- F50:** 1. Annie Bellanger FRA 46.86 ; 2. Elisabeth Kirsch AUS 41.20 ; 3. Lone Sorensen DEN 39.43 ; 6. Beatrice Simpson GBR 34.70 ; 7. Jennifer Piercy GBR 30.64 ;

- F55:** 1. Inge Faldaer DEN 45.04 ; 2. Margarethe Tomanek BEL 41.16 ; 3. Annie Van Anholt NED 37.11 ;

6. Rosemarie Alexander GBR 34.12 ;

- F60:** 1. Janice Banens AUS 38.30 ; 2. Hella Boeker GER 36.96 ; 3. Therese Dupont FRA 36.20 ; 15. Yvonne Miles GBR 21.33 ;

- F65:** 1. Evaun Williams GBR 39.58 (British Record) ; 2. Helvi Erikson EST 35.80 ; 3. Brigitte Schmidt GER 27.77 ; 6. Carole Derrien GBR 24.70 ;

- F70:** 1. Jutta Schaefer GER 34.13 ; 2. Susanne Wissinger GER 30.57 ; 3. Valerie Worrell AUS 26.13 ;

- F75:** 1. Milena De La C. Carrion A CHI 23.33 ; 2. Marianne Neubert GER 22.14 ; 3. Justine Schirmer GER 21.40 ;

- F80:** 1. Nora Kuttii EST 12.01 ; 2. Victoriana Muñoz Rodriguez ESP 11.99 ; 3. Ethel Ospina COL 11.97 ;

- F85:** 1. Olga Koteklo CAN 15.14 ; 2. Elisabeth Schepe GER 10.77 ;

WOMEN'S Weight T.

- F35:** 1. Kathleen De Wolf BEL 14.01 ; 2. Jane Camilla Thrush GBR 12.44 ; 3. Ingrid Vos BEL 11.43 ;

- F40:** 1. Claudine Chirol FRA 15.23 ; 2. Cornelia Hodel SUI 14.90 ; 3. Ingrid Van Dijk NED 14.08 ; 4. Janet Smith GBR 13.68 (British Record) ; 8. Alison George GBR 9.68 ;

- F45:** 1. Margrith Duss - Müller SUI 15.26 ; 2. Carol Finsrud USA 13.77 ; 3. Ulrike Engelhardt GER 11.98 ;

- F50:** 1. Elisabeth Kirsch AUS 13.60 ; 2. Annie Bellanger FRA 13.36 ; 3. Lone Sorensen DEN 13.36 ; 8. Beatrice Simpson GBR 10.90 (British Record) ; 9. Vilma Thompson GBR 10.78 ;

- F55:** 1. Annie Van Anholt NED 14.94 ; 2. Margarethe Tomanek BEL 14.32 ; 3. Inge Faldaer DEN 13.82 ;

5. Rosemarie Alexander GBR 11.39 ;

- F60:** 1. Hella Boeker GER 14.49 ; 2. Janice Banens AUS 14.10; 3. Brunella Del Giudice ITA 13.31 ;

- F65:** 1. Evaun Williams GBR 14.03 ; 2. Helvi Erikson EST 13.36 ; 3. Irma Niemi Pyntäri FIN 12.01 ; 5. Carole Derrien GBR 10.38 ;

- F70:** 1. Jutta Schaefer GER 13.66 ; 2. Sigrun Kofink GER 11.93 ; 3. Susanne Wissinger GER 11.45 ;

- F75:** 1. Marianne Neubert GER 10.12 ; 2. Justine Schirmer GER 9.59 ; 3. Rachel Hanssens BEL 9.33 ;

- F80:** 1. Anna-Liisa Lehtovuori FIN 7.46 ; 2. Nora Kuttii EST 6.10 ;

WOMEN'S Throwing Pentathlon

- F50:** 1 Anne Kirstine Jensen DEN 4153 ; 2 Elisabeth Kirsch AUS 3953 ; 3 Annie Bellanger FRA 3786 ; 8 Vilma Thompson GBR 3240 ;

- F60:** 1 Karin Illgen GER 4274 ; 2 Hella Boeker GER 4091; 3 Georgia Cutler USA 3907 ;

- F65:** 1 Evaun Williams GBR 5574 ; 2 Helvi Erikson EST 4965 ; 3 Ingrid Holznecht GER 3927 ; 6 Carole Derrien GBR 3392 ;

- F70:** 1 Susanne Wissinger GER 5181 ; 2 Sigrun Kofink GER 5087 ; 3 Jutta Schaefer GER 4794 ;

- F75:** 1 Marianne Neubert GER 4535 ; 2 Rachel Hanssens BEL 4435 ; 3 Justine Schirmer GER 3941 ;

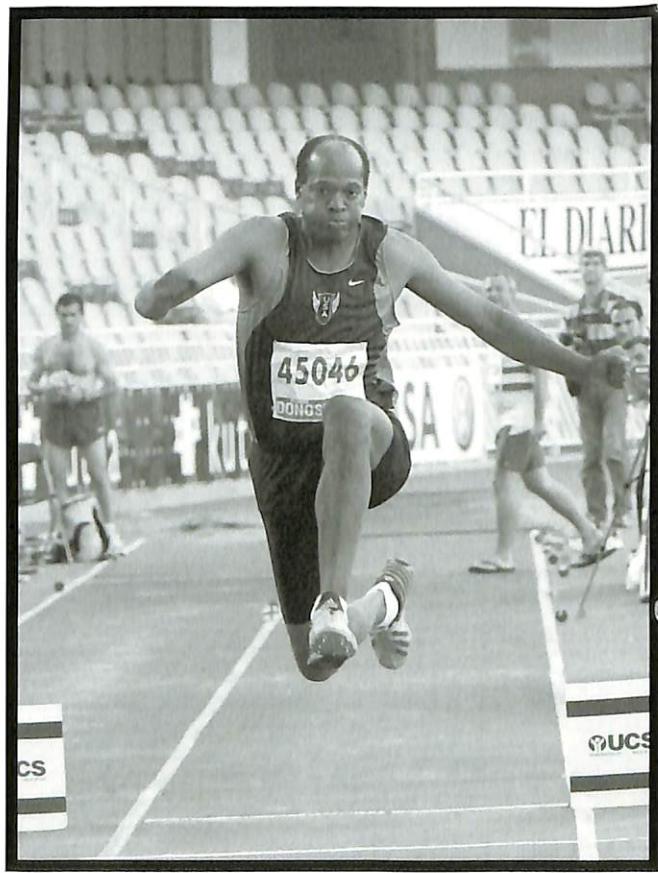
- F80:** Flora Doreen Mcleod-smith CAN 2948

position	Country	Gold	Silver	Bronze	Total
1	Germany	113	108	92	313
2	USA	65	50	44	159
3	Great Britain	47	54	42	143
4	Spain	38	29	37	104
5	Australia	23	27	17	67
6	France	13	19	19	51
7	Finalnd	21	10	19	50
8	Italy	14	16	20	50
9	Russia	20	11	17	48
10	Canada	18	15	11	44

SAN SEBASTIAN FINAL MEDAL TABLE

Willie Banks was second in the Men's Triple Jump. The 49 year old who once held the World Record with 17.97 (16th June 1985 in Indianapolis).

6th OLYMPICS 1988, 2nd Pan American Games 1987& 1983, 2nd World Championships 1983, 1st World University Games 1983, and 4 times American Champion.



BRITISH WALKERS WITH THEIR MEDALS

WORLD MASTERS PICTURES



AVERIL McCLELLAND WINS 200 SETS EURO RECORD IN HEAT



100 & 200 DOUBLE FOR GLYN SUTTON



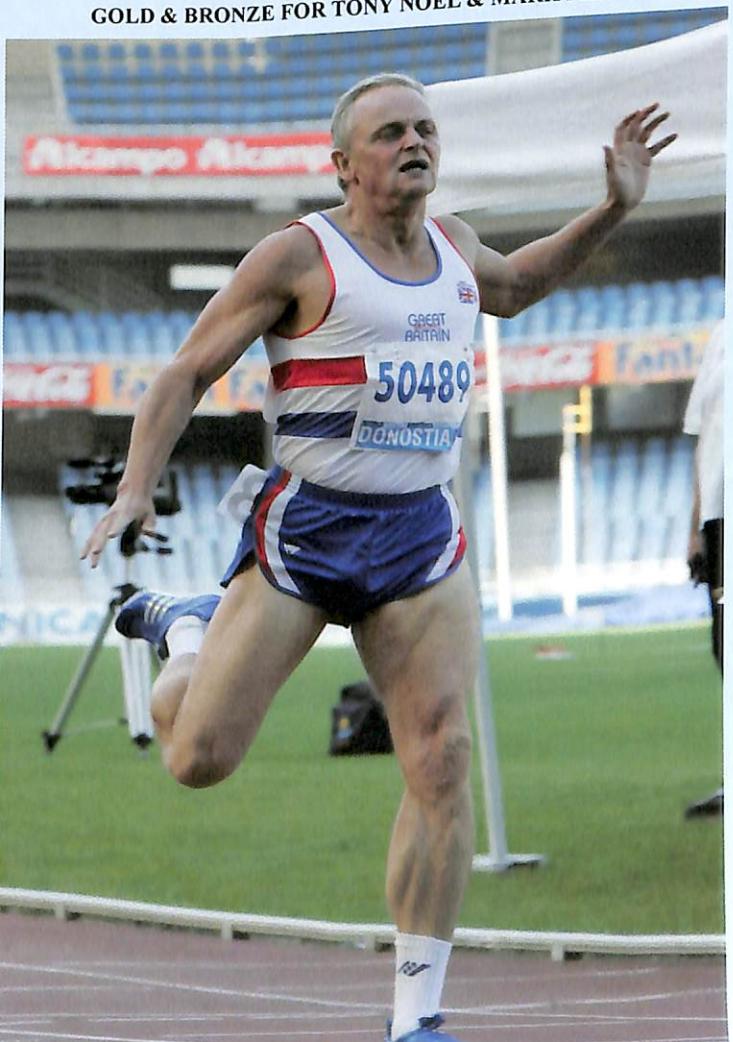
VICTORIOUS WOMEN'S 45 TEAM



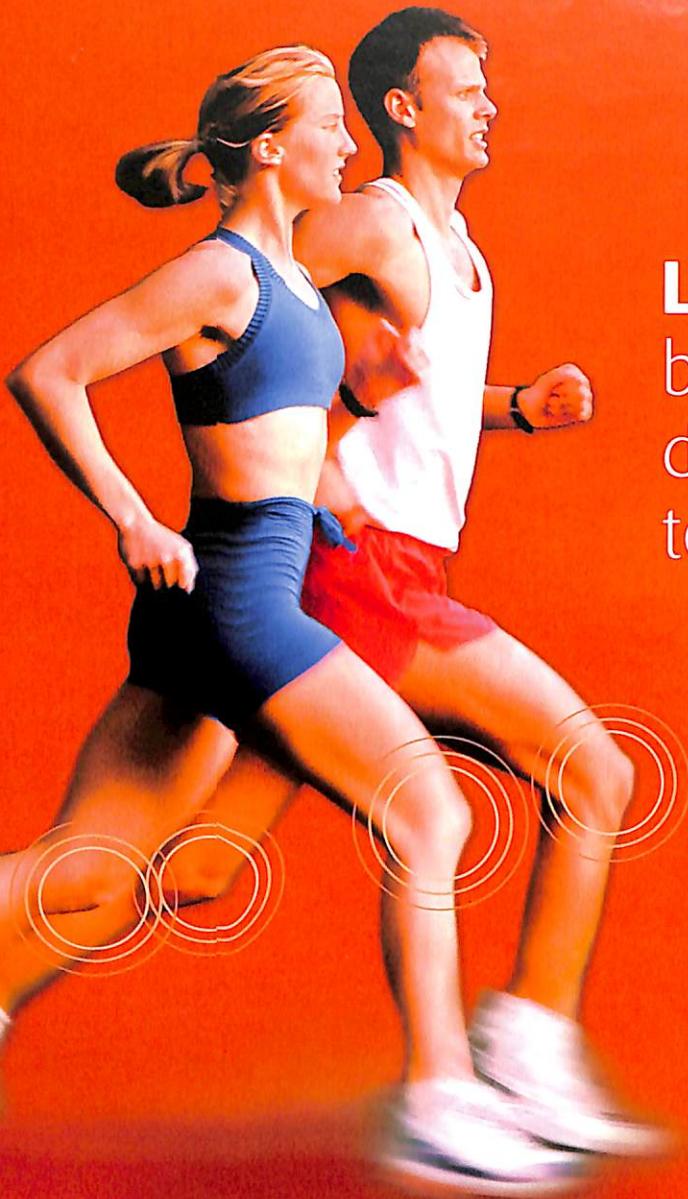
GOLD & BRONZE FOR TONY NOEL & MARK PHILLS



CAROLINE ANN POWELL JUST MISSED THE GOLD BY 3/100'S.



FIVE GOLDS FOR STEVE PETERS THIS ONE IN THE 400



Love running
but hate the
damage it does
to your joints?

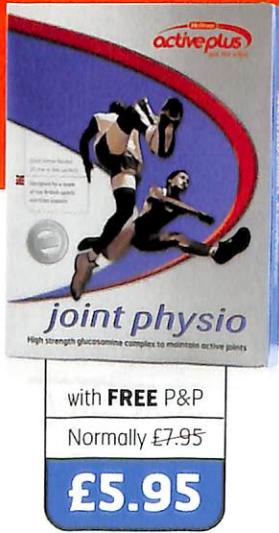
...the EXPERT



"Any high impact, joint-intense exercise can lead to injuries, joint problems and osteoarthritis later in life. I recommend taking 1500mg glucosamine daily as the best way to maintain healthy active joints in both the short and long term."

Dr Fred Wadsworth

Nutritional Advisor to
Premiership Football Clubs



...the SCIENCE



Joint Physio can help you keep your joints flexible and supple. Convenient daily sachets (30 per pack) make up a lemon drink that contains 1500mg pure high strength glucosamine sulphate 2KCl, bromelain and vitamin D, which combine to ease aching joints, tendons, as well as maintaining healthy, active joints.

...the TRIAL OFFER



Freephone 0800 072 9500 www.activeplus.co.uk

To order please call our freephone number (lines are open from 9am-6pm) or visit our website. To order by post, please make a cheque/PO payable to ActivePlus and send to: ActivePlus, PO Box 360, Park Street, St Peter Port, Guernsey GY1 3YD.

This offer is not valid in conjunction with any other offer.

Please send me _____ packs of Joint Physio at £5.95 each (normally £7.95) with FREE Postage & Packing.

Name (Mr/Mrs/Ms)

Address

Postcode
Telephone number
Mobile number
Email address
Fax number
Comments

Method of payment: Bankcard and Visa accepted

Start date

Expiry date

Issue No. _____

Card No. _____



BMA-NO