

British
Masters Athletic
Federation



MASTERS

ATHLETICS

Christmas 2005 NUMBER 74



Guy Amos 4081, Leads the Field in Dublin see page two for pictures and report.



P9 Our President



P19 BMAF 10K



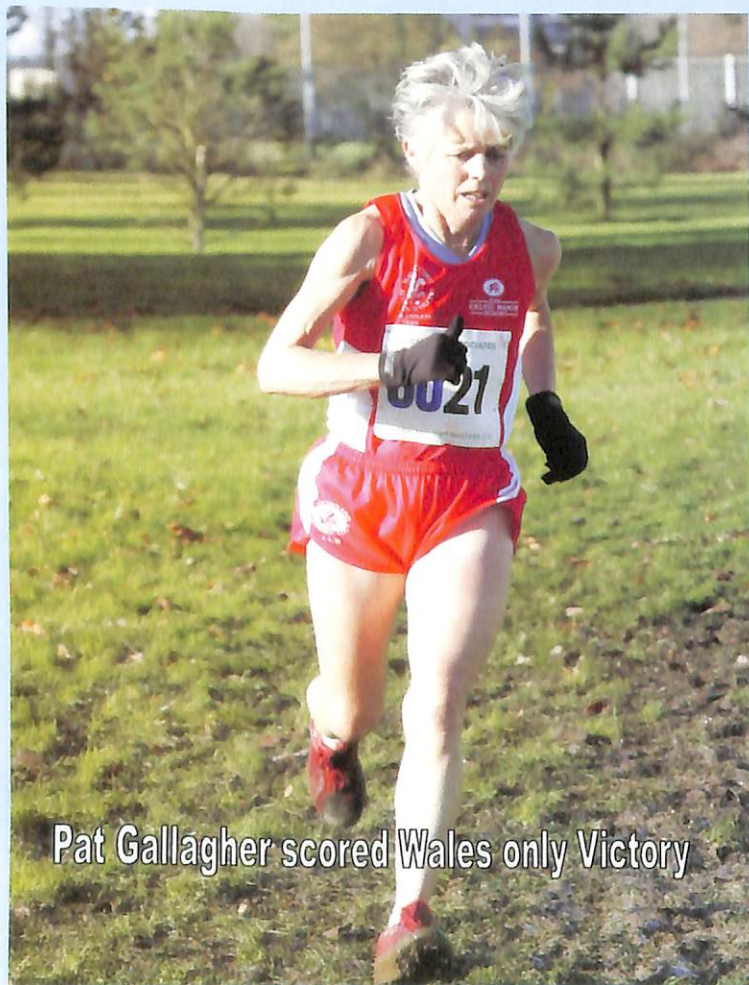
P32 BMAF 10M



Bob Young topped the M60 race



Janette Stevenson another win for Scotland



Pat Gallagher scored Wales only Victory



Mark Aspinall a M45 win for England

BRITISH & IRISH MASTERS, DUBLIN 12th NOVEMBER

Dublin Delight for England but Ireland run them close.

Words: Philip Lee

Pictures: Lesley Richardson

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England retained their trophies, at the British and Irish Masters Cross Country International at Santry Demesne, Dublin on the 12th November, but were pushed hard by Ireland especially in the Women's section where one point separated the teams.

M40 -54

The M40's race was a close run affair between Guy Amos (Eng), Alan McCullough (NI), and Pauric McKinney (Ire) before Amos opened up a gap to win the race for the second year running. Greg Hull (Eng) lost the tussle for 3rd place in the last 1,000 metres.

Mark Aspinall (Eng) won the M45, leading on the first lap, from Michael Hassett and Tommy Payne from Ireland. The M50 race developed into a tussle between Rick Hailey, Les Atkinson, Stan Owen (all Eng) and Martyn Flower of Wales until Hailey forged ahead of Flower and Atkinson and that was how it stayed to the line.



Mike Hager wins for England M55

England's Brian Ashwell was a convincing winner in the M70 race from Walter McCaskey (Scot) and Ian Barnes (Eng).



Sian Monaghan W45 winner

W35 - 60+

The women's race was dominated by Ireland's Niamh O'Sullivan who led the W40 from fellow countrywoman Nolen Porter and England's Clare Pauzers who passed Margaret Deasy (Eng) in a close race for third place. The W35 winner, Annette Kiely (Ire) had a close race with Wendy Jones (Eng). Lucy Darcy (Ire) overtook Nicki Nealon (Eng) on the last lap to claim third place. Sian Monaghan (Eng) and Cathy Wheeler (Wales) swapped the lead over the 3 laps before finishing first and second in the W45 race. Sue Beconsall (Eng) finished third after being with the leaders for most of the race. Karen Marshall (NI) completed a hat trick of wins in the W50 race finishing ahead of Carmel Parnell (Ire) after a close race. Ann Saxena (Wales) picked up third place after an exciting race with Susan Cooper of England. Janette Stevenson (Scot) dominated the W55 race finishing almost 2 minutes ahead of Ros Tabor and Sandy Urro of England.

Wales' Pat Gallagher continued on her winning ways by taking the W60 age group ahead of Kathleen O'Brien (Ire) and Pauline Rich (Eng)

M50 - 70+

Mike Hagar (Eng) continued to dominate his age group but this year it was the M55 one from George Sim (Scot) and Peter Murphy (Ire).

The M60 was a much closer race with William Allan, Peter Giles, Dave Waywell of England and Bob Young (Scot) contesting the lead until Young went ahead on the last lap to be followed home by Allan and Giles.

Walter Ryder's dominance of M65 events continued as the Englishman led from the first lap to finish ahead of fellow countryman Peter Covey and Ian Leggett of Scotland.

BRITISH & IRISH MASTERS, DUBLIN 12th NOVEMBER

PHIL'S BRIEFS

Niamh O' Sullivan continued the Irish dominance of the Women's race, started by Ann Keenan Buckley in 1999. She felt that she had fully recovered from a calf tear sustained in June and after running with the leaders on the first lap, took a gamble and went for it.

Mike Hager of England hasn't slowed even though he is now 55. After a successful BMAF XC Relay, which saw him produce the fastest leg, he felt confident enough to push hard to open a gap and felt confident after achieving it.

Karen Marshall Northern Ireland's W50 winner felt she was returning to form after an Achilles tendon injury although she is still unable to train flat out, she was still strong enough in her race.

Mary Holmes was England's oldest female competitor and gained her first International vest at 69 in the W60 race. She is looking forward to competing against her own age should W65's be introduced next year.

Mike Barnsdale of England was perhaps the most surprised England runner when he found himself running in the M50 race due to withdrawals. Mike had only flown over to watch fellow Nene Valley club mates Lindi Marson (W45) and Stan Jones (M50) run but went home with a silver team medal and a large smile on his face.

WOMEN'S RACE

1 Niamh O'Sullivan F40 IRE 20:46; 2 Annette Kiely F35 IRE 21:00; 3 Wendy Jones F35 ENG 21:10; 4 Noleen Porter F40 IRE 21:28; 5 Clare Pauzers F40 ENG 21:53; 6 Karen Marshall F50 N IRE 21:55; 7 Carmel Parnell F50 IRE 22:01; 8 Margaret Deasy F40 ENG 22:06; 9 Lucy Darcy F35 IRE 22:17; 10 Nicki Nealon F35 ENG 22:22; 11 Bridie Tready F40 IRE 22:25; 12 AnnMacPhail F35 SCO 22:26; 13 Sue Ridley F40 SCO 22:27; 14 Mary Hanley F35 IRE 22:28; 15 Elizabeth Hartney F40 ENG 22:29; 16 Sian Monaghan F45 ENG 22:29; 17 Cath Wheeler F45 WAL 22:35; 18 Fiona Matheson F40 SCO 22:36; 19 Sue Becconsall F45 ENG 22:49; 20 Ann Thomas F35 WAL 22:54; 21 Janette Stevenson F55 SCO 22:57; 22 Ann Carroll F40 IRE 22:59; 23 Grainne Butler F35 IRE 23:02; 24 Karen Buckley F35 ENG 23:05; 25 Tanya Taulor F35 ENG 23:11; 26 Sonia Armitage F45 SCO 23:14; 27 Shelagh Bodkin F35 N IRE 23:14; 28 Helen Davies F35 WAL 23:14; 29 4521 Alison Whitelaw F45 WAL 23:18; 30 Ann Nixon F45 WAL 23:19; 31 Ann Evans F45 WAL 23:21; 32 Mary Sweeney F45 IRE 23:25; 33 Sue Cariss F55 ENG 23:29; 34 Andrea Cameron F40 SCO 23:34; 35 Alwynne Shannon F40 N IRE 23:36; 36 Rhona Harkens F35 N IRE 23:37; 37 Andrea Dennison F40 ENG 23:40; 38 Ruth Magill F45 N IRE 23:40; 39 Satu Haikala F35 WAL 23:42; 40 M Brown Rees F40 WAL 23:45; 41 Lindi Marson F45 ENG 23:48; 42 Sandra Pinkham F40 WAL 23:50; 43 Heather Akers F40 SCO 23:56; 44 Ann Saxena F50 WAL 24:01; 45 Jackie Wright F45 IRE 24:02; 46 Susan Cooper F50 ENG 24:03; 47 Carol A Thomson F35 SCO 24:03; 48 Jane Lindley F35 WAL 24:04; 49 Joan Hough F45 IRE 24:07; 50 Tina Lazenby F45 ENG 24:08; 51 Mary Jennings F50 IRE 24:19; 52 Helen Morton F45 SCO 24:24; 53 Jane Georgiou F50 ENG 24:28; 54 Clare Gemmell F35 SCO 24:30; 55 Margaret Mc Creary F50 IRE 24:32; 56 Gail Duckworth F50 ENG 24:39; 57 Jane Waterhouse F50 SCO 24:46; 58 Sue Davies F40 WAL 24:48; 59 Ros Tabor F55 ENG 24:50; 60 Claire Galbraith F40 N IRE 24:55; 61 Sandy Urro F55 ENG 24:57; 62 Caroline Lawless F45 SCO 24:59; 63 Veronica Singleton F40 WAL 25:05; 64 Dawn Kenwright F50 WAL 25:08; 65 Anne Sandford F40 N IRE 25:09; 66 Lynn Marr F35 SCO 25:16; 67 Hilary Kernaghan F40 N IRE 25:30; 68 Pat Gallagher F60 WAL 25:30; 69 Carol Wolstenholme F55 ENG 25:37; 70 Mary Butler F50 IRE 25:39; 71 Fiona Davies F50 WAL 25:48; 72 Lynn Tanner F50 ENG 25:57; 73 Finoula Mc Court F45 N IRE 26:11; 74 Ann Mc Greal F55 IRE 26:22; 75 Audrey Foster F50 SCO 26:24; 76 Edwina Turner F50 WAL 26:26; 77 Kathleen O'Brien

F60 IRE 26:32; 78 Liz Bowers F50 SCO 26:36; 79 Hazel Bradley F55 SCO 26:41; 80 Carole Fereday F55 WAL 26:46; 81 Nuala Reilly F45 IRE 26:52; 82 Pauline Rich F60 ENG 26:54; 83 Mary Delaney F55 IRE 26:58; 84 Ann Reade F55 IRE 27:06; 85 Christine Lee F60 ENG 27:11; 86 Phyllis Lemoncello F55 SCO 27:19; 87 Maggie Oliver F55 WAL 27:24; 88 Liz McGarry F50 SCO 27:26; 89 Sue Neal F55 WAL 27:31; 90 Margaret Docking F55 WAL 28:02; 91 Mary Walsh F55 IRE 28:35; 92 Brenda Jones F60 WAL 28:51; 93 Brigid Quinn F55 N IRE 29:02; 94 Cynthia Cooper F60 WAL 29:08; 95 Pam Jones F60 ENG 29:13; 96 Glynis Crawford F50 N IRE 29:31; 97 Ann Woodlock F60 IRE 29:39; 98 Pauline Thomas F60 WAL 29:43; 99 Maureen Fitzgerald F60 IRE 30:54; 100 Geraldine Walsh F60 IRE 31:06; 101 Mary Holmes F60 ENG 31:35; 102 Nanette Cross F55 N IRE 33:21; 103 Fran Wright F45 N IRE 33:24; 104 Jeanette Burton F55 N IRE 34:09; 105 Marian Hayes F45 N IRE 35:07; 106 Anne Maguire F55 N IRE 35:15;

W35-39 TEAM: 1 Ireland 10; 2 England 15; 3 Wales 33; 4 Scotland 37;

W40-44 TEAM: 1 Ireland 8; 2 England 14; 3 Scotland 24; 4 Wales 43;

5 Northern Ireland 47;

W45-49 TEAM: 1 Wales 13; 2 England 14; 3 Ireland 31; 4 Scotland 33;

5 Northern Ireland 43;

W50-54: 1 Ireland 14; 2 England 18; 3 Wales 25; 4 Scotland 39;

W55-59: 1 England 9; 2 Scotland 19; 3 Ireland 25; 4 Wales 33; 5 Northern Ireland 51;

W60+: 1 Wales 12; 2 England 14; 3 Ireland 20;

MEN 40-54 RACE:

1 M40 Guy Amos ENG 30:14; 2 M40 Alan Mc Cullough N IRE 30:20; 3 M40 Pauric Mc Kinney IRE 30:28; 4 M40 Greg Hull ENG 30:31; 5 M40 Philip Parry ENG 30:58; 6 M40 Jack Brown SCO 31:08; 7 M45 Mark Aspinall ENG 31:12; 8 M40 Clive Bromhall ENG 31:13; 9 M40 Robert Soutar SCO 31:15; 10 M45 Michael Hassett IRE 31:18; 11 M40 Mick Byrne IRE 31:19; 12 M40 Michael Traynor IRE 31:19; 13 M45 Tommy Payne IRE 31:25; 14 M45 David Neill ENG 31:34; 15 M40 Andy Wilton ENG 31:41; 16 M40 Keith Newton ENG 31:54; 17 M45 John Cordingley ENG 31:58; 18 M45 James Mc Mahon IRE 32:05; 19 M40 Dominic Bonner IRE 32:09; 20 M40 Ted Partridge WAL 32:14; 21 M45 Jim Stafford IRE 32:18; 22 M40 Keith Farquhar SCO 32:19; 23 M50 Rick Hailey ENG 32:21; 24 M45 Alex Rowe ENG 32:21; 25 M45 Bernie Jones WAL 32:26; 26 M40 Pat Nugent IRE 32:29; 27 M45 Iain Stewart SCO 32:32; 28 M40 Rob Sheenan WAL 32:35; 29 M50 Martyn Flower WAL 32:40; 30 M45 Paul Merrison ENG 32:44; 31 M40 Paul Cowhie IRE 32:46; 32 M45 Pat Hegarty IRE 32:56; 33 M45 Steve Smith ENG 32:58; 34 M50 Les Atkinson ENG 33:01; 35 M40 George Irving SCO 33:06; 36 M50 Stan Owen ENG 33:06; 37 M45 Eugene Moynihan IRE 33:08; 38 M40 Phil Kendrick WAL 33:12; 39 M50 Vaitkevicius Vytavita IRE 33:15; 40 M40 Richard Rodgers N IRE 33:15; 41 M45 Mike Weedall WAL 33:19; 42 M45 Gerald Gaffney SCO 33:25; 43 M40 Declan McCarthy N IRE 33:26; 44 M40 Peter Coles WAL 33:30; 45 M40 Steve Smith WAL 33:32; 46 M40 Gareth Thomas WAL 33:34; 47 M45 Steve Davies WAL 33:35; 48 M50 Matt Shields N IRE 33:37; 49 M45 Frank Barton SCO 33:39; 50 M40 David Brady N IRE 33:40; 51 M50 Dave Cox ENG 33:45; 52 M50 Eamonn Mc Evoy IRE 33:48; 53 M50 Andy McLinden SCO 33:50; 54 M50 Gary Pendlebury ENG 34:06; 55 M40 Edward Burns N IRE 34:06; 56 M50 Stan Woods IRE 34:08; 57 M45 Steve Laing SCO 34:11; 58 M50 Michael Jordan IRE 34:13; 59 M45 Arwell Lewis WAL 34:17; 60 M50 Tommy Murphy IRE 34:20; 61 M45 Tudor Harries WAL 34:22; 62 M45 Raymond Curran N IRE 34:22; 63 M50 Mick Mc Geoch WAL 34:23; 64 M45 David Allen N IRE 34:31; 65 M50 Doug Cowie SCO 34:41; 66 M45 Sammy McAnaney N IRE 34:44; 67 M50 Mike Barnsdale ENG 34:44; 68 M45 Dermot Connelly N IRE 34:45; 69 M50 Mario Donnelly N IRE 34:48; 70 M50 Jim Newberry N IRE 34:49; 71 M50 Archie Jenkins SCO 34:54; 72 M50 James Gillespie N IRE 34:56; 73 M50 Aaron Jones WAL 34:58; 74 M50 Frank Garrihy IRE 34:59; 75 M45 Brian Craig SCO 35:02; 76 M45 Jon Williams WAL 35:09; 77 M50 Ewain Patterson SCO 35:10; 78 M50 Nelson Cahoon N IRE 35:15; 79 M45 John Patience N IRE 35:23; 80 M40 Alan Derrick SCO 35:27;

BMAF XC RELAYS NEWPORT 29th OCTOBER

81 M50 Paul Murphy N IRE 35:32; 82 M45 Eddie Bell N IRE 35:34; 83 M50 Robert Bamsey WAL 35:50; 84 M50 Campbell Jones

36:11; 85 M50 Danny Bird SCO 36:33; 86 M50 Peter Davies WAL 36:42; 87 M50 Howard Carpenter WAL 36:53;

M40-44 TEAM: 1 England 17; 2 Ireland 35; 3 Scotland 48; 4 Northern Ireland 71; 5 Wales 74;

M45-49 TEAM: 1 Ireland 18; 2 England 18; 3 Wales 61; 4 Scotland 63; 5 Northern Ireland 94;

M50-54 TEAM: 1 England 15; 2 Ireland 36; 3 Northern Ireland 61; 4 Wales 63; 5 Scotland 66;

Men 55 PLUS

1 Mike Hager M55 ENG 32:03; 2 George Sim M55 SCO 33:21; 3 Peter Murphy M55 IRE 34:13; 4 Pat O'Shea M55 IRE 34:21; 5 John Todd M55 IRE 34:26; 6 John Exley M55 ENG 34:33; 7 John J. Murphy M55 IRE 34:35; 8 Brian Hilton M55 ENG 34:36; 9 Deic Evans M55 WAL 34:42; 10 Terry Eakin M55 N IRE 34:44; 11 Desi Mc Henry M55 N IRE 34:56; 12 Paul Ross Davies M55 WAL 35:15; 13 Steve Coupe M55 WAL 35:45; 14 George Mitchell M55 SCO 35:48; 15 Alan Lawson M55 SCO 36:21; 16 Bob Young M60 SCO 36:32; 17 William Allan M60 ENG 36:43; 18 Peter Giles M60 ENG 36:53; 19 Dave Waywell M60 ENG 37:03; 20 Des Michael M55 ENG 37:06; 21 Andy Rennie M55 SCO 37:07; 22 David Davies M55 WAL 37:10; 23 Emyr Davies WAL 37:15; 24 Richard Bowen M60 WAL 37:24; 25 Gibson Fleming M60 SCO 37:38; 26 David Seaton M60 N IRE 37:39; 27 Don Williams M60 WAL 37:40; 28 Tony Gray M60 N IRE 37:48; 29 Gerry Lynch M60 N IRE 37:57; 30 Jim Hayes M55 N IRE 38:00; 31 Brian Campbell M60 SCO 38:05; 32 Walter Ryder M65 ENG 38:08; 33 Dessie Mc Gann M60 IRE 38:09; 34 Martin Ford M60 ENG 38:12; 35 Peter Covey M65 ENG 38:17; 36 Harry Andrews M60 N IRE 38:37; 37 Ian Leggett M65 SCO 39:13; 38 Norman L'Ellyett M55 N IRE 39:20; 39 Christy Creagh M60 IRE 39:28; 40 Terry Mee M60 IRE 39:32; 41 Jon Kersting M65 WAL 39:35; 42 Pete Cartwright M60 SCO 39:42; 43 Peter Moody M60 WAL 39:44; 44 Fred Gibbs M65 ENG 39:46; 45 Sean Cooney M65 IRE 40:41; 46 James Reid M65 N IRE 40:53; 47 Pat Bonass M60 IRE 41:09; 48 John Perratt M65 ENG 41:43; 49 Steve Cromar M65 SCO 41:51; 50 Jim Bennett M65 IRE 42:35; 51 Tadgh Twomey M65 IRE 43:08; 52 Lynn Hughes M65 WAL 43:12; 53 Peter Norman M65 WAL 43:39; 54 Mick Neville M65 IRE 43:47; 55 Bill Murray M65 SCO 44:12; 56 Hugh Young M65 N IRE 44:22; 57 John Collins M65 WAL 44:26; 58 Drew Crawford M65 N IRE 46:31;

M55-59 TEAM: 1 Ireland 12; 2 England 15; 3 Scotland 31; 4 Wales 5 Northern Ireland 40;

M60-64 TEAM: 1 England 9; 2 Wales 20; 3 Scotland 20; 4 Northern Ireland 29; 5 Ireland 46;

M65-69 TEAM: 1 England 8; 2 Ireland 27; 3 Scotland 27; 4 Wales 29; 5 Northern Ireland 41;

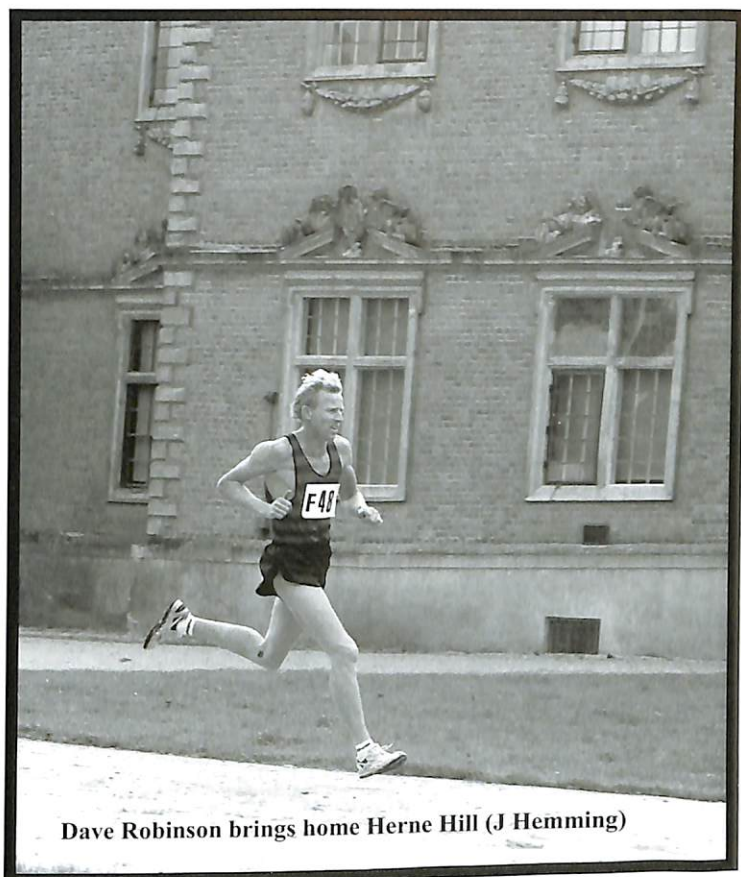
M70+ TEAM: 1 England 8; 2 Scotland 16; 3 Wales 35; 4 Ireland 44; 5 Northern Ireland 47;

Bristol had started favourites but South London based Herne Hill brought their strongest squad in a bid to unseat the 2005 road relay champions. The lead changed throughout each leg of the six-stage race until Nick Rose took over for Bristol ahead on the last leg.

Off for Herne Hill was the under-rated David Robinson, a true amateur of the old school, who worked himself up so much that he was not only willing home penultimate leg runner Keith Newton but also psyching himself up.

Once released he shot away after Rose and the gap closed in no time. The 53-year-old then got motoring in the middle of the 3km loop before Robinson, who did not even consider himself for the England XC international squad, pounced to win by ten seconds in 9:27.

Such was the quality of Robinson's run that only



Dave Robinson brings home Herne Hill (J Hemming)

Welsh International James Thie was faster among the Welsh seniors who had their own relay over the same course later. England Internationals Phil Parry and Clive Bromhall had tried to work Bristol clear in the middle but their efforts were in vain. "I couldn't have gone any faster and I knew I had to go hard at the start and then passed him halfway down the back track. I was very pleased," added a jubilant Robinson.

Rose, 12 years older than his conqueror said: "That was hard and was my first race since July." He could have run in the M50 event and was actually just three ticks slower than Mike Hager's best effort of 9:56. "It's a beautiful course and I liked the woods," said the 55-year-old. However, he could not help Tipton to gold as Dave Wilcock again staged a final lap charge to snatch the medals for Barnet, just as at Norwich in last winter's event.

Oxford City took their first National Masters M60 gold, as Clive Rutland just held off fastest stage runner Peter Beacham (AFD) on the final leg.

October 29

BRITISH MASTERS CROSS-COUNTRY RELAY CHAMPIONSHIPS

Tredegar House Country Park, Newport, South Wales

HERNE HILL won a thrilling M40 race, while Shaftesbury added the main women's section, writes Martin Duff of Athletics Weekly.

BMAF XC RELAYS NEWPORT 29th OCTOBER

DAVID ROBINSON INTERVIEWED

Dave Jeffs, of the Wirral, was the man who introduced me to running at eleven years of age and the training I do now is remarkably similar to all those years ago with Wirral A.C. Thirty years on I have never forgot how Dave put himself out to take us all backwards and forwards to training each night. This dedication paid off with us winning the National Youth X-country Championships in 1981 and two years later my younger brother's Wirral team repeated the achievement. Unfortunately for me I had broken my arm eight weeks before the event, missed valuable training, and was fifth counter on the day. It was a strong team and I remember Ikem Billy was first reserve to the team of six, during a period he was probably only training once per week. Running in the shadow of people like Ikem and brother John, who had been in the 50s in the World X-country championships a year under age, took all the pressure off and allowed me to enjoy my running. I remember amazing my coach each year by unlike the other lads stopping running at the end of the X-country season and switching to fishing. Each September I would painfully make my come back, struggling behind the others as we commenced our period for hill sessions, prior to the X-country season.

At Sussex University I met my future wife Debbie and introduced her to the world of running. I remember doing ten-mile runs across the Downs with teammates and then taking Debbie for a six-mile run. Although this was tough for me it was even harder for Debbie as we later found out her iron count was only 5. I obtained great pleasure in Debbie enjoying her running and 20 years later we are still turning up to group training sessions together. At University I met the PhD student Jeff Stone who was a great running character, well known in the early 80s by Sam Lambourne and the boys from Brighton & Hove. I do not know if anyone else can remember but at the end of one Sussex League X-country match as he was changing it became apparent he had been wearing red knickers. When asked why he explained he was off to the USA, travelling for six months, and had borrowed his girl friend's underwear as he did not want to dirty his own. Every team needs such a character.

At University I joined Lewes A.C. and to this day I am still a second claim member. From the late 80's Lewes A.C. started a close relationship with the French club A.S. Morolles located near Blois. Each year a group of Lewes runners would co-incide a long weekend with the A.S. Morolles half marathon. The local supermarket sponsored races and for winning one year I received a television and a few years later a video recorder to make up the set. This was always easier said than done as our hosts had perfected how to sabotage us with pate and red wine.

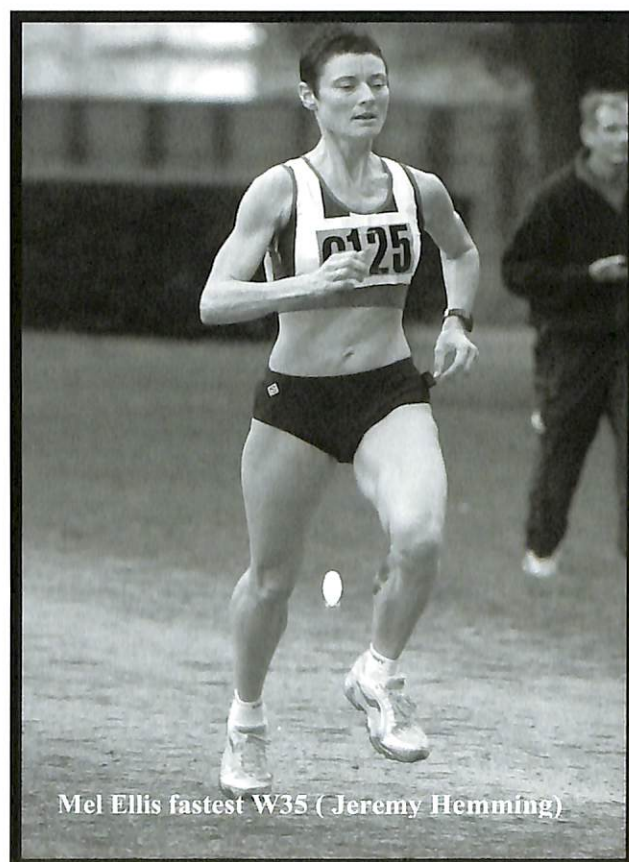
My first job took me to South Wales where I joined Barry & Vale Harriers. It was here I was introduced to running open track events. My first was a mid week event at Newport track. There were about 40 of us who wanted to do the 1500m and my club mate explained you had to get in the fastest heat if you wanted to do a good time. I had a bit of a shock when the starter asked for all those under 3.48 and a myriad of hands shot up. It was even more of a shock to experience the speed of the first three laps and the pain of the final 200 meters. Nick Rose won the race and I was delighted in achieving 3.53 and seventh position. I relayed this story to Nick when we met at Newport a few weeks back. As a member of B&V I was fortunate in participating in 2 Welsh Castles relays. For those who are not aware this is a 20-stage relay race from Caernarfon castle to Cardiff castle, taking you

through some of the most picturesque scenery in the British Isles. Barry being a port, we had a few Dockers in our team.

I remember on the second day waking up on a sports centre floor at six in the morning and whilst all other teams were limbering up our guy was sipping his bottle of Newcastle Brown. I have never liked hills and there is one leg, which seemed nearly 10 miles all up hill. This hard Docker may have been closer to sixteen stone than my eleven but he always chose this gruelling leg. I chose the first leg to allow me to relax and enjoy the remainder. I never managed to get a yellow jersey as Steve Jones obviously had similar ideas.

In 1988 I moved to London where I met up with my future sparring partner Paul Stevens. We spent ten great years killing each other and anyone else who wanted to join us in training sessions and two or three races in a week. I guess nothing unusual for people in their twenties. Paul and I came under the wing of Stan Allen at Herne Hill Harriers. Tuesday night sessions were typically 6 x 800m in 2.08--2.15 with one lap recovery. Many good friends were made and it is great to see seventeen years on people like Geoff Jerwood, Vic Maughan, Tony Harran, Micky Boyle and Dave Taylor are still running together under the direction of Stan.

At present my focus is on our three children who do an incredible 32 hrs per week of various sports among them. For me this means that training sessions are now squeezed in to lunch time runs with my brother, as we both work in the same company, and late night swims with Redhill & Reigate swimming club. Being fit and injury free is a very fortunate position to be in and I keep my fingers strongly crossed that it continues.



Mel Ellis fastest W35 (Jeremy Hemming)

As is now usual the women's groups ran with the M60 men and Ann Ridley gave the road relay champions Shaftesbury a good start, before they conceded to Clayton-le Moors on the second stage. Then Mel Ellis sharpened up for the Florence Marathon by running the fastest women's time of 11:16 to secure victory.

BMAF XC RELAYS NEWPORT 29th OCTOBER

Bristol and West's Sian Monahan was the fastest in her group as she helped her team to W45 victory over Les Croupiers and Newport.

M40 (6x3km)

1 Herne Hill Harriers 59:29 (Tony Harran 10:10, Mike Boyle 10:05, Victor Maughn 10:16, Roger Alsop 9:52, Keith Newton 9:39, David Robinson 9:27); **2 Bristol & West A C 59:40** (Dan Moore 9:49, Jerry Hogan 10:52, Alex Woods 9:35, Phil Parry 9:36, Clive Boomhall 9:49, Nick Rose 9:59); **3 Woodford Green AC & E L 1:01:00** (Richard Holland 10:03, Dave Cox 10:19, Tony Pamphilon 10:26, Gerry Carr 10:23, Tom O'Connor 10:07, Larry Mangelshot 9:42); **4 Clayton Le Moors 1:01:03** (Phil Hall 10:19, Andy Hartley 10:08, Mark Brown 10:02, Garry Wilkinson 10:10, Mark Aspinall 10:00, Ian Greenwood 10:24); **5 Telford AC 1:03:12** (J Sanders 10:17, S Jones 10:50, A Smith 10:46, P Plant 10:25, S Needs 10:37, G Wilson 10:17); **6 Swansea Harriers "A" 1:03:41** (Steve Smith 10:20, Paul Dyson 11:04, Peter Osborne 10:35, Ifan Lloyd 10:33, Aeron Jones * V50 10:40, Shaun Tobin 10:29); **7 Neath Harriers 1:04:08** (10:32, Jeremy Davies 10:32, Steve Williams 10:33, Kevin Lewis 10:56, Ian Williams 10:40, Tudor Harries 10:42, Andy Doel 10:45); **8 Tipton Harriers 1:04:20** (Mark Wright 10:11, Andy Cooper 10:29, Aaron Keene 9:52, Paul Rogers 10:08, Steve Wall 11:18, Jeff Taylor 12:22); **9 Bridgend AC "A" 1:05:40** (Phil Jenkins 10:36, Derek Scarborough 10:59, Simon Osborne 10:53, Adrian Woods 10:59, Greg Newhams 11:08, Alan Kerr 11:05); **10 Wells City Harriers 1:05:43** (Dickie Wythe 10:12, Steve Masters 10:21, Paul Chadwick 12:03, Nick Summerville 10:36, John Sharpe 10:51, Dave Stanfield 11:40); **11 Les Croupiers RC "A" 1:05:59** (Gareth Thomas 10:24, Richie Bullen 10:23, Headon 11:08, Paul Coker 11:16, Rob Jones 10:25, Steve Owen 12:23); **12 Bridgend AC "B" 1:11:14** (Rob Hunt 11:59, Jon Embling 11:34, Peter Davies *10:57, Gareth Davies 12:55, Stuart McGregor 11:44, Steve Brace 12:05); **13 Newport Harriers 1:14:56** (Brett Davies 11:17, Elwyn Davies *60 13:22; Dave Proffitt *50 13:18, Darryn McAfee 11:47, Steve Berney 13:22, Steve Wadley 11:50); **14 Coventry Godiva H DNF** (John McKeown 10:09, Martin Slevin 10:20, Vince Clisham 11:00, Steve Portman 11:41, Colin Deasy 10:30, Steve Gray DNF); **Fastest Legs:** Robinson 9:27; Woods 9:35; Parry 9:36; Newton 9:39; Bromhall/Moore 9:49

M50 (4x3km)

1 Barnet and District AC 42:43 (Liam O'Hare 10:45, Des Michael 10:58, Jonathan Kilsby 10:47, Dave Wilcock 10:13); **2 Tipton Harriers 43:03** (Mick Strange 11:00, Mike Hager 9:56, Ray Stanier 10:47, Alan Grice 11:20); **3 Altrincham & District AC 43:29** (Dave Carrington 10:41, Dave Telford 11:30, Dave Southern 10:41, Peter Hyde 10:37); **4 Telford AC 43:36** (Malcolm Dawes 11:26, Simon Daws 11:11, Michael Hailey 10:40, Richard Hailey 10:19); **5 Oxford City AC "A" 44:00** (Roy Treadwell 11:12, John Exley 10:48, Dave Wheeler 11:08, Richard Grund 10:52); **6 Derby AC 45:22** (Keith Donald 11:53, Kevin Shore 10:46, Chris Rosling 11:18, Mick Smedley 11:25); **7 Invicta East Kent AC 45:25** (Paul Ross-Davies 10:55, Peter Russell 11:26, Andy Gilling 11:25, Tony Culshaw 11:39); **8 Les Croupiers RC "A" 45:38** (Mike Murphy 11:55, Keith McGeoch 11:22, Martin Clissold 11:39, Mick McGeoch 10:42); **9 Clayton Le Moors 46:02** (Andy Robinson 11:03, Steve White 11:38, Richard Bellaries 11:53, Peter Booth 11:28); **10 Kidderminster & Stourport AC 46:15** (Ham Pearson 11:58, Bob Park 11:17, Steve Poulton 11:11, Harry Lambert 11:49); **11 Neath Harriers 47:05** (Simon Partridge 12:44, David Davies 11:33, Howard Carpenter 11:20, Bob Bamsey 11:28); **12 Les Croupiers RC "B" 52:22** (Howard Brown 14:10, Des Davies 13:30, Keith Quinn 11:35, Gary John 13:07); **13 Port Talbot Harriers AC 53:05** (Alan Perkins 12:19, Tony Holling 13:26, David Oak * 12:53, Ian Swanson 14:27); **14 Bridgend AC "A" 54:16** (Stuart Davidson 11:41, John Moss 11:49, John Crutcher 12:52, Gareth Roper 17:54); **Fastest:** Hager 9:56; Wilcock 10:13; Hailey 10:19; Hyde 10:37

M60 (3x3km)

1 Oxford City A C 35:44 (Mick Welland 11:44, Dickie Langton 12:23, Clive Rutland 11:37); **2 Aldershot Farnham & District "A" 35:53** (Les Presland 11:43, Bill Pegler 12:42, Peter Beacham 11:28); **3 Clayton Le Moors H "A" 37:19** (Barry Mitchell 11:37, Ted Orrell 12:41, Dave Scott 13:01); **3 Swansea Harriers 41:22** (A Jefferies 13:14, G Davies 14:50, J Collins 0:13:18); **4 Clayton Le Moors H "B" 41:35** (Graham Murray 12:34, Harry Manning 14:54, Richard Lawson 14:07); **5 Bridgend A C 43:43** (Eric Hughes 13:03, Lynn Hughes 12:53, Laurie Brophie 17:47); **6 Les Croupiers RC 45:09** (Mel James 13:38, Mal Farnham 28:01, Tony Dorsett 17:08); **Fastest:** Beacham 11:28; Mitchell/Rutland 11:37

W35 (3x3km)

1 Shaftesbury Barnet H 35:33 (Ann Ridley 11:28, Lis Dodwell 12:49, Mel Ellis 11:16); **2 Clayton Le Moors H 36:17** (Anna Kelly 11:44, Donna Riley 12:30, Maureen Laney 12:03); **3 Neath Harriers 36:32** (Nicola Haines-Jones 12:27, Sandra Pinkham 12:38, Louise Copp 11:27); **4 Brackla Harriers 39:50** (Charlotte Johns 13:09, Lorna Perry 13:45, Sharon Ford 12:56); **5 Wells City H 40:04** (Karen Buckley 11:39, Claire Thomas 15:33, Tracey Halliday 12:52); **6 Forest of Dean AC "A" 40:32** (Penny Cartwright 13:28, Beverley Alexander 13:24, Lynne Park 13:40); **7 Les Croupiers RC "A" 43:33** (Liz Clarke 13:51,

Yvonne Bullen 13:15, Tracey Newman 16:27); **8 Forest of Dean A C "B" 46:53** (Josie Wilkins 14:46, Louise Insall 15:48, Barbara Griffiths 16:19);

Fastest: Ellis 11:16; Copp 11:27; Ridley 11:28; Buckley 11:39; Kelly 11:44

W45 (3x3km)

1 Bristol & West AC 38:10 (Debbie Howard 13:17, Alison Hurford 13:08, Sian Monahan 11:45); **2 Les Croupiers RC "A" 38:54** (Julie Scholey 13:18, Jane Coker 12:54, Veronica Singleton 12:42); **3 Newport Harriers 40:10** (Ann Saxena 12:28, Cynthia Greenslade 13:55, Carole Fereday 13:47); **4 Forest of Dean AC "A" 40:44** (Fiona Turner 12:22, Janice Lightly 14:15, Carol Jones 14:07); **5 Westbury Harriers 40:48** (Pat Gallagher W60 12:38, Marilyn Palmer W50 13:51, Maureen Coffey W55 14:19); **6 Forest of Dean AC "B" 48:51** (Jackie Green 15:13, Linda James 17:00, Wendy Lawrence 16:38); **7 Brackla Harriers 51:20** (Avril Brown 16:22, Linda Lloyd 17:52, Lesley Alexander 17:06); **Fastest:** Monahan 11:45; Saxena 12:28; P Gallagher (W'bury) 12:38

W55 (3x3km)

1 Les Croupiers RC 48:41 (Clare Johnson 16:06, Marilyn Rowson 17:18, Ruth Collishaw 15:17);

WALKS RESULTS BMAF CHAMPIONSHIPS

20k-30th April 2005, Sutton Park.

1, Mark Williams M40 1:43:48; 2, Trevor Jones M45 1:47:27; 3, Richard Emsley 1:50:34; 4, Dwane Butterley M35 1:52:27; 5, Mark Wall M45 1:59:04; 6, Arthur Thomson M65 1:59:33; 7, Ed Shillabeer M65 2:01:30; 8, Mark Byrne M40 2:03:46; 9, Tony Collins M60 2:05:05; 10, Colin Vesty M40 2:09:30; 11, Neale Smith M45 2:11:21; 12, David Fall 2:12:48; 13, Terry Morris M60 2:13:04; 14, Glyn Jones M60 2:14:05; 15, Peter Stapleford M70 2:14:55; 16, Bill Newhill M65 2:15:08; 17, Parminder Bhatti M45 2:24:42; 18, Keith Batten M60 2:28:21; 19, Karl Abolins M75 2:28:36; 20, Gordon Chapman M70 2:29:59; 21, Frank Blake M65 2:30:16; 22, Eric Horwill M70 2:32:45; 23, John Sturgess M60 2:34:02; Women: 1, Anne Belchamber W50 2:08:24; 2, Sheila Owen W50 2:12:16; 3, Cath Duhig W50 2:18:32; 4, Pam Ficken W60 2:35:20;

30k - 30th July, Warwick University, Coventry.

1, Mark Williams M40 2:43:59; 2, Paul Evennett M35 2:49:29; 3, Peter Ryan M50 2:50:39; 4, Dwayne Butterley M35 2:51:42; 5, Arthur Thomson 2:58:17; 6, Mark Byrne M40 3:12:31; 7, Bob Dobson M60 3:19:40; 8, Colin Vesty M40 3:23:56; 9, Terry Morris M60 3:25:53; 10, Bill Newhill M65 3:27:55; 11, Sean Pender M50 3:28:42; 12, Eric Horwill M70 3:42:21;

Roubaix 28 Hour, 17/18th September 2005

12, David Jones M55 205.49k; 18, Tony Collins M60 202.91k; 20, Kevin Marshall M45 200.33k; 21, Ken Watts M50 193.93k; 23, Parminder Bhatti M45 188.77k; 25, Hazel Fairhurst W35 184.28k (2nd Lady); 36, Bob Watts 156.67k;

100 Miles, Kings Lynn, 30/31st July 2005

1, S Hands M40 19:02:57; 2, I Slatter M45 19:52:51; 3, R Brown M55 20:33:00; 4, D Jones M55 20:37:42; 5, P Van der Kroft HOL M60 20:41:39; 6, R De Wolf HOL M55 20:44:50; 7, 8, K Marshall M45 21:09:49; 9, C Flint M60 21:13:05; 10, H Van der Knaap HOL M45 21:16:43; 11, M Fisher M40 21:24:37; 12, E Harkin IOM M45 21:33:59; 13, M Lambiotte FRA M50 21:41:00; 14, J Visser HOL 21:41:55; 15, P King M50 22:08:47; 16, D Boxhall M70 22:11:10; 18, T Collins M60 22:19:06; 19, F Derijke HOL M50 22:21:12; 22, P Altena M40 22:49:42; 25, D O'Toole IOM M55 23:08:42; 27, K Watts M50 23:16:03; 30, 30, S Callister M40 23:18:09; 31, F Devoght HOL M65 23:28:55; 32, J Fripp HOL M50 23:44:45;

WOMEN:

1, S Brown W55 19:25:07; 2, R Crellion IOM 21:33:59; 3, C Duhig W50 22:09:40; 4, K Howard W45 22:23:39; 5, H Fairhurst W35 22:35:37;

10k Road, Leicester, 10th September 2005

1, Mark Williams M40 48:32; 2, Trevor Jones M45 50:16; 3, Nick Silvester M50 50:33; 4, Dwane Butterley M35 53:25; 5, Steve Arnold M40 53:40; 6, Arthur Thomson M65 53:49; 7, Carl Lawton M60 56:52; 8, Merk Wall M45 58:29; 9, Peter Cassidy M65 58:43; 10, Russell Jackson M60 59:53; 11, Dennis Myers M65 60:12; 12, Paul Hayden M45 61:28; 13, Colin Vesty M40 62:11; 14, Sean Pender M50 62:24; 15, Ron Powell M65 62:34; 16, Terry Morris M60 62:43; 17, George Smolinski M50 63:09; 18, Brian Sturt M65 64:07; 19, Doug Fotheringham M75 64:10; 20, Peter Stapleford M70 64:19; 21, Bill Newhill M65 65:10; 22, David Fall M60 66:23; 23, Neale Smith M45 67:25; 24, Maurice Jones M60 67:43; 25, Eric Horwill M70 69:02; 26, Paul Rey M70 69:11; 27, Bernard Hercock M65 72:02; 28, Peter Markham M70 76:17;

WOMEN:

1, Ann Belchambers W50 60:42; 2, Ann Lewis W55 61:32; 3, Sheila Owen W50 61:34; 4, Fiona Bishop W45 63:17; 5, Julie Bellfield W35 64:29; 6, Maureen Spellman W70 66:34; 7, Karen Davis W40 67:54; 8, Jo Miles W50 68:17; 9, Pam Horwill W70 73:37; 10, Sue Rey W45 76:01; 11, Pam Ficken W65 77:18;

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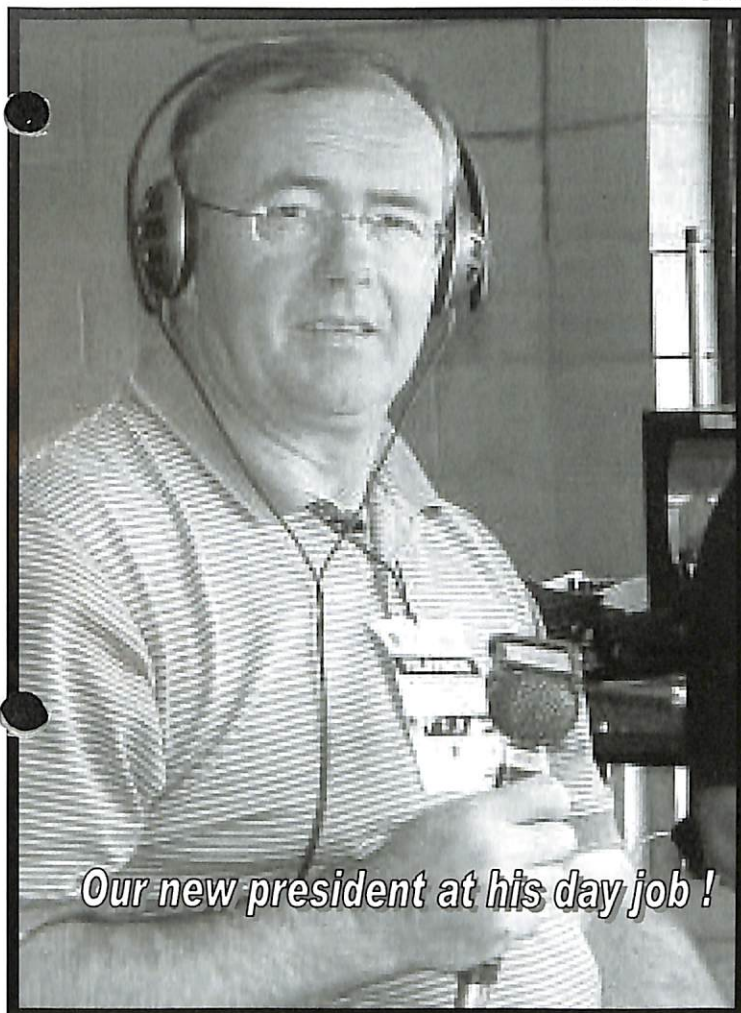
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B.M.A.F. OFFICERS VOICE



Our new president at his day job !

Former athlete who held the British and Commonwealth record for the hammer throw, represented Great Britain at two Olympic Games, captained both the England and Great Britain Athletics Teams and represented his country for eleven years.

A former teacher he has worked as a successful broadcaster since 1987 commentating on Athletics and many other sports. He has worked for the BBC at eight Olympic Games both summer and winter and has worked extensively on 'The World's Strongest Man', 'Superstars' and 'The Lord Mayors Show'.

He is an experienced and successful corporate trainer in Presentation and Media Skills.

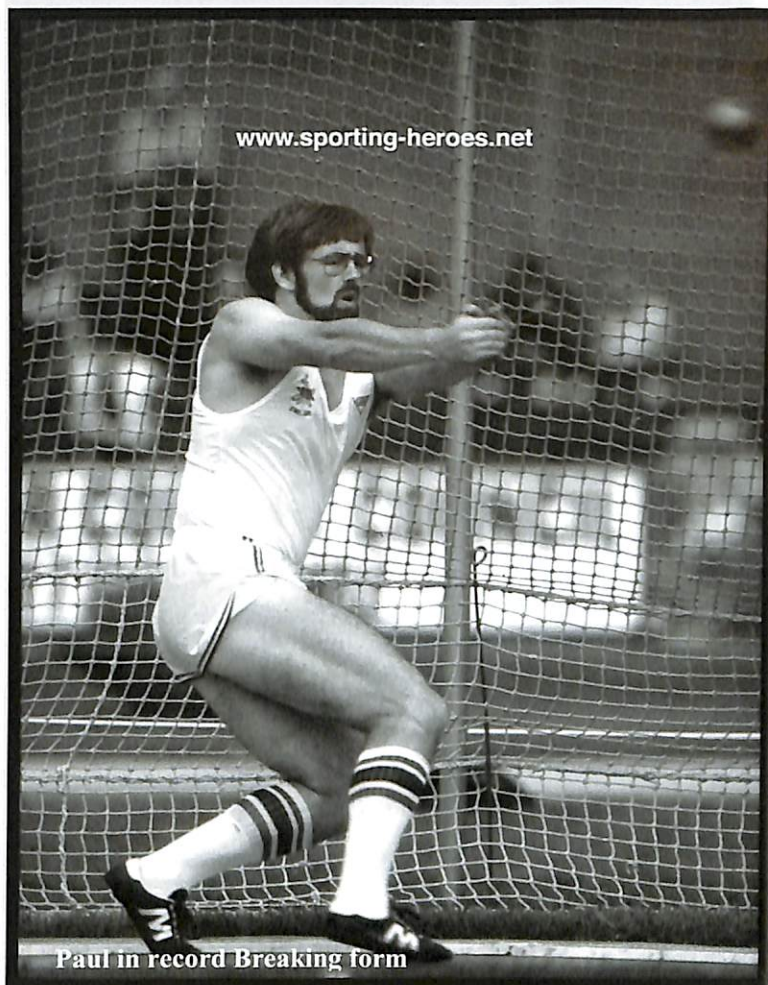
MESSAGE FROM PAUL DICKENSON

May I firstly say a big thank you to B.M.A.F for electing me to the position of President. I find it hard to believe sometimes that I am actually old enough to be a 'Master' in athletics and just as hard to take on the responsibility of my new position but I shall certainly do my utmost to honour the role as best I can.

Athletics has changed dramatically over the last 20 years. In fact the whole climate of sport has changed for evermore. I last competed for Great Britain in 1984 and am now in the privileged position of having the 'best seat in the house' on behalf of the B.C. During the intervening years I have witnessed dramatic changes in the sport I love. Some good, some less desirable. Some have come about due to subtle changes within the society

in which we live, market forces, education, lifestyles, finance, leisure pursuits, diet and desire! We cannot turn the clock back even if we wanted to so we have no choice but to move with the times and cater for our audience in the most productive way that we can.

My congratulations go to all Masters athletes and those who keep B.M.A.F on an even keel! Whether you are a world champion, record holder, club athlete, administrator,



official or just someone who loves your sport, I thank you for your continued involvement in the greatest sport in the world!

I have to confess that I have not competed myself this year due to continued injuries ('so what' I hear you say!) and as a result my life has not been the same. I have felt lethargic and do not have the 'buzz' of competition that I have been lucky enough to feel all these years. Maybe sometime soon I shall don the throwing shoes once more and venture into that circle to have a chuck!

We are very lucky as athletes to have such dedicated administrators and officials involved on a daily basis with our sport. I do wonder though where the next generation of volunteers is going to come from however! Perhaps the vast interest surrounding 2012 will help foster a new zest in people to 'get involved'. How involved are you as individuals in terms of your passion for the sport and the expertise you have in order to offer athletics and in particular, B.M.A.F, more? I do feel that we should be doing something to allow discussion and debate to be freely aired. Perhaps a forum within the association's website? However as with all things 'web-based' it would need someone to administer and oversee the forum in order to keep it running smoothly. Any volunteers?

B.M.A.F. OFFICERS VOICE

I am happy to enter into dialogue with anyone who wishes to contribute to constructive discussion regarding BMAF and it's future in this ever-changing world. I shall get to as many B.M.A.F events as possible and it is my intention to set up a dedicated e-mail address in due course.

The Federation has a major role to play in the development of Masters' Athletics both here in the UK and worldwide. The more dialogue we have the better from my point of view and we should never underestimate the expertise we have within in our membership. I wish all members a good winter's injury free training!

WINSTON THOMAS FROM THE CHAIR

Welcome to the Christmas edition of "Masters Athletics" !

This has been a very successful year as far as competition is concerned both nationally and internationally. The year started well with the European Indoors in "Eskilstuna", with many medals and personal bests being achieved and a marvellous second to Germany in the medal table. Germany does of course have so many athletes over 70, and this always inflates their performance.

Villa Real in Portugal was a great success where we topped the overall medal table according to E.V.A.A. statistics. The event was very well organised with no complaints from the competitors, and at last a Championships where costs were reasonable.

The Interland was said to be a disaster by our Track and Field Secretary, as France and Belgium beat us into third. Whilst not totally agreeing with his comments, I share his disappointment and general view of the event. We had home advantage at the "Julie Rose Stadium" and it was much easier for our athletes to get to the venue, and therefore we should have had a strong team to take on the other countries. However, it was the visitors who turned up in force, whilst we had two teams GB and GB"A" both of which had empty spaces and were below full strength. Those that did compete performed very well, and I hope they enjoyed the meeting. Perhaps we can get a full strength team for La Touquet 2006; **otherwise we shall need to review our future participation in the event.**

So lets move on to San Sebastian (Donostia) and the W.M.A. World Championships, from which came many sad and appalling tales. Athletes missed events due to lack of transport, timing of events changing only 10 minutes prior to the event, qualification mixed up and dual finals in some age groups. All this led to poor relationships between our Team Managers and the Local Organising Committee. Despite this and the problems with transport

from the Airport and Accommodation, our results were outstanding finishing third to the U.S.A. and Germany. Of the many fine performances I would have to single out **Steve Peters with Five Gold Medals**, 100,200 and 400 individual plus the 4x100 and 4x400 metres relays. **The British Masters Medical Team** as always worked superbly to keep you in as good an order as possible during the Championships, and our Team Managers who did their best in trying and difficult circumstances.

Domestically we had some fine Championships across the many disciplines, and credit to all who organised and participated in the events, especially our hard working Secretaries and Officials without whom we would not have any Championships.

Finally many thanks to every member of the B.M.A.F. Committee and Club Committees for their endeavours in 2005, who contribute so much to the "Masters Movement".

Personally I have several projects for the future, and E.V.A.A. are looking for members who would be willing to stand for nomination to the General Assembly a new Secretary (fluency in French and German would be a great advantage) and a Technical Manager. Should you be interested would you contact either Bridget or myself?

I wish you all a very festive season, and health, happiness and success in 2006.

Winston Thomas 22/11/05:

Secretary's Report

At the World Masters Athletics General Assembly in San Sebastian, delegates agreed the following Rule changes:
Walks – that there will be three walks, a 5k-track walk, 10k and 20k road walks at World Track & Field championships.
Shot Put/Hammer – that for M80+ the weight be reduced from 4k to 3k.

Discus – that the weight be reduced from 1k to 750g for W75+
Mountain Running – be added as official WMA championships.

Throwing the Hammer. The IAAF has made a change to Rule 191.2 that now reads: "It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the iron band. The athlete may stop and begin the throw again, provided no other rule has been breached."

Race Walking, IAAF changes to Rule 230.

"The Chief Judge will receive "Red Cards" for athletes in the future instead of "Warnings" and the symbol of the offence should also be indicated on the Posting Boards."

WMA's Non Stadia Championships are held in even numbered years. WMA Council's proposal to discontinue this championships and instead to include a cross-country, a half marathon and a 10k road walk with their Indoor championships and have a marathon, 10k road race and a 20k road walk with

B.M.A.F. OFFICERS VOICE

their Track & Field championships, resulted in a 41/41 for/against vote. The status quo remains. WMA did not have a venue for their 2006 Non Stadia following the withdrawal of Vancouver. Meanwhile, the Organisers of the World Indoor in Linz had included these as supporting events. The incoming WMA Council were tasked with assessing. Linz is now promoting the outdoor events as official World championships.

I have checked the Austrian Meteorology & Geodynamics web site; the temperature in Linz area for the last two weeks of March 2004 was minus 6. We understand it can be as low as -10°. Speaking at the W.M.A Non Stadia meeting in San Sebastian, I raised my concerns about holding these events with the Indoor since most bidding cities tend to be Northern European or maybe Canada. Instead, I proposed that the Non Stadia committee contact all affiliates asking them to carry out a survey amongst their runners to ascertain likely support for the separate road running / walks programme. We would be grateful if you would complete this questionnaire.

Bridget Cushen November 2005

World Masters Road Running/Walking Championships

I would support a separate biennial non stadia championships

☐ Yes ☐ No.

I agree with splitting the outdoor events and including them with the Indoor championships. ☐ Yes ☐ No

The Non Stadia should be over a 3-day/5-day/1 week period (circle one)

Which of the following distances should be included in this period.

10 road run ☐ , ½-marathon ☐ , marathon ☐ , cross-country relays ☐ , 10k ☐ , 20k ☐ , 30k road walk ☐ .

Am prepared to travel to venues All over Europe ☐ Canada ☐ USA ☐

Oceania ☐ Asia ☐ S. America ☐ .

I would compete in a World Non Stadia championship if held in Britain even if I had to pay a higher entry fee

☐ Yes ☐ No

Comments/suggestions

Your name (optional)

..... Age

Group

Return to:

Secretary
156 Mitcham Road
Croydon, Surrey
CRO 3JE

TRACK AND FIELD SECRETARY'S REPORT

Our two major Championships FOR 2006, the Indoors and Outdoors, are now confirmed, subject to the normal caveats, as the weekend of 4/5th March at the N.I.A.C Cardiff, and as the weekend of 8/9th July at Alexander Stadium, Birmingham. I have also managed to get larger block bookings at the Cardiff Moat House and the Park Inn West Bromwich [last years Moat House] at similar rates to this year, for Officials and athletes, but only booking through B.M.A.F.

Unfortunately both the Indoors and the Outdoors are really too close, some may say, to the World Championships in Linz and the European Championships in Poznan. The Indoors also clashes with the B.M.A.F Cross Country Championships, but I did not have a choice. The calendar is fixed by UKA and the few venues allotted to various championships and Intercity Fixtures. Yet again British Masters were not privy to those discussions / meetings, although we asked to be included.

Cardiff had two weekends free, but one clashed with the Carling Cup Final, so there were virtually no hotel rooms available. There was the possibility of Kelvin Hall, but that track is unkind to Walkers, and as I had pulled the walkers out of the main Indoors last year, I could not ignore their concerns.

Alexander Stadium only had one weekend 'free', and that had a provisional booking, which they freed for us. So the dates we have are the only ones available to us. So much for being THIRD in World Masters Athletics.

Although these late dates may not suit all athletes going to the International Championships, it does have two benefits. A later Championship is not a problem for athletes not going to the Europeans / Worlds and later in the season must suit them because they have more of the season to prepare, also a late National Championship gives more flexibility to the Area Clubs and their Championship dates, it prolongs the season for the non-internationalists who are the backbone of the Federation. The ones whose monies fund ALL of our activities, and without which we would never leave these shores. Whether they ever enter our National Championships, and statistics show that 75% of them do not, although being the silent majority, they must still be considered, and a longer season is a MUST for them.

I would also wish to respond to queries about the return to Alexander Stadium. In my opinion, it is the only Stadium in Britain that allows us to stage all of our events in all age groups over the two days. It is also in the centre of the population, making it relatively easy for the majority of athletes to travel to and from the Championships in the day without having to stay overnight. This ensures a larger entry and therefore a meaningful Championship. This may hurt the pockets of those on the fringes of the Federation, which applies equally to those from Cornwall and East Kent as well as Scotland. The old adage of the placing of Supermarkets applies, you take the market to the people, and you do not expect the people to travel to the market, because THEY DO NOT GO.

Other dates for Championships have now been fixed, so please refer to the Fixtures list.

Have a good Christmas, and keep fit for the New Year.
Maurice Doogan 25/11/05.

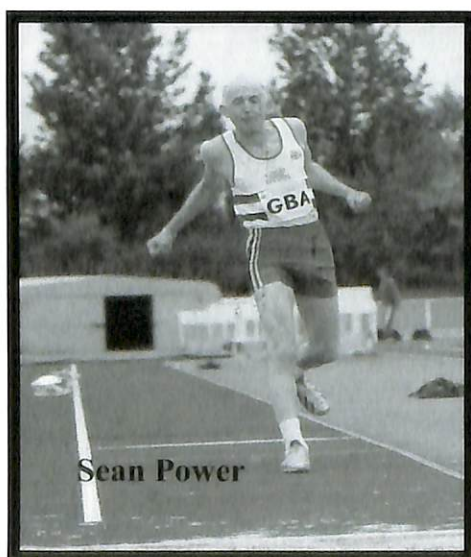
**WORLD CHAMPIONSHIPS - SAN SEBASTIAN.
A TEAM MANAGERS LAMENT.**

Athletes why did you let the fiasco of San Sebastian happen?

Firstly I would apologize for conning you in to going, the largest British Masters contingent to leave these shores, for an International Championship, despite the 'stitch up' in hotel prices, and the 'white lie' about the organisation going to be bad. **IT WAS AS BAD AS I EXPECTED**, but I could not tell you that, I just hoped my worst fears would not be realized. I tried to forewarn you in my report following my 'cock up' at the Outdoor Champs this year and seeded 800 metre finals etc., and what you needed to do in the future if **THE RULES** are not being complied with. The athletes stop and query the ruling and ask for the referee etc. You went to San Sebastian and did nothing - well apart from the Throwing ladies hi-jacking the coach at Hernani, and the Pole Vaulters saying we are doing this competition **NOW**.

Team Management can only do so much - ALL the Team Managers and Rex Harvey [W.M.A - Vice Chair - Stadia] and his international team, including half a dozen British officials were ignored, and the W.M.A hierarchy would not back him, or the Team Managers up, and I told you as much. I cannot openly suggest rebellion, but I hinted at it. and you did nothing - **SORRY**, not enough.

You the athletes pay an entry fee; pay for additional events, flights, hotels, taxis, restaurants, and some of us occasionally drink the local wine. These Championships only occur because they want YOUR money. If you buy a something from a shop, and it is soiled / torn / below standard you take it back - so why did you let the Local Spanish, rip you off - and they did. You signed a contract to compete under W.M.A rules and you expected in suitable and safe facilities, and in accepting your money they were party to that contract, is that what you got, I do not think so.



Sean Power, had problems in Puerto Rico and Sindelfingen - and he like I anticipated the problems in San Sebastian, we discussed all the possibilities, how to deal with them etc., etc., and they still stuffed him. Two Finals, six hours apart, one in cold wet conditions, the other in warm, windless crowd enhanced

conditions. Result, two medal ceremonies, two gold, two silver and two bronze medals given out. Results book, distances combined, Sean nowhere. There where dozens like this, and that is only the British ones.

So people, I may be "super gob" and many other phrases you have applied to me, and I probably deserve most of them, but it goes with the territory, and it is my JOB, it is what is required of me to allow you to compete. But Archie, Eric and others alongside me need YOUR help, we cannot do it ALONE. It is no good you sloping away from the Arena, back to your hotel muttering about it and whinging when you get home, it is TOO LATE. I know that was not the case with Sean Power, Tony Wells, Pam Jones for example, and others and we did try, but we only managed to rectify Pam's, actually two of hers, so we need a strategy, as a team, but as the WHOLE team. If you have to strike, so be it - we hit them with the rulebook and if it comes to it you take them to court - thousands of athletes in a 'class action'. That may sound preposterous, but it matters, because it matters to YOU. Let me tell how it could have worked in San Sebastian:

At the Technical Meeting on the day before the first event, knowing that the W.M.A qualification rules were not going to be applied, and numerous other irregularities, ALL Team Managers raised the contraction of heats etc., as had Rex Harvey earlier - the organisers basically told us the team managers and Rex Harvey and his International Team, we were surplus to requirements. They then failed to attend the following Team Managers morning meetings, which lasted for hours because of the listing of the multitude of failures- transport, measurements, lap recording etc., etc., you name it they got it wrong. Because of this, virtually all Team Managers were in the Stadiums until the close of the programme for the day, to try and deal with problems, we knew would arise, and they did. We therefore did not attend the Mayor of San Sebastian's Cocktail Party - apparently five did. The next morning the 'organisers' turned up at the Team managers Meeting to answer questions - I wonder why. They were told to.

The British girls, hi-jacked a bus they got home! The Pole Vaulters said our competition starts now, when it is programmed to start, albeit 'indoors', but it started on time. Athletes made it happen. You know it works.

I have had to deal with incompetents for 49 years in my business, but I am paid to do so, I do not see why I, or YOU, have to tolerate incompetents when we are paying to be serviced by them. San Sebastian was not an isolated event, Puerto Rico was not much better, and the other World / European Championships that I have been Team Manager, and others before that, all had major avoidable faults.

**It will continue to happen - unless YOU STOP IT.
THE REALLY GRUMPY OLD MAN.**

I wonder if you have a small space in "Masters Athletics" to thank your members who came to the rescue of some athletes from Zimbabwe who were unable to bring their poles to San Sebastian. We Zimbabweans much appreciated it.

Email received by Hon. Secretary.

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 "Spring Edition " to reach the editor by the 16th March 2006.

300+ CLUB

September / October WINNERS:

£125-Brian Page, Rob Heywood.

£10- Malcolm Field, Ted Saberton, John Scott, M Nicholson, Tom Clowry, Susan Anderson, Peter Giles, Lesley Eldridge, Geoff Gowan, Becky Lee,

FIXTURES

DATE	EVENT	VENUE	DETAILS
11 th Dec	MVAC Christmas Handicap	Solihull	
11 th December	World Masters 100k	Argentina	
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	SWVAC (Milborne 10k)	Dorset	1030
15 th January	NVAC XC Championship	Victoria Park, Warrington	
22 nd Jan	MVAC Cross Country Championship	Perry Barr, Birmingham.	
5 th Feb	MVAC Road Handicap	Archbishop Grimshaw School, Kingshurst.	MVAC Newsletter.
5 th February	NVAC 10k Road Race	Stockton Heath, Warrington	
18 th February	SAL Masters Indoors	Kelvin Hall, Glasgow	0870 145 1515
19 th February	SWVAC (Plymouth Hoe 10 Mile)	Plymouth, Devon	1000
19 th February	SWVAC (City of Salisbury 10k)	Salisbury, Wiltshire	1100
26 th February	NVAC XC Championships	Moss Bank Park, Bolton.	
4 th March	SAL Masters Cross Country Championships	Forres	
4/5 th March	BMAF INDOOR CHAMPIONSHIPS	NIAC, CARDIFF	ADERT IN THIS ISSUE !
5 th March	BMAF XC Championships	Bournemouth	Entry form last issue
5 th March	SWVAC (Gloucester 20 Mile)	Frampton, Gloucestershire	1000
15-20 Mar	2 nd WMA World Indoor Championships	Linz, Austria	With Cross Country & Road walks www.linz2006.com
26 th March	NVAC 10k Road	Platt Field, Manchester.	
2 nd April	MVAC Road Relays	Chasewater	Followed by AGM.
8 th April	MMTG Weight Pentathlon	Northwood Stadim, Stoke	See www.mvac.org.uk or write to MMTG Secretary, 2,Cameo Way, Tillington,Stafford, ST16 1SR
9 th April	SVHC 10 Mile Championships	Strathclyde Park	Tom Scott 10 mile Race 1100
17 th April	SWVAC (Easter Bunny 10k)	Yeovilton, Somerset	1100
23 rd April	SVHC Marathon	Fort William	Lochaber Marathon 1200
30 th April	SWVAC (Saltash HM)	Saltash, Cornwall	1000
3 rd May	MV T&F League	Nuneaton	East Div
7 th May	SWVAC HM Championships	Tewksbury , Gloucestershire	0930
10 th May	MV T&F League	Telford & Birmingham (Alexander Stadium)	Div's North & South.
20 th May	BMAF Road Relays	Sutton Park, Royal Sutton Coldfield	Entry forms will be on www.mvac.org.uk as soon as details are finalised.
4 th June	SWVAC 5k Road Championships	Yeovilton, Somerset	1200
7 th June	MV T&F League	Stoke, Leamington	North & East Divisions.
8 th June	MV T&F League	Redditch	South Division.
11 th June	MVAC Track & Field Championships	Solihull	www.mvac.org.uk
18 th June	BMAF 5k Road Championship	Horwich	
18 th June	BMAF Weight Pentathlon	TBC	
18 th June	SWVAC Track & Field Championships	Exeter, Devon	1030
24 th June	INTERLAND	La Touquet	CONTACT MAURICE BY email .
8/9 th July	BMAF Track & Field	Birmingham Alexander Stadium	
12 th July	MV T&F League	Wolverhampton, Rugby	North & East Divisions
13 th July	MV T&F League	Worcester	South
19-30 th July	XV European Veterans T&F Championships	Poznan , Poland	www.evacs2006.pl
9 th August	MV T&F League	Royal Sutton Coldfield, Mansfield, & Tipton	All Divisions.
12/13 th August	BMAF Decathlon / Heptathlon	Oxford	
13 th August	Isle of Man VAC Marathon	IOM	
14-18 th August	Isle of Man VAC Grand Prix	IOM	
19-20 th August	Isle of Man VAC 100 mile Walk	IOM	
9 th September	MV T&F League Cup Final	Solihull	
24 th September	BMAF Weight Decathlon	TBC	
2007			
22-25 th March	European Indoor Championships	Helsinki	
17-20 th May	European Non Stadium Championships	Regensburg, Germany	
4 th -15 th Sept	World Masters Athletics Championships	Riccione, Italy.	

The 25th Visit Guernsey



Easter Runs

14th – 17th April 2006

4 Races in 4 Days in the beautiful Island of Guernsey.

Friday April 14th 2006 (Good Friday)

Healthspan 10km Road Race

(course record Rob Whalley 29.14)

Permit No. 6046

Saturday April 15th

Keith Falla Memorial Race

4³/₄ mile Cross Country

Permit No. SEAA 82/05

Sunday April 16th (Easter Sunday)

Team Relay: 4 x 2 miles Cross Country

Permit No. SEAA 83/05

Monday April 17th (Easter Monday)

Healthspan Half Marathon

(Incorporating Hampshire AA Championships)

Permit No. 6045

Travel packages by ABC Travel Experience. Phone 01481 715887

Further information

Guernsey Tourism

www.guernseytouristboard.com

Guernsey Island Amateur A C www.guernseyathletics.org.gg

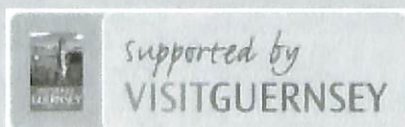
Email:

club@guernseyathletics.org.gg

Entry Forms

Mr Ossie Naftel, Beau Vallon, Rue de la Falaise, St. Martins, GY4 6UN

Tel: +44 (0) 1481 236455



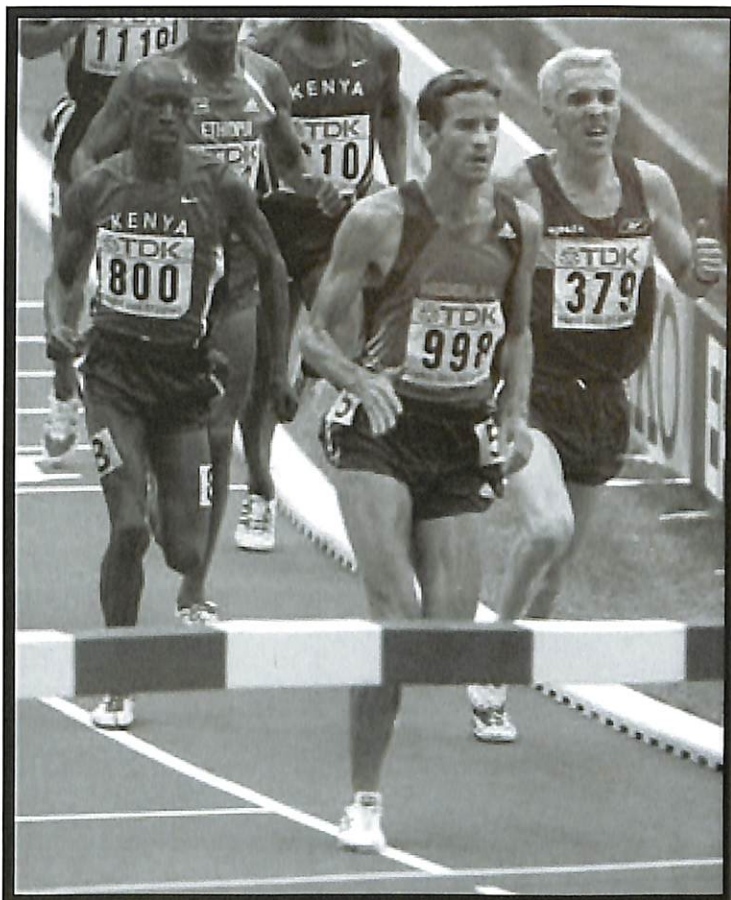
How to Organise a World Championship Heptathlon

NEWS & VIEWS

You think I'm joking? If you did the multi-events in San Sebastian you won't think so. We experienced all of the above and more!

A HEPTATHLETE
September 2005

1. Choose as many venues as possible for the individual events, preferably with a long bus journey between them.
2. Avoid the tried and tested computer programmes that calculate point scores accurately - find your own way of randomly generating numbers.
3. Ensure the common language of the officials is one not spoken - by any of the competitors. Whatever you do, don't have any English speaking officials - this is the language most widely spoken by the athletes and it would allow them to question what you are doing.
4. First event - the Hurdles. Delay this by at least an hour. Multi-eventers are used to competing all day. An extra hour of limbering up to keep warm won't make any difference to them.
5. There is no need to give the athletes the result of the hurdles at this stage - after all it is only one-seventh of the competition.
6. Second event - the High Jump. If an athlete says 'I'm passing at this height', pretend you don't understand. If they don't attempt the jump, mark them as a fail for taking too long.
7. As the event has been delayed, high jumpers for the next competition will arrive. Let them mark out their run-ups during your competition. Heptathletes will be able to hurdle over them. You can also invite competitors and officials for other events to take short cuts across the high jump fan.
8. Event three - the Shot Put. Use a smooth indoor shot circle, particularly if it is raining.
9. Don't watch the shot leave the competitors' necks - you may have to give a 'no-put'. This could result in a loss of points for that competitor, which would be a pity.
10. You don't need to let the athletes know their point's scores from these field events - they should have an idea how high they jumped and how far they put the shot.
11. Event four - the 200metres. As it is an advantage to an athlete to have more competitors in their heat, attempt to put eight competitors in the first heat and the remaining couple in the second heat. This will make more athletes happy.
12. You don't need to let the athletes know their times for the 200metres today. It can wait until tomorrow.
13. Day two - Long Jump. Use a three metre take-off board. This encourages the weaker athletes to jump further - they will be to if they want to land in the pit.
14. Event six - Javelin. You will notice the athletes measuring out run-ups and leaving coloured markers at the side of the runway. These are untidy; ensure they are cleared away before the throwing starts.
15. Remember to be generous to any athlete who throws a javelin that lands flat. It would be a disappointment to that athlete to lose points by you applying the rules too rigorously.
16. Event seven - the 800 metres. The athletes will want to know their point's scores before this event. This enables them to track their main rivals and run tactically. Do not indulge them in this. If they insist on having a score, give them the overnight score after four events.
17. When the heptathlon is over, the athletes will want to know the result. The point's score after six events should be enough for them to work out who should stay for the medals ceremony and who can leave.
18. Post a final result the next day. Reduce all the scores the next day after that. Neither of these results needs to be accurate - just get the athletes in the right order. If, after the event, you receive emails pointing out further errors in the scoring, ignore these. After all, the event is now over.



36 year Old **Simon Vroemen** placed second in the Brussels Grand Prix, to improve on his World Men 35 Record set in the IAAF World Championships.

His new time was an amazing 8:04.95, which is also a new European Men's Record.

Mark Procter

Set a new M40 Shot Record in the British Athletics League, at Manchester on the 30th August.

Denis Field writes to say he set a new Javelin over 75 record, on the 28th of September.

Denis is a former Great Britain International Triple Jumper (It was called Hop, step and Jump then) from 1951 to 1959, sent the spear out to 27.20, to take the record from training partner Bob Laidler.

Denis points out that he now holds Javelin records, for all categories from Men55 to Men 75, as well of the M70 Discus

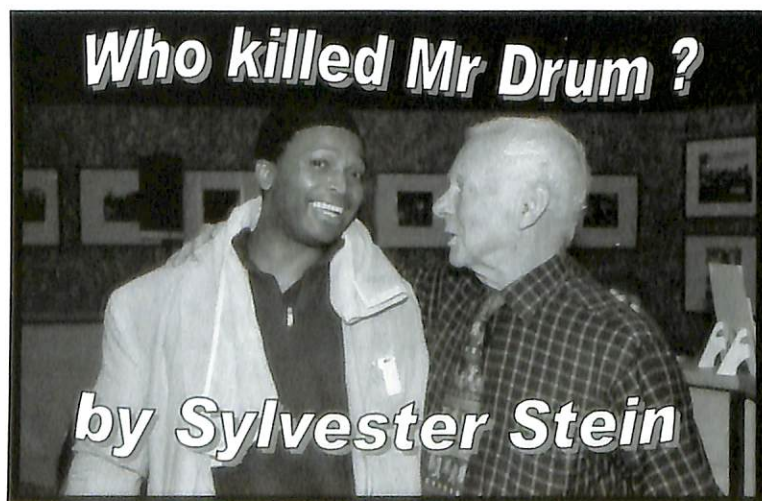
NEWS & VIEWS

and is all the more remarkable as the Sunderland Harrier has back and arm problems at present.



M.V.A.C member Kate Ramsey (215) seen here leading the first leg in the A.A.A. Road Relays at Sutton Park, whose wonderful form this year won her selection for the "International Chiba Ekiden" in Japan.

The Team of Jo Ankier, Paula Radcliffe, Kate Reed, Charlotte Dale, Birhan Dagne and our Kate on the glory leg finished a creditable seventh.



Sylvester Stein's new play has attracted wonderful reviews, the play starring Sello Maake kaNcube (Sello for short pictured with Sylvester) is called "Who killed Mr Drum" and is on stage at the "Treatment Theatre, Riverside Arts Centre, Hammersmith"

Reviews on Sylvester's play included;

Time Out, Sept 7: "SHOW OF THE WEEK: This is a hugely rewarding evening and the noisy, sassy South Africans make such engaging companions that their fate is hard to bear"

The Independent, Sept 6: "A rich, shrewd, generous-spirited piece that pulls you into the world where bulldozers raze the township of Sophiatown and where the hard-drinking, fast-living journos at Drum have to wrestle with the contradictions of surviving as a magazine at the price of suppressing vital issues."

Daily Telegraph, Sept 5: "Sello, who was recently Othello at the RSC, gives a tremendous performance as Drum's Can Themba, charting a potentially great writer's decline into despair... And there is a hauntingly elegiac quality to the play's conclusion..."

There were also great reviews in the Metro, Sunday Independent, Guardian, Sunday Telegraph, What's On, etc and on Radio 4's "The Critics".

Norman Ashcroft 1917-2005

Norman Ashcroft, who died at the end of September aged 88, was the moving force behind the founding of the Northern Veterans A C in the late 1960's. Norman was Secretary of Sutton Harriers at the time and took on the burden of organising for veterans with the same enthusiasm as everything else he did in life.

Born in January 1917 Norman claimed to have learned his running in the desert. "Four retreats," he'd say with a twinkle in his eye, quickly adding, "but five advances!" He joined Manchester A.C. after the war earning a place in the England team at the international cross-country championship in 1947. That, of course, was at the time you had to run in the race and finish in the top nine to be selected.

The following year he finished third behind Fred McMinnis in the Northern Cross Country Championship at Sherdley Park, St Helens. Twenty-one years later he organised the same event at the same venue watching Trevor Wright win the first of three successive championships.

He joined Sutton Harriers in the late 1950's and served as its secretary for over a decade, his dedication to the sport sustaining him when his first wife died suddenly at a relatively young age. He carried the secretarial burden of his club and the Northern Veterans A.C. for several years before stepping down (or should that be up) to concentrate on veterans' matters.

In 1977, as Secretary of the West Lancashire C.C.A, I had the pleasure of nominating Norman to serve as President of the Northern Cross Country Association. It was an honour he deserved, never expected and accepted with humility.

Norman was first and foremost an athlete. He was small in stature but big in heart and determination. He was also an enthusiast, a gentleman and a first class organiser with no time for political infighting. With Norman, what you saw was what you got and he was never averse to expressing an opinion!

NEWS & VIEWS

He always had time to give encouragement to those of us who lacked his talent, passing on helpful tips that book-taught coaches will never learn. He was not simply helpful; he went out of his way to be helpful. Consider it a privilege to have known him and I'm sure that view is shared by many others. His second wife, son Ian and daughter Joy survive him.

Dr Phil Thomas Chairman
St Helens-Sutton A.C.



The joys of Cross Country 2005
Picture: Chris Graves

The new Treasurer of the V.A.A.E. is Danny Mullane, "Sherwood", 34, Maldon Road, Tiptree, Colchester, Essex, CO5 0TN., we wish him well in his new position.

In light of the recent successful World Masters Championships held in San Sebastian; and the tremendous medal haul achieved by the Great Britain team, Tineke Oliver, daughter of Viv Oliver, and Beverley Matthews, a M.V.A.C member, have developed a joint partnership called OMC (Oliver Matthews Consultancy Ltd).

OMC has been formed to address the disparities between senior athletics portrayed in the media and Masters' Athletics. The main difference is the profile of Masters' Athletics. Our concern also lies in the distinct lack of support (Sponsorship, supply of GB kit, Government funding etc.) and recognition the media give to British Masters Athletics in direct comparison to the Senior Internationals.

The Story So Far

The success achieved by most Master athletes, year after year, goes relatively unnoticed by the media yet plays a huge part in the health and fitness of so many people.

Most athletes participating in the sport have to fund themselves in regard to supply of kit, footwear and health supplements for training and competition. Costs escalate further when athletes decide to compete beyond local and regional level. Travel expenses can mount up when athletes travel long distances to compete nationally; overnight stays in hotels adding to the costs. Whilst International competitions depend, on athletes having the ability to fund the cost of entering the competition, accommodation and flights.

They also have to make a decision on whether it is feasible to take their families or go alone; as one can understand this can be a tough and disheartening decision for some.

A number of athletes are able to secure some level of sponsorship from their employers, and /or local businesses, however such arrangements tend to be in the minority.

We realised this after conducting research on a few GB athletes in San Sebastian. We also felt that it was important to obtain opinions from different Countries, to compare against Britain. We spoke to Master Athletes from the USA, Canada, Poland, Germany, South Africa, Jamaica and Italy.

Surprisingly the story is pretty much the same. However the sample of athletes we spoke to was not totally representative of all, therefore one of our primary aims is to explore the level of support and recognition that individuals receive on a greater scale.

OMC Main Aim

Is to promote participation and share success in Masters Athletics among; existing athletes, gather their thoughts on participation, others in the sport who maybe unsure about continuing and finally the supporters, volunteers, friends and family of those concerned.

Our first objective is to gather information on athletes who are members of clubs and take part competitively, from local perspective to International level. We wish to ascertain exactly what type of support and media coverage, if any, you receive.

Outcome of our research will be discussed with B.M.A.F to enhance our objective to raise the profile of Masters Athletics to the general public and the sporting world. If you wish to take part in our research then email us on mastersathletes_omc@yahoo.co.uk.

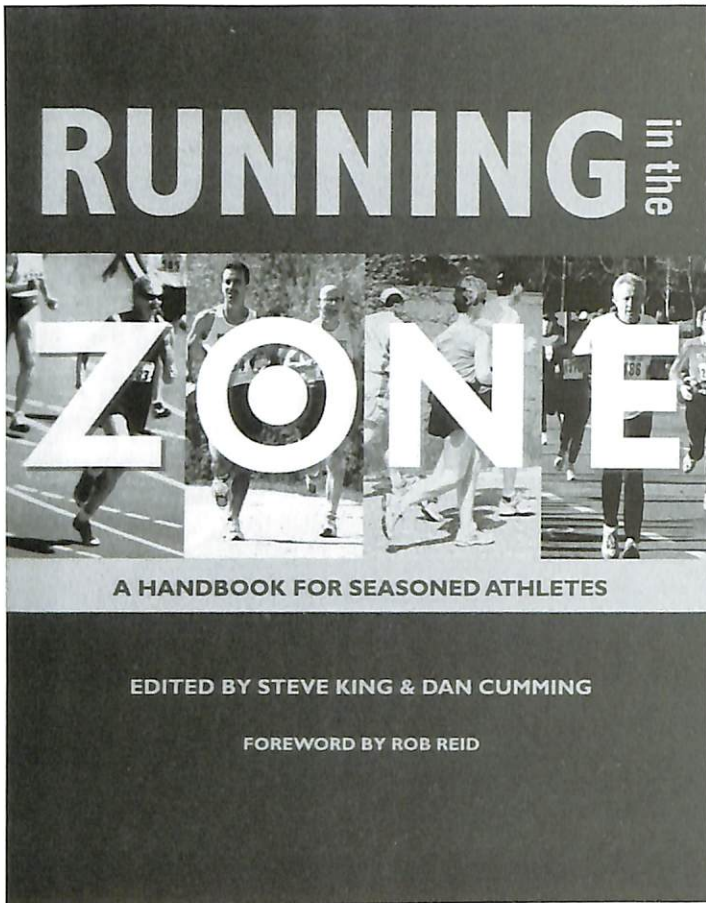
On receipt of your email, a copy of the questionnaire will be forwarded to you for completion and return.

RUNNING ZONE

A handbook for seasoned athletes
A book review by COLIN SIMPSON

This is a 'curate's egg' of a book – good in parts. It is a compilation of views on masters athletics generally, mainly by athletes based in North America, which is not surprising as it's editors, Steve King and Dan Cumming, are both Canadians.

There are a number of little gems of information of the "not many people know that" variety, e.g. Joan Benoit did nothing but use an aqua belt for thirty days before setting a world best of 2h.22.43 in the '83 Boston Marathon. There is a race in North Vancouver BC called "The North Shore Knee Knacker" – no need to draw pictures for that one and a lovely quote from one Don Kardoney (4th Olympic Marathon, Montreal '76) for marathon success, "No doubt a brain and some shoes are essential for marathon success, although if it comes to a choice – pack the shoes. More people finish a marathon with no brain than no shoes."



A number of articles giving advice to fellow runners are by writers whose main claim to fame seems to be that they started late 49 years of age and older, none of whom, however, seem to express any regret for wasted opportunities in their youth, something of which I could not be accused having accepted the advice of Edgar Nicholls aged 21, 60 years ago, to me aged 16 – “get everything you can while you can because it won’t last” The best article, in my opinion, is by Earl Fee, the great Canadian 800m and 1500m World Masters champion and record holder M70 and M75.

There are a few inaccuracies such as Roger Bannister saying in 1952 (!) regarding the first four minute mile (1954) “When I got up from the track after collapsing at the finish line I figured I was dead”. Bannister was actually supported by Les Truelove the AAA Team Manager at the finish and did not fall down. Also, Veterans AC was founded in 1931 as their newsletter tells us not 1950 as indicated in the book.

Bruce and Sue Tulloh wrote a much better book, “Running over Forty” – 2001, which surprise, surprise, is not in the recommended reading list at the end of the book.

Truthfully, this is a “hotchpotch” of views and the philosophy of running and training but it will no doubt find a place on the shelves of collectors of athletic literature.

RUNNING IN THE ZONE – Edited by Steve King & Dan Cumming – Published by Trafford: Price £12. 14

Once again I feel I must make an observation regarding winter fixtures, but this time a little more serious. I know it had happens at all levels of our sport, but three major Masters championship events on the same weekend! When I first heard the date I thought Maurice (Doogan) was winding me up, life is bad enough as Rangers this season. Had he brought April 1st forward by twenty six days? British Masters Indoors and Cross Country on the same weekend, obviously the British Masters are following the lead of both the World and European Masters. I know I have not always supported the British Masters xc championships, but in fourteen years I have only missed two British indoor championships and ran fourteen Scottish veterans cross country championships (Including the one that was scheduled the same day as the Scottish Veterans indoors, however geography allowed doubling up, yes it happens at area level as well). I am due a rest, but the fixture situation is certainly helping.

Archie Jenkins
Scottish Vets

WE HAVE JUST BEEN INFORMED OF THE SUDDEN DEATH OF THE FORMER PRESIDENT OF WORLD MASTERS ATHLETICS. FORMER HIGH JUMPER TORSTEN CARLIUS AGED 66, DIED WHILST VISITING HIS SON ERIK IN SHANGHAI.



Dave Phillips of Massey Ferguson Coventry has now completed 309 Marathons and 228 Half Marathon. The picture shows 61 year old Dave completing his 300 Marathon with his daughter Anna completing her second.

BMAF 10k - MOTHERWELL



WORDS: BRIDGET CUSHEN

PICTURES: JEREMY
HEMMING

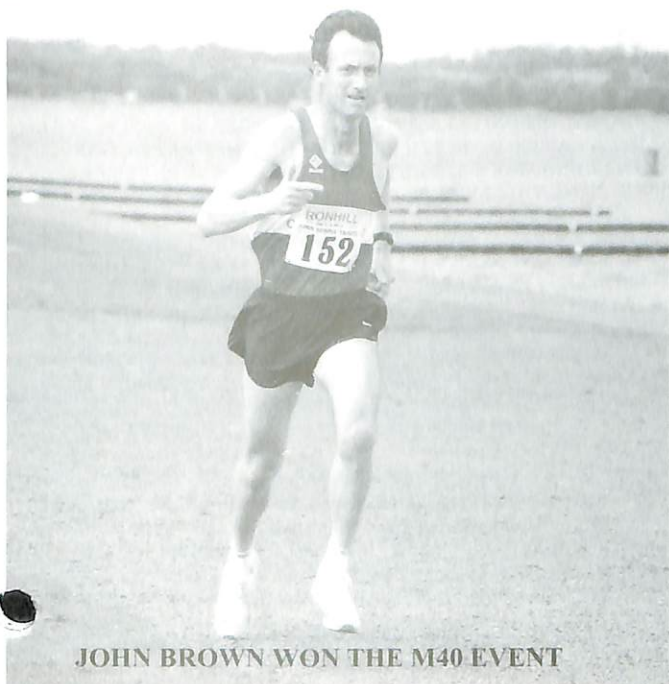
(hemming@dircon.co.uk)

B.M.A.F. 10k Championship , Motherwell.

Weeks after hosting the World Masters Rowing championships, Strathclyde Water Centre hosted the above, organised by Danny Wilmoth and Scottish Veteran Harriers.

As the field settled down after the first few kms and the ribbon of runners unfolded on the far side of the lake, age group leaders were beginning to consolidate. John Brown, Ron Hill

Cambuslang was leading the pack with the familiar figure of Mike Hager, Steve Smith of Preston, M45 Frank Barton and the M35 European Indoors 3000m silver medallist, Ian Johnston, were all up there. In the other age groups, the large entry from South of Hadrian's Wall was giving the Scots a run for their money. M65 Martin Ford up from Cheltenham, Walter Ryder leading the M70 field, Derek Howarth and Jimmy Caddy clear in the M75/80 groups. Fiona Matheson and Susan Ridley were however dominating the women's race and the Clydesdale unbeaten M60 trio on course for a clean sweep of BMAF team titles.



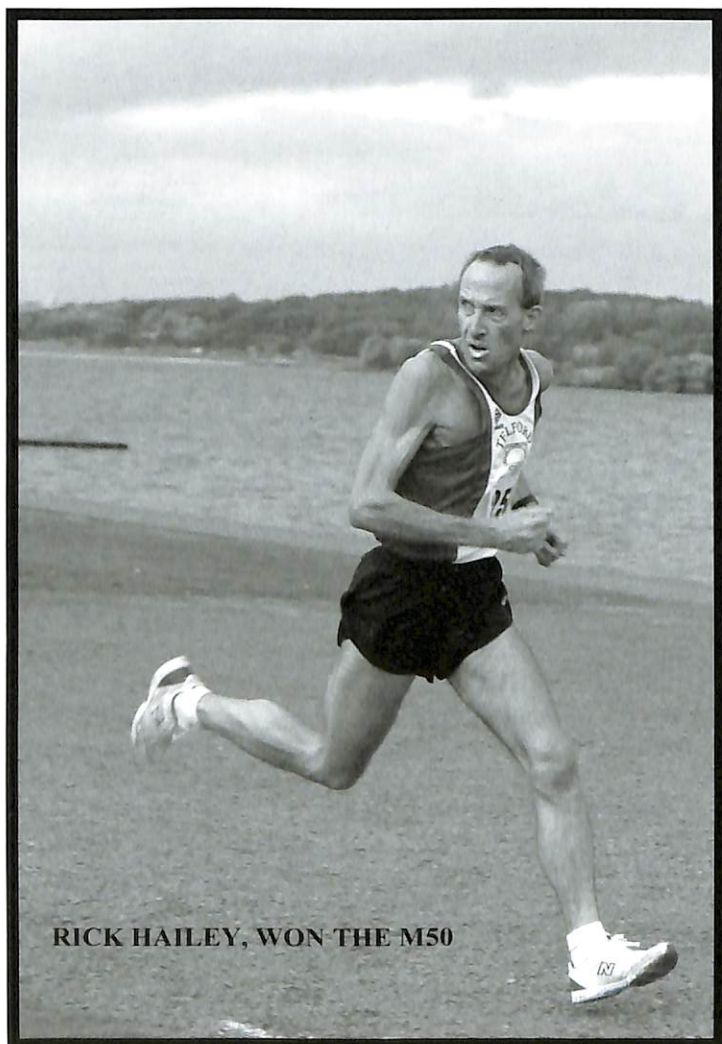
JOHN BROWN WON THE M40 EVENT



FIONA MATHESON, W40
WINNER

BMAF 10k - MOTHERWELL

Turning into the last 3k for home, the blustering wind slowed times by an estimated 15sec. Charlie Thomson had worked through the field to close the gap on Brown who held on to the lead in a sustained sprint finish. Hager was third and Keith Farquhar of the Metro club 4th. Nene Valley's teams of Lindi Marson, Tina Lazanby, Debra Harris and their M50-59 team of Stan Owen, Michael Barnsdale and Graham Williamson with Bingley's team bronze prevented Scottish teams dominating the awards. The traffic free paths and scenic parkland was much appreciated by the runners. **An ideal venue.**



RICK HAILEY, WON THE M50

Men 35:

1 IAN JOHNSTON SHETTLESTON H 33:28; 2 KEVIN DOWNIE CALDERGLEN 35:41;

Men 40:

1 JACK BROWN CAMBUSLANG H 32:24; 2 CHARLES THOMSON. CAMBUSLANG H 32:31; 3 KEITH FARQUHAR 33:02; 4 JEFFREY ROSS 34:05; 5 GEORGE IRVING 34:08; 6 MICHAEL HARVEY CARNEGIE H 34:17; 7 DES McIVOR 34:59; 8 JOHN MVAC DERBY 35:14; 9 ROBERT MILTON CARNEGIE H 36:00; 10 MARTIN DUTHIE 36:07; 11 GEORGE HARDEN 36:32; 12 PAUL BUNDY CARNEGIE H 37:46; 13 JAMES DOWNEY WIRRAL 40:26; 14 GRANT MATHESON FALKIRK V 41:56;

Men 45:

1 FRANKIE BARTON CAMBUSLANG H 33:12; 2 STEVE SMITH PRESTON 33:14; 3 TOM CONNOR WOODFORD/GREEN 33:33; 4 ALEX ROWE WESHAM/R.R 33:46; 5 IAN STEWART CARNEGIE H 34:10; 6 PETER THOMSON NENE VALLEY 34:33; 7 RICHARD DRAGE TAVISTOCK/A/C 34:37; 8 MALCOLM EUSTACE TIPTON 34:44; 9 GERRARD GAFFNEY INVERCLYDE 35:08; 10 STEVE LAING 35:55; 11 CHRIS SPEIGHT AMBLESIDEAC 36:03; 12 GERRY REID CAMBUSLANG H 36:10; 13 ANTHONY DEVOY WIRRAL 36:20; 14 BRIAN CRAIG IRVINE AC 36:33; 15 COLIN MILLER IRVINE AC 36:44; 16 IAN JOHNSTON CARNEGIE H 36:53; 17 PETER KILGALLON WIRRAL 36:55; 18 PETER SIMPSON

CARNEGIE H 37:10; 19 GEORGE KENNEDY WESHAM/R.R 38:34; 20 EDGAR RAMAGE EAST KILBRIDE 40:06; 21 ALISTAIR WRIGHT GALA 40:22; 22 PATRICK MULLEN 43:36; 23 STEPHEN GREER CARNEGIE H 47:46;

Men 50:

1 RICK HAILEY 33:54; 2 STANLEY OWEN NENE VALLEY 34:09; 3 DAVE COX WOODFORD/GREEN 34:35; 4 BRIAN KIRKWOOD 34:51; 5 PHILIP JONES 35:04; 6 ANDY McLINDEN HAMILTON 35:33; 7 EWAN PATERSON MORAY RR 35:47; 8 STEPHEN GROOMRIDGE 35:59; 9 MICHAEL BARNSDALE NENE VALLEY 36:05; 10 FRANK HURLEY CAMBUSLANG H 36:08; 11 ARCHIE JENKINS CAMBUSLANG H 36:15; 12 GRAHAM WILLIAMS NENE VALLEY 36:18; 13 ANDREW NICOL VICTORIA PARK 36:35; 14 ROBERT WILSON 36:50; 15 HUGH GALLGHER 36:59; 16 PETER JENNINGS 37:00; 17 ANDY LAW 37:54; 18 GERRY BELL BINGLEY 38:02; 19 ALAN HILL SPRINGBURN 42:42; 20 GEORGE McHARDY 47:53; 21 KEVIN DILLON 54:11;

Men 55:

1 HAGER TIPTON 32:58; 2 GEORGE SIM 34:12; 3 ALAN DAGLISH 36:25; 4 ANDREW RENNIE IRVINE AC 38:17; 5 ALAN LAWSON 38:26; 6 STUART WAUGH 38:50; 7 IAN GORDON CAMBUSLANG H 39:00; 8 KENNETH McVEY VICTORIA PARK 40:56; 9 FRED MCCAIN 43:04; 10 ALAN SAMUEL TEVIOTDALE 43:06; 11 FRANCIS CANNON 43:33; 12 STUART IRVINE 49:58;

Men 60:

1 MARTIN FORD CHELTENHAM CTY 36:56; 2 DAVID WAYWELL 37:10; 3 ROBERT YOUNG CLYDESDALE H 37:51; 4 WILLIAM ALLAN 37:59; 5 EMYR DAVIES 38:01; 6 BRIAN CAMBELL CLYDESDALE H 38:49; 7 ROBERT DOVER BINGLEY 38:54; 8 PETER CARTWRIGHT CLYDESDALE H 39:04; 9 ROBERT DALY VICTORIA PARK 43:45; 10 MARK GOLDIE CENTRALAC 44:14; 11 EDWARD BELLOMO KILMARNOCK 47:41; 12 RON STEWART NORTH SHIELDS 49:32; 13 IAIN HAMILTON IRVINE AC 55:52;

Men 65:

1 WALTER RYDER 39:20; 2 PETER COVEY 40:05; 3 IAN LEGGETT 40:51; 4 FRED GIBBS BINGLEY 41:30; 5 ALAN PEERS PORTOBELLO 42:52; 6 STEPHEN CROMAR DUNDEE 43:38; 7 EDMOND SIMPSON 44:10; 8 GEORGE INGLIS 46:27; 9 WILLIAM MURRAY 47:00; 10 DAVID BAUCHOP PERTH RR 47:53; 11 DAVID ANSTEY 54:14; 12 WELIAM DRYSDAE LAW&DIST 56:41;

Men 70:

1 HUGH RANKIN 41:35; 2 WALTER McCASKEY 42:55; 3 LEONARD PARROT HAVERINE/MAYES 45:08; 4 WILLIAM HAMILL HAMILTON 46:42; 5 BERT McFALL CITY OF EDINBURGH 46:51;

Men 75:

1 DEREK R HOWARTH 46:02; 2 WILLIAM MCBRINN SHETTLESTON H 50:07; 3 RON FRANKLIN 57:02; 4 ARTHUR WALSHAM 58:27;

Men 80:

1 JAMER CADDY MIDDLESBOROUGH 56:35; 2 HUGH McGINLAY FALKIRK V 63:52; 3 ALEC DUNCAN STORNOWAY 94:00;

Women 35:

1 SUSAN RIDLEY 36:58; 2 FABIENNE THOMPSON CARNEGIE H 41:08; 3 LYNN EMMETT 41:43; 4 KAREN DOBBIE EDINBURGH/SO 42:20; 5 CAROL THOMSON 42:54;

Women 40:

1 FIONA. MATHESON FALKIRK V 36:26; 2 ANDREA DENNISON 38:51; 3 ANDREA CAMERON. PERTH RR 39:47; 4 HEATHER AKERS GARSCUBE H 40:45; 5 LYNN MARR 41:36; 6 SHARYN RAMAGE 44:38; 7 DEBRA HARRIS NENE VALLEY 46:30;

Women 45:

1 LINDI. MARSON. NENE VALLEY 40:16; 2 TINA LAZANBY NENE VALLEY 40:32; 3 ERICA CHRISTIE 41:29; 4 EILEEN REID CALDERGLEN 41:47; 5 CAROLINE LAWLESS. FALKIRK V 41:53; 6 HELEN MORTON IRVINE AC 42:56; 7 CAROLE MUNRO MOTHERWELL 43:51; 8 MOIRA BLACKER CITY OF GLASGOW 44:53; 9 LORRAINE DAGLISH 44:31; 10 PHYLLIS HANDS 46:49; 11 MARY MILLER IRVINE AC 47:44;

Women 50:

1 GAIL DUCKWORTH 40:08; 2 JANE MORLEY HULL 45:34; 3 LIZ McGARRY IRVINE AC 47:30; 4 CAROL. HALL WOLDS 50:40;

Women 55:

1 SUE CARISS 39:08; 2 LOU LYNESS. BARROW.FURNES 43:42; 3 KATE TODD 44:01; 4 HAZEL BRADLEY 44:42; 5 SHEILA BAUCHOP PERTH RR 49:16; 6 PATRICIA ALLEN 50:22; 7 JUDY POTTER 50:55;

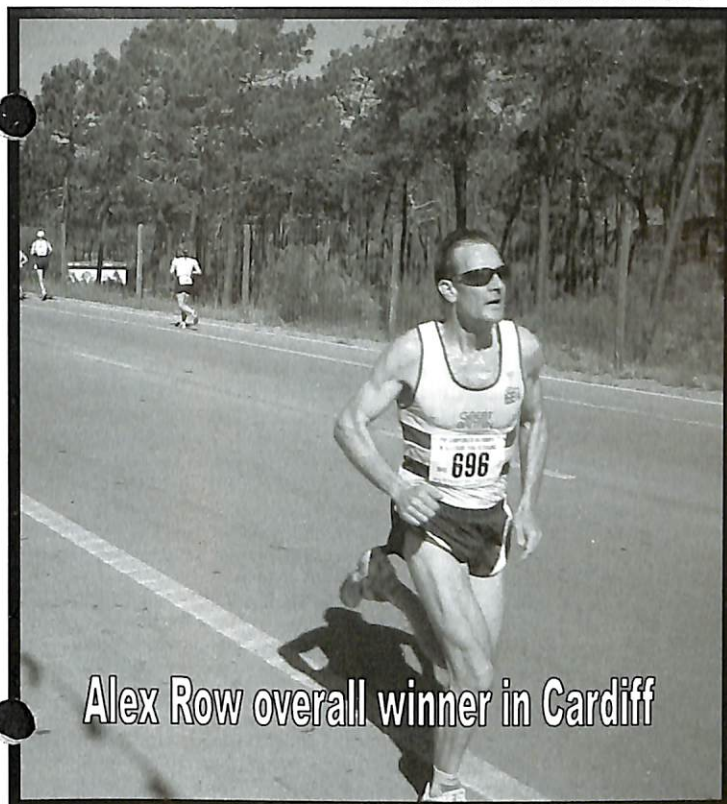
Women 65:

1 KATH STEWART NORTH SHIELDS 49:57; 2 PAMELA JONES 50:39; 3 MARY ANSTEY 50:49;

Women 70:

JEAN WAINWRIGHT PERTH RR 58:32

BMAF MARATHON -CARDIFF 9TH OCTOBER



Alex Row overall winner in Cardiff

BMAF Marathon 9 October

Jon Parkinson from the SWVAC won the Cardiff marathon in 2.43.45 and ran himself into the BMAF record book as our first official M35 champion. However the first member to circuit the hallowed turf of the Millennium stadium was M45 Alex Rowe, 3rd in the race overall in 2.38.27sec. Gareth Thomas, WMAA, followed in 2.39.10 for the M40 title. A delighted new member, Elvis Parsley, MVAC, could hardly believe he won the M40 silver. Mick McGeoch was one of a few to successfully defend their title -M50, in 2.51.21 and the M55 race was won by Richard Blake, EVAC. There is no slowing down of the older age groups as Alan Peers, NVAC, finished strongly in the M65 in 3.44.53, David Rosser, WMAA the M70 title in 4.40.50 and Len Creo, MVAC, the M80 in an inspirational 5.34.10sec.

Another 35 year old up from the West was Sharon Daw finishing the 2-lap course in 3.09.38 from W40 Dena Parfitt, EVAC and Beth Massey, NVAC. Veronica Singleton kept the W45 title in Wales just ahead of yet another West Country marathoner, Tricia Harrison. Shirley Brokenshaw completed the SWVAC dominance taking the W55 title in 3.45.27 The W50 race went North to Heather Mitchell and Violet Davidson took the W60 gold back to N. Ireland.

FULL MARATHON CATERGORY WINNERS

Women 35 - 39

Position	Name	Race Time
1	Sharon Daw	3:09:56
2	Beth Massey	3:28:49
3	Loretta Daley	

Women 40 - 44

1	Dena Parfitt	3:17:49
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Women 45 - 49

1	Veronica Singleton	3:23:45
2	Tricia Harrison	3:37:29

Women 50 - 54

1	Heather Mitchell	4:03:22
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Women 55

1	Shirley Brokenshaw	3:45:49
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Women 60

1	Violet Davidson	5:04:09
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Men 35

1	Jon Parkinson	2:43:45
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Men 40 - 44

1	Gareth Thomas	2:39:14
2	Elvis Parsley	2:48:44
3	Jeremy Mower	2:55:46

Men 45 - 49

1	Alex Rowe	2:38:29
2	Derek Scarborough	2:47:19
3	Bill Bingham	2:49:57

Men 50 - 54

1	Mick McGeoch	2:51:27
2	Graham Williams	2:51:56
3	Godfrey Rhimes	2:53:59

Men 55 - 59

1	Richard Blake	3:05:00
2	Sid Pask	3:12:19
3	Edwin Evans	3:30:41

Men 65

1	Alan Peers	3:45:00
2	Syd Wheeler	3:58:02

Men 70

1	David Rossiter	4:40:50
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Men 80

1	Len Creo	5:34:10
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1- Alex Rowe 02:38:29 M45-1; 2- Gareth Thomas 02:39:14 M40- 1; 3- Michael Hatton 02:40:30 M40- 2; 4- Shaun Milford 02:41:58 M40- 3; 5 -Peter Murtagh 02:42:54 M40 -4; 6-Trevor Neal 02:43:07 M45- 2 ; 7- Roy Palmer 2:44:03 M40 -5; 8-Richard Jones 02:45:26 M40 -6; 9-Derek Scarborough 02:47:19 M45-3; 10- Elvis Parsley 02:48:46 M40- 7; 11-Simon Sheard 02:49:30 M45-4; 12-Bill Bingham 02:49:59 M45-5; 13-Mick McGeoch 02:51:27 M50-1; 14-Graham Williams 02:51:56 M50- 2; 15-Steven Brookes 02:52:30 M40- 8; 16-David Headon 02:53:02 M45 -6; 17-Godfrey Rhimes 02:53:59 M50- 3; 18-Steve Kemp 02:54:06 M45-7; 19-Peter Orme 02:54:11 M45- 8; 20-Adri Hartveld 02:55:15 M45- 9; 21-Jeremy Mower 02:55:49 M40- 9; 22-Nigel Edwards 02:55:52 M40-10; 23-Alastair MacLoughlin 02:56:00 M45-10; 24-Emrys Thomas 02:56:28 M45-11; 25-Victoria Perry 2:56:51 F45-1; 26-Andrew Gaskarth 02:57:58 M40-11; 27-Ashif Meghjee 2:58:54 M40-12; 28-Stuart Cameron 02:59:34 M45-12 ; 29-Alan Ayres 02:59:52 M40-13; 30-Scott Howell 03:00:15 M45-13; 31-Stuart Reilly 03:01:13 M45-14; 32-Duncan Malloy 03:01:20 M40-14; 33-Russ Corsini 03:01:30 M45-15; 34-Paul O'donnell 03:02:00 M45-16; 35 -Tiarnan Ocleirigh 03:02:11 M40-15; 36-David Coles 03:02:24 M45-17; 37-Eamonn Dorling 03:02:35 M50- 4; 38-Michael Nichols 03:02:55 M40-16; 39-Martin Critchlow 03:03:24 M40-17; 40-Adam Bolton 03:03:37 M45-18; 41-Kevin Wheeler 03:04:55 M45-19; 42-Richard Blake 03:05:00 M55-1; 43-Kim Foo 03:05:35 M45-20; 44-John Tyler 03:05:53 M40-18; 45-Ade White 03:06:55 M40-19; 46-Drew Donaldson 03:07:43 M45-21; 47-Andy Gosnell 03:07:44 M45-22; 48-Martin Townsend 03:07:55 M45-23; 49-Alan Groves 03:08:31 M40-20; 50-Ian Trotter 03:09:01 M45-24; 51-Duncan Haughey 03:09:33 M40-21; 52-Tim Kelly 3 03:09:41 M50-5; 53-Gavin Fisher 03:09:41 M40-22; 54-Jonathan Quest 03:09:52 M45-25; 55-Sharon Daw 03:09:56 F35-1; 56-Andrew Spencer 03:10:21 M40-23; 57-Paul Morris 03:11:00 M45-26; 58-Vincent Howley 03:11:07 M40-24; 59-Clare Read 03:11:29 F35-2; 60-Ade Hurren 03:11:39 M45-27; 61-Max Lagnado 03:11:43 M40-25; 62-Mike Brookshaw 03:11:56 M40-26; 63-Paul Dawes 03:11:57 M40- 27; 64-Derrick Morgan 03:11:57 M45-28; 65-Steve Edwards 03:12:02 M40-28; 66-Sid Pask 03:12:19 M55- 2; 67-David McGrath 03:12:49 M50- 6; 68-Richard Webster 03:13:27 M50-7; 69-Alan Mann 03:13:47 M45-29; 70-Dave Watts 03:13:55 M40-29; 71-Kevin Neads 03:14:11 M50- 8; 72-Norman Green 03:14:12 M45-30; 73-Adrian Webb 03:14:13 M40-30; 74-Graeme Donnan 03:14:25 M50- 9; 75-Steven Broadbent 03:14:31 M45-31; 76-Robert Bole 03:15:24 M45-32; 77-Gary Wale 03:15:27 M45-33; 78-Andrew Gadd 03:15:29 M40-31; 79-Grant Morgan 03:15:36 M40-32; 80-Matt Sinnott 03:17:02 M40-33; 81-Amanda Clarke 03:17:22 F35-3; 82-Neil Williams 03:17:34 M40-34; 83-Ben Farag 03:17:43 M40-35; 84-Gary Hall 03:17:47 M40-36; 85-Dena Parfitt 03:17:49 F40-1; 86-John Holland 03:18:37 M40-37; 87- Stuart Canway 03:18:51 M40-38; 88-Peter Lacey 03:19:08 M45-34; 89-Brian Phillips 03:19:44 M40-39; 90-Gerry O'Beirne 03:19:45 M45-35; 91-David Lippiatt 03:19:50 M40-40; 92-Pete Grigg 03:20:12 M45-36 ; 93-Keith Thompson 03:20:29 M40-41; 94-David Winder 03:20:32 M40-42; 95-Alan Goodwin 03:21:28 M40-43; 96-Thomas Skinner 03:21:29 M40-44; 97-Aled Evans 03:21:36 M40-45; 98-Christopher Sprules 03:21:36 M40-46; 99-Joe Swarbrick 03:22:09 M45-37; 100- Craig Jones 03:22:22 M40- 47; 101-Sarah McLoughlin 03:22:36 F35-4; 102-Tim Ryan 03:22:42 M50-10;

BMAF MARATHON –CARDIFF 9TH OCTOBER

103-Anna David 03:23:31 F35- 5; 104-Tracey Baker 03:23:39 F40-2; 105-Kevin Brown 03:23:44 M45-38; 106-Veronica Singleton 03:23:45 F45-2; 107-Howard Mason 03:23:49 M40-48; 108-Gerwyn Davies 03:23:57 M40-49; 109-Dafydd Williams 03:24:01 M45-39; 110-Michael Griffiths 03:24:39 M40-50; 111-Simon Macvicker 03:24:49 M40-51; 112-Brian Richardson 03:24:54 M45-40; 113-Angela Jones 03:24:55 F35- 6; 114-Pete Nash 03:25:09 M45-41; 115-Gerald Killen 03:25:14 M50-11; 116-Stewart Hardie 03:25:34 M40-52; 117-Clair Davies 03:25:53 F35-7; 118-Richard Thompson 03:25:54 M40-53; 119-Steve Haines 03:25:56 M45-42; 120-Steve Marklew 03:26:20 M40-54; 121-Paul Sullivan 03:26:53 M40-55; 122-John Cooper 03:27:00 M45-43; 123-Gary Harman 03:27:10 M40-56; 124-Ian Richard 03:27:15 M40-57; 125-Steve Townsley 03:27:21 M45-44; 126-Nick Rees 03:27:41 M45-45; 127-Peet Labuschagne 03:28:08 M40-58; 128-Warren Jones 03:28:12 M40-59; 129-Robert Bamsey 03:28:26 M50-12; 130-Beth Massey 03:28:58 F35- 8; 131-Glyn Morris 03:29:07 M40- 60; 132-Hywel Jones 03:29:12 M40- 61; 133-Alan Cox 03:29:26 M45-46; 134-Stephen Price 03:29:27 M45-47; 135-John O'Shea 03:29:29 M50-13; 136-Adam Rees 03:29:37 M40-62; 137-Susan Corsini 03:29:43 F40-3; 138-Steve Blaylock 03:29:45 M40-63; 139-Steven Shaw 03:30:02 M45-48; 140-Graham Rowland 03:30:02 M40-64; 141-Leonard Richards 03:30:04 M50-14; 142-Howard Cottam 03:30:20 M40-65; 143-Edwin Evans 03:30:41 M55-3; 144-Nick Davies 03:30:43 M45-49; 145-John Diffey 03:30:45 M40-66; 146-Paul Evans 03:31:08 M50-15; 146-Mandy Jones 03:31:29 F45-3; 147-Stephen Jones 03:31:30 M45-50; 148-Gokul Patel 03:31:39 M45-51; 149-Mark Flynn 03:31:47 M40- 67; 150-Matin Hooper 03:32:28 M40-68; 151-Mirko Miklic 03:32:41 M40- 69; 152-John Hooper 03:32:50 M40-70; 153-Alan Mason 03:32:58 M45- 2; 154-Diane Coney 03:33:04 F40-4; 155-Anthony Holling 03:33:10 M50-16; 156-Chris Moore 03:33:12 M45-53; 157-Clive Osmond 03:33:23 M45-54; 158-Keith Dakin 03:33:34 M50-17; 159-David Jones 03:33:51 M40-71; 160-Tom Yapp 03:34:28 M40- 73; 161-David Smith 03:34:37 M55- 4; 162-Rebecca Harris 03:34:40 F35- 9; 163-Michael Taylor 03:35:09 M40-74; 164-James Mundy 03:35:20 M50-18; 165-Huw Davies 03:36:03 M40-75; 166-Gerwyn Lloyd 03:36:08 M40-76; 167-Gregg Sturdy 03:36:21 M50-19; 168-Wayne Strange 03:36:30 M40-77; 169-Terry Field 03:36:41 M60+ 1; 170-Keith Thomas 03:36:44 M45-55; 171-Robert Rees 03:36:53 M45-56; 172-Ian Roberts 03:37:03 M40- 78; 173-John Burrows 03:37:07 M45-57; 174-Mark Knight 03:37:15 M40- 79; 175-Gillian Phillips 03:37:16 F45-4; 176-Nigel Legge 03:37:20 M55- 5; 177-Peter Clements 03:37:30 M55- 6; 178-Robert Hind 03:37:44 M50- 20; 179-Gabby Waring 03:37:44 F45-5; 180-Guy Wolverson 03:37:56 M40-80; 181-Tricia Harrison 03:38:00 F45-6; 182-Peter Cornish 03:38:15 M45-58; 183-Hilary Hillhouse 03:38:28 F35-10; 184-Philip Hoskins 03:39:11 M40- 81; 185-Vaughan Evans 3 03:39:14 M40- 82; 186-Terry Doherty 03:39:16 M50- 21; 187-Rees Dobbs 03:39:20 M50-22; 188-Marc Cuddihy 03:39:26 M40- 83; 189-Neal Richardson 03:39:44 M40- 84; 190-Chris Courtney 03:40:07 M50- 23; 191-Kevin Bookham 03:40:36 M40-85; 192-Nigel Cockrell 03:41:09 M40-86; 193-Paul Rogers 03:41:12 M45-59; 194-Sian Alberdy 03:41:30 F50 -1; 195-Colin Howes 03:41:36 M50- 24; 196-Danny Kay 03:41:45 M60+ 2; 197-Stephen Preston 03:41:53 M45-60; 198-Peter Jones 03:42:02 M50-25; 199-Sue Gardener 3:42:07 F40-5; 200-Jeremy Hughes 3:42:17 M40-87; 201-Paul Inman 3:42:25 M40-88; 202-Mark Craig 3:42:33 M45-61; 203-David Stubbs 3:42:50 M40-89; 204-Chris Carrel 3:42:52 M40-90; 205-Victor Trykush 3:42:56 M40-91; 206-David Spencer 3:43:10 M40-92; 207-Michael Horne 3:43:56 M45-62; 208-Alec Croke 3:43:58 M45-63; 209-Lawrence Smith 3:43:58 M45-64; 210-James Scott 3:44:01 M50-26; 211-John Clapp 3:44:08 M55-7; 212-Gary Wade 3:44:12 M45-65; 213-Thomas Richard 3:44:15 F35-11; 214-Keith Hobbs 3:44:27 M45-66; 215-Peter Davis 3:44:33 M40-93; 216-Dean Burgess 3:44:34 M40-94; 217-Mark Upson 3:44:40 M45- 67; 218-Andrew Bickle 3:44:40 M50-27; 219-Ronald Retailic 3:44:50 M50-28; 220-Adrian Taylor 3:44:55 M45- 68; 221-Bruce Burford 3:44:57 M50- 29; 222-Ian Peers 3:45:00 M60+ 3; 223-Philomena Mburu 3:45:01 F45- 7; 224-Raymond James 3:45:10 M40-95; 225-Brian Griffiths 3:45:12 M55- 8; 226-Brian Starkings 3:45:21 M40-96; 227-Shirley Brokenshaw 3:45:49 F55+ 1; 228-John Errington 3:45:56 M40-97; 229-Vernie Bartrop 3:45:58 M55-9; 230-Teresa Hollins 3:46:11 F50-2; 231-Nigel Barnes 3:46:17 M40-98; 232-Michael Hobbs 3:46:28 M40-99; 233-Martin Church 3:46:34 M60+ 4; 234-Colin Bookham 3:46:36 M40-100; 235-Peter Bryan 3:46:37 M40-101; 236-Noel Cranswick 3:46:39 M40-102; 237-Stephen Malie 3:46:44 M40-103; 238-Alan Southcombe 3:46:53 M45-69; 239-Stewart Kinloch 3:46:56 M40-104; 240-James King 3:46:59 M55-10; 241-Paul Lewis 3:47:13 M40-105; 242-Christopher James 3:47:14 M40-106; 243-James Delaney 3:47:21 M50-30; 244-Brendan Connolly 3:47:40 M45-70; 245-Lars Carlberg 3:47:41 M55-11; 246-Colin Longworth 3:47:48 M50-31; 247-Simon Gompertz 3:47:50 M40-107; 248-John Quinn 3:47:54 M55-12; 249-Lynette Blanchard 3:48:10 F45-8; 250-Jeremy Wilde 3:48:12 M50-32; 251-Gareth Jones 3:48:13 M55-13; 252-Terry Magee 3:48:20 M40-108; 253-Sandra Graville 3:48:20 F35-12; 254-Adriano Evola 3:48:25 M45-71; 255-Peter Gold 3:48:27 M40-109; 256-Paul Beaver 3:48:36 M50-33; 257-Graham Clarke 3:49:06 M40-110; 258-Michael Lawrence 3:49:14 M45-72; 259-Colin Maddocks 3:49:28 M50-34; 260-Rush Yadave 3:49:35 M50- 35; 261-Michael Smith 3:49:35 M45-73; 262-Kevin King 3:49:45 M45-74; 263-Christina Smith 3:49:46 F45- 9; 264-Murdo Macleod 3:49:48 M45-75; 265-Richard Palmer 3:49:48 M40-111; 266-Jill Colman 3:49:58 F40-6; 267-Kenneth Ponney 3:50:11 M55-14; 268-Joe Durham 3:50:19 M50-36; 269-Deborah Cliff 3:50:25 F35-13; 270-Stephen Owen 3:50:29 M45-76; 271-Tony Childs 3:50:46 M50-37; 272-David King M45-77; 273-Richard Otten 3:51:19 M40-112; 274-Timothy Caffyn 3:51:35 M55-15; 275-Raymond Thomas 3:51:37 M40-113; 276-Nigel Drayton 3:51:41 M45-78; 277-John Masterson 3:51:44 M50- 38; 278-Sarah Parfitt 3:51:48 F35-14; 279-Paul Kirtley 3:52:15 M40-114; 280-Colin Dawkins 3:52:30 M50-39; 281-Keith Dixon 3:52:32 M40-115; 282-Valery Savinov 3:52:52 M40-116; 283-Marc Saunders 3:53:03 M40-117; 284-Carlton Coates 3:53:03 M40-118; 285-Jackie Hobday 3:53:14 F50- 3; 286-Beverly Baggio 3:53:30 F35-15; 287-Robert Lewis 3:53:37 M50-40; 288-Jane Hardacre 3:53:44 F40-7; 289-Colin Linsky 3:54:06 M40-119; 290-Barry Norman 3:54:20 M60+ 5; 291-Jan Boylan 3:54:35 F40- 8; 292-Derek Tansill 3:54:45 M45-79; 293-Kathleen Hutchison 3:54:48 F40-9;

294-Stephen Chambers 3:54:58 M40-120; 295-Andrew Rees 3:55:06 M45-80; 296-John Lancaster 3:55:09 M45-81; 297-David Allen 3:55:24 M40-121; 298-Steven Weeks 3:55:29 M45- 82; 299-Everson Michael 3:55:40 M40-122; 300-Hywel Owen M50-41; 301-James Harris 3:55:47 M45-83; 302-Paul Bishop 3:55:56 M45- 84; 303-John Matthews 03:56:09 M40-123; 304-Alan Littlejohns 3:56:32 M55-16; 305-Andrew Lewis 3:56:43 M40-124; 306-Paul Elson 3:56:59 M40-125; 307-Peter Burt 3:57:00 M40-126; 308-Denise Evans 3:57:01 F40-10; 309-Neil McCarthy 3:57:25 M40-127; 310-James Platt 3:57:41 M40-128; 311-Jim Platt 3:57:42 M40- 129; 312-Peter Cunio 3:57:42 M45- 85; 313-Jan Lavis 3:57:43 F40-11; 314-Janet Richards 3:57:44 F40-12; 315-Stephen Segar 3:57:55 M45- 86; 316-Eileen Wall 3:57:59 F50-4; 317-Carolyn Eynon Fe 670 03:58:11 F45 10 ; 318-Angela Ison 3:58:23 F35-16; 319-Malcolm Hutchinson 3:58:27 M40-130; 320-Michael Hodges 3:58:34 M50-42; 321-Andrew Carter 3:58:35 M50-43; 322-Sue Kersley 3:58:48 F40-13; 323-Neil Williams 3:58:51 M40 131 324-Mark Vance 3:58:58 M40-132; 325-Syd Wheeler 3:59:01 M60+ 6; 325-Marcus Childs 3:59:26 M40-133; 326-Vikki Skipper 3:59:32 F45- 11; 327-Pete Sovegiarto 3:59:53 M40-134; 328-Kevin McCarthy 3:59:57 M40-135; 329-Brian Smith 4:00:19 M45-87; 330-Philip Roberts 4:00:29 M40-136; 331-Richard Tong 4:00:29 M40-137; 332-Charlie Armstrong 4:00:50 F35-17; 333-David Palmer 4:00:50 M40-138 ; 334-Douglas Knox 4:01:17 M45-88; 335-Margaret Davies 4:01:32 F35-18; 336-Harry Abraham 4:01:33 M40-139; 337-Brian Russell 4:01:34 M50-44; 338-John Morgan 4:01:49 M40-140; 339-Fiona Dakin 4:01:56 F35- 19; 340-Stephen Wiggins 4:02:26 M45- 89; 341-Richard Duffy 4:02:40 M40-141; 342-Colin Shaw 4:02:41 M60+ 7; 343-Mike Young 4:02:47 M55-17; 444-Siân McIntosh 4:02:58 F40-14; 345-Heather Mitchell 4:03:43 F50- 5; 346-Nicola Bailey 4:03:47 F35-20; 347-Barry John Case 4:03:49 M40-142; 348-Roy Dalgarno 4:03:52 M45- 90; 349-Frances Warrington 4:04:13 F45-12; 350-Tudor Jones 4:05:07 M40-143; 351-Colin Cookson 4:05:32 M45- 91; 352-Edward Morgan 4:05:41 M45-92; 353-David Phillips 4:05:48 M60+ 8; 354-Jan Puzio 4:06:00 M50-45; 355-Patrick Hall 4:06:02 M45- 93; 356-Graham Bishop 4:06:19 M45- 94; 357-Sharon Broome 4:07:11 F35-21; 358-Carol Hall 4:07:29 F50-6; 359-Gary Jardine 4:07:36 M55-18; 360-Paul Chandler 4:07:37 M40-144; 361-Laurence Meech 4:07:41 M40-145; 362-Judi Macdougall 4:07:58 F35-22; 363-William Bradley 4:08:31 M55-19; 364-Stephen New 4:09:10 M40-146; 365-Sunanda Sarker-bell 4:09:41 F40-15; 366-Royston Toon 4:09:54 M55- 20; 367-Michael Carroll 4:10:03 M60+ 9; 368-Gerry Simpson 4:10:03 M40-147; 369-Phillip Howells 4:10:19 M55-21; 370-Stephen Williams 4:10:23 M45- 95; 371-Kyrinda Hurst Moore 4:10:48 F40-16; 372-Neil Spencer 4:11:00 M40-148; 373-Joanne Peacock 4:11:01 F40-17; 374-Ian McGaw 04:11:02 M40-149; 375-John Rees 4:11:48 M40-150; 376-Keith Scrivener 4:12:04 M60+ 10; 377-Phil Roberts 4:12:08 M50-46; 378-Nikolai Manassiev 4:12:23 M40-151; 379-Rachael Darby 4:12:38 F40-18; 380-Mark Darby 4:12:38 M40- 152; 381-Stephen Hanlon 4:12:49 M40-153; 382-Mike Rumble 4:13:17 M40-154; 383-David Moorsom 4:13:34 M60+ 11; 384-Allan Scorer 4:13:51 M50-47; 385-Eugene McKenna 4:13:57 M40-155; 386-Roger Bradley 4:14:09 M60+ 12; 387-Bob Jones 4:14:21 M45-96; 388-Malcolm Cox 4:14:25 M50-48; 389-Helen Mavin 4:14:52 F40-19; 390-Michael Lister 4:15:02 M50-49; 391-Niall Hoskin 4:15:06 M50-50; 392-Karen Lippett 4:15:30 F45- 13; 393-Neil Weaver 4:15:40 M40-156; 394-Sharon Byrne 4:15:53 F35-23; 395-Sandra Stanton 4:16:01 F40-20; 396-Emma Tilston 4:16:16 F35-24; 397-John Eagle 4:16:27 M45- 97; 398-Christina Small 4:17:07 F35-25; 399-John Cunnane 4:17:52 M55- 22; 400-Michael James 4:17:59 M60+ 13; 401-Mark Winder 04:18:11 M45- 98; 402-Ian White 4:18:52 M40-157; 403-Richard Toccock 4:19:03 M50-51; 404-Nick Darroch 4:19:16 M45- 99; 405-David Peabody 4:19:21 M50-52; 406-John Milkins 4:19:24 M55-23; 407-John Jones 4:19:38 M40-158; 408-John Edwards 4:19:41 M50-53; 409-Janet Younger 4:19:41 F55+ 2 ; 410-Linda Pollard 4:19:47 F50-7 ; 411-Robert Perrin 4:19:52 M55-24 ; 412-Mel Davies 4:20:02 M40- 159 ; 413-Raymond Boyce 4:20:07 M40-160; 414-Tony Baker 4:20:43 M40-161 ; 415-Kevin Allford 4:21:12 M45-100; 416-Michael King 4:21:20 M55- 25 ; 417-Samantha Hutton 4:21:43 F35-26; 418-Richard Manning 4:22:07 M55- 26; 419-Wilfred Phillips 914 04:22:15 M50-54 ; 420-Ian Peabody 4:22:27 M45-101 ; 421-Duncan Macarthur 4:22:31 M50-55; 422-Kim Johnston 4:22:45 F40- 21 ; 423-Thor Beverley 4:22:48 M40-162; 424-Anne Schroeter 4:22:54 F50- 8; 425-Paula Gould 4:22:55 F35- 27 ; 426-Gwynne Murkin 4:23:06 M40-163; 427-David Hawke 4:23:27 M60+ 14; 428-Nick Roe 04:23:48 M50-56; 429-Catherine Gunn 4:24:04 F35-28; 430-David Smith 4:24:18 M50-57; 431-Gillian Court 4:24:44 F45- 14 ; 432-Mike Mitchell 4:25:09 M45- 102; 433-Jorge Clavijo Eisele 4:25:33 M40-164; 434-Robert Bell 4:25:40 M55-27; 435-John Franksen 4:25:40 M40-165; 436-Karen Mulholland 4:25:41 F35-29; 437-Nichola Newton 4:25:41 F40-22; 438-Richard Griffith 4:25:50 M50-58; 439-Jason Hill 4:26:12 M40-166; 440-Paul Fullard 4:26:20 M40-167; 441-Stephen Puckey 4:27:18 M40- 168 ; 442-Kevin Russell 4:27:34 M45-103; 443-Peter Mc Glynn 4:27:59 M55-28; 444-Robin Payne 4:28:11 M55- 29; 445-Huw Thomas 4:28:50 M50-59; 446-Desmond Davies 4:29:26 M55- 30; 447-Julie Neilson 4:29:33 F45- 15 ; 448-Jonathan Weal 4:29:34 M45- 104; 449-Timothy Sadler 4:29:38 M40-169; 450-John Dawson 4:30:10 M60+ 15; 451-Brian Murphy 4:30:15 M40-170; 452-Elena Thomas 4:30:36 F45- 16; 453-Les Hooper 4:30:49 M50- 60; 454-Timothy Wells 4:31:10 M45-105; 455-Debbie Shuffley 4:32:03 F35-30; 456-Jean Memman 4:32:07 F35- 31; 457-John Ivins 3:32:29 M40-171; 458-Dai Pick 4:32:48 M45- 106; 459-Shirley Oates 4:32:51 F50- 9; 460-Martin McKenna 4:32:57 M55-31; 461-Gillian Pollard 4:33:11 F45- 17; 462-Peter Bullock 4:33:11 M50-61; 463-James Williams 4:33:16 M60+ 16; 464-Gareth Jones 4:33:18 M45-107; 465-Robert Beveridge 4:33:18 M40-172; 466-Simon Lewis 4:33:58 M45-108; 467-Helen Johnson 4:33:58 F35- 32; 468-Ian Tyers 4:34:10 M40-173; 469-Graham Pomfret 4:34:23 M55- 32; 470-Gina Stone 4:34:27 F40-23; 471-Caroline McCoy 4:35:41 F40- 24; 472-Stephen Bartlett 4:35:54 M40- 174; 473-Jeff Jones 4:36:18 M40- 175; 474-Wayne Matthews 4:36:49 M40-176; 475-Joanna Jones 4:36:53 F35-33; 476-David Barrett 4:37:01 M40- 177; 477-Stephen Wits 4:37:06 M40- 178; 478-Peter Stals 4:37:31 M50- 62; 479-Barry Swainsland 4:37:43 M55- 33; 480-Robert

COMBINED EVENTS

BMAF/SECTA Weights Decathlon Championships

Stantonbury, 25 September 2005

Age group	Name	points	Shot	Discus	Javelin	Hammer	Brick	Sling Ball	Club	Mini Shot	1HHT	HH
M35	1 Ricky Rasmussen	4585 br	8.39	22.72	40.82	26.16	5.62	46.49 br	49.64 br	15.62	19.03 br	10.90
M40	1 Steve Whyte	7256 wt	13.73	45.18	40.64	47.48	8.19	57.84 br	59.17	24.94	28.36 wt	21.07
	2 David Burrell	6010 wt	10.83	32.45	43.39	43.12	6.49	52.90	60.61 br	19.14	22.93 wt	15.43
	3 Anthony Tipping	5496 wt	10.61	33.30	38.93	33.84	6.51	46.66	55.05	20.13	21.48 wt	11.86
	4 Sam Moylan	4639	9.04	23.44	35.84	32.69	6.01	43.59	53.98	14.21	16.12	12.22
	5 Andrew Ibbitson	3602	7.59	18.68	26.52	24.69	5.45	28.70	44.94	13.86	14.77	11.42
M45	1 Alan Marriott	5472	11.34	37.07	38.09	35.38	5.88	48.65	59.86 br	16.10	19.09	12.12
	2 Brian Slaughter	5106	9.78	31.35	38.58	32.22	6.44	42.25	53.74 wt	18.24	17.70	12.22
	3 Colm Murphy	4518	9.29	28.77	27.50	26.43	6.15	48.84 br	43.50	15.38	17.98	9.50
	4 Steve Wooley	4461	9.00	30.20	41.06	21.85	5.29	40.30	54.44 wt	15.72	16.16	8.40
	5 Mike Bale	3778	8.11	24.96	21.75	28.92	5.01	33.83	31.69	14.22	16.50	10.70
M50	1 John Wild	5800	9.88	40.08	31.57	39.74	7.92	43.98	51.00	25.84	20.33	13.37
	2 Tim Saunders-Mullins	4075	9.22	21.77	24.86	29.04	6.37	38.72	43.13	15.69	14.12	9.45
	3 Clive Howell	4036	9.00	22.73	22.18	38.37	6.77	42.04	36.34	19.62	0.00	12.85
M55	1 Neil Griffin	6317 wt	11.95	42.18	32.01	40.63	9.29	55.97 br	54.75 wt	22.87	19.22 wt	16.01
	2 Merrick Bousfield	5842 wt	11.76	34.90	33.36	25.98	9.45	48.71	54.97 br	23.90	21.16 wt	13.90
	3 Terry Lalley	5839 wt	10.95	36.11	27.47	40.01	8.52	44.18	42.42	26.52	20.65 wt	15.98 br
	4 Barry Hawksworth	5406	10.73	30.09	35.91	38.02	8.15	43.41	51.35	22.67	14.07	13.21
	5 Phil Bramford	4519	8.87	30.23	32.80	22.50	6.94	40.35	52.85 wt	19.13	14.10	8.89
	6 Gerry Deveraux	3986	8.65	26.00	16.42	30.54	6.57	31.67	40.94	17.90	13.99	11.05
M60	1 Chris Melliush	5284	8.89	31.85	19.18	45.56	6.93	43.16	39.79	18.30	21.59	20.26
	2 Richard Jegou	4625	9.10	30.28	20.69	27.61	8.54	36.65	41.03	17.76	16.98	14.00
	3 Brian Harlick	4487	8.50	29.94	29.73	20.47	7.50	41.60	46.64 br	16.84	16.03	11.38
M65	Hamilton Thomas	4711	8.38	31.48	20.08	34.04	6.80	41.19	35.43	18.19	18.23	15.98
M70	1 Gordon Hickey	5413	10.64	25.03	26.43	31.09	10.17	43.18	38.99	19.60	26.13	14.51
	2 Ian Miller	4812	11.28	29.41	23.93	31.21	9.01	46.20 br	37.80	16.90	26.73	0.00
	3 Peter Barber	4347	7.20	23.96	12.79	38.82	6.79	33.15	31.33	17.68	22.60	16.26
	4 Phil McEvoy	3621	6.63	0.00	11.00	37.11	6.00	31.86	31.36	15.30	19.55	14.78
	5 Doug Birch	2325	5.73	14.40	7.13	16.90	5.44	22.08	19.85	10.84	14.49	9.50
M75	Jaroslav Hanus	4090 br	9.02	27.34	16.52	30.21	8.18	31.10 br	24.72 br	15.51	16.37 br	12.46
W35	Camilla Thrush	5046	9.86	33.66	23.25	36.30	6.17	31.00	35.00	15.02	13.34	13.61
W40	Kathleen Merritt	3915	8.41	23.93	17.30	23.90	5.52	30.00 br	25.54	11.93	11.51	9.52
W45	1 Jennifer Ibbitson	4643 br	8.75	27.09	24.31	34.65	6.11	30.85 br	32.15	14.65	13.03 wt	10.49
	2 Wendy Dunsford	3842 wt	8.70	25.22	14.06	24.42	6.10	27.10	17.48	13.35	12.16 wt	8.83
	3 Brenda Russell	3538 wt	6.46	21.24	13.89	27.28	4.56	30.09	20.04	12.34	9.87 wt	10.57
W50	1 Jenny Piercy	3828	7.90	15.24	20.34	24.16	5.71	20.74	24.83	14.97	17.37 br	9.72
	2 Jenny Denyer	3762	7.57	16.78	14.76	27.62	5.61	23.00	26.24	14.44	15.28	10.07
	3 Linda Harrison	2842	5.76	14.46	12.15	16.09	4.91	21.37	20.47	10.51	11.46	8.68
	4 Jacqueline Obeney	2419	5.45	13.72	7.53	17.93	4.36	17.89	18.96	9.66	10.74	7.39
W55	Barbara Terry	3843	9.15	20.01	14.26	25.17	6.13	22.69	20.44	15.60	12.09	10.56
W60	Liz Sissons	4286	9.80	20.79	27.88	27.77	7.48	23.67	30.77	12.84	9.20	9.97

British Record; Wt: World Team Record.

2005 DECATHLON RANKING

M35:

1 Eddie McKenzie BMAF 4053; 2 Phil Robinson BMAF 3794;

M40:

1 Nicholas Walker BMAF 5520; 2 Andy Waddington BMAF 5350;
3 Derek Osborne BMAF 5045; 4 Derek Glasgow BMAF 4355;
5 John Dickinson BMAF 4326; 6 Alan Anderson-Easy WMA 4168;

M45:

1 Alan Leiper WMA 6302; 2 Brian Slaughter WMA 5544;
3 John Taylor BMAF 4883; 4 Nash Cummings BMAF 4720; 5 Ken Pokorniecki SAF 4631; 6 Ray McEvoy BMAF 4205; 7 Wayne Martin WMA 3990;

M50:

1 Julian Kennedy Bournemouth 5517; 2 Terry Hall WMA 4725;
3 John Radcliffe Millfield 4286; 4 D Ives Berks 2211;

M55:

1 John Charlton WMA 6304; 2 Bob Masson SAF 5778;
3 Lawrie Dunn BMAF 4711;

M60:

1 Brian Loten BMAF 5212; 2 Brian Harlick BMAF 3979;
3 John Clark Essex 2986; 4 Pete Clarke BMAF 3327; 5 Dai Vaughan BMAF 3010;

M65: John Scott BMAF 4840;

M70: 1 David Burton WMA 6700; 2 Tony Bowman BMAF 5725;

3 Cliff Taylor WMA 4095;

M75: 1 Hector Mein SAF 5038; 2 Norman Carter BMAF 4511;

M85: Tony Rawlinson Herts Phoenix 2460;

Outdoor pentathlon 2005

M40: 1 Mark Line BMAF 2999; 2 Dave Richards BMAF 2469;

3 Shaun Ainge BMAF 2310; 4 Martin Wheetman 2247;

M45: 1 Brian Slaughter BMAF 3087; 2 Peter Ley BMAF 3002;

3 Steve Wooley BMAF 2898; 4 Ian Worrall BMAF 2365; 5 F Ward Crawley 1980; 6 G Crack Crawley 1946;

M50: 1 Nick Phipps Crawley 3125; 2 Ian Reeve BMAF 3000; 3 Julian Kennedy SWVAC 2687; 4 Chris Hopkinson BMAF 2411; 5 Ian Turner Crawley 2345; 6 Peter Robinson Craw 2191;

M55: 1 Mike Corden BMAF 3377; 2 Lawrie Dunn BMAF 2669;

3 Robin Roach Crawley 2510;

M60: 1 Albert Gay BMAF 3107; 2 Brian Loten SWVAC 2720;

3 Bruce Charles BMAF 2268; 4 Pete Clarke SWVAC 1905; 5 Dai Vaughan BMAF 1680;

M65: 1 John Ross BMAF 3760; 2 J Webster Crawley 2833; 3 John Scott BMAF 2540; 4 Tony Bowman BMAF 2396; 5 Kevin Burnett Crawley 2219; 6 Jhalman Singh MVAC 2147;

M70: 1 David Burton BMAF 3361; 2 John Evans BMAF 2601;

M75: 1 Hector Mein SWVAC 3101 * * BR; 2 Tom Clowry BMAF 3096; 3 Norman Carter BMAF 2238;

COMBINED EVENTS



Wendy Jean Laing

- ❖ **Born:** Liverpool
- ❖ **UKA Club:** Lancaster & Morecambe
- ❖ **Masters Club:** Northern Veterans Athletic Club
- ❖ **Resident in:** Widnes
- ❖ **Employment:** Job Evaluator (Halton Borough)
- ❖ **Events:** Heptathlon & High Jump.
- ❖ **PB (lifetime):** Heptathlon 5544; HJ: 1.77, LJ: 5.76; 100H: 14.14; 200: 25.2; 400: 58.02; 800: 2:15.2; JT: 38.89; SP: 11.64; 400H: 59.8;
- ❖ **PB (masters):** Heptathlon 5662 (05) HJ: 1.69 (05) LJ: 5.55; 100H: 14.99; 200: 26.0; 400: 62.2; 800: 2:24.81; JT: 32.89; SP: 11.52; 400H: 66.8; 80H: 11.96; TJ: 10.87;
- ❖ **Masters Titles:**
 - World:** Brisbane 1999 100H & Heptathlon
 - European** Potsdam 2001: High Jump
 - Denmark 2004: Heptathlon & High Jump
 - Pentathlon.
- ❖ **World Indoor 2003** Pentathlon & Hurdles.
- ❖ **Euro Indoor 2005:** 1975 U15 AAA's Pent.
- ❖ **Pre Masters Titles:** 1976 U15 AAA's Pent.
- 1977 U17 AAA's Pent.
- 1982 Senior Indoor Champion.
- 1989 AAA Senior Hept.
- 1992 Scottish Senior Hept.
- ❖ **Set UK records as an Under 15 and under 17.**
- ❖ **Aspirations for 2006:** 2005 was very good, I set Three Masters PB's, including at lifetime best at 80 metres Hurdles (faster than when I was under 17). So I will strive to improve, there's a lot more to come!
- ❖ **My Coach:** My Father Bernard.
- ❖ **Training Partners:** My sister Manndy and a Small group of mixed ages.
- ❖ **Most enjoyable Meeting:** The Brisbane World Masters.

- ❖ **Best Stadium:**
- ❖ **Training Venue:**
- ❖ **How I relax:**
- ❖ **Athletics Inspiration:**
- ❖ **Favourite Food:**
- ❖ **Favourite Film:**
- ❖ **Favourite recording:**
- ❖ **Favourite Holiday resort:**

Well organised and successful.
Queen Elizabeth II, Brisbane.
Wavertree Liverpool.
Listening to Music, I have a
Varied tastes.
Mary Peters-She overcame
Many problems including the
death of her coach.
Indian.
"Awakening"
"Leaving me now", Level 42.
Burleigh Heights-Australian
Gold Coast.

Now Men 35 are officially recognised by W.M.A. and the B.M.A.F. I thought it would be interesting to look at what the National Association of Track & field Statisticians regard are the best performances by over 35 British Men. (Our thanks to Martin Rix for this information)

OVER 35 MEN'S TRACK AND FIELD

100 m	9.97A	Linford Christie	23 Sep 1995 Johannesburg, RSA
	10.00	Linford Christie	15 Sep 1995 Tokyo, JPN
200 m	20.11	Linford Christie	25 Jun 1995 Villeneuve d'Ascq, FRA
400 m	48.08	Bill Hartley	11 Aug 1985 Wigan
800 m	1:50.8	Darrell Maynard	7 Aug 1997 Swindon
1500m	3:44.45	Glen Grant	6 Aug 1988 Birmingham
1 mile	4:01.06	Dave Heath	4 Jun 2000 London (BP)
3000m	7:49.11	Mike McLeod	28 Jun 1988 Jerez de la Frontera, ESP
5000m	13:30.67	Adrian Passey	5 Aug 2000 Heusden, BEL
10000m	27:53.35	Paul Evans	22 Aug 1997 Brussels, BEL
1 hour	20,121m	Nick Rose	31 Mar 1990 La Flèche, FRA
3000SC	8:24.88	Justin Chaston	30 Apr 2004 Stanford CA, USA
110 H	13.11	Colin Jackson	10 Aug 2002 Munich, GER
400 H	50.52	Paul Hibbert	2 Sep 2000 Vittel, FRA
HJ	2.26	Dalton Grant	21 Jul 2002 Bangor (NIR)
PV	5.01	Brian Hooper	13 th Aug 1994, Wrexham.
LJ	7.94	Barrington Williams	27 th July 1991, Birmingham
TJ	17.92	Jonathon Edwards	6 th Aug 2001, Edmonton, CAN
Shot	20.45	Shawn Pickering	17 th Aug 1997, London CP.
Discus	65.08	Robert Weir	19 Aug 2000 Bedford
Hammer	76.43	Mick Jones	2 Jun 2001, Birmingham.
Weight (35lb)	19.03	Chris Black	5 Oct 1986 Grendon Hall
Javelin (1986)	84.88	Mick Hill	10 Aug 2001 Edmonton, CAN
Decathlon	6975	Alex Kruger	30 Jul 2000 Stoke

OVER 35 MEN'S ROAD RUNNING

5 km	13:49	Keith Anderson	23 Apr 1995 London (BP)
10 km	28:35	Nick Rose	4 Apr 1987 Hemel Hempstead
10 miles	46:35	Paul Evans	21 Sep 1997 Amsterdam-Zaandam, NED
Half Marathon	1:01:18	Paul Evans	14 Sep 1997 Newcastle-South Shields
Marathon	2:08:52	Paul Evans	20 Oct 1996 Chicago IL, USA

OVER 35 MEN'S TRACK WALKING

2000 m	7:45.84	Andy Penn	26 Aug 2002 Tamworth
3000 m	11:48.72	Andi Drake	31 May 2004 Bedford
5000 m	20:35.07	Martin Bell	28 Aug 1999 Ashford
10000 m	41:48.81	Martin Bell	26 Jul 1998 Birmingham

OVER 35 MEN'S ROAD WALKING

20 km	1:22:12	Chris Maddocks	3 May 1992 Burrator
30 km	2:18:14	Chris Maddocks	25 Aug 1994 Victoria, CAN
50 km	3:53:14	Chris Maddocks	25 Nov 1995 Constanta, ROM



BMAF Open Indoor Track & Field Championships

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

Sat/Sun 4th-5th March 2006

(Under UKA/IAAF/WMA Rules)

FIRST EVENT 9.30am

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

SUN: 200m, 800m, 3000m, 3000mWalk, Triple Jump, High Jump(M), Pole Vault(M40 – M55).

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

Entry Fees: Non-affiliated £15.00 first event. Affiliated: £12.00 first event. £6.00 each extra event.

Pentathlon[also first event]: Non-affiliated £21.00. Affiliated £18.00

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

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

MALE ☐

FEMALE ☐

Please use capital letters

Surname _____ First Name _____

Address _____

_____ Postcode _____

Birth of Date _____ Age Group for Event _____

Telephone No. Home _____ Work _____

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

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

Non-Affiliated Athletes – UKA Club [Member of] _____

FOR NON-AFFILIATED ATHLETES ONLY [to confirm date of birth]

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

EVENT

PB2004/05

EVENT

PB2004/05

Payment enclosed for Entry fees as follows:

First Event - £21.00/£15.00 for **NON** BMAF Affiliated Member

First Event - £18.00/£12.00 for BMAF Affiliated Member

Each subsequent Event £6.00

Total

£ _____

£ _____

£ _____

£ _____

[SAE ESSENTIAL FOR CONFIRMATION OF ENTRY(not by phone)/SAE for Hotel details]

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

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2006 Track & Field Championships

Signed _____

Date _____

Entries close 18th FEBRUARY 2006

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

[PLEASE NOTE: ATHLETES INSTRUCTIONS WILL NOT BE POSTED UNTIL 25th FEBRUARY 2006]

The superb Linz Intersport Arena !



www.linz2006.com

By plane: Linz Airport is 20 minutes away from the centre of Linz and the Arena. Direct flights from Vienna, Frankfurt, Duesseldorf, Zurich and London (www.ryanair.com) Stanstead.

By Train: Linz Station is 5 minutes from the Arena (buses 17,19&46) .(€63 return from Vienna Airport)

By Car: Highway A1 connects with Europe, 180km from Vienna.

Carole Filer
The Street
Hockering
DEREHAM
Norfolk
NR20 3AJ

Tel: 07929 752093 (Mobile); email: c.filer@uea.ac.uk

Dear Athlete

WORLD MASTERS' INDOORS – LINZ 2006

I thank you for your enquiry for the 2nd World Masters Indoor Championships to be held in Linz, Austria, 15-20 March 2006. Please see below for fees and details required:

FEES PAYABLE	TOTAL £
Basic Fee	25.00
WMA Fee	7.50
BMAF Admin Fee	4.00
Total of preset fees which have to be paid	36.50
Events:	
Pentathlon	
Each individual event	
TOTAL (inc preset fees of £36.50)	

Please make your cheque or Postal Order (this has to be in Pounds Sterling) payable to **'BMAF Overseas'**.

You will need to return to me:

1. Your **cheque/Postal Order** for the correct amount (please double check!) with a note of your Masters' Area Club and membership number on the reverse, i.e. either SCVAC/EVAC/NVAC, etc.

Should you not be a member of a Masters Club, you should look to join your nearest Club and let me have the details ASAP.

2. **Completed and signed** entry form from the official entry booklet (page 21/22).
3. Proof of date of birth if this is your first overseas competition (i.e. copy Birth Certificate/Passport – no originals).

by:

31 DECEMBER 2005
(No late entries!)

Please, please make a note of this date in your diary and endeavour to get your entry to me, if possible, before Christmas. Please ignore the closing date given in the entry booklet!

As you will see from the entry booklet, you do not have the option to order results; etc so I presume you will have to enquire of the Organising Committee once in Linz.

Good luck with your training over the winter and I look forward to seeing you next year!

Kind regards.

Carole Filer



Preliminary Competition Schedule

20th July:

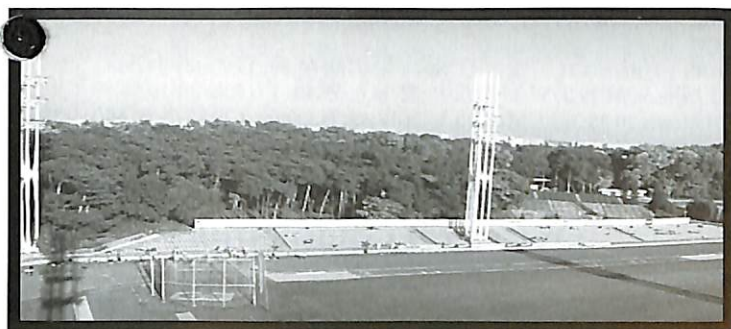
10000 (men & women all ages); Decathlon (men all ages); WT (women all ages)

Heptathlon (women all ages);

21st July:

HOME & AWAY

100 hts (M35-69, W35-69); WT: (men all ages); Decathlon (men all ages); Heptathlon (women all ages);



22nd July:

100 sf / hts (M35-84, W35-79); 100 finals (men & women all ages); 1500 hts (M35-M69, W35-54); 300H heats (M60-74, W50-64); 400H heats (M35-59, W35-49); DT (men all ages); SP (women all ages);

23rd July:

300H finals (M60-94, W50+); 400H finals (M35-59, W35-49); LJ (men all ages); SP (men all ages); HJ (women all ages); HT (women all ages);

24th July:

400 hts (M35-M69, W35-59); 400 sf / hts (M35-M79, W35-74); 1500 finals (men & women all ages); 5000 Walk (men & women all ages); HJ (men all ages); HT (men all ages); LJ (women all ages); JT (women all ages);

25th July:

400 finals (men & women all ages); 5000 (men & women all ages); Pentathlon (men & women all ages);

27th July:

200 hts (M35-69, W35-59); 800 hts (M35-M69, W35-64); 80H hts (M70-74, W40-69); 100H hts (M50-M69, W35); 110H heats (M35-49); 10000 Walk: (women all ages); 20000 Walk (men all ages); PV (M70+, women all ages); JT (M45+); DT (women all ages);

28th July:

200 sf / hts (M35-M84, W35-74); 800 sf/hts (M35-M74); 80H finals (M70-M94, W40+); 100 H finals (M50-69, W35); 110H finals (M35-49); PV (M60-79); TJ (men all ages); JT (M35-44); Weight Pentathlon (women all ages);

29th July:

200 finals (men & women all ages); 800 finals (men & women all ages); PV (M35, M45-59); Weight Pentathlon (M35, M45+); TJ (women all ages);

30th July:

2000SC finals (M60-89, all women's ages); 3000 SC finals (M35-59); Marathon (men & women all ages); PV (M40); Weight Pentathlon (M40); 4x100: (men & women all ages); 4x400: (men & women all ages);

NB: Any revised competition schedule will appear in entry booklet!

SURREY VETS CROSS COUNTRY CHAMP'S, Richmond Park, Petersham

Roger Alsop, had his third ever cross country victory in the Surrey Veterans' reports *Alastair Aitken*

Alsop, 28th in the previous week's Surrey League Division One race in Brockwell Park, went ahead early on but was caught and overtaken by the lake by Barney Brennan. Alsop, felt that the pace then had slowed so, he took it up again and went well clear for the rest of the race. He was leading Mike Goatley, Brennan and first over 45 Tony Harran at the half way stage but Brennan, then pulled out with a damaged calf muscle with Harran going on to get third.

Alsop, who joined Herne Hill in February, was injured for much of the Summer before coming back to form recently and, will be remembered for being in Belgrave's winning Southern Six Stage road relay team once and twice in their team when they were runners-up in the 12 stage.

South London Harriers packed well to win the M40, M50 and M60 team medals. In the latter Barry Atwell led them in eighth place overall, Francis Upcott was 17th and first over 55 and 'Evergreen runner' Bob Gevers (32nd) picked up the first over 60 individual medal. In 44th place out of 119 finishers was the remarkable first over 70 runner Major General Spacie, who ran a 39min 10k in the Elmbridge 10.

Several unusual things happened regarding the women's race. The Surrey County A.A.'s President Rachel Disley (41) won outright, Belgrave won the W35-44 title for the first time ever, and no woman under 40 finished in the first eight home! Early in the race Juliet Clark, who was third last year, matched strides with Disley, who was sixth in the winning Surrey Inter-County team at Nottingham. By the end of the first lap Disley had a comfortable lead with Clarke and Susannah Harrison following her through.

Disley, who has been running since she was 13 years old because she loves the sport, has four children to look after 15/10/8/4 'all' she said are sporting too.

After the Knocks people have had against Belgrave in recent years, for one reason or another, it was interesting to hear Juliet Clark say, "The Belgrave organisation and team Management is excellent and they put in a tremendous amount of hard work like our Manager Catherine Eastham did. She targeted this race for us."

Further down the field but running well were the 'Over 50' winner Ann Garnier who was seventh overall. She followed up her anchor leg in the Southern Championship relay where she brought Thames Hare and Hounds home in fifth position and, Pam Davis, had another fine run to win the W55 in 14th place out of the 56 finishers.

Men:

1 R Alsop (Herne H, M40) 34:30; 2 M Goatley (G&G, M40) 35:24; 3 A Harran (Herne H, M45) 35:54; 4 M Airey (S Lon, M45) 35:59; 5 R Marriott (S Lon, M45) 36:02; 6 R Dzikowski (W4 H; M40 Guest) 36:08; 7 M Tennyson (G&G, M40) 36:10; 8 B Atwell (S Lon, M50) 36:22; 9 R Jacobs (Herne H, M50) 36:25; 10 P Scarles (S Lon, M40) 36:32; 11 R Tweddle (Vets AC, M40) 36:47; 12 M Lane (Rane, M45) 36:54; 13 C Owens (Rane, M50) 37:28; 14 H Shields (THH, M40) 37:38; 15 I Wright (Croy, M40) 37:45. **M55** 1 F Upcott (S Lon) 38:17; 2 H Hughes (S Lon) 45:24; 3 R Jackman (Elm RR) 45:31. **M 60**

1 R Gevers (S Lon) 40:12; 2 M Sharp (HW) 42:33; 3 G Taylor (DMV) 43:48. **Teams M40** 1 South London 16; 2 Guilford & Godalming 17;

WE ALREADY HAVE A WORLD MASTERS OF THE YEAR!

WELL NEXT YEAR WE WILL HAVE EUROPEAN MASTERS OF THE YEAR AS WELL!

IN 2006 WE WILL HAVE BRITISH MASTERS OF YEAR MALE and FEMALE. SEND YOUR NOMINATIONS to the Editor DURING THE YEAR and "MASTERS ATHLETICS" will print the result in the CHRISTMAS EDITION 2006. IT COULD BE YOU!

HOME & AWAY

3 Herne Hill Harriers 28; **M50** 1 South London 12; 2 Herne Hill Harriers 29; 3 Hercules & Wimbledon 31; **M60** 1 South London 14; 2 Thames Hare & Hounds 23; 3 Ranelagh Harriers 35
Women 1 R Disley (THH, W40) 23:36; 2 J Clark (Belg, W40) 24:09; 3 S Harrison (Woking, W40) 24:29; 4 H Smethurst (Belg, W40) 24:36; 5 D Smale (Strag, W45) 24:37; 6 R Hutton (S Lon, W40) 24:59; 7 A Garnier (THH, W50) 25:19; 8 A Carpenter (THH, W45) 25:23; 9 H Alsop (Belg, W35) 25:48; 10 S Blenkinsop (Strag, W45) 26:00; 11 O Balme (Dulw, W35) 26:04; 12 M Statham (Holl S, W50) 26:13. **W 55** 1 J Davis (E&E) 26:24; 2 R Tabor (Dulw, 26:37) 3 M Auberach (Rane) 28:17. **Teams W35-44** 1 Belgrave H 12; 2 South London H 27; 3 Woking AC 36. **W45 +** 1 The Stragglers 11; 2 South London H 30; 3 Ranelagh H 32.

3 K.MacKey 35.19.3; 4 G.Dixon 36.07.5; 5 K.Freeman 38.57.4; 6 A.Mulliss 43.51.5; **M50**: A.Jenkins 35.58.9; **M55**: 1B.Cook 42.57.8; 2 G.Routledge 56.48.9; **M60**: 1R.Wilson 39.55.5; 2 R.Balmer 45.40.1; 3 A.Potter 46.14.3; 4 M.Stephenson 47.41.4; **M65**: J.Prudham 46.26.1;
5KM:
M70: 1 I. Barnes 21.37.3; 2 H.Craven 30.21.0; **M80**: 1J.Caddy 29.06.5; 2 T.Joyson 44.19.2; **W35**: S.Scott 22.34.0; **W40**: 1 C.Ratcliff 19.58.7; 2 H.Morris 20.25.3; 3 L.Marr 20.36.3; **W45**: H.Lambert 20.27.2; **W60**: C.Lee 22.31.6;

SWVAC, CHAMPIONSHIPS

Pent: M50: J Kennedy (28.4,5:46.9, 27.62,4.62,34.15) 2668; **M60**: 1 B Loten (31.2,6:52.5,31.76,4.18,31.76) 2704; 2 P Clarke (35.8; 6:27.2, 26.52,3.35,17.35) 1895; **M75**: H Mein (35.8,7:05.1,20.83,3.56,24.12) 3088;

100m:

M35: 1 Millard Chris 11.1; 2 Bennett Mike 12.7; **M40**: 1 Worrell Stephen 11.7; 2 Walter Richard 11.7; 3 Leonard Nick (Guest) 12.4;
M45: 1 Davis Stephen 12.6; 2 Beaglehole Timothy 12.9; 3 Barlow David 15.5; 4 Davies Roderick 13.8; **M50**: 1 Jackson Ken 13.1; 2 Bannan Mark 13.5; **M55**: 1 Minting Bob 13.1; 2 Applegate Mike 13.1;
M60: Clarke Pete 18.0; **M70**: Peaty John 18.7; **W35**: 1 Howard Julie 14.1; 2 Martin Georgina 14.7; 3 Frank Clare 14.9; **W40**: Burles Kate 14.8; **W45**: 1 Crang Jackie 15.6; 2 Eveleigh Carol (Guest) 15.3; **W50**: 1 Burkitt Annette 16.1; 2 Molloy Lorraine 16.7; 3 Argent Fiona (Guest) 14.4; **W55**: 1 Bovell Val 17.0; 2 Marler Daphne (Guest) 21.2;

200m:

M35: Millard Chris (Guest) 23.2; **M40**: 1 Walter Richard 24.0 (CBP); 2 Turnstall Niel 24.6; 3 Anderson Simon 30.7; 4 Leonard Nick (Guest) 25.5; **M45**: 1 Robinson David 24.9; 2 Davis Stephen 25.7; 3 Beaglehole Tim 26.2; 4 Hague Colin 27.8; 5 Davies Roderick (Guest) 29.3; **M50**: 1 Cooke David 26.9; 2 Jackson Ken 27.8; 3 Bannan Mark 27.2; 4 Broadhurst Ian (Guest) 25.2; **M55**: Applegate Mike 27.1; **M60**: Clarke Pete 34.8; **M70**: 1 Morris Peter 36.6; 2 Peaty John 38.6; **W35**: 1 Howard Julie 29.8; 2 Martin Georgina 30.5; 3 Frank Clare 31.3; **W40**: Burles Kate 31.9; **W45**: 1 Crang Jackie 32.4; 2 Hearfield Tessa 34.7; 3 Eveleigh Carol (Guest) 32.5; **W50**: Burkitt Annie 33.7;

400m -

M40: 1 Turnstall Niel 53.8; 2 Walter Richard 57.9; 3 Anderson Simon 61.8; **M45**: Barlow David 79.7; **M50**: Cooke David 61.0; **M60**: 1 Fairbrother Lyndsey 64.6 (CBP); 2 Clarke Pete 88.1; **M65**: 1 Dyer Michael 68.4; 2 Perratt John 74.2; **M70**: Davies William (Guest) 79.1; **W35**: 1 Steven Caroline 64.4; 2 Dabbs Linda 67.2; 2 Martin Georgina 68.3; **W45**: 1 Crang Jackie 77.4; 2 Hearfield Tessa 79.1; **W50**: 1 Lock Barbara 66.1 (CBP); 2 Burkitt Annie 79.1; 3 Argent Fiona (Guest) 67.9;

800m:

M40: 1 Anderson Simon 2:04.4; 2 Brown Christopher 2:31.6; **M45**: 1 Barlow David 2:22.7; 2 Wythe Dickie 2:24.6; **M50**: 1 Lang Stephen 2:15.9; 2 McDermott David 2:33.6; **M55**: 1 Minting Bob 2:08.7 (CBP); 2 Lock Roger 2:34.7; **M60**: 1 Tabenor Peter 3:01.6; 2 Clarke Pete 3:07.8; **M65**: 1 Perratt John 2:46.5; 2 Barber Eric 3:04.6; **M70**: Davies William (Guest) 2:59.3; **W35**: 1 Steven Caroline 2:21.0; 2 Dabbs Linda 2:40.2; 3 Doherty Deborah (Guest) 2:29.2; **W50**: 1 Walpole Jackie 2:25.6 (CBP); 2 Lock Barbara 2:27.6;

1500m

M40: 1 Anderson Simon 4:29.1; 2 Brown Christopher 5:20.9; **M45**: 1 Wythe Dickie 4:44.9; 2 Barlow David 5:36.3; **M65**: 1 Perratt John 5:41.2; 2 Barber Eric 5:59.2; **W50**: Darby Anne 6:04.6;

5000m

M40: Stanfield Dave 18:56.3; **M45**: 1 Drage Richard 16:40.9; 2 Wythe Dickie 17:12.8; **M55**: Valentine William 21:32.4; **M60**: Horton John 20:03.4; **M65**: Barber Eric 21:07.8; **W35**: Hill Nicola 20:14.7; **W40**: 1 Owen Lucy 18:57.4 (CBP); 2 Hewitt Caroline 19:02.1; **W65**: Anstey Mary 25:12.1 (CBP);

10,000m

M45: Moore Daniel 35:25.2 (CBP); **M65**: Anstey David 59:45.5 (CBP);

V.A.A.-N.E. 10K. & 5K. TRACK CHAMPIONSHIP Sept. 28th. 2005

The 5K race for all women and men over 70 years took place in heavy rain and strong winds. O/40 Caroline Ratcliffe, Durham City H. who is returning to form following the birth of her son, won the women's race. (Photo shows Caroline receiving the trophy from Chairman Ron Stewart together with Steph Scott, Helen Morris, Lyn Marr and Heather Lambert).



The weather improved considerably for the men's M40+ plus race and the first three home were in the M45 age group. The winner Paul Merrison, Wallsend, retained his title, following up his victory in the NE senior 10K track championship earlier in the year. (Photo shows L-R Robert Rush (2nd), Paul Merrison (1st) and Keith MacKey, South Shields (3rd)).



M40: 1 M.Jones 35.51.8; 2 A.McDonald 36.36.2; 3 P.Waterston 36.37.7; 4 P.Redman 37.22.4; **M45**: 1 P.Merrison 34.47.2; 2 R.Rush 35.15.0;

HOME & AWAY

110m Hurdles

M40: Tunstall Neil Cornwall AC 16.5 (CBP); **M45:** Pengelly Clive 16.6;

100m Hurdles

M50: Kennedy Julian 18.0; **M60:** 1 Loten Brian 20.5; 2 Clarke Pete 26.7;

80m Hurdles

W55: Fail Jean 14.5 (CBP);

400m Hurdles

M50: Broadhurst Ian (Guest) 67.2;

300m Hurdles

M60: 1 Loten Brian 58.2; 2 Clarke Pete 70.8;

2000m Steeplechase

M60: Clarke Pete 9:20.0 (CBP); **W35:** Doherty Deborah (Guest) 07:57.7; **W50:**

Darby Anne 9:06.6 (CBP);

5000m Walk –

M60: Hurst David 30:12.5; **M65:** 1 Shillabeer Edmund 29:19.7; 2 Ballam Ken 30:29.2; **M70 :** Turner Frank 34:44.4;

High Jump –

M40: Perkins John 1.65m; **M45:** Hague Colin 1.56m; **M60:** Clarke Pete 1.05m ; **M70:** Morris Pete 1.10m (CBP); **W40:** Bayne Julie 1.35m;

Long Jump

M40: Gittens Julien (Guest) 5.52m; **M45:** 1 Hague Colin 4.66m; 2 Davies Roderick (Guest) 4.43m ; **M50:** Jackson Ken 5.03m ; **M60:** 1 Loten Brian 4.18m; 2 Clarke Pete 3.35m; **M70:** Morris Pete 3.57m; **W35:** Hudson Marie 4.24m; **W40:** Bayne Julie 3.76m; **W45:** Eyles Sheridan 3.95m; **W50:** Molloy Lorraine 3.02m; **W55:** 1 Fail Jean 4.18m (CBP); 2 Marler Daphne (Guest) 2.63m; **W60:** Meneer Gibby 2.98m (CBP);

Triple Jump

M40: 1 Perkins John 11.55m; 2 Gittens Julien (Guest) 12.51m ; **M60:** 1 Loten Brian 9.48m (CBP); 2 Clarke Pete 6.82m; **W45:** Eyles Sheridan 8.86m; **W55:** 1 Fail Jean 8.90m (CBP); 2 Marler Daphne (Guest) 5.62m ; **W60:** Meneer Gibby 7.07m (CBP);

Pole Vault

M45: Jeffs Peter 2.20m ; **M50:** Kennedy Julien 2.80m ; **M60:** 1 Loten Brian 2.20m; 2 Clarke Pete 1.50m; **M65:** Chillery Bryan 2.50m (CBP);

Discus –

M35: Hughes Chris 29.20m (CBP); **M50:** 1 Holden Bruce 34.94m; 2 Webb Allan 22.56m; 3 Jackson Ken 19.38m; **M55:** Hall Bryan 30.16m; **M60 :** 1 Loten Brian 31.76m; 2 Howe John (Guest) 34.19m ; 3 Clarke Pete 26.52m; **M65:** Eccles George 33.22m (CBP) ; **W35:** Hallden Catarina 30.35m ; **W45:** Moulton Susan 25.27m; **W50:** 1 Bray Deborah 20.78m ; 2 Molloy Lorraine 12.77m; **W55:** 1 Bovell Val 11.1m ; 2 Pearson Mo 22.51m; **W65:** Derrien Carole 21.93m (CBP) ;

Hammer

M50: Webb Allan 24.57m; **M60:** Clarke Pete 21.85m; **W35:** Hallden Catarina 29.84m (CBP); **W45:** Moulton Susan 18.72m; **W50:** Bray Deborah 21.12m ; **W55:** 1 Alexander Rosemarie 33.89m; 2 Bovell Val 27.86m; **W60:** Meneer Gibby 15.73m; **W65:** Derrien Carole 27.62m (CBP);

Javelin

M35: Hughes Chris 32.14m (CBP); **M45:** Jeffs Peter 35.59m; **M50:** 1 Holden Bruce 32.78m; 2 Webb Allan 28.41m; **M55:** Hall Bryan 32.96m ; **M60:** 1 Loten Brian 30.86m; 2 Clarke Pete 19.39m; 3 Howe John (Guest) 30.71m; **M65:** Eccles George 38.05m; **M70 :** Peaty John 15.35m ; **W35:** 1 Doherty Deborah (Guest) 29.59m ; 2 Hallden Catarina 17.57m; **W45:** Moulton Susan 18.14m; **W50:** 1 Molloy Lorraine 17.38m ; 2 Bray Deborah 16.59m; **W55:** 1 Fail Jean 20.81m; 2 Bovell Val 16.06m; **W60:** Meneer Gibby 11.46m; **W65:** Derrien Carole 17.93m;

Shot

M35: Hughes Chris 11.93m (CBP); **M40:** Eales Robert 9.60m; **M45:** Hague Colin 7.82m; **M50:** 1 Holden Bruce 13.21m; 2 Kennedy Julian 10.07m; 3 Webb Allan 6.93m; **M55:** Hall Bryan 9.26m; **M60:** 1 Howe John (Guest) 10.20m ; 2 Loten Brian 8.94m; 3 Clarke Pete 7.66m; **M65:** Hallden Catarina 8.52m; **W45:** Moulton Susan 6.71m ; **W50:** 1 Bray Deborah 6.72m; 2 Molloy Lorraine 6.56m ; **W55:** 1 Pearson Mo 10.14m (CBP); 2 Bovell Val Yeovil Olympiads AC 7.90m ; **W60:** Meneer Gibby 5.79m; **W65:** Derrien Carole 6.87m (CBP);

1 Hour Track Run Age Distance

1 Reed Keith Erme (Guest) M48 12,863m; 2 Perratt John M68 13,814m;

3 Wiltshire Gordon M68 12,680m; 4 Franklin Ron (Guest) M77 10,662m; 5 McCarthy Bernard M79 7,136;

Midland Throwers Group ,Weight Pentathlon 2nd October Burton.

W40: Alison George (27.44,9.65,19.61,16.96,9.71) 2518; **M35:** Rob Scatergood (15.89,9.05,29.10,26.85,12.25) 1872; **M60:** ,1,Jim Bartlett (23.10,,9.69,33.49,28.21,10.49) 2661; 2,Phil Owen (9.83,8.34,34.46,36.50,9.02) 2590; M70 Brian Sumner (40.01,11.73,28.94,27.40,14.01); 3877; **M75:** Norman Carter (20.48,,6.47,19.15,17.65,8.42) 2404;

Midland Throwers Group ,Weight Pentathlon 30th October Burton.

W40: Alison George (25.32,9.73,22.62,16.72,8.38) 2404; **M60:** Phil Owen (19.40,8.13,33.15,37.08,,9.88) 2603; **M70:** Brian Sumner (38.62, 9.93,29.68,26.83,13.49) 3664; **M75:** Norman Carter (19.45,6.49, 19.85, 20.92,8.04) 2461;

EASTERN VETERANS AC GRAND PRIX 2005

10 miles Championship Sunday 30 October 2005 West Walton

1, 58:11 Richard Jordan M45; 2, 59:12 Peter Sibbett M40; 3 ,59:19 Phil Jones M50; 4, 59:39 David Reed ; 5, 1:00:20 Graham Williams M50; 6, 1:01:51 Colin Arnold M50; 7, 1:02:11 Geoffrey Tomlinson M45; 8, 1:02:21 David Abbott M45; 9, 1: 02 :25 James Heath M45; 10, 1:04:56 Brian Harris M55; 11, 01:05:21 Richard Blake M55; 12, 01:06: Eamonn Dorling M50; 13, 01:06:41 Neil Lovesey M50; 14, 01:06:48 Tony Savage M40; 15, 01:06:48 Robert Sargent M50; 16, 01:06:55 Mark Chaplin M45; 17, 01:07:16 Tanya Taylor W35; 18, 01:07:32 Bob Scott M50; 19, 01:07:49 Kerion Haines M50; 20, 01:07:52 Kir Macrosson M50; 21, 01:08:04 Paul Dimmock M55; 22 01:09:07 Paul Firmage M50; 23, 01:09:12 Eric Palmer M50; 24, 01:09:55 Yvonne Scarrott W35; 25, 01:09:58 Robert Price M60; 26, 01:10:29 Alex Downie M55; 27, 01:10:56 Lynn Emmett W35; 28, 01:13:21 Ernie Bradshaw M55; 29, 01:13:23 Steve Tate M50; 30, 01:13:42 Louise Bailey W50; 31, 01:14:22 Nigel Bush M55; 32, 01:16:04 Peter Harris M55; 33, 01:16:42 Emma Potter Campbell W35; 34, 01:20:22 Gillian Woodhouse W55; 35, 01:20:23 Malcolm Ball M70; 36, 01:21:17 Adrian Cragg M50; 37, 01:22:12 Edward Morris M65; 38, 01:22:28 Terry Braverman M60; 39, 01:22:47 Karen Dodsworth W45; 40, 01:25:12 Dave Stubbins M60; 41, 01:25:24 Hilary McConville W50; 42 01:32:02 Judy Potter W55; 43, 01:34:15 Ursula Duckworth W65; 44, 01:40:09 Gillian Holmes W50; 45, 01:44:03 Eric Yates M65; 46, 01:45:54 Bill Butcher M70;

WE NEED ARTICLES, SHOULD YOU HAVE ANYTHING YOU WOULD LIKE TO CONTRIBUTE PERHAPS YOU COULD GIVE ME A RING FIRST.

BRIAN OWEN 01684 565721.

ALSO PICTURES ARE ALWAYS WELCOME!

IT IS BETTER FOR ME IF THE CONTRIBUTIONS ARE IN ELECTRONIC FORMAT AS IT IS MUCH EASIER THAN TYPING IN THE COPY.

WORLD MASTERS INDOOR ATHLETICS CHAMPIONSHIPS

LINZ, AUSTRIA.

15th - 20th MARCH 2006



The **2006 World Masters Athletics Indoor** Championships are to be held in the picturesque city of **Linz**, situated in the north of

Austria between Vienna and Salzburg.

WGT Sport are delighted to offer the following four night package:

Linz nestles on the banks of one of Europe's most impressive waterways, the River Danube, and provides striking views by day or night. The city offers a perfect blend of cultural pursuits, fine sightseeing and plenty of opportunity for shopping in quaint boutiques lining the narrow side streets.

In your spare time, take a ride on Europe's steepest train up to Pöstlingberg Mountain for spectacular views of the city, stroll around the lovely Old Town Quarter discovering their Roman foundations and medieval vaults and soak up the charming atmosphere in one of the Baroque town squares.

ACCOMMODATION:

We have chosen the **NOVOTEL LINZ** for your stay. The hotel boasts spacious, comfortable rooms within easy access of the city centre. All bedrooms are air conditioned with satellite television. On site you will find a bar, restaurant and garden terrace and also have complimentary access to the tennis courts, sauna and outdoor pool.



THE NOVOTEL LINZ HOTEL

FLIGHTS:

Flights are available DAILY from London Stansted direct to Linz with a choice of outbound dates that you are free to select according to your preference...

OUTBOUND:

Depart London Stansted: 13:25
Arrive Linz Blue Danube: 16:20

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Championships will be held over a traffic-free three –mile course

CHAMPIONSHIP	STAGES	START
Women over 55	3	11.00 am
Women over 45	3	11.00 am
Women over 35	4	11.00 am
Men over 70	3	11.00 am
Men over 60	3	11.00 am
Men over 50	6	11.00 am
Men over 40	8	1.30 pm
Men over 35	4	1.30 pm

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BMAF 10 Mile , Bishops Stortford 20 November 2005

WORDS: Pete Mulholland

PICTURES: Lesley Richardson

www.rikko2photo.co.uk

A RECORD RUN BY DEREK HOWARTH

Competing in the first really cold snap of the winter, Derek Howarth donned, a long sleeved vest, a Leigh Harrier's club vest, bobble hat and gloves: a stark contrast to his medal winning performances at the World Masters Championships in the heat of San Sebastian. Not only prepared for the weather, Howarth was also prepared for a **British M75 record**, which he narrowly failed to secure in the recent Northern Vets 10-mile championships at Lytham.

Covering the first five miles a shade over 36 minutes, a pace that Howarth was to admit later, "Felt comfortable," but as a rider, he added, "I was dreading the last few miles as I'm really a 10k man." "I sat in on the pace of Dawn Vaughan for seven miles, which helped a lot," Howarth admitted after a run that saw him finish with 74:08, slicing an impressive 1min 42secs of the record previously held by Don Adie.

"I was two minutes faster than at Lytham and found it much easier today," said a jubilant Howarth.

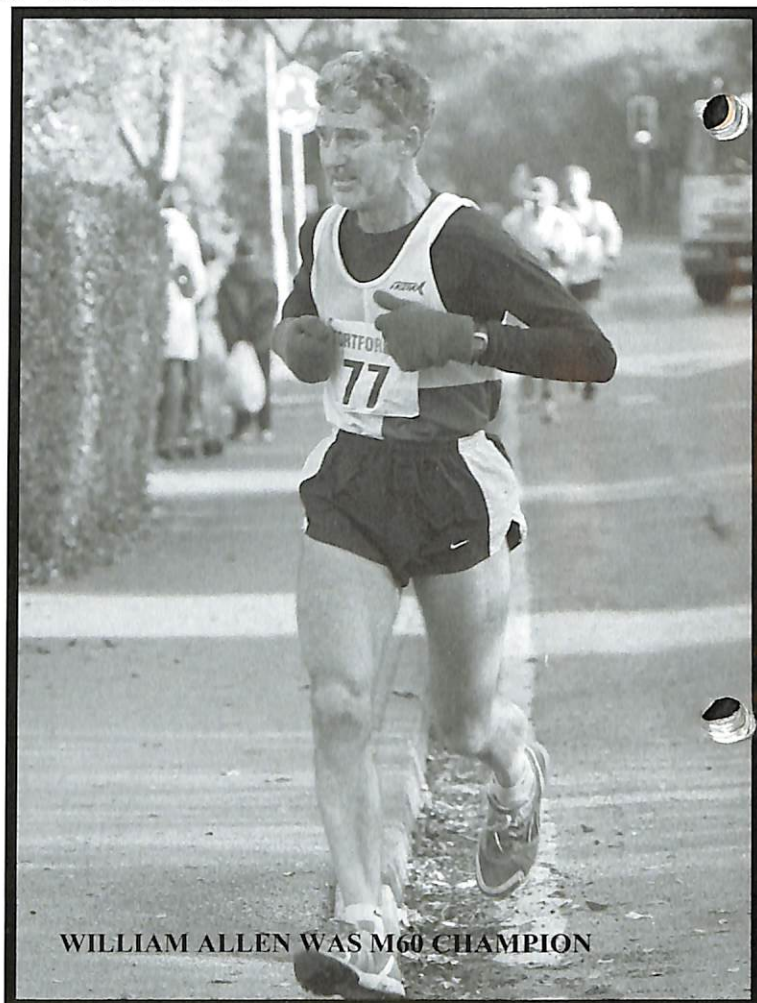
For someone who admits, "I don't take running seriously," Sharon Gannon could have fooled some of the opposition with her outright win when leading home W35 winner Nicki Nealon by just five seconds to take the W40 title. "I just like doing races and don't worry about the times," said Gannon, a British triathlon masters' competitor. "After my usual slow start, I caught up with Nicki (Nealon) and pulled away at around five miles before suffering with stitch problems," before finishing in 61:43. "I may have beaten my best of 61:27 if I hadn't stopped with the stitch."

At the sharp end of the field, Matt Flannelly was always in control in taking the M40 title ahead of Richard McCormick to lead Woodford to team honours. McCormick said afterwards, "What with virus problems I didn't run well in Dublin (masters' international) so I thought I'd give it a go today and was pleased with the run."

Fresh from what he admitted, "Was a good run in Dublin (2nd M50)," Martyn Flower took his first M50 title after leading home probably the relatively strongest category here. "Stan (Owen) was with me at two miles but then I pulled away but must admit that 10 miles is a bit too far for me," said the former BMAF M45 5km champion.

Owen however, had the consolation of leading Nene Valley Harriers to yet another M50 team title. Peter Giles got the better of Bob Young in their perennial battle but had to settle for second and third as a newcomer to the M60 scene, William Allan, a Surrey County steeplechase champion in his younger days, swept to his first ever BMAF title.

Alex Rowe ran out as M45 champion while Roy Treadwell just got the better of his Oxford City colleague John Exley to take W55 honours.



WILLIAM ALLEN WAS M60 CHAMPION

Showing consistency, Harold Dobson won the M65 title in 65:39, just shy of his best of 65:39, which currently tops the UK 2005 rankings.

Walter McCaskey led home John Steed by 18 seconds after a close run affair to take the M70 title in 72:06 after the long journey from Edinburgh. "I had trouble finding accommodation last night and I didn't expect to win."

Lynn Tanner retained the W50 title she took in 2003 but confessed, "That wasn't exactly my best run."

Consistent as ever, Sue Carris took the W55 title in 64:54, which compares with her former UK record of 64:34 that was recently snatched from her by Daphne Ellmore by just three seconds.

Men 40-44

1- 0:54:40 FLANNELLY, Matt Woodford Green with Essex Ladies; 2- 0:54:58 McCORMICK, Richard Barnet & District; 3- 0:55:20 SPILMAN, Kevin Cheltenham Harriers; 4- 0:55:58 SPOWAGE, Paul Colchester Harriers AC; 5- 0:56:19 KNIBB, John Derby A.C.; 6- 0:57:49 PEARCE, Paul North Herts Road Runners Club; 7- 59:46 PERCIVAL, James Oxford City AC; 8- 0:59:52 JACOB, Kevin Billericay Striders; 9- 1:00:09 WOOD, Martin Fairlands Valley Spartans; 10- 1:03:28 FRANKLIN, John North Herts Road Runners; 11- 1:03:52 COARD, Dave FVS Triathlon; 12- 1:04:50 RUSSELL, John Robert North Herts Road Runners; 13- 1:06:22 THACKERAY, Richard North Herts Road Runners; 14- 1:11:43 JONES, Stephen Thanet R R; 15- 1:15:03 LLOYD, Rob Ware Joggers; 16- 1:15:38 JONES, Matthew Harlow Running Club; 17- 1:19:49 CALCUTT, Colin North Herts Road Runners; 18- 1:25:43 ROBERTS, Alan Vale of Aylesbury; **Team: 1 Woodford Green with EL 3:49.15; 2 Oxford City 3:56.45; 3 North Herts RC 4:12.29;**

Men 45-49

1- 0:55:24 ROWE, Alex Wesham Road Runners; 2- 0:56:15 GAMBLE-THOMPSON, Mark Colchester Harriers AC; 3- 0:56:26 ARNOLD, Nigel Paul Norfolk Gazelles; 4- 0:56:54 GREEN, Brian Oxford City AC; 5- 0:57:58 BARON, Mike Harrow; 6- 0:58:34 HOLLAND, Richard Woodford Green with Essex Ladies; 7- 0:58:52 STAPLETON, Micheal Barnet & District; 8- 0:59:43 BROCK, David Edward Orion Harriers; 9- 0:59:58 HARTWELL, David Oxford City; 10- 0:59:58 CHAPMAN, John Stopsley Striders; 11- 1:00:07 RUSSELL, Nicholas Oxford City; 12- 1:00:51 HEATH, James St Edmund Pacers; 13- 1:01:33 WRIGHT, David Colchester Harriers;

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14- 1:04:26 RUSSELL, Michael Geoffrey Neil FVS Triathlon; 15- 1:06:34 HOOKER, Duncan North Herts Road Runners; 16- 1:16:28 BAKER, Paul Stopsley Striders;

Men 50-54

1- 0:55:50 FLOWER, Martyn City of Portsmouth; 2-- 0:56:55 OWEN, Stanley Nene Valley Harriers; 3- 0:57:26 COX, Dave Woodford Green with Essex Ladies; 4- 0:57:55 REES, Phil Milton Keynes A/C; 5- 0:58:52 WILCOCK, David Barnet & District; 6- 0:58:58 GRANT, Richard Ian Oxford City AC; 7- 0:59:08 KILSBY, Jonathan Barnet & District; 8- 0:59:31 WILLIAMS, Graham John Nene Valley Harriers; 9- 0:59:43 WHEELER, David Oxford City; 10- 1:00:20 BARNSDALE, Michael Nene Valley Harriers; 11- 1:00:30 HURMAN, Laurie Headington Road Runners; 12- 1:01:40 O'CONNELL, Thomas J Thanet R R C; 13- 1:05:03 FLINT, Frank Thanet R R; 14- 1:05:21 FITZPATRICK, Peter Herts Phoenix; 15- 1:05:47 SARGENT, Rob Loughton AC; 16- 1:06:35 PRIESTLEY, Chris North Herts Road Runners; 17- 1:08:59 HATTERSLEY, John St Albans Striders; 18- 1:10:31 FRENCH, Michael Bary Colchester Harriers; 19- 1:14:37 PROFFITT, David Newport Harriers; 20- 1:18:37 HALSTEAD, Robert Swanley & District; 21- 1:18:54 GRIMSDALE, Martin Watford Harriers; 22- 1:35:35 DILLON, Kevin John Manchester Harriers; **Team: 1 Nene Valley Harriers 2:56.46; 2 Oxford City 2:57.29; 3 Barnet & District 2:58.42;**

Men 55-59

1- 0:59:14 TREADWELL, Roy Michael Oxford City; 2- 0:59:17 EXLEY, John Oxford City; 3- 1:01:08 MICHAEL, Desmond Barnet & District; 4- 1:01:31 BINNS, Peter PRIDMORE, Victor Billericay Striders; 5- 1:18:26 BALL, Malcolm North Norfolk Beach Runners; 6- 1:32:57 YOUNG, Maurice Halstead RRC;

Men 75-79

1- 1:14:08 (**British Record**) HOWARTH, Derek R Leigh H & A.C; 2- 1:19:15 HORNE, Tom Barnet & District; 3- 1:19:44 DAVIES, William John Winchester & District; 4- 1:35:01 FRANKLIN, Ron Barnet & District;

Men 80+

1 1:46:43 DOBSON, Frank Henry Ware Joggers Club; 2 Cooping Frank 2:03.50;

Women 35-39

1- 1:01:48 NEALON, Nicki Huncote Harriers; 2- 1:06:07 READ, Clare Barnet & District; 3-Jackie Perry FVS Tri 1:01.43;

Women 40-44

1- 1:01:43 GANNON, Sharon Ware Joggers Club; 2- 1:08:54 FINDLAY, Celia St Albans Striders; 3- 1:15:12 CARTER, Jane Woodford Green with Essex Ladies; 4- 1:17:18 KISSANE, Elizabeth Watford Harriers; 5- 1:18:16 SUMMERS, Jo North Herts RRC;

Women 45-49

1- Gail Coverley Egdon 1:12.21; 2-1:14:53 DAGLISH, Lorraine Luton United ; 3-Marilyn Marze Edmonton 1:15.19; 4- 1:22:11 DODSWORTH, Karen North Herts RRC; 5- 1:25:22 CROWLEY, Sharon Fairlands Valley Spartans;

Women 50-54

1 1:10:48 TANNER, Lynn Caroline Colchester & Tendring; 2- 1:14:45 HALSTEAD, Pat Dartford Harriers; 3- 1:16:45 WOOLLER, Diane Elizabeth Colchester & Tendring; 4- 1:21:55 JONES, Julie Thanet R R C; 5- 1:23:22 PARTRIDGE, Pat St Edmund Pacers;

Women 55-59

1- 1:04:54 CARISS, Sue Bingley Harriers; 2- 1:09:08 LYNESS, Lou Barrow & Furness Striders; 3- 1:14:04 GRIFFIN, Lesley Anne Midland Vets ; 4 -1:29:48 SHIRLEY, Maureen Barnet & District ;

Women 60-64

1:24:06 POOLE, Valerie Sandra Holme Pierrepont;

Women 65-69

1:22:57 JONES, Pamela Ilford AC;

Southend-On-Sea; 5- 1:02:12 DAGLISH, Alan Luton United; 6- 1:03:09 FLETCHER, Mick Southend-On-Sea ; 7- 1:08:29 HAMLET, Colin Watford Harriers; 8- 1:12:47 DOUGHTY, Matthew Enfield & Haringey; 9- 1:16:53 SHIRLEY, John Barnet & District;

Men 60-64

1- 1:02:14 ALLAN, William Tod Tadcaster Harriers; 2- 1:03:04 GILES, Peter Thames Hare & Hounds; 3- 1:03:32 YOUNG, Robert Clydesdale Harriers; 4- 1:05:55 CAMPBELL, Brian Clydesdale Harriers; 5- 1:07:01 CARTWRIGHT, Pete Clydesdale Harriers; 6- 1:08:14 MANN, Stuart Herts Phoenix ; 7- 1:09:23 POOLE, Derek Holme Pierrepont; 8- 1:09:50 MULLANE, Danny Tiptree RRC; 9- 1:10:02 WILSON, Victor Woodford Green; 10- 1:10:47 BLOOM, Richard Herts Phoenix ; 11- 1:22:15 BROOKS, David Thurrock Harriers; 12- 1:26:53 MATTHEWS, Alan David Watford Harriers; **Team: Clydesdale.**

Men 65-69

1-1:05:39 DOBSON, Harold John Knavesmere Harriers; 2-1:06:24 GIBBS, Fred Bingley Harriers; 3- 1:08:02 FIRTH, John D Bingley Harriers; 4-1:12:04 GAROFALD, Giorgio Bedford & County; 5- 1:15:29 ROSBROOK, Mike Hadleigh Hares; 6- 1:29:55 GLOVER, Brian Barnet & District;

Men 70-74

1- 1:12:06 McCASKEY, Walter City of Edinburgh; 2- 1:12:24 STEED, John M Herts Phoenix; 3- 1:14:17 PARROTT, Leonard Havering Mayesbrook; 4- 1:16:21

British Masters 10-mile Rankings - 2005 Up to November 26

The British Masters 10-mile Championship has once again made an input to the lists with some nine performances being of sufficient quality to feature in these top fives.

Two British age-records steal the show with M75 Derek Howarth and W55 Daphne Ellmore supplying the goods. Ellmore in fact, also heads this year's W50 list, albeit slower than her W55 time, with her performance at Ferriby in January.

Like Howarth, a relative newcomer to the M75 category, William Davies ran 76:53 for third on the all-time list.

Another who finds himself as third best Briton is Scotland's George Sim, former BMAF M50 5000m and 10,000m champion.

No all-time performances in the M50 category but a couple of interesting names with an American connection. Dan Schlesinger, is an American but has resided over here for some 10 years, and was good enough in 1982 to place third in the New York Marathon in 2:11:54. He is also an acclaimed artist, being responsible for the Harry Potter book covers on the Japanese version of the publication.

Two places below Schlesinger is former World M40 25km Road Champion Dave Hill, who although settled in Tucson, Arizona is still a loyal member of Thames Hare and Hounds.

The M70 category is proving a 'hot spot' with all those shown below, performing well enough to stake a claim among the top 12 fastest ever British M70 runners.

W60 Loretto Denley made her mark at Preston with her time of 71:15 making her the third fastest Briton in this category.

British Masters all-time 10 miles road – As at November 26, 2005

M40:	48.16.	Keith Anderson	Flint, USA	1997
M45:	49.36	Martin Rees	Woking	1998
M50:	50.43.	Martin Rees	Woking	2003
M55:	54.51.	Steve James	Hornsea	1993
M60:	57.04.	Steve James	Leyland	1998
M65:	60.12.	Ron Lucas	Stoke	1991
M70:	66.19.	Bob Peart	Brampton-Carlisle	1999
M75:	74:08	Derek Howarth	Bishops Stortford	2005
M80:	76:04	Gordon Porteus	Irvine	1994
M85:	1:14:30	Alfred Gibson	Sandiacre	1993
W35:	54:31	Paula Fudge	Hendon	1987
W40:	53:17	Joyce Smith	Walton	1980
W45:	55:33	Joyce Smith	Hendon	1986
W50:	59.06.	Sandra Branney	Brampton-Carlisle	2004
W55:	64.27.	Daphne Ellmore	Heckington	2005
W60:	70.19.	Anne Chapman	Folkestone	1996
W70:	77.57.	Louise Gilchrist	Sale	2004
W75:	100.23.	Grace Bulger	Portsmouth	1995
W80:	105.26.	Jenny Wood-Allen	Arbroath	1993
W85:	151.16.	Jenny Wood-Allen	Arbroath	1998
W90:	3:15.18.	Jenny Wood-Allen	Arbroath	2002

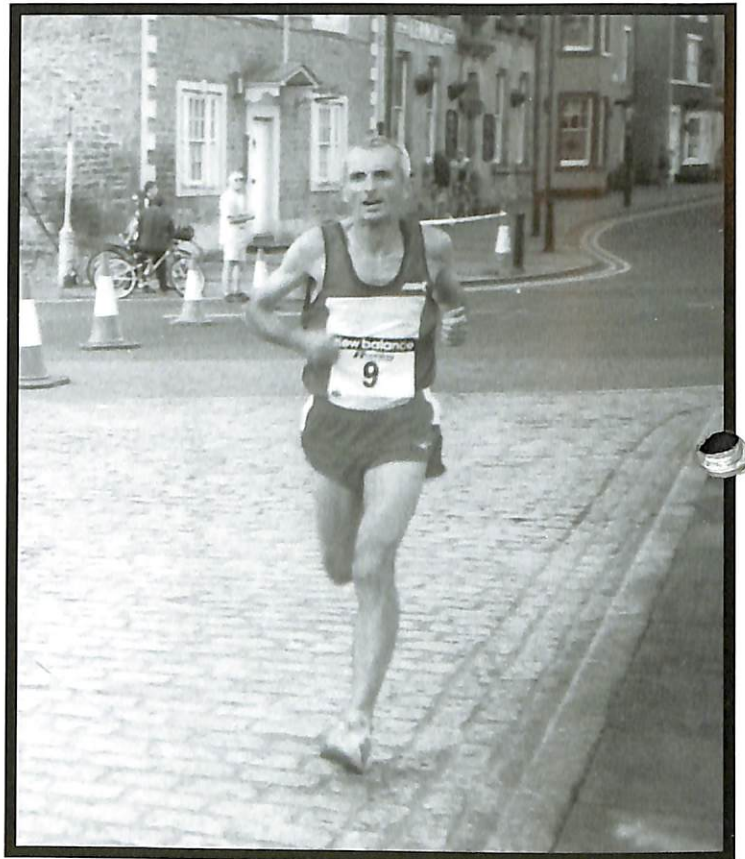
M40			
52.11	Alan McCullough	Portaferry	July 19
52.12	Stuart Hall	Plymouth	Feb 20
52.22	Mike Scott	Brampton-Carlisle	Nov 19.
52.27	Dave Buzza	Plymouth	Feb 20.
52.41	Stewart Gregory	Brampton-Carlisle	Nov 19
M45			
53.11	Mark Hall	Sale	Aug 7
54.31	Gary Matthews	Llandudno	Nov 13
53.45	Mark Hargreaves	Portsmouth	Oct 9
54.23	Andy Wetherill	Nottingham	June 3
54.23	Stephen Payne	Portsmouth	Oct 9
M50			
54.23	Paul Gregory	Chiswick	Apr 3
55.50	Martyn Flower	Bishops Stortford	Nov 20
56.12	Dan Schlesinger	Twickenham	Oct 16
56.55	Stan Owen	Bishops Stortford	Nov 20
57.04	Dave Hill	Tucson, USA	Oct 29
M55			
55.36	George Sim	Motherwell	Apr 3
57.11	Alan Pover	Sale	Aug 7
57.23	Mike Neary	Preston	Nov 20
57.27	Stephen Moore	Brampton-Carlisle	Nov 19
58.14	Colin Steptoe	Maidenhead	Mar 25
M60			
60.12	Wayne Jackson	Brampton-Carlisle	Nov 19
60.40	John Holloway	Portsmouth	Oct 9

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60.41	Graham Patton	Sandy	Apr 3
61.01	Dave Waywell	Pocklington	Feb 20
61.29	Emyr Davies	Llandudno	Nov 13
M65			
65.34	Harold Dobson	Scarborough	Oct 9
65.44	John Firth	Llandudno	Nov 13
66.24	Fred Gibbs	Bishops Stortford	Nov 20
66.41	Roy MacNeill	Maidenhead	Mar 25
66.50	Ted Orrell	Lytham St Annes	Mar 6
M70			
70.15	Don Brookes	Llandudno	Nov 13.
71.19	Geoff Oliver	Nuneaton	Sept 18.
71.29	Jim Irvine	Brampton-Carlisle	Nov 19
72.05	Anthony Hickson	Bramley	Feb 20
72.06	Walter McCaskey	Bishops Stortford	Nov 20
M75			
74.08	Derek Howarth	Bishops Stortford	Nov 20
76.53	William Davies	Portsmouth	Oct 9
79.15	Tom Horne	Bishops Stortford	Nov 20
85.45	Derek Smith	Dartford	Jan 16
86.48	Gerald Shirley	Brampton-Carlisle	Nov 19
M80			
1:46.43	Frank Dobson	Bishops Stortford	Nov 20
2:03.50	Frank Copping	Bishops Stortford	Nov 20
W35			
56.12	Debbie Mason	Nottingham	June 3
57.06	Amanda Wright	Llandudno	Nov 13.
58.09	Andrea Green	Canterbury	Jan 30
58.33	Sharon Morris	Welwyn	Sept 4
59.19	Maddy Clarke-Gay	Plymouth	Feb 20
W40			
58.58	Ruth Pickvance	Pontypridd	Feb 6
60.16	Mel Ellis	Portsmouth	Oct 9
60.40	Lesley Whiley	Maidenhead	Mar 25
60.56	Revis Crowle	Teignbridge	Mar 27
60.57	Julia Myatt	Llandudno	Nov 13.
W45			
61.49	Frances Gill	Ballycotton	Mar 6
61.51	Sian Monohan	Oldbury	Sept 18
61.57	Fiona Kennedy	Twickenham	Oct 16
62.25	Jane Laws	Maidenhead	Mar 25
63.44	Claire Donald	Maidenhead	Mar 25
W50			
65.04	Daphne Ellmore	Ferriby	Jan 30
65.50	Sally Musson	Portsmouth	Oct 9
67.18	Jane Georghiou	Portsmouth	Oct 9
67.51	Penny Edwards	Wymondham	June 26
67.59	Sue Haslam	Scarborough	Oct 9
W55			
64.27	Daphne Ellmore	Heckington	July 30.
64.30	Sue Carris	Thirsk	June 5
68.32	Ros Tabor	Dartford	Jan 16
69.08	Lou Lyness	Bishops Stortford	Nov 20
71.07	Irene Smith	Maidenhead	Mar 25
W60			
71.15	Loretto Denley	Preston	Nov 20.
74.46	Kath Robertshaw	Thirsk	June 5
75.58	Dot Fellows	Stoke	July 24
77.59	Jackie Jeffery	Maidenhead	Mar 25
78.57	Audrey Dyett	Folkestone	Mar 25
W65			
79.43	Moir Lenaghan	Thirsk	June 5
80.33	Joan Royal	Portland	July 3
80.39	Kathleen Stewart	Brampton-Carlisle	Nov 19
81.28	Evelyn Elkington	Lytham St Annes	Mar 6
W70			
79.28	Louise Gilchrist	Llandudno	Nov 13.
87.39	Jean Palmer	Maidenhead	Mar 25
87.48	Heather Goodman	Brampton-Carlisle	Nov 19
94.31	Jean Wainwright	Brampton-Carlisle	Nov 19
101.23	Madge Bradsell	Maidenhead	Mar 25

Deeper and current versions of these rankings can be found on www.veterans10mile.org.uk and compiler Pete Mulholland would welcome any amendments/additions by way of petehwae@aol.com

It is hoped that the complete 2005 lists will be available in January at a cost of £3.00 (no SAE) from Pete at 71 St Julian's Farm Road, London, SE27 0RJ



Earlier in the year we reported that Martin Rees had been forced to retire from running.

However, other men 50 can no longer relax, as he is now back running and may well be back to his best in 2006.

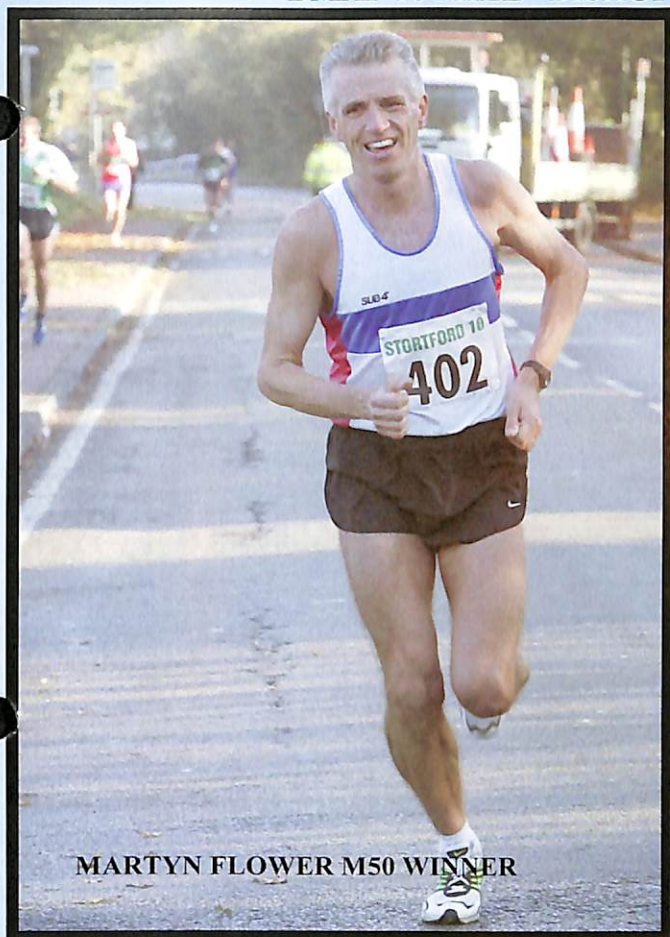
The latest edition of "Running Fitness" carries an article by Pete Mulholland, about the 52 year old Swansea Harrier, that reports that he went for his first run last May, now finds himself top of the British Men 50 rankings following a swift 25:42 run at Gloucester on September 17th.

The following week he recorded a 32:38 10k in Swansea for the second fastest in his age group this year.

He is now up to 60 miles a week, much of that on grass, and hopes for a steady winter although the 6th of November saw him finish 12th in the "Gwent XC League, again with no problems from the knee.

He plans for some 5k Track races next year, and despite thinking at one stage he would never run again Martin is now looking optimistically toward next year, but he still however has to tell his specialist.

BMAF 10 MILE –BISHOPS STORTFORD 20th NOVEMBER



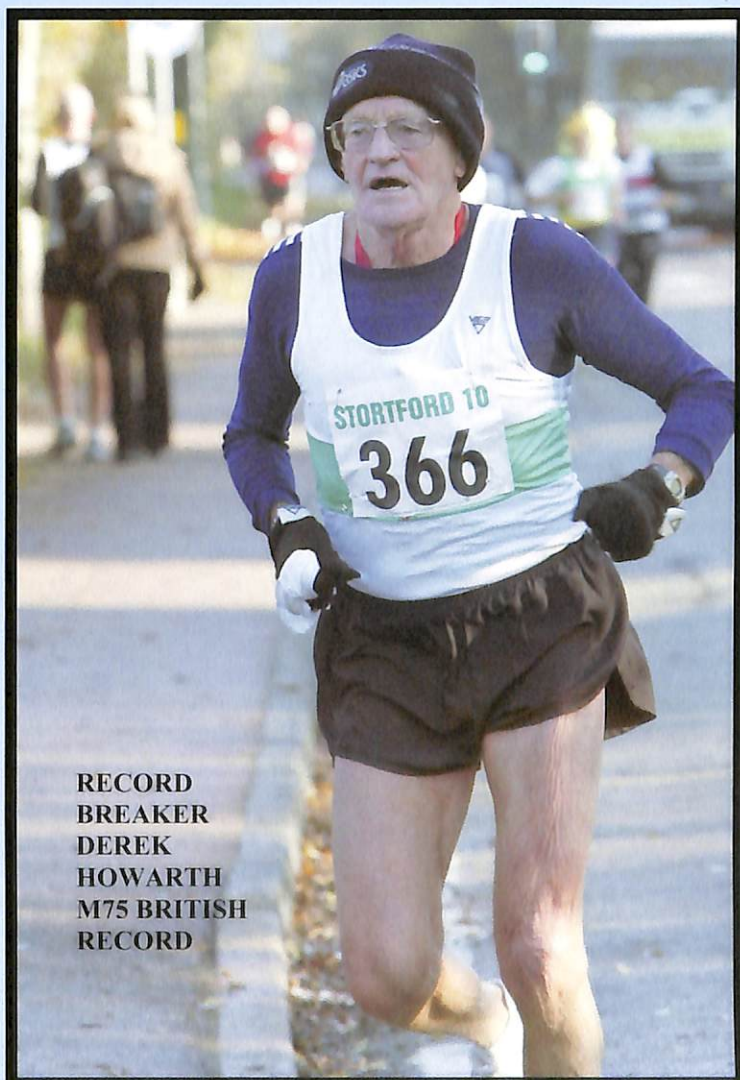
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NIKE AIR SKYLON Lightweight cushioned training shoe, light enough for racing UK sizes 3½, 4½, 6, 6½, 7½, 8, 8½ Usual £60 **Offer £40**

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NIKE AIR SKYLON Lightweight cushioned training shoe, light enough for racing UK sizes 3½, 4½, 6, 6½, 7½, 8, 8½ Usual £60 **Offer £40**

MENS SHOES

ADIDAS WANAKA GTX TRAIL Waterproof and breathable trail shoe UK sizes 6-12 inc ½ sizes Usual £45 **Offer £50**

NIKE AIR STRUCTURE TRIAX UK sizes 6, 6½, 7, 7½, 10, 10½, 11, 11½, 12, 13 Usual £70 **Offer £50**

SAUCONY SWERVE offering full length cushioning & medial support UK sizes 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12 Usual £75 **Offer £45**

NIKE AIR PLUS LIGHTWEIGHT RACE DAY shoe for 5k, 10k and marathon, UK sizes 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12 Usual £60 **Offer £40.00**

ADIDAS ROTTER Lightweight trainer-marathon and fast paced UK mens sizes 6½, 8½, 9½, 10½, 11½, 12½, 13½ Usual £60.00 **Offer £45.00**

BROOKS BURN Lightweight trainer suitable for the heavier runner, UK sizes 7, 7½, 8 and 12 Usual £60.00 **Offer £30.00**

ADIDAS NEPTUNE (538342) Colours silver/royal or black/lime, available in UK sizes 3½-6½ including half sizes **£45.00**

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X COUNTRY

ADIDAS SPARTAN Spikeless shoe, great for frost bound or bone dry cross country courses or for training on synthetic surfaces, sizes 6 and 6½ only USUAL £45.00 **OFFER £10**

BROOKS MACH 6 CROSS COUNTRY SPIKE UK sizes 1½, 2, 2½ & 3½ USUAL £40 **OFFER £25.00** UK sizes 6½, 8½, 9, 9½ & 10½ USUAL £50 **OFFER £35.00**

PUMA COMPLETE NGONG XC For cross country racing. Resistant against mud, dirt, water, UK sizes 5-13 colour lime/black USUAL £50 **OFFER £40.00**

NEW COMPLETE NGONG burnt orange/black, sizes 5-13 **£50**

ASICS OUTBACK A versatile spike with superior cushioning and support for cross and track, UK sizes 4-10 inc half sizes plus 11 **£44.99**

NIKE ZOOM WAFFLE XC For the cross country runner demanding the ultimate racing shoe for a variety of surfaces, UK 4½, 5½, 6½, 9½ and 10½ USUAL £44.99 **OFFER £38.00**

ALSO AVAILABLE:
NIKE ZOOM WAFFLE XC 03 UK sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9 and 14 USUAL £40.00 **OFFER £30**

NIKE ZOOM WAFFLE 2002 sizes 8 and 14 only USUAL £40 **OFFER £30**

SAUCONY KALENJIN UK sizes 3½, 4, 4½, 6, 6½, 7½, 8½, 9½ and 12 **£40.00**

ADIDAS NEPTUNE (538342) Colours silver/royal or black/lime, available in UK sizes 3½-6½ including half sizes **£45.00**

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TRAIL SHOES

INOVATE FLYROC Ideal for hard surface tracks and trails and some road use if required, sizes 6-12 including half sizes **Offer £65**

INOVATE MUDROC Specialist running shoe for running on and off track, in forest, moorland, fells, hill and all mountain areas, sizes 4-12 including half sizes **£60.00**

ADIDAS SWOOP Serious off road racing and training shoe for runners who love both mud and the hills, UK 6-12½ inc half sizes **£60**

SEALSKINZ SOCKS
SEALSKINZ SOCK Ultralight sock with coolmax lining, waterproof and breathable socks, close fitting, wind proof, air force blue, state shoe size when ordering **OFFER £20.00**

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BE SAFE BE SEEN

GLOACTIVE RUN/BIKE JACKET lightweight unisex, 100% waterproof, all seams fully taped, integral hood, breathable fabric, dipped tail, flashing of permanent light feature at back. The recent colour, reflective piping plus flashing light feature make this the safest on the market! Sizes 33/34/36" 38/40" 42/44" 44/46" **OFFER £30**

FREE WATERPROOF AND BREATHABLE TROUSERS WITH ALL PURCHASES OF GLOACTIVE JACKET WHIST STOKES LAST

BS HI VIZ WATERPROOF RUN/BIKE JACKET lightweight unisex, 100% waterproof, all seams taped, reflective piping, large zippered pockets, cuffs, rear, 38/40", 42/44", 44/46", 46/48" **OFFER £30**

HOOD CAN BE CONCEALED IN COLLAR REFLECTIVE PIPING REAR POCKET

REFLECTIVE PIPING REFLECTIVE TAPE

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FIRST SUB 4 MINUTE MILE ANNIVERSARY TEE SHIRT

Back of shirt features a unique collection of signatures of Roger Bannister and of all thirteen athletes who have since broken the world mile record - this is a real collector's item! Colours navy or grey, sizes XS, S, M, L, XL, XXL, **£15.95**

1000 MILE ULTIMATE TACTEL SOCK Blister free guarantee, unique double layer construction gives outstanding comfort with no blisters and no wear out within 1000 miles of use - guaranteed, unique tattel inner wicks away perspiration to the moisture absorbing outer layer keeping the feet cool & dry Colours white or black **£8.99** Buy 2 pairs get 1 free.

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BUY TWO PAIRS GET ONE FREE

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