

**75 GOLD**  
**56 SILVER**  
**53 BRONZE**

**2<sup>nd</sup> OVERALL**  
**IN EUROPEAN**  
**CHAMPIONSHIPS**

**W50 1500 ▶**  
**1<sup>st</sup> 046 Sandra Branney**  
**2<sup>nd</sup> 051 Paula Fudge**  
**3<sup>rd</sup> 055 Joan Howe**  
**Pictures & full report**  
**P2.**  
**◀ Poznan a shadeless**  
**Stadium**



Picture Lesley Richardson

# MASTERS ATHLETICS



**AUTUMN 2006 NUMBER 77**

**BMAF 10K SWANSEA P29**  
**Picture .Jeremy Hemming**



**Combined Events, Oxford . P17**  
**Picture .Snowdy Brooks**



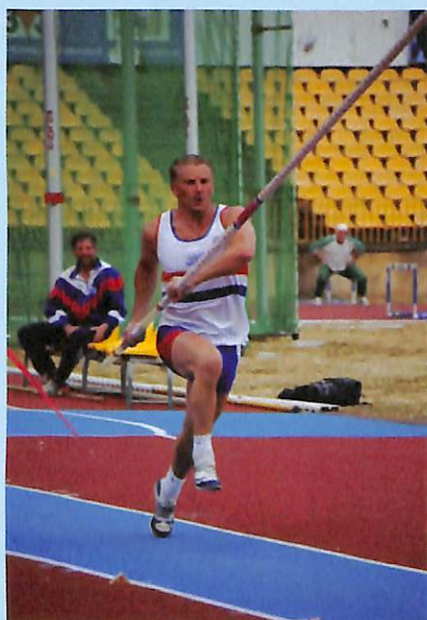
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▲ Domination of the M50 100 metres.

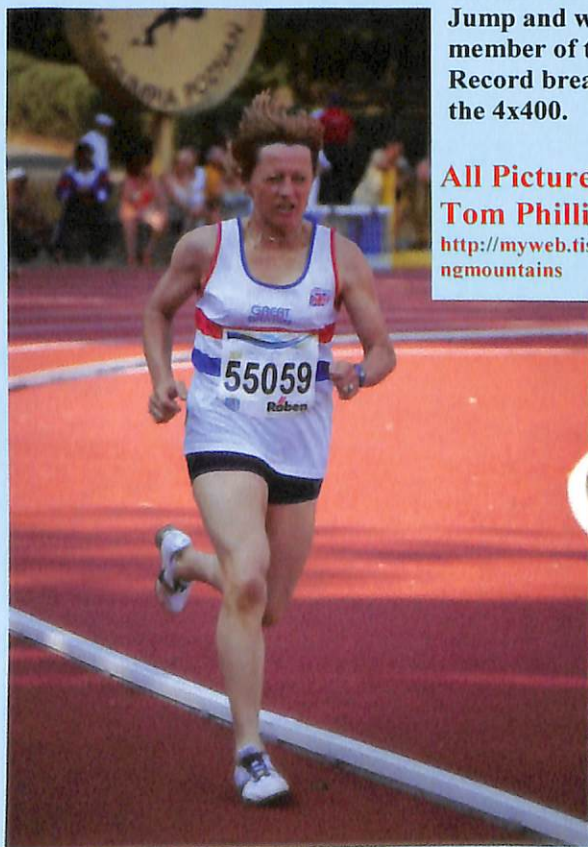
Steve Peters won the first of 5 Gold Medals. Walwyn Franklyn (silver) and Geoff Walcott (bronze).



◀ Allan Leiper won a silver in the Decathlon, he also had a 4<sup>th</sup> place in the M40 Pole Vault.

▼ Caroline Marler W55, won the 400 metres, 300 metres Hurdles, High Jump and was a winning member of the European Record breaking squad in the 4x400.

**All Pictures:**  
**Tom Phillips**  
<http://myweb.tiscali.co.uk/moviemountains>



▲ Angela Bent won a silver in the W55 Marathon

(Official Poznan Photographer)



◀ Joylyn Saunders-Mullins won Silvers in the 200 & 400

Anthony Noel (the 100 metres individual Champion) takes the baton from David Kemp to give Great Britain one of our 9 relay Golds. ▼







◀ Bob Minting had a marvellous Games . Gold at 800, 1500 & 4x400. Silver at 400 & 4x100.

Bernadine Pritchett won the 1500 metres. Followed by silver at 800.



◀ Men's 10,000 winner Dai Roberts.

Patrick Logan ▶ Won both 100 & 200 metres sprints in the M45 Group. Then added a 4x100 victory on the final day.





## MASTERS ATHLETICS AUTUMN 2006



### XV European Track & Field Championships 19-30 July 2006

#### WORDS:

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#### PICTURES:

Tom Phillips.

Lesley Richardson

Sezgei Demidov

As 3086 competitors and their supporters from 37 countries arrived in the capital city of the Wielkopolska region of Poland, the country was about to experience its warmest 8-day spell for 227 years. Poznań, the city that sparked the 1956 uprising when workers from the "Cegielski Metallurgical Plant" took to the streets in a mass protest against working conditions and unrealistic production quotas set by their Communist rulers, they were brutally suppressed. Poznań had just marked the 50<sup>th</sup> anniversary and commemorative posters and wreaths were visible all over the city.

The Mayor's rousing welcoming speech at the Opening Ceremony on the 19th confirmed the City's commitment to the success of the Championships after the University, the main supporter when Poznań made their presentational bid four years ago, had withdrawn. The Deputy Mayor ran in the M50 marathon, and Poland's current Minister for Sport finished 7<sup>th</sup> in the 50km walk at the I.A.A.F World Championships in 1997. Some sponsorship was obtained from the local media; a minimum 3000 competitors are necessary to financially break even. Facilities attached to the University were not upgraded as promised; there was no stand cover in either of the two stadiums. Accompanying persons either sizzled or took refuge in the refreshment tents. The stands remained empty. Any shortcomings were more than compensated for by the friendly, obliging hoards of young volunteers. Team Managers recommendations were immediately acted on and the Championships will be remembered as one of the friendliest that we have been to. A 3-course meal cost less than £10 and there were quite a few food outlets at the main stadium and plenty of international cuisine in the Town Square. All competitors and visitors were issued with free passes for the efficient trams and buses that criss-cross the city. Taxis were incredibly cheap. A jogging trail around a large lake and through woods adjacent to the main stadium was idea for training or a cooling swim.

#### Thursday 20th, Day 1. Friday Day 2

The heptathlon and decathlon started at 07.50 in the main stadium. The official temperature at 09.00 registered 31°; by midday it had soared into the 40-ies. The multi eventers had to cope with two days of searing heat with no shade or umbrellas, they were walking around with their towels over their heads. Yet, as can be seen from the results, three championship records were broken in the heptathlon, including the W55 by Caroline Marler, and 5 in the decathlon. Psychologically, it must have been even harder for the men with the daunting prospect of running the last event, the 1500m in such heat. Jennifer Van Deelen unfortunately pulled a sheath of muscles in her calf on the second lap of the 800. She had amassed enough points to hold on to 3<sup>rd</sup> in the W35 age category, but what a sad way for the Kent teacher to go out. Our excellent medical team was quickly to her aid as they did at the World Indoor in Linz when Janice Price ruptured an Achilles tendon.

The first of the two M65 10,000m seeded races took off at 08.00 at the University track. By 11.00 it was 35° as the first of the women's 10,000m was reaching the half way stage in the main stadium. Worse was to follow. At noon the M70-plus age groups lined up for their race, it had clouded over but the humidity was high. Derek Howarth, who has re-written the British record book since turning 75 last autumn, raced around the 25 laps to win the first of his three individual gold medals. Ron Franklin is unfazed by any weather conditions and ploughed through to finish 4th as did Peter Robinson in the M70 group. Down at the University track there were two seeded races in each of the M50, M55 and M60 groups. The M55 races at 13.00 and 14.15 took the brunt of the extreme heat with 42° on the thermometer. The arena was a cauldron. Officials ferried water from the university but by the time it reached trackside, it was tepid. Experienced ex-international Omer Van Noten of Belgium was one of 12 DNF's. MVAC member Paul Williams 9<sup>th</sup> led the British home. Arnold Bradshaw, Alan Rich and prolific Surrey racer Alan Davidson, all finished. Rob Sergeant, running later in the M50 category and debutante W35 Sarah Allan, both enjoyed their races despite the heat. Carmel Parnell of Ireland set a championship record in the W50 race, as did the Italian Agnoli in the M80 event. Royal Navy Officer Dai Roberts won the M45 title run at 17.30 but still unbearably hot. Ian

Johnston in the last race at of the day picked up a silver medal in the M35 category. The M40 race at 16.00 in the main stadium must surely rate as one of the toughest. Poland's Zbigniew Murawski toed the 24-strong field through 70sec laps before the current WMA/European titleholder Jose Torres of Spain and the Russian Oleg Strizhakov, the fastest man in the field, shared the lead beyond the halfway mark. They finished in that order well clear of the chasing pack. Stuart McLay worked steadily through to finish a very credible 5<sup>th</sup>.

The weight throwers had to cope with a below standard circle in a somewhat uneven field adjacent to the main stadium. The dry arid ground with no spectator area was hardly conducive to good performances. Whether the Championship records set by the Germans, Rocken in the M65 or the world record by M75 Rzehak can be ratified, remains to be seen. Statistically more women entered the Weight Throw (72) than the 10,000m. The medals in the W45 10k went begging, as the lone entry did not start.

#### Saturday 22<sup>nd</sup> Day 3

The sprinters revelled in the heat and virtually all the British sprinters got through the morning qualifying rounds of the 100m, but where were all our W35 and W40 sprinters, not one entered. Did the start of the school holidays prevent them from travelling? It was left to the W45's to fly the flag with all of them getting into the final and Wendy Dunn getting a W40 bronze. Several seasons bests were recorded, British records were set by W75 Christine McLennan (18.88) and W85 Mary Wixey, 25.74sec. Val Parsons won the W60 dash.



Mary Wixey pic. Tom Phillips

After making the second false start in the M35 final, Rule 162 - the One False Start rule does not apply to masters - Will MacGee sped to victory followed by Michael Culshaw in 4<sup>th</sup>. Anthony Noel had a brilliant run in the M40 race defending the title he won in Denmark two years ago and defeating the Italian 200/400m world recorder holder, Enrico Saraceni, for the third time they have clashed. Noel set a British record of 10.74 when taking the



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World title last year in San Sebastian. His winning time, 10.93 is a season's best. "I knew it would take a time like that to win here today," he said after getting his gold medal. 12 of the 39 entries in this age category were British, four got through to the final eight. The gold rush continued as Patrick Logan ran his second fastest time ever, 11.50, over 100m to take the M45 race. He clocked 11.43 behind two Americans for 3<sup>rd</sup> in San Sebastian and he was 3<sup>rd</sup> in the 60m in Linz.

The line up for the M50 final included the defending champion Stephen Peters, Wally Franklin, Viv Oliver, Geoff Walcott and Tom Phillips, a 100% record as the other two Britains who entered, John Browne and Robert Cawson, did not make it to Poznan. Such is our depth here that only the 52-year old Serbian, Gojko Banjevic, snatching 4<sup>th</sup> was able to split them. Walcott, taking the bronze at age 54 moves up an age group next April, Viv Oliver 5<sup>th</sup> here, also goes up this October and Wally Franklin timed it perfectly for Italy next September as he turns 55 next August. As a team these eight men, including Alasdair Ross, have won every international championships relay open to them. Spectators at World and European championships have made a point of watching the fantastic British M50 relay team in action. We have taken for granted the familiar sight of the first out of the blocks, the widening gap down the back straight, and the commanding lead on the last change over. As they split up next year, we can only say Thanks Boys for the memory.

The men's discus, women's shot and the qualifying heats of the long hurdles and 1500m completed the day. After finishing 11<sup>th</sup> in the discus, 76-year old British record holder, Jaroslav Hanus asks why should I have to eat breakfast before 05.00 every morning and be in the stadium by 07.00 for all my five events? Why do we other athletes never get an opportunity to compete in the main stadium, why not change it around sometimes, he lamented? He returned to London on this occasion without a medal, but how many 76-year olds are remotely capable of undertaking his 9-day Poznan schedule?

### Sunday 23, Day 4

A slight drop in temperature as the field events dominated. In the women's hammer W45 Margrith Duss of Switzerland came close to breaking her own world record with a throw of 50.37m. In the M50 long jump Trevor Wade cleared 5.99 for a British record. Wendy Lang and Caroline Marler picked up their second gold medal in the W40 and W55 high jump. Manndy Lang is still a spectator following major back surgery last year. 65-year old Ursula Stelling, Germany, cleared 1.37, an improvement of 3cm and there were some very close finishes in the hurdles. BMAF Vice Chairman, Tony Bowman, raced to a European record in the M70 long hurdles, as did Peter Field in the M75 event, both having broken the British records at the BMAF Championships in Birmingham. 76 delegates and athletes attended the open EVAA Congress on Anti-Doping in the evening. The presentation by the Director of Sports Medicine at the local University School of Physical Education was well received. It was announced that a one euro levy would be added to all entry fees effective from 2007 to pay for extra doping tests at future championships.

### Monday 24, Day 5

The women's 5000m walk got away at the second track at 08.30 and still no let up in the weather. At the BMAF championships on 9 July, 70-year old Arthur Thompson erased one of the longest standing world records from the books. The M70 5000m walk in 27.02sec that had stood for 24 years to the Australian Tom Daintry, Arthur lowered it to 26.01.52. Here he sped home in a championship record 26.34.87 winning by almost two laps.

Woking walker Fiona Bishop, had the pleasure of receiving her W45 bronze medal from the legendary Olympian Irena Szewinska, now an IOC and IAAF Council member and President of Polish Athletics. After some timetable changes the 400m heats commenced in the main stadium, followed by the 1500m finals. Michal Bartoszak gave the Poles something to shout about as he took the M35 1500m in a championship record. He was 37<sup>th</sup> in the Athens Olympics marathon and a regular member of their international cross county team. Peter Parker 2<sup>nd</sup> led the British entry home in 4.01.44. Dave Taylor now back to full fitness, retained the M40 crown he won two years ago, just failing to dip under four minutes and Bob Minting led all the way in the M55 race. Bernadine Prichard shot to the front of the W35 field and stayed there. An exciting W50 followed as Sandra Branny, Paula Fudge and Joan Howe made it 1,2 and 3. Pat Gallagher W60 and Pam Jones W70 completed another medal topping day. Out in the field Evaun Williams threw the W65 javelin to a European record 38.07m. Mary Wixey reached 1.61 for an ER in the W85 long jump and BMAF Overseas Entries Co-ordinator Carole Filer collected gold in the W50 jump. The Official Get-Together Party was held in the tented area beside the main track. With no competition the next day, athletes were able to "hydrate" on the excellent cheap beer, abundant food and socialise with other competitors.

### Tuesday 25<sup>th</sup>

A rest day for the competitors. Some of the team paid a visit to the immaculately kept war graves dedicated to the 50 attempt escapees and Allies Forces featured in the film "The Great Escape" in Park Cyadela. At the General Assembly, ably chaired by Dieter Massin, the BMAF Chairman Winston Thomas and Marina Hoerneck-Gil, Spain, stepped down from the EVAA Council to much appreciative applause for their considerable contribution over many years. Lamberto Vacchi, Italy, as Technical Director and Kurt Kaschke of Germany as Secretary, replaces them. An EVAA proposal to change their title to European Masters A.A. got 48 votes in favour, 33 against, not reaching the 2/3rds majority. They remain European Veterans Athletic Association. Delegates were updated on the EVAA Indoor championships in Helsinki in March. Non Stadia in Regensburg, Germany next May, 2008 Stadia championships in Ljubljana. Arhus was the sole bidder for the 2009 Non Stadia and Nyiregyháza, (phonetic: New-a-chasa), in Hungary, twin city of St Albans, was the only bidder for the 2010 Stadia championships.

### Wednesday 26<sup>th</sup> Day 7

Athletes were saddened to hear that the 82-year old groundsman had been killed the previous day as the front wall of the equipment shed collapsed on him as he was preparing equipment for Wednesday's competition. He had worked there for over 50 years.



Ed Williams  
Pic. Tom Phillips.

There are not many opportunities to compete in an international pentathlon. It was no surprise therefore to see large entries, particularly in the men's event, in the main stadium. After the earlier exhausting two days, the bifurcated athletes were all back for more. Down to 31° and humidity high, it was yet another long day out on the field. All the British came through with flying colours and enjoyed the camaraderie. Edward Williams sped to a M35 400m championship record in 50.06. Stephen Peters added to his considerable gold collection, defending his M50 400m Arhus crown, adding to his World title in San



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Sebastian and coming home yet again with another five gold medals. At the second track the times of some of the 5000m had been brought forward to avoid the midday sun. A risky decision as not all countries have team managers and athletes not au fait with the logistical problems surrounding masters championships, can quite easily miss their race. Bottled water had been supplied in abundance after the first day and it is to the Organisers' credit that they were able to get things moving so quickly.

### Thursday 27<sup>th</sup> Day 8

Some 200m and 800m heats and the hurdles semis kept the spectators on their feet in the main stadium and seven age group championships records were established in the pole vault. In the field outside there were some excellent throws in the women's discus.

Despite the 08.00 start, the women's 10k road walk on a coned off 2000m strip of road parallel with Malta Lake on the south side of the city, was a test of endurance. Fiona Bishop 3<sup>rd</sup>, Susan Lozano Rey and Liz Harris came away with W45 team gold. The M35-50 20k followed on at 11.00 with the sun directly overhead and no shade. Mark Wall and Anthony Bell's finished times are very credible performances. John Hall led the field home in the M55/60 race in 1.55.59. David Kates and Glyn Jones finished well. Team Manager Eric Horwill was spotted munching a bread roll in the shade, no way to prepare for his own race later on that afternoon, but in such conditions he had to be there. Liz Harris took over from him and some of the spouses also helped. Fortunately Malta Lake is an international water centre and there are hotels and eateries close by. The biggest cheer however was reserved for Arthur Thompson finishing 2<sup>nd</sup> in the mixed age group race in another world record time of 1.56.44sec. In what many felt was the performance of the championships, he broke James Grimwade's 1986 mark of 1.58.10 despite the conditions. He led the team of John Payne, Eric Horwill and Ken Livermore to M70 gold. Ed Shillabeer got silver in the M65. Jack Fitzgerald, an ex-BVAF Secretary, picked up a silver medal in the M80 race, his first in these championships for 18 years. "I would have caught him [the winner] had I not run out of road" he reminisced afterwards over a cooling beer!

### Friday 28<sup>th</sup> Day 9

An exciting M40 javelin competition in the main stadium, won by the Solvavian Pavol Florek, concluding with a 65.36m throw. Evaun Williams got another CR, this time in the weight throw pentathlon to conclude what must be a memorable 9 days for the retired north London Health Visitor. She got a World record in the javelin, British record in the shot, 2<sup>nd</sup> behind the Russian Olympian Tamara Danilova in the discus, and just losing out in the hammer to the Estonian, Erikson in the final throw. Dorothy McLennan was also kept busy setting European and CBP's in the W70 age category heptathlon and pole vault. The temperature had dropped to 31° for the semis of the 200/800m and short hurdles finals in the main stadium.

### Saturday 29<sup>th</sup> Day 10

Athletes woke up to a wet morning for the finals of the 800m, triple jumps and the conclusion of the weight pentathlon. W60 Pat Gallagher successfully defended her 800m in a British record time of 2.47.09 as the rain had ceased and humidity rose. Bernadine Pritchett, Sue Aperghis, Mary Edwards and Geraldine Finegan were involved in pretty fast W35/40 finals. Joan Howe and Nancy Hitchmough put up spirited performances to get silver. After heats and semis, legs were feeling tired but Edward Williams fractionally missed out on winning the M35.



Pat Gallagher more of Tom's pictures on <http://myweb.tiscali.co.uk/movingmountains>

John Headley's winning time in the M40 race in 1.59.97 was faster than either in the World or in Arhus two years ago. Bob Minting got a CR in the M55 race. Conditions were ideal for the 200m finals in the evening and our sprinters were out in force for another flush of medals and season's best times.

### Sunday 30<sup>th</sup> Day 11

An early start for the 242 men and 52 women who entered the marathon, 7½ times round Malta Lake. Mercifully it was overcast with a light cool breeze. The Austrian, Georg Ruess and Rolf Schwabe, Germany, dictated the pace throughout. Ruess finished in 2.32.43, Schwabe just 9 seconds adrift, but there was a terrific run by the 55 year old Russian, Vladimir Radaev. He came storming through after three laps to finish 4<sup>th</sup> in 2.41.42. The 44-year old Pole, Jerzy Siemaszko, had recovered sufficiently after finishing 4<sup>th</sup> in the M40 10,000m to take the bronze in 2.36.54. The first three 55-year olds all finished under two hours, 50 min. spotted finishing 174<sup>th</sup> in 4.25.33 was M65 Evgeny Zhukov, the grandson of the great Russian General who defeated the Nazis. Two 80-year olds, Kivioja of Finland who won in 5.27.54 and the Pole Parusinski was last but less than 6 hours in 5.56.09. Andrew McNeil was the leading Briton until a nagging injury forced him out at 15 miles. W35 Karen Haldane looked to be closing in on the leading woman, but she too had to pull out suffering from a cold and a foot injury, not a happy outcome for the Northumbrian runner making her first appearance and that was the only event she had entered. M55 Mike Spragg led the British home. Fiona Bishop must be delighted with her trip after picking up two medals in her number one discipline, the walks, she paced herself perfectly to get an unexpected silver medal in the W45 race. Angela Bent was just ahead of her finishing 2<sup>nd</sup> in the W50 and Carole Spong took the W60 silver medal back to Lowestoft. Team Managers Archie Jenkins and Kevin Dillon reported all home safely.

The steeplechase and relays were underway on the main track. Aleksander Swiecieli, who runs for Bedford but was running here for his native Poland, was lying 2<sup>nd</sup> in the M55 race until falling four barriers from home. Ireland's M80 Nick Corish took a fall at the water jump; the sensitive Organisers presented him his gold medal to the tune of Danny Boy! The hospitality of the hosts is unsurpassed. My camera broke; I asked the official photographer if he knew what the problem was. He took my camera back to the studio, dismantled it, fixed it, developed the film and inserted a replacement and then flatly refused to accept a penny.

The relays are always a great finale. Team Manager Maurice Doogan, got teams out in virtually all age groups. Caroline Marler brought her gold medal tally up to five when she anchored the W55 4 x 400m team of Yvonne Priestman, Nancy Hitchmough and Viv Bonner, to a European record 4.45.41. Our nonpareil M50 4 x 100 and 4 x 400m team raced away with another handful of gold.

A total of 13 British, 94 championship, 21 European and 10 world records were broken, mostly in the older age groups field events, but considerably less than in Arhus in 2004. The 360 British competitors returned home with a medal haul of 75 gold, 56 silver and 53 bronze, only the much larger Germany team won more. These championships are open to all athletes, they are not just for the elite. Once you have been to one, you are generally hooked.

What an inspiration our older athletes are to all of us. 85 year old Mary Wixey successfully negotiated her way through foreign tram and bus networks, set a British



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record in the 100m and returned to Cheltenham with three gold and one silver medal. Derek Howarth reeled off laps of the track in equatorial heat for a clean sweep in the M751500, 5,000 and 10,000m. Peter Field leaped up on to the rostrum after setting a European record in the M75 hurdles, to collect his medal. Doug Fotheringham drove all the way from Lincolnshire, won the M75 5000m walk and drove home, and 97-year old Alfred Proksch of Austria won the shot putt. He tied for 6<sup>th</sup> place in the pole vault at the 1936 Berlin Olympics. Proof that old soldiers never die – they just fade away.

## MEDAL TABLE

	Gold	Silver	Bronze	Total
1 Germany	127	122	118	367
2 Great Britain & Northern Ireland	76	56	53	184
3 Poland	41	36	34	111
4 Finland	26	29	26	81
5 Sweden	26	22	17	65
6 France	23	18	10	51
7 Spain	22	18	16	56
8 Russia	20	19	23	62
9 Italy	19	20	24	63
10 Austria	19	9	11	39
11 Denmark	14	13	7	34
12 Switzerland	13	13	4	12
13 Czech Republic	12	16	13	41
14 Belgium	12	14	6	32
15 Estonia	10	16	7	33
16 Norway	9	12	13	34
17 Ukraine	9	12	7	28
18 Latvia	8	7	6	21
19 Netherlands	7	14	12	33
20 Ireland	6	2	6	14

## RESULTS:

### 100:

M35: (-0.1) 1 MacGee Will GBR 11.15; 4 Culshaw Michael GBR 11.42; (QR) Appiah Joe 11.40Q 0.9; M40: (+1.5) 1 Noel Anthony GBR 10.93; 4 Powell Dalton Hugh GBR 11.49 (11.34 -0.3 qr); 5 Campbell Lincoln GBR 11.65 (11.51 +0.0 qr); 6 Samuel Rohan GBR 11.69 (11.35Q +0.0); (QR) Kemp David 11.92q +1.1; King Barrington 12.06Q +2.9; Palmer Keith 12.14q 0.9; Amron Marc 12.63 2.9; Murkin Robert 13.36 2.9; M45: (1.9) 1 Logan Patrick GBR 11.50; 5 Knowles Phil GBR 12.18; 6 Scott Francis GBR 12.22; (QR) Beaglehole Timothy 12.35 0.7; Moran Brendan IRL 12.53 1.5; M50: (+0.5) 1 Peters Stephen GBR 11.66; 2 Franklyn Walwyn GBR 11.94; 3 Walcott Geoff GBR 11.97 (11.84Q 0.1); 5 Oliver Viv GBR 12.04 (11.83Q 1.5); 8 Phillips Tom GBR 12.41 (12.21q 1.5); M55: (-0.7) 1 Vybostok Vadimir SVK 12.15; (QR) Hendrie Bruce 13.61 -2.0; M60: (+1.3) 1 Cilla Charles FRA 12.64; 6 Isetts Charles GBR 13.59 (13.41qr 0.8); M65: (+1.0) 1 Müller Guido GER 12.74; (QR) Caffrey Ernest IRL 16.40 +1.8; M70: (-0.8) 1 Gasper Hans-Jurgen GER 13.75; 3 Bowman Tony GBR 14.02 (14.01qr -0.8); 5 Field Colin GBR 14.59 (14.21qr +0.2); M75: (-0.3) 1 Reuter Wolfgang GER 13.73; 2 Williams Charles 14.17; M80: (-0.1) 1 Klafki Helmut GER 15.98; 7 Copping Norman Frank GBR 21.84; M85: (-0.1) 1 Sobrero Bruno ITA 16.73; M90: (+0.5) 1 Liedtke Herbert SWE 18.65; W35: (+0.0) 1 Granovskaja Piret EST 12.78; W40: (+0.2) 1 Lapiere Violette FRA 12.15; W45: (+1.1) 1 Barilly Nicole FRA 12.73; 3 Dunn Wendy GBR 13.33 (13.32 +0.9qr); 7 Hopkins Lesley Ann GBR 13.91 (13.85 +1.0qr); 8 Kelly Angela GBR 14.37 (14.10q 0.9); W50: (-0.7) 1 Fuhrmann Dagmar GER 13.37; 7 Nelson Anne GBR 15.23; W55: (-0.5) 1 Bartosik Ewa POL 13.88; W60: (-0.4) 1 Parsons Valerie GBR 14.15; 3 Priestman Yvonne GBR 14.90 (14.76qr +1.9) W65: (-2.2) 1 Stradas Edeltraud GER 16.29; 3 Fraser Dorothy GBR 16.84; W70: (+1.3) 1 Nilsson Astrid SWE 17.01; W75: (-0.6) 1 Kreiskott Rosemarie GER 18.09; 2 McLennan Christine 18.88 (British Record); W80: (-0.6) 1 Strüven Margarete GER 24.77; W85: (-0.6) Wixey Mary GBR 25.74 (British Record);

### 200:

M35: 1 MacGee, Will GBR 22.55; (QR) Osunsami, Michael 24.64 -1.0; M40: (0.4) 1 Saraceni, Enrico ITA 21.74; 2 Noel, Anthony GBR 22.27; 6 Powell, Dalton Hugh GBR 23.27; (QR) Kemp, David 24.17 -1.2; Palmer, Keith 24.54 -1.3; King, Barrington 26.32 -1.3; M45: (-0.6) 1 Logan, Patrick GBR 23.57; 5 Bentham, Kermitt GBR 24.93; (QR) Knowles, Phil 25.41q -3.3; 0 Beaglehole, Timothy 25.74 -1.8; M50: (-0.3) 1 Peters, Stephen GBR 23.7; 3 Franklyn, Walwyn GBR 24.25; 4 Walcott, Geoff GBR 24.45; 5 Oliver, Viv GBR 24.66; 6 Broadhurst, Ian GBR 24.73 (24.66 -2.4qr) (QR) Phillips, Tom 25.46Q -2.4; Sobik, Andrew 25.46Q -2.4; Lovelock, Kevin 26.29q -2.4; Pengelly, Clive 26.57 -1.2; M55: (+0.5) 1 Vybostok, Vadimir SVK 25.03; (QR) Hendrie, Bruce 27.33 +0.0; Taylor, Earl 30.90 +0.0; M60: (+0.4) 1 Cilla, Charles FRA 25.84; 6 Isetts, Charles GBR 28.14; M65: (+0.6) 1 Müller, Guido GER 26.37; M70: (+0.6) 1 Schrader, Horst GER 27.63; 2 Bowman, Tony GBR 28.41; 7 Field, Colin GBR 30.12 (29.68Q -0.5); M75: (+0.2) 1 Reuter, Wolfgang GER 28.96; 5 Field, Peter GBR 31.53; M80: (+0.3) 1 Palma, Sergio ITA 34.22; M85: (+1.0) 1 Sobrero, Bruno ITA 36.86; M90: (+1.0) 1 Liedtke, Herbert SWE 41.75; W35: (+0.4) 1 Levina, Elena RU 25.99; W40: (-0.2) 1 Lapiere, Violette FRA 25.15; W45: (0.0) 1 Barilly, Nicole Fra 26.42 (26.35qr); 4 Dunn, Wendy GBR 27.44; 5 Horder, Jane GBR 27.87 (27.43Q+ 1.0); (QR) Hopkins, Lesley Ann 28.25 1.0; Clarke, Gaye 28.37 -0.4; Kelly, Angela 29.29 0.7; Timmis, Denise 29.40 0.7; Harcastle, Janice 29.78 -0.4 W50: (+0.2) 1 Fuhrmann, Dagmar 29.71; 2 Saunders-Mullins, Joylyn GBR 27.79; 4 Roe, Edna GBR 29.28; (QR) Nelson, Anne 29.24 -1.4; W55: (+0.5) 1 Bonner, Vivien GBR 28.23; W60: (+0.0) 1 Parsons, Valerie GBR 29.89; 3 Priestman, Yvonne GBR 30.57; W65: (+1.2) 1 Mahnke, Rosmarie GER 34.22; 2 Fraser, Dorothy GBR 34.83; W70: (+0.0) 1 Nilsson, Astrid SWE 35.93;

### 400:

M35: 1 Williams, Edward GBR 50.06; (QR) Osunsami, Michael 53.91; M40: 1 Saraceni, Enrico ITA 49.10; 6 Tilt, Jonathan GBR 52.17 (52.07qr); (QR) Tunstall, Neil 53.94q; Palmer, Keith 54.40q; Kemp, David 55.39q; Hodge, Danny 56.45q; Wilkinson, David 59.36; M45: 1 Zorm, Ingemar SWE 52.35; 2 Bentham, Kermitt GBR 53.42; 5 Scott, Francis GBR 54.50; (QR) Knowles, Phil 56.79Q; Moran, Brendan Ireland 59.53; Hutchinson, Andrew 59.53; M50: 1 Peters, Stephen GBR 52.69; 3 Walcott, Geoff GBR 53.89; 4 Franklyn, Walwyn GBR 54.80; 6 Broadhurst, Ian GBR 55.27; (QR) Sobik, Andrew 58.35q; M55: 1 Felicetti, Vincenzo ITA 54.82; 2 Minting, Robert GBR 55.58; 5 Wells, Tony GBR 59.09; 6 Short, Keith GBR 59.84; 7 Hendrie, Bruce GBR 1:00.11; M60: 1 Romero, Jose Luis ESP 58.94; (QR) Bush, Frederick 1:04.30; Eland, Albert 1:05.46; M65: 1 Müller, Guido GER 57.66; (QR) Scott, John Allister 1:14.71q; M70: 1 Geier, Harry GER 1:04.47; 6 Bowman, Tony GBR 1:11.79 (1:07.80qr) (QR) Field, Colin 1:11.24q; Seymour, John 1:14.50; M75: 1 Reuter, Wolfgang GER 1:09.42; M80: 1 Torikka, Yrjo FIN 1:19.57; 6 Copping, Norman Frank GBR 1:46.01; M90: 1 Liedtke, Herbert SWE 1:57.97; W35: 1 Starkova, Svetlana RUS 57.08; 3 Brown, Melanie GBR 58.65; W40: 1 Tuhkla, Helle Est 1:00.35; 4 Finegan, Geraldine GBR 1:01.94; 8 Alstrachen, Angie GBR 1:13.51 (1:06.18qr); W45: 1 Kauerhof, Petra GER 1:00.72; 2 Horder, Jane GBR 1:01.14; 5 Hopkins, Lesley Ann GBR 1:03.42; W50: 1 Fuhrmann, Dagmar GER 1:01.08; 2 Saunders-Mullins, Joylyn GBR 1:02.63; 5 Roe, Edna GBR 1:05.74; W55: 1 Marler, Caroline GBR 1:06.92; W60: 1 Priestman, Yvonne GBR 1:12.48; W65: 1 Carlsson, Kristina SWE 1:19.19; 4 Fraser, Dorothy GBR 1:23.46; W70: 1 Nilsson, Astrid SWE 1:23.79; W75: McLennan, Christine GBR 1:40.15;

### 800:

M35: 1 Szych, Robert Poland 1:57.22; 2 Williams, Edward GBR 1:57.30; (QR) Brannon, Thomas 2:04.42Q; Moore, John 2:03.97q; Toal, Mike 2:04.90q; Harker, Ken 2:05.09; Del Nevo, Andrew 2:09.29; Young, Cliff 2:15.70; M40: 1 Headley, John GBR 1:59.97; (QR) Geoghegan, Anthony Irel 2:12.04; M45: 1 Parkoo, Samy Fra 2:03.60; (QR) Hannon Patrick 2:10.21; Barlow, David 2:15.80;



John Headley Pic.  
Tom Phillips

McGovern, Michael Ire 2:17.33; Warren, David 2:18.45; M50: 1 Faucheur, Pierre Fra 2:05.20; 3 Dunlop, Alastair GBR 2:05.98; 4 Harries, David GBR 2:06.73; 7 Gough, Joe IRL 2:07.44 (QR) Naamani, Bilal 2:10.86Q; Dunlop, Alastair 2:07.21Q; Pidgeon, Frederick 2:20.37q; Dillon, Kevin 3:13.04; M55: 1 Minting, Robert GBR 2:07.42; 4 Short, Keith GBR 2:14.18 (2:13.51qr); 7 Timmons, Patrick IRL 2:17.33 (2:16.79qr); (QR) Lewis, Ray 2:49.40; M60: 1 Beyer-Maidhof, Wolfgang Ger 2:21.78; 2 Smith, Michael GBR 2:22.24; 8 Bush, Frederick 2:43.28 (2:29.91qr); (QR) Dixon, Michael 2:32.67; Eland, Albert 2:34.08; Mee, Terry IRL 2:36.30; M65: 1 Keilmann, Klaus Ger 2:36.49; 6 Kimber, Arthur GBR 2:43.69; M70: 1 Kociszewski, Janusz Pol 2:34.67; 7 Seymour, John GBR 2:57.84; 8 Morrison, Henry GBR 3:11.74; M75: 1 Rant, Miroslav Slo 2:58.64; 3 Howarth, Derek GBR 3:01.94; 6 Wyer, Thomas GBR 3:32.34; M80: 1 Torikka, Yrjo Fin 3:11.84; 3 Corish, Nick IRL 3:58.21; M85: Pauwels, Emiel Bel 4:39.09; W35: 1 Pulido, Maria del Mar ESP 2:13.27; 2 Pritchett, Bernadine GBR 2:14.17; 3 Aperghis, Susan GBR 2:15.38; W40: 1 Wicciorkowska, Zofia Pol 2:17.17; 2 Edwards, Mary GBR 2:19.57; 3 White, Bernadette IRL 2:20.04; 4 Finegan, Geraldine GBR 2:21.70; 8 Walsh, Susan IRL 2:35.50; (QR) Gray, Carol-Ann 3:01.41; W45: 1 Wahlstedt, Karin Swe 2:20.35; (QR) Farmer, Diane 2:45.65; W50: 1 Wizen, Lilly Swe 2:30.20; 2 Howe, Joan GBR 2:31.26; 3 Barrus, Joyce GBR 2:37.88; 7 Darby, Anne GBR



# MASTERS ATHLETICS AUTUMN 2006

2:49.72; 9 Walsh, Shelley GBR 2:53.81; W55: 1 Jensen, Ingerlise V. Den 2:34.10; 2 Hitchmough, Agnes GBR 2:34.81; W60: 1 Gallagher, Patricia GBR 2:47.09; W65: 1 Carlsson, Kristina Swe 3:00.82; W70: 1 Mazzenga, Emma Maria Ita 3:21.35; W75: 1 Seger, Ulla Swe 4:48.65;



David Taylor  
Pic. Sezei Demidov

1500  
M35: 1 Bartoszak, Michal Pol 3:59.97; 2 Barker, Peter GBR 4:01.44; 4 Brannon, Thomas GBR 4:07.80; 6 Moore, John GBR 4:15.94; 9 Hughes, Rodger GBR 4:23.56; 10 Del Nevo, Andrew GBR 4:24.99; 14 Young, Cliff GBR 4:41.27; M40: 1 Taylor, David GBR 4:00.84; 2 Hussain, Bashir GBR 4:06.39; 8 Shields, Hugh GBR 4:22.43; M45: 1 Arendt, Bogdan Pol 4:16.82; 5 Roberts, Dai GBR 4:22.41; 7 Laing, Steve GBR 4:25.48; 11 Holland, Richard GBR 4:31.62; 14 Pickup, Paul GBR 4:43.31; M50: 1 Faucheur, Pierre Fra 4:13.99; 3 Dunlop, Alastair GBR 4:16.71; 11 Jones, Philip GBR 4:36.09 (QR) Pidgeon Frederick 4:44.23; Jenkins Archie 4:46.35; Briggs Robert 4:58.64; Sargent Rob 5:41.16; Dillon Kevin 6:36.64;

M55: 1 Minting, Robert GBR 4:40.19; 7 Short, Keith GBR 4:43.12; 9 Dickinson, Charles GBR 4:49.22; 13 Williams, Paul I GBR 4:57.78 (QR) Bradshaw Arnold 5:15.06; M60: 1 Gronhardt, Ulrich Ger 4:51.67; 6 Smith, Michael GBR 4:55.25; 10 Dixon, Michael GBR 5:16.59; 13 Mullane, Danny GBR 5:29.29 (QR) M65: 1 Mey, Werner Ger 5:00.60; 10 Kimber, Arthur GBR 5:48.43 (5:44.56qr) (QR) Bennett James IRL 5:22.76Q; Lawson George Ingo 6:26.14; M70: 1 Gubenkov, Leonid Rus 5:22.41; 10 Morrison, Henry GBR 6:32.16; M75: 1 Howarth, Derek GBR 6:07.83; 6 Wyer, Thomas GBR 7:15.43; 8 Walsham, Arthur GBR 9:04.21; M80: 1 Torikka, Yrjo Fin 6:40.40; 5 Corish, Nick Ireland 8:13.31; 6 Copping, Norman Frank GBR 8:17.58; M85: Pauwels, Emiel Bel 9:36.31; W35: 1 Pritchett, Bernadine GBR 4:32.94; 4 Aperghis, Susan GBR 4:48.10; W40: 1 Wiciorowska, Zofia Pol 4:41.86; 4 White, Bernadette Ire 5:06.33; 5 Pidgeon, Jane GBR 5:07.43; 7 Spencer, Vicki GBR 5:21.13; 9 Gray, Carol-Ann GBR 5:44.89; W45: 1 Pérez, Aurora ESP 4:46.61; 5 Marr, Lynne GBR 5:35.69; 6 Farmer, Diane GBR 5:41.96; W50: 1 Branney, Sandra GBR 4:57.22; 2 Fudge, Paula GBR 5:03.11; 3 Howe, Joan GBR 5:03.75; 4 Parnell, Carmel Ire 5:07.01; 5 Barrus, Joyce GBR 5:27.16; 7 Halstead, Mary GBR 5:42.98; 8 Darby, Anne GBR 5:44.80; 10 Walsh, Shelley GBR 6:15.43; W55: 1 Jensen, Ingerlise V. Den 5:14.11; 2 Hitchmough, Agnes GBR 5:15.89; W60: 1 Gallagher, Patricia GBR 5:51.81; W65: 1 Bayer, Waltraud Ger 6:09.29; 5 Stracey, Betty GBR 6:47.86; W70: 1 Jones, Pamela GBR 6:54.53; W75: 1 Dalggaard, Doris Den 6:41.15 (World Record);

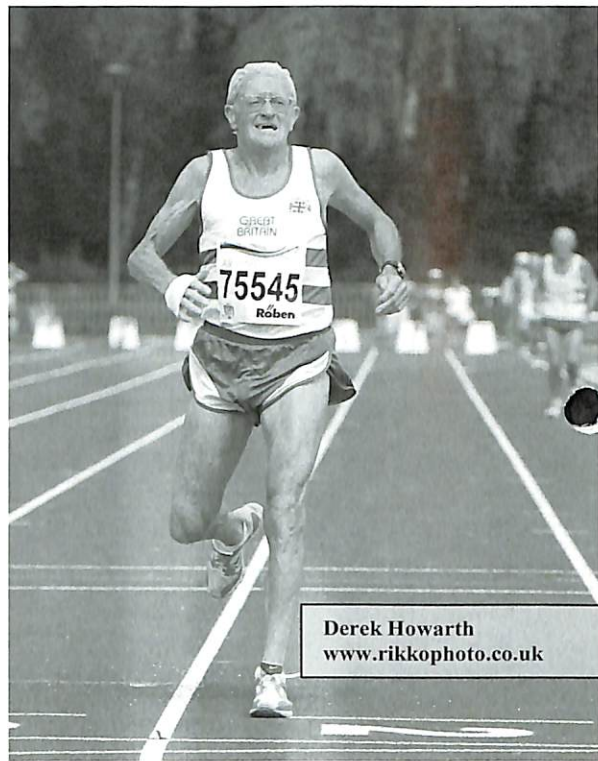
5000:

M35: 1 Klein, Dariusz POL 14:51.79; 5 Barker, Peter GBR 16:01.55; 8 Carrie, David John IRL 16:36.00; M40: 1 Taylor, David GBR 14:42.34; 3 Hussain, Bashir GBR 15:16.55; 5 Parry, Philip GBR 15:43.10; M45: 1 Yudin, Alexey RUS 15:58.57; 5 Boner, Dominick IRL 16:03.89; 6 Roberts, Dai M45 GBR 16:16.51; 9 Wythe, Dickie GBR 16:37.31; 14 Holland, Richard GBR 17:02.14; 15 Darby, David GBR 17:11.56; 16 Forder, Anthony GBR 17:16.78; 18 Oxlade, Colin GBR 17:20.67; 26 Newman, Paul GBR 19:30.92; M50: 1 Molina, Francisco ESP 16:17.21; 26 Sargent, Rob GBR 20:29.35; M55: 1 Diaz Perez, Fernando ESP 16:52.18; 8 Dickinson, Charles GBR 17:38.68; 11 O Shea, Patrick IRL 17:51.50; 16 Williams, Paul I GBR 19:07.34; 20 Rich, Alan GBR 20:22.40; M60: 1 De La Camara, Emilio ESP 17:22.55; 4 Clifford, Sean IRL 19:00.59; M65: 1 Pryszyniuk, Anatoliy UKR 18:25.00; 16 Taylor, John GBR 21:43.12; 23 Lawson, George Ingo GBR 23:40.35; M70: 1 Rosales, Manuel ESP 19:29.17; M75: 1 Howarth, Derek GBR 22:56.92; 6 Franklin, Ron GBR 29:59.49; M80: 1 Agnoli, Sergio Ita 24:15.46; 3 Corish, Nick IRL 32:23.52; W35: 1 Loubele, Nathalie BEL 17:26.80; W40: 1 Luse, Inara LAT 17:58.18; 7 Allen, Sarah GBR 23:05.92; W45: 1 Heilig-Duventaester, GER 17:56.25; 2 Monahan, Sian GBR 18:02.99; 5 Marr, Lynne GBR 21:54.14; W50: 1 Branney, Sandra GBR 18:18.30; 2 Fudge, Paula GBR 19:18.36; 3 Darby, Anne GBR 21:33.50; 5 Halstead, Mary GBR 22:04.97; W55: 1 Egger, Waltraud Ita 20:29.72; 6 Farquhar, Frances GBR 23:04.87; W60: 1 McNelis, Evelyn IRL 22:51.42; 3 Rich, Pauline GBR 22:56.34; 5 Johnson, June GBR 23:31.48; W65: 1 Bayer, Waltraud GER 23:17.93; 4 Stracey, Betty GBR 25:09.68; 5 Cushen, Bridget GBR 26:57.78; 7 Coker, Jeanne GBR 37:55.58; W70: 1 Jones, Pamela GBR 24:54.22;

10000:

M35: 1 Bogazzi, Pietro Ita 33:26.10; 2 Johnston, Ian GBR 33:34.71; M40: 1 Torres, Jose Ramon ESP 31:20.87; 5 McLay, Stuart GBR 33:53.10; M45: 1 Roberts, Dai GBR 34:02.07; 3 Boner, Dominick IRL 34:22.67; 8 Wythe, Dickie GBR 35:51.68; 9 Darby, David GBR 36:03.33;

14 Oxlade, Colin GBR 36:55.46; 19 Newman, Paul GBR 40:26.94; M50: 1 Derkach, Mykola UKR 34:42.95; 15 Sargent, Rob GBR 44:56.45; M55: 1 Cichonczuk, Antoni POL 36:01.95; 4 O Shea, Patrick IRL 37:24.36; 9 Williams, Paul GBR 39:21.52; 11 Rich, Alan GBR 43:09.96; 14 Bradshaw, Arnold GBR 44:03.47; 15 Davidson, Alan GBR 45:02.20; M60: 1 De La Camara, Emilio ESP 36:37.43; 2 Clifford, Sean IRL 40:16; 9 Johnson, William GBR 43:38.73; 12 Mullane, Danny GBR 45:30.28; M65: 1 Lessing, Peter GER 38:20.41; 15 Taylor, John GBR 45:36.46; 23 Lawson, George Ingo GBR 50:32.84; M70: 1 Rosales, Manuel ESP 41:53.18; 11 Robinson, Peter GBR 1:07:27.35;



Derek Howarth  
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M75: 1 Howarth, Derek M75 GBR 50:55.30; 4 Franklin, Ron GBR 1:01:37.12; M80: 1 Agnoli, Sergio Ita 51:10.91; W35: 1 Loubele, Nathalie BEL 37:39.27; W40: 1 Castro, Soledad ESP 38:16.26; W50: 1 Parnell, Carmel IRL 38:29.17; W55: 1 Knapen, Marianne NED 44:59.93; W60: 1 Rost-Brasholz, Gabriele Ger 47:47.25; 2 Rich, Pauline GBR 48:08.53; 4 McNelis, Evelyn IRL 49:04.88; 5 Johnson, June GBR 49:53.70; W65: 1 Hofmann, Renate GER 48:16.46; 4 Stracey, Betty GBR 55:07.87; 5 Cushen, Bridget GBR 57:53.85; W70: 1 Jones, Pamela GBR 54:08.61;

80H:

M70: (-0.3) Bowman, Tony GBR 13.96; M75: (-3.6) Field, Peter GBR 17.18; M80: (-1.4) 1 Albrecht, Horst Ger 17.69; M85: (-21.) 1 Sobrero, Bruno Ita 19.96; W40: (-0.7) 1 Thirtey, Andrea Ger 12.35; 2 Laing, Wendy GBR 12.42; 5 Finegan, Geraldine GBR 12.89; W45: (-0.7) 1 Müller, Christine SUI 11.79; 2 Clarke, Gaye GBR 12.61; 3 Stables, Sally GBR 12.81; 6 Barker, Hazel GBR 13.40; W50: (-2.7) 1 Sanguos, Maria ESP 13.31; W55: (-1.2) 1 Fail, Jean GBR 14.01; W60: (+0.3) 1 Maier, Marianne Aut 14.32; W65: (+0.3) 1 Sauer, Erika Ger 16.40; W70: (+0.3) Larsson, Asta Swe 21.71; W75: (+0.3) Gomeradze, Kaleriya Rus 25.82;

100H:

M50: (+1.0) 1 Kreiner, Herbert AUT 14.18; 5 Kasap, Hasan GBR 15.91 (15.89q 0.7); 8 Pengelly, Clive GBR 16.49 (15.95q 0.7); M55: (+1.0) Wells, Tony GBR 15.47; M60: (-1.9) 1 Geese, Rolf Ger 15.34; 2 Ferguson, Barry GBR 16.19; 7 Luklinski, Bohdan GBR 19.25 (18.97q -2.1); W35: (-4.4) 1 Zamboni, Lara SUI 15.29; 3 Wale, Amanda GBR 16.39; 4 Lampkin, Fiona GBR 19.29;

110H:

M35: (-0.9) 1 Dobrydnev, Volodymyr UKR 15.35; 2 Appiah, Joe GBR 15.68; M40: (-2.1) 1 Garrigues, Marin FRA 14.99; 2 Dunson, Greg GBR 15.03; 3 Wilkinson, Des GBR 15.93; 6 Myles, Gary GBR 16.21 (16.04Q -0.6); M45: (-1.1) 1 Patry, Marc Fra 16.25; 2 Coker, Michael GBR 16.34 (16.25Q 0.3);

300H:

M60: 1 Putkinen, Seppo Fin 45.18; 6 Bush, Frederick GBR 48.44 (QR); Ferguson, Barry 52.80q; M65: 1 Müller, Guido Germany 44.78; M70: 1 Bowman, Tony GBR 50.67 (European Record); M75: 1 Field, Peter GBR 55.81 (European Record); M80: 1 Saavalainen, Pentti Fin 1:06.01; W50: 1 Sanguos, Maria ESP 49.26; 3 Filer, Carole GBR 52.34; W55: 1 Marler, Caroline GBR 53.76; W65: 1 Sauer, Erika Ger 1:01.20; W70: Mjelde, Gerd Nor 1:23.86;



# MASTERS ATHLETICS AUTUMN 2006

## 400H:

M35: 1 Schulze, Andreas GER 54.74; 3 Gill, Andy GBR 57.71; M40: =1 Tilt, Jonathan GBR & Oppe, Andreas Ger 56.83 ;  
 5 Tunstall, Neil GBR 58.23; 8 Hodge, Danny GBR 1:00.43 (1:00.14q) (QR); Dunson Greg 1:01.57;  
 6 Moscrop, Howard GBR 57.82; 3 Coker, Michael GBR 1:00.12; 7 Moody, Charles GBR 1:02.10 (1:01.19Q); M50: 1 Sánchez, Angel ESP 1:00.32; 7 Pengelly, Clive GBR 1:06.54 (1:05.04q) (QR) Moran Patrick IRL 1:19.50; M55: 1 Wells, Tony GBR 1:04.99; 3 Webb, Andrew GBR 1:09.75; 6 Taylor, Earl G BR 1:27.55; W35: 1 Starkova, Svetlana Rus 1:00.43; W40: 1 Finegan, Geraldine GBR 1:07.40; 3 Alstrachen, Angie GBR 1:13.90; W45: 1 Müller, Christine SUI 1:05.06 (1:04.60qr WORLD RECORD); 2 Horder, Jane GBR 1:06.31; 3 Newberry, Susan GBR 1:09.58; 6 Stables, Sally GBR 1:10.89 ;

## 2000SC:

M60: 1 Odegard, Harald Nor 7:03.49; 5 Dixon, Michael GBR 7:59.83; 11 Bush, Frederick GBR 8:45.20; M65: Fus, Jan'Pol 8:01.33; M70: Roste, Aksel Nor 8:47.06; M75: Linde, Guntis Lat 10:45.60; M80: Corish, Nick IRL 14:07.56; W35: 1 Weiss, Annette Ger 7:05.43; 5 Lampkin, Fiona GBR 8:36.63; W40: 1 Wiciorkowska, Zofia POL 7:25.15; 2 Pidgeon, Jane GBR 7:35.66; 4 Finegan, Geraldine GBR 8:00.42; W45: Leonard, Julie SWE 7:43.07; W50: Darby, Anne GBR 8:55.33; W55: Janeckova, Anezka CZE 9:33.08; W60: Roenakova, Miloslava Cze 10:44.55; W65: Madeira C Lobo, Maria Iv POR 14:35.33;

## 3000SC:

M35: 1 Klein, Dariusz Pol 9:05.25; 8 Del Nevo, Andrew GBR 10:56.27; M40: Pelletier, Gilles Fran 9:40.58; M45: 1 Perez Rodriguez, Cesar ESP 9:51.24; 3 Fox, Andrew GBR 10:16.30; 7 Wythe, Dickie GBR 11:03.81; 8 Oxlade, Colin GBR 11:22.63; M50: Brandenburg, Jozef Pol 10:32.12; M55: Kärkkäinen, Heimo M55 Finland 11:27.97;

## MARATHON

M35: Walewski, Przemyslaw POL 2:44.53; M40: 1 Ruess, Georg AUT 2:32.43; 14 Sibley, Neil GBR 3:12.24; M45: 1 Pieczurowski, Slawomir POL 2:42.23; 16 Helmore, Jeffrey GBR 3:22.46; M50: Mika, Tadeusz POL 2:42.24; M55: 1 Radaev, Vladimir RUS 2:41.42; 6 Spragg, Michael GBR 3:12.10; M60: 1 Bergaust, Ole Peter NOR 2:58.40; 7 Clemens, John GBR 3:27.38; M65: 1 Lessing, GER 2:58.01; 9 Taylor, John GBR 3:50.11; M70: Vetsch, Christian SUI 3:29.35; M75: Stadniczuk, Michal POL 4:11.41; M80 Kivioja, Olli FIN 5:27.54; W35: Peter, Imke Ger 3:46.09; W40: Riff, Elisabeth FRA 3:21.24; W45: 1 Krchakova, Alena Cze 3:33.33; 2 Bishop, Fiona GBR 3:45.47; W50: 1 Gadea, Julia ESP 3:15.19; 2 Bent, Angela GBR 3:39.33; W55: Pawlikowski, Elfriede GER 3:38.20; W60: 1 Rost-Brasholz, Gabriele GER 3:45.16; 2 Spong, Carole GBR 3:50.42; W65: Fuchs, Christine GER 3:54.57; W70: Willerts, Elfriede GER 4:38.29;

## 5000W:

W35: 1 Ilyes, Ildiko Hun 25:47.25; W40: 1 Megli, Milena ITA 26:58.54; 6 Gormley, Anne IRL 33:33.60; W45: 1 Luniewska, Janina Pol 27:48.14; 3 Bishop, Fiona GBR 31:41.61; 6 Lozano Rey, Susan GBR 35:03.81; 7 Harris, Elizabeth GBR 35:15.52; W50: 1 Silva Fernandes, Maria A Por 26:22.02; W55: 1 Loyer, Suzanne Fra 28:58.65; W60: 1 Maeder, Heidi SUI 28:59.17; W65: 1 Seiler, Waltraud Ger 30:38.45; 6 Denby, Pat GBR 35:00.16; W70: Champion, Sheila Ireland 42:53.13; W75: Nicolaev, Xenia SCG 43:44.49; W80: Chub, Olena UKR 54:11.64; M35: 1 Bilek, Roman Cze 22:37.69; M40: 1 Barbuzynski, Boguslaw Pol 23:10.84; 8 Bell, Anthony GBR 30:22.32; M45: 1 Major, Ferenc Hun 23:32.57; 5 Murphy, Patrick IRL 25:13.53; 11 Wall, Mark GBR 27:11.23; M50: 1 Ruzzier, Fabio SLO 23:38.17; 9 Dunn, Rodney GBR 27:18.78; 15 Pender, Sean IRL 31:08.52; M55: 1 Schaeffer, Udo GER 25:13.26; 3 Hall, John GBR 25:44.06; 9 Atterbury, Lyn GBR 28:56.44; M60: 1 Degener, Karl GER 26:22.97; 7 McMullin, John IRL 28:52.43; M65: 1 Palmar, Ants EST 28:02.38; 2 Shillabeer, Edmund GBR 28:21.56; M70: 1 Thomson, Arthur GBR 26:34.87; 5 Stevens, David GBR 31:34.21; 12 Livermore, Ken GBR 35:20.81; 13 Horwill, Eric GBR 35:28.41; M75: 1 Fotheringham, Douglas GBR 31:44.59; M80: 1 Herbst, Gerhard Ger 34:35.90; 4 Fitzgerald, Jack GBR 42:58.02;

## 10K ROAD WALK

W35: 1 Hogrell, Ellinor SWE 54:27.00; W40: 1 Megli, Milena ITA 56:26.00; 4 Gormley, Anne IRL 1:10:16.00; W45: 1 Luniewska, Janina Pol 56:46.00; 3 Bishop, Fiona GBR 1:03:48.00; 6 Lozano Rey, Susan GBR 1:11:15.00; 7 Harris, Elizabeth GBR 1:21:00.00; W50: 1 Silva Fernandes, Maria POR 55:34.00; W55: 1 Loyer, Suzanne Fra 59:59.00; W60: 1 Maeder, Heidi SUI 59:06.00; W65: 1 Seiler, Waltraud GER 1:02:29.00; 5 Denby, Pat GBR 1:12:03.00; W70: Fijalkowska, Janina POL 1:10:26.00; W75: Nicolaev, Xenia MDA 1:29:50.00; W45 TEAM Results: Great Britain/Northern Ir 3:36:03.01; W65 TEAM: Germany 3:23:36.01;

## 20K ROAD WALK

M35: 1 Giroud, Thierry SUI 1:46:26.00; M40: 1 Schneider, Michael GER 1:41:20.00; 9 Bell, Anthony GBR 2:17:05.00; M45: 1 Major, Ferenc Hun 1:47:00.00; 5 Murphy, Patrick IRL 1:53:50.00; 7 Wall, Mark GBR 1:58:48.00; M50: 1 Ruzzier, Fabio Slo 1:44:04.00; 16 Pender, Sean IRL 2:20:10.00; M55: 1 Hall, John GBR 1:55:59.00; 7 Kates, David GBR 2:05:28.00; M60: 1 Degener, Karl GER 1:59:01.00; 7 King, Anthony IRL 2:10:00.00; 13 McMullin, John IRL 2:17:52.00; 15 Jones, Glyn GBR 2:19:56.00; M65: 1 Palmar, Ants EST 2:02:55.00; 2 Shillabeer, Edmund GBR 2:03:15.00; M70: 1 Thomson, Arthur GBR 1:56:44.00 (WORLD RECORD); 5 Payn, John GBR 2:24:59.00; 8 Horwill, Eric GBR 2:39:32.00; 9 Livermore, Ken GBR 2:40:41.00; M75: 1 Rutyna, Mieczyslaw POL 2:26:57.00; M80: 1 Vahlberg, Nils FIN 3:10:06.01; 2 Fitzgerald, Jack GBR 3:18:43.01; M70 TEAM: GBR 7:01:15.01;

## 4x100:

M35: 1 Germany 44.16; 2 GBR 45.41 ( Appiah, Osunsami, Wilkinson, MacGee ); M40: GBR 44.65 ( King, Powell, Kemp, Noel ); M45: GBR 46.63 ( Cameron, Scott, Logan, Knowles ); M50: GBR 46.21 ( Franklyn, Peters, Walcott, Oliver ); M55: 1 Italy 48.49; 2 GBR 50.52 ( Wells, Short, Hendrie, Minting ); M60: 1 Germany 52.60; 2 GBR 54.37 ( Ferguson, Eland, Isetts, Bush ); M65: 1 Germany 52.32; 5 GBR 1:00.88 ( Field, Peter, Scott, Kimber, Howe ); M70: 1 Germany 55.52; 3 GBR 1:00.50 ( Bowman, Field Colin, Day, Seymour ); M75: Germany 58.28; M80: Italy 1:08.03; W35: 1 Russia 51.81; 3 GBR 53.90 ( Wale, Aperghis, Timmis, Hardcastle ); W40: 1 France 49.67; 3 GBR 53.20 ( Finegan, Laing, Alstrachen, Clarke ); W45: 1 Germany 52.45; 2 GBR 52.59 ( Kelly, Hopkins, Horder, Dunn ); W50: 1 Germany 57.12; 4 GBR 1:03.13 ( Roe, Nelson, Darby, Saunders-Mullins, Joylyn ); W55: GBR 57.41 ( Fail, Parsons, Priestman, Bonner )

## 4x400:

M35: 1 Germany 3:25.91 (EUROPEAN RECORD); 4 GBR 3:35.34 ( Osunsami, Appiah, MacGee, Williams ); M40: 1 GBR 3:29.38 ( Kemp, Headley, Tilt, Noel, Anthony ); M45: 1 GBR 3:38.88 ( Scott, Coker, Knowles, Bentham ); M50: 1 GBR 3:43.13 ( Franklyn, Walcott, Broadhurst, Peters ); M55: GBR 3:56.11 ( Wells, Hendrie, Short, Minting ); M60: 1 Germany 4:15.73; 3 GBR

4:22.66 ( Isetts, Smith, Eland, Bush ); M65: 1 Germany 4:26.39 (WORLD RECORD); 4 GBR 5:35.22 ( Howarth, Wyer, Scott, Kimber ); M70: 1 Germany 4:31.07; 3 GBR 5:46.18 ( Field Colin, Seymour, Field, Peter, Bowman ); M75: Germany 5:01.51 (WORLD RECORD); M80: Finland 6:27.78; W35: 1 Russia 4:04.63; 2 Germany 4:07.84; 3 GBR 4:20.56 ( Aperghis, Wale, Stables, Kelly ); W40: 1 France 4:09.75; 2 GBR 4:10.58 ( Finegan, Laing, Alstrachen, Edwards ); W45: 1 Germany 4:08.51 (EUROPEAN RECORD); 2 GBR 4:10.02 ( Saunders-Mullins, Dunn, Hopkins, Horder ); W50: 1 Sweden 4:37.17; W55: GBR 4:45.41 (EUROPEAN RECORD) ( Priestman, Hitchmough, Bonner, Marler ); W60: Germany 5:28.70; W65: 1 Germany 5:49.41; 2 GBR 6:26.60 ( Fraser, Osborne, Cushen, Stracey );

## HIGH JUMP

M35: 1 Buzek, Michal CZE 1.92m; 3 Appiah, Joe GBR 1.80m; M40: 1 Malinowski, Peter GER 1.85m; M45: 1 Vörös, András HUN 1.85m; M50: 1 Lorenc, Jaroslav CZE 1.75m; 10 Blunt, David GBR 1.50m; M55: 1 Huijbers, Jan NED 1.81m; M60: 1 Vivod, Branco Franc SLO 1.59m; 8 Luklinski, Bohdan GBR 1.44m; M65: 1 Särndal, Carl-Erik SWE 1.57m; M70: 1 Tosnar, Pavel Cze 1.39m; : M75: =1 Nevrup, Nils-Bertil Swe -Andrees, Hermann AUT & Kietavainen, Raimo FIN 1.27m ; M80: 1 Dobriban, Geza Hun 1.24m; M85: 1 Zensch, Emmerich AUT 1.21m; M90: Langer, Klaus Ger 1.06m (European Record) ; W35: 1 Semashko, Elena Rus 1.65m; W40: 1 Laing, Wendy GBR 1.60m; 7 Finegan, Geraldine GBR 1.40m; W45: 1 Kielan, Ursula POL 1.55m; 4 Barker, Hazel GBR 1.45m; W50: 1 Karg, Carmen GER 1.45m; 4 Garvey, Pam GBR 1.35m; W55: 1 Marler, Caroline GBR 1.35m; W60: 1 Maier, Marianne AUT 1.32m ; W65: 1 Stelling, Ursula GER 1.37m (World Record) ; W70: Junge, Ingrid GER 1.09m; W75: 1 Happ, Christa GER 1.12m; W80: Strüven, Margarete GER 0.91m;

## POLE VAULT

M35: 1 Beda, Gianfranco Ita 4.60m; M40: 1 Hernandez, Francisco ESP 4.60m; 4 Waterhouse, Richard GBR 3.00m; M45: 1 Achtelik, Alfred Ger 4.50m; 4 Leiper, Allan GBR 4.00m; 10 Martin, Wayne GBR 2.80m; M50: 1 Ritte, Wolfgang Ger 4.40m; 4 Blunt, David GBR 3.40m; M55: 1 Iwinski, Pawel Pol 3.80m; M60: 1 Markowski, Bogdan Ger 3.70m ; =6 Bradley, John GBR 3.00m; M65: 1 Pirinen, Jorma Fin 3.00m; 5 Howe, John GBR 2.90m; M70: 1 Wennblom, Lars Swe 3.00m; 3 Day, Jim GBR 2.40m; M75: 1 Lund, Ake Fin 2.40m; M80: 1 Saavalainen, Pentti Fin 2.15m; M85: 1 Zensch, Emmerich AUT 2.00m; W35: 1 Ziemann, Christina Ger 3.30m; W40: 1 Ailus, Sari Fin 3.00m; W45: 1 Forceellini, Carla Ita 3.20m; W50: 1 Yeomans, Sue GBR 2.70m; W55: 1 Funke, Karin GER 2.40m; W60: 1 Nix, Diethild Ger 2.35m; W65: Fael, Inkeri Fin 2.20m (EUROPEAN RECORD); W70: 1 McLennan, Dorothy Ire 1.90m (European Record); 2 Champion, Sheila Ire 1.40m;

## LONG JUMP

M35: 1 Les Lacosta, Xabier ESP 6.80m / 1.5; 3 Appiah, Joe GBR 6.66m / 1.7; 4 Munroe, John GBR 6.59m / 0.2; M40: 1 Broothaerts, Laurent BEL 6.51m / -1.6; 9 Kondo, Masakatsu GBR 6.08m / 1.0; M45: 1 Gavenciak, Igor SVK 6.50m / 0.7; 14 Batts, Charlie GBR 5.15m; M50: 1 Wade, Trevor GBR 5.99m / -0.3; M55: 1 Paez Vera, Jorge ESP 6.04m / 0.7; M60: 1 Taavitsainen, Tapani SUI 5.62m / 0.8; 13 Parish, James GBR 3.82m / 1.9; M65: 1 Beckering, Hermann GER 5.12m / -1.2; M70: 1 Fischer, Lothar GER 4.90m 2.5; M75: 1 Reuter, Wolfgang GER 4.60m / -1.7; M80: 1 Dobriban, Geza HUN 3.64m / -0.5; M85: 1 Skrivervik, Gudmund NOR 3.77m / 1.6 ( World Record ); M90: Langer, Klaus GER 2.60m / 2.0 ; W35: 1 Mann, Kriemhild GER 5.99m / 2.0; W40: 1 Biskup, Marianna POL 5.50m / 0.2; 3 Laing, Wendy GBR 5.08m / +0.0; W45: 1 Vives, Loles ESP 5.32m / 0.8; 7 Nicholson, Linda GBR 4.66m / 3.9; 8 Clarke, Gaye GBR 4.65m / 1.5; 9 Timmis, Denise GBR 4.60m / 0.4; 13 Hardcastle, Janice GBR 4.28m / 1.3; W50: 1 Filer, Carole GBR 4.99m / 2.3; W55: 1 Wlodarczyk, Anna POL 4.83m / 1.8; W60: 1 Graff, Edith BEL 4.31m / 0.8; W65: 1 Sauer, Erika GER 3.71m / -0.3; W70: 1 Stancheva, Rozka BUL 3.34m / +0.0; W75: 1 Kreiskott, Rosemarie Ger 3.17m / 0.9 ; W80: 1 Strüven, Margarete Ger 2.08m / 0.3; W85: Wixey, Mary GBR 1.61m / -0.1;

## TRIPLE JUMP

M35: 1 Tkachenko, Yevgen Ukr 14.28m / 0.1; M40: 1 Briscan, Andre Fra 14.33m / 1.4; 4 McDonald, Michael IRL 13.61m / 1.7; M45: 1 Chmielewski, Stanislaw Pol 13.68m / 0.4; 2 Cameron, Rez GBR 13.61m / 2.2; M50: 1 Werthner, Georg AUT 13.05m / 1.6; M55: 1 Vitols, Arvids Lat 12.55m / 2.1; M60: 1 Taavitsainen, Tapani SUI 12.09m / 1.4; M65: 1 Roitman, Vladimir Rus 10.75m / 1.7; M70: 1 Fischer, Lothar Ger 10.01m / -1.3; M75: 1 Stoppel, Albert Aut 8.42m / 2.9; M80: 1 Buyukdogan, Hasan Tahsin Tur 8.08m / -1.7; 5 Gallagher, Hugh IRL 4.27m / -1.7; M85: 1 Lehtimäki, Aate Fin 6.84m / -2.5; W35: 1 Imme, Dagmar Ger 11.04m / 1.0; 3 Lampkin, Fiona GBR 9.35m / 0.8; W40: 1 Krepkina, Valentyna Ukr 11.66m / -0.9; W45: 1 Hedeager, Susanne Den 10.57m / 0.4; 3 Clarke, Gaye GBR 9.27m / 0.1; W50: 1 Friedrich, Christina Ger 9.83m / 0.4;



## MASTERS ATHLETICS AUTUMN 2006

**W55:** 1 Włodarczyk, Anna POL 10.18m / -0.2 (European Record);  
**3 Marler, Caroline** GBR 8.98m / -0.6; **7 Harrison, Linda** GBR 5.80m / -0.8; **W60:** 1 Graff, Edith BEL 9.00m / 0.1; **4 Oakes, Patricia** GBR 7.91m / 0.3; **W70:** 1 Larsson, Asta SWE 6.80m / 0.4; **W75:** Gomberadze, Kaleriya RUS 5.69m / 0.4; **W85:** Wixey, Mary GBR 3.16m / +0.0;

### SHOT

**M35:** 1 Fanartiz, Impraim GRE 16.20m; **M40:** 1 Stolarczyk, Marek POL 15.20m; **2 Nicholls, John** GBR 15.05m; **M45:** 1 Szpak, Mieczysław POL 14.72m; **M50:** 1 Leskoviński, Marian SVK 15.05m; **17 Bale, Michael** GBR 9.28m; **18 Saunders-Mullins, Tim** GBR 9.26m; **M55:** 1 Sarv, Raimo EST 14.49m; **21 Bramford, Philip** GBR 9.89m; **M60:** 1 Knuell, Wolfgang GER 14.60m; **11 Virgo, Peter** GBR 11.32m; **M65:** 1 Hamel, Wolfgang GER 13.92m; **M70:** 1 Speckens, Peter GER 14.23m; **M75:** 1 Saarinen, Leo FIN 12.41m; **5 Hanus, Jaroslav** GBR 9.41m; **M80:** 1 Eriksson, Erik FIN 12.21 (European Record); **M85:** 1 Darrot, Pierre FRA 10.34m; **M90:** Langer, Klaus GER 7.77 (European Record); **M95:** Proksch, Alfred AUT 4.29 (European Record); **W35:** 1 Szczepaniak, Dorota POL 13.63m; **W40:** 1 Morkuniene, Valda LTU 12.67m; **4 George, Alison** GBR 10.28m; **W45:** 1 Vahter Lea EST 11.90m; **6 Cameron, Claire** GBR 9.86m; **9 Dunsford, Wendy** GBR 8.53m; **W50:** 1 Schenkels, Tine NED 12.98; **W55:** 1 Melnikova, Svetlana RUS 12.93; **W60:** 1 Putiniene, Jadvyga LTU 11.37m; **W65:** 1 Williams, Evaun GBR 11.53 (British Record); **W70:** 1 Dwenger, Elisabeth GER 8.64m; **W75:** 1 Hanssens, Rachel BEL 7.72m; **W80:** 1 Pleuger, Ilse GER 6.27m; **W85:** Smildzina, Katrina LAT 5.48m;

### DISCUS

**M35:** 1 Pawelski, Grzegorz POL 46.87m; **M40:** 1 Stolarczyk, Marek POL 52.70m; **8 Burrell, David** GBR 34.76m; **M45:** 1 Szpak, Mieczysław POL 48.99m; **5 Earle, Robert** GBR 42.71m; **M50:** 1 Valent, Gejza CZE 52.56m; **16 Bale, Michael** GBR 27.11; **18 Saunders-Mullins, Tim** GBR 21.01m; **M55:** 1 Wagner, Alwin GER 50.01m; **23 Bramford, Philip** GBR 32.25m; **M60:** 1 Uhlik, Frantisek CZE 48.87m; **19 Leak, Geoffrey** GBR 36.80; **22 Luklinski, Bohdan** GBR 34.05m; **24 Virgo, Peter** GBR 33.76m; **M65:** 1 Strzelinski, Zbigniew POL 49.92m; **M70:** 1 Speckens, Peter GER 44.42m; **M75:** 1 Brandt, Heinz GER 37.40m; **11 Hanus, Jaroslav** GBR 23.08m; **M80:** 1 Duholm, Helmut DEN 30.99m; **M85:** 1 Joppila, Kauro FIN 31.45 (European Record); **M90:** 1 Langer, Klaus GER 16.68m; **M95:** Proksch, Alfred AUT 9.76 (European Record); **W35:** 1 Margry, Sylvie FRA 46.05m; **W40:** 1 Kivistö, Jaana FIN 40.32m; **W45:** 1 Vahter, Lea EST 41.03m; **3 Cameron, Claire** GBR 36.31m; **9 Dunsford, Wendy** GBR 23.76m; **W50:** 1 Schenkels, Tine NED 37.68m; **W55:** 1 Melnikova, Svetlana RUS 34.10m; **W60:** 1 Brasser, Jolande NED 30.54m; **15 Stanley, Patricia** GBR 13.80m; **W65:** 1 Danilova, Tamara RUS 36.07m; **2 Williams, Evaun** GBR 32.51m; **9 Derrien, Carole** GBR 20.06m; **W70:** 1 Wissinger, Susanne GER 27.72m; **W75:** 1 Hanssens, Rachel BEL 18.14m; **W80:** 1 Kutti, Nora EST 16.68m; **W85:** 1 Smildzina, Katrina LAT 11.20m; **2 Wixey, Mary** GBR 8.49m;

### HAMMER

**M35:** 1 Reibel, Bernard FRA 61.75m; **6 Nicholls, Mark** GBR 23.74m; **M40:** 1 Tsvetkov, Alexey RUS 51.29m; **6 Burrell, David** GBR 44.25m; **M45:** 1 Earle, Robert GBR 53.23m; **8 Payne, Russell** GBR 47.10m; **M50:** 1 Maganas, Vasilios GRE 58.75m; **13 Bale, Michael** GBR 36.39m; **M55:** 1 Piaczkowski, Andrzej POL 55.33m; **2 Black, Christopher** GBR 54.14 (British Record); **M60:** 1 Krzesinski, Ryszard POL 52.49m; **8 Leak, Geoffrey** GBR 37.60m; **M65:** 1 Waltercrantz, Eugen SWE 50.11m; **4 Seddon, Peter** GBR 42.53m; **M70:** 1 Magnusson, Jon H. ISL 45.25m; **M75:** 1 Lytyynen, Mykhaylo UKR 44.31m; **7 Hanus, Jaroslav** GBR 32.44m; **M80:** 1 Duholm, Helmut DEN 32.44m; **6 Gallagher, Hugh** IRL 18.51m; **M85:** 1 Krawczyk, Jerzy POL 28.77m (World Record); **M90:** Nielsen, Ahlmann DEN 19.33m (European Record); **W35:** 1 De Wolf, Kathleen BEL 44.03m; **W40:** 1 Chirol, Claudine FRA 51.88m; **6 Smith, Janet** GBR 44.91m; **W45:** 1 Duss, Margrith SUI 50.37m; **5 Cameron, Claire** GBR 31.98m; **9 Russell, Brenda** GBR 27.67m; **10 Dunsford, Wendy** GBR 27.35m; **W50:** 1 Neumann, Jutta GER 38.80m; **8 Piercy, Jennifer** GBR 23.31m; **W55:** 1 Bellanger, Annie FRA 48.13m (European Record); **6 Alexander, Rosemarie** GBR 34.10m; **W60:** 1 Mellmann, Gudrun GER 38.57m; **10 Stanley, Patricia** GBR 15.30m; **W65:** 1 Erikson, Helvi EST 37.50m; **2 Williams, Evaun** GBR 36.53m; **5 Derrien, Carole** GBR 25.19m; **8 Miles, Yvonne** GBR 20.51m; **W70:** 1 Haede, Agnes GER 23.00m; **W75:** 1 Neubert, Marianne GER 22.72m; **W80:** 1 Foerster, Ursula GER 17.78m; **W85:** Smildzina, Katrina LAT 13.82m;

### JAVELIN

**M35:** 1 Landmesser, Patrick CZE 64.74m; **M40:** 1 Florek, Pavol SVK 65.36m; **M45:** 1 Havras, Serhiy UKR 61.92m; **M50:** 1 Schaffarz, Josef GER 59.68m; **16 Bale, Michael** GBR 23.56m; **M55:** 1 Drab, Frantisek CZE 54.39m; **11 Bramford, Philip** GBR 36.94m; **M60:** 1 Bykov, Alexander RUS 50.21m; **4 Hazlewood, Michael** GBR 45.52m; **M65:** 1 Sakow, Aleksander POL 50.23m; **16 Taylor, John** GBR 16.05m; **M70:** 1 Hoffmann, Manfred GER 45.53m; **M75:** 1 Will, Heiner GER 37.82m; **M80:** 1 Javanainen, Veikko FIN 34.79m; **M85:** 1 Skrivervik, Gudmund NOR 29.57m; **M90:** 1 Langer, Klaus GER 23.51 (World Record); **M95:** Proksch, Alfred AUT 5.87 (European Record); **W35:** 1 Mariezkurrena, Idoia ESP 43.97m; **W40:** 1 Patla, Genowefa POL 52.45m; **W45:** 1 Petö, Zsuzsanna AUT 34.39m; **W50:** 1 Jensen, Anne Kirstine DEN 36.53m; **2 Dobson, Gillian** GBR 31.25m; **W55:** 1 Klimesova, Jarmila CZE 34.47m; **W60:** 1 Putiniene, Jadvyga LIT 33.64m; **W65:** 1 Williams, Evaun GBR 38.07 (World Record); **W70:** 1 Kalediene, Birute LIT 30.54 (World Record); **W75:** 1 Hanssens, Rachel BEL 23.84 (World Record); **W80:** Kutti, Nora EST 15.58m; **W85:** 1 Smildzina, Katrina LAT 12.58m; **2 Wixey, Mary** GBR 8.03 (British Record);

### WEIGHT

**M35:** 1 Gleixner, Martin GER 15.87m; **M40:** 1 Tsvetkov, Alexey RUS 15.27m; **3 Burrell, David** GBR 14.13m; **M45:** 1 Earle, Robert GBR 17.00 (British Record); **M50:** 1 Maganas, Vasilios GRE 20.83m; **10 Bale, Michael** GBR 10.93m; **11 Saunders-Mullins, Tim** GBR 10.43m; **M55:** 1 Busterud, Arild NOR 20.63m; **M60:** 1 Krzesinski, Ryszard POL 20.01m; **7 Leak, Geoffrey** GBR 14.76m; **M65:** 1 Röcken, Hans GER 18.72m; **6 Seddon, Peter** GBR 16.66 (British Record); **M70:** 1 Magnusson, Jon H. Iceland 18.14m; **M75:** 1 Rzehak, Richard GER 17.53 (World Record); **9 Hanus, Jaroslav** GBR 10.65m; **M80:** 1 Eriksson, Erik FIN 14.40m; **M85:** 1 Krawczyk, Jerzy POL 10.97m; **M90:** Nielsen, Ahlmann DEN 9.16m; **W35:** 1 Sapienza, Santa ITA 13.19m; **W40:** 1 Hodel, Cornelia SUI 15.63m; **3 Smith, Janet** GBR 14.40 (British Record); **6 George, Alison** GBR 9.88m; **W45:** 1 Duss, Margrith SUI 15.65m; **7 Dunsford, Wendy** GBR 7.87m; **W50:** 1 Soerensen, Lone DEN 13.16m; **W55:** 1 Van Anholt, Annie NED 14.40m; **5 Alexander, Rosemarie** GBR 10.65m;

**W60:** 1 Del Giudice, Brunella ITA 14.41m; **W65:** 1 Williams, Evaun GBR 15.15m; **5 Derrien, Carole** GBR 9.62m; **W70:** 1 Kovalenskaya, Galina RUS 10.17m; **W75:** 1 Neubert, Marianne GER 9.25m; **W80:** 1 Lehtovuori, Anna-Liisa FIN 7.40m;

### HEPTATHLON

**W35:** 1 Einfeld, Sandra GER (18.09-1.51m-8.72m-31.73-4.15m-35.04m-2:51.93) 3461; **3 Van Deelen, Jenniffe** GBR (21.90-1.27m-7.09m-30.60-3.70m-20.35m-DNF) 1996; **W40:** 1 Laing, Wendy GBR (12.44-1.63m-10.02m-27.58-4.80m-31.48m-2:32.97) 5348; **2 Finegan, Geraldine** GBR (12.74-1.51m-10.47m-28.40-4.62m-29.63m-2:27.57) 5085; **W45:** 1 Petö, Zsuzsanna AUT 5383; **W50:** 1 Hiltcher, Ulrike GER 4489; **W55:** 1 Marler, Caroline GBR (14.98, 1.36m, 9.26m, 30.72, 4.12m, 28.00m, 2:43.35) 5912 (British Record); **W60:** 1 Wladika, Jacqueline AUT 4755; **W65:** Aleksyeyeva, Lyusya UKR 3002; **W70:** McLennan, Dorothy IRL 3554;

### DECATHLON

**M35:** Mattle, Herbert SUI 6596; **M40:** Dahms, Reinhard GER 7341; **M45:** 1 Mathieu, Stephan GER 6782; **2 Leiper, Allan** GBR (12.36, 5.57m, 10.42m, 1.65m, 56.85, 18.07, 23.37m, 4.00m, 40.28m 5:20.32); **6616;** **3 Mayor, John** GBR (12.37, 5.82m, 9.42m, 1.71m, 55.33, 16.77, 26.16m, 2.70m, 34.18m, 5:09.94) 6458; **14 McAvoy, Raymond** GBR (13.83, 4.59m, 7.81m, 1.23m, 1:04.59, 21.76, 26.87m, 2.00m, 33.00m, 5:58.02) 4074; **M50:** 1 Werthner, Georg AUT 7736 (EUROPEAN RECORD); **3 Ashford, Raymond** GBR (13.38, 5.26m, 8.48m, 1.56m, 59.41, 18.29, 24.21m, 2.70m, 37.24m, 4:54.21); **6085;** **M60:** Mattle, Herbert SUI 6596; **M65:** Dahms, Reinhard GER 7341; **M70:** Wennblom, Lars SWE 7811; **M75:** 1 Kietavainen, Raimo FIN 6511; **M80:** 1 Reidinger, Walter AUT 4995

### WEIGHT PENTATHLON

**M35:** 1 Pawelski, Grzegorz POL 3340; **2 McKenzie, Edward** GBR (28.77m, 9.90m, 30.14m, 40.22m, 9.57m) 2190; **M40:** 1 Whyte, Steve GBR (56.89m, 14.21m, 44.30m, 41.81m, 16.74m) 3855; **M45:** 1 Jensen, Tom DEN 3781; **10 Seddon, John** GBR (34.36m, 8.84m, 20.51m, 35.03m, 9.40m) 2295; **M50:** 1 Maganas, Vasilios GRE 4129; **2 Small, Michael** (48.22m, 14.16m, 47.05m, 43.29m, 17.15m) 4090; **12 Howell, Clive** GBR (36.79m, 9.51m, 24.62m, 25.54m, 13.94m) 2560; **3 Bale, Michael** GBR (33.17m, 9.04m, 30.81m, 22.48m, 12.54m) 2433; **8 Saunders-Mullins, Tim** (25.93m, 9.02m, 18.82m, 26.54m, 9.72m) 1962; **M55:** Busterud, Arild NOR 4855 (World Record); **M60:** 1 Novotny, Vladimir CZE 4451; **3 Hazlewood, Michael** GBR (40.67m, 12.41m, 42.83m, 44.38m, 15.85m) 4196; **14 Luklinski, Bohdan** (31.24m, 10.16m, 35.54m, 30.35m, 12.01m) 3074; **M65:** Arvidsson, Kenneth SWE 4602; **M70:** Cerniauskas, Antanas LIT 4773 (EUROPEAN RECORD); **M75:** 1 Rzehak, Richard GER 4766; **7 Hanus, Jaroslav** (33.00m, 9.07m, 30.81m, 18.25m, 10.14m) 3576; **M80:** 1 Eriksson, Erik FIN 4320; **6 Gallagher, Hugh** IRL 2435; **M85:** Frech, Philipp GER 3759; **W35:** 1 Lachat, Daniela SUI 3272; **W40:** 1 Van Dijk, Ingrid NED 4126; **W45:** 1 Engelhardt, Ulrike GER 4408; **3 Cameron, Claire** GBR (32.26m, 10.01m, 36.89m, 17.25m, 9.68m) 3503; **9 Dunsford, Wendy** GBR (26.00m, 8.25m, 22.45m, 13.28m, 7.53m) 2510; **10 Russell, Brenda** (28.35m, 6.32m, 21.74, 14.02m, 7.77m) 2447; **W50:** 1 Jensen, Anne Kirstine 3968; **5 Dobson, Gillian** GBR (19.65m, 9.22m, 24.58m, 32.06m, 8.18m) 2833; **W55:** 1 Faldager, Inge DEN 4393; **12 Harrison, Linda** GBR (21.93m, 5.27m, 11.15m, 13.65m, 7.88m) 1947; **W60:** 1 Boker, Hella GER 4420; **10 Stanley, Patricia** GBR (13.68m, 5.50m, 13.40m, 8.56m, 6.85m) 1690; **W65:** 1 Williams, Evaun GBR (36.49m, 10.69m, 30.58m, 35.74m, 14.03m) 5727 (World Record); **7 Derrien, Carole** GBR (24.53m, 6.46m, 19.80m, 13.92m, 8.40m) 3029; **W70:** Wissinger, Susanne GER 4671; **W75:** Hanssens, Rachel BEL 4339; **W80:** Kutti, Nora EST 3594

### PENTATHLON

**M35:** Schulze, Andreas GER 3080; **M40:** Leskelä, Mauno FIN 3331; **M45:** 1 Türk-Noack, Uwe GER 3675; **13 Martin, Wayne** GBR (4.19m, 31.33m, 29.49, 27.90m, DNF) 1736; **M50:** Werthner, Georg AUT 4012; **7 Taylor, Earl** (4.29m, 29.02m, 30.08, 26.94m, 6:13.70) 2572; **M60:** Lehmann, Lothar GER 3550; **M65:** Poutiainen, Kyösti FIN 3730; **M70:** Trondset, Tor SWE 3664; **M75:** 1 Urrutia, Alfredo ESP 2989; **4 Wyer, Thomas** GBR (2.52m, 16.92m, 39.91, 20.76m, 7:29.01) 2175; **M80:** Porep, Karl GER 3272; **M85:** Magnusson, Axel SWE 2697; **M90:** Nielsen, Ahlmann DEN 2537; **W35:** 1 Einfeld, Sandra GER 3461; **2 Garde, Diana** GER 3169; **3 Van Deelen, Jennifer** GBR (21.90, 1.27m, 7.09m, 30.60, 3.70m, 20.35m, DNF) 1996; **W40:** 1 Laing, Wendy GBR (12.44, 1.63m, 10.02m, 27.58, 4.80m, 31.48m, 2:32.97) 5348; **2 Finegan, Geraldine** GBR (12.74, 1.51m, 10.47m, 28.40, 4.62m, 29.63m, 2:27.57) 5085; **W45:** Petö, Zsuzsanna AUT 5383; **W50:** Hiltcher, Ulrike GER 4489; **W55:** Kokkonen, Terhi FIN 3969; **W60:** 1 Maier, Marianne AUT 4618; **4 Oakes, Patricia** GBR (18.20, 1.09m, 7.33m, 3.52m, 4:35.04) 2633; **W65:** Tomilova, Nelli RUS 3090; **W70:** Mjelde, Gerd NOR 3119;



## MASTERS ATHLETICS AUTUMN 2006

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**SHOULD ADDRESSES LISTED ABOVE BE INCORRECT PLEASE CONTACT THE EDITOR.**



## MASTERS ATHLETICS AUTUMN 2006

DATE	EVENT	VENUE	DETAILS
1 <sup>st</sup> October	BMAF 10 miles ( with NVAC Lytham-st-Annes )	Lytham-st-Annes	Advert in this issue
	SWVAC (Burnham HM)	Burnham-on-Sea,Somerset	1100
	SWVAC (Newquay 10k)	Newquay,Cornwall	1100
	SVHC Half Marathon	Clydebank	1200
12 <sup>th</sup> October	IOMMAC Autumn Handicap 6 mile run & walk	IOM	Mike Gellion 01624 834822
15 <sup>th</sup> October	SVHC 10k Track Championships	Coatbridge	1pm followed by AGM
	SWVAC ( North Devon 10k )	South Molton,North Devon.	1115
22 <sup>nd</sup> October	BMAF Marathon ( with Abingdon Marathon )	Abingdon	
5 <sup>th</sup> November	Syd Quirk HM Run & walk	IOM	Mike Gellion 01624 834822
18 <sup>th</sup> Novemeber	British & Irish International XC	Callendar Park, Falkirk	
26 <sup>th</sup> November	SWVAC ( Downton HM )	Salisbury,Wilts	1000
10 <sup>th</sup> December	SVHC "Christmas Handicap"	Lochinch, Glasgow.	See newsletter.
10 <sup>th</sup> December	MMAC Christmas XC Handicap	Solihull	
17 <sup>th</sup> December	SCVAC Cross Country Championships	Reigate Priory	Robert Murkin 01737 225788 murkinrg@hotmail.com
<b>2007</b>			
7 <sup>th</sup> January	SWVAC Grand Prix ( First Chance 10k)	Exeter,Devon	1030h
21 <sup>st</sup> January	MMAC XC	Birchfield	
28 <sup>th</sup> January	SWVAC Grand Prix (Braunton 10m)	North Devon	1100h
	BMAF Indoor Pentathlon	Lee Valley, Enfield	With Open events
4 <sup>th</sup> February	MMAC 5mile Road Handicap	Kingshurst	
	SWVAC 5m Championship ( Great West Fulford)	Exmouth,Devon.	1100h
18 <sup>th</sup> February	SCVAC Indoor Championships	Sutton Arena	
4 <sup>th</sup> March	SWVAC Grand Prix (Gloucester 20m)	Frampton-on-Severn	1000h
3-4 <sup>th</sup> March	BMAF Indoor Championships	Lee Valley,Enfield	Plus outdoor throws.
11 <sup>th</sup> March	SWVAC Grand Prix (Rotary Calne 10k)	Wiltshire.	1100h
18 <sup>th</sup> March	SWVAC Grand Prix (Nationwide HM)	Bath,Somerset.	1100h
22-25 <sup>th</sup> March	European Indoor Championships	Helsinki	
25 <sup>th</sup> March	SWVAC Grand Prix (Great West 10M)	Teignbridge,Devon.	1030h
1 <sup>st</sup> April	SWVAC Grand Prix (Fitness First HM)	Bournemouth, Dorset.	1000h
8 <sup>th</sup> April	SWVAC Championship ( Pewsey Vale 10k)	Wiltshire.	1030h.
22 <sup>nd</sup> April	SVHC Marathon	Lochaber	See newsletter
29 <sup>th</sup> April	MMAC Road Relay and A.G.M.	Sutton Park	tbc
6 <sup>th</sup> May	SWVAC Championship (Tewkesbury HM)	Gloucestershire	0930h
12 <sup>th</sup> May	BMAF Road Relays	Sutton Park	
17-20 <sup>th</sup> May	European Non Stadium Championships	Regensburg, Germany	
26 <sup>th</sup> May	SWVAC Championship (Bath Hilly 10 -miles)	Bath,Somerset.	1100h.
3 <sup>rd</sup> June	SWVAC Championship (Poole Festival 5k)	Poole,Dorset.	1200h
	SCVAC Track & Field Championships	Julie Rose Stadium, Ahford	
10 <sup>th</sup> June	MMAC Track & Field Championships	Solihull	See mvac.org.uk
17 <sup>th</sup> June	SWVAC Grand Prix ( Blandford Bridge 10k)	Blandford,Dorset	1030h
	SWVAC TRACK & FIELD CHAMPIONSHIP	Exeter Arena, Devon.	1030h.
24 <sup>th</sup> June	SWVAC Grand Prix (Warminster Forest 10M)	Wiltshire.	1030h
26 <sup>th</sup> August	SWVAC Grand Prix (B.O.S. 10k)	Langport,Somerset.	1100h.
4 <sup>th</sup> -15 <sup>th</sup> Sept	World Masters Athletics Championships	Riccione, Italy.	
9 <sup>th</sup> September	SWVAC Grand Prix (Bideford 10M)	Devon	1100h
16 <sup>th</sup> September	SWVAC Championships (New Forest Marathon)	New Milton, Hants.	1130h
7 <sup>th</sup> October	SWVAC Grand Prix (Brixham 10k)	Devon	1100h.
10 <sup>th</sup> November	SWVAC Grand Prix (Cheddar HM)	Somerset.	1100h
17 <sup>th</sup> November	British & Irish International XC	Stormont Estate, Belfast	

# WGT Sport

**The official travel agent of the British Masters Athletics Federation and UK Athletics are pleased to offer special travel packages to master's events. Brochures for 2007 events will be available in November and will be printed within the next edition of "Masters Athletics".**

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## MASTERS ATHLETICS AUTUMN 2006

### Suspension of Werner Schallau (GER, M 65)

The DLV-Disciplinary Commission have made the following decision in the above mentioned case:

The athlete Werner Schallau has committed a doping offence, and is declared ineligible for two years from the date of the decision with a deduction for the suspension served from July 13, 2006, that is, until July 12, 2008.

### Corrections of the official results list (LINZ / Indoor)

WMA has finalised the investigation regarding rule violations committed at the Indoor World Championships in Linz/Austria in March 2006 by the athlete Sergey Rubtsov of Kazakhstan and has decided to disqualify him.

As previously announced the Russian athlete Andrey Fedyaschin has committed a doping offence at the same championships, and his results will also be removed from the official results lists.



### False starts diagnosed !

Before the recent athletics championships at Birmingham, a Female Athlete was heard to tell a starter that she doesn't do false starts now. Of course, she was recalled for a false start in her 100 metres race

In the bar, later, she explained to the assembled athletes and officials that she went "when the gun should have gone."

### New Track and Field Secretary

Following this year's Midlands Masters Track and Field Championships that took place in June, Maurice Priestman announced his retirement after 10 successful years as track and field secretary. In the last newsletter the committee thanked Maurice on

behalf of the MMAC, athletes, officials and supporters, for his undivided attention to detail and contribution he had made to the region. In particular arranging and overseeing the yearly regional championships.

Beverley Matthews, a current masters athlete from Rugby and Northampton Athletics Club, has volunteered her services to step into the vacant position left by Maurice. Beverley commented on the fact "that Maurice was a hard act to follow but with the continued support of the committee and athletes, she was looking forward to organising successful events for the region in the future".

Details will follow in the February newsletter for the *2007 Midlands Track and Field Championships* that will take place on *Sunday 10<sup>th</sup> June*.

In addition to the many officials that assist us on the day, Beverley would be very interested to hear from anyone willing to volunteer to help out on the day. This includes athletes who may be able to assist in between events. All support is welcomed, no matter if you are not qualified. Qualified staff will be on hand to guide and officiate.

You can get in contact with Beverley via email on [beverleymatthews.mmac@yahoo.co.uk](mailto:beverleymatthews.mmac@yahoo.co.uk) or post to 44 Froxhill Crescent, Brixworth, Northampton; NN6 9LN.

I know it is a while before the next magazine is due but if you have a small space can you put the following in on my behalf.

Many thanks to all the British and Northern Ireland Athletes who were on Flight Ryanair 2337 on Monday 31st July for donating their zloty coins to Leukaemia Research. We collected 144.89 zloty and when changed will be about £26 which will go to a worthwhile charity.

### Yvonne Priestman

#### Death of Paschal Morris

The death is announced at the age of 74 of the former Irish Cross Country internationalist Paschal Morris. Morris was born in June 1932 in Wexford and began a life long passion for athletics as a teenager. In his mid twenties, he relocated to Birmingham where he was to live for most of the next half century. After initially running for Lozell's Harriers, he became a Birchfield Harrier for whom he ran successfully for many years on the track, cross-country and on the road. He worked as a Postman for more than thirty years in the Rednal area of Birmingham and often used to run round his delivery route. Paschal represented both the Midlands and his adopted country of England as a Veteran athlete. His enthusiasm for athletics was infectious and encouraged many people of all ages to run regularly in the Lickey Hills.

Mr. Morris is survived by his wife Anne and two children Paschal and Tracey.

The funeral service was held at St. Bridget's Church, Northfield in Birmingham on Friday 1 September 2006.

**Tom McCook**  
**President Harriers**  
**28 August 2006**

#### DAVID McKirdy 25<sup>th</sup> July 1940-2<sup>nd</sup> August 2006

On Wednesday 2nd August this year the members of the Scottish Veteran Harriers Club were dealt a devastating blow with the news of the sudden death of their president, Dave McKirdy.



Dave was taken ill on the morning of Monday 31st July and was rushed to hospital by ambulance, where he was diagnosed as having meningitis. At first the prognosis was good and it was hoped that he would make a good recovery. Unfortunately the following day his condition worsened and it became obvious that he had very little chance of recovering from this setback and he died the following day, leaving his family and friends devastated and stunned by the speed of what had taken place.

In the midst of their grief David's family took the brave and commendable decision to donate his organs to help others.

The following day David's eldest son Andrew received a phone call from the British Organ Transplant Coordinator thanking the family for their decision to donate David's organs. She went on to tell Andrew that at that precise moment David's liver was being transplanted in a young man who had been waiting some years for a suitable match, and without the family's courageous gesture he would have been dead in a matter of days. She also said that David's kidneys were being rushed to a hospital for two life saving transplants. Just knowing that out of this tragedy three people have been given the gift of life has helped the family come to terms with their loss.

I first got to know David when we were both working for the Standard Telephone and Cables Company in East Kilbride in 1964. The realization that we were both interested in outdoor pursuits was the foundation that our friendship was built on. When you have shared a tent in some of Scotland's wild and beautiful places, and run thousands of miles together over the years, a special friendship is formed that stands the test of time, and so it was with David and me.

I have many memories of David, not least of which was when we were taking part in The Three Islands Peaks Race. We had run over Ben More on the island of Mull and had still about a mile or so to run to Salen, it was about 11 pm and very dark. We had been running for just over 5 hours and I had nothing left to give. Without a word Dave took my pack and put it on along with his own and I was able to run the last mile into Salen where our yacht was moored. That was Dave at his best, strong and reliable, qualities he continued to show over the next few days on the Bens of Jura and on Goatfell on Arran.

David would be the first to admit that he was not the best runner in the world, but he was far from being the worst. As a Vet he was running 2:47 to 2:48 for the marathon, excellent running by any standard. He also ran 2:00:18 for the Ben Nevis race, his downhill running on a par with that other doyen of the hills, the late Eddie Campbell.

David had been elected to the office of President of the Scottish Veteran Harriers Club at our last AGM, and was in my opinion a first class president. He was ever the perfectionist and he would have thought that he could do a better job the next time around and he would likely have been reelected for a second term.

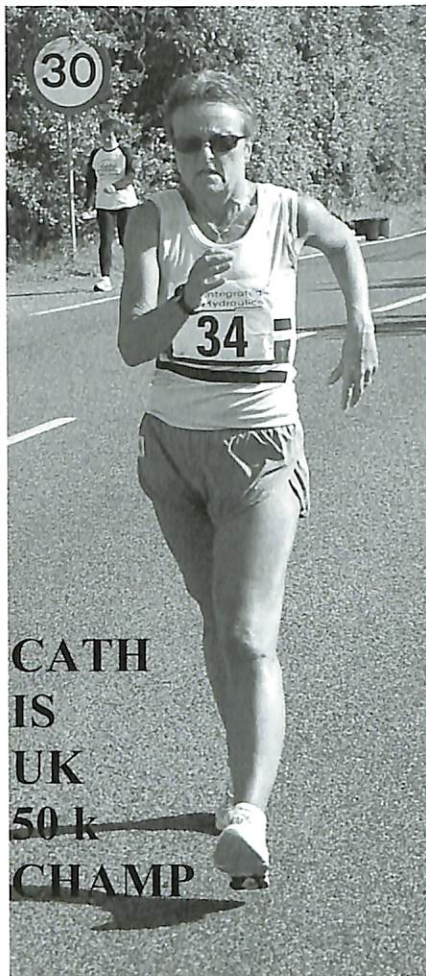
David was also an accomplished piper, as anyone who came on the Vets Spanish holidays will testify. His absence on the February holiday to Portugal next year will be keenly felt. His other great love was angling and he was at his happiest on a riverbank or out on a loch, rod in hand playing a salmon or a sea trout. Many a fine trout I enjoyed thanks to David.

Because of the age difference I always thought David would be writing my obituary, not the other way around. I have lost a good friend, the Club has lost a fine president, but his family have suffered the greatest loss.

The numbers that attended David's funeral bore testament to his popularity and the high regard he was held in. Among those attending were some of his old colleagues from Roll Royce Management, also members of the Scottish Media Group, many of his old adversaries who were also friends in the Vets Club, and members of the East Kilbride Athletics Club that he had also been a member of. Friends from his pipe band and angling club also attended, all mourning the loss of a friend.

On behalf of David's many friends in our sport I send our deepest sympathy to his wife Betty, sons Andrew and Graham, daughters-in-law Joyce and Alison, and grandchildren Fiona, Euan and Gavin.

**Tommy O'Reilly, Springburn Harriers, Scottish Veteran Harriers Club**



Race-walker Cath Duhig has finally scooped the one title that had eluded her since its inauguration four years ago – the UK Women's 50kms Race Walking Championship. There has been a 50kms Championships for men for some time, but the women's competition only received official UKA (UK Athletics) status in 2002.

Cath was forced to drop out of the inaugural race due to knee trouble.

The next time the championships were held when she was already committed to competing for Ryston in the Eastern Veterans track and field league final. Cath's main opposition came from previous winner Kim Howard of Southend.

## WINSTON THOMAS Chairman's Report

The last highlight of the 2006 season came with the E.V.A.A. Championships in Poland 19-31<sup>st</sup> July. New to the championships was the E.V.A.A. Congress, with an Anti-Doping Seminar; this was well attended and will be a future part of the championships. Information was provided on the use of forbidden substances. Anti-Doping procedures, T.U.E.'s and general questions.

The general outline and more can be found on our website and also the UKA website. The Congress should have discussed other items but the anti-doping took up the major part of the meeting. This was my last championship as Technical manager, and for Marina Hoernicke-Gil as Secretary. At the General Assembly we had no candidate for the office of Secretary, as our representative was not able to attend.

Marina and I were presented with plaques for our services to E.V.A.A. (12 years for me and 16 years for Marina). Lamberto Vacchi was elected to the new post of Technical Delegate, and the Non Stadia and Stadia positions have now been amalgamated. There was a motion for a change to the name from Veterans to Masters, this was defeated as there was no overall majority, this was unfortunate as it would have brought Europe into line with all other regions.

Following from the B.M.A.F. Outdoor championships in Birmingham, many athletes travelled to Poznan, in Poland. With a slightly disappointing entry all around as E.V.A.A. were looking for around 4000 entries and we had around 3067, B.M.A.F. had 336 and Germany 681.

We took a total of 184 medals, well done to all those that took part, our medical team that helped so many achieve their goals, the team



## MASTERS ATHLETICS AUTUMN 2006

management for all their running around and problem solving, and all the wives, husbands and friends that gave such verbal support.

There were many highlights and I hope some of you will be mentioned in the various reports, for me I have to at least mention a few athletes Steve Peters who has now done the treble 100-200-400 in the last 4 European championships, well done Steve. M35 Will MacGee in the 100-200. Anthony Noel M40 winning the 100m battle with Enrico Saraceni (Italy). Patrick Logan M45 100-200 and M40 David Taylor in the 1500 and the 5000m run in scorching heat. Caroline Marler and Wendy Laing in their many events, but particularly in the Heptathlon with Carole just falling shy of the World record and leading the others by over 900 points. Finally after seeing Arthur Thompson in Birmingham set new world records in the 5Km Walk, it was a pity for me to miss seeing him dominating the 5Km and 20Km walks and setting new figures.

I hope you all have a very relaxed rest period in October (some at least) before starting training again for the rest of 2006 and then 2007.

Finally I will remind all those travelling to World and European championships please ensure you read the Anti-Doping notes on the B.M.A.F.-U.K.A. websites, **more details will be in the next magazine**

### TRACK & FIELD SECRETARY

Having returned from Poznan where we yet again showed that we are the most successful section of British Athletics, where our national anthem was heard a magnificent 75 times, mostly to a chorus from other athletes, as opposed to the once in Goteburg with scowls, **I am now informed that we will remain the ONLY section of British Athletics not to benefit from the Olympics effect.**

Following the awarding of the Olympics in 2012 to London, I had the vision of British Masters Athletics hosting the World Masters Athletics Championships in London in 2011, as a vehicle to obtaining ongoing sponsorship and backing in the lead up to those Championships and beyond. I had tried numerous areas of low-level sponsorship without any success, so would top draw sponsorship be the answer. With that in mind I set about putting together a submission, which eventually ended up as eight pages of introductions. The aim was to develop all areas of British Masters Athletics, with 'world class' athletes being partly funded to assist in all areas of coaching, training [including warm weather training] and regular medical back up [injury prevention - massage etc.], with a goal of Top of the Medal Table on Home Soil.

After a few hundred hours of research, discussions / meetings with marketing professionals, drafting and re-drafting, vetting of outlines of both introduction and budgetary proposals by a 'non athletic' C.E.O. and marketing managers, the full submission was lodged in May. The date for lodging of bid proposal for the W.M.A. Championships was 1st September - it required Ken Livingston's signature on a piece of paper stating that he was backing the bid. Not one penny would have been required and if the full package of sponsorship was not forthcoming by Riccione next year or the budgetary matters did not stack up, then we could have withdrawn, as numerous cities have done before. However we never got that far, on my return from Poznan, the recipient of my submission, finally informed me after consideration, that they were to back disabled athletes.

The diminishing return principle seems to apply here - those over endowed with sponsorship continue to sink whilst those not weighed down by any sponsorship, **the CREAM**, continue to rise - apparently there is no such thing as justice. However, the day would have been worse if Fred Bush had not given me a winner and three places at Glorious Goodwood [on top of the Downs], and was it apt that I had to go downhill after that, to the meeting of rejection. As ever, you can only rely on a member of the TEAM.

So instead of London in 2011, it appears we are destined for Porto Alegre, capital of a southern province of Brazil or Sacramento, California, USA (see previous page).

Where do we go from here - as always, we move on, but this time on one and a half fronts. The submission will be adapted with the London 'Olympic' effect removed, and I will continue to 'knock on the doors' of C.E.O's of flush international companies with submissions. The half

front will be the back of the Ageism Act that reaches the statute books on 1st October. Although, I am informed by a friendly legal beagle, that it will not help us directly as we, athletes are not employed by U.K.A. or another sporting body, discrimination will be in the public eye and WE ARE discriminated against because of our age. It worked for the disabled athletes, why not us. **WATCH THIS SPACE.** Be sure of an enlivened winter.

I have been reminded of the F.A.N.S. scheme [Free Access for National Sportspeople] that Bridget touched on in her report in the last edition of Masters Athletics. Those selected for the Interland will automatically qualify for this scheme, as will all ranked athletes and most athletes who compete in International Championships, in all age groups. For a clearer understanding of the scheme, Jon Tilt has suggested you look at the superb scheme in Hampshire on [www.hants.gov.uk/sports/fans.html](http://www.hants.gov.uk/sports/fans.html) this should operate to some degree in all areas of the country, you just need to check with your Local or County Councils to see how you apply and what paperwork you need to prove you qualify.

I have now firmed up the dates for the Indoor Pentathlon and the main Indoor Championships. I am also looking at the possibility of including a partial Winter Throws Championship alongside the Indoor champs. I was sceptical of the Winter Throws held in conjunction with the Sindelfingen World Championships on snow-covered fields, but a superb competition in Linz, luckily in sunny conditions, has caused me to rethink.

Regarding the main Outdoor Championships, I have had offers or enquiries from Exeter and Manchester as well as my preferred, centrally located Alexander Stadium. I hope to inspect all venues in October and prepare reports on all of them for discussion and decision at the November BMAF Delegates meeting.

I am also looking to hold the Weight Pentathlon, which happily has now outgrown a one day fixture, in conjunction with the Outdoor Pentathlon and 10K Track Walks, over a weekend, possibly at Milton Keynes.

I appreciate that will not be to everyone's liking, but the difficulties this year in finding a venue, let alone a date make this necessary.

I would also wish to thank, on your behalf, Peter Barber, Colm and Cath Murphy [Weight Pentathlon / Decathlon], Bruce Charles [Decathlon / Heptathlon] and Denis Field & Ron Steward VAA-NE Committee [Outdoor Pentathlon]. They all organised outstanding Championships with new entrants in all of them. So let me bring you up to speed on what dates have been fixed for 2007, so far: Indoor Pentathlon [hopefully with the SCVAC Indoor Championships and OPEN Track Events and Shot] Sunday 28th January. Indoor [Main] Championships PLUS Winter Throws competition [Discus and Heavy Hammer] Saturday 3rd / Sunday 4th March. **Both of these will be at the brand new Lee Valley Athletics Centre, Enfield [Pickett's Lock]**

I did have the the following weekend as a provisional booking, for the Main Championship when the diary was empty but on confirming that we wished NOT to clash with the European Indoors at the NIA, find that the diary now has National Squad weekend pencilled in. "So much for consultation". Yet part of UKA's Mission Statements says "UKA plays a fundamental role in developing 'sport for all' by... no matter what your AGE..." together with "nurturing athletes of all AGES and preparing them for the world stage" The person, who wrote this must have left the building.

Moving on to the World Championships (Riccione). Please be aware that the dates for these have CHANGED, from those in the Entry Booklets available in San Sebastian and some of those available in Linz, where it appears they ran out of update stickers and inserts.

They now run from 3rd to 15th September, with the first day of competition being 4th September. The entry booklets and web site is also wrong with regard to age group dates, but they are being updated. Your age group is governed by your exact age on the 4th September 2007.

Finally, thank you for the dozens of e-mails I received about TULI'S CUPS, but in checking all the websites out, the best deal by far was Physio-Med Services Ltd at [www.physio-med.com](http://www.physio-med.com) and all their other stuff looks a lot cheaper as well.



**EUROPEAN CHAMPIONSHIPS**  
**Goteborg 7-13<sup>th</sup> August**



**W**ell to misquote “our boys and girls took a bit of a beating”, it was the worst performance for 40 years by a British Team.

However, with the massive cash spending and the vast expertise coming into coaching all will be right for future Championships, and by 2012 all will be well, wont it ?

How did the “Masters Do”, well pretty well actually!

**Stefano Baldini** (35) of Italy, won the Marathon in 2:11.32, and **Luc Krotwaar** (38) from Holland was fourth in 2:12:44.



**Silver Medal for Jesus Angel Garcia** (36) Spain in the 50k Walk in 3:42:48.



**Franka Dietzsch** (38) won Discus silver for Germany



**Jan Zelezny** of Cech Republic won the Bronze with a new World M40 record of 85.92. However, Jan has now retired having thrown his last spear in a meeting in his home town.

**Peter Esenwein** of Germany (38) was sixth with 81.11.

**Irina Khabarova** RUS (40) won the 100 metres, Bronze.

Whilst **Merlene Ottey** set a new World 45 record in the 1<sup>st</sup> round of the 100 metres in 11.41.



**Irina Permitina** (38) Rus, was the Marathon Bronze medallist in 2:30:53.

**Krystyna Zabawska** Poland (38) threw 18.20 to secure the Shot Bronze.



There is more:

**Women 400 hurdles**

3<sup>rd</sup> **Tatyana Tereshchuk –Antipova** (36) (RUS) 54.55.

**Men Discus:**

6<sup>th</sup> **Michael Mollenbeck** (36) (Ger) 64.82;

8<sup>th</sup> **Lars Riedal** (39) (Ger) 64.11;

**Women Long Jump**

7<sup>th</sup> **Niurka Montalvo** (38) (ESP) 6.50;

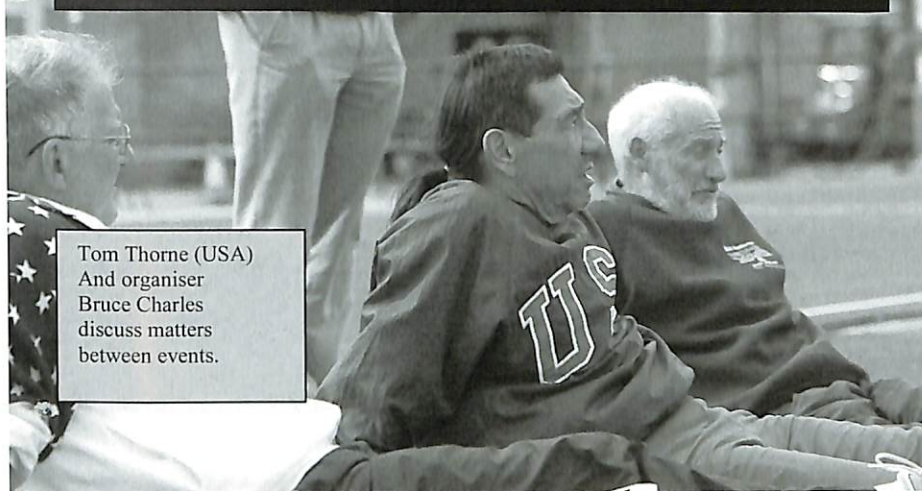
**Women Discus**

6<sup>th</sup> **Ellina Zvereva** (45) (BLR) 61.72;

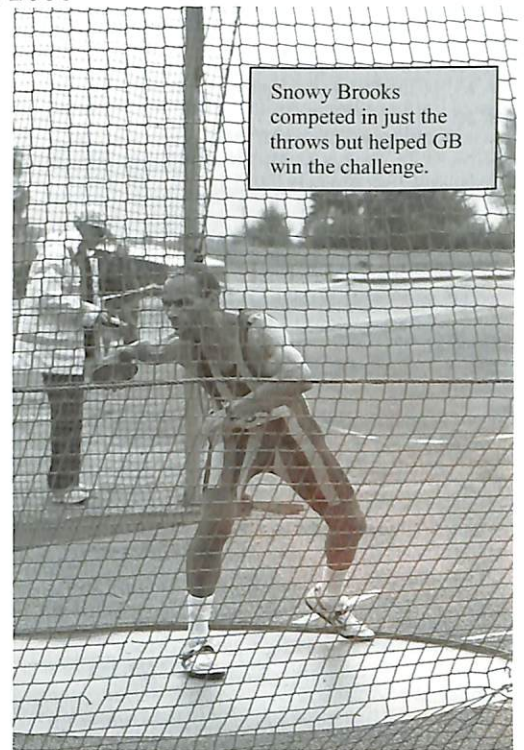
Whilst our own **Tracey Morris** finished in the Marathon.



## B.M.A.F. DECATHLON & HEPTATHLON GB BEAT USA IN THE CHALLENGE MATCH



Tom Thorne (USA)  
And organiser  
Bruce Charles  
discuss matters  
between events.



Snowy Brooks  
competed in just the  
throws but helped GB  
win the challenge.

**WORDS: BRIAN OWEN PICTURES SNOWNY BROOKS**

**B**ruce Charles put together a superb two days enjoyed by all. John Charlton has for many years organised these Championships but he thought it about time they should move to another venue, this time in "Horspath Stadium" within sight of the works where "B.M.W. build the new mini.

Day one was dry and windy, whilst the Sunday treated us all to some rare Oxfordshire rain, however, all enjoyed the proceedings and were grateful for some good Catering and some highly efficient Officials.

Daren Askew was competing against himself in the M35, but scored well to achieve 3946 points. Andy Waddington amassed 5544 points, to finish clear of Nick Walker and Derek Osborne in the Men 40's.

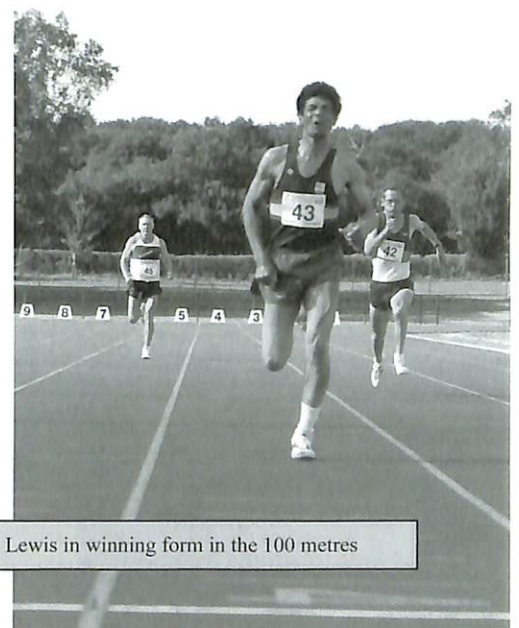
Tyron Lewis (shown as Tyrone Power in the programme), I bet Tyron wishes he had his money, was a convincing winner in the 55's with 6395 points. Second was Oxfordshire's Bruce Hendrie.



Alan Leiper

John Mayor

Alan Leiper was in great form scoring 6659 (43 points more than his Polish Silver medal winning score); third place in "Poznan" John Major was second with 6318. Star performance came in the Pole Vault where Alan cleared 4.00 metres.



Ty Lewis in winning form in the 100 metres



From left, M50's.

Paul Hillard  
Nick Phipps.  
Ian Reeve.  
Russell Accia (USA)

American Russell  
won with a fine  
6013 in the men  
50's, from an  
injured  
Ian Reeve.

Michael Dixon was the Champion in the M60's, from Bruce Charles.

John Ross was a convincing winner from Nick Bannenberg in the 65's.

Tony Bowman, Norman Carter and Tony Rawlinson won the 70's, 75's and 90's. Anne Goad won the Women's Decathlon.



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## DECATHLON

### M35-39

1 Darren Askew 3946 (12.64/+5.1, 4.99/+2.5, 11.33, 1.46, 63.10, 20.24/+3.6, 34.91, 2.80, 34.78, 0);

### M40-44

1 Andy Waddington 5544 (12.03/+5.1, 5.74/+4.8, 7.90, 1.67, 54.93, 18.79/+3.6, 23.33, 2.40, 34.03, 4-42.26); 2 Nicholas Walker 5183 (12.78/+5.1, 5.57/+3.7, 9.98, 1.46, 61.98, 18.50/+3.6, 30.80, 3.40, 40.23, 5-55.02); 3 Derek Osborne 5060 (13.05/+5.1, 5.41/+3.6, 8.28, 1.52, 58.79, 18.46/+3.6, 25.08, 3.00, 31.90, 5-05.19); 4 Peter Roberts 4563 (12.80/+5.1, 5.08/+4.9, 7.87, 1.67, 59.98, 19.97/+3.6, 27.31, 2.10, 31.69, 5-43.23); 5 Anthony Tipping 4453 (13.14/+5.1, 5.38/+5.5, 10.77, 1.58, 66.37, 21.00/+3.6, 32.39, 2.70, 36.33, 6-43.58); 6 Alan Easey 4322 (12.73/+5.1, 5.40/+4.5, 6.96, 1.25, 60.68, 19.69/+3.6, 18.21, 3.10, 21.58, 5-12.87); 7 John Dickinson 4124 (12.95/+5.1, 4.68/+5.3, 7.48, 1.40, 58.87, 21.48/+3.6, 20.31, 2.60, 27.30, 5-23.73); 8 Paul Ffrench 3627 (12.75/+5.1, 5.38/+4.0, 7.97, 1.43, 60.25, 24.98/+3.6, 15.22, 1.00, 27.94, 5-43.33);

### M45-49

1 Alan Leiper 6659 (12.37/+4.3, 5.44/+4.2, 11.79, 1.61, 60.26, 17.43/+3.6, 30.68, 4.00, 42.25, 5-38.58); 2 John Mayor 6318 (12.01/+4.3, 5.94/+3.1, 8.97, 1.64, 55.91, 16.31/+3.6, 23.69, 2.50, 34.17, 5-20.69); 3 Peter Ley 5345 (13.07/+4.3, 5.39/+3.6, 8.23, 1.46, 59.67, 20.05/+3.6, 29.41, 2.80, 31.20, 5-26.23); 4 Nash Cummings 4155 (12.83/+4.3, 4.62/+4.3, 8.50, 1.46, 63.35, 21.92/+3.6, 21.97, 2.60, 28.55, 7-43.48); 5 Charlie Batts 3971 (12.85/+4.3, 4.89/+4.1, 7.11, 1.28, 61.28, 22.48/+3.6, 13.98, 1.80, 25.56, 5-52.54); 6 Dennis Thacker 3784 (13.36/+4.3, 4.47/+4.0, 7.68, 1.34, 64.87, 23.33/+3.6, 18.39, 1.70, 25.44, 5-45.11);

### M50-54

1 Russ JacquetAcea (USA) 6013 (12.91/+3.7, 4.78, 11.28, 8.16, 1.43, 60.18, 16.12/+5.0, 27.49, 3.30, 30.05, 5-27.72); 2 Ian Reeve 5006 (13.17/+3.7, 5.12/+3.3, 8.79, 1.46, 60.26, 17.58/+5.0, 27.88, 2.80, 23.43, dnf); 3 Paul Hillyard 4801 (13.68/+3.7, 4.39, 9.03, 1.34, 62.66, 20.71/+5.0, 21.19, 2.80, 24.43, 5-32.62);

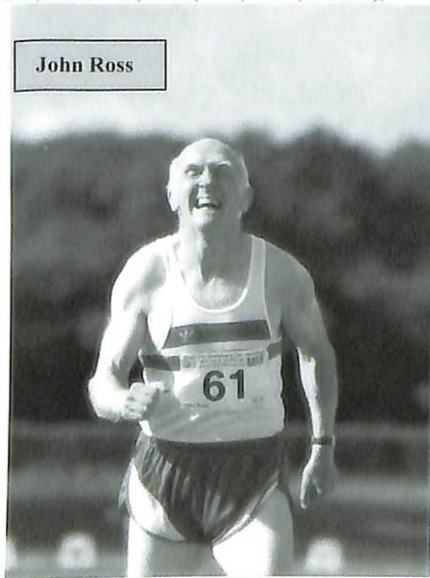
### M55-59

1 Tyron Lewis 6395 (13.06/+2.3, 4.63/+3.9, 8.80, 1.43, 62.05, 16.60/+3.9, 22.03, 3.10, 32.60, 5-52.46); 2 Bruce Hendrie 5061 (13.82/+2.3, 4.36/+3.6, 6.79, 1.25, 63.94, 21.24/+3.9, 15.79, 2.60, 25.98, 5-17.58); 3 Viddy Jermacans (AUS) 4144 (13.49/+2.3, 4.57/+3.3, 7.74, 1.19, 67.61, dnf/+3.9, 20.70, 1.80, 23.82, 6-22.13); 4 Harry McDonald (USA) 3916 (15.33/+2.3, 3.82/+3.9, 10.28, 1.25, 108.42, 22.25/+3.9, 34.52, 2.30, 35.15, 9-15.05);

### M60-64

1 Michael Dixon 4728 (16.49/+5.1, 3.78/+3.3, 7.84, 1.19, 69.89, 21.85/+4.1, 24.33, 2.10, 30.84, 5-45.32); 2 Bruce Charles 3969 (15.07/+5.1, 3.57/+3.9, 7.73, 1.10, 76.04, 22.03/+4.1, 20.35, 1.80, 25.11, 6-49.00); 3 Tom Thorne (USA) 3791 (16.01/+5.1, 3.83/+4.5, 9.28, 1.34, 167.25, 24.07/+4.1, 30.01, 2.00, 31.91, 14-29.92); 4 Brian Harlick 3552 (16.47/+5.1, 3.51/+5.1, 7.77, 1.25, 96.68, 23.98/+4.1, 30.87, 2.50, 27.60, dnf); 5 Dai Vaughan 2481 (17.81/+5.1, 3.31/+4.8, 7.53, 1.16, 94.10, 39.24/+4.1, 21.87, 1.60, 22.31, 8-46.72);

John Ross



### M65-69

1 John Ross 6568 (13.48/+5.0, 4.06/+5.2, 8.06, 1.16, 65.51, 19.84/+3.1, 28.09, 2.00, 35.45, 5-46.12); 2 Nick Bannenberg 6071 (14.85/+5.0, 4.27/+5.6, 10.39, 1.25, 70.35, 21.26/+3.1, 31.49, 2.00, 28.10, 6-45.08); 3 David Haines 6051 (14.35/+5.0, 4.44/+4.5, 8.49, 1.22, 70.85, 21.88/+3.1, 25.38, 2.20, 30.19, 6-17.66); 4 John Scott 5080 (14.36/+5.0, 4.12/+4.5, 8.76, 1.16, 76.82, 24.37/+3.1, 28.13, 1.70, 27.43, 7-19.67);



Tony Bowman

### M70-74

Tony Bowman 6606 (13.35/+5.6, 3.98/+4.8, 8.07, 1.19, 70.28, 13.77/+3.1, 22.10, 2.00, 23.28, 7-08.93);



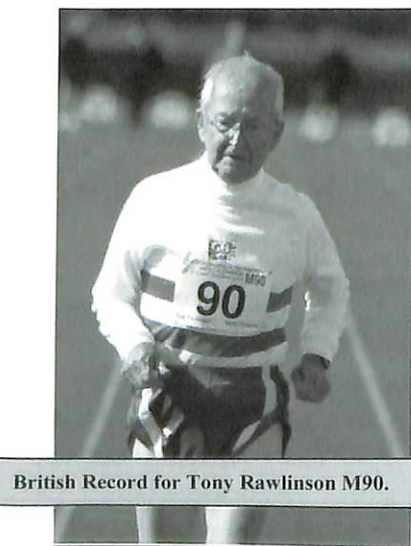
Norman Carter

### M75-79

Norman Carter 4222 (17.97/+5.6, 2.96/+5.3, 6.31, 1.13, 108.42, 21.98/+3.1, 20.34, 1.70, 24.36, 9-07.34);

### M90-94

Tony Rawlinson 3134 (British Record) (25.10/+5.6, 2.00/+5.6, 4.82, .86, 194.14, dnf/+3.4, 11.80, nhc, 10.88, dnf);



British Record for Tony Rawlinson M90.

### W45-49

1 Anne Goad 4783 (14.54/+5.0, 4.18/+4.4, 8.71, 1.19, 80.61, 17.38/+3.4, 22.05, 2.00, 24.37, 7-44.39);

### W55-59

1 Mary Trotto (USA) 2939 (18.73/+5.0, 2.45/+4.5, 6.85, .89, 98.11, 31.24/+3.4, 14.52, 1.00, 16.46, 7-22.54);



Anne Goad

## HEPTATHLON



Amanda Wale



Jackie Charles

Amanda Wale added the Outdoor Heptathlon to her Indoor Pentathlon, won in Cardiff.

Wendy Lewis amassed 3934 points to win the 40's, whilst Dianne Farmer won an inter club W45 from Janice Hardcastle. Gill Dobson was well over 1,000 points ahead in the W50's, whilst Jackie Charles won the 60's and bagged the best performance award for the women's competition.

### W35-39

Amanda Wale 3949 (16.23/+4.1, 1.35, 8.66, 27.68/+3.0, 4.66/+4.0, 28.50, 2-36.20);

### W40-44

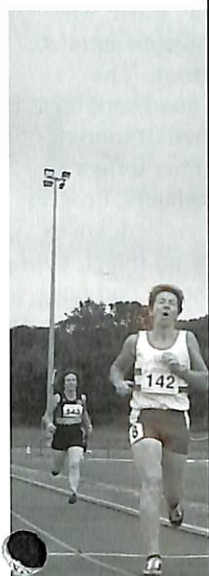
1 Wendy Lewis 3934 (12.31/+4.1, 1.47, 7.29, 28.62/+3.0, 4.69/+3.0, 15.61, 3-34.01); 2 Lesley Willis 3346 (15.89/+4.1, 1.20, 7.39, 29.54/+3.0, 4.14/+4.0, 15.00, 2-40.82); 3 Christine Pates 2919 (17.19/+4.1, 1.32, 6.95, 32.19/+3.0, 3.92/+5.4, 23.36, 3-12.28);



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### W45-49

1 Diane Farmer 2888 (18.42/+4.1, 1.11, 5.01, 32.47 /+3.0, 3.83/+4.0, 11.88, 2-47.92); 2 Janice Hardcastle (K) 2774 (17.33/+4.1, nhc, 5.72, 29.55/+3.0, +4.0, 9.67, 3-01.56);



Gill Dobson

### W50-54

1 Gill Dobson 4426 (15.38/+3.1, 1.23, 9.38, 32.57/+4.3, 3.40/+4.0, 31.01, 2-58.51); 2 Peggy Rose 3356 (16.21/+3.1, 1.23, 6.66, 33.75/+4.3, 3.51/+4.0, 12.06, 3-18.19); 3 Judi Stafford 3103 (17.52/+3.1, 1.08, 5.99, 32.78/+4.3, 3.41/+5.0, 10.84, 3-01.54);

### W60-64

1 Jackie Charles 4272 (16.32/+3.2, 1.11, 6.90, 35.16 /+4.3, 3.53/+4.0, 18.60, 3-45.64); 2 Pat Oakes 3627 (17.97/+3.2, 1.11, 7.42, 38.28/+4.3, 3.45/+5.0, 17.41, 4-27.59); 3 Margaret Coombe 2988 (19.24/+3.2, 1.05, 5.91, 42.15/+4.3, 3.37/+4.6, 20.03, 4-59.29);

5.11.5, 5342; 2 Dave Pearson, Aug, B'mth, 12, 5.71, 9.09, 1.64, 57.9, 18.4, 20.1, 3.75, 33.99, 6.09.7, 4773; 3 Ed McKenzie, July, EVAA, 12.98, 5.06, 10.44, 1.47, 62.91, 19.66, 29.01, 2.5, 37.89, 6.23.11, 3967; 4 Darren Askew, Aug, BMAF, 12.64, 4.99, 11.33, 1.46, 63.1, 20.24, 34.91, 2.8, 34.78, 0, 3946;

### Pentathlon Rankings 2006:

**M35:** 1 David Brooking 2528; 2 Paul Donaghy 2202; 3= Eddie McKenzie & John Rennie 1986; **M40:** 1 Mark Line 2964; 2 Nicholas Walker 2714; 3 Geoff Powley 2625; 4 George Harden 2370; 5 Phil Cassidy 226; 6 David Robinson 2018; 7 Mrk Smith 1984; 7 Ian Liversage 1474; **M45:** 1 Brian Slaughter 3031; 2 Kenny Lyon 2805; 3 Eric Lewis 2551; 4 Ray McAvoy 2233; 5 Trevor Sinclair 2172; **M50:** 1 Ray Ashford 3050; 2 Nick Phipps 2629; 3 Alan Readman 2570; **M55:** 1 Mike Clerihew 2844; 2 Earl Taylor 2572; 3 Viddy Jemacans 2417; 4 Charles Burke 1798; **M60:** 1 Jim Sloan 2885; 2 Petter Eddy 2767; 3 Brian Loton 2584; **M65:** 1 John Ross 3508; 2 John Scott 2638; **M70:** 1 David Burton 3327; 2 Tony Bowman 3164; 3 John Evans 2429; **M75:** Tom Wyer 1703;

followed by noises that seemed to sound like 'Ha, ha, ha!' Coe said he wanted to get rid of the top guys in Athletics UK - looks as if he's on target - and several of us returned to competition in mainstream athletics because our lower division clubs couldn't raise teams without a good sprinkling of geriatrics chasing the points.

In our own world of athletics the World Masters Association decided to confirm 35 as the base-line entry age. In Britain this did not lead to a swamping of our championships by thousands of athletes in nappies, as had been feared only three years earlier. The only conclusion we can come to is that nowadays people in their thirties don't do sport.

Masters Athletics isn't going to be swamped by young newcomers - it's going to fade away. The negatives went on. In August, despite having invested huge amounts of time, energy and knowledge into trying to sell London as an ideal venue for the 2011 Masters World Championships Maurice was informed it wasn't wanted. The higher media attention given to Para-Olympic sports, and the continued hostility from on high, (both veiled and open), from those who still believe that oldies should be managing, organising, coaching and funding athletics for youngsters, played their part in this decision. Despite the hundreds of research studies showing the advantages of physical activity to middle aged and older people it is still very clear that in their view of reality we should not be playing! That sort of attitude was, of course, a major spur reason for developing the questionnaire that you all received with the Spring issue of Masters Athletics. Well, where have we got to?

Firstly, a very, very big "Thank you" to the hundreds of master athletes who responded. We had intended to start analysing the information by about the end of June, but those questionnaires just kept on rolling in. All through July and on until the end of August. Amazingly they came from as far afield as Greece, Turkey, Italy, France, Spain Portugal plus all the far corners of the British Isles. Only one person sent his response with the added message "Oi, send a stamped, addressed envelope next time." So to every one of you - including, the seven anonymous respondents - "Thank you, once again for spending not only your time but also your money." An explanation re the lack of stamped addressed envelopes. During our development period we applied for research money. We got some but not all that we needed. At the cheapest rates of postage, plus the cost of 6,000 envelopes it would have cost about £2,000. Initially the IBA funded the entire costs of the development of our methodology including early versions of the questionnaire. The final version cost £500 to print. That was paid for by UWIC. IBA again covered the costs that Masters Athletics had to pass on from the printers. Just thought you'd like to know. Secondly, another big thank you to the many respondents who added letters, comments.

Vice Chairman Tony Bowman, writes to say what a great job Bruce Charles did, in putting on the recent B.M.A.F. Decathlon.

Bruce having taken over from John Charlton, arranged everything other than the weather to the total satisfaction of the competitors, and is thanked accordingly.

### BRITISH MASTERS AND VAA-NE PENTATHLON CHAMPIONSHIPS SATURDAY 3 SEPTEMBER 2006 MONKTON STADIUM JARROW

### BMAF CHAMPIONSHIP

**M35:** 1 Paul Donaghy VAA-NE 2202; 2 Eddie McKenzie SVHC 1986; **M40:** 1 Mark Line NVAC 2971; 2 Geoff Powley EVAC 2631; 3 George Harden VAA-NE 2376; 4 David Robinson VAA-NE 2024; 5 Mark Smith NVAC 1990; **M45:** 1 Brian Slaughter SCVAC 2939; 2 Kenny Lyon SVHC 2805; 3 Eric Lewis VAA-NE 2551; 4 Ray McAvoy NVAC 2233; 5 Trevor Sinclair EVAC 2172; **M50:** Alan Readman VAA-NE 2570; **M55:** 1 Michael Clerihew SVHC 2844; 2 Viddy Jemacans AUSTRALIA 2417; **M60:** 1 Jim Sloan SVHC 2885; 2 Peter Eddy SVHC 2767; **M65:** 1 John Ross SVHC 3508; 2 John Scott SVHC 2638; **M70:** 1 David Burton MMAC 3327; 2 Tony Bowman MMAC 3164; 3 John Evans MMAC 2429; **M75:** Tom Wyer MMAC 1703; **W35:** Amanda Wale NVAC 2880; **W45:** 1 Hazel Barker NVAC 3064; 2 Paula Booth NVAC 1622; **W50:** 1 Gill Dobson VAA-NE 2823; 2 Judi Stafford MMAC 2269; **W55:** Caroline Marler NVAC 3970;

### Older People in Competitive Athletics

### Brief Initial Review of 2006 Questionnaire Responses

### Bill Davies and Tony Crocker, University of Wales Institute, Cardiff

It has been a fanny old year, reading all about the government's plans to reduce obesity in children via lettuce lunches and much more sport, presumably to be taught by parents and teachers who never do any themselves. British research evidence now shows that people aged seventy are fitter and healthier than people aged fifty were twenty years ago. (They don't seem to have noticed it must have been the same group of people on both occasions, except that by now the unhealthy ones will have popped their clogs!).

Then there was all the excitement over plans to be fourth for medals in the 2012 Olympics.

### M35 Decathlon Rankings 2006

1 Gurmukh, Sahans, Aug, SEAA, 12.32, 5.97, 9.72, 1.62, 58.73, 16.9, 31.8, 2.9, 44.48,



extensions, etc to their replies. This has added an enormous amount of richness of detail to the material we received and which is now awaiting analysis. It will require different analytical

processes to those needed for the straight responses to the questionnaire but will put an enormous amount of valuable meat on the bones by the time we have finished and so can report back to you in fuller detail.

What about analysis? Well, at this point in time we have only just processed all of your data into the computer. Collation and interpretation of your information is therefore still superficial. We

already knew from some of our earlier data collection that less than half of the masters age athletes, who still compete, are members of one of the masters/veterans affiliated clubs. This brings us to an important caution. We have to keep reminding ourselves that the data you have

provided only comes from those master athletes who belong to one of the BMAF affiliated clubs, so the responses may not be representative of all masters aged athletes.

Beyond that roughly 15% of recipients of our magazine responded to the request to send the questionnaire. As with all researches involving similar requests for responses this isn't regarded as a bad proportion - BUT -it does mean we do not know how the non-respondents think or act. Our sample may be completely representative of all master athletes. It may not. The following are therefore just a few of the early points that caught our attention and may well be of value to future debate, lobbying and decision making as these appear to affect our sport. Currently in Britain about 50% of the population have died by their mid seventies. Yet of those who responded some 22% were in their forties, 27% in their fifties, 28 percent in their sixties. We have to ask - "Is there a factor affecting involvement that is more important than dying that is causing this trend?" There was a drop to 18.4 % of responses coming from those over 70. But even that caused us some surprise. Is it true that nearly one fifth of competing master athletes are over 70? Or, is it perhaps that they have more time available for answering questionnaires, or again.....?

Although we are constantly being told we should concentrate on helping younger athletes not competing the evidence from this survey suggests that in fact some 32% of us already do this.

Indeed, more than 21% have told us that they are committed to more than one aspect of coaching, management or officiating. This is a major difference between the commitment of competitively active master athletes and younger adult competitors. Another group taken from all ages of respondents told us they would like to become more involved in coaching but currently lack qualifications in this area.

The data from our survey suggests that the proportion of women involved in competitive athletics decreases steadily as age increases. There could be several reasons for this. However, one aspect

mentioned by many of the women athletes was finding time for training. Not one man mentioned this as a problem. In both groups a high proportion said they had absolutely no intention of giving up competition unless they had to. This was probably one of the main reasons why some said that they had no current intentions of taking up mainstream coaching or administration whilst still competing. Despite that a very encouraging 30% felt they probably would do so if they ever have to cease competing.

Over the next few months we shall be analysing your responses to the questionnaire and relating our findings to those in other investigations regarding athletics, sport in general and health. As soon as we can we will report back to you. Certainly it seems there will be much for all of us to do if our sport isn't to slowly die away as we move towards the point where obesity, computer addiction and lack of passion for active sport in younger people means it is only the aged ninety plus members of the population who wish to continue with athletic competition.

We leave you with a question. It is one that needs serious thought and an answer. "Where would mainstream athletics be without us: as coaches, officials, managers, drivers, flinders, AND despite being master athletes, masquerading as seniors in inter club competition?"

## A report on the Snowdon Hill Race

Just a quick note on our Birchfield representation at the weekend at the 31st Mountain Snowdon race, conditions as expected were hot, but thankfully cooler as we rose upwards to the challenge and what a mountain it is. My first visit to the race as was Brian's. It was Gordon's second visit and the old timer of us all, Alan Price, his eleventh.

We all gathered at registration, Alan travelled in by bus from Llandudno, Brian and Nicky also travelled in from a weekend visit to Llandudno, Gordon stayed locally in a Hotel and we were camping on the other side of Snowdon at Rhy Duu (I think!).

Alan quick to drop the hint "Tone you ain't goin' passed Llandudno are you, only I got the bus in and it cost me six quid", to which I replied "No Alan mate, sorry". Worth a try!

Anyway after much deliberation, we were off, hearts in our stomachs, the rise I think was runnable till around 3 to 4 mile and as the summit loomed, it really rose up, what fantastic views.

As we were all still ascending the leader went down passed us, quite a few fallers and hard as nails some of them. I kept thinking of safety first and just as I turned

the next bend, it must have been the first lady on her descent and boy she hit the deck. God she was lucky but got up quickly with tears and groans and soldiered on. First passed me, on the way down was, Gordon looking strong and concentrated, then Alan and of course Brian. The summit beckoned for me and I arrived at the same time as a train load of tourists who were hell bent to hamper things a little and oblivious to us runners. Progress made and downwards I travelled, knees throbbing, thighs and back all intact, until about 9 mile and cramps set in bad but I managed to run through it and then a marvellous sight of the finish at about 600 feet high, heart sighed and head down for the final descent, across the roads, down the high street, and a roar and cheer from all and of course my fellow members, hands shook and I must admit rather emotional. Would I do it again? Today Monday and the answer is of course YES.

**Gordon Orme** did 1hr 47 mins; 10 mins down on last year but pleased. **Alan Price** finished in 2 hrs 02 mins; the same as last year, a year older and was well pleased. **Brian Worthington** crossed the finish line in 2 hrs 15 mins at his first attempt and Brian's comment was "Got a time to beat now for next year!". **Tony Molloy** did 2 hrs 19 mins with all of the above comments!

Winner was around 1hr 05, 43 minutes up 22 minutes down. We all then retreated for a well-earned pint. Only the Welsh would dream a race like this, bring on 2007.

After a days reflection on Sunday, spent in Carmarthen Castle and a bit of shopping, I was asked in one shop by a very knowledgeable shop assistant of elder years "Oh Birchfield" she said, "how was it", she asked, I continued to explain to the lady "Great" she replied and went on to add "My son has done it 16 times, in a best of 1 hour 24 minutes, he's 50 now but got hit by Parkinson's disease at the age of 31 and not 2 days are the same now". "Oh my god I replied, you could see, on one hand she was pleased for us but still sad of her loss of her son. I thank you Snowdon for a memorable weekend.

### Trivial facts

Snowdon is 1069 metres (over 3000 feet) in height and at half way we were over the Eiffel Tower. 3/4 way over the world's tallest building and then the Summit, which is the highest in England and Wales. [www.snowdonrace.com](http://www.snowdonrace.com)

**Tony Molloy**



# Northern clubs triumph in Cross Country Relays

WORDS: PHILIP LEE

The BMAF XC Relays held at Sunderland on the 16<sup>th</sup> September provided a medal bonanza for clubs from the north. Only North Belfast Harriers gained any success, of the few that did travel, by winning the M50 and coming second in the M35.

The lack of entries from the south was noticeable in an event that was being considered as part of the selection process for the England Cross Country team. However this did not detract from what was almost a VAA-NE championship.

The course at Sunderland was undulating and in the words of a former International runner, "a true cross country track". The weather was dry and not too hot which made for pleasant conditions for the runners who did take part.

## W35

Only 5 teams actually competed and the race positions stayed mainly the same until the final leg when a splendid effort, of 9.57, from D.

Egan, of Chester-Le - Street & district AC, managed to overtake M. Laney, of Clayton - Le - Moors Harriers for the all important first place. Elswick Harriers were in third place the entire race.

## W45

Despite there being only 3 teams, which turned up, this was an extremely interesting race as the lead changed on every leg. North Shields Poly led after the first leg from Elvet Striders with Tynedale H & AC almost a minute behind the leaders. S. Davis moved Elvet into first place on the next leg as L. Marr moved Tynedale up a position relegating initial leaders North Shields to third spot. On the last leg it was all change again as North Shields, through L. Miller, regained the lead from Elvet and Tynedale in third.

## W55

Only one team entered and Clayton - Le - Moors Harriers went home with the gold medal.

## M60

The result of the M60 race was virtually decided by from the start as Bingley Harriers crossed the line first at the end of each leg and provided the first three fastest legs. On leg 2 Barry Mitchell equalled Neil Jennings fastest time of 10.49 and took Clayton - Le - Moors Harriers up a place to second ahead of Heaton Harriers. The order stayed the same till the end of the race.

## M50

The M50 race was a much more closely fought contest and the first four teams finished only 47 seconds apart. The race was won by North Belfast Harriers who had made the long, but relatively easy journey thanks to low cost air travel, trip for the race. Their enthusiasm was rewarded by taking the gold medal and with M. Shields putting in the fastest leg. Local team Elswick Harriers, with two English internationals in their team, finished in second spot, only 18 seconds behind. City of Sheffield AC took the bronze medal spot from Barnet and District AC, who were one of the few teams from the south to compete.

## M35

The introduction of the M35's into the event had raised the question of should they/ shouldn't they take part and how best to include them. This had meant a restriction of only 2 M35's per team, as not all clubs have M35's, and an increase in team members to six.

This did not affect Sunderland Harriers who, apart from being third on the first leg, led at the end of every leg. The difference in time between their runners was only 23 seconds. North Belfast Harriers who had worked their way up from fourth on the first leg to consolidate second place on the third leg followed them home. Ian Twaddle, of North Shields Poly, put in the fastest leg of the race, 8.45, to put his club into

the initial lead. After dropping back to fourth, the team rallied and finished with a bronze medal.

Nene Valley Harriers were the only other southern based team to compete and they a credible fifth with M50 England International, Stan Owen, clocking up 9.42 which would have made him third fastest in his age group race.

## RESULTS:

### W35:

1 Chester-Le-Street & Dist AC 32:57 ( H Robinson 11:17, J Tinkler 11:43, D Henaghan 9:57 ); 2 Clayton-Le-Moors H 33:18 ( A Kelly 11:09, S Burns 11:13, M Laney 10:56 ); 3 Elswick H 36:50 ( S Morton 12:48, A Watson 12:05, K Davison 11:57 ); 4 Sunderland Strollers 39:10 ( A Pattison 13:03, L Patterson 13:26; J Champions 12:41 ); 5 North Shields Poly 40:09 ( D Longstaff 13:23; H Wescombe 12:40; P Hemy 14:06 );  
Fastest legs: 1 D Henaghan 9:57; 2 M Laney 10:56; 3 A Kelly 11:09; 4 S Burns 11:13; 5 H Robinson 11:17

### M35:

1 Sunderland H & AC "A" 53:52 ( B Bewick 9:01, M Armstrong 9:05, P Merrison 9:10, B Rushworth 8:47, T Doughty 8:53, T Field 8:56 ); 2 North Belfast H 56:40 ( P Blaney 9:09, T Dalton 9:16, J Ferren 9:11, D Brady 9:40, B Dumigan 9:52, E Burns 9:32 ); 3 North Shields Poly 'A' 56:47 ( I Twaddle 8:45, M Frost 9:47, K Robson 10:05, T Wallett 9:22, V Hemy 9:59, T West 8:49 ); 4 Elswick H 58:34 ( A Thompson 9:45, J Bell 9:42, I Ellis 9:25, M Connelly 10:10, K Stevenson 9:45, P Dixon 9:47 ); 5 Nene Valley H 58:37 ( N Grimer 9:35, S Medhurst 9:40, S Owen 9:42, I Auger 9:42, G Williams 10:07, D Houlton 9:51 ); 6 Richmond & Zetland H 58:59 ( J Orange 8:51, K Harker 9:19, I Scott 9:55, T Zaranko 10:11, S Purkiss 10:18, B Rogers 10:25 ); 7 Clayton-Le-Moors AC 59:03 ( J Harbour 10:11, G Wilkinson 9:38, P Targett 9:52, S Clare 10:09, J Roche 9:58, M Aspinall 9:15 ); 8 Sunderland H & AC 'B' 1:00:09 ( J Dobson 9:44, N Younger 9:27, F Judson 10:42, G Harden 9:46, P Redman 10:30, S Coxon 10:00 ); 9 South Shields H & AC 1:01:42 ( C McDonald 9:54, M Jones 9:59, P Rooney 10:49, N W-Griffiths 10:48, K Mackay 9:59, C Ridley 10:13 ); 10 Durham City AC 1:03:15 ( T Tait 10:33, A Biggs 10:59, R Hand 9:29, I Marshall 11:01, B Knox 10:22, S Nesbitt 10:51 ); 11 North Shields Poly 'B' 1:04:04 ( J Renny 10:14, M Fenwick 10:14, P Hughes 10:50, C Wescombe 10:56, A Watt 10:45, D Hall 11:05 ); 12 Wallsend H & AC 1:05:52 ( D Mitsides 10:03, D Young 10:12, C Robson 11:26, P Leigh 11:03, T Eccleston 12:04, M Baker 11:04 ); 13 Sunderland Strollers 1:06:07 ( K Maynard 9:32, T Topping 11:03, R Maynard 10:56, P Dunlop 11:15, P Dark 11:11, B Cassidy 12:10, 14 Low Fell RC 1:07:00 ( B Doidge 12:28, N Morris 9:57, O Bachelor 10:55, B Hume 12:11, G Russell 10:59, M Graham 10:30 ); 15 Gateshead H & AC 1:08:34 ( M Thirlaway 11:09, S Parr 11:10, B Weightman 10:52, F Devlin 11:10, G Smith 11:16, T Gardner 12:57 );  
Incomplete Teams: Morpeth H & AC ( P Waterston 9:40, S Beattie 10:47, S Herbert 10:49, A MacDonald 10:06 ); Hernhill H R Alsop 9:11;  
Fastest legs: 1 I Twaddle 8:45; 2 B Rushworth 8:47 3 T West 8:49; 4 J Orange 8:51; 5 T Doughty 8:53;

### W45:

1 North Shields Poly 37:13 ( H Lambert 11:16, K Stewart 13:57, L Miller 12:00 ); 2 Elvet Striders 38:25 ( F Shenton 11:42, S Davis 13:04, J Young 13:39 ); 3 Tynedale H & AC 38:50 ( S White 12:12, L Marr 12:45, J Ryall 13:53 );  
Incomplete Teams: Elswick H ( C Lee 13:53 );  
Fastest legs: 1 H Lambert 11:16 2 F Shenton 11:42; 3 L Miller 12:00;

### M50:

1 North Belfast H 40:11 ( Jim Newberry 10:07, Dessi Martin 10:14, Matt Shields 9:34, Nelson Cahoon 10:16 ); 2 Elswick H 40:29 ( A Thompson 10:04, J Bell 10:14, I Ellis 10:28, M Connelly 9:43 ); 3 City Of Sheffield AC 40:38 9 P Blakeney 10:16, D O'Gorman 10:21, M Lavery 10:02, S Cordle 9:59 ); 4 Barnet & District AC 40:58 ( Des Michael 10:15, Tony Cousins 10:27, Jon Kilsby 10:06, D Wilcox 10:10 ); 5 Sunderland H & AC 'A' 42:58 ( E Maddison 11:13, V Tindle 10:55, J Watson 10:25, G Forster 10:25 ); 6 Wallsend H & AC 43:13 ( D Anderson 9:59, R Mowbray 11:34, G King 11:32, T McPhail 10:08 ); 7 North Shields Poly 44:33 ( Keith Allan 11:07, Phil Rees 10:51, John Brown 11:35, Ian Richardson 11:00 ); 8 Sunderland H & AC 'B' 45:21 ( L Christopher 10:59, B Long 11:33, V Emmitt 11:10, K Carr 11:39 ); 9 Sunderland Strollers 46:36;  
Incomplete Teams: Bingley H & AC ( Fred Gibbs 11:32 )  
Fastest legs: 1 Matt Shields 9:34 ; 2 M Connelly 9:43; 3 D Anderson & S Cordle 9:59; 5 M Lavery 10:02;

### W55:

1 Clayton-Le-Moors H 48:44 ( C Leathley 15:07, V Lawson 16:50, K Garnett 16:47)

### M60:

1 Bingley H & AC 32:38 ( Neil Jennings 10:49, Les Haynes 10:53, Mike Smith 10:56 ); 2 Clayton-Le-Moors H 'A' 34:45 ( David Scott 11:48, Barry Mitchell 10:49, Ted Orrell 12:08 ); 3 Heaton H 38:19 ( H Gold 11:38, E Appleby 13:09, R Checkley 13:32 ); 4 Clayton-Le-Moors H 'B' 41:21 ( Richard Lawson 12:49, John Amos 13:53, Harry Manning 14:39 ); 5 South Shields H & AC 41:34 ( F Strand 13:28, D Whitmore 14:46, R Pinkney 13:20 ); 6 Gateshead H & AC 'A' 45:30 ( G Smith 12:55, T Brown 14:50, S Robson 17:45 );  
Fastest legs: 1 Barry Mitchell & Neil Jennings 10:49 3 Les Haynes 10:53; 4 Mike Smith 10:56; 5 H Gold 11:38;



# MASTERS ATHLETICS AUTUMN 2006

## BRITISH MASTERS ROAD RECORDS

### 5k

Age	Time	Holder	Venue	Date
M35	14:39	Keith Anderson	London	23/04/95
M40	14:10	Keith Anderson	Clarksville USA	6/09/97
M45	14:51	Martin Rees	Cardiff	23/05/01
M50	15:00	Martin Rees	Cardiff	23/07/03
M55	16:11	Les Presland	Wells	29/05/95
M60	16:43	Steve James	Southport	18/08/98
M65	18:17	Bill Stoddart	Loch Inch	18/06/97
M70	19:18	John Keston	Portland (USA)	1/01/96
M75	19:27	Steve Charlton	Grimsby	29/09/02
M80	23:24	Gordon Porteous	Loch Inch	25/09/94
M85:	26:37	John Farrell	Loch Inch	21/06/95

W35:	16:01	Lucy Elliott	Winchester	19/07/01
W40:	16:53	Jo Thompson	Yeovil	21/07/99
W45:	16:30	Bronwyn Cardy	Gloucester	15/06/00
W50:	17:25	Jeannette Stevenson	Clydebank	23/03/02
W55:	18:36	Jeannette Stevenson	Horwich	26/06/05
W60:	20:02	Carol Wolstenholme	Wythenshawe	29/05/06
W65	21:38	Joan Royal	Poole	8/04/03
W70	22:36	Lou Gilchrist	Littleborough	25/09/03
W75	30:32	Irene Hubbard	Morcombe	19/05/03
W80	37:40	Alice Billson	Barking	26/08/96

### 5MILE

Age	Time	Holder	Venue	Date
M35	22:43	Steve Jones	Dublin	8/03/92
M40	23:35	Eamonn Martin	Hillingdon	28/02/99
M45	24:08	Alun Roper	Glenneath	7/08/94
M50	24:44	Martin Rees	Hillingdon	9/03/03
M55:	26:10	Laurie O'Hara	Hillingdon	27/02/92
M65:	29:55	Ron Higgs	Gunnersbury	02/08/98
M70	31:54	Keith Spacie	Battersea	18/08/05
M75	34:49	Derek Howarth	Wythenshaw	28/05/06
M80:	38:17	Gordon Porteous	Cambuslang	06/11/94
W35:	26:48	Marian Sutton	Alsager	07/02/99
W40:	27:22	Zina Marchant	Portsmouth	02/12/90
W45:	27:49	Zina Marchant	Portsmouth	03/12/95
W50:	28:08	Jeannette Stevenson	Coatbridge	01/05/02
W55:	31:28	Sue Cariss	Liverpool	15/05/05
W60:	32:45	Carol Wolstenholme	Wythenshaw	28/05/06
W65:	37:13	Joan Royal	Bournemouth	14/09/03
W70	37:00	Lou Gilchrist	Wythenshaw	01/06/03
W75:	41:56	Eileen Quinton	Hove	19/09/04
W80:	60:57	Alice Billson	Muswell Hill	05/03/95
W85:	75:00	Alice Billson	Gunnersbury	08/08/99

### 10K

Age	Time	Holder	Venue	Date
M35	28:35	Nick Rose	Hemel Hempstead	4/04/87
M40:	29:13	Mike McLeod	Heaton	8/11/92
M45:	30:17	Martin Rees	Eastleigh	15/03/98
M50:	30:35	Tecwyn Davies	Reading	16/10/88
M55:	32:36	Mike Hager	Kingswinford	03/05/06
M60:	33:29	Steve James	Eastleigh	15/03/97
M65:	36:01	Willie Marshall	Grangemouth	14/02/93
M70:	37:55	Steve Charlton	Solihull	06/10/96
M75:	40:36	Steve Charlton	Beckenham	06/05/02
M80:	47:13	Gordon Porteous	Perth	04/09/94
M85:	54:09	Gordon Porteous	Lochinch	29/05/99
M90	67:02	Gordon Porteous	Glasgow	22/10/04
W35:	32:44	Paula Fudge	Southampton	13/03/88
W40:	32:14	Priscilla Welch	Mobile(USA)	30/03/85
W45:	34:02	Priscilla Welch	Boston(USA)	8/10/90
W50:	35:55	Daphne Elmore	Lincoln	6/04/03
W55:	38:29	Carol Wolstenholme	Rothwell	27/04/03
W60:	41:42	Carol Wolstenholme	Rothwell	30/04/06
W65:	44:20	Myfanwy Loudon	Brugge	26/06/99
W70:	46:37	Lou Gilchrist	Manchester	22/03/03
W75	52:46	Eileen Quinton	Worthing	8/06/05
W80:	73:57	Alice Billson	Crouch End	28/04/94
W85	90:13	Alice Billson	Wargrave	14/06/98

10 MILE				
Age	Time	Holder	Venue	Date
M35	46:35	Pual Evans	Newcastle	21/09/97
M40:	48:16	Keith Anderson	Flint (USA)	23/08/97
M45:	49:36	Martin Rees	Woking	01/03/98
M50:	50:43	Martin Rees	Woking	30/03/93
M55:	54:51	Steve James	Hornsea	14/03/93
M60:	57:04	Steve James	Leyland	10/05/98
M65:	60:12	Ron Lucas	Stoke	02/06/91
M70:	66.45	Willie Marshall	Leyland	10/05/98#
M75:	74:08	Derek Howarth	Bishops Stortford	20/11/05
M80:	76:04	Gordon Porteous	Irvine	24/07/94
M85:	1:54:30	Alf Gibson	Erewash	05/09/93
W35:	54:31	Paula Fudge	Hendon	08/08/87
W40:	53:51	Priscilla Welch	Washington (USA)	26/09/87*
W45:	55:33	Joyce Smith	Hendon	05/10/86
W50:	60:30	Paula Fudge	Portsmouth	08/09/02**
W55:	63:53	Daphne Elmore	Ferriby	29/01/06
W60:	70:19	Ann Chapman	Folkestone	05/04/96
W65:	73:24	Pam Jones	Twickenham	23/09/01***
W70:	77:57	Lou Gilchrist	Sale	01/08/04
W75	1:40:23	Grace Bulgar	Portsmouth	08/10/95
W80:	1:45:26	Jenny Wood-Allen	Arbroath	28/03/93
W85:	1:51:16	Jenny Wood-Allen	Arbroath	01/03/98
W90:	3:15:18	Jenny Wood-Allen	Arbroath	03/03/02

# 66:19 Bob Peart Brampton 20/11/99 considered downhill course.

\* Joyce Smith also ran 53:17 at Walton in 1980 but believed short course.

\*\*following wind course

W50: 59:06 Sandra Branney Brampton Carlisle 21/11/04 but this course considered downhill.

\*\*\* Dual Nationality?

W65: 72:25 Ena Ulrich Twickenham 20/10/02.

HALF	MARATHON			
Age	Time	Holder	Venue	Date
M35	61:18	Paul Evans	Newcastle	14/09/97
M40:	63:15	Paul Evans	Newcastle	10/09/01
M45:	65:40	Bill Venus	Gateshead	06/04/86
M50:	66:42	Martin Rees	Stroud	26/10/03
M55:	70:29	Mike Hager	Linz (AUT)	19/03/06
M60:	75:53	Bill Stoddart	Arbroath	28/06/92
M65:	79:49	Steve Charlton	Aylesbury	05/09/93
M70:	83:31	Bob Newell	Doncaster	19/03/07
M75:	84:48 94:06	Ken Clarke Gordon Porteous	Bath Kirkcudbright	14/03/07 ** 27/05/89
M80:	1:41:35	Gordon Porteous	Glasgow	21/08/94
M85:	2:17:36	John Farrell	Glasgow	21/08/94
M90:	2:38:55	Fauja Singh	Great North Run	06/10/02
W35:	71:37	Paula Fudge	Great North Run	24/07/88
W40:	71:44	Lorna Irving	Ayr	06/09/87
W45:	73:06	Joyce Smith	Cambridge	15/07/84
W50:	79:39	Paula Fudge	Fleet	16/03/03
W55:	86:20	Sue Cariss	Ackworth	20/03/05
W60:	96:18	Kath Robertshaw	York	25/01/04
W65:	98:29	Pat Trickett	Stroud	29/10/89
W70:	1:43:41	Lou Gilchrist	Tameside (Manchester)	23/07/03
W75:	2:02:51	Eileen Quinton	Barns Green	31/10/04+
W80:	2:49:34	Alice Billson	Burnham Beeches	18/08/98

\*\* This may be genuine, but doubts remain. He failed to cross the start line in London for four years yet still recorded times. Clarke also allegedly ran 93:12 at New Forest on 22/09/02.

+ Quinton also ran 1:57:03 Eileen Quinton (Horsh J) at Brighton 20/02/05 (1:58:19 gun), but across a lot of grass so unmeasured.



# MASTERS ATHLETICS AUTUMN 2006

MARATHON				
Age	Time	Holder	Venue	Date
M35	2:08:52	Paul Evans	Chicago	20/10/96
M40:	2:15:46	Ron Hill	New Orleans	18/02/79
M45:	2:19:10	Don McGregor	Glasgow	30/09/84
M50:	2:24:58	Derek Lawson	London	20/04/86
M55:	2:34:24	Bill McBrinn	London	20/04/86
M60:	2:46:26	Bill McBrinn	Lochaber	21/04/91
M65:	2:51:35	Hugh Currie	Inverclyde	19/08/90
M70:	3:00:58	John Keston	Twin Cities	06/10/96
M75:	3:19:01	John Keston	Oregon	03/08/02
M80:	3:47:04	Gordon Porteous	Inverclyde	10/09/95
M85:	5:48:09	Alf Gibson	London	18/04/93
M90:	5:40:01	Fauja Singh	Toronto	29/09/03 *
W35:	2:28:54	Priscilla Welch	Los Angeles	05/08/84
W40:	2:26:51	Priscilla Welch	London	10/05/87
W45:	2:32:48	Joyce Smith	Los Angeles	05/08/84
W50:	2:54:21	Anne Roden	Boston	17/04/00
W55:	3:08:00	Sue Cariss	London	17/04/05
W60:	3:23:37	Anne Chapman	London	21/04/96
W65:	3:35:49	Jose Waller	London	17/04/88
W70:	3:48:14	Pat Trickett	Stone	03/10/93
W75:	4:21:40	Jose Waller	Gosport	27/05/97
W80:	5:47:19	Jenny Wood-Allen	London	12/04/92
W85:	6:59:26	Jenny Wood-Allen	London	13/04/97
W90:	11:34:00	Jenny Wood-Allen	London	14/04/02

\* Can a 92-year-old improve by over 42 minutes to this time in six months and 65 minutes in 18 months? Fauja Singh allegedly also ran 6:02:43 in London on 13/04/03.

**Our thanks to Martin Duff, Pete Mulholland, John Perratt and Edmond Simpson for providing the above information.**

## MMTG-Throws Fest-Northwood-5<sup>th</sup> Aug. 2006

### 1-H-H

M35: Joe Nagle 12.72m; W45: Wendy Dunsford 13.53m; M45: Martin Roberts 19.77m; M50 Clive Howell 19.28m\*(strictly speaking no valid throw) Roy Steventon 18.77m; M65 Hugh Richardson 23.37m; W70 Barbara Dunsford 8.07m; M70 Brian Sumner 28.90m; M75 Keith Dutton 18.60m; Graham Roberts 17.32m

### Greek Discus

M35 Joe Nagle 14.40m; W45 Wendy Dunsford 15.31m; M50 Roy Steventon 20.13m; Clive Howell 14.79m; W70 Barbara Dunsford 6.50m; M70 Brian Sumner 16.96m; M75 Keith Dutton 15.49m; M75 Graham Roberts 11.26m;

### Shotball

M35 Joe Nagle 30.53m; W45 Wendy Dunsford 29.09m; M50 Clive Howell 37.30m; Roy Steventon 33.53m; M65 Hugh Richardson 37.18m; W70 Barbara Dunsford 13.91m; M75 Keith Dutton 23.84m; Graham Roberts 22.94m;

### Heavy Wt. Tri-athlon

M35 Joe Nagle 9.85m,8.41m,7.24m,=25.50m; W45 Wendy Dunsford 18.70m, 14.84m,11.65m,=45.19m; M50 Clive Howell 9.65m, 16.79m, 12.60m, =49.04; Roy Steventon 17.35m,10.62m,8.80m,=36.77m; M65 Hugh Richardson 21.84m, 15.59m,11.80m,=49.23m; M70 Brian Sumner 23.95m,17.67m,14.21m,=55.83m M75 Graham Roberts 17.37m,12.29m,10.46m,=40.12m; Keith Dutton 17.46m, 12.40m,9.75m,=39.61m;

### Iron Slingball Tri-athlon

M35 Joe Nagle 30.01m,24.14m,22.70,=76.85m; W45 Wendy Dunsford 24.17m, 22.80m,20.42m,=67.39m; M50 Roy Steventon 37.87m, 35.26m, 33.41m, =106.54m; Clive Howell 40.83m,33.82m,30.44m,=105.09m;

### Iron Slingball

M65 Hugh Richardson 33.00m; W70 Barbara Dunsford 12.33m; M70 Brian Sumner 36.84m; M75 Keith Dutton 22.62m; Graham Roberts 21.91m

### 56 lb. Irish Stand(\* or 35lb./15.88kg.-depending on age grp.)

M35 Joe Nagle 5.00m; W45\* Wendy Dunsford 3.66m; M50 Roy Steventon 4.80m; Clive Howell 3.45m; M65\* Hugh Richardson 4.39m; M75\* Keith Dutton 3.73m; Graham Roberts 3.04m;

### Club

M35 Joe Nagle 25.34m; W45 Wendy Dunsford 20.63m; M50 Roy Steventon 40.59m; Clive Howell 38.24m; M65 Hugh Richardson 34.76m; W70 Barbara Dunsford 11.93m; M70 Brian Sumner 35.95m; M75 Keith Dutton 31.29m Graham Roberts 19.38m;

### 56 lb. Putt (\* or 28lb. Approx 12.5kg.-depending on age grp.)

M35 Joe Nagle 4.15m; W45\* Wendy Dunsford 4.22m; M50 Roy Steventon 3.61m; Clive Howell 3.56m; M70\* Brian Sumner 4.71m; M75\* Keith Dutton 4.31m; Graham Roberts 2.83m

### Kugel-schocken

M35 Joe Nagle 14.99m; W45 Wendy Dunsford 14.00m; M45 Martin Roberts 13.93m; M50 Roy Steventon 20.26m; Clive Howell 18.90m; M65 Hugh Richardson 18.58m; W70 Barbara Dunsford 9.41m; M70 Brian Sumner 15.95m

M75 Keith Dutton 15.35m Graham Roberts 10.93m;

### Hammer

M35 Joe Nagle 9.60m; W45 Wendy Dunsford 25.13m; M45 Martin Roberts 41.85m;

M50 Clive Howell 35.73m; Roy Steventon 27.70m; W70 Barbara Dunsford 18.05m;

M70 Brian Sumner 36.95m; M75 Graham Roberts 22.74m

Keith Dutton 18.22m;

## Midland Veterans Track & Field League – North Division – Meeting 3 Wolverhampton on 11<sup>th</sup> July 2006 – Women

100: W35: 1. S McDonald (RSC) 13.9 2. C Parry (Shrew) 14.5, 3. A Wilson (W&B) 14.6; (B) E Jebb (Shrew) 15.9; W45: 1. A Wainwright (C&S) 15.7 2. J Pearson (W&B) 16.0 3. P Higgins (Shrew) 16.6; 2000W: W35: 1. M Marshall (W&B) 12.55.1 2. G Russon 13.12.1 3. Z McDonald (RSC) 13.14.4 (B) D Fellows (C&S) 13.43.4; 400: W35: 1. A Wilson 66.3 2. C Parry 67.7 3. G Russon 74.2 (B) S Hutchinson (Shrew) 71.2; W50 1. D Fellows 85.7 2. F O'Brien (RSC) 97.0 3. K Oliver (W&B) 100.3; 1500m W35: 1. A Wilson 5.14.5 2. S Hutchinson 5.25.6 3. T Gee (C&S) 5.27.8; (B) S Kneill-Boxley 5.57.8; W50 1. D Fellows 6.04.2 2. A Roberts (RSC) 6.27.7 3. K Oliver 6.44.8; Medley Relay 1. W&B 4.56.6 2. Shrew 4.58.1 3. C&S 5.29.9; Javelin W50: 1. P Higgins 16.99m 2. A Wainwright 13.29m 3. A Roberts 12.31m; Long Jump W35: 1. G Russon 3.74m 2. M Storey 3.52m 3. C Parry 3.37m W45 1. S McDonald 3.92m 2. A Wainwright 3.73m 3. P Higgins 3.31m; High Jump W35: 1. E Jebb 1.20m 2. J Cooper (W&B) 1.15m 3. G Russon 1.10m; Shot W50: 1. P Higgins 7.56m 2. A Wainwright 6.37m 3. M Harding 6.23m; Javelin W35: 1. E Jebb 19.50m 2. J Cooper 19.24m 3. A George (C&S) 18.54m; ) 11.29m

### League Standings after meeting

1 Cannock & Stafford 26; 2. Royal Sutton Coldfield 24; 3. Shrewsbury 20; 4. Wolverhampton & Bilston 19; 5. Burton 15; 6. Tamworth 13;

## Midland Veterans Track & Field League – East Division – meeting 3- Held at Rugby 12<sup>th</sup> July 2006 – Women

100: W35: 1. B Mathews (R Lions) 14.0 2. T Webb (R Saints) 14.4 3. E Williams (Mans) 15.3; (B) L Willis (R Lions) 14.8; W45: 1. D Murch (R Lions) 15.5 2. S Tawney (Leam) 16.3 3. K Williams (Harb) 16.4; 2000W: W35: 1. A Wheeler (Nun) 10.44.8 2. T Boa (Harb) 10.49.1 3. A Rollins (R Lions) 11.47.3; (B) C Birch (R Lions) 12.30.3; 400m: W35: 1. T Webb (R Saints) 64.5 2. J Seward (R Lions) 65.0 3. K Ramsey (Charn) 65.6; (B) S Fearn (R Lions) 71.5; W50: 1. C Cox (R Lions) 82.7 2. L Willis 1.30m 3. P Garvey 1.30m; Shot W50: 1. C Cox 7.63m 2. C Smith 7.44m 3. P Wilson 6.84m; Discus W35: 1. D Murch 21.56m 2. C Smith 18.86m 3. S Jones 18.43m;

### League standings after meeting 3

1. Rugby Lions 27; 2. Charnwood 21; 3. Harborough 20; 4. Rugby Saints 18; 5. Nuneaton 17.5; 6. Leamington 13; 7. Mansfield 6.5;

## Midland Veterans Track & Field League – South Division – Meeting 3, Worcester 13<sup>th</sup> July 2006 – Women

100: W35A: 1 W Morant (Birch) 14.0 2. P Gerner (B&R) 14.0 3. S Bartram (W Brom) 14.7; (B) J Thomas (Birch) 13.8; W45: 1. Y Priestman (B&R) 14.6 (New W60 League Record) 2. E Restorick (DASH) 15.4; 3. R Hope (Worc) 16.7; 2000W: W35: 1. S Tonks (B&R) 10.28.3 2. K Davies 11.47.8 3. J Bellfield (Hales) 12.01.7; (B) J Malin (B&R) 11.34.2; 400m W35: 1. W Morant 69.6 2. S Bartram 70.0 3. S Evans 76.1; (B) J Thomas 71.3; W50: 1. N Hitchmough (DASH) 71.6 2. Y Priestman 73.4 3. R Hope 77.9; 1500 W35: 1. S Spencer 5.30.8 2. S Bartram 5.35.2 3. S Evans 5.36.6; (B) T Alderson 5.47.1; W50 1500m 1. N Hitchmough 5.18.9 2. R Hope 5.49.6 3. M Ehrenbergh (Spark) 6.53.6; Medley Relay: 1. Hales 5.11.8 2. B&R 5.22.0 3. Worc 5.28.2; Hammer W35: 1. G Repton 17.93m 2. K Davies 16.67m 3. J Porter 15.50m; Long Jump W35: 1. P Wilkes 4.21m 2. J Thomas 4.19m 3. J Wakelam (B&R) 3.95m; W45: 1. E Restorick 3.73m 2. L Laxton 3.48m 3. M Johnson (Worc) 3.22m; HJ W35: 1. P Wilkes 1.30m 2. J Wakelam 1.25m 3. D Elmshurst 1.20m; Shot W50: 1. J Smallwood 6.06m 2. R Brownlie 5.37m 3. P Carpenter (Worc) 5.10m; Discus W35: 1. J Bellfield 18.90m 2. K Clews (Tip) 17.60m 3. E Restorick 16.17m;

### Positions after Meeting 3

1 Bromsgrove & Redditch 27; 2 Birchfield 20; 3. Worcester 20; 4. Sparkhill 18; 5. Halesowen 16; 6. Dudley & Stourbridge 13; 7. West Brom 12; 8. Tipton 4;

## Midland Veterans track & Field League – East Division – Meeting 3, Rugby 12<sup>th</sup> July 2006 – Men

100: M40A 1. O Wint (Nun) 12.1 2. C Ashmore (Mans) 12.2 3. J Statham (Notts) 12.4; (B) P Clayton (Notts) 12.9; M50: 1. M Coleman (Mans) 12.5 2. A Baxter (Charn) 12.9 3. S Clay (Leam) 13.0; 2000W: M40: 1. A Flear (Nun) 10.34.9 2. D Myers (Charn) 11.29.3 3. S Harris (R Lions) 11.53.5; (B) C Turner (Nun) 10.35.5; 4. D Bunker (R Saints) 13.55.3 5. G Kisby (Harb) 14.56.6; 400: M35: 1. M White



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54.5 3. T Foster 58.7 3. M Green (Harb) 58.8; **M40**: 1. S Grainger (Mans) 57.8 2. T Harrison 58.9 3. E Fowler (Nun) 59.6; **M60**: 1. G Houghton (R Lions) 67.1 2. M Baxter 68.2 3. D Hoare (Leam) 68.6; **1500**: **M40**: 1. S Grainger 4.30.4 2. T Egan (R Lions) 4.31.4 3. T Randall (R Saints) 4.39.4; **(B)**: M Wilcox (R Lions) 4.45.3; **M50**: 1. T Akiens (R Lions) 5.01.6 2. A Maddocks (Mans) 5.08.6 3. S Nelson 5.16.6; **Medley**: 1. Mans 4.00.5 2. Leam 4.09.9 3. Nun 4.17.9; **HT**: **M50**: 1. B Hawksworth (Charn) 39.99m 2. B Ewington (Nun) 24.70m 3. D Cowley 19.98m; **HJ**: **M40**: 1. D Cowley 1.45m 2. P Hayden (Nun) 1.45m 3. G Tomlinson (R Saints) 1.40m; **M50**: 1. P Askew (Charn) 1.40m 1. D Grum 1.40m 3. S Clay 1.30m; **DT**: **M35**: 1. G Herrington (R Lions) 43.82m 2. J Edwards (Charn) 30.47m 3. S Vaughan (Leam) 29.68m; **TJ**: **M50**: 1. D Cowley 10.52m 2. S Clay 9.81m 3. P Askew 9.29m; **M60**: 1. M Baxter 7.90m 2. R Farndon 7.33m 3. D Vaughan 7.06m; **SP**: **M50**: 1. J Edwards 10.86m 2. D Cowley 8.68m 3. M Garvey (Mans) 7.61m; **DT**: **M60**: 1. D Vaughan 26.85m 2. S Avins 26.09m 3. J Love (R Lions) 25.78m;

### League Standings after 3 meetings

1. Rugby Lions 27; 2. Charnwood 23; 3. Harborough 19; 4. Nuneaton 18; 5. Leamington 15.5; 6. Rugby Saints 13; 7. Mansfield 12.5; 8. Notts 7;

### Midland Veterans Track & Field League – Division North – Meeting 3 Wolverhampton on 11<sup>th</sup> July 2006 – Men

**100-M40**: 1. P Williams (Stoke) 12.1 2. C McDonald (Tam) 12.2 3. A Weetman (C&S) 12.2; **(B)** G Miles (C&S) 13.0; **M50**: 1. D Drew (Telf) 13.1 2. J Bartlett (Tam) 13.8 3. R Barrington (Stoke) 14.3; **2000W-M40**: 1. M Williams (Tam) 8.13.9 2. G Dingley (Burt) 11.22.5 3. J Sinclair (Stoke) 11.47.7; **(B)** P Bailey (Stoke) 13.09.1; **400-M35**: 1. P Tasker (Telf) 54.5 2. P Edwards (C&S) 57.5 3. S Morgan (W&B) 57.6; **M40**: 1. P Williams 55.5 2. C McDonald 56.1 3. E Barnett 57.1; **M60**: 1. R Barrington 64.8 2. T Faulkner (C&S) 66.6 3. R Humpherson (RSC) 73.6; **1500m-M40**: 1. S Marklew 4.31.4 2. C Hollinshead (C&S) 4.32.6 3. N Share (W&B) 4.34.7; **(B)** 1. D Constance 4.47.9 2. J Fletcher (RSC) 4.57.8 3. A Burt (Stoke) 5.17.9; **M50**: 1. P Parker 4.48.3 2. r Ibbs (Stoke) 5.17.8 3. G Lamb (Burt) 5.28.0; **Medley**: 1. Tam 3.59.0 2. Telf 4.01.3 3. C&S 4.14.0; **M40 Javelin**: 1. J Culshaw Jnr 38.40m 2. P Wainwright (Stoke) 32.71m 3. D Drew 26.28m; **M40 High Jump**: 1. A Osbourne (W&B) 1.60m 2. S Ainge 1.55m 3. N Gardener 1.50m; **M50 High Jump**: 1. M Warriow (Stoke) 1.45m 2. P Duckers 1.35m 3. J Bradley 1.25m **M35 Discus**: 1. K Brown (RSC) 50.21m 2. C Howell (Stoke) 21.10m 3. P Tasker 16.79m; **M50 Triple Jump**: 1. M Warriow 10.01m 2. M Mullins (RSC) 7.05m 3. J Evans 5.92m; **M60 Triple Jump**: 1. P Duckers 8.78m 2. R Barrington 8.28m 3. R Humpherson 7.07m; **M50 Shot**: 1. C Howell 9.67m 2. P Duckers 9.41m 3. J Bartlett 9.07m; **M60 Javelin**: 1. P Owen (Tam) 38.39m 2. D Price 30.12m 3. P Duckers 29.99m;

### League Standings after meeting 3

1. Stoke 27; 2. Cannock & Stafford 24; 3. Royal Sutton Coldfield 19; 4. Tamworth 18; 5. Telford 17; 6. Wolverhampton & Bilston 11; 7. Burton 10; 8. Shrewsbury 6;

### Midland Veterans Track & Field League – South Division – Meeting 3 Held at Worcester 13<sup>th</sup> July 2006 – Men

**M40-100m**: 1. D Hanson (Spark) 12.2 2. S Fountain (Worc) 12.5 3. W Simpson (Birch) 13.2; **(B)** M Flannery (Worc) 13.3; **M50-100m**: 1. L Oldfield (Worc) 13.6 2. B Wareing (Spark) 13.8 3. T Crocker (Droit) 14.2; **M40A 2k Walk-1**: B Nock (Hales) 10.32.4 2. D Henley (B&R) 10.50.2 3. G Jones (DASH) 11.19.9; **(B)** A Smallwood (Hales) 10.56.0; **M35-400m**: 1. M Gardiner (Worc) 55.2 2. P Atkins (B&R) 64.1 3. P Maclean 65.3; **M40-400m**: 1. R White (Worc) 54.5 2. W Simpson 59.6 3. P Reeves (Spark) 60.2; **M60-400m**: 1. L Oldfield 64.7 2. M Smith 73.4 3. I Gapper (DASH) 78.2; **M40-1500m**: 1. P Pawluck (Worc) 4.32.5 2. M Calatafimi 4.40.4 3. R Rawlins 4.40.5 4.; **(B)** A Peach (Worc) 4.39.4; **M50-1500m**: 1. D Donaghy (Birch) 4.47.0 2. S Halion (Worc) 4.57.6 3. J Hill (Hales) 5.03.0; **Medley**: 1. Worc 4.11.0 2. Spark 4.18.8 3. Birch 4.29.0; **M50-Hammer**: 1. M Jones (B&R) 18.48m 2. G Roberts (Spark) 17.48m 3. J Hill 16.01m; **M40-High Jump**: 1. D Hanson 1.70m 2. M Flannery 1.50m 3. W Simpson 1.40m; **M50-High Jump**: 1. T Crocker 1.35m 2. B Wareing 1.30m 3. I Gapper 1.30m; **M35-Discus**: 1. D Sharp 29.49m 2. M Flannery 27.74m 3. M Rudkin (B&R) 25.91m; **M50-Triple Jump**: 1. B Wareing 8.73m 2. B Cutler (DASH) 8.65m 3. C Brown 7.50m; **M60 Triple Jump**: 1. T Crocker 8.40m (M70 League Record) 2. R King 8.13m 3. L Woods 7.61m; **M50-Shot**: 1. B Cutler 9.24m 2. M Jones 8.70m 3. C Street 7.73m; **M60 Discus**: 1. M Jones 22.83m 2. R King 22.16m 3. T Crocker 19.64m;

### Overall positions after meeting 3

1. Worcester 27; 2. Birchfield 24; 3. Sparkhill 20; 4. Halesowen 19; 5. Bromsgrove & Redditch 14.5; 6. Dudley & Stourbridge 10; 7. Droitwich 9.5; 8. West Bromwich 7; 9. Tipton 4;

### VAA-NE T&F CHAMPIONSHIPS, JARROW, 22<sup>nd</sup> JULY

**100**: **M35**: 1. P. Donaghy 11.9 (CBP); 2. P. Browne 11.9; **M40**: 1. K. Nicholson 12.1; 2. D. Robinson 12.9; 3. B. Robertson 13.3; 4. D. Hughes 13.7; **M45**: 1. M. Wilson 12.6; 2. J. Evans 12.6; 3. R. Anderson 13.1; **M50**: 1. S. Todner 12.8; 2. A. Readman 12.8; **M55**: G. Steanson 13.8; **M60**: 1. P. Rowell 14.0; 2. R. Jurovski 15.9; **M65**: 1. D. Butler 14.0; 2. J. Scott 14.7; **M70**: H. Craven 19.6; **W35**: J. Hodgson 13.4; **200**: **M35**: Brown 24.4 (CBP); **M40**: 1. G. Charlton 24.5; 2. K. Nicholson 24.3; 3. P. Cassidy 25.2; 4. D. Robinson 27.0; 5. D. Hughes 27.7; **M45**: 1. M. Wilson 26.0; 2. J. Evans 26.3; 3. R. Anderson 27.5; **M50**: 1. S. Todner 25.7; 2. A. Readman 27.0; **M55**: G. Steanson 29.1; **M60**:

R. Jurovski 31.1; **M65**: 1. D. Butler 29.6; 2. J. Scott 30.8; **M70**: 1. H. Craven 40.2; 2. S. Robson 42.0; **W35**: J. Hodgson 27.6; **400**: **M40**: 1. G. Harden 58.5; 2. D. Robinson 58.9; 3. D. Hughes 59.9; **M45**: R. Anderson 61.3; **M50**: 1. S. Todner 56.9 (CBP); 2. A. Readman 60.9; **M55**: G. Steanson 63.5; **M60**: 1. T. Attey 70.5; 2. R. Jurovski 71.7; **M65**: D. Butler 69.6; **M70**: 1. H. Craven 96.2; 2. S. Robson 103.4; **800**: **M40**: Hard

2.11.8; **M45**: 1. C. Peacock 2.14.5; 2. E. Lewis 2.23.2; **M55**: 1. G. Steanson 2.27.1; 2. G. Routledge 3.45.7; **M65**: 1. R. Checkley 3.05.2; 2. P. Donaghy 3.06.6; **M70**: Craven 4.07.8; **M80**: T. Joynson 6.19.0; **1500**: **M40**: 1. T. Field 4.22.1; 2. P. Redman 5.00.5; **M50**: 1. L. Atkinson 4.26.4 (CBP); 2. M. Thirlaway 5.02.1; 3. S. Winter 5.21.4; **M55**: 1. S. White 4.48.2; 2. M. McNally 4.51.5; 3. G. Routledge 7.17.9; **M60**: S. Eccleston 5.46.7; **M65**: 1. R. Checkley 6.10.3; 2. P. Donaghy 6.14.3; 3. M. Stephenson 6.16.7; **M70**: J. Prudham 6.10.8; **M80**: Joynson 13.17.0; **W35**: S. Scott 5.31.1; **W40**: C. Ratcliff 5.23.1; **W45**: A. Nott 5.41.7; **5000 METRES**: **M40**: 1. T. Field 16.26.5; 2. P. Redman 18.20.9; **M45**: 1. P. Merrison 16.33.0; 2. K. Freeman 19.04.3; 3. M. Johnson 19.20.0; 4. A. Mulliss 21.02.5; **M50**: 1. P. Rees 18.52.8; 2. M. Thirlaway 19.53.5; **M55**: 1. M. McNally 17.52.4; 2. B. Cook 19.15.3;

3. E. Wilson 20.04.8; **M60**: R. Harvey 21.14.7; **3000 METRES**: **M70**: 1. J. Prudham 12.59.3; 2. E. Appleby 13.17.7; 3. A. Prouse 14.48.1; **W35**: S. Scott 11.43.8; **W40**: 1. C. Ratcliff 11.34.7; 2. H. Morris 11.57.5; **W65**: C. Lee 13.00.8 (CBP); **TRIPLE JUMP**: **M45**: 1. J. Evans 11.36; 2. E. Lewis 9.94; 3. M. Bunn 9.62; **SHOT**: **M40**: 1. P. Young 8.80; 2. S. Hudson 7.90; **M45**: E. Lewis 8.07; **M50**: 1. J. Wild 10.05; 2. D. Maggs 8.41; **M55**: G. Routledge 6.85; **M60**: 1. T. Hudson 10.98 (CBP); 2. P. Wheeler 9.58; 3. R. Jurovski 9.08; **M65**: J. Scott 8.56; **M70**: H. Ryan 10.59 (CBP); **M75**: 1. D. Field 7.32; 2. R. Laidler 7.17; **W50**: F. Crompton 8.71 (CBP); **WEIGHT**: **M40**: 1. Hudson 10.51 (CBP); 2. Young 7.43; **M50**: 1. Wild 13.88; 2. Maggs 13.83; **M60**: 1. Wheeler 14.90 (CBP); 2. Hudson 13.08; **M70**: Ryan 13.08 (CBP); **W50**: Crompton 8.41 (CBP); **HAMMER**: **M40**: 1. Hudson 36.05; 2. Young 22.25; **M50**: 1. Wild 37.98; 2. Maggs 35.65; **M55**: Routledge 14.61; **M60**: 1. Hudson 36.00 (CBP); 2. Wheeler 28.15; **M70**: Ryan 29.87 (CBP); **M75**: Field 24.17 (CBP); **W50**: Crompton 23.52; **DISCUS**: **M35**: P. Donaghy 20.91 (CBP); **M40**: 1. Young 32.20; 2. Hudson 21.93; **M50**: 1. Wild 37.53; 2. Maggs 33.94; **M55**: Routledge 20.04; **M60**: 1. Hudson 37.38; 2. Wheeler 29.77; **M65**: Scott 28.27; **M70**: Ryan 28.79; **M75**: 1. Field 26.75; 2. Laidler 22.39; **W50**: Crompton 19.15;

### V.A.A.- N.E. League 5 Aug. 14th. 2006. Monkton.

**TJ**: **M40**: 1. G. Harden 9.54; M. Frost 8.96; **M45**: 1. J. Evans 12.05; 2. E. Lewis 9.60; 3. G. Hewitson 9.13; **W40**: J. Taylor 6.31; **W45**: S. White 8.41; **SP**: **M45**: S. Pearson 5.11; **M50**: D. Maggs 8.59; **M60**: T. Hudson 11.60; **W35**: J. Hodgson 6.00; **DT**: **M50**: 1. J. Wild 38.78; 2. Maggs 33.70; **M60**: Hudson 37.27; **HT**: **M50**: 1. Maggs 42.66; 2. Wild 39.76; **M60**: Hudson 35.96; **JT**: **M35**: P. Donaghy 24.46; **M40**: 1. V. Taylor 27.90; 2. D. Robinson 26.51; 3. Harden 24.04; **M45**: 1. Lewis 30.46; 2. M. Bunn 30.45; 3. Pearson 19.35; **M50**: 1. Wild 32.78; 2. A. Readman 24.37; 3. W. Bell 23.02; **M60**: J. Hampson 17.30; **W35**: J. Hodgson 15.68; **W45**: K. Partridge 20.81; **100**: **M35**: 1. Donaghy 11.9; 2. J. Moore 12.9; **M40**: 1. K. Nicholson 12.0; 2. P. Cassidy 12.4; 3. D. Robinson 13.2; 4. Harden 13.8; 5. M. Frost 14.1; **M45**: 1. P. Jones 12.2; 2. M. Wilson 12.5; 3. Evans 12.6; 4. M. Mallen 14.1; **M50**: 1. S. Todner 13.1; 2. Readman 14.2; **M55**: I. Bainbridge 17.8; **M60**: J. Hampson 16.4; **M65**: 1. P. Donaghy 17.6; 2. C. Foote-Wood 19.2; **W35**: Hodgson 13.6; **W45**: K. Partridge 16.3; **5000**: **M35**: P. Walker 16.43.1; **M40**: 1. J. Bell 16.49.6; 2. K. Daglish 19.48.5; **M45**: 1. P. Merrison 16.40.0; 2. M. Mallen 18.36.4; 3. K. Galbraith 18.40.3; 4. E. Lewis 18.54.5; 5. G. Hewitson 19.35.0; 6. A. Mulliss 20.57.8; **M50**: 1. G. Pemberton 18.10.4; 2. P. Rees 18.51.7; 3. D. Morris 20.45.4; 4. C. Everson 21.10.0; **M55**: 1. K. Pyle 20.39.3; 2. I. Bainbridge 21.45.3; **M60**: Eccleston n.t.a.; **M65**: 1. R. Checkley 22.39.4; 2. Foote-Wood 25.27.8; **800**: **M35**: J. Moore 2.06.8; **M40**: 1. P. Cassidy 2.17.0; 2. D. Hughes 2.18.1; 3. B. Bailes 2.19.7; 4. K. Daglish 2.30.3; **M45**: 1. M. Mallen 2.27.3; 2. G. Hewitson 2.29.8; 3. S. Pearson 2.39.3; **M50**:

1. S. Todner 2.21.6; 2. Pemberton 2.25.0; 3. Everson 3.02.3; **M55**: 1. M. McNally 2.26.6; 2. K. Pyle 2.46.3; 3. Bainbridge 2.59.8; **M60**: 1. T. Attey 2.42.0; 2. J. Hampson 2.55.3; **M65**: 1. R. Harvey 2.45.3; 2. G. Smith 2.54.6; 3. R. Checkley 2.55.1; 4. P. Donaghy 2.58.3; 5. Foote-Wood 3.34.2; **W40**: L. Marr 3.00.1; **W45**: 1. S. White 2.43.7; 2. K. Partridge 3.05.1; **3000**: E. Appleby 13.15.1; **W35**: L. Hayes 10.46.3; **W40**: 1. C. Ratcliff 11.14.1; 2. H. Morris 11.43.2; **W45**: J. Tinkler 11.39.5;

### V.A.A.- N.E. League 4 July 31st. 2006. Monkton

**LJ**: **M35**: P. Donaghy 5.06; **M40**: 1. D. Robinson 4.53; 2. G. Harden 4.52; **M45**: 1. J. Evans 5.24; 2. R. Anderson 4.22; **M50**: A. Readman 4.45; **M60**: 1. J. Hampson 3.64; 2. P. Parkin 3.05; **M65**: D. Butler 3.99; **W35**: J. Hodgson 3.91; **W50**: M. Lorraine 2.97; **SP**: **M40**: S. Hudson 7.51; **M45**: R. Anderson 5.69; **M50**: D. Maggs 7.91; **M55**: G. Routledge 6.66; **M60**: 1. T. Hudson 11.75; 2. P. Wheeler 10.13; 3. R. Jurovski 8.67; **M70**: 1. H. Ryan 9.76; 2. D. Field 7.55; **W35**: J. Hodgson 6.18; **HT**: **M40**: S. Hudson 34.70; **M45**: S. Pearson 13.23; **M50**: D. Maggs 40.09; **M55**: G. Routledge 14.72; **M60**: 1. T. Hudson 35.54; P. Wheeler 28.42; **M70**: 1. H. Ryan 28.57; 2. D. Field 27.09; **W50**: M. Lorraine 10.24; **JT**: **M40**: S. Hudson 32.54; **M45**: 1. E. Lewis 31.43; 2. M. Bunn 29.85; **M50**: D. Maggs 29.16; **M60**: 1. T. Hudson 30.03; 2. P. Wheeler 20.44; **M65**: D. Butler 24.55; **M70**: D. Field 26.06; **W45**: K. Partridge 19.78; **200**: **M35**: P. Donaghy 25.4; **M40**: 1. G. Charlton 25.3; 2. P. Cassidy 26.0; 3. D. Robinson 26.8; 4. G. Harden 27.9; 5. D. Hughes 29.0; **M45**: 1. P. Jones 25.4; 2. J. Evans 27.4; 3. R. Anderson 28.0; 4. S. Pearson 33.2; **M50**: 1. A. Readman 27.3; 2. C. Everson 36.6; **M55**: I. Bainbridge 36.0; **M60**: 1. R. Jurovski 32.3; 2. T. Attey 34.4; 3. J. Hampson 34.9; **M65**: 1. D. Butler 30.8; 2. C. Foote-Wood 44.0; **W35**: J. Hodgson 29.0; **W45**: K. Partridge 37.1; **3000**: **M40**: 1. T. Field 9.14.0; 2. J. Bell 9.48.8; 3. K. Daglish 11.41.6; **M45**: 1. A. Dent 10.08.0; 2. M. Mallen 11.00.5; 3. R. Weightman 11.01.5; 4. E. Lewis 11.10.6; 5. K. Freeman 11.31.4; 6. A. Mulliss 12.26.2; **M50**: 1. D. Mitchinson 10.51.9;



# MASTERS ATHLETICS AUTUMN 2006

2 M.Thirlaway 10.55.2; 3 D.Morris 12.10.8; **M.55:** 1 M.McNally 10.18.5; 2 K.Pyle 12.18.9; 3 I.Bainbridge 12.51.6; **M.60:** P.Parkin 12.21.2; **M.65:** 1 G.Smith 13.16.2; 2 R.Checkley 13.19.3; 3 C.Foote-Wood 15.33.6; **M.70+:** 1 I.Barnes 13.13.3; 2 T.Appleby 13.29.8; **W.35:** 1 L.Hayes 10.54.5; 2 S.Scott 11.43.0; **W.40:** H.Morris 11.2; **W.45:** 1 H.Lambert 11.20.5; 2 J.Tinkler 11.54.4; **800:** **M.35:** S.Nesbitt 2.18.7; **M.40:** 1 D.Hughes 2.19.3; 2 B.Bailes 2.22.0; 3 K.Daglish 2.33.2; **M.45:** 1 E.Lewis 2.25.7; 2 M.Mallen 2.32.5; 3 S.Pearson 2.47.8; **M.50:** 1 A.Readman 2.33.4; 2 D.Mitchinson 2.35.9; 3 C.Everson 3.02.5; **M.55:** 1 M.McNally 2.29.0; 2 K.Pyle 2.53.7; 3 I.Bainbridge 3.00.9; **M.60:** 1 P.Parkin 2.44.8; 2 T.Atney 2.45.8; 3 J.Hampson 2.58.3; **M.65:** 1 R.Checkley 3.02.9; 2 C.Foote-Wood 3.45.3; **M.70+:** 1 I.Barnes 2.57.8; **W.35:** S.Scott 2.50.1; **W.45:** K.Partridge 3.05.4; **W.50:** M.Lorraine 2.50.1;

## VETERANS ATHLETIC CLUB 5-MILE ROAD RACE Battersea Park August 15, 2006

1 Gareth Jones Oxf M60 29:28 (**M60 course record**); 2 John Sheridan Lon Ir M60 30:06; 3 John Batchelor Ilf 65 30:57; 4 Carol Bowker Read W45 31:58; 5 Tom Morris HW M45 32:04; 6 Dennis Williams HW M60 32:12; 7 David Niven Read (Guest) M40 32:25; 8 Chas Rayner West 4 M55 33:11; 9 Cliff Hide VAC M50 33:43; 10 Steve Edwards Serp M45 33:52; 11 Sean Dillon Lon Iri (Guest) M55 34:19; 12 Ian Merson VAC M50 34:26; 13 Marion Rayner West 4 W55 35:06; 14 Gillian Morgan ESM W45 35:54; 15 Joe Aspinall VAC M65 36:10; 16 Ken Tuson VAC M70 39:24; 17 Julia Gristwood ESM W45 39:49; 18 Ed Barrett VAC M60 41:23; 19 Peter Torre SB M60 41:28; 20 Cliff Collins Lon Iri M70 41:44; 21 Alister Jackson VAC M60 42:12; 22 Mike Morfe VAC M60 44:42; 23 Denis Devey VAC M70 44:56; 22 Bridget Cushen Sutt W65 47:45; 25 Mike Brown VAC M75 49:44;  
**5-MILE ROAD RACE WALK**  
1 Mark Easton SWC M50 39:45; 2 Steve Utley ILF M45 42:44; 3 Dave Kates ILF M45 44:33; 4 Lawrence Dordoy Ilf M50 46:39; 5 Paul King Bel M55 47:56; 6 Peter Hannell SWC M60 48:12; 7 Chris Flint Lon Vid M60 48:17; 8 Ken Ballam Enf M65 48:55; 9 Ian Statter SWC M45 49:13; 10 Peter Crane SWC M60 53:20; 11 Dave Hoban SWC M50 56:36; 12 Martin Oliver Enf M50 56:42; 13 John Short Enf M70 56:46; 14 Bill Sutherland Ilf M60 57:19; 15 Dave Hainsworth Ilf M55 60:51; 16 John May Lon Vid M75 61:31; 17 Jack Fitzgerald SWC M80 70:10;

## SOUTHERN COUNTIES VETERANS ATHLETIC CLUB TRACK & FIELD LEAGUE 2006 FINAL STANDINGS

### Mid London Division

**Men:** 1<sup>st</sup> Herne Hill Harriers; 2<sup>nd</sup> Serpentine; 3<sup>rd</sup> Ealing, Southall & Middx; 4<sup>th</sup> St Mary's Richmond; 5<sup>th</sup> Hercules Wimbledon; 6<sup>th</sup> Metros; 7<sup>th</sup> Hillingdon;  
**Women:** 1<sup>st</sup> Serpentine; 2<sup>nd</sup> St Mary's Richmond; 3<sup>rd</sup> Herne Hill Harriers; 4<sup>th</sup> Metros; 5<sup>th</sup> Ealing, Southall & Middx; 6<sup>th</sup> Hillingdon;

### South London Division:

**Men:** 1<sup>st</sup> Epsom & Ewell; 2<sup>nd</sup> Croydon Harriers; 3<sup>rd</sup> Kingston & Polytechnic; 4<sup>th</sup> Dorking & Mole Valley; 5<sup>th</sup> Striders Of Croydon; 6<sup>th</sup> Sutton & District AC; 7<sup>th</sup> Crawley; 8<sup>th</sup> Redhill & Surrey Beagles;

### Women

1<sup>st</sup> Epsom & Ewell; 2<sup>nd</sup> Kingston & Polytechnic; 3<sup>rd</sup> Croydon Harriers; 4<sup>th</sup> Dorking & Mole Valley; 5<sup>th</sup> Redhill & Surrey Beagles; 6<sup>th</sup> Sutton & District AC; 7<sup>th</sup> Striders Of Croydon; 8<sup>th</sup> Crawley;

### Kent Division 1

**Men:** 1<sup>st</sup> Blackheath & Bromley; 2<sup>nd</sup> Cambridge Harriers; 3<sup>rd</sup> Dartford; 4<sup>th</sup> Invicta; 5<sup>th</sup> Ashford; 6<sup>th</sup> Bexley;

**Women:** 1<sup>st</sup> Blackheath & Bromley; 2<sup>nd</sup> Dartford; 3<sup>rd</sup> Cambridge Harriers; 4<sup>th</sup> Bexley; 5<sup>th</sup> Paddock Wood; 6<sup>th</sup> Kent AC;

### Sussex Division

**Men:** 1<sup>st</sup> Hastings; 2<sup>nd</sup> City Of Brighton & Hove; 3<sup>rd</sup> Eastbourne Rovers; 4<sup>th</sup> Worthing & District; 5<sup>th</sup> Lewes / Haywards Heath; 6<sup>th</sup> Phoenix / Arena; 7<sup>th</sup> Steyning;

**Women:** 1<sup>st</sup> Eastbourne Rovers; 2<sup>nd</sup> Hastings; 3<sup>rd</sup> Worthing & district; 4<sup>th</sup> Steyning; 5<sup>th</sup> Lewes / Haywards Heath; 6<sup>th</sup> Phoenix / Arena; 7<sup>th</sup> City Of Brighton & Hove;

### Herts & Middx

**Men:** 1<sup>st</sup> Enfield & Haringey; 2<sup>nd</sup> Barnet; 3<sup>rd</sup> Herts Phoenix; 4<sup>th</sup> Ilford; 5<sup>th</sup> Trent Park; 6<sup>th</sup> Harrow; 7<sup>th</sup> Dacorum & Tring; 8<sup>th</sup> Watford;

**Women:** 1<sup>st</sup> Trent Park; 2<sup>nd</sup> Herts Phoenix; 3<sup>rd</sup> Barnet; 4<sup>th</sup> Shaftesbury Barnet; 5<sup>th</sup> Dacorum & Tring; 6<sup>th</sup> Watford; 7<sup>th</sup> Ilford;

### Kent Division 2

**Men:** 1<sup>st</sup> Paddock Wood; 2<sup>nd</sup> Sevenoaks; 3<sup>rd</sup> Bromley Vets; 4<sup>th</sup> Kent AC; 5<sup>th</sup> Medway & Maidstone;

**Women:** 1<sup>st</sup> Medway & Maidstone; 2<sup>nd</sup> Bromley Vets; 3<sup>rd</sup> Ashford; 4<sup>th</sup> Sevenoaks; 5<sup>th</sup> Invicta ;

### Western Division

**Men:** 1<sup>st</sup> Radley AC; 2<sup>nd</sup> Newbury AC; 3<sup>rd</sup> Abingdon Amblers AC; 4<sup>th</sup> Witney Road Runners; 5<sup>th</sup> Reading; 6<sup>th</sup> Windsor, Slough, Eton & H'slow;

**Women:** 1<sup>st</sup> Oxford City; 2<sup>nd</sup> Abingdon Amblers; 3<sup>rd</sup> Reading; 4<sup>th</sup> Radley; 5<sup>th</sup> Witney Road Runners; 6<sup>th</sup> Windsor, Slough, Eton & H'slow; 7<sup>th</sup> Newbury;

### Gloucesters & Surrey

**Men:** 1<sup>st</sup> Basingstoke/Mid Hants; 2<sup>nd</sup> Havant; 3<sup>rd</sup> Winchester; 4<sup>th</sup> Fleet & Crookham; 5<sup>th</sup> Camberley; 6<sup>th</sup> Fleet & Crookham;

## MTFL CUP FINAL'S 3<sup>rd</sup> SEPTEMBER 2006, SOLIHULL

### "A" FINAL MEN:

**RESULTS:** 1 Rugby & Northampton Lions 184; 2 City of Stoke & Worcester AC both 158; 4 Charwood 157; 5 Royal Sutton Coldfield 153; 6 Sparkhill 141; 7 Birchfield 114; 8 Cannock & Stafford 95;

**100:** **M35:** 1 T Barton Charn 12.3; 2 I Gidley Lions 13.2; 3 W Simpson Birch 14.0; **M40:** 1 C Moven Lions 12.1; 2 P Williams Stoke 12.3; 3 D Hanson Spark 12.4; **M50:** 11 J Caines RSC 13.4; 2 D Grum Lions 13.8; 3 A Baxter Charn 13.9; **M60:** 1 R Barrington Stoke 14.4; 2 M Baxter Charn 14.5; 3 J Topliss RSC 15.0; **800:** **M40:** 1 I Pawluk Wore 2:09.1; 2 Simpson 2:09.2; 3 K Pye Charn 2:10.4; **M50:** 1 D Donaghy Birch 2:17.3; 2 S Halion Wore 2:17.3; T Akiens Lions 2:21.8; **3000:** **M40:** 1 S Marklew RSC 9:32.2; 2 Pawluk 9:59.3; 3 D Riley Spark 10:01.6; **M50:** 1 P Parker 9:59.7; 2 Donaghy 10:20.6; Akiens 11:04.5; **M60:** 1 P Lynch Lions 12:12.8; 2 R Humherson RSC 12:29.9; 3 G Kidman Spark 13:09.6; **400:** **M35:** 1 Simpson 57.4; 2 Pawluk 57.9; P Edwards C&S 58.7; **M40:** 1 Williams 57.2; 2 Hnason 57.7; 3 Pye 58.1; **M60:** 1 Barrington 57.2; 2 Kidman 57.7; 3 Baxter 58.1; **1500:** **M35:** 1 Pawluk 4:33.4; 2 V Carroll Lions 4:33.9; 3 M Morley Birch 4:48.5; **M40:** 1 Simpson 4:36.8; 2 T Egan Lions 4:40.7; 3 M Whitmore Charn 4:54.8; **M60:** 1 R Phipps RSC 5:31.8; 2 Lynch 5:33.0; 3 G Jones Wore 5:13.5; **200:** **M40:** 1 Williams 24.8; 2 Moven 24.9; 3 Hanson 25.4; **M50:** 1 Caines 25.8; 2 A Greaves Lions 26.3; 3 Baxter 27.1; **2000W:** **M50:** 1 P Boszko Birch 11:10.6; 2 S Harris Lions 11:38.4; 3 J Sinclair 11:49.4; **M60:** 1 D Myers Charn 11:26.4; 2 K Richards Lions 12:00.8; D Winter Spark 12:04.4; **4x200:** 1 Lions 1:45.7; 2 RSC 1:46.6; 3 Wores 1:49.2; **HT:** **M60:** 1 Barrington 22.06; 2 G Roberts Spark 21.45; 3 R King Wore 18.31; **M35:** 1 Shane Peacock Birch 54.94; 2 M Roberts C&S 43.35; 3 G Herrington Lions 37.83; **LJ:** **M50:** 1 M Waailow Stoke 5.02; 2 D Grum Lions 4.85; 3 Topliss 4.47; **M40:** 1 Hanson 5.49; 2 S Fountain Wore 5.44; 3 Williams 5.40; **JT:** **M50:** 1 B Hawkesworth Charn 36.62; 2 P Wainwright Stoke 34.92; 3 Grum 33.52; **M60:** 1 King 25.34; 2 Harmer Charn 20.63; 3 C Street Birch 20.04; **HJ:** **M40:** 1 Hanson 1.75; 2 S Ainge C&S 1.55; 3 M Flannery 1.50; **M50:** 1 Warrilow 1.50; 2 P Askew Charn 1.45; 3 D Cowley Lions 1.40; **SP:** **M40:** 1 M Fox Stoke 13.87; 2 Herrington 11.34; 3 K Brown RSC 10.13; **M50:** 1 Hawkesworth 10.60; 2 Wainwright 9.17; 3 Cowley 9.10; **TJ:** **M35:** 1 Gidley 12.41; 2 Fox 9.89; 3 Flannery 9.67; **M60:** 1 King 8.38; 2 Baxter 8.19; 3 Barrington 8.02; **DT:** **M40:** 1 Brown 44.49; 2 Herrington 41.89; 3 Fox 34.63;

### "B" FINAL MEN:

**RESULTS:** 1 Harborough 205; 2 Telford 191; 3 Tamworth 179; 4 Leamington 162; 5 Nuneaton 98;  
**800:** **M40:** M Hargreaves Tam 2:08.2; **M50:** M Dawes Tel 2:32.7; **100:** **M35:** S Saxon Tel 11.8; **M40:** C McDonald Tam 12.7; **M50:** D Drew Tel 13.6; **M60:** J Bartlett Tam 14.1; **3000:** **M40:** J Sanders Tel 9:40.3; **M50:** D Potter Leam 10:40.9; **M50:** C Turner Nun 11:30.3; **400:** **M35:** P Tasker Tam 54.7; **M40:** McDonald 55.7; **M60:** D Hoare Leam 69.2; **1500:** **M35:** Hargreaves 4:31.0; **M40:** Sanders 4:35.0; **M60:** I Wilson Harb 6:17.1; **200:** **M40:** McDonald 25.4; **M50:** Drew 28.3; **2000W:** **M40:** Mark Williams Tam 8:29.1; **M60:** C Turner 10:39.1; **4x200:** Telford 1:41.9; **HT:** **M60:** J Bartlett 25.29; **M35:** A Ffrench Tel 38.13; **LJ:** **M50:** Drew 4.61; **M40:** I Moody Tel 5.19; **JT:** **M50:** Drew 28.47; **M60:** P Owen Tam 38.47; **HJ:** **M40:** P Hayden Nun 1.30; **M50:** D Smith Tam 1.40; **SP:** **M40:** Ffrench 11.17; **TJ:** **M35:** S Avins Harb 9.01; **M50:** Bartley 8.69; **DT:** **M40:** Ffrench 31.36; **M60:** Avins 8.54;

### "C" FINAL MEN:

**RESULTS:** 1 Rugby & Northampton Saints 181; 2 Dudley & Stourbridge 121; 2 Burton 24; 4 Tipton 22;  
**800:** **M40:** M Eustace Tip 2:12.4; **M50:** G Lamb Burt 2:36.7; **100:** **M35:** A Hull Saints 17.2; **M40:** M Kelsall Burt 14.9; **M50:** F Blackwell Saints 15.3; **M60:** I Gapper D&S 15.5; **3000:** **M40:** I Furness D&S 9:25.8; **400:** **M35:** A White Saints 70.6; **M40:** P Thomas Saints 61.9; **M60:** E Horwill D&S 1:46.8; **1500:** **M35:** D McArdle Saints 4:58.2; **M40:** White 5:23.0; **M60:** Gapper 7:10.7; **200:** **M40:** Hull 30.4; **M50:** M Blackwell Saints 30.5; **2000W:** **M40:** Horwill 13:29.2; **M60:** G Jones D&S 11:22.2; **4x200:** Saints 1:59.5; **HT:** **M60:** Gapper 20.27; **M35:** D Sharp D&S 25.62; **LJ:** **M50:** Blackwell 4.26; **M40:** M Barrowclough Saints 3.09; **JT:** **M50:** Blackwell 29.86; **M60:** D Smith Saints 15.88; **HJ:** **M40:** Kelsall 1.45; **M50:** Blackwell 1.35; **SP:** **M40:** Sharp 11.56; **M50:** Gapper 8.20; **TJ:** **M35:** N Skelding D&S 12.21; **DT:** **M40:** Sharp 29.90;

### "A" FINAL WOMEN:

**RESULTS:** 1 Birchfield 178; 2 Rugby & Northampton Lions 168; 3 Cannock & Stafford 119; 4 Royal Sutton Coldfield 118; 5 Harborough 110; 6 Charnwood 87; 7 Sparkhill 86; 8 Bromsgrove & Redditch 57;  
**800:** **W35:** 1 D Walters Birch 2:19.2; 2 M Leach Lions 2:41.5; 3 N Thompson Charn 2:44.2; **W50:** 1 H Bosko Birch 3:11.6; 2 A Roberts RSC 3:16.6; 3 M Ehrenberg Spark 3:25.2; **100:** **W35:** 1 B Matthews Lions 14.1; 2 J Thomas Birch 14.3; 3 G Russon C&S 14.9; **W45:** 1 P Gerner B&R 15.0; 2 A Haywood Birch 15.2; 3 D Murch Lions 16.2; **3000:** **W35:** 1 R Cook Birch 11:30.4; 2 Thompson 11:49.0; 3 K Brooks Harb 12:02.7; **W50:** 1 C Rollason C&S 13:11.6; 2 Roberts 13:24.4; 3 A Rollins Lions 13:46.2; **400:** **W35:** 1 J Rogers Birch 72.6; 2 Leach 71.5; 3 Carter 72.6; **W45:** 1 S Curry RSC 71.1; 2 Haywood 71.6; 3 T Boa Harb 72.1; **1500:** **W35:** 1 Walters 4:39.2; 2 Leach 5:32.8; 3 S Kneil-Boxley C&S 5:41.9; **W45:** 1 Curry 5:39.9; 2 D Craig Lions 5:48.7; 3 Brooks 5:54.5; **200:** **W35:** 1 Matthews 29.5; 2 Thomas 29.6; 3 Russon 31.1; **W50:** 1 C Cox Lions 34.2; 2 Boszko 36.4; 3 S Jones Charn 38.1; **2000W:** **W35:** 1 S tons B&R 10:16.9; 2 Boa 11:23.1; 3 Z McDonald RSC 13:31.5; **W45:** 1 K Davies Birch 11:53.3;



## MASTERS ATHLETICS AUTUMN 2006

2 Rollins 12:48.5; 3 G Millicheap Spark 15:12.9; **4x200:** 1 Birchfield 1:59.9; 2 Lions 2:09.8; 3 RSC 2:20.7; **HJ:** **W35:** 1 M Semenova Birch 1.36; 2 D Orr Cham 1.33; 3 L Willis Lions 1.30; **W50:** 1 A Wainwright C&S 1.20; 2 Boszko 1.10; 3 Millicheap 1.10; **LJ:** **W35:** 1 Willis 4.44; 2 G Russon C&S 4.34; 3 Thomas 4.15; **W45:** 1 J Wakelam B&R 3.83; 2 Murch 3.52; 3 Wainwright 3.43; **HT:** **W35:** 1 Semenova 32.25; 2 A George C&S 27.98; 3 Murch 22.97; **W50:** 1 Cox 18.22; 2 E Mee Cham 17.31; 3 Ehrenberg 17.07; **SP:** **W35:** 1 George 9.50; 2 Semenova 8.34; 3 Willis 6.94; **W45:** 1 Murch 8.41; 2 J Roginski Harb 6.75; 3 Wakelam 5.78; **JT:** **W35:** 1 Rogers 21.53; 2 Wakelam 21.45; 3 Murch 21.11; **W50:** 1 A Roberts RSC 15.56; 2 Cox 15.10; 3 Boszko 12.10; **DT:** **W45:** 1 Davies 22.04; 2 Murch 18.64; 3 Wakelam 16.75; **TJ:** **W35:** 1 Rogers 8.84; 2 Orr 8.24; 3 Willis 8.01;

### "B" FINAL WOMEN:

**RESULTS:** 1 Rugby & Northampton Saints 181; 2 Worcester 162;  
3 Tamworth 50; 4 Burton 43; 5 Nuneaton 41; 6 Dudley & Stourbridge 14;  
7 Leamington 8;

### CENTRAL TV TROPHY (MALE AND FEMALE) "A" FINALS:

1 Rugby & Northampton Lions 352; 2 Birchfield 292; 3 Royal Sutton Coldfield 271; 4 Charnwood 244; 5 Cannock & Stafford 214; 6 Sparkhill 227;

**800:** **W35:** W Morris Saints 2:54.7; **W50:** R T-Hope Worc 2:53.0; **100:** **W35:** T Webb Saints 14.4; **W45:** T-Hope 17.0; **3000:** **W35:** A N Other Leam 13:43.2; **W50:** J Partridge Saints 14:30.4; **400:** **W35:** Webb 66.9; **W45:** T-Hope 78.1; **1500:** **W35:** J Gascoigne Saints 5:45.9; **W45:** Partridge 6:53.2; **200:** **W35:** Webb 29.6; **W50:** T-Hope 35.0; **2000W:** **W35:** P Price Worc 15:50.7; **W45:** S Owen Tam 11:34.0; **4x200:** Saints 2:21.1; **HJ:** **W35:** Webb 1.33; **W50:** S Hine 1.05;  
**LJ:** **W35:** Webb 4.53; **W45:** J Kelsall Burt 3.18; **HT:** **W35:** D Harrison Burt 15.19; **W50:** V Kirkland Nun 22.11; **SP:** **W35:** Harrison 7.39; **W45:** Kirkland 5.53; **JT:** **W35:** T Garner Saints 10.58; **W50:** Hine 11.28; **DT:** **W45:** Kirkland 13.00; **TJ:** **W35:** Webb 8.02;

### WELSH MASTERS CHAMPIONSHIPS, 25<sup>th</sup> JUNE:

**100:** **M35:** 1 Nigel Greenway 12.5; 2 Steven Spiers 12.7; 3 Wayne Bellamy 14.7; **M40:** 1 Steve Berney 12.6; 2 Steve Lewis 12.9; 3 Andrew Davies 13.7; **M45:** 1 Stephen Hendrickson 12.6; 2 Danny Brown 12.7; 3 Keith Powell 12.8; **M50:** 1 Walwyn Franklyn 12.2; **M55:** 1 Brian Williamson 13.1; 2 Patrick Webber 13.1; 3 Rod Howe 13.8; **M60:** 1 Glyn Sutton 13.1; 2 Huw Morgan 13.9; 3 James Sloane 14.4; **M65:** 1 Trefor Pugh 16.6; **W40:** Lolita Byfield-Moore 14.8; **W60:** Dorothy Morgan 17.8; **W70:** Mary Webb 18.5;  
**200:** **M35:** 1 Greenway 25.9; 2 Spiers 26.5; 3 Gavin Belcher 27.6; **M45:** 1 Brown 25.7; 2 Hendrickson 26.2; 3 Steve Wadley 28.0; **M50:** 1 Franklyn 25.7; 2 John Watkins 28.1; **M55:** 1 Williams 27.1; 2 Howe 28.3; 3 James Ellis 29.9; **M60:** 1 Sutton 25.9; 2 Morgan 29.4; 3 Sloane 30.3; **M65:** 1 Pugh 25.2; **W40:** 1 Sue Hooper 29.2; 2 Byfield-Moore 30.4; **W60:** Morgan 38.6;  
**400:** **M35:** 1 Paul Young 60.5; 2 Belcher 60.8; **M40:** 1 Sean Price 55.1; 2 Brett Davies 56.0; **W45:** 1 Darryn McAttee 58.9; 2 Wadley 62.1; **M50:** Franklyn 58.6; **M55:** 1 Williamson 61.7; 2 Howe 63.9; 3 Michael Davies 67.7; **M60:** 1 John Barrow 64.1; 2 Mel James 72.0; **M75:** William Davies 81.1; **W40:** Hooper 67.4;  
**800:** **M35:** Paul Young 2:16.9; **M40:** 1 Price 2:06.4; 2 Davies 2:11.8; **M45:** McAttee 2:14.9; **M50:** Bilal Namani 2:16.2; **M55:** 1 Davies 2:39.0; 2 Garry Hyatt 2:47.2; 3 Ray Lewis 2:55.5; **M60:** James 2:46.3; **M65:** David Carney 2:59.4; **M75:** Davies 3:11.1; **W40:** Jenny Phillips 2:30.4; **W60:** Pat Gallagher 2:44.4;  
**1500:** **M40:** 1 Mike Robbins 4:22.3; 2 Petere Crane 4:38.4; 3 Alun Williams 4:50.8; **M45:** 1 Phil Crane 4:20.8; 2 Clive Osmond 4:52.8; **M50:** 1 Watkins 5:32.7; 2 David Proffitt 5:58.5; **M55:** 1 Sandy Thompson 4:55.0; 2 Hyatt 5:38.8; 3 John Davies 6:01.1; **M65:** Carney 6:17.3; **M75:** Davies 6:30.7; **W40:** Phillips 5:17.6; **W50:** 1 Wendy Huggins 5:36.8; 2 Joyce Barrus 6:00.6; **W60:** Gallagher 5:32.0; **W65:** Bridget Cushen 7:39.5;  
**5000:** **M35:** Lee Aherne 16:33.7; **M40:** Mark Fry 19:56.7; **M45:** 1 Kevin Lewis 17:39.7; 2 Huw Roberts 17:50.2; **M50:** 1 Anthony Holling 21:45.0; 2 Proffitt 21:59.0; 3 Colin Bradley 22:28.6; **M55:** Alan Perkins 20:00.2; **M65:** John Collins 20:30.2; **W35:** Karen Buckley 19:03.4; 2 Anne Follan 21:38.6; **W50:** Ann Saxena 20:38.8; **W65:** Cushen 28:02.6;  
**110H:** **M40:** Mike Mullins 19.4; **M45:** Chris Berry 24.2;  
**300H:** **M65:** Pugh 61.4;  
**400H:** **M40:** Osbourne 65.6;  
**3000W:** **M40:** 1 Mark Williams 13:18.4; 2 Phil Williams 16:18.4; **M45:** Stephen Walker 17:57.2; **M50:** Bradley 17:53.2; **M65:** Collins 18:57.6;  
**HJ:** **M40:** 1 Jonathon Powell 1.65; 2 Osborne 1.50; **M45:** 1 Chris Berry 2.45; 2 Keith Powell 1.45; 3 Wadley 1.20; **M50:** Sloane 1.10; **W45:** Jane Goatcher 1.10;  
**PV:** **M40:** 1 Nicholas Walker 3.20; 2 Osborne 2.80; **M45:** Greg Murrow 3.10; 2 Powell 2.90; **M60:** John Howe 2.80;  
**LJ:** **M35:** Spiers 4.61; **M40:** Dave Richards 5.82; **M45:** 1 Powell 4.96; 2 David Shields 4.82; 3 Wadley 4.62; **M55:** James Ellis 2.24; **M60:** Alan Cheers 4.26; **M65:** Pugh 3.35;  
**TJ:** **M35:** Spiers 10.22; **M40:** 1 Richards 12.52; 2 Steve Lewis 9.25; **M45:** 1 Shields 10.38; 2 Berry 8.81; **M55:** Williams 9.78; **M60:** 1 Sean Power 11.34; 2 Cheers 9.93; **M65:** Pugh 8.12;  
**HT:** **M40:** 1 Andy Turner 46.08; 2 Osborne 28.01; **M45:** Dino Lantz 33.51; **M50:** David Maggs 43.38; **M55:** John Davies 24.18; **M65:** John Loney 23.05; **M75:** William Kingsbury 23.54; **W40:** Karen Llewellyn 22.75; **W45:** 1 Nance Halling 20.22; 2 Goatcher 18.83; **W60:** Morgan 22.92;  
**JT:** **M35:** Lawrence Moore 40.12; **M40:** Powell 52.64; 2 Walker 39.00; 3 Davies 34.51; **M45:** 1 Geoff Van Klavern 35.71; 2 Wadley 28.62; **M55:** Davies 34.99; **M60:**

1 Sloan 30.79; 2 Howe 28.77; **M75:** Dutton 22.30; **W45:** Goatcher 19.09; **W60:** Morgan 17.36;  
**SP:** **M35:** Moore 8.50; **M40:** 1 Walker 9.75; 2 Davies 8.67; **M45:** 1 Lantos 9.09; 2 Berry 7.46; 3 Walker 6.64; **M55:** 1 James Ellis 7.53; 2 John Davies 6.83; **M60:** Sloan 10.27; **M65:** Loney 7.49; **M75:** 1 Dutton 8.75; 2 Kingsbury 6.46; **W40:** Llewellyn 8.47; **W45:** 1 Goatcher 6.98; 2 Halling 5.35; **W60:** Morgan 7.49;  
**DT:** **M40:** 1 Turner 38.83; 2 Andrew Davies 27.50; 3 Osborne 23.85; **M45:** 1 Lantos 27.57; 2 Shields 22.65; 3 Wadley 20.93; **M50:** Maggs 30.44; **M55:** 1 Davies 26.15; 2 James Ellis 21.88; **M60:** 1 Sloane 36.82; 2 Morgan 34.12; **M65:** Loney 24.51; **M75:** 1 Keith Dutton 21.82; 2 Kingsbury 17.87; **W40:** Llewellyn 22.90; **W45:** 1 Goatcher 19.14; 2 Halling 18.46; **W60:** Morgan 19.23;

### Half Marathon Championships 10th Sept 2006 - Grunty Fen Witchford Elv Cambs

1 1:15.37 David Reed M 40; 2 1:19.36 Peter Sibbett M 40; 3 1:19.51 Michael Bridgeland M 45; 4 1:21.13 Graham Williams M 50; 5 1:22.04 Les Heath M 45; 6 1:22.06 Giacomo Capetti M 40; 7 1:22.58 Geoff Tomlinson M 45; 8 1:24.26 Graham King M 50; 9 1:27.36 John Chapman M 45; 10 1:28.14 Michael Barnes-Smith M 40; 11 29.31 Jim Brown M 50; 12 1:29.4 Mark Chaplin M 45; 13 1:30.13 Rob Sargent M 50; 14 1:31.04 Andria Ward W 40; 15 1:32.37 Richard Polley M 45; 16 1:35.08 Alex Downie M 55; 17 1:36.18 Paul Firmage M 50; 18 1:36.3 John Greenall M 70; 19 1:37.07 Glyn Smith M 60; 20 1:38.24 Nigel Bush M 55; 21 1:40.04 Robert Price M 60; 22 1:40.3 Diane Hindmarch W 50; 23 1:42.25 Gerald Meah M 45; 24 1:44.32 Mike Rosbrook M 65; 25 1:45.2 David Herinx M 40; 26 1:45.56 Nigel Pettitt M 40; 27 1:47.27 Harry Collins M 55; 28 1:50.56 Malcolm Ball M 70; 29 1:53.44 Karen Dodsworth W 45; 30 1:53.48 Edward Morris M 65; 31 1:58.24 Judie Potter W 60; 32 2:00.21 Fred Uff M 70; 33 2:03.37 Mike Turner M 65;

An Excellent result for David Reed his third win in the series. Also fourth place in the OPEN Grunty Fen Half Marathon.

E.V.A.C. Veterans had four in the first sixteen finishers in the OPEN Race

### V.A.A.-N.E. 10K. & 5K. TRACK CHAMPIONSHIP Sept. 20th. 2006

**10000:** **M35:** J.Moore 35.44.6; **M40:** 1 J.Bell 35.45.1; 2 M.Jones 36.32.7; **M45:** 1 P.Merrison 35.06.5; 2 A.Dent 35.50.7; 3 K.Freeman 40.59.7; 4 A.Mulliss 45.27.3; **M50:** 1 A.Jenkins 37.42.2; 2 G.Pemberton 39.41.2; **M55:** 1 H.Matthews 37.48.3; 2 B.Brown 47.51.5; **M60:** 1 R.Balmer 44.44.8; 2 S.Eccleston 50.10.7; **M65:** 1 R.Harvey 45.17.9; 2 R.Checkley 48.32.2; **SP:** **M55:** G.Routledge 6.66; **M60:** T.Hudson 11.14; **DT:** **M50:** 1 J.Wild 40.13; 2 D.Maggs 36.87; **M55:** G.Routledge 18.96; **M60:** T.Hudson 40.13; **5000:** **M70:** 1 I.Barnes 21.36.5; 2 E.Appleby 22.23.9; 3 J.Prudham 22.25.3; 4 A.Prouse 24.53.7; **W35:** S.Scott 20.26.8; **W40:** 1 C.Ratcliff 20.05.0; 2 H.Morris 21.12.9; **W45:** 1 H.Lambert 19.36.0; 2 F.Shenton 19.44.5; **W65:** C.Lee 22.30.5; **HT:** **M50:** 1 D.Maggs 41.86; 2 J.Wild 38.69; **M55:** G.Routledge 15.97; **M60:** T.Hudson 36.83; **JT:** **M55:** G.Routledge 19.53; **M60:** T.Hudson 28.78;

### N.E. CHAMPS CROOK A.C.



### MMAC 10 Mile Championships, Nuneaton, 17<sup>th</sup> September

**W35:** Lisa Knights 65:27; **W50:** Lesley Pymm 101.31; **M40:** 1 Andy Wright 56:24; 2 Steve Marklew 57:37; **M45:** 1 Garry Payne 56:16; 2 Tony Hinchley 62:04; 3 John Fletcher 63:16; 4 Chris Wakeman 66:59; 5 Peter Lawton 73:51; **M55:** 1 Paul Kelly 59:38; 2 Peter Greenfield 69:17; 3 Chris Ryan 79:10; 4 Robin Davies 79:42; **M60:** 1 Gordon Orme 71:07; 2 Roger Ladbury 77:55; 3 Graham Wood 81:48; 4 Derek Burns 88:32; **M65:** 1 Alex Davidson-Elliott 72:11; 2 Gavin Kidman 76:13; 3 Michael Butterley 83:38; 4 Tom March 83:51; 5 Peter Estick 97:13;



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**Colin Simpson, Moira O'Leary, Margaret Moore & Peter Wixey all won £10.**

**August: £125 Kevin White;**  
**Julie Abell, Joy Noble, Tom Edwards, Alan Pover, Ted Saberton all won £10.**

## MASTERS ATHLETICS

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### Donations:

Our thanks go to : Nigel Wray,



## MASTERS ATHLETICS AUTUMN 2006

### 6<sup>th</sup> Masters Mountain Running Championship, Saillon-Ovornaz 23<sup>rd</sup> September (Top 50 finishers all GBR)

**M70:** 12. Alexander Menarry GB-Darl 1:10:27; 13 Gordon Booth L'wood 1:11:46; 16 Petter Duufy GB-Oldham 1:14:35; 17 Bill Gauld GB-Edin 1:15:00; 22 Allan Smith GB-Swan 1:20:14; 23 George Arnold GB-Pres 1:28:05; **M65:** 7 Peter Covey ENG 1:00:08; 11 Bill Wade ENG 1:04:14; 16 Peter Taylor GB Carlisle 1:08:19; 29 Michael Kellett IRL 1:17:25; 30 Stephen Watson GB-Workington 1:19:46; 31 Barry Johnson GB-Cockermouth 1:21:02; 33 Brian Graves M Keynes 1:24:05; **M60:** 3 David Spedding GB-Keswick 51:59; 7 Ray Wilby GB-Dingwall 53:55; 10 John Clemens Mercia 55:32; 14 David Trickett GB-Sheff 57:08; 16 James Patterson GB-Newcastle 57:53; 19 Keith Burns 59:19; 21 Peter Roberts GB-Mold 1:00:31; 25 Michael Hetherington GB-York 1:00:59; 31 John Morris GB-Flintshire 1:04:02; 35 Dennis Rankin IRE 1:06:37; 38 Philip Roberts GB-Rochdale 1:08:40; 39 Ian McManus GB-Kilwinning 1:09:07; 44 Alan Wikeley IRE 1:10:44; **M55:** 1 Mike Short Horwich 48:47; 4 Bernard Grant Eng 50:13; 7 Dic Evans Wal 52:37; 11 Jackie Winn Eng 53:14; 13 John Blair-Fish Scot 53:28; 17 Tom Scott Scot 54:47; 20 Duncan Overton Eng 55:07; 22 John Hope Eng 55:19; 23 David Tate Eng 55:36; 26 Alan Brentnall Eng 57:10; 29 Murdo MacLeod Scot 58:10; 30 Ashley Jermieson Scot 58:50; 34 David Armitage Scot 59:57; 36 Tony Hodgson Wal 1:01:04; 42 Wes Kettyle N/IRE 1:02:57; 45 Gareth Jones Wal 1:03:56; 46 Thomas Bowie Carnegie 1:04:29; **M50:** 2 David Neill Eng 53:12; 3 Nigel Gates Eng 53:52; 8 Keith Varney Scot 55:59; 10 Mike Egner Eng 57:14; 15 Andy Hauser Eng 58:38; 18 Andy Normandale Eng 58:54; 19 John Houghton N Fylde 58:56; 30 John Davies Wal 1:01:20; 33 Brian Walton Eng 1:02:36; 39 Keith Holmes Eng 1:04:29; 47 Robert Burn Eng 1:05:43; 49 Michael Mallen Eng 1:06:03; **M45:** 1 Andy Wilton Eng 51:11; 8 Kevin Lilley Eng 56:41; 14 Duncan Frampton Eng 58:05; 17 Mick O'Doherty Eng 58:37; 18 Adam Ward Scot 58:38; 19 Ronald Gallagher Scot 58:41; 23 Des Crowe Scot 1:00:31; 28 John Stevenson Scot 1:02:11; 29 Colin Shuttleworth Eng 1:02:29; 31 David Armstrong Eng 1:03:11; 34 Ian Greenwood Eng 1:03:27; 36 Syd Coxon Eng 1:03:44; 38 Malcolm Patterson Dark Peak 1:04:10; 49 Alan Smith Scot 1:06:04; 50 Christoph Gildersleve Wal 1:06:04; **M40:** 6 Craig Roberts Eng 51:34; 11 Greg Hull Eng 53:26; 12 Christopher Smale Eng 53:30; 16 Gary Devine Eng 55:00; 18 Mike Whyatt Eng 55:43; 22 Phillip Sheard Eng 56:21; 24 Alex Woods Eng 56:55; 29 William Dugdale Eng 58:15; 31 Adrian Davis Scot 58:34; 44 John Farrelly IRE 1:01:48; 45 Garry Wilkinson Eng 1:01:55; 46 John Hepburn Scot 1:01:59; 48 Russell Mabbett Wesham 1:02:45; **M35:** 7 Lloyd Taggart Eng 54:22; 13 Philip Leybourne Salford 56:19; 14 Richard Cauley Ire 57:29; 19 Ian Houston Wrex 1:00:30; 20 Cormac Conroy IRE 1:00:34; 25 Bernard Fortune IRE 1:03:17; 28 Kristian Robinson Eng 1:04:46; 38 Mark Walker ENG 1:14:19; 48 Duncan Whitehead ENG 1:26:49; **SW35:** 1 Jane Clark Eng 1:02:02; 4 Julie Wilson Eng 1:06:03; 7 Sarah Legge Carnegie 1:09:24; 9 Kate Fitzpatrick Scot 1:11:20; 10 Zoe Melling IRE 1:14:38; 14 Andrea Goode Meirionnydd 1:18:22; 17 Jane Henderson Eng 1:27:00; **W40:** 7 Jayne Llyod Wal 1:07:39; 9 Patricia Sloan Eng 1:10:02; 11 Louise Burt Scot 1:13:32; 14 Clare Galbraith N/Ire 1:15:14; 16 Helen Murray Eng 1:16:20; 17 Joanne Whitehead Eng 1:16:42; 18 Laura Flynn Ire 1:17:22; 19 Jean Shutter Eng 1:18:12; 20 Lois Noble Scot 1:18:55; 21 Anne Sandford Newc 1:19:19; 24 Elspeth Scott Scot 1:21:21; 28 Moira Grainger Scot 1:23:12; 30 Juliet Edwards Meirionnydd 1:24:00; 32 Joan Wilson Scot 1:26:06; 34 Rhiannon Robinson Eng 1:36:56; 36 Jane Saul N'therland Fell 1:41:29; **W45:** 6 Sue Becconsall Eng 1:06:42; 7 Sonia Armitage Scot 1:07:57; 10 Elizabeth Tomes Eng 1:10:26; 18 Alwynne Shannon N/Ire 1:19:05; 19 Lindsay Buck Eng 1:20:21; 20 Elaine Stewart Scot 1:21:20; 22 Joy Ryall Eng 1:23:59; 24 Barbara Brown N/Ire 1:26:37; 27 Elizabeth Smith Scot 1:28:16; 28 Karen Partridge Eng 1:31:35; 29 Pamela Armstrong Eng 1:35:32; **W50:** 2 Maureen Laney Eng 1:08:41; 5 Veronique Marot Eng 1:10:58; 10 Anita Hamilton Scot 1:14:38; 12 Sue Ashton Chepstow 1:15:26; 13 Jocelyn Scott Scot 1:16:50; 15 Jo Anne Prowse Eng 1:17:43; 18 Dorothy Patton Eng 1:24:31; 20 Catherine Mottram Eng 1:25:40; **W55:** 7 Phyllis Lemoncello Eng? 1:11:05; 10 Patricia Overton Eng 1:15:13; 11 Anne Griffiths Scot 1:47:54; **W60:** 6 Sheila Ely GB-Skipton 1:21:14; 7 Brenda Robinson Eng 1:21:21; 8 Lynne Handley GB-Monmouth 1:29:34;

### Results of BMAF Weight Decathlon Championships at Milton Keynes on 24th September 2006

#### M35:

1-Steve Sammut 6614 ( 11.02-32.04-44.50-55.20-7.12-51.77-55.00-20.43-25.47-23.18 ); 2-Geoff Grinstead 3861 (9.93-29.44-24.10-26.95-5.66-21.41-33.55-16.52-14.14-11.09); 3-Joe Nagle 3424 (9.96-23.51-16.43-13.80-6.31-33.99-29.29-16.30-14.44-8.08);

#### M40:

1-David Burrell 5695 (10.60-35.05-37.22-37.71-5.58-46.12-50.83-18.96-22.58-18.18); 2-Tony Tipping 5479 ( 9.86-31.79-32.81-35.97-6.62-45.37-51.65-21.45-20.30-16.15); 3-Sam Moylan 4921 (9.69-23.21-38.56-32.25-6.36-39.49-51.15-14.32-22.16-14.17); 4-Stephen O'Neill 4790 (11.00-30.23-28.10-30.06-6.65-35.51-45.42-16.70-19.25-12.46); 5-David Sharp 4234 (11.37-30.23-23.96-31.78-6.43-40.90-32.24-19.10-17.17-0.00);

#### M45:

1-Guy Perryman 5662 (12.02-32.79-32.66-35.49-6.65-44.65-46.72-19.89-23.54-16.77); 2-Bob Bradbridge 5539 (11.67-35.33-38.20-32.40-6.53-45.36-46.49-19.51-18.17-16.50); 3-A Marriott 5518 (11.14-37.04-39.34-30.59-5.77-49.28-52.75-18.58-20.22-14.06); 4-Chris Privett 5478 (9.79-31.67-37.12-43.38-5.47-07-48.88-18.42-19.17-17.43); 5-Martin Roberts 4486 (8.35-24.86-25.97-41.43-4.95-41.88-32.76-14.71-18.01-15.51);

#### M50:

1-David Abernethy 6966 (12.70-46.20-43.24-37.90-9.91-52.92-51.80-27.48-24.22-18.83); 2-John Wild 5795 (9.65-36.87-35.61-34.90-7.88-41.40-47.82-25.23-21.55-17.06); 3-David Maggs 5294 (8.20-32.08-29.86-41.96-7.41-39.58-45.40-19.63-18.36-18.62); 4-Colm Murphy 5085 (9.69-30.63-26.99-27.76-7.72-44.42-40.48-23.73-19.06-13.31); 5-Clive Howell 4805 (9.01-21.95-20.24-38.80-6.90-38.74-36.20-21.40-20.91-16.85); 6-Mike Bale 4284 (8.16-29.89-20.11-29.40-6.12-37.37-29.20-20.56-15.15-13.68);

#### M55:

1-Terry Lalley 6094 (11.72-33.40-30.35-44.41-8.62-40.69-40.53-27.53-22.53-18.97); 2-Barry Hawksworth 5631 (10.72-32.35-32.76-38.32-8.08-41.05-44.41-23.10-20.13-16.43); 3-Philip Bramford 4766 (9.38-33.04-34.41-27.46-6.86-35.38-49.15-19.35-15.40-11.44);

#### M60:

1-Malcolm Taylor 4642 (8.42-34.71-21.74-34.73-7.86-33.85-31.60-18.11-20.16-11.75); 2-Brian Harlick 4506 (8.42-29.23-25.88-24.72-7.06-38.38-46.75-17.58-15.94-13.70); 3-Richard Jegou 4085 (9.56-30.39-19.43-0.00-8.67-31.51-39.39-19.00-17.81-12.26);

#### M65:

1-Hamilton Thomas 4734 ( 7.76-31.22-22.47-33.20-6.50-38.93-36.50-20.52-18.72-16.19); **M70:** 1-Ian Miller 5668 (10.70-30.95-25.10-35.98-9.73-39.23-34.52-17.88-29.50-18.26); 2-Gordon Hickey 5275 (10.83-32.33-24.96-29.25-9.26-35.96-35.56-20.34-25.11-14.09); 3-Brian Sumner 4785 (9.59-24.69-24.98-37.25-7.40-32.75-33.95-15.92-23.10-15.93); 4-Ja van Sloodbeek-Gooise NED 4421 (9.05-23.95-19.26-26.69-7.85-30.22-29.22-17.60-22.62-16.34); 5-Doug Birch 2209 (5.56-15.12-7.97-15.14-4.76-20.89-17.45-11.64-14.84-9.35);

**M75:** 1-Graham Roberts 2837 (6.29-8.15-11.06-26.77-5.17-25.18-20.87-12.32-17.19-12.41);

**W35:** 1-Bianca Elzinga-Gooise NED 3752 (7.42-24.55-15.48-34.80-4.73-14.23-30.94-8.89-12.71-14.22); 2-Saskia Jagers-Gooise NED 3033 (6.16-21.14-11.59-24.40-4.42-14.73-19.52-9.64-11.77-11.11);

**W40:** 1-Ingred Van Dijk-Gooise NED 5662 (10.18-36.84-26.39-42.21-7.45-25.00-41.07-15.58-18.35-17.47); 2-Janet Smith 4524 (7.44-29.81-19.52-42.70-4.74-25.76-25.06-11.34-14.93-15.98); 3-Julie Wilson 4092 (7.86-26.37-22.83-26.34-5.57-24.81-27.33-13.37-11.07-10.85);

**W45:** 1-Wendy Dunsford 4046 (8.75-24.90-13.21-26.03-5.83-27.11-21.34-15.47-14.26-10.29); 2-Sigrid Roberts 3133 (5.74-16.82-12.44-25.22-4.32-21.46-25.03-8.93-12.40-11.10); 3-Jane Goatcher 3128 (6.66-18.62-8.45-17.97-5.28-25.98-26.20-11.20-11.42-8.14);

**W50:** 1-Beatrice Simpson 4193 (8.99-26.65-19.38-33.10-6.48-24.30-33.74-15.94-0.00-13.53); 2-Jenny Denyer 3634 (6.94-17.77-17.83-24.46-5.40-21.34-27.37-13.55-14.19-9.53); 3-Pamela Ackland 3119 (6.21-14.98-15.16-21.39-5.52-16.77-22.22-11.24-13.08-9.97); 4-J. Obeney-Williams 2284 (5.67-12.75-9.20-17.71-4.44-13.98-21.26-8.16-7.87-8.08);

**W55:** 1-Linda Harrison 2896 (5.21-13.90-13.08-18.04-4.84-18.39-20.99-11.44-14.46-9.25);

**W60:** 1-Liz Sissons 4589 (9.43-20.17-26.56-29.35-6.18-25.90-35.55-13.46-17.31-12.06); 2-Barbara Terry 4004 (9.00-18.72-14.29-25.73-6.24-24.46-23.57-15.45-15.00-11.30);

#### W70:

1-Barbara Dunsford 2068 (5.11-8.73-9.13-17.99-5.12-14.70-11.85-8.55-9.07-6.06);

## B.M.A.F RACE WALKING RESULTS

### 30k Warwick University, 12<sup>th</sup> August

1 Andy Penn M35 2:24:18; 2 M Williams M40 2:27:33; 3 Steve Arnold M40 2:47:14; 4 Dwayne Butterly M40 2:50:33; 5 Arthur Thompson M70 2:52:47; 6 Mark Wall M45 2:58:28; 7 Dave Kates M55 3:02:18; 8 Mike Smith M40 3:02:31; 9 Tony Collins M60 3:08:02; 10 Laurence Dordoy M50 3:11:08; 11 Parminder Bhatti M50 3:16:44; 12 Amos Seddon M65 3:16:59; 13 Kevin Marshall M45 3:17:49; 14 Terry Morris M60 3:21:19; 15 Ron Powell M70 3:30:56; 16 Colin Vesty M40 3:31:40; 17 Bill Newhill M65 3:33:14; 18 Karen Davies W45 3:36:38; 19 Brian Sturt M65 3:36:54; 20 Bob Austin M55 3:37:40; 21 Bernard Hercock M65 3:43:07; **22 Sue Ray W45 3:46:54; BMAF Team:** 1 Nuneaton 8:32:51 (Penn,Arnold,Morris); 2 Leicester 9:20:41 (Butterley,Wall,Vesty); 3 Ilford 9:31:15 (Kates,Dordoy,Marshall);

### 100 Miles / 24 hours Isle of Man, 19/20<sup>th</sup> August



## MASTERS ATHLETICS AUTUMN 2006

1 Sean Hands M45 19:16:11 ; 2 Sandra Brown W55 19:28:47; 3 Sue Biggart W45 20:08:19; 4 Kevin Marshall M45 20:29:22; 5 Michael George M40 20:34:16; 6 Eammon Harkin M50 20:34:21; 7 Jock Waddington M40 20:57:42; 8 Andy Gosnell M45 21:21:20; 9 David Jones M55 21:33:52 / **110.56 miles**; 10 Chris Flint M60 21:38:11 / **105.56 miles**; 11 Terry Moffat M45 21:43:10; 12 Tony Collins M60 21:51:06 / **108.78 miles**; 13 Robert de Wolf BEL M55 21:57:15 / **107.42 miles**; 14 Andrew Titley M40 22:19:59; 15 Martin Fisher M40 22:21:57; 16 Stan Sille M60 22:28:22; 17 Alan Kinvig M50 22:29:39; 18 David Doyle M45 22:41:45; 19 Ties V.D. Berg NED M40 22:47:03; 20 David Chambers M45 22:48:05; 21 John Stubbs M50 22:53:40; 22 Jaap Visser M65 NED 22:55:20; 23 Dave Looker M40 22:57:21; 24 Leo Houben NED M55 22:58:40 / **104.72 miles**; 25 Eric Dikken NED M35 23:01:39; 26 Maurice Belland M40 23:08:05; 27 Piet VD Kropt NED M60 23:10:00; 28 Anne Oates W45 23:15:10; 29 Jackie Campbell & Terri Salmon W40 23:19:33; 31 Herbert Neubacher GER M50 23:19:46; 32 Chris Cale M35 23:21:12; 33 Geoff Hain M60 23:31:54; 34 Gareth Evans M45 23:40:00; 35 Mike Gellion M50 23:45:29; 36 Ken Watts M50 23:50:17 / **100 miles**; 37 Hedwig Vandeputte BEL M45 23:55:39 / **100.28 miles**;

### 10k Road Walk, Enfield 16<sup>th</sup> September

1 Trevor Jones M45 50:51; 2 Nick Silvester M50 51:37; 3 Phil Williams M40 53:23; 4 John Hall M55 53:41; 5 Steve Uttley M45 53:48; 6 David Kates M55 56:38; 7 Mark Wall M45 57:04; 8 Rod Dunn M50 57:41; 9 Steve Allen M45 57:59; 10 Amos Seddon M65 58:04; 11 Ron Penfold M60 58:11; 12 Dave Sharpe M50 59:06; 13 Peter Hannell M60 60:39; 14 Allan Ellam M? 61:16; 15 Mark Culshaw M40 61:26; 16 Ken Ballam M65 61:41; 17 Jon May M55 61:46; 18 Nick Harrow M6 62:43; 19 Ron Powell M70 63:22; 20 Ann Belchambers M63:41; 21 Dave Stevens M70 63:41; 22 Jill Eves W40 64:22; 23 Peter Stapleford M70 64:47; 24 Nolan Simmons M60 65:32; 25 Doug Fotheringham M75 66:26; 26 Mick Barnbrook M60 66:45; 27 Brian Boggan M? 67:00; 28 Martin Oldfield M? 67:04; 29 Peter Crane M60 67:22; 30 Jo Miles W50 67:46; 31 Martin Oliver M50 67:58; 32 Sue Rey W45 68:47; 33 Brenie Hercock M65 68:49; 34 Maureen Spellman W70 68:54; 35 Ron Wallwork M65 69:05; 36 Ivor Groves M45 69:35; 37 Dave Hoben M50 69:40; 38 Eric Horwill M70 71:16; 39 Françoise Fernandez W55 72:04; 40 Pter Howard M? 72:45; 41 Ken Livermore M70 72:55; 42 Serena Queeney W50 73:43; 43 Pam Ficken W65 76:32; 44 Dave Ainsworth M55 77:07; Team: 1 Ilford 20; 2 Enfield 29; 3 Leicester 36;

finish and seeing his rival Gordon Wiltshire behind him. The transponder results timed Gordon at 43.58.9 and Eric at 43.59.15. Gordon may have had the chip on his lead leg and Eric on his trailing leg!! IAAF Rules 164.3 and 165.2 are quite clear; it is the torso that counts. Without video evidence or a judge, the results are likely to stand and Eric returned to Bideford with the silver medal. With all age groups running together in an open race, it would be virtually impossible for a judge to identify each BMAF age group winner, but such are the logistics of masters' athletics. Clydesdale H retained their M60 trophy.

Fresh from taking Birchfield Harriers to silver medals in the Midland AA road relays the previous day in Sutton Park, Debbie Walters got away from Nicki Nealon to take the BMAF W35 title in 35.59. Melanie Ellis and Andrea Dennison, representing Wales and the North of England, were the first two in the W40 race. With Debbie and Nicki representing the Midlands AA, it proves just how dependent clubs, county and now areas are on the masters. Sian Monahan who tops the W45 BMAF 10k ranking list, held her form and Gail Duckworth had a successful trip up from Leighton Buzzard to retain the W50 title. The W55 entry brought together again the outstanding top four with Sue Cariss coming home in 40.55 to retain the title she won in Motherwell last year, again from Lou Lyness.

### BMAF 10k ( ADMIRAL SWANSEA BAY 10K)

#### W35 to 39

1 35:59 Debbie Walters ; 2 36:06 Nicki Nealon ; 3 38:43 Angela Allen ; 4 38:45 Ann Thomas ; 5 40:24 Lynn Emmett ; 6 40:28 Helen Davies ; 7 41:30 Ceri-Anne Davies ; 8 41:35 Lindsay F Emyr ; 9 41:57 Helen Lodder ; 10 42:35 Elizabeth Pearce ; 11 42:51 Joanne Numford ; 12 42:54 Anna David ; 13 43:40 Sue Tagg ; 14 43:42 Sharon L Leech ; 15 43:56 Paula Ham ; 16 44:38 Catherine Gardner ; 17 46:31 Amanda Evans ; 18 46:45 Anne Follan ; 19 46:46 Louise Miskell ; 20 47:07 Anne Marie Evans ; 21 47:56 Caroline Sandles ; 22 49:44 Camilla J Darwin ; 23 50:25 Andrea Butcher-Wood ; 24 51:25 Angela Dawn Delaney ; 25 51:53 Sarah Vye ; 26 52:04 Samantha Ward-Jones ; 27 52:16 Samantha Houston ; 28 52:32 Rachel Phillips ; 29 53:29 Jacqueline L Jones ; 30 54:26 Caroline Jones ; 31 54:53 Tracey Newman ; 32 54:58 Kelly Gipson ; 33 55:11 Paula Murphy ; 34 55:27 Tracey Jane McIntosh ; 35 55:44 Tracey Jandrell ; 36 57:00 Rebecca Jones ; 37 58:15 Carol Vyner ; 38 58:30 Wendy Owen ; 39 59:08 Donna Caswell ; 40 59:15 Susan Pendleton ; 41 59:15 Helen McDaid ; 42 59:24 Julie Gething ; 43 01:02:16 Julie Merrifield ; 44 01:02:24 Fiona Neill ; 45 01:03:59 Louise Daniels ; 46 01:05:56 Sonali Das Simpson ; 47 01:07:05 Suzie Shepherd ; 48 01:12:29 Finola Jane Wilson ; 49 01:13:38 Carol Lord ; 50 01:16:46 Gill Morris ; 51 01:20:01 Marnie Morgan ;

#### W40 to 44

1 37:17 Melanie Ellis ; 2 38:39 Andrea Dennison ; 3 38:52 Louise Copp ; 4 40:05 Nicola H Hill ; 5 40:11 Mary Bowen Rees ; 6 40:41 Jane F Lindley ; 7 42:09 Sandra Pinkham ; 8 43:41 Val Carter ; 9 44:17 Jenny Phillips ; 10 45:00 Mary Tavenor ; 11 45:02 Helen C Mansfield ; 12 45:13 Yvonne Bullen ; 13 45:55 Mandy Peace ; 14 47:19 Amanda John ; 15 48:01 Theresa Taylor ; 16 49:38 Lisa Clearys ; 17 50:44 Gail Colley ; 18 51:10 Lyn Brown ; 19 51:57 Catherine L Bradshaw ; 20 52:17 Suzanne Kendrick ; 21 52:50 Alison Howell ; 22 53:03 Jan Davies ; 23 54:32 E Christine Davies ; 24 56:02 Claire Morgan ; 25 56:10 Sue Bennett ; 26 57:14 Ann Mogford ; 27 57:32 Jenny Wyatt ; 28 58:00 Donna L Williams ; 29 58:27 Shirley E Davies ; 30 58:46 Jenny Johnson ; 31 59:20 Susan Jane Davies ; 32 59:42 Deborah Jenkins ; 33 01:00:55 Delyth Ann Rees ; 34 01:01:57 Heather Thomas ; 35 01:02:22 Tracey Pollock ; 36 01:02:29 Sarah Pope ; 37 01:03:19 Miriam Thomas ; 38 01:04:01 Maureen Foley ; 39 01:04:04 Christina Newton ; 40 01:05:09 Jayne Howells ; 41 01:06:43 Ruth DeLuca ; 42 01:08:13 Beverly Crawford ; 43 01:09:45 Denise Matthews ; 44 01:10:18 Jill Royce ; 45 01:19:51 Kay Thomas ;

#### W45 to 49

1 38:41 Sian Monahan ; 2 39:17 Frances Gill ; 3 39:32 Monica Williamson ; 4 42:14 Julie Anne Scholey ; 5 42:19 Alison Sloane ; 6 42:25 Susie C Tawney ; 7 42:55 Liz Clarke ; 8 43:14 Mandy Jones ; 9 43:19 Wendy May Boon ; 10 43:33 Lorraine Dalgleish ; 11 43:54 Jayne Littlewood ; 12 44:39 Lindy Eynon ; 13 44:49 Christina Smith ; 14 46:20 Helen Howells ; 15 46:44 Sian Phillips ; 16 47:02 Judi Bowsher ; 17 47:42 Jenny Hughes ; 18 48:54 Elaine Hillary ; 19 49:27 Kathleen Bradbury ; 20 49:37 Karen McGeoch ; 21 50:46 Janice Wyn Davies ; 22 51:30 Helen F Phillips ; 23 52:53 Janice Clement Pena ; 24 53:46 Patricia K McFarlane ; 25 54:03 Lynne Hodgetts ; 26 55:13 Fran Knight ; 27 55:51 Lynn Green ; 28 56:52 Catherine Holdroyd ; 29 58:04 Amanda Beer ; 30 58:16 Connie Norgate ; 31 01:01:19 Paula Thomas ; 32 01:02:45 Karen Ceeney ; 33 01:03:32 Dolores Donnelly ; 34 01:04:04 Tricia Davidson ; 35 01:04:33 Gail Macnulty ; 36 01:04:48 Gillian Phillips ; 37 01:04:54 Linda James ; 38 01:07:45 Caroline Jones ; 39 01:08:49 Michelle James-Ellison ; 40 01:09:16 Mandy Chambers ; 41 01:09:55 Sue Blundell ; 42 01:09:55 Chris Steele ; 43 01:28:02 Deborah Hay-Harris ; 44 01:40:11 Sheila Curran ;

#### W50 to 54

1 39:07 Gail Duckworth ; 2 40:07 Janet Ross ; 3 42:28 Susan Ogilvie ; 4 43:38 Dawn Lesley Kenwright ; 5 45:57 Jacky Austin ; 6 47:54 Caroline Dallimore ; 7 49:01 Fiona

## BMAF (ADMIRAL SWANSEA BAY) 10k Road Race – Transponder decides BMAF champion!

WORDS: BRIDGET CUSHEN

PICTURES: JEREMY HEMMING

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This event was incorporated into the popular Swansea Bay 10k on Sunday 24 September. As the 3000-plus field surged away from the St Helen's Rugby ground on this switchback course, the elite Kenyans soon broke away. The feedback information highlighted the number of masters who not only were running in the BMAF championships, but who were also selected to represent their area in the Senior Inter Region race. John Ward, Bristol & West won the M35 title in 31.18. MVAC member Phil Parry was the first M40 home and although his 32.00 minutes transponder timing was slower than his season's best of 31.09, it still took him to 12<sup>th</sup> overall in such a major race. M50 Martin Rees, wearing the red vest of the Welsh Senior team, came in immediately behind Parry in 32.10. After winning the international cross-country in Cardiff in 2003, he had knee surgery and advised that his running days were over. But it was a classic story for the Cumavon runner, proving his surgeon wrong he reappeared last January picking up from where he left off at the front of the field, clocking 32.33 for 10k.

The M45 age title went to Peter Hockin, Bideford AC and the strong Oxford team picked up team and individual medals through M55, John Foley and Gareth Jones, M60. John Batchelor had a fairly easy passage to take the M65 race. But who is the real M70 champion? Eric Barber is well known for his strong sprint finish, he recalled looking around at the



## MASTERS ATHLETICS AUTUMN 2006

Davies; 8 49:18 Ann Rowell; 9 50:56 Susan A Pretty; **10 55:32 Wendy Lawrence**; 11 57:12 Aileen Griffiths; 12 57:35 Janet Edwards; 13 01:01:40 Pamela Willis; 14 01:02:00 Diane Smith; 15 01:02:58 Gillian Murphy; 16 01:07:49 Susan De Camps; 17 01:09:55 Kristine Hamilton; 18 01:14:14 Anne Newbury; 19 01:52:31 Linda Evans;

### W55 to 59

**1 46:54 Sue Cariss**; 2 42:34 Lou Lyness; 3 44:02 Zina Marchant; 4 46:01 Maureen Coffey; 5 50:52 Margaret Monk; 6 58:45 Yvette N Sutton; 7 59:58 Mal Rowson;

### W60 to 64

**1 46:54 Pauline Rich**; 2 50:13 1537 Judy Potter; 3 54:38 Christine Motteram; 4 59:54 Anne Marie Bowen; 5 01:02:23 Jean Sellars;

### W65 to 69

**1 49:36 Brenda E Jones**; 2 59:27 Kath Crane;

### W70 to 74

**52:09 Pamela Jones**

### W75 to 79

**01:14:08 Betty F Nosrrish**

### M35 to 39

**1 31:18 John Ward**; 2 33:34 Clive West; 3 33:47 Paul Griffiths; 4 34:03 Tim Lewis; 5 34:50 Stephen Thomas; 6 35:11 drew Goodair; 7 35:16 Alun Wood; 8 35:22 Stephen Whiting; 9 35:54 Michael John Davies; **10 36:02 Michael W Rix**; 11 36:11 Paul Reynolds; 12 36:15 John Glyn Price; 13 36:34 Darren Wyn Rowlands; 14 38:13 Robert Pearce; 15 38:21 Matthew J Townsend; 16 38:34 Mark Reynolds; 17 39:15 Emyr Morgan; 18 39:16 Simon Cadogan; 19 39:27 Cornelius L Corcoran; **20 39:56 Paul Ezard**; 21 40:05 David Proud; 22 40:30 Paul Bouston; 23 40:37 Peter James Lloyd; 24 41:16 Noel Stephen Evans; 25 41:41 Daman Jukes; 26 42:15 Gareth Williams; 27 42:32 Lynsey Christopher; 28 42:37 Heath Jones; 29 42:49 Richard Holland; **30 43:29 Sean Robert Birch**; 31 43:36 Warren Tilke; 32 43:37 Chris Fulcher; 33 43:38 E Feil; 34 44:21 Stephen John Davies; 35 44:58 Luke Keegan; 36 45:30 Julian Alan Smith; 37 46:31 Mark Bennewith; 38 47:09 Bryan O'Leary; 39 47:20 Stephen Hughes; **40 47:45 Steve Press**; 47:50 Geraint Dawe; 42 48:16 Jonathan Clarke; 43 49:09 Richard John Cadogan; 44 49:56 Neil Crosby; 45 50:04 Darren Walker; 46 50:22 Robin Wilson; 47 51:28 Alex Marsh; 48 51:41 Richard J Pennell; 49 51:46 Jonathan Parker; **50 52:00 Nigel Morse**; 51 52:14 Peter Ellison; 52 52:48 James Thomas Davies; 53 53:45 Nicholas Wengkan; 54 56:57 Gavin Lewis; 55 57:59 Haydn Williams; 56 58:27 Ceri Jones; 57 01:02:25 Steve Pritchard; 58 01:04:04 Peter Williams; 59 01:05:07 Kevin John Foley; **60 01:08:17 Wayne Thomas Bellamy**; 61 01:11:12 Jon Sales;

### M40 to 44

**1 32:00 Philip Parry**; 2 32:20 Daniel Moore; 3 32:37 Stephen John Male; 4 32:53 Shaun Whelan; 5 33:13 Clive P Bromhall; 6 33:25 Paul Richards; 7 33:57 Sammy Neil Rashid; 8 34:15 Peter Fraser Coles; 9 34:31 Lee Ahern; **10 34:49 Shaun Tobin**; 11 35:21 Ian Aunger; 12 35:33 Michael Robbins; 13 35:40 Sean Beard; 14 36:06 Chris Parker; 15 36:29 Les Hewitson; 16 36:40 Andrew Noel Henderson; 17 37:02 Kevin Normal Griffiths; 18 37:20 Dean Houlton; 19 37:21 Peter John Crane; **20 37:27 Peter Kellam**; 21 37:36 Dean House; 22 38:06 Paul Shackleton; 23 38:30 Dylan Owen; 24 38:41 Damian Williams; 25 39:13 Paul William Dawes; 26 39:17 Nigel Barnes; 27 39:17 Christopher D Bradshaw; 28 39:25 Keith Thompson; 29 39:33 Gerard Howells; **30 39:38 John Diffey**; 31 40:03 Robert Sandles; 32 40:05 Huw Nicholas Price; 33 40:39 Leighton J Gardner; 34 40:52 Paul Rees; 35 41:03 Andrew Mark Spencer; 36 41:11 Jonathan M Smith; 37 41:12 Andrew G Davies; 38 41:13 David Yves; 39 41:25 Graham John Colvin; **40 41:28 Howard Thomas**; 41 42:08 Stephen John Powell; 42 42:09 Dewi West; 43 42:09 Gervyn Williams; 44 42:23 Mark Carpanini; 45 42:48 Andrew Lucas; 46 42:52 Paul Mumford; 47 43:49 Michael A Gibbs; 48 43:50 Gerard Crispie; 49 43:55 Clive Morgan; **50 44:00 Kevin Corcoran**; 51 44:07 Grant Howells; 52 44:47 Huw Meredydd Davies; 53 44:58 Andrew Owen; 54 45:30 Stephen B New; 55 46:12 Gavin Roberts; 56 46:24 John David Hopkins; 57 46:53 Ralph Lloyd; 58 48:16 Simon Peter Franks; 59 48:16 Christopher Jones; **60 49:01 Martin Bishop**; 61 49:28 Huw James; 62 49:55 Stephen Davies; 63 50:05 Andrew L Jones; 64 50:06 Richard Donne; 65 50:11 Nigel Jenkins; 66 50:24 David Rhys Morgan; 67 51:33 Gareth Ash; 68 51:34 Noel Williams; 69 53:33 David Thomas; **70 53:53 Kevin Chidwick**; 71 56:10 Alan Thomas; 72 57:40 Keiron Dunning; 73 58:27 Paul Anthony Evans; 74 59:09 Mark Jones; 75 01:00:04 Keith Harris; 76 01:03:55 Andrew C Pitson;

### M 45 to 49

**1 32:41 Peter Hockin** 2 33:35 Richard Bullen; 3 33:47 Rob Sheen; 4 33:55 Malcolm Eustace; 5 34:29 Iain Campbell; 6 34:32 Peter David Thompson; 7 34:59 Ronald S Robinson; 8 35:00 Philip Kendrick; 9 35:22 Philip Crane; **10 35:25 Dickie Wythe**; 11 35:36 Jeremy E Hogan; 12 35:53 Robert K Jones; 13 36:07 Huw Roberts; 14 36:24 Ifan Lloyd; 15 36:48 Steve Brace; 16 37:11 Kevin Lewis; 17 37:29 John Williams; 18 38:00 Clem Clement; 19 38:14 Nick Frost; **20 38:40 Jim Rothman**; 21 38:48 Paul Dyson; 22 38:50 Stephen L Williams; 23 38:58 Knill Baird Murray; 24 39:31 Martin Davies; 25 40:05 Rhodri Ewerts; 26 40:21 Gary Wynne Irving; 27 40:56 Graham Barlow; 28 41:15 Peter Wirtzfeld; 29 41:19 David Miller; **30 41:44 Aled M Evans**; 31 41:45 Alan Mann; 32 42:06 Darryn McAtee; 33 42:35 Stephen Murphy; 34 44:17 Marcus Eyre; 35 44:21 Raymond Owen James; 36 44:34 Steve Jones; 37 44:53 Alun Smith; 38 45:00 Stephen Cray; 39 45:15 Philip A Williams; **40 45:19 Simon Mansfield**; 41 45:20 Timothy S Clarke; 42 45:30 Richard C Barnes; 43 46:05 Ian Smith; 44 46:22 Nigel Pitt; 45 47:21 Dave Sherwood; 46 47:43 Bobby Gardiner; 47 47:59 David Frank; 48 49:05 Barry Weston; 49 49:17 Raymond Boyce;

**50 49:44 Andy Silk**; 51 50:21 Pascal Forreau; 52 50:22 Mick Aston; 53 50:33 Lindsay T Davis; 54 50:45 David Fletcher; 55 51:29 Neil James Lewis; 56 52:19 Richard Neil Davies; 57 52:30 Anthony Booth; 58 52:47 Tim McKay; 59 54:57 Robert Kieth Thomas; **60 57:28 Henry Hayward**; 61 59:17 Anthony Jenkins; 62 59:56 Dai Pick; 63 01:19:04 Kevin Johns;

### M50 to 54

**1 32:10 Martin Rees**; 2 34:04 Gregory Alan Wilson; 3 34:36 Mike Weedall; 4 34:51 Dave Cox; 5 35:04 Stanley Owen; 6 35:20 John Rye; 7 35:43 Peter Parker 8 36:30 Graham John Williams 9 36:37 Michael Barnsdale **10 37:24 Jon Embling** 11 37:34 Mick 12 37:42 Robert W Basey; 13 37:53 Philip John Meyler; 14 38:30 Michael Murphy; 15 39:01 Mark Bentley Taylor; 16 39:08 Howard A Carpenter; 17 39:09 Phil Miles; 18 39:23 Dominique Lamour; 19 39:35 Michael Bonner; **20 39:52 Andy Murray**; 21 40:33 Stephen Littlewood; 22 40:46 Eifion Wyn Owen; 23 40:50 Graeme Donnan; 24 41:22 Brian A Griffiths; 25 41:33 James Delaney; 26 42:01 Robert S Jones; 27 42:24 Philip L Bamsey; 28 42:29 Andrew Glover; 29 42:30 John McDonald; **30 42:37 Anthony Holling**; 31 43:38 Michael Dix; 32 44:31 David Howard Proffitt 33 44:52 Robert Ford; 34 45:36 John Ayres; 35 45:58 Philip John; 36 46:06 Stuart Davidson; 37 47:31 Andrew Mark; 38 47:39 Peter Young; 39 48:01 Bruce Morgan; **40 48:27 Gwylim Wynne Griffiths**; 41 49:55 Steve McLelland; 42 50:28 Paul Bevan; 43 50:43 Roger David Fawke; 44 52:27 Douglas M Jones; 45 53:09 Roger D Stein; 46 53:36 John Kevin O'Driscoll; 47 55:31 John Holdroyd; 48 57:35 Barry Young; 49 01:02:48 Roger Rule;

### M55 to 59

**1 35:43 John Exley**; 2 36:08 Charles Dickinson; 3 36:29 Desmond Michael; 4 37:21 Steve Coupe; 5 37:40 Richard John Marks; 6 37:53 Kent Ross-Davies; 7 37:55 Stephen Beardsell; 8 38:28 Gerry Bell; 9 39:16 Peter Turner; **10 39:20 Robin Bereza** 11 40:32 Alan Rich; 12 40:46 Michael Davies; 13 41:13 Robert R Davies; 14 41:32 C Walters; 15 41:32 Leslie Evans; 16 42:34 Allan Loveday; 17 43:34 Neil Middel 18 43:58 Christopher R Ryan; 19 44:20 Jeffrey R Aston; **20 44:31 John Lee**; 21 45:02 Peter Smith; 22 45:38 Derek Jarvis; 23 46:45 Dennis Marchant; 24 47:12 Terry Jones; 25 47:16 John Davies; 26 47:41 Howard John Brown; 27 48:14 Michael Shaw; 28 49:15 Roger Opie; 29 49:16 Vernon T McCarthay; **30 49:41 Geoffrey Davies**; 31 50:43 Michael Newman; 32 50:44 Alen Sparrow; 33 50:51 Michael Burns; 34 50:56 Leslie Chamberlain; 35 51:52 Ian Andrew Swanson; 36 51:57 Steve Woolridge; 37 52:13 Mel Bailey; 38 54:47 Glyn Hicks; 39 54:51 Lionel Pennerier; **40 57:05 Peter Morse**; 41 01:00:10 Philip A Davies; 42 01:00:59 Paul Warburton; 43 01:02:23 Neil Leonard Price; 44 01:06:20 Alfryn G Easter; 45 01:06:25 Kenneth R Medcraft;

### M60 to 64

**1 37:01 Gareth A Jones**; 2 37:32 Peter Giles; 3 38:18 Malcolm John Renyard; 4 38:20 Martin C Ford; 5 38:49 William Tod Allan; 6 39:45 Brian Campbell; 7 39:52 2678 Richard Bowen; 8 41:45 Malcolm Howells; 9 41:59 Keith Paterson; **10 42:14 Brinley Mainwaring**; 11 42:18 Robert Fowler; 12 42:22 Robert Young; 13 42:43 Ian Stephen Milne; 14 42:44 Pete Cartwright; 15 44:10 Clive W Cooksey; 16 44:14 Bernie Monk; 17 45:10 Glyn Williams; 18 46:10 Haldon Eddolls; 19 49:31 Allan Broadbent; **20 50:03 Robin Thorndyke**; 21 50:31 Russell Pullen; 22 51:07 Anthony Kavanagh; 23 51:57 Malcolm Parker; 24 52:12 Roger Banks; 25 52:42 John Stephen Griffiths; 26 52:52 Raymond Williams; 27 59:13 Lyn Williams; 28 01:04:01 Owen Williams; 29 01:04:20 David R Tapper; **30 01:08:24 Emyr Roberts**; 31 01:16:43 Charles Jagers; 32 01:24:45 David P James;

### M65 to 69

**1 37:37 John F Batchelor**; 2 41:16 Fred Gibbs; 3 41:41 Walter D Ryder; 4 41:57 Jonathan E Kersting; 5 42:12 Brian John Gough; 6 44:08 Kenneth Ian Buckle; 7 50:45 Colin Leslie Williams; 8 53:41 Colin Child; 9 59:41 Tony Dorsett; **10 01:09:13 Barrie Morgan**;

### M70 to 74

**1 43:59 Gordon Wiltshire**; 2 44:00 Eric Barber; 3 44:42 Walter McCaskey; 4 46:26 Harry George Franklin; 5 48:44 Arthur John Phillips; 6 48:48 Brian John Blandford; 7 57:09 Alan Bladen; 8 01:01:41 Donald P Fearn; 9 01:03:17 Laurence Brophy; 10 01:05:47 David Bailey; 11 01:28:02 Ronald Harris;

### M75 to 79

**1 48:18 William John Davies**; 2 49:36 Mervyn Huggins; 3 57:50 Ronald G Franklin;

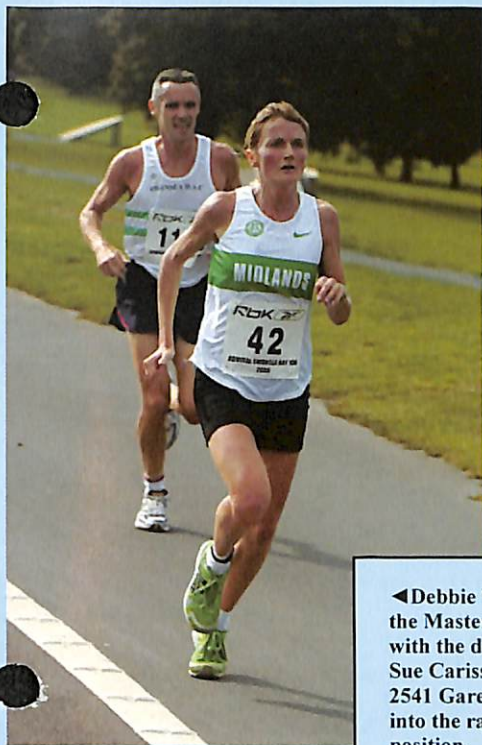
Carol Wolstenholme (W60) posted a time of 20:11 in the Yorkshire Track and Field Championships for a new British Record.

Whilst John Batchelor (M65) ran 3000 metres in 10:34.3 on the 10<sup>th</sup> September at St. Mary's Open Meeting.

**L**eo Carroll of Wirral A.C. and a member of Northern Veterans has been elected as President of the English Cross Country Association for 2006-2007.

Leo was the winner of the European 20k Championship in Viareggio 1978, and led the Wirral A.C. team to success in the Bruges 25k race four times in 1980-1983.



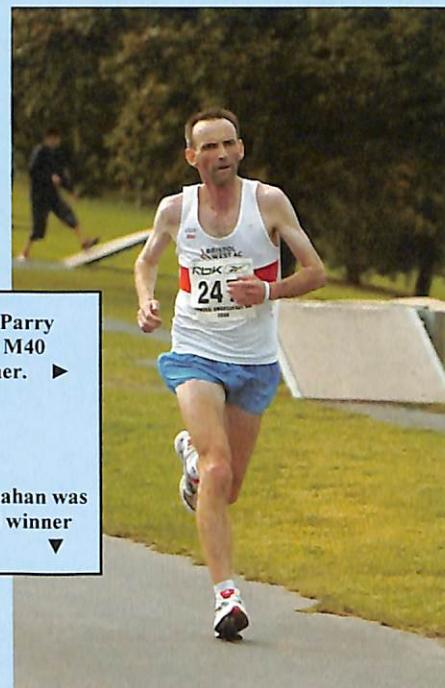


◀ Debbie Walters new to the Masters won the 35's with the days best time. Sue Cariss W55 winner ▶  
2541 Gareth Jones well into the race, checks his position.  
▼

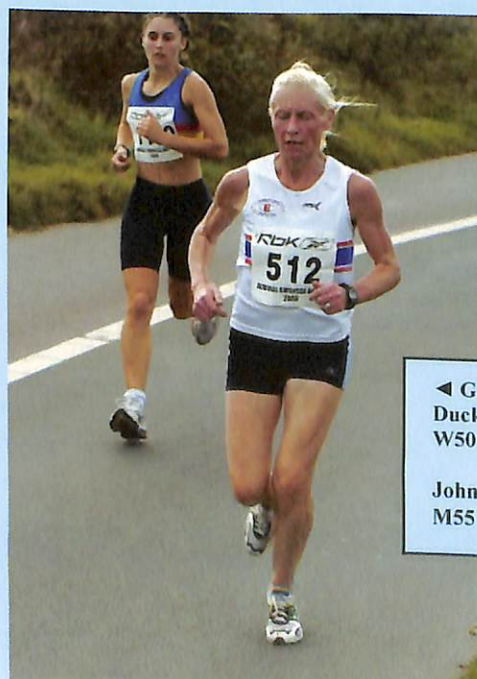


Phil Parry Was M40 winner. ▶

Sian Monahan was W45 winner  
▼



▼ Stephen John third in the M40. Martin Rees easily won the M50, and was third fastest man in the race. ▶



◀ Gail Duckworth W50 winner.

John Exley M55 victor ▶







**ETONIC STABLE**  
PRIMA Etonic's top of the range motion control shoe, Ladies UK sizes 4, 5 1/2, 6, 6 1/2, Mens UK 8 1/2 only USUAL £69.95 OFFER £35.00



**ADIDAS SUPERNOVA COMPETITION** Available in UK sizes 7, 7 1/2, 8, 8 1/2, 9, 9 1/2, 10, 10 1/2, 11, 11 1/2, 12, 12 1/2 and 13 USUAL £65.00 OFFER £45.00



**NEW BALANCE NB 835WR** USUAL £60.00 OFFER £40.00



**DIADORA MYTHOS ROAD** A superior cushioned/stability trainer, mens sizes 6-12 including half sizes, ladies sizes 4-8 including half sizes USUAL £75 OFFER £45



**NEW BALANCE W900** Ladies lightweight racer/trainer, UK 4 1/2, 5, 5 1/2, 6, 6 1/2, 7, 7 1/2 USUAL £70.00 OFFER £40.00



**ADIDAS ADISTAR COMPETITION** Lightweight racing shoe, sizes 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 9 1/2, 10, 10 1/2, 11, 11 1/2, 12, 12 1/2 & 13 1/2 USUAL £80 OFFER £50



**DIADORA MYTHOS AXELER** A superior cushioned neutral training shoe, mens 6-12 inc half, ladies 4-8 inc half USUAL £75 OFFER £45



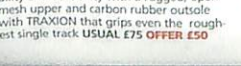
**MIZUNO WAVE INSPIRE** mens UK 7, 8 1/2, 9, 9 1/2, 10, 11, 11 1/2, 12 USUAL £70 OFFER £50



**ADIDAS ROTTERDAM** Lightweight trainer for marathon and fast paced training, available in UK mens 6, 6 1/2, 7, 10, 10 1/2, 11, 11 1/2, 12, 12 1/2, 13 & 13 1/2 USUAL £60 OFFER £40



**DIADORA MYTHOS EMPIRE** cushioned neutral high mileage trainer, mens sizes 6-12 including half sizes, ladies sizes 4-8 including half sizes USUAL £75 OFFER £45



**ADIDAS SUPERNOVA TRAIL** This trail shoe dials up the breathability and durability with a rugged, open mesh upper and carbon rubber outsole with TRAXION that grips even the roughest single track USUAL £75 OFFER £50



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**PUMA COMPLETE THERON** For the neutral runner and mild overpronator, mens UK sizes 6-13 inc half, ladies 3-8 inc half USUAL £60 OFFER £40



**ADIDAS ADISTAR CUSHION** high mileage shoe, perfect for neutral runner, sizes 7 1/2, 8, 8 1/2, 9, 9 1/2, 10 1/2, 11, 11 1/2, 12, 13, 13 1/2 and 14 USUAL £90 OFFER £60



**DIADORA MYTHOS RACER** Ultra lightweight training shoe, ladies 4-8 inc half, mens 6-12 inc half, USUAL £69.95 OFFER £55



**PUMA COMPLETE TENOS II** for the mild to moderate overpronator, mens sizes 6-12 including half, ladies 3-8 inc half USUAL £70 OFFER £50



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**PUMA COMPLETE NESTOR** Stability shoe for dynamic moderate to severe overpronator, ladies 3-8 inc half, mens 6-15 inc half USUAL £75 OFFER £55



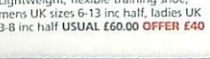
**NIKE LADIES AIR SKYDON** Cushioned training shoe light enough for racing, UK sizes 3 1/2, 4 1/2, 6 1/2, 7 1/2, 8, 8 1/2 and 9 1/2 USUAL £60 OFFER £40



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**BS HI VIZ WATERPROOF RUN/BIKE JACKET** lightweight, 100% waterproof, breathable, all seams taped, reflective piping, large zippered front map pocket, velcro cuffs, rear zip pocket, droptail, available in sizes 34/36", 38/40", 40/42", 42/44" and 44/46" USUAL £69.95 OFFER £30.00



**HI VIZ RUN/BIKE JACKET** HAS VELCRO CUFFS



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**ROY FOWLER** Winner of the 1962 International Cross Country Championships, San Sebastian, Spain. "The remarkable Roy Fowler" - Ron Hill.

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