

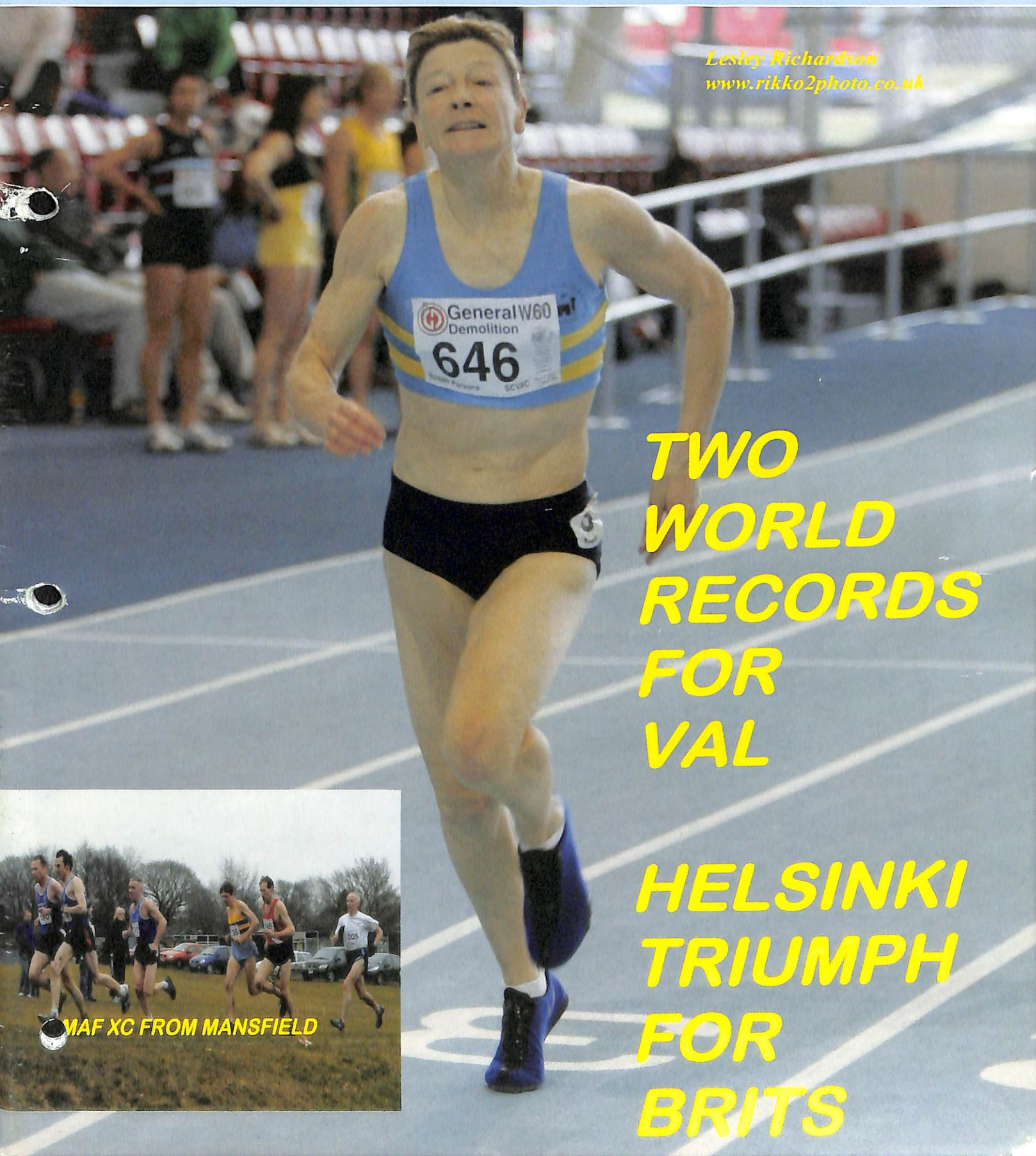


MASTERS ATHLETICS

Spring 2007 **Number 79**

*The official Magazine of the British Masters Athletic Federation
distributed direct to the homes of 6,275 members.*

*Lesley Richardson
www.rikko2photo.co.uk*



**TWO
WORLD
RECORDS
FOR
VAL**

**HELSINKI
TRIUMPH
FOR
BRITS**



MAF XC FROM MANSFIELD



Top-Another successful Great Britain and Northern Ireland Team.
Left-Steve Peters despite his tumble at Lee Valley , 4 great Gold's. Right-Great 800 & 1500 metres double for Joan Howe.

MASTERS ATHLETICS

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Items for inclusion in the "Summer Edition" to reach the editor by the 16th June 2007.

PAGE 19 BMAF TRACK & FIELD ENTRY FORM
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 PAGE 36 BMAF CROSS COUNTRY CHAMPIONSHIPS

JOIN THE 300 PLUS CLUB

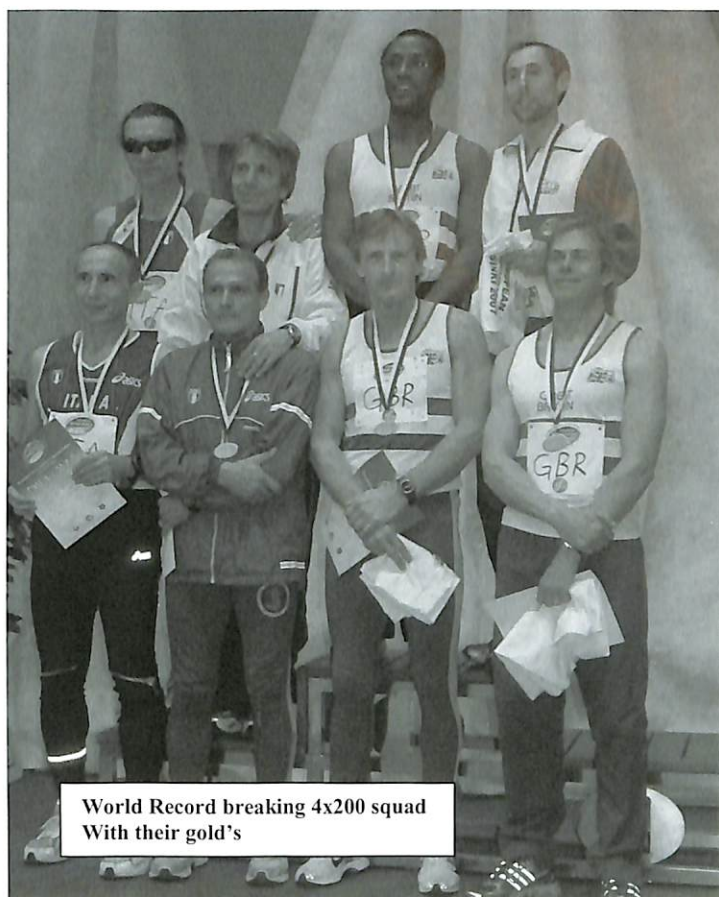
Should you wish to join please send your details with your cheque for £ 12, direct to:
 Tony Mullane, 34, Malden Road, Tiptree, Colchester, Essex, C05 0TN.

Winners in the latest draws were:

November-£125 Bill Muller;
 £ 10 Nigel Wray (who donated this back to the 300 Club);
 Morgan Kelly, Alyson Hourihan, Alan Clevett & Richard Jenkin..
 December- £ 125 Jim Brett.
 £10- Pam Jones, Susan Kneil-Boxey, Viv Kirkland, Andrew Shield & Seymour Izzard.
 January- £125 Nigel Webber.
 £10 -Nigel Wray (who donated his prizes to the club),
 Maggie Staham, David Sinnott & Brian Fowler.
 February-
 £125-Derek Nutley;
 £10-Helen Burrell, K.Bushell, Austin Fox, Harold Piper, Pat Stanley;

Donations:

Our thanks go to: Nigel Wray, Allan Sowden,



World Record breaking 4x200 squad
 With their gold's

*European Veterans' Indoor Championships,
 Helsinki, 22-25 March 2007-Val Parsons & 4x 200
 M45 set World Records*

Words- Bridget Cushen.

Pictures-Tom Phillips

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Finnish Athletics celebrated their Centenary in March last year and this sparsely populated country has a haul of no fewer than 114 Olympic medals from their premier sport. 522 of their Masters entered the above, the highest ever from any host country. Planning a schedule for an estimated 1,800 competitors based on the 1,400 in Bordeaux in 2003 and 1,586 in San Sebastian, the Organising Committee were staggered to have a record 2096 athletes from 36 countries by the closing date. Back to the drawing board and re-scheduling, only to find that on the first day a proportionally large number had not registered for some events leaving gaps between heats. Yet only 173 athlete packs remained uncollected late on the final day. The 6-lane 60m track parallel with the main arena and the 2-circle shot putt at the bottom of the hall, allowed all the other track events and jumps to operate simultaneously. Keeping up with the progress of the 190 B.M.A.F entries over the four days kept the vociferous British supporters who had crowded together

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in the limited seating capacity on the first bend, on their toes. On the opening morning it was out on the road that we got our first medal when the Market Harborough W45 walker Toni Boa, won the first of our four silver medals in the 5km walk behind the Pole Janna Luniewska, in sunny but cold conditions and exacting judging. John Hall had to work hard for the first of his two M55 silver medals with so many good Scandinavian men in his race. M75 Doug Fotheringham also got silver in the 5k and 3,000m and M60 Colin Turner at last got a European gold in the 3k and silver in the road race. The final walk of the morning saw the M35-50 age groups start off together. The Germany based Bengt Bengtsson, now 46 and still a member of the Swedish senior international team, did not have it all his way as the French M35 Thierry Quarre latched on for silver one second behind.

Indoors, Tony Bowman the BMAF Vice Chairman, stood on the rostrum to receive his two gold medals in the M70 60m hurdles, 200m and 3rd in the 60m. The jovial Leeds man is still on a high after his fantastic series of wins in the historic "Powderhall New Year handicap sprints" where he pocketed £4k prize money.



Karen Marshall with her 3,000 Gold

Karen Marshall led from the front to win the W50 3000m despite still feeling under par from the flu that appears to have affected so many of our team. The S.W.V.A.C. athlete, Mary Anstey won the W70 and Anne Martin the bronze. It was third too for the EVAC Membership Secretary, Eva Osborne in the W65 group. Pat Gallagher, whose training was affected by that ghastly mugging incident last October, still managed to get a silver medal in the W60 race. The consistent Jane Clarke had a clear win in the W45 as Susie Tawney missed out in 4th and Lynne Marr 10th. Bernadine Pritchett, although showing excellent form indoors all winter, had the talented Belgium Nathalie Loubele in her age group, she finishing 2nd in the W40 race. Scotland's Susan Ridley ran in the World indoor in Linz whilst pregnant, back here with 8-month old Ruby in toe, she

was 4th in the 3000m and 2nd behind the Belgian in the 5k cross country. David Oxland is not a name instantly recognised in the B.M.A.F. M55 age category. He retired from the sport aged 40 but recently bumped into the enthusiastic Fred and Jane Pidge who encouraged him to join the Midland M.A.C. His first ever indoor race was at Picketts Lock. Lining up in Helsinki for his 3000m with 18 entrants from nine countries he got a totally unexpected silver medal. "I kept getting tripped and decided to get out the front as it was a bit crowded, I just lost the gold on the line, the support and the atmosphere was fantastic," he gasped after the race. I am certainly going to Riccione!" Peter Parker got silver in the M35. The Finns and the Spaniards were particularly strong in the middle distance.



Andrew Waddington Won Gold in the M45 Pentathlon

Andrew Waddington notched up 4632 points to take the M45 pentathlon. Jackie Charles lowered her own W65 British record, 12.90 set on 3 March at Picketts Lock, to 12.61 for 3rd whilst Bruce spent much of his time on the Chiro's couch with a disc problem. An enthralling jump off between four M45's in the high jump pentathlon continued during

the Opening Ceremony. How they could possibly concentrate as groups of folk dancers in native costume jigged about them I do not know, but the last event was scheduled for 21.30!

On the second day, Tom Phillips whose photos adorn our pages ran a season's best but missed getting through to the M50 60m final by a whisker. Stephen Peters and Eric Smart got through as the 40 entries were whittled down to six. Mark Dunwell and Darren Scott continued our fine record in the M35 60m set by Terence Stamp and Rohan Samuel when this new age group first appeared in Sindelfingen in 2004. Viv Oliver moved up an age group last October and quickly set about lowering Brian Green's 1997 M55 60m British record from 7.63 to 7.53 just 2/100 of a second outside the European record credited to the German Manfred Koch since 2003. Viv clocked 24.05 for an M50 200m ER in San Sebastian in 2003 only to see Stephen Peters speed to 23.22 in Sindelfingen the following year. The reappearance of the international scene of Alasdair Ross, 2nd here in the 60m and running a brilliant 200m in 24.42 for a European M55 record,

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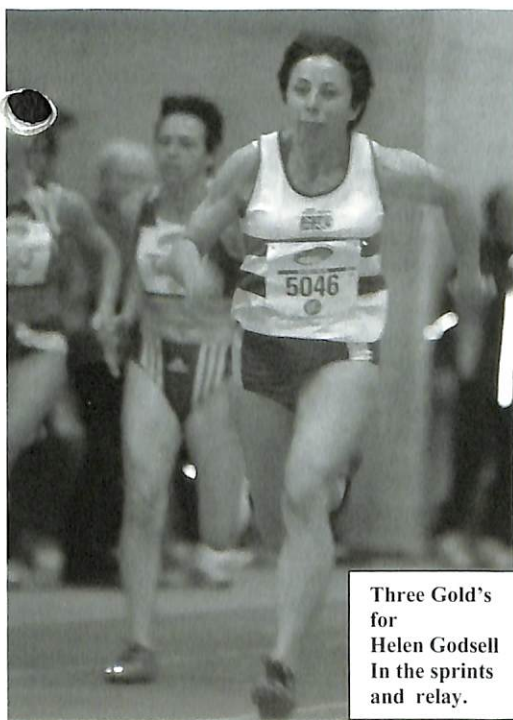
argues well for the relay team. Viv got the silver in 24.79. Alasdair is one of a select few capable of erasing Guido Muller's name from the record book. Muller set this record back in 1994.

The women's 60m was even more exciting as Val Parsons broke her own pending W60 60m World Record and later set another WR in the 200m circling the arena in an incredible 29.16sec. Helen Godsell was as sharp as ever winning the W50 60 and breaking her own British 200m record that she set in Sindelfingen. Averil McClelland, Ester Linaker and Dorothy Fraser won their 200m



Mark Dunwell and Darren Scott won a M35 sprint each.

age group as Tony Noel got a British M40 200m record.



Three Gold's for Helen Godsell in the sprints and relay.

John Munro reached out to 6.57 in the M35 long jump and John Nicholls was right on form in the M40 shot. Entries in the weight throw competition is still remarkably evenly balanced for both men and women. Held in a huge tent a few minutes walk from the arena #, the host nation got all their big men out



Sally Read-Clayton British Record in the 400 followed by a second Gold at 800

Back in the arena, up to eight men started in the heats of the 800m. Mark Oldham ran a textbook tactical race to go straight through to the M40 final on Saturday. The 400m finals tested the leg strength of the sprinters as so many of them said their legs went in the last 10m. Entering several events to justify the travelling cost is fine, but when there are up to 40 entries and qualifying heats with winner only plus two

fastest, it does take it out of you. Sally Read-Clayton had no such problem as she broke the W40 British record ducking under the 60sec. The Surrey athlete handed Bernadine Pritchett a rare defeat over 800m the following day. Brenda Green lost her W70 British record to Dorothy Fraser, but quickly got herself back into the record book in setting a British W75 record. The popular Kermitt Bentham raced to an M45 victory. Stephen Peters and Wally Franklin were 1st and 2nd in the M50 400m and Michael Coker 5th.

The 5km cross-country on Saturday in glorious sun consisted of two laps mainly on gravel paths. The expected heavy snow may have deterred some as entries were down, but the Helsinki region had a short spell of unseasonable warm weather the previous week and melted it. Teams awards were in 10-year age groups. W50 Carole Smith must be delighted with her winning team medal as she is better known as a 400/800m runner. Jane Clarke and Susie Tawney were 1st and 3rd in the W45 race. Carole turned out in the 800m final later, finishing third. The M35 through to 50 age groups turned out to be the expected tear up over the short fairly flat course as Belgium, Italy, Spain and Finland all had their top men there. Chiropractor Stefan Sternkopf gave his overworked hands a rest and ran round in the M40 race. He was rewarded with a team bronze as John Brown was runner up to Ireland's Michael Traynor and Roger Alsop came in 4th. There was some drama in the M45-55 race as Julian Critchlow led after the first circuit from the Spaniard Serrano. O'Connor of Ireland, Mike Boyle and the Norwegian Johansen. In a fierce sprint to the line, Critchlow had run himself into the lead and total collapse as the Norwegian came through for 2nd and Serrano just managed to hold off Boyle.

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In the high jump W35 Irie Hill cleared 1.54 before rushing off to win the pole vault. Bob Minting made light work of the M55 800m final winning in 2.08.98. Mark Oldham made an audacious attempt to run his opponents off their feet in the M40 final only to be overhauled by the Spaniard Suarez on the line. Bilal Namani held off a challenge from another Spaniard in the M50 race as he came charging through on the last lap. Nancy Hitchmough and Joan Howe are both front runners and won their age group, but Sarah Heath had little choice but to go to the front in the W45 final of 12, finishing 2nd. Pat Gallagher just got pipped for gold on the W60 race.

On final day the 1500m were run as seeded races or up to 14 were allowed in a straight final. Tony Wells won the M55 60mH, Mike Coker was 2nd in the M50, Sally Steggles got through the rounds to get 2nd in the W45. Sadly it was an early exit for M40 Greg Dunson, he pulled a calf muscle winning his heat. The Team Managers rustled up teams in virtually all age groups for the great finale, the relays where we did exceptionally well. 146 championship records were broken during the four days compared with 72 two years ago. 14 world and 24 European records were re-written and our haul of 130 medals from 190 athletes' leaves us deservedly as the most successful section of British athletics.

BRITISH & IRISH RESULTS:

M35:

60: 1. Mark Dunwell 7.06 (7.05qr); 2. Darren Scott 7.13 (7.06qr); (QR): Michael Culshaw 7.37; **200:** 1. Darren Scott 22.52; 2. Mark Dunwell 22.59; (QR): Michael Osunsami 24.37; John Corr IRL 24.64; Michael Culshaw 24.68; **800:** (QR) Stephen Allen 2.02.46; Robert Datnow 2.02.70; Ken Harker 2.05.59; John Moore 2.06.92; Andrew Del Nevo 2.16.49; **1500:** 6. Peter Barker 4.08.40; 10. Stephen Allen 4.13.20; 15. John Moore 4.17.01; 18. Ken Harker 4.27.55; 21. Andrew Del Nevo 4.48.98; **3000:** 2. Peter Barker 8.52.47; 10. Ian Johnston 9.19.69; 19. Andrew Del Nevo 10.30.17; **60H:** 3. Sean Saxon 8.51;

LJ: 1. John Munroe 6.57; **4 x 200:** 1. Great Britain & N.I. 1.33.07

(Dunwell, Osunsami, Saxon, Scott); **XC:** 22. Andrew Del Nevo 20.31;

M40:

60: 2. Anthony Noel 7.08; 3. Rohan Samuel 7.16; (QR): Richard McArthur IRL 7.62; David Kemp 7.73; Glen Reddington 7.92; **200:** 2. Anthony Noel 22.37 (British Record); (QR): David Kemp 24.21sf; Richard McArthur IRL 24.87sf (24.25qr); Keith Palmer 24.97sf (24.87qr); Patrick Bass 25.53; **400:** 4. Keith Palmer 56.93 (55.14sf); (QR): David Kemp 55.80Q; Patrick Bass 59.24; **800:** 2. Mark Oldham 1.59.20; (QR): Anthony Geoghegan IRL 2.10.93; **1500:** 2. Steven Neill 4.06.75; 5. Michael Traynor IRL 4.13.46; 6. Kofi Agyei 4.15.46; 10. John Brown 4.20.72; 12. Hugh Shields 4.23.77; **3000:** 1. Michael Traynor IRL 8.54.47; 8. Roger Alsop 9.25.84; **60H:** 4. Des Wilkinson 8.84; **HJ:** 5. Ian Allen 1.77; **LJ:** 8. Masakatsu Kondo 5.89; 9. Ian Allen 5.79; 11. Richard McArthur IRL 5.67; **SP:** 1. John Nicholls 15.45; **PENT:** 19. Eddie McKenzie 2046; **4 x 200:** 4 Great Britain & N.I. 1.40.47 (Glen Reddington, Ian Allen, Patrick Bass, Keith Palmer); **DT:** 5. David Burrell 35.98; 8. Eddie McKenzie 31.62; **WT:** 7. Eddie McKenzie 8.57; **XC:** 1. Michael Traynor IRL 16.05; 2. John Brown 16.21; 4. 16.40; 14. Stefan Sternkopf 18.11; 23. Alan Roberts 21.32; 24. Patsy Swoddy IRL 21.36; **TEAM:** 3. Great Britain & N.I. 51.12 (John Brown 16.21-4, Roger Alsop 16.40-10, Stefan Sternkopf 18.11-26);

M45:

60: 3. Pat Logan 7.39 (7.37sf); (QR): John Shepherd 7.60; Francis Scott 7.80; Michael May 8.55; **200:** 3. Kermitt Bentham 24.14 (24.09sf); 4. Pat Logan 24.51 (24.42sf); (QR): Andrew Waddington 24.70sf; Francis Scott 24.77sf; Michael May 27.62qr; **400:** 1. Kermitt Bentham 52.33; 5. Andrew Waddington 54.66 (54.08sf) (QR): Francis Scott 55.71sf; Michael May 1.07.42; **800:** 3. Alex Bryce 2.05.53; 4. James Macdonald 2.06.18 (2:05.98qr); 5. Adrian Marston 2.09.12 (2:05.72qr) (QR): Pat Hannon IRL 2.11.26; Kevin Pye 2.11.68; Michael Cornyn IRL 2.20.84; Michael Gyax IRL 2.23.55; Eugene Kiewin IRL 2.27.94; **1500:** 5. Alex Bryce 4.19.48; 13. James Macdonald 4.28.84; 14. Pat Hannon IRL 4.29.48; 15. Adrian Marston 4.29.49; 19. Craig Sabin 4.36.77; 20. Kevin Pye 4.36.85; 26. Michael Gyax IRL 4.45.37; **3000:** 5. Thomas O'Connor IRL 9.13.11; 6. Michael Boyle 9.17.17; 14. Craig Sabin 10.00.21; 15. Michael Gyax IRL 10.04.90; 18. Colin Oxlade 10.22.42; 19. Paul Newman 11.01.77; **HJ:** 7. Andrew Waddington 1.71; **LJ:** 3. John Shepherd 6.10; 17. Charlie Batts 5.03; **Pent:** 1. Andrew Waddington 3675 (9.94-5.54-8.59-1.76-2.54.40); 10. Charlie Batts 2485; **3000W:**

2. Patrick Murphy IRL 13.41.24; **4 x 200:** 1. Great Britain & N.I. 1.38.34 (Pat Logan, Andrew Waddington, Francis Scott, Kermitt Bentham); **XC:** 1. 4616 Julian Critchlow 16.29; 4. Michael Boyle 16.40; 5. Thomas O'Connor IRL 16.48; 15. Pat Hannon IRL 17.47; 16. Michael Gyax IRL 18.00; 19. Colin Oxlade 18.54; 24. Paul Newman 20.25; **5k RW:** 2. Patrick Murphy IRL 23.02;

M50:

60: 1. Stephen Peters 7.48; 3. Eric Smart 7.63; (QR) Tom Phillips 7.84; Walwyn Franklyn 7.84; Clement Leon 8.12; Philip Bell 8.41; **200:** 1. Stephen Peters 23.77; 2. Eric Smart 24.20; 5. Walwyn Franklyn 25.35; (QR): Tom Phillips 25.52sf; Kevin Carey IRL 25.92; Philip Bell 27.26 (27.13qr); Clement Leon 27.22qr; John Marshall 27.32qr; **400:** 1. Stephen Peters 54.65; 2. Walwyn Franklyn 56.27; 5. Michael Coker 58.76 (58.03sf); (QR): Kevin Carey IRL 59.68; **800:** 1. Bilal Namani 2.10.55; (QR): Loughlin Campion 2.18.15; **1500:** 8. Loughlin Campion IRL 4.40.42; 12. Archie Jenkins 4.52.10; 22. Kevin Dillon 6.33.56; **3000:** 2. Eugene Moynihan IRL 9.27.48; 6. Archie Jenkins 9.50.35; 8. Loughlin Campion IRL 9.55.02; 15. Brian Worthington 12.52.16; **60H:** 2. Michael Coker 9.03; (QR): Clive Pengelly 10.37; **HJ:** 4. Colin Hague 1.50; 5. Clement Leon 1.50; **LJ/TJ:** 12. Clement Leon 4.78/10.9.10; **PENT:** 7. Colin Hague 2504; **4 x 200:** 1. Great Britain & N.I. 1.39.46 (Walwyn Franklyn, Tom Phillips, Stephen Peters, Eric Smart); **XC:** 1. Eugene Moynihan IRL 17.05; 8. Archie Jenkins 18.16; 17. Brian Worthington 23.25; 18. Kevin Dillon 27.10; **TEAM:** 2. Great Britain & N.I. 51.25 (Julian Critchlow 16.29-1, Michael Boyle 16.40-4, Archie Jenkins 18.16-25);

M55:

60: 1. Viv Oliver 7.53 (British Record); 2. Alasdair Ross 7.67 (QR) David Leech IRL 8.29; **200:** 1. Alasdair Ross 24.42 (Word Record); 2. Viv Oliver 24.79 (24.56sf) (QR): Tony Wells 26.83 (26.62qr); John Moore 27.14qr; Keith Short 28.24qr; **400:** 2. Robert Minting 56.20; (QR): Keith Short 1.00.70; Bruce Hendrie 1.01.40; John Moore 1.01.43; Alan Fulton 1.04.19; **800:** 1. Robert Minting 2.08.98; 7. Keith Short 2.14.93; 9. Alan Maddocks 2.24.58; 10. Bruce Hendrie 2.25.53; 14. Alan Fulton 2.35.00; **1500:** 4. Robert Minting 4.41.25; 6. Peter Kennedy 4.45.43; 8. David Oxlade 4.46.34; 9. Keith Short 4.48.17; 16. Bruce Hendrie 5.17.55; 17. Alan Maddocks 5.19.25; **3000:** 2. David Oxlade 10.04.85; **60H:** 1. Tony Wells 9.36; **3000W:** 2. John Hall 14.50.56; **PENT:** 7. William Lonsdale 2947 (12.27-4.48-7.36-1.46-3.29.45); **4x200:** 1. Great Britain & N.I. 1.43.24 (Alasdair Ross, Tony Wells, Robert Minting, Viv Oliver) (European Record); **5k RW:** 2. John Hall 24.59;

M60:

60: (QR): Charles Isetts 8.56; **200:** 6. Terry Bissett 27.48 (27.08qr); (QR): Charles Isetts 28.59qr; **400:** (QR): Albert Eland 1.06.10; **800:** 7. Michael Smith 2.33.36; 8. Albert Eland 2.33.37; **1500:** 7. Jim Munro 5.11.81; 12. Danny Mullane 5.45.89; **3000:** 8. Jim Munro 11.11.38; 10. Michael Smith 11.17.46; 12. Danny Mullane 13.12.72; **3000W:** 1. Colin Turner 15.40.69; 2. Anthony King IRL 15.56.46; 3. John McMullin IRL 16.01.61; **LJ:** 6. Sean O'Dwyer IRL 4.60; 9. James Parish 4.09; **4 x 200:** 3. Great Britain & N.I. 1.56.81 (Charles Isetts, Michael Smith, Albert Eland, Terry Bissett); **5k RW:** 1. Anthony King IRL 26.05; 2. Colin Turner 26.31; 3. John McMullin IRL 26.40; **XC:** 9. Danny Mullane 22.15; **WT:** 5. Michael Hazlewood 15.16; **DT:** 3. Michael Hazlewood 43.20;

M65:

60: (QR): Barry Ferguson 9.17; Bryan Shearsmith 9.21; James Parish 9.44; **200:** (QR): Bryan Shearsmith 30.04; **800:** 7. Mike Duggan IRL 2.47.56; **1500:** 3. John Garber 5.16.24; 13. Mike Duggan IRL 5.45.25; **60H:** 1. Barry Ferguson 9.91 (British Record); **PV:** 12. Brian Harlick 240; **TJ:** 5. Sean O'Dwyer IRL 9.49; **4 x 200:** 3. Great Britain & N.I. 2.01.77 (Barry Ferguson, John Garber, Maurice Doogan, Bryan Shearsmith); **DT:** 12. Brian Harlick 34.26;

M70:

60: 3. Tony Bowman 8.60; 5. Colin Field 9.59 (9.30qr); **200:** 1. Tony Bowman 28.29; **400:** 4. Arthur Kimber 1.11.32; **800:** 3. 7064 Arthur Kimber 2.47.35; **1500:** 2. Jon Perratt 5.44.40; 7. Arthur Kimber 5.54.75; **3000:** 4. Jon Perratt 11.50.08; **60H:** 1. Tony Bowman 10.09; **XC:** 4. Jon Perratt 21.51; 11. David Anstey 28.15; **TEAM:** 4. Great Britain & N.I. 1.25.26 (Jon Perratt 21.51-12, David Anstey 28.15-29, James Caddy 35.20-33);

M75:

3000W: 2. Douglas Fotheringham 18.22.67; 7. John May 23.08.34; **5k RW:** 2. Douglas Fotheringham 31.06; **M80:** **400:** 6. Frank Copping 1.57.80; **3000:** 3. James Caddy 18.18.20; **5 km cross country:** 3. James Caddy 35.20; 4. 8029 Frank Copping 39.17;

W35:

400: 4. Deborah Doherty 1.03.78; **800:** 4. Nicola Wasteney 2.21.92; 8. Deborah Doherty 2.29.47; **HJ:** 3 Irie Hill 1.54; **PV:** 1. Irie Hill 3.70; **4 x 200:** 4. Great Britain & N.I. 1.59.84 (Nicola Wasteney, Susie Tawney, Deborah Doherty, Sarah Heath);

W40:

60: (QR): Angie Alstrachen 9.17; **200:** (QR): Angie Alstrachen 30.77; **400:** 1. Sally Read-Cayton 59.05 (British Record); 5. Angie Alstrachen 1.10.92; **800:** 1. Sally Read-Cayton 2.15.72; 2. Bernadine Pritchett 2.19.02; 5. Bernadette White 2.27.11; **3000:** 2. Bernadine Pritchett 10.19.5; 4. Susan

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Ridley 10.33,4; 3000W: 5. Anne Gormley 18.42,71; 5 km road walk: 4. Anne Gormley IRL 31.14; 5 km cross country: 2. Susan Ridley 18.54; Pent: 9. Angie Alstrachen 2311;

60: 1. Averil McClelland 8,25 QR; Sally Stagles 8,78; Angela Kelly 8,87; Anne Goad 9,10; 200: 1. Averil McClelland 26,61; 6. Lesley Hopkins 29,04 (28.59qr); (QR): Denise Timmis 29,61; Angela Kelly 29,68; Anne Goad 31,42; 400: 3. Lesley Hopkins 1.03,72; (QR): Diane Farmer 1.12,54; 800: 2. Sarah Heath 2.20,95; 10. Diane Farmer 2.49,15; 1500: 4. Sarah Heath 5.02,27; 8. Susie Tawney 5.21,82; 13. Diane Farmer 5.45,93; 14. Lynne Marr 5.50,00; 3000: 1. Jane Clarke 10.09,5; 4. Susie Tawney 11.06,9; 10. Lynne Marr 12.26,3; 60H: 2. Sally Stagles 9,35 (9.25qr); 6. Hazel Barker 10,56; HJ: 6. Hazel Barker 133; 8. Janice Hardcastle 1.33; 9. Lucinda Moore-Fox IRL 133; LJ: 5. Denise Timmis 4,43; 9. Anne Goad 4,02; TJ: 6. Lucinda Moore-Fox IRL 8,36; SP: 3. Claire Cameron 10,23; 6. Wendy Dunsford 9,05; 7. Hazel Barker 9,01; 11. Lucinda Moore-Fox 7,86;

Pent: 4. Hazel Barker 3185 (10,43-1.37-9,14-4,29-3.19,67); 6. Janice Hardcastle 2590; 3000W: 3. Toni Boa 16.19,49; 4 x 200: 1. Great Britain & N.I. 1.54,20 (Angela Kelly, Lesley Hopkins, Denise Timmis, Averil McClelland); XC: 1. Jane Clarke 18.58; 3. Susie Tawney 20.29; 11. Lynne Marr 23.03; 5k RW: 2. Toni Boa 28.52; DT: 3. Claire Cameron 35,15; 9. Wendy Dunsford 24,74; WT: 2. Claire Cameron 11,03; 6. Wendy Dunsford 8,97;

W50;
60: 1. Helen Godsell 8,37; 200: 1. Helen Godsell 27,95(British Record); 800: 1. Joan Howe 2.35,03; 3. Carole Smith 2.39,85; 1500: 1. Joan Howe 5.31,89; 3000: 1. Karen Marshall 11.05,0; 7. Anne Darby 13.01,4;

4. Anne Darby 3,75; SP: 4. Jane Goatcher 8,93; 4 x 200: 1. Great Britain & N.I. 2.04,98; (Valerie Parsons, Agnes Hitchmough, Joan Howe, Helen Godsell); DT: 7. Jane Goatcher 17,38; XC: 6. Carole Smith 22.12; 13. Anne Darby 23.39; TEAM: 1. Great Britain & N.I. 1.01.39 (Jane Clarke 18.58-1, Susie Tawney 20.29-3, Carole Smith 22.12-15);

W55;
60: 6. Grete Howarth 10,93; 200: (QR): Grete Howarth 40,70; 800: 1. Agnes Hitchmough 2.36,74; 1500: 1. Agnes Hitchmough 5.28,45; 60H: 1. Jean Fail 10,65; LJ: 5 Grete Howarth 3,29; TJ: 7. Grete Howarth 6,24;

W60
60: 1. Valerie Parsons 8,68 (World Record); 200: 1. Valerie Parsons 29,16 (World Record); 800: 2. Pat Gallagher 2.57,83; 1500: 1. Pat Gallagher 5.48,36; 3000: 2. Pat Gallagher 12.07,7; 60H: 4. Margaret Coombe 13,95; PV: 2. Margaret Coombe 200 (British Record); TJ: 3. Patricia Oakes 7,38; Pent: 4. Patricia Oakes 2544;

W65;
60: 2. Esther Linaker 9,43; 200: 1. Esther Linaker 32,51; 1500: 3. Eva Osborne 6.34,06; 3000: 3. Eva Osborne 14.18,2; 60H: 3. Jackie Charles 12,61 (British Record); TJ: 3. Jackie Charles 7,71; SP: 2. Evaun Williams 10,09; Pent: 1. Jackie Charles 3731 (12,43-1.11- 6,81-3,34-3.45,84); 4x200: 1. Great Britain & N.I. 2.25,47 (Dorothy Fraser, Jackie Charles, Eva Osborne, Esther Linaker); XC: 2. Eva Osborne 24.58; 3. Brenda Jones 25,00; Discus: 3. Evaun Williams 26,72; WT: 2 Evaun Williams 8,7;

W70;
60: 2. Dorothy Fraser 10,47; (QR) Betty Steedman 12,30; 200: 1. Dorothy Fraser 35,48; 400: 1. Dorothy Fraser 1.26,22 (British Record); 3000: 1. Mary Anstey 14.20,9; 3. Anne Martin 15.03,7; PV: 1. Dorothy McLennan 180; 2 Sheila Champion 140; LJ: 2 Anne Martin 2,89; TJ: 2. Anne Martin 6,55; XC: 1. Mary Anstey 25.47; 2. Anne Martin 25.56; TEAM: 1. Great Britain & N.I. 1.16.25 (Eva Osborne 24.58-2, Brenda Jones-25.40-3, Mary Anstey 25.47-4); 5k RW: : 6. Sheila Champion IRL 41.16;

W75;
60: 4. Brenda Green 14,13; 200: 4. Brenda Green 52,58; 400: 1. Brenda Green 2.11,60 (British Record);

W85;
60: 1 Mary Wixey 14.66 (British Record); LJ: 1 Mary Wixey 1,55; TJ: 1. 8501 Mary Wixey 3,40; SP: 1 Mary Wixey 3.62; DT: 1. 8501 Mary Wixey 8,48;

MEDAL TABLE

Position	Gold	Silver	Bronze	
Total				
1 Germany	81	90	60	231
2 Finland	74	70	73	217
3 G Britain & NI	58	40	32	130
4 Russia	25	22	22	69
5 Spain	23	16	17	56
6 Sweden	17	18	20	55
7 Italy	21	15	16	52

8 France	14	13	13	40
9 Austria	16	10	9	35
10 Belgium	15	10	8	33

FULL RESULTS SEE www.evaci2007.com

INTERLAND SELECTION CRITERIA

The Interland is a quadruple International Match involving Belgium, France, ourselves and a local Belgium team [the Dutch pulled out several years ago], which this year is due to take place in Tournai, Belgium [25km east of Lille] on Saturday 23rd June 2007. The match is an A and B string affair for virtually all track and field disciplines for M35's and W35's. Older athletes can apply, and to be honest I expect that the M40's will make up most of the team, and if you are good enough you will get the nod.

Although there is still no funding from UKA, some funding will be available to assist participating athletes, mainly due to the efforts of Carole Filer with overseas entries. This funding will cover all costs beyond Dover, ferries, mileage, tolls and other necessary expenses, but selected athletes have to bear their own costs to get to Dover. Last year we went to France in cars, meeting up at various rendezvous'. This year we will repeat the exercise, so we will still need some athletes to offer to take their cars, **but with anticipated expenses paid up front**, and filled up with other athletes. We go there and back the same day. Please be sure you can fund the travel etc., to Dover, before tendering your credentials.

Selection will be based on **current form, with the cut off date being Friday 9th June**. This should allow you to have done the County Championships and Senior League fixtures as well as some Masters Area Club Leagues and Championships. If you wish to be selected for this fixture, please E-mail me **your full details, name, address, telephone number followed by event(s) and time/ height/ distance and what competition and where achieved**, or if no E-mail, post to me with an SAE for reply.

There is no minimum standard that has to be achieved, but this is an International Match where athletes gain their 'National Vest' by selection. So no athlete will be selected without a respectable performance, even if there is a slot available. Athletes selected for other events on the day will fill those spare slots. However, be aware, this is less rigorously applied to the girl's team, as we have never achieved a full team.

Due to the very tight timetable and event progression chosen by our European friends, it would be difficult, but not impossible, to double up, apart from relays. I would wish for more athletes to double up, as it is expensive to travel all that way for one / two events, but I will see once we get the proposed timetable. I will keep those of you in **MY E-MAIL ADDRESS BOOK** updated on how things are progressing.

So if still interested, get competing and get some good times/distances/heights on the cards – the boys finished second in the match in Le Touquet last year, and we would have got much closer to the French had we had a full complement of middle distance runners. I know the BMAF Horwich 5K is the next day, but I am sure a 'Waterloo' victory over the French in Belgium, would be sweeter. I even promise to wear Wellington's if needed to convince you.

Maurice Doogan

MASTERS ATHLETICS SPRING 2007

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SHOULD ADDRESSES LISTED ABOVE BE INCORRECT PLEASE CONTACT THE EDITOR.

FROM OUR CHAIRMAN

WINSTON THOMAS

Hello and welcome to the spring edition of "Masters Athletics", for this edition I would like to make a few points that I would hope you will take note of.

Many of you will be aware of the fact that the B.M.A.F have suspended an athlete for a period of one year, this athlete has written, emailed, and made several allegations about myself, our President and B.M.A.F. overall, there will be no comments from me and other members of B.M.A.F on the issue, but suffice to say that those of you that know me will be able to make sound judgement of all you may see and hear.

Having had some problems with athletes "national affiliation" regarding W.M.A. competitions, please take note that the meaning of the National affiliation, is the body affiliated to W.M.A. in the Country in which the athlete is a Citizen. In this case B.M.A.F are the W.M.A. Affiliated body for the UK, and all Masters (Citizens of UK) competing in WMA-EVAA international competitions must do so through BMAF.

On March 3-4th we had the BMAF Indoor Championships in Lee Valley and we had a great entry and some very good competition. Thanks as usual to all the officials, the staff of Lee Valley, and you the athletes for being there; in between competition I was asked several questions. and I will now answer some of them!

Q: Why is the cost of entries so high?

A: (1) In the past 3 years we have tried to keep the entry fees of both indoors and outdoors championships as low as possible, this has led to £4,000.00 in losses, and this is a situation that could not continue, therefore fees have had to rise to make sure we break even.

(2) The costs of hiring the arenas and stadiums have risen in the recent years and we have to bear these costs and other increasing expenses.

Q: What do BMAF do with the fees?

A: Our main outlays are on officials, then the hire of the arena or stadium.

Finally, Q: When it costs too much, will you not get fewer entries?

A: We are aware that of course this can mean fewer entries, but it is reality that we cannot go on having losses, and need to break even.

These were some of the comments that I received, I have passed several others to our Track and Field Secretary, and hopefully he will address these in the next competition.

The next International competition will be the E.V.A.A. Non Stadia in Regensburg and I look forward to seeing many of you there, so keep training and keep fit and healthy.

On the 11th of September we will have the WMA general assembly in Riccione, so should you have any points that you wish B.M.A.F. to raise involving competition or rule changes. Please let the secretary have them before the 31st May.

TRACK AND FIELD SECRETARY'S REPORT

The 2006/7 domestic Championship season drew to a close with two Indoor meetings at London's first, but hopefully not last, permanent Indoor 200m Track facility, the Lee Valley Athletics Centre [Picketts Lock]

The Indoor Pentathlon, where I managed to share the costs with EVAC, who held their FIRST Indoor Championship with us, and took entries for a Masters Open meeting of limited track events. 202 athletes took part, in what was a successful meeting as well as being a very useful trial run for the main Indoors. By holding the Pentathlon on a separate weekend to the main Indoors, it gave pentathlete's a stage of their own on which to compete, as well as allowing them more competition in the lead up to the European Indoor Championships.

The main Indoors pulled in another record entry, now up to 578 athletes competing in more than two events each. The record numbers were not purely down to M35's and the new Outdoor Throws events, although it being the first event in London was a great incentive. I also had to turn away about twenty people, because of late entries etc., but more of that later

We had a few bedding in problems due to some inadequacies of the facility, but Martin Duff labelling the track as dangerous, is just another example of his continuing 'tabloid type' journalism – never let truth get in the way of a good headline. Associated hotel problems, caused me, not to foresee the lap counting problems in the first 3000m race, although the earlier walks competitions, which I had witnessed, with similar numbers, went smoothly. The 'cock up' however should not have happened in the first place – which was wholly due to my misplaced delegation, where the alleged chief 'lap counter' DID NOT. The results now appear to be fully resolved by rereading the photo-finish record, and that took hours, so please check the results section and/or website for final placings. Those who have yet to receive their medals please come back to me and I will arrange a meeting or forwarding.

For all that, the weekend went extremely well, apart from athletes not being fully aware of the banked track. The first BIG PLUS, was having the ensconced club, Enfield and Haringay AC providing the refreshments for the Officials as well as the athletes / spectators. They provided the officials with superb refreshments, which most officials said were the best ever. This will have helped with the second BIG PLUS. Not having had a Masters T + F Championship of any sort in the London area for five years, we were virtually devoid of local officials. However the refreshments and the attitude and work ethic of you, the volunteering Masters athletes, has reinvigorated the local officials who are new to Masters Athletics, as all said they really enjoyed the weekend and have all asked to be put on my 'begging letters' list – unbeknown to them, they were already on it.

The enlarged list of officials, which now has officials in reasonable numbers from all Masters Clubs areas, must not lead us into thinking, that we can reduce our hosting of officials costs. What it does do, is that it gives us the opportunity to 'reward' those local officials that work at local Masters Clubs Championships, by being 'looked after' at our National Championships as well as the dozen or so who officiate at the World Championships. Yes it is bribery, but only on a small scale, BUT IT WORKS.

What also appears to have finally become a reality, is that the younger athletes, who have now have their desired wish for competition and can now achieve success on the National and International stage, now realise that they have to work for their dream, organisational wise as well as training wise. The young bloods [Masters] of E.V.A.C must have been staggered by their entries for their Indoor Championships apart from the number of new members who have signing up from less progressive Clubs. Contrast this with my own club V.A.C, and trust me, I do not get any **real pleasure** from, I told you so, having only what was it,

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38 finishers in their Cross Country Championship – this from a club membership of what was 1200 members. So it must be "Sorry Jeremy, Bob et al, the world has moved on from Stamford Bridge in 1931 and six men and a dog, and veterans". However, please be aware, that without their example, the one's who got us to the start line in the first place, and I will not live long enough to put in the years to the cause that they have done, I would never have attempted to go for "THE DREAM". As an organisation, are we now breaking the mould, are we leading by example from the top – the invisible inverted pyramid. Success at the top is enfranchising some of our relatively younger athletes, who after all are middle to near top business professionals in their own right, to realise their destiny MUST be in their hands, as their own efforts will be wasted if left to, however well meaning, retirees [amateurs] – This admittedly is a personal perspective.

So, for the near future, let me now bring you up to date on the Championships for the 2007/08 Year

The introduction of an International Walks match in Ireland on the proposed weekend of the combined Weight Pentathlon/Outdoor Pentathlon/10k Track Walks Championships caused a rethink. A Walks Championship with the best walkers elsewhere was nonsense. The Pentathlon without the Walks – under used Track officials on what is basically a Field Events weekend – makes it unviable. So the Outdoor Pentathlon and the Walks, as last year, will be slotted in as separate Championships, elsewhere.

The above may have happened anyway, as over budget tenders for the upgrading of the Milton Keynes Track have put the completion of the track upgrade back weeks so the Pentathlon/Walks may not have been possible anyway. A touch of all the best plans of

Finally, and I have stressed this in earlier reports to you, keep thinking on all fronts – SAE is stated on Entry Forms for a reason as is the closing date. My main point however is that you cannot switch off, just because you have put on your running kit. Mistakes happen, luckily or should it be unluckily, wrong lap counting happens more in International Championships than National Championships. Whether from the electronic clock at the trackside or your own watch, it is relatively easy to work out how many laps you have done, even if in the middle of a highly competitive race – so please be AWARE. I say this, not to try and make excuses for the Lee Valley 'cock up', which being within our own domain we can rectify to everyone's near satisfaction, but as a WARNING. A mistake at an International Championship could cost you a medal. Having sat in adjudication committee rooms for hours, at every single Championship that I have been Team Manager at, natural justice is not on the agenda and there is no recall from decisions made by harassed officials who on occasions refuse to look at proffered evidence.

On an upbeat note, I am doing a recce to Riccione, at the end of April, so will report back to you regarding the 'excellent' facilities, the 'cheap' hotels, restaurants and bars, the sun drenched beaches, etc. as well as airport and train connections. Some one has to do it. **MAURICE DOOGAN**

Report from the Veteran Association of England Meetings held 17th March 2007.

The 13th Annual General Meeting of the Association attracted representatives from EVAC, MMAC, NVAC, SCVAC, SWVAC and VAC. The following Delegates Meeting was similarly attended.

Reports were accepted from the Chair, Secretary and Treasurer together with that of the Cross-Country Secretary. The Chair, Irene Nicholls, was pleased to acknowledge the tremendous contribution that our International Cross Country Team Managers and Cross Country Secretary had made towards

the success of the England Teams in Falkirk. The event had been a great success all round with Scotland proving generous and well-organised hosts - a hard act to follow.

It will be interesting to see the effect that the inclusion of the M35 Team in 2007 has on the scoring.

The Association still lacks Track & Field and Road Secretaries and new blood would be welcome on the Committee who were thanked for their hard work this year.

The question of the name of the Association was raised.

Delegates felt that, although the majority Personally favoured a change to Masters, they could not support a change without the full backing of their Club members. The question will therefore be put back to the Area Club committees.

Secretary Bridget Cushen said that although this was the 13th AGM of the Association it had originally been founded in 1992 to promote 5-year age groups in the International Cross Country and provide a selection process for the event. This had proved most successful.

The Financial Report was accepted from Danny Mullane and the future commitments of the Association discussed. The new structure of England Athletics will open up the possibility of funding from the Regional Hub Committees, members were urged to make use of this facility. It is hoped to make a pro forma application available to member clubs. No increase in the 40p levy will be required for 2007.

Philip Lee, Cross Country Secretary, thanked all the runners who participated in the International XC who competed at their own expense and did so well. He gave details of the 2007 event to be held in Stormont, Northern Ireland and encouraged all Area Clubs to provide a selector to represent the bids from their athletes.

The suggestion of a Selection Race was discussed at length but the logistics of providing a suitable location and timing would preclude this. Also, the success of the present system has proved its effectiveness.

In the absence of the Race Walking Secretary it was reported that the traditional Challenge with Eire would go ahead in Dublin this year.

The sadly missed Inter Area Club Track & Field Challenge was discussed. Two possibilities are on the table and these will be examined with a possible date in August. As soon as definite news is available this will be sent out to Clubs. An extension of involvement with a Combined Services Masters Team was discussed should space be available.

England are due to host the 2009 International XC and venues were discussed. It is hoped that a decision will be made by the end of June and planning can begin. Alternative arrangements for the associated social events and awards will be examined. It is hoped that the Inter Area 10k & 5k Road Challenges can be incorporated into the BMAF events for 2007. The scoring of the event had been queried and this will be examined for 2007.

IRENE NICHOLLS:

I hereby give notice that the BMAF Annual General Meeting will be held on Saturday 28 July 2007 in the Alexander Stadium, Birmingham. Any proposals or constitutional changes should be with the Secretary, 156 Mitcham Road, Croydon, CRO 3JE by 21 June. Bridget Cushen

**B.M.A.F. Indoor Championships,
March 3-4:**

Lee Valley Athletic Centre, London

Words: Pete Mulholland

Pictures: Lesley Richardson

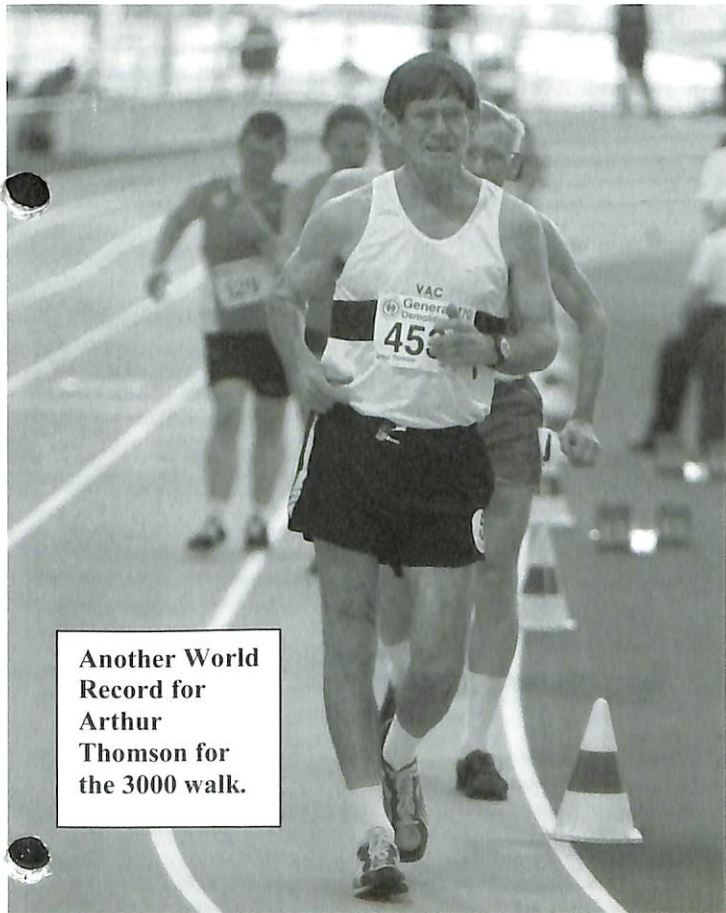
www.rikkphoto.co.uk

In the highly acclaimed surroundings of the newly constructed arena, the 24th running of these championships had it all: a record entry, world, European and British records and moments of drama.

Steve Peters looked set to gain yet another sprint treble as he eased into the blocks for the 200m after earlier having taken both the 60m and 400m titles. However, it was not to be as he tumbled onto the track after coming into contact with an apparent problem regarding the track surface which he encountered on the final bend.

A none too pleased Peters said after the incident, "I hit the same ridge on the track as I did in the semi-final. I went to inspect it before I ran but it was impossible to judge where it was at top speed. I felt the ridge as I hit it and was tilted out of my lane and twisted sideways. I could not control the twist and the inevitable happened."

With the European Indoor Championships looming, Peters was also concerned about the consequences, admitting, "I have spiked my calf quite badly and have lots of burns on my back and shins but no joint damage. I have slightly pulled a hamstring so I will have to ease back in. Very disappointing in that after the fall a member of staff in the stadium approached me smiling, and said, 'We will have to get the angle grinder out on that track'. 'Never mind it's happened now so I can only lick the wounds and come back fighting... and I will!'"



**Another World
Record for
Arthur
Thomson for
the 3000 walk.**

Two world records were credited; one to W60 Val Parsons and one to W70 Arthur Thomson, but in Parson's case there is no requirement for it to be forwarded as such. Unlike a previous mark set by Val earlier this year, there is nothing controversial about the time of 8.83sec recorded in the 60m, it just happens to be somewhat slower than a recent time of 8.75sec still awaiting ratification.

Thomson added to his tally of world records – five and still counting – with his 3,000m walk time of 15min 39.27sec which was well inside the mark of 15min 51.0sec, a record that was just one month short of its silver anniversary, being set by the Australian Tom Daintry in April 1982.

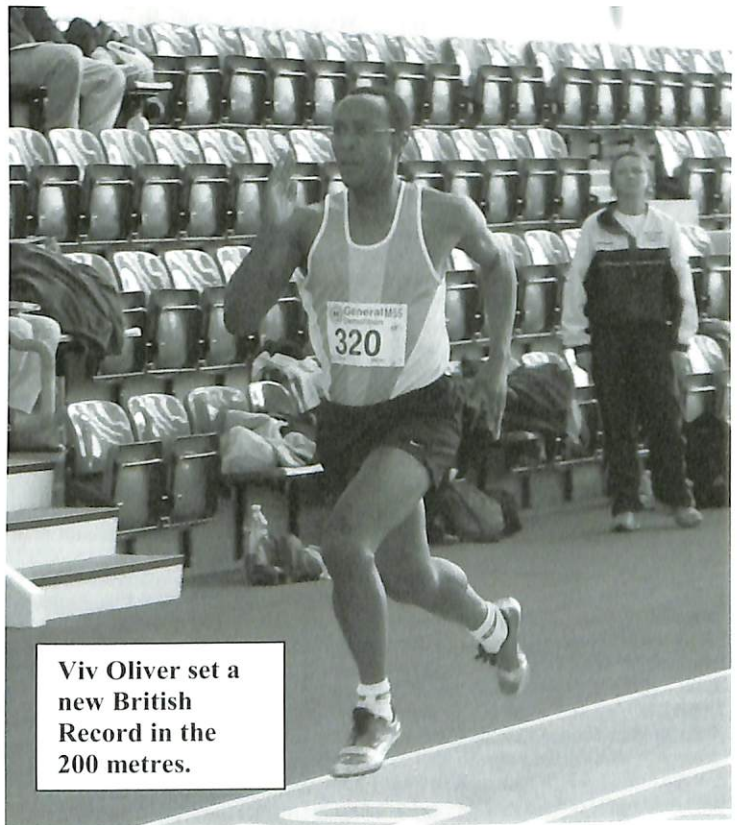
"I just focused on the woman in front (W35 Verity Snook 15min 53.07sec) who was spot on as far as the perfect pace went," admitted Thomson.

Arthur Thomson has recently been advised that the British Athletics Supporters Club, have named him their choice of British Master of last year, so that's a further award to collect!

Jennifer Ibbitson proved her versatility by laying claim to a European record for the W50 pole vault and a British record in the weight throw.

In the pole vault, Ibbitson's clearance of 2.95m added 5cm to the mark held by the current World indoor W50 champion Sue Yeomans, who this time around had settle for silver.

It was a British outdoor record for Ibbitson in the weight throw which was originally set to be held indoors when she hurled the implement out to 13.51m, a massive improvement on the record of 11.85m set by Beatrice Simpson last year.



**Viv Oliver set a
new British
Record in the
200 metres.**

Notts AC's Viv Oliver blasted away the opposition in the M55 200m in 24.70sec to now share the British record with the legendary Ron Taylor who ran a manual 24.7sec in 1990. Oliver.

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like Peters, also admitted to having problems with the track's surface. "It was dangerous out there," he confessed. Barry Ferguson looked in fine shape in his preparations to add to his European M60 60m hurdles title, having now set an M65 British record with his barrier-breaking time of 9.99sec.

Other British records set at the smooth run-to-time meeting were, Ann Wheeler, W50 3,000m walk in 16min 27.41sec, Jackie Charles, W65 60m hurdles in 12.90sec, Tony Crocker, M70 long jump with 4.21m and Mary Wixey, W85 shot with 3.72m. In the W60 pole vault, Margaret Coombe equalled her own British record of 1.80m.

The women's 3,000m witnessed a large attendance, which was to cause some confusion when it came to lap recording as W45 Jane Clarke made her indoor debut, treading the boards in style to the manner born. While confusion reigned behind her Clarke cruised away untroubled to finish in 10min 37.58sec as the overall winner.

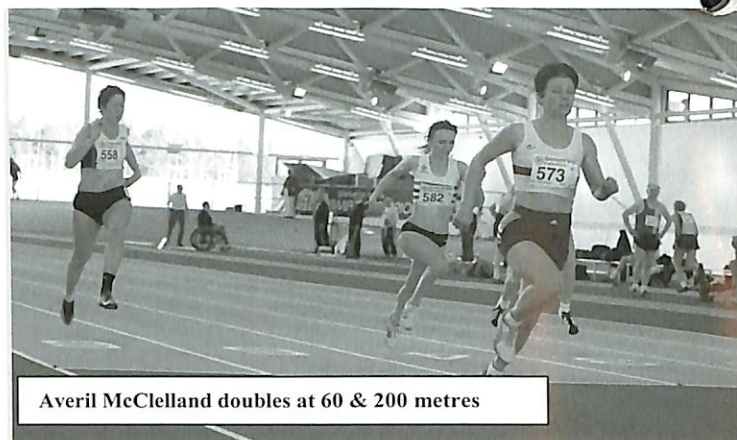
Paula Fudge, in taking the W50 title was competing in her first indoor competition since placing third in Turin in the 1982 European Championships, while Harry Matthews, the M60 winner, stretched his memory even further.

"That was my first race indoor for 43 years, when as a 17-year-old I raced in an aircraft hangar at Leeming (Yorkshire)," Matthews reminisced.

60 METRES

M35: 1.Mark Dunwell IoMVAC 7.11; 2.Jason Carty SCVAC 7.11; 3.James Douglas OPEN 7.18; 4.Seon Saxon MMAC 7.36 (7.27ht); 5.Michael Culshaw NVAC 7.44; 6.Scott Dorset SCVAC 7.50; In hts: Sean Huxtable MMAC 7.55; 5.Nick Lauder SCVAC 7.91; 6.Brad Evans VAC 7.91; **M40:** 1.Rohan Samuel SCVAC 7.24; 2.Dalton Powell MMAC 7.42; 3.Lincoln Campbell SCVAC 7.52; 4.Calum Currie SVHC 7.65 (7.59ht); 5.Kevin Nicholson VAA-NE 7.73; 6.Richard Walter SWVAC 7.77 (7.72ht); (in hts) Barrington King SCVAC 7.80; Paul Campbell NZL (G) 7.83; Desmond Wilkinson EVAC 7.88; Gary Myles MMAC 7.98; Glen Reddington SCVAC 8.04; Marc Amron SCVAC 8.15; Christopher Currell VAC 8.20; Christopher Ashmore MMAC 8.24; Robert Murkin SCVAC 8.71; **M45: FINAL A+B** 1.Pat Logan SCVAC 7.48; 2.Mark Baker VAC 7.62; 3.John Shepherd VAC 7.67 (7.64ht); 4.Peter Hickey NVAC 7.69; 5.Malcolm Bramhall EVAC 7.73; 6.Robert Allen OPEN 7.76; 7.John Statham MMAC 7.85; 8.Kwei Sankofa SCVAC 7.86 (7.69ht); 9.Francis Scott NVAC 7.88 (7.85ht); 10.Andy Smith EVAC 8.02 (7.96ht); 11.Tennyson James EVAC 8.10 (7.96ht); (in hts) Ricky Huskisson EVAC 7.89; Norbert Rosser SWVAC 8.05; Andy Woods EVAC 8.06; Ian Scholes NVAC 8.13; Philip Clayton MMAC 8.20; . Stephen Arnold OPEN 8.41; Robert Bates SWVAC 8.46; Ian Turner SCVAC 8.63; Michael May VAC 8.63; Simon Pugh NVAC 8.95; Tom Gort SCVAC 9.04; **M50:** 1.Steve Peters EVAC 7.60; 2.Cecil Moven MMAC 7.74; 3.Geoff Walcott VAC 7.75; 4.Alasdair Ross SCVAC 7.76; 5.John Browne EVAC 7.83 (7.75ht); 6.Ray Watkins SCVAC 7.85; (in hts) Walwyn Franklyn SCVAC 7.99; John Barclay MMAC 8.00; Robert Cawson MMAC 8.07; Tom Phillips SCVAC 8.16; Clement Leon SCVAC 8.19; David Whitehead EVAC 8.24; Ken Jackson SWVAC 8.34; Mark Bannan SWVAC 8.34; Brian Matthews VAC 8.51; Philip Bell VAC 8.60; Roderick Davies SCVAC 8.61; Alan Perry VAC 8.88; **M55: FINAL A+B** 1.Viv Oliver MMAC 7.79; 2.Brian Williamson WMAA 8.15; 3.Mike Maisey EVAC 8.33; 4.Geoffrey Kitchener VAC 8.38; 5.Peter Moss OPEN 8.61; 6.David Leech IRL (G) 8.72; 7.Roderick Howe WMAA 8.82; 8.Peter Wright MMAC 9.19; 9.Earl Taylor NIVAC 9.27; **M60 FINAL A+B:** 1.Ken Smeeth SCVAC 8.23; 2.Ian Foster EVAC 8.26; 3.Victor Novell SCVAC 8.57; 4.Peter Duckers MMAC 8.60; 5.Charles Issets VAC 8.67; 6.Anthony Barrington MMAC 8.90; 7.Lawrie Dunn MMAC 9.08; 8.Arthur Briscoe OPEN 9.60; 9.Mike Martineau VAC 9.91; **M65 FINAL A+B:** 1.Brian Ariss MMAC 8.89; 2.Donald Butler VAA-NE 8.94; 3.Bryan Shearsmith NVAC 9.05; 4.Alan Carter EVAC 9.09; 5.Roger Bruck SCVAC 9.40; 6.David Haines SCVAC 9.54; 7.Allan Sowden SCVAC 10.02; **M70:** 1.Tony Bowman NVAC 8.75; 2.Colin Field SCVAC 9.36; 3.John Godbeer VAC 9.88; 4.John Evans MMAC 10.04; 5.Gordon Daborn EVAC 10.24; 6.John Erskine SVHC 10.49; **M75:** 1.George Cheetham MMAC 9.50; 2.Hubert Daniels WMAA 10.21; 3.Geoffrey Feast VAC 10.22; 4.Keith Whittaker NVAC 10.25; 5.Joseph Hall NVAC 10.34; **M80:** Frank Copping EVAC 14.17; **M85:** 1.Sylvester Stein VAC 12.22; 2.Tony Rawlinson EVAC 18.37; **W35:** 1.Tamzin Gribble SWVAC 8.61; 2.Chika Aghadiuno EVAC 8.95; 3.Sharon Waller OPEN 9.40; **W40:** 1.Julie Money NVAC 8.40; 2.Euphemia Scott SCVAC 8.72; 3.Angie Alstrachen EVAC 9.29; 4.Marie Hudson SWVAC 9.33; **W45:** 1.Averil McClelland NVAC 8.41; 2.Angela Griffiths SCVAC 8.65; 3.Sally Stagles EVAC 8.82; 4.Gaye Clarke EVAC 8.99; 5.Denise Timmis EVAC 8.99; 6.Janice Harcastle EVAC 9.16 (9.07ht); : (in hts) Denise Timmis EVAC 8.93; Anne Goad SCVAC 9.11; Paula Booth NVAC 9.45; **W50:** 1.Helen Godsell SCVAC 8.48; 2.Carole Filer EVAC 8.92; 3.Joan Trimble VAC 9.31; 4.Christine Young SCVAC 9.40; 5.Fiona Argent SCVAC 9.47; 6.Christine Salvary SCVAC 9.49; **W55:** 1.Emily McMahon SCVAC 9.13; 2.Anne Nelson SCVAC 9.71; **W60:** 1.Valerie Parsons SCVAC 8.83 (World Record pending 8.75 @ Uxbridge 17/2/07); 2.Ann Bolitho

CVAC 10.52; 3.Daphne Marler SCVAC 13.02; **W65:** 1.Iris Holder SCVAC 10.13; 2.Dorothy Fraser EVAC 10.51; 3.Jackie Charles MMAC 10.51; **W70:** 1.Eileen Kear SCVAC 10.99; 2.Betty Steedman SVHC 12.40; **W75:** Brenda Green SCVAC 14.52; **W85:** Mary Wixey MMAC 14.76;



Averil McClelland doubles at 60 & 200 metres

200 METRES

M35 FINAL A+B: 1.Martin White MMAC 24.28; 2.Michael Osunsami SCVAC 24.61; 3.Guy Giffin SCVAC 24.76; 4.Kwadjo Adjepong OPEN 24.90; 5.Nick Lauder SCVAC 25.65; 6.Scott Dorset SCVAC 24.31; 7.Steve Spiers SWVAC 24.41; 8.Michael Culshaw NVAC 24.67; 9.Mark Perry MMAC 24.69; **M40:** 1.Dalton Powell MMAC 23.76; 2.Calum Currie SVHC 24.18; 3.Graeme Hogg SCVAC 24.23; 4.Lincoln Campbell SCVAC 24.52; 5.David Kemp SCVAC 24.56; 6.Richard Walter SWVAC 25.21 (24.92ht); (in hts) Christopher Ashmore MMAC 26.44; Marc Amron SCVAC 26.80; Paul Campbell NZL (G) 25.15; Eli Barnett MMAC 26.54; **M45:** 1.Kermitt Bentham SCVAC 24.29; 2.Pat Logan SCVAC 24.38; 3.Peter Hickey NVAC 24.44 (24.22ht); 4.John Shepherd VAC 24.46; 5.Francis Scott NVAC 25.07; 6.Malcolm Bramhall EVAC 25.08 (25.05); (in hts) Ronnie Hunter SCVAC 25.55; Ian Scholes NVAC 25.65; Stewart Walton MMAC 25.78; Peter Ilo EVAC 25.82; Robert Allen OPEN 25.87; Ty Holden OPEN 26.51; Michael Vassiliou VAC 26.94; Stephen Arnold OPEN 27.71; Michael May VAC 27.88; **M50:** 1.Alasdair Ross SCVAC 24.80; 2.Ian Broadhurst NVAC 25.17; 3.Christopher Padmore SCVAC 25.76 (25.69ht); 4.Ray Watkins SCVAC 26.23 (26.11ht); 5.Tom Phillips SCVAC 26.29 (26.28ht); 6.Steve Peters EVAC DNF (23.88ht); (in hts) Clement Leon SCVAC 26.54; Philip Bell VAC 27.08; Brian Matthews VAC 27.77; Roderick Davies SCVAC 28.42; Jim Lawrence EVAC 28.83; Alan Perry VAC 30.20; **M55 FINAL A+B:** 1.Viv Oliver MMAC 24.70 (British Record); 2.Douglas Lucas VAC 26.50; 3.Bob Minting SWVAC 27.00; 4.Tony Wells EVAC 27.20; 5.Geoffrey Kitchener VAC 27.44; 6.Keith Short MMAC 27.95; 7.Roderick Howe WMAA 28.33; 8.Earl Taylor NIVAC 30.94; **M60 FINAL A+B:** 1.Terry Bisset SCVAC 27.02; 2.Ian Foster EVAC 27.55; 3.Ken Smeeth SCVAC 27.76; 4.Victor Novell SCVAC 28.23; 5.Norman Gould SVHC 28.82; 6.Charles Issets VAC 28.83; 7.David Whittaker VAC 30.41; 8.Terry Mee IRL (G) 31.79; **M65:** 1.Bryan Shearsmith NVAC 29.58; 2.Brian Ariss MMAC 29.71; 3.David Haines SCVAC 31.60; 4.Allan Sowden SCVAC 32.80; 5.Bruce Charles MMAC 32.92; 6.Donald Butler VAA-NE 34.17; **M70:** 1.Tony Bowman NVAC 28.73; 2.Colin Field SCVAC 32.42; 3.John Godbeer VAC 33.04; 4.John Erskine SVHC 35.56; **M75:** 1.George Cheetham MMAC 32.39; 2.Hubert Daniels WMAA 35.72; **W35:** 1.Chika Aghadiuno EVAC 30.30; 2.Paula Hing OPEN 32.26; **W40:** 1.Sally Read-Cayton VAC 27.50; 2.Julie Money NVAC 27.82; 3.Euphemia Scott SCVAC 28.19; 4.Jennie Mathews SCVAC 28.34; 5.Angie Alstrachen EVAC 31.44; **W45:** 1.Averil McClelland NVAC 27.10; 2.Sandra McDonald MMAC 28.25; 3.Lesley Hopkins SCVAC 28.72; 4.Susan Newberry EVAC 29.30; 5.Denise Timmis EVAC 29.89; 6.Janice Harcastle EVAC 30.48; 7.Gaye Clarke EVAC 31.75; **W50:** 1.Helen Godsell SCVAC 28.22; 2.Fiona Argent SCVAC 31.27; 3.Joan Trimble VAC 31.58; 4.Christine Young SCVAC 31.67; 5.Christine Salvary SCVAC 32.11; **W55:** Anne Nelson SCVAC 32.70; **W60:** 1.Valerie Parsons SCVAC 29.48 (World Record); 2.Patricia Oakes SCVAC 40.52; **W65:** 1.Iris Holder SCVAC 34.32; 2.Dorothy Fraser EVAC 35.77; 3.Jackie Charles MMAC 37.01; **W75:** Brenda Green SCVAC 54.12;

400 METRES

M35: 1.Michael Gardiner MMAC 53.70; 2.Michael Osunsami SCVAC 54.48; **M40 FINAL A+B:** 1.Tony Noel MMAC 53.64; 2.Danny Hodge SCVAC 57.40; 3.Lance Croft EVAC 57.44; 4.Andy Hunt VAC 59.54; 5.Patrick Bass MMAC 60.96; 6.Alan Easey VAC 64.60; 7.Robert Murkin SCVAC 72.84; **M45:** FINAL 11.Kermitt Bentham SCVAC 52.86; 2.Andrew Waddington SWVAC 54.33; 3.Malcolm Bramhall EVAC 55.50; 4.Francis Scott NVAC 55.51; 5.Stephen Walsh NVAC 56.45; 6.Stewart Walton MMAC 57.72 (56.33ht); (in hts) Michael Vassiliou VAC 56.98; Tennyson James EVAC 57.11; Norbert Rosser SWVAC 57.61; Iain Moody MMAC 57.64; Phil McWilliam NVAC 57.74; Ty Holden OPEN 59.27; Ricky Huskisson EVAC 57.94; Simon Pugh NVAC 63.60; Michael May VAC 65.29; **M50 FINAL A+B:** 1.Steve Peters EVAC 55.04; 2.Ian Broadhurst NVAC 55.80; 3.Steve Lang SWVAC 55.92; 4.Geoff Walcott VAC 57.20; 5=Paul Stiles VAC 58.03; 5=Michael Coker SCVAC 58.03; 7.David Whitehead EVAC 59.54; 8.Jim Lawrence EVAC 66.13; **M55:** 1.Bob Minting SWVAC 58.76; 2.Bruce Hendrie MMAC 60.24; 3.Keith Short MMAC 60.25; 4.David Hayward VAC 60.66; 5.Brian Williamson WMAA 61.51; 6.Roderick Howe WMAA 62.61; **M60 FINAL A+B:** 1.Vic Blanchard NVAC 60.17; 2.Terry Bisset SCVAC 61.46; 3.Anthony Barrington MMAC 65.95; 4.Lawrie Dunn MMAC 66.45; 5.Albert Eland NVAC 67.71; 6.David Whittaker VAC 70.70; 7.Peter Tabenor SWVAC 73.76; **M65:** 1.John Garber EVAC 68.54; 2.David Haines SCVAC 70.61;

MASTERS ATHLETICS SPRING 2007

3. Brian Ariss MMAC 71.76; 4. Bryan Shearsmith NVAC 72.80; 5. Geoff Hudson MMAC 75.67;

M70: 1. Tony Bowman NVAC 69.03; 2. Arthur Kimber SCVAC 72.71; 3. John Smeur SCVAC 75.73; 4. John Cullingham VAC 84.97; 5. John Erskine SVHC 89.48; 6. Frank Copping EVAC 113.25; **W35:** 1. Denise Morley EVAC 61.20; 2. Deborah Doherty SCVAC 63.22; 3. Tamzin Gribble SWVAC 64.97; 4. Sarah Wells VAC 67.80; 5. Paula Hing OPEN 74.06; **W40:** 1. Euphemia Scott SCVAC 65.83; 2. Angie Alstrachen EVAC 69.10; 3. Carol Simpson NVAC 69.41; 4. Gill Tree SCVAC 69.42; 5. Alexandra Davoille OPEN 72.74; **W45:** 1. Lynn Talbert SCVAC 63.20; 2. Lesley Hopkins SCVAC 64.13; 3. Averil McClelland NVAC 64.66; 4. Susan Newberry EVAC 64.74; **W50:** 1. Jane Horder MMAC 64.57; 2. Barbara Lock SWVAC 65.39; 3. Helen Godsell SCVAC 66.78; 4. Fiona Argent SCVAC 70.88; **W65:** 1. Kathleen Stewart VAA-NE 81.67; 2. Dorothy Fraser EVAC 86.86;

800 METRES

M35: 1. Steven Baldock OPEN 2-01.41; 2. Tom Brannon VAA-NE 2-02.65; 3. John Moore VAA-NE 2-02.85; 4. Robert Datnow VAC 2-02.89; 5. Dave Ashworth MMAC 2-17.81; **M40 FINAL A+B:** 1. Sean Price WMAA 2-04.72; 2. Francis Marsh NIVAC 2-05.98; 3. Mark Oldham EVAC 2-06.81; 4. Mike Cardew MMAC 2-07.64; 5. Michael Scott EVAC 2-08.79; 6. Brett Davis WMAA 2-09.36; 7. John Knibb MMAC 2-09.53; 8. Danny Hodge SCVAC 2-11.87; 9. Leroy Gould SCVAC 2-18.67; 10. Paul Young WMAA 2-22.81; **M45:** 1. Steve Smith NVAC 2-05.83; 2. George Harden VAA-NE 2-06.91; 3. Alex Bryce SVHC 2-07.18; 4. Adrian Marston EVAC 2-07.27 (2-06.43ht); 5. Colin Ridley OPEN 2-14.69 (2-14.11ht); 6. Kevin Pye MMAC 2-22.56 (2-10.32ht); (in hts): Brian Slaughter SCVAC 2-16.75; Lud Ramsey OPEN 2-18.55; David Barlow SWVAC 2-22.33; Jan Mackett VAC 2-40.69; **M50:** 1. Bilal Namani WMAA 2-10.18; 2. Ray Daniel VAC 2-10.50; 3. Ray Ashford SWVAC 2-10.63; 4. Steve Lang SWVAC 2-15.28; 5. Robert Briggs SCVAC 2-20.44; 6. Alasdair Gibson EVAC 2-29.06; 7. Brian Worthington MMAC 2-45.16; **M55:** 1. Bob Minting SWVAC 2-18.14; 2. Keith Short MMAC 2-19.46; 3. Ed Connolly VAC 2-19.57; 4. Derek Wardle VAC 2-19.77; 5. Alan Maddocks MMAC 2-27.31; 6. Roger Lock SWVAC 2-40.87; 7. William Lonsdale SVHC 2-41.70; **M60:** 1. Mike Dixon SCVAC 2-28.42; 2. Richard Somers VAC 2-29.01; 3. Albert Eland NVAC 2-32.31; 4. Rod Scholes NVAC 2-34.99; 5. Richard Finlayson SVHC 2-40.79; 6. Terry Mee IRL (G) 2-41.73; 7. Peter Tabenor SWVAC 2-41.81; **M65:** 1. John Garber EVAC 2-35.12; 2. Michael Dyer SWVAC 2-41.21; 3. David Cowgill NVAC 2-50.51; 4. Richard Harvey VAA-NE 2-57.41; 5. Bruce Charles MMAC 3-07.36; 6. Maurice Doogan VAC 3-38.46; **M70:** 1. Arthur Kimber SCVAC 2-48.18; 2. Peter Dibb NVAC 2-58.71; 3. Leonard Tew WMAA 2-58.97; **M75:** William Davies WMAA 3-08.57; **M80:** James Caddy VAA-NE 4-25.17; **W35:** 1. Denise Morley EVAC 2-16.99; 2. Deborah Doherty SCVAC 2-27.00; 3. Sarah Wells VAC 2-30.40; **W40:** 1. Bernadine Pritchett VAC 2-18.48; 2. Sally Read-Cayton VAC 2-16.01; **W45:** 1. Sarah Heath SCVAC 2-23.42; 2. Joan Lasenby EVAC 2-32.35; 3. Diane Farmer EVAC 2-46.36; **W50:** 1. Barbara Lock SWVAC 2-30.94; 2. Joan Howe NVAC 2-35.47; 3. Joyce Barrus MMAC 2-49.83; 4. Fiona Argent SCVAC 2-51.66; **W55:** 1. Nancy Hitchmough MMAC 2-40.06; 2. Susan Barnett EVAC 3-10.49; **W65:** Kathleen Stewart VAA-NE 3-14.83;

1500 METRES

M35: 1. Peter Barker EVAC 4-07.85; 2. Tom Brannon VAA-NE 4-11.77; 3. Chris McQuillen Wigh OPEN 4-11.89; 4. John Moore VAA-NE 4-18.39; 5. Robert Datnow VAC 4-19.65; **M40 FINAL A+B:** 1. Steven Neill EVAC 4-09.20; 2. Adrian Iszatt MMAC 4-13.83; 3. Francis Marsh NIVAC 4-14.90; 4. Hugh Shields SVHC 4-23.26; 5. John Knibb MMAC 4-28.29; 6. Michael Scott EVAC 4-30.07; 7. Mark Ashby SCVAC 4-31.86; 8. Ian Archbold VAA-NE 4-36.77; 9. Paul Lemmon VAC 4-44.17; 10. Dave Stanfield SWVAC 4-48.32; 11. Philip York OPEN 5-18.22; **M45 FINAL A+B:** 1. Steve Smith NVAC 4-10.05; 2. Alex Bryce SVHC 4-16.48; 3. Robert Creed VAC 4-17.58; 4. George Harden VAA-NE 4-20.44; 5. Steve Bond VAC 4-21.24; 6. Chris Ireland NVAC 4-24.43; 7. Pat Hannon IRL (G) 4-24.90; 8. Colin Ridley OPEN 4-24.92; 9. Richard Holland EVAC 4-28.39; 10. Michael Stores NVAC 4-28.49; 11. Adrian Marston EVAC 4-35.55; 12. Paul Woodyatt EVAC 5-06.88; **M50:** 1. David Wilcock VAC 4-30.01; 2. David Bedwell MMAC 4-32.01; 3. Dickie Wythe SWVAC 4-36.29; 4. Archie Jenkins SVHC 4-39.00; 5. Malcolm Martin SCVAC 4-43.36; 6. Keith McLellan EVAC 4-47.23; 7. Stuart Littlewood VAC 5-26.16; 8. Brian Worthington MMAC 5-33.39; **M55:** 1. Bob Minting SWVAC 4-33.63; 2. Ken Daniel VAC 4-34.41; 3. Peter Kennedy VAC 4-36.53; 4. David Oxland MMAC 4-39.62; 5. Mick Smedley MMAC 5-14.65; 6. William Valentine SWVAC 6-11.28; **M60:** 1. Harry Matthews VAA-NE 5-01.52; 2. Mike Dixon SCVAC 5-19.27; 3. Terry Mee IRL (G) 5-30.00; 4. Peter Tabenor SWVAC 5-32.54; 5. Sean McMullin IRL (G) 5-52.25; **M65:** 1. John Garber EVAC 5-20.77; 2. Ian Leggett SVHC 5-44.74; 3. Edmond Simpson VAC 5-47.73; 4. David Cowgill NVAC 6-16.43; **M70:** 1. Leonard Tew WMAA 5-32.46; 2. John Perratt SWVAC 5-44.06; 3. Peter Dibb NVAC 6-05.51; 4. John Cullingham VAC 6-33.68; 5. Henry Morrison SVHC 6-51.97; 6. Brian Bowering SCVAC 6-54.77; **M75:** 1. Derek Howarth NVAC 6-20.36; 2. Ron Franklin SCVAC 8-06.97; **M80:** James Caddy VAA-NE 8-44.13; **W35:** Nicola Wastenev EVAC 5-04.36; **W40:** 1. Bernadine Pritchett VAC 4-45.05; 2. Julie Herron EVAC 5-37.58; **W45:** 1. Sarah Heath SCVAC 5-01.16; 2. Joan Lasenby EVAC 5-08.63; 3. Susie Tawney MMAC 5-13.74; 4. Lynne Marr SVHC 5-35.29; **W50:** 1. Paula Fudge SCVAC 5-15.53; 2. Joan Howe NVAC 5-15.74; 3. Lorraine Daglish EVAC 5-45.26; 4. Anne Lippitt SCVAC 6-18.81; 5. Shelley Walsh NVAC 6-26.53; **W55:** 1. Nancy Hitchmough MMAC 5-16.71; 2. Susan Barnett EVAC 6-23.99; **W60:** Patricia Gallagher WMAA 5-41.19; **W65:** 1. Kathleen Stewart VAA-NE 6-34.07; 2. Eva Osborne EVAC 6-51.75; 3. Betty Stracey EVAC 6-56.50; **W70:** Pamela Jones VAC 6-52.83;

3000 METRES

M35: Richard Tomlinson VAC 10-02.08; **M40:** 1. Francis Marsh NIVAC 9-22.14; 2. Paul Spovage EVAC 9-25.49; 3. Paul Lemmon VAC 9-41.07; 4. Ian Archbold VAA-NE 9-43.73; 5. Dave Stanfield SWVAC 10-29.75; **M45:** 1. Mike Baron VAC 9-54.18; 2. Harry Thayer SCVAC 9-56.19; 3. Nigel Webb WMAA 10-18.35; 4. Paul Woodyatt EVAC 10-48.35; 5. Mike Boyle VAC 9-28.23; 6. Pat Hannon IRL (G) 9-34.02; 7. Colin Ridley OPEN 9-34.25; 8. Richard Holland EVAC 9-38.97; **M50:** 1. Brian Worthington

MMAC 11-37.55; 2. Rob Sargent VAC 11-37.83; 3. Dickie Wythe SWVAC 9-49.67; 4. Archie Jenkins SVHC 9-57.49; 5. Keith McLellan EVAC 10-01.75; 6. Huw Roberts WMAA 10-26.38; **M55:** 1. Patrick Timmons IRL (G) 10-05.66; 2. David Oxland MMAC 10-08.61; 3. Terry Eakin NIVAC 10-14.63; 4. Paul Ross-Davies WMAA 10-30.64; 5. Tony Cousins VAC 10-35.87; 6. Stephen Knight VAC 10-43.95; 7. Mick Smedley MMAC 11-09.59; 8. William Valentine SWVAC 13-16.79; **M60:** 1. Harry Matthews VAA-NE 10-20.53; 2. Danny Mullane EVAC 12-15.68; 3. Sean McMullin IRL (G) 12-23.71; **M65:** 1. Richard Harvey VAA-NE 12-17.61; 2. Edmond Simpson VAC 12-26.33; **M70:** 1. John Perratt SWVAC 12-15.06; 2. Brian Bowering SCVAC 14-42.63; **M75:** 1. William Davies WMAA 13-40.13; 2. Derek Howarth NVAC 14-11.30; 3. Ron Franklin SCVAC 16-25.79; **W45:** 1. Jane Clarke EVAC 10-37.58; 2. Susie Tawney MMAC 10-59.67; 3. Lynne Marr SVHC 11-58.99; **W50:** 1. Paula Fudge SCVAC 11-08.60; 2. Gail Duckworth EVAC 11-10.00; 3. Liz Bowers SCVAC 13-22.51; 4. Anne Lippitt SCVAC 14-17.56; **W55:** Margaret Moody VAC 15-06.92; **W60:** 1. Patricia Gallagher WMAA 12-08.10; 2. Pauline Rich VAC 12-52.25; **W65:** 1. Eva Osborne EVAC 14-23.98; 2. Betty Stracey EVAC 14-33.21; **W70:** 1. Pamela Jones VAC 14-24.46; 2. Anne Martin EVAC 14-46.00;

3000 WALK

M40: 1. Mark Williams MMAC 13-06.08; 2. Phillip Williams WMAA 14-38.82; 3. Mark Culshaw OPEN 15-52.55; 4. Anthony Bell NVAC 16-45.49; **M45:** 1. Patrick Murphy IRL (G) 14-28.51; 2. Gary MacDonald SCVAC 18-16.71; **M50:** 1. Nick Silvester SCVAC 14-06.82; 2. Trevor Jones VAC 14-57.02; 3. DW Sharpe SCVAC 16-42.86; **M55:** John Hall VAC 14-51.41; **M60:** Peter Howard EVAC 18-53.01; **M65:** John Whyte VAC 21-20.09; **M70:** 1. Arthur Thomson VAC 15-39.27 (World Record); 2. David Stevens VAC 17-51.85; 3. Ron Powell SCVAC 18-24.29; 4. Colin Stapleford MMAC 19-02.10; 5. Ken Livermore VAC 20-24.40; 6. Eric Horwill MMAC 20-46.66; 7. Bernard Hercock VAC 20-47.35; **W35:** Verity Snook SCVAC 15-32.07; **W40:** 1. Maureen Noel VAC 18-17.37; 2. Anne Gormley IRL (G) 18-45.92; **W45:** 1. Toni Boa MMAC 16-58.46; 2. Fiona Bishop VAC 18-51.31; 3. Susan Rey MMAC 20-18.71; **W50:** Ann Wheeler MMAC 16-27.41 (British Record pending 16:25.78 Birmingham 18/2/07); **W55:** Ann Lewis SCVAC 18-45.21; **W70:** Maureen Spelman VAC 20-16.14;

60 HURDLES

M35: Sean Saxon MMAC 8.91; **M40:** 1. Greg Dunson MMAC 8.32; 2. Desmond Wilkinson EVAC 8.88; 3. Gary Myles MMAC 9.03; 4. Glen Reddington SCVAC 9.23; 5. Robert Murkin SCVAC 12.14; **M45:** 1. John Mayor EVAC 9.31; 2. Tennyson James EVAC 9.64; 3. Iain Moody MMAC 10.19; 4. Ian Scholes NVAC 11.33; 5. Simon Pugh NVAC 13.05; **M50:** 1. Michael Coker SCVAC 9.25; 2. Clive Pengelly SWVAC 10.13; **M55:** 1. Tony Wells EVAC 9.54; **M65:** 1. Barry Ferguson VAC 9.99 (British Record); 2. Brian Ariss MMAC 11.82; 3. Bruce Charles MMAC 13.18; **M70:** 1. Tony Bowman NVAC 10.07; 2. Gordon Daborn EVAC 13.28; **W35:** Charmaine Johnson VAC 9.77; **W45:** 1. Sally Stagles EVAC 9.39; 2. Gaye Clarke EVAC 10.17; 3. Paula Booth NVAC 11.07; **W50:** Carole Filer EVAC 10.30; **W55:** 1. Emily McMahon SCVAC 10.41; 2. Jean Fail SWVAC 10.57; **W60:** 1. Patricia Oakes SCVAC 13.63; 2. Margaret Coombe EVAC 14.31; **W65:** Jackie Barker MMAC 12.90 (British Record);

HIGH JUMP

M40: 1. Ian Allen SWVAC 1.80; 2. Steve Linsell NVAC 1.80; 3. Tommy Greene IRL (G) 1.60; **M45:** 1. Andrew Waddington SWVAC 1.73; 2. John Perkins SWVAC 1.65; 3. John Mayor EVAC 1.65; 4. John Bancroft SCVAC 1.50; **M50:** 1. David Blunt SCVAC 1.53; 2. Clement Leon SCVAC 1.50; 3. Colin Hague SWVAC 1.50; **M55:** 1. William Lonsdale SVHC 1.40; 2. Geoffrey Kitchener VAC 1.30; 3. Earl Taylor NIVAC 1.15; **M60:** 1. Edward Wagner NVAC 1.33; 2. Lawrie Dunn MMAC 1.30; 3. Brian Harlick SCVAC 1.20; **M65:** 1. John Howe WMAA 1.30; 2. Roger Bruck SCVAC 1.25; 3. James Sloan SVHC 1.25; 4. Donald Butler VAA-NE 1.25; **M70:** Tony Crocker MMAC 1.40; **W35:** Tamzin Gribble SWVAC 1.40; **W40:** Charmaine Johnson VAC 1.50; **W45:** 1. Hazel Barker NVAC 1.40; 2. Teresa May SCVAC 1.25; **W60:** Patricia Oakes SCVAC 1.08;

POLE VAULT

M40: 1. Simon Eastwood EVAC 3.60; 2. Alan Easey VAC 3.00; 2. Steven West SWVAC 3.00; 4. Richard Waterhouse SCVAC 3.00; 5. Robert Peers SWVAC 2.80; 6. Robert Murkin SCVAC 2.00; **M45:** 1. Alan Leiper SCVAC 3.80; 2. Wayne Martin SCVAC 2.80; 3. Brian Slaughter SCVAC 2.80; **M50:** 1. David Blunt SCVAC 3.20; 2. Greg Murrow MMAC 3.10; 3. Martin Davies SWVAC 2.60; **M60:** Michael Cole SCVAC 2.60; **M65:** John Howe WMAA 2.70; **M70:** Jim Day SCVAC 2.00; **W40:** Alison Duke SCVAC 2.30; **W45:** Teresa May SCVAC 2.20; **W50:** 1. Jennifer Ibbittson NVAC 2.95 (European Record 3.00 in Glasgow 17/2/07); 2. Sue Yeomans SCVAC 2.70; **W60:** Margaret Coombe EVAC 1.80 (Equals British Record); **W70:** Dorothy McLennan SCVAC 1.50;

LONG JUMP

M35: 1. John Munroe SCVAC 6.58; 2. Neil Lincoln SCVAC 5.96; 3. Neil Skelding MMAC 5.96; 4. Richard Buckingham VAC 5.34; 5. Brad Evans VAC 4.84; **M40:** 1. Ian Allen SWVAC 6.13; 2. Tommy Greene IRL (G) 5.60; 3. Andy Hunt VAC 5.02; 4. Christopher Ashmore MMAC 4.67; 5. Robert Murkin SCVAC 4.12; **M45:** 1. John Shepherd VAC 6.11; 2. John Mayor EVAC 5.53; 3. Andrew Waddington SWVAC 5.41; 4. Iain Moody MMAC 4.90; 5. Stephen Langford SCVAC 4.85; 6. Dave Shields WMAA 4.63; **M50:** 1. Trevor Wade SCVAC 5.72; 2. Ken Jackson SWVAC 5.11; 3. Clement Leon SCVAC 4.57; 4. Roderick Davies SCVAC 4.52; **M55:** 1. David Folgate EVAC 5.12; 2. Peter Moss OPEN 4.94; 3. Mike Maisey EVAC 4.71; 4. William Lonsdale SVHC 4.66; 5. Earl Taylor NIVAC 4.04; **M60:** 1. Peter Duckers MMAC 4.80; 2. Lawrie Dunn MMAC 4.25; 3. Edward Wagner NVAC 3.88; 4. Mike Martineau VAC 3.52; **M65:** 1. Padraig Maye IRL (G) 4.22; 2. David Haines SCVAC 4.03; 3. Roger Bruck SCVAC 3.99; **M70:** 1. Tony Crocker MMAC 4.21 (Equals British Record); 2. Michael Collins SCVAC 3.55; 3. Colin Sheppard SCVAC 3.40; 4. John Evans MMAC 3.37; **M75:** 1. Geoffrey Feast VAC 3.55; 2. Ajit Singh Kalirai SCVAC 2.84; **W35:** Paula Hing OPEN 3.72; **W40:** 1. Charmaine Johnson VAC 4.77; 2. Claire Bowman NVAC 4.21; 3. Marie Hudson SWVAC 4.15; **W45:** 1. Angela Griffiths SCVAC 4.73; 2. Denise Timmis EVAC 4.43; 3. Gaye Clarke EVAC 4.18; 4. Janice

MASTERS ATHLETICS SPRING 2007

Hardcastle EVAC 4.00; 5.Clare StJohn-Coleman EVAC 3.96; **W50:** 1.Carole Filer EVAC 4.40; 2.Christine Young SCVAC 4.05; 3.Christine Salvary SCVAC 3.63; **W60:** 1.Ann Bolitho SCVAC 3.23; 2.Patricia Oakes SCVAC 3.20; 3.Margaret Coombe EVAC 2.93; 4.Daphne Marler SCVAC 2.56; **W65:** 1.Iris Holder SCVAC 3.42; 2.Jackie Charles MMAC 3.24; **W70:** 1.Anne Martin EVAC 3.00; 2.Dorothy McLennan SCVAC 2.39; **W85:** Mary Wixey MMAC 1.61;

TRIPLE JUMP

M35: 1.Ian Bridgeman SCVAC 11.69; 2.Richard Buckingham VAC 10.94; **M40:** 1.Tommy Greene IRL (G) 11.32; 2.Paul Ffrench EVAC 11.13; 3.Paul Harrison SCVAC 10.33; **M45:** 1.John Mayor EVAC 11.27; 2.Andrew Waddington SWVAC 11.08; 3.Stephen Langford SCVAC 10.79; 4.Dave Shields WMAA 10.14; **M50:** Clement Leon SCVAC 9.08; **M55:** 1.William Lonsdale SVHC 10.02; 2.Mike Maisey EVAC 9.66; **M60:** 1.Allan Cheers SCVAC 9.30; 2.Edward Wagner NVAC 8.23; **M65:** 1.Padraig Maye IRL (G) 9.28; 2.David Haines SCVAC 8.12; **M70:** 1.Michael Collins SCVAC 8.30; 2.John Evans MMAC 7.91; **M75:** 1.Ajit Singh Kalirai SCVAC 6.59; **W35:** Dawn Jones EVAC 9.86; **W40:** 1.Claire Bowman NVAC 9.37; 2.Alison Duke SCVAC 8.15; **W60:** 1.Patricia Oakes SCVAC 7.41; 2.Daphne Marler SCVAC 5.46; **W65:** 1.Jackie Charles MMAC 7.55; 2.Iris Holder SCVAC 7.41; **W70:** Anne Martin EVAC 6.48;

SHOT

M35: 1.Steven Sammut VAC 11.63; 2.David Glendower SCVAC 5.15; **M40:** 1.John Nicholls NVAC 14.71; 2.Andy Turner WMAA 14.08; 3.David Burrell EVAC 11.52; 4.Tommy Greene IRL (G) 11.07; 5.Samuel Moylan SCVAC 10.11; 6.Robert Murkin SCVAC 7.47; **M45:** 1.Rob Earle EVAC 12.88; 2.Guy Perryman SCVAC 11.96; 3.Alan Leiper SCVAC 11.95; 4.Nigel Winchcombe EVAC 11.81; **M50:** 1.Michael Small VAC 14.28; 2.Malcolm Fenton EVAC 12.52; 3.Nigel Hooker OPEN 10.78; 4.Tim SaundersMullin SCVAC 8.74; 5.Michael Bale SCVAC 8.31; **M55:** 1.John Wild VAA-NE 10.13; 2.Karlis Bricis LAT (G) 10.07; 3.Bill Renshaw NVAC 9.88; 4.Philip Bramford EVAC 9.34; 5.Clive Thomson SCVAC 8.16; 6.Earl Taylor NIVAC 7.76; **M60:** 1.Eric Barker SCVAC 13.15; 2.Peter Virgo VAC 12.12; 3.Barry Hawksworth MMAC 11.86; 4.Garry Negus SCVAC 11.49; 5.Kenneth Prior VAC 10.83; 6.Godfrey Leak EVAC 10.08; 7.Richard Jegou MMAC 10.06; 8.Jim Bartlett MMAC 9.74; 9.Edward Wagner NVAC 8.79; **M65:** 1.Jaroslav Hanus SCVAC 8.65; 2.Keith Dutton MMAC 8.39; 3.William Kingsbury WMAA 6.32; **M85:** Tony Rawlinson EVAC 5.10; **W35:** 1.Camille Thrush SCVAC 11.02; 2.Catriona Gentleman NVAC 7.05; **W40:** 1.Charmaine Johnson VAC 11.17; 2.Alison George MMAC 9.65; 3.Karen Llewellyn WMAA 8.68; 4.Julie Wilson SCVAC 8.45; 5.Janet Smith SCVAC 8.12; **W45:** 1.Claire Cameron SVHC 10.05; 2.Wendy Dunsford SCVAC 9.00; **W50:** 1.Jennifer Ibbitson NVAC 10.52; 2.Joylyn SaundersMullin SCVAC 9.01; 3.Jenny Piercy VAC 7.89; 4.Jane Goatcher WMAA 7.88; 5.Pat Higgins MMAC 7.47; **W55:** 1.Vilma Thompson SWVAC 11.05; 2.Mo Pearson SWVAC 10.13; 3.Caroline Marler NVAC 9.25; 4.Linda Ridsdale NVAC 7.47; **W60:** 1.Elizabeth Sissons VAC 10.29; 2.Barbara Terry SCVAC 9.74; **W65:** Evaun Williams SCVAC 10.94; **W70:** 1.Anne Martin EVAC 7.48; 2.Marie Grant-Stevens SCVAC 5.82; **W85:** 1.Mary Wixey MMAC 3.72 (British Record)

DISCUS (OUTDOOR)

M35: Steven Sammut VAC 35.76; **M40:** 1.Andy Turner WMAA 41.88; 2.David Burrell EVAC 34.97; 3.Samuel Moylan SCVAC 24.86; 4.Robert Murkin SCVAC 17.31; **M45:** 1.Rob Earle EVAC 42.33; 2.Martin Roberts MMAC 28.26; **M50:** 1.Michael Small VAC 43.78; 2.Nigel Hooker OPEN 36.04; 3.Michael Bale SCVAC 29.05; **M55:** 1.John Wild VAA-NE 37.11; 2.Bill Renshaw NVAC 34.92; 3.Philip Bramford EVAC 30.55; 4.Karlis Bricis LAT (G) 27.89; **M60:** 1.Kenneth Prior VAC 35.74; 2.Barry Hawksworth MMAC 34.07; 3.Godfrey Leak EVAC 33.79; 4.Brian Harlick SCVAC 32.70; 5.Richard Jegou MMAC 30.75; 6.Jim Bartlett MMAC 28.94; **M65:** James Sloan SVHC 37.51; **M70:** 1.Hamilton Thomas SCVAC 29.25; 2.Ian Miller EVAC 28.82; 3.Barry Strange SCVAC 28.52; 4.Gordon Hickey VAC 28.10; 5.Peter Barber VAC 27.77; 6.Norman Fullick SCVAC 20.34; **M75:** 1.Philip McEvoy VAC 25.71; 2.Jaroslav Hanus SCVAC 22.68; 3.Graham Roberts MMAC 16.14; **M85:** Tony Rawlinson EVAC 10.06; **W35:** 1.Camille Thrush SCVAC 33.77; 2.Catriona Gentleman NVAC 20.66; **W40:** 1.Julie Wilson SCVAC 28.47; 2.Karen Llewellyn WMAA 26.11; **W45:** 1.Claire Cameron SVHC 35.62; 2.Wendy Dunsford SCVAC 25.48; **W50:** 1.Jennifer Ibbitson NVAC 31.02; 2.Jenny Piercy VAC 18.76; 3.Jane Goatcher WMAA 17.25; **W55:** 1.Vilma Thompson SWVAC 26.45; 2.Mo Pearson SWVAC 23.86; **W60:** 1.Barbara Terry SCVAC 24.26; 2.Elizabeth Sissons VAC 22.54; **W65:** 1.Evaun Williams SCVAC 29.82; 2.Carole Derrien SWVAC 21.13; **W70:** Marie Grant-Stevens SCVAC 15.64; **W85:** Mary Wixey MMAC 8.09;

WEIGHT (Outdoor)

M35: Steven Sammut VAC 15.44; **M40:** 1.David Burrell EVAC 13.47; 2.Andy Turner WMAA 13.12; 3.Samuel Moylan SCVAC 9.62; **M45:** 1.Rob Earle EVAC 15.12; 2.Russell Payne MMAC 12.04; 3.Martin Roberts MMAC 11.26; **M50:** 1.Malcolm Fenton EVAC 20.01; 2.Michael Small VAC 17.49; 3.Nigel Hooker OPEN 12.73; 4.Michael Bale SCVAC 11.93; 5.Tim SaundersMullin SCVAC 6.94; **M55:** 1.John Wild VAA-NE 13.55; 2.Clive Thomson SCVAC 11.95; 3.Bill Renshaw NVAC 10.56; 4.Philip Bramford EVAC 8.68; **M60:** 1.Chris Melluish SCVAC 16.56; 2.Barry Hawksworth MMAC 16.54; 3.Eric Barker SCVAC 14.90; 4.Kenneth Prior VAC 14.73; 5.Godfrey Leak EVAC 14.06; 6.Garry Negus SCVAC 13.77; 7.Richard Jegou MMAC 10.56; 8.Brian Harlick SCVAC 9.42; **M65:** James Sloan SVHC 9.52; **M70:** 1.Hamilton Thomas SCVAC 14.85; 2.Ian Miller EVAC 14.73; 3.Peter Barber VAC 14.49; 4.Gordon Hickey VAC 12.83; **M75:** 1.Philip McEvoy VAC 12.75; 2.Graham Roberts MMAC 10.39; 3.Jaroslav Hanus SCVAC 9.53; 4.William

Kingsbury WMAA 9.32; **W35:** 1.Camille Thrush SCVAC 11.94; 2.Catriona Gentleman NVAC 9.46; **W40:** 1.Janet Smith SCVAC 12.80; 2.Alison George MMAC 9.43; 3.Julie Wilson SCVAC 9.19; **W45:** 1.Claire Cameron SVHC 10.12; 2.Wendy Dunsford SCVAC 8.27; **W50:** 1.Jennifer Ibbitson NVAC 13.51 (British Record); 2.Pat Higgins MMAC 9.50; 3.Jane Goatcher WMAA 9.04; 4.Jenny Piercy VAC 8.95; **W55:** 1.Vilma Thompson SWVAC 11.26; 2.Linda Ridsdale NVAC 10.00; **W60:** 1.Elizabeth Sissons VAC 12.10; 2.Barbara Terry SCVAC 11.15; **W65:** 1.Evaun Williams SCVAC 14.28; 2.Carole Derrien SWVAC 9.75;

British Masters Indoor Pentathlon Championships - Lee Valley Athletics Centre - 18 February 2007

It was a bold decision to mount the B.M.A.F. Championships at the brand shiny new "Lee Valley Athletics Centre, writes Brian Owen.

Maurice Doogan was able to convince E.V.A.C. it was a good idea to add their Championships to the day (results in results section) and what a well supported success they were.

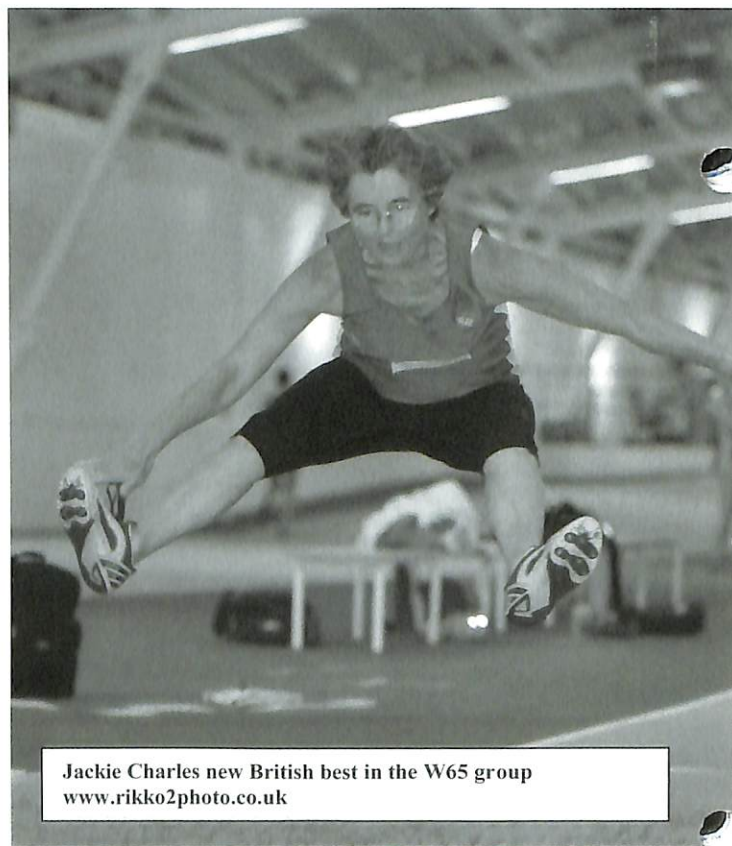
As far as the Pentathlon was concerned that was well supported with keen competition in all groups.

The M45 had the biggest entry with Andrew Waddington winning by 40 points from John Mayor, with Brian Slaughter just 14 points down on John in third.

Richard Buckingham (M35), Paul Ffrench (M40), Ray Ashford (M50), John Charlton (M55), Philip Harris (M60) and David Haines (M65) all had convincing wins in their groups.

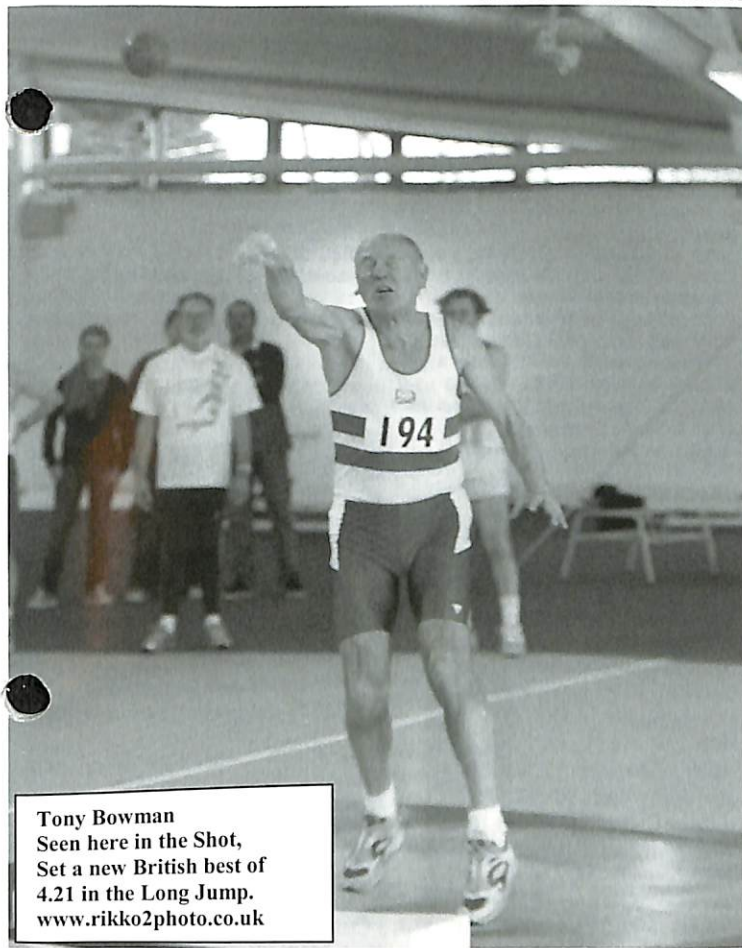
Tony Bowman set a new British Long Jump record of 4.21 during the M70 event, whilst Colin Shafto was close throughout the competition, where Tony finally won through in the 1500 metres.

Charmaine Johnson was a big winner in the W40, and top hurdler Kay Reynolds won the W35. Lesley Willis won the W45, and Jackie Charles set a new record in the W65 Group.



Jackie Charles new British best in the W65 group
www.rikko2photo.co.uk

MASTERS ATHLETICS SPRING 2007



Tony Bowman
Seen here in the Shot,
Set a new British best of
4.21 in the Long Jump.
www.rikko2photo.co.uk



Charmaine Johnson won the Women's
Pentathlon www.rikko2photo.co.uk

M35

1 Richard Buckingham VAC 2501 (9.5, 5.55, 10.06, 1.58, 3:45.2); **2 Steven Spires** WMAA 1727 (11.7, 4.85, 7.73, 1.40, 3:41.0); **M40: 1 Paul Ffrench** EVAC 2279 (13.0, 5.38, 8.34, 1.46, 3:13.1); **2 Alan Easey** VAC 2205 (10.9, 5.05, 7.04, 1.25, 3:16.9); **M45: 1 Andrew Waddington** SWVAC 3579 (9.9, 5.55, 8.19, 1.72, 2:53.2); **2 John Mayor** EVAC 3539 (9.3, 5.53, 8.84, 1.66, 3:07.0); **3 Brian Slaughter** SCVAC 3325 (9.9, 5.29, 10.24, 1.51, 3:04.4); **4 Geoff Powley** EVAC 3079 (10.7, 4.86, 9.44, 1.51, 2:57.9); **5 Peter Ley** VAC 2868 (10.8, 5.05, 8.29, 1.45, 3:09.2); **6 John Dickenson** SCVAC 2550 (11.6, 4.52, 7.33, 1.45, 3:07.9); **7 Charlie Batts** SWVAC 2493 (11.6, 5.21, 7.25, 1.33, 3:21.2); **8 John Taylor** NVAC 1696 (11.6, 4.46, 7.39, 1.36, dnf); **M50: 1 Ray Ashford** SWVAC 3258 (11.0, 4.83, 8.37, 1.52, 3:00.0); **2 Alastair Duncan** OPEN 3033 (10.4, 4.82, 8.98, 1.40, 3:26.3); **3 Clement Leon** SCVAC 2993 (11.7, 4.96, 8.35, 1.52, 3:19.7); **4 Nick Phipps** SCVAC 2296 (11.7, 4.85, 11.28, 1.40, dnf); **5 Colin Hague** SWVAC 1207 (11.8, 4.24, 8.96, 1.40, dns);

M55

1 John Charlton NVAC 3433 (9.9, 5.19, 9.42, 1.30, 3:39.1); **2 William Lonsdale** SVHC 2892 (12.2, 4.59, 8.32, 1.36, 3:31.8); **3 Earl Taylor** NIVAC 2008 (14.3, 3.88, 1.15, 3:56.5); **M60: 1 Philip Harris** EVAC 3460 (10.4, 4.62, 9.33, 1.35, 3:03.3); **2 Peter Duckers** MMAC 2985 (11.3, 4.98, 10.03, 1.32, 4:51.6); **3 Lawrie Dunn** MMAC 2919 (12.3, 4.25, 7.67, 1.32, 3:34.6); **4 Michael Dixon** SCVAC 2665 (13.0, 3.84, 8.08, 1.17, 3:22.0); **5 Edward Wagner** NVAC 2471 (13.5, 3.85, 9.17,

1.26, 4:01.60); **6 Dai Vaughan** MMAC 910 (22.1, 2.26, 7.28, 1.08, dnf); **M65: 1 David Haines** SCVAC 3333 (12.6, 3.95, 8.69, 1.32, 3:45.7); **2 James Sloan** SVHC 3112 (12.7, 3.56, 9.85, 1.29, 4:05.4); **3 Roger Bruck** SCVAC 2649 (13.9, 4.03, 7.94, 1.29, 4:51.0); **4 Bruce Charles** MMAC 2578 (13.0, 3.60, 7.96, 1.08, 4:16.7); **M70: 1 Tony Bowman** NVAC 3609 (10.1, 4.21 (British Record), 8.14, 1.26, 4:48.1); **2 Colin Shafto** NVAC 3541 (10.7, 4.15, 9.00, 1.32, 5:05.3); **W35: Kay Reynolds** SCVAC 2981 (9.1, 1.53, 8.24, 4.62, 2:49.5); **W40: 1 Charmaine Johnson** VAC 3742 (9.6, 1.53, 11.03, 4.91, 2:41.5); **2 Geraldine Finegan** NIVAC 3668 (9.6, 1.53, 9.76, 4.62, 2:31.9); **3 Alison Duke** SCVAC 2357 (11.2, 1.26, 6.62, 3.96, 2:54.7); **3 Angie Alstrachan** EVAC 2220 (11.3, 1.14, 6.63, 3.93, 2:53.5); **4 Catherine Goddard** EVAC (10.0, 1.53, wd); **W45: Lesley Willis** MMAC 2830 (12.0, 1.26, 6.87, 4.09, 2:43.8); **W50: Carole Filer** EVAC (10.4, wd); **W65: Jackie Charles** MMAC 3320 (British Record) (13.2, 1.08, 6.33, 3.25, 4:01.0);

All scores corrected by Ian Thomas on based on 2006 values, therefore different to those issued on the day)
organisers are advised they should check the B.M.A.F. website to ensure they are using the latest factors.

SVHC 10,000 Metres Track Championship, Coatbridge, 15th Oct 2006

1 Alastair Dunlop M50-1 34:08; **2 Brian Kirkwood** M50-2 34:22; **3 Ewan Paterson** M50-3 35:25; **4 Robert Rogerson** M45-136:02; **5 Fiona Matheson** W45-1 36:26; **6 Charlie Noble** M55-1 37:16; **7 Alan Lawson** M55-2 37:30; **8 Andy Law** M55-3 37:42; **9 Stuart McRae** M60-1 39:19; **10 Grant Matheson** M40-1 39:49; **11 John Weir** M45-2 40:34; **12 Hugh Watson** M60-2 41:55; **13 Robert Daly** M65-1 43:45; **14 Alastair Shaw** M70-1 43:46; **15 Willie Murray** M65-2 43:51; **16 Les Nicol** M70-2 44:48; **17 George Inglis** M65-3 45:09; **18 Ada Stewart** W40-1 46:28; **19 Bert McFall** M70-3 47:39; **20 Willie Hamill** M70-4 47:51; **21 George Tait** M65-4 48:47; **22 Douglas Campbell** M65-5 51:44; **23 Hugh McGinlay** M80-1 59:40; **24 Walter Ewing** M65-6 63:39; **25 Willie Russell** M75-1 66:45;

SVHC Half Marathon, Clydebank, 1st October 2006

1 I.Cullen M40-1 1:20:05; **2 G.Smith** M60-1 1:20:56; **3 F. Yeoman** M55-1 1:22:08; **4 A.Lawson** M55-2 1:25:14; **5 N.Prior** M40-2 1:25:49; **6 C.C.R.Noble** M55-3 1:28:21; **7 R.McEleney** M45-1 1:28:40; **8 P.McKay** W45 1:29:12; **9 D.Fairweather** M60-2 1:32:34; **10 R.Wilson** M50-1 1:35:50; **11 P.McCrossan** W45-1 1:36:01; **12 J.Austin** M45-2 1:38:39; **13 C.Martin** M55-4 1:39:04; **14 S.Addison** W40-1 1:40:08; **15 W.Murray** M65-1 1:40:22; **16 D.King** M60-3 1:40:41; **17 E.McLafferty** W55-1 1:41:03; **18 A. Shaw** M70-1 1:41:52; **19 A.Stewart** W40 1:45:19; **20 W.McBrinn** M75-1 1:46:37; **21 G.Inglis** M65-2 1:51:04; **22 J.Soffley** M55-5 1:52:23; **23 W.Hamill** M70-2 2:00:11;

MMTG WEIGHT PENTATHLON, STOKE, 2nd DECEMBER 2006

1 Barry Hawkesworth M55 3365; **2 Wendy Dunsford** W45 2460; **3 Clive Howell** M50 2433; **4 Barbara Dunsford** 2283; **5 Pat Higgins** W50 2117;

SCVAC X - COUNTRY CHAMPS 2006

W35: BRIGGS Julie 18.57; **W55: BATH** Ann 27.38; **W65: CUSHEN** Bridget 30.03; **M45: 1 THAYRE** Gary 38.00; **2 WARREN** David 40.12; **M50: 1 O'CONNELL** Thomas 39.00; **2 HILL** Walter 40.15; **3 CONNOLLY** Steve 44.51; **4 CARMICHAEL** Gerry 45.28; **M60 1 NEWTON** Geoff 41.39; **2 MATSON** Alistair 48.48; **3 FITZMAURICE** James 49.41; **M65: 1 NEWLAND** David 43.16; **2 TAYLOR** John 46.21; **M70: SHEPPARD** Ken 57.46;

SCOTTISH MASTERS CHAMPIONSHIP, KELVIN HALL, FEB 17th

60m

M35: 1 Paul Donaghy 7.50; **2 Wallace McGown** 7.74; **3 David Gemmell** 7.92; **M40: 1 Callum Currie** 7.70; **2 Mark Fraser** 7.97; **3 Kevin Turner** 8.07; **4 Gerard O'Connor** 8.25; **5 Andrew McLennan** 8.45; **M45: 1 Alan Crawford** 7.76; **2 David Phillips** Snr 7.77; **3 Martin Leyland** 7.80; **4 Ronald Hunter** 7.80; **5 David Kydd** 8.07; **M50: 1 Eric Smart** 7.68; **2 Robert Phin** 8.29; **3 Eddie Costly** 8.44; **4 Bob Douglas** 8.47; **5 Tom Black** Canada 9.10; **M55: 1 John McGarry** 8.21; **2 Roderick Howe** 8.81; **3 Allan Jeffries** 8.93; **4 John Robertson** 9.31; **M60: 1 Trevor Madigan** 8.52; **M65: 1 John Scott** 9.11; **2 James Sloan** 9.20; **M70: John Erskine** 10.46; **M75: Stanley Bowers** 14.23; **W35: 1 Kathleen Madigan** 8.22; **W40: 1 Dawn Whittle** 8.16; **2 Dorothy Bannerman** 8.47; **3 Sandra Mitusch** 8.82; **4 Janet Lyon** 8.95; **5 Wendy Nicol** 9.07; **W45: 1 Linda Nicholson** 8.85; **2 Angela Kelly** 8.92; **3 Bernadette Harris** 9.25; **W50: Kathryn Booth** 9.69; **W65: Esther Linaker** Pitreavie 9.47; **W70: Betty Steedman** 12.13;

200m

M35: 1 Paul Donaghy 24.24; **2 Wallace McGown** 24.53; **3 David Gemmell** 25.96; **M40: 1 George Charleston** 24.47; **2 Callum Currie** 25.05; **3 Kevin Turner** 25.98; **M45:**

MASTERS ATHLETICS SPRING 2007

1 Alan Crawford 25.26; 2 Ronald Hunter 25.41; 3 Martin Leyland 25.64; 4 David Phillips Snr 26.10; 5 David Kydd 26.51; **M50:** 1 Eric Smart 24.93; 2 Ian Broadhurst 25.07; 3 Brian Larkin 26.85; 4 Eddie Costly 27.86; **M55:** 1 John McGarry 27.25; 2 Roderick Howe 28.60; 3 Allan Jefferies 29.03; **M70:** 1 Tony Bowman 28.86; 2 Anthony Mcmanus 35.05; 3 John Erskine 36.30; **W35:** Kathleen Madigan 27.77; **W40:** 1 Janet Lyon 29.37; 2 Sandra Mitusch 30.05; **W45:** 1 Gillian Docherty 29.27; 2 Alison Brown 30.00; 3 Bernadette Harris 31.81; **W65:** Esther Linaker 33.46;

400m:

W40: Anne Williamson 73.26; **W45:** 1 Gillian Docherty 66.31; 2 Alison Brown 66.82;

800m:

M35: Stephen Allen 2.04.94; **M40:** 1 Derek Watson Snr. 2.07.36; 2 Danny Sheffington 2.11.56; 3 Michael Scott 2.13.73; 4 Anthony Geoghegan 2.16.16; **M45:** 1 Steve Smith 2.06.27; 2 George Harden 2.08.09; 3 Alexander Bryce 2.08.60; 4 Charles Murray Snr 2.13.80; 5 Stephen Cullen 2.34.94; **M50:** 1 Robert Wilson Greenock 2.25.27; 2 Andrew Law 2.31.06; **M55:** 1 Brian Stange 2.29.50; 2 William Lonsdale 2.43.50; **M60:** 1 Albert Eland 2.35.91; 2 Richard Finlayson 2.37.13; **M65:** Robert Daly 3.10.08; **M70:** 1 Peter Dibb 2.58.49; 2 Thomas O'Reilly 3.03.33; **M75:** William McBrinn 3.19.19; **M80:** Hugh McGinlay 3.53.27; **W35:** Kirsty Baird 2.31.25; **W40:** Sharyn Ramage 2.38.05; **W50:** Joan Howe 2.35.76;

1500m:

M35: 1 Stuart Campbell 4.11.45; 2 Stephen Allen 4.15.50; **M40:** 1 Michael Scott 4.23.78; 2 Hugh Shields 4.24.36; **M45:** 1 Steve Smith 4.15.48; 2 Keith Farquhar 4.21.24; 3 John Thomson 4.22.39; 4 George Harden 4.23.10; 5 Alexander Bryce 4.25.12; 6 Pat Hannon 4.32.96; 7 Steve Laing 4.35.26; **M50:** 1 James Burns 4.40.87; 2 Archie Jenkins 4.42.56; 3 Robert Wilson 4.48.45; **M65:** 1 Ian Leggett 5.52.06; 2 Robert Daly 6.13.00; **M70:** 1 Thomas O'Reilly 6.10.84; 2 Peter Dibb 6.12.65; **M75:** William McBrinn 6.31.75; **W35:** Kirsty Baird 5.21.89; **W40:** 1 Jacqueline Thomson 5.10.98; 2 Susan 5.14.27; 3 Sharyn Ramage 5.20.25; 4 Anne Williamson 6.24.69; 5 Anne Williamson 5.20.51; **W50:** Joan Howe 5.41.66;

3000m:

M35: Ian Johnston 9.14.13; **M40:** 1 Roger Alsop 9.05.97; 2 Martin Duthie 9.56.39; 3 Adam Mackie 11.21.71; **M45:** 1 John Thomson 9.41.13; 2 Keith Farquhar 9.46.25; 3 Pat Hannon 10.05.36; **M50:** 1 Archie Jenkins 10.11.80; 2 Robert Wilson 10.37.76; 3 Andrew Law 10.57.44; **W40:** 1 Susan Finch 10.30.81; 2 Jacqueline Thomson 10.43.31; 3 Susan Ridley 10.55.96; 4 Karen Haldane 12.02.47; **W45:** Lynne Marr 12.13.92;

60H:

W40: 1 Dorothy Bannerman 9.78; 2 Catherine Goddard 9.87; 3 Shona McKinnon 11.76; **W45:** 1 Mary Barrett 11.56; 2 Lucy Moore-Fox 12.22;

High Jump:

M45: 1 Andrew Waddington 1.75; 2 Iain McEwan Snr 1.60; 3 Charles Murray Snr 1.55; 4 Kenneth Pokorniecki 1.40; **M55:** 1 William Lonsdale 1.40; 2 John Robertson 1.35; **M60:** Trevor Madigan 1.30; **M65:** 1 James Sloan 1.25; 2 John Freebairn 1.10; **W40:** 1 Catherine Goddard 1.45; 2 Shona McKinnon 1.20; **W45:** Mary Barrett 1.35;

Pole Vault:

W40: Janet Lyon 2.50; **W45:** Jennifer Ibbison 3.00 (**British Record**) **M45:** Kenneth Lyon 2.80;

Long Jump:

W35: 1 Kathleen Madigan 4.22; 2 Jill Dinsmore 4.19; **W40:** 1 Catherine Goddard 4.81; 2 Shona McKinnon 4.06; **W45:** Linda Nicholson 4.30; **M40:** 1 Keith Stoddart 5.10; 2 Mark Fraser 4.81; **M45:** 1 Charles Murray Snr 5.36; 2 Kenneth Lyon 5.23; 3 David Kydd 4.94; **M50:** Tom Black Canada 4.40; **M55:** William Lonsdale 4.60; **M60:** Trevor Madigan 4.13;

Triple Jump:

W35: 1 Jill Dinsmore 9.15; 2 Fiona Lampkin 9.02; **W40:** Shona McKinnon 8.44; **W55:** Joyce Rammell 7.43; **M45:** Julian Gittens 11.15; **M50:** Tom Black 9.70; **M55:** William Lonsdale 9.69;

Shot Put:

M40: 1 Edward McKenzie 9.81; 2 Adam Mackie 8.42; **M45:** Kenneth Pokorniecki 9.02; **M50:** John Birkett 9.40; **M55:** John Robertson 9.51; **M65:** 1 James Sloan 10.20; 2 John Freebairn 8.40; **M75:** 1 James Christie 5.21; 2 Ronald Macdonald 4.73; **W35:** Kathleen Madigan 7.92; **W40:** 1 Catherine Goddard 9.69; 2 Dee Bradbury 8.81; **W45:** 1 Claire Cameron 10.15; 2 Mary Barrett 9.04; 3 Lucy Moore-Fox 8.32; **W50:** 1 Brenda Douglas 7.00; 2 Gwen McFarlane 8.68; **W55:** Joyce Rammell 8.19; **W60:** Margery Swinton 7.47;

EVAC CHAMPIONSHIPS, LEE VALLEY, 18th FEBRUARY

60:

M35: Nick Lauder 8.0; **M40:** 1 Barrington King 7.7; 2 Keith Palmer 7.7; 3 Des Wilkinson 7.8; 4 Paul Ffrench 8.2; **M45:** 1 Ricky Huskisson 7.6; 2 John Shepherd 7.7; 3 Tennyson James 7.8; 4 Peter Ilo 7.8; 5 Andy Smith 8.0; 6 Andy Woods 8.1; 7 Tom Gort 8.5; **M50:** 1 John Brown 7.7; 2 Alasdair Ross 7.8; 3 David Whitehead 8.2; 4 Leslie Lawrence 9.6; **M55:** 1 Michael Maisey 8.4; 2 David Leech 8.5; 3 Tony Wells 8.6; **M60:** 1 Ian Foster 8.3; 2 Charles Isetts 8.7; **M65:** Bryan Shearsmith 9.1;

M70: Gordon Daborn 10.5; **M80:** Frank Copping 13.7; **W35:** Chika Aghadiuno 9.2; **W45:** 1 Wendy Dunn 8.5; 2 Lesley Hopkins 8.7; 3 Jan Hardcastle 9.1; 4 Gaye Clarke 9.1; **W55:** Emily McMahon 9.3; **W65:** Dorothy Fraser 10.6;

60H:

M40: Des Wilkinson 8.9; **M45:** Tennyson James 9.5; **M55:** Tony Wells 9.7; **M70:** Gordon Daborn 12.8; **W45:** Gaye Clarke 10.2; **W60:** Margaret Coombe 14.8;

200:

M35: Nick Lauder 26.2; **M40:** 1 Anthony Noel SCVAC 23.7; 2 Keith Palmer 25.0; 3 Lance Croft 26.5; **M45:** 1 John Shepherd 24.5; 2 Kermitt Bentham SCVAC 24.6; 3 Michael Vassiliou VAC 25.5; 4 Andy Smith 25.9; 5 Peter Ilo 26.2; 6 Andy Woods & Mark Butler SCVAC 26.8; 8 Tony Foster MVAC 27.8; 9 Michael May VAC 28.0; 10 Tom Gort 28.3; 11 Paul Wingfield 28.7; 10, Ian Mackett VAC 31.1; **M50:** 1 Alasdair Ross 24.9; 2 Ian Broadhurst NVAC 25.1; 3 John Brown 25.9; 4 Christopher Padmore SCVAC 26.0; 5 David Whitehead 26.7; 6 Philip Bell VAC 27.5; 7 Jim Lawrence 29.3; 8 Leslie Lawrence 33.9; **M55:** 1 Tony Wells 27.4; 2 Michael Maisey 27.8; 3 Keith Short MVAC 28.0; **M60:** 1 Terry Bissett SCVAC 27.2; 2 Ian Foster 28.0; 3 Charles Isetts 29.1; 4 Jim Munro MVAC 30.6; 5 Chris Lawn 31.0; 6 David Whittaker VAC 31.4; **M65:** 1 Brian Ariss MVAC 29.4; 2 Bryan Shearsmith 30.2; 3 Allan Sowden SCVAC 32.9; 4 Geoff Hudson MVAC 33.1; **M75:** Patrick Parmenter 48.1; **M80:** Frank Copping 48.4; **W35:** 1 Denise Morley 27.9; 2 Chika Aghadiuno 31.3; **W40:** 1 Sally Read-Cayton 27.8; 2 Euphemia Scott SCVAC 28.9; **W45:** 1 Wendy Dunn 27.9; 2 Susan Newberry 30.1; 3 Jill Kent 31.0; 4 Claire St John Coleman 32.7; **W50:** 1 Helen Godsell SCVAC 28.7; 2 Christine Young SCVAC 32.2; 3 Christine Salvary SCVAC 32.5; **W60:** Ann Bolitho SCVAC 37.1; **W65:** Dorothy Fraser 36.4; **W75:** Brenda Gre SCVAC 56.0;

400:

M35: John Moore VAA-NE & Michael Osunsami SCVAC 55.0; **M40:** 1 Anthony Noel SCVAC 52.7; 2 Mark Oldham 53.9; 3 Keith Palmer 55.5; 4 Lance Croft 57.9; 5 Andy Hunt VAC 59.8; **M45:** 1 Kermitt Bentham SCVAC 52.8; 2 Michael Vassiliou VAC 55.9; 3 Tennyson James 57.0; 4 Mark Butler SCVAC 58.9; 5 Peter Ilo 59.0; 6 Tony Foster MVAC 61.3; 7 John Taylor NVAC 62.2; 8 Michael May VAC 66.2; **M50:** 1 Ian Broadhurst NVAC 55.9; 2 Paul Stiles VAC 57.3; 3 Christopher Padmore SCVAC 58.6; 4 David Whitehead 60.4; 5 Jim Lawrence 67.2; **M55:** 1 Keith Short MVAC 59.7; 2 Bruce Hendrie MVAC 61.7; **M60:** 1 Terry Bissett SCVAC 63.3; 2 Ian Pearce 67.6; 3 Chris Lawn 68.6; 4 David Whittaker VAC 71.6; **M65:** 1 John Garber 70.2; 2 Bryan Shearsmith 71.0; 3 Brian Ariss MVAC 71.2; 4 Geoff Hudson MVAC 87.8; **M75:** Patrick Parmenter 1:56.0; **M80:** Frank Copping 1:53.8; **W40:** 1 Euphemia Scott SCVAC 66.9; 2 Melina Healy SCVAC 68.3; 3 Sarah Stark EVAC 73.6; **W45:** 1 Lesley Hopkins 64.4; 2 Susan Newberry 66.3; 3 Jill Kent 70.4; **W50:** 1 Helen Godsell SCVAC 67.4; 2 Christine Young SCVAC 75.4; **W65:** Dorothy Fraser 88.0;

800:

M35: 1 John Moore VAA-NE 2:04.3; 2 Andrew Del Nevo SCVAC 2:14.4; 3 Dave Ashworth MVAC 2:16.4; **M45:** 1 Adrian Marston EVAC 2:15.4; 2 Richard Holland 2:18.4; 3 David Bowker 2:18.8; 4 Paul Woodyatt 2:37.6; 5 Robert Briggs SCVAC 2:18.7; **M50:** 1 Ray Daniel VAC 2:13.1; 2 Ivars Licietis 2:19.3; 3 Bruce Hendrie MVAC 2:23.4; **M55:** Derek Wardle VAC 2:23.8; **M60:** Richard Somers VAC 2:27.5; **M65:** 1 John Garber 2:37.2; 2 Michael Dyer SWVAC 2:45.6; 3 Geoff Hudson MVAC 3:05.5; **M70:** John Roberts 3:20.1; **M75:** Patrick Parmenter 4:30.7; **M80:** Frank Copping 4:31.8; **W35:** 1 Denise Morley 2:23.9; 2 Nicola Wasteneay 2:24.5; **W40:** 1 Sally Read-Cayton VAC 2:19.0; 2 Julie Herron 2:51.1; **W45:** 1 Joan Lasenby 2:34.3; 2 Diane Farmer 2:53.8; **W55:** Susan Barnett 3:08.4; **W60:** Pat Gallagher WMAA 2:49.2; **W65:** 1 Eva Osborne 3:26.1; 2 Bridget Cushen VAC 4:00.2;

1500:

M45: 1 Geoffrey Brewster 4:37.7; 2 Richard Holland 4:40.3; 3 Craig Sabin MVAC 4:40.8; 4 David Bowker 4:40.9; 5 Paul Woodyatt 4:49.4; **M55:** 1 Peter Kennedy VAC 4:38.8; 2 Patrick Timmons Irish Masters 4:42.2; 3 John Jenkins 5:16.2; **M60:** John Hush 5:39.8; **M65:** John Garber 5:34.1; **M70:** John Roberts 6:57.5; **W45:** Sarah Heath SCVAC 4:56.5; 2 Gail Duckworth 5:20.9; 3 Lorraine Daglish 5:45.7; 4 Pat Halstead SCVAC 5:46.9; **W55:** Susan Barnett 6:25.1; **W60:** Pat Gallagher WMAA 5:44.5; **W65:** 1 Eva Osborne 6:58.4; 2 Betty Stracey 7:01.5; **W70:** Anne Martin 7:10.0;

High Jump:

W45: Jan Hardcastle 1.38;

Long Jump:

M40: Paul Ffrench 5.32; **M45:** John Mayor 5.54; **M50:** David Michael Brown 4.56; **M55:** 1 Michael Maisey 4.73; 2 David Folgate 4.99; **W45:** 1 Jan Hardcastle 4.05; 2 Claire St John Coleman 3.89; **W60:** Margaret Coombe 2.95; **W70:** Anne Martin 3.05;

Triple Jump:

M40: Paul Ffrench 11.20; **M55:** David Folgate 11.14;

MASTERS ATHLETICS SPRING 2007

Shot

M40: Stephen O'Neill 11.97, **M50:** Michael Small VAC 14.66; **M55:** Philip Bramford 9.36; **M60:** Richard Jegou MVAC 10.07; **M65:** 1 James Sloan SVHC 10.17; 2 Peter Hallett 8.95; **M70:** Ian Miller 10.76; **M75:** Jaroslav Hanus SCVAC 10.77; **M70:** Anne Martin 7.27;

Eastern Veterans AC Cross Country championships at The Riverside Country Park Bedford 21st January 2007

88 Masters, both men and women, took on a course that was very wet underfoot. The general conditions were otherwise good, with plenty of sunshine, tempered by a strong wind. For the first time in a number of years the entry topped the 100, thanks to the promoting club, Bedford and County, and Bedford Harriers.

There were two separate Races, though all started at the same time/. Those in the 30 to 50 age range ran a small lap, plus two large laps. The Women's and Men over 80 had to complete one small and one large lap. There was some firm going, but also some very wet patches, too large for the fastidious to run round.

Jim Mc.Mahon winner of previous EVAC Road Race Championships was a clear winner from Paul Spowage of Colchester, and Stan Owen of NVH.

24 Women and 6 men over 70 contested the shorter of the two races. Lindi Marson, returning to excellent form after a long lay off because of injury, beating Gail Duckworth from Leighton Buzzard, and encouragingly, two W 35's from Bedford and Kings Lynn. For the first time ever we presented a Gold medal in the W.75 Five year age group. in one of our championship Races

Jim Mc.Kellar from M.M.K.A.C. won the M 70 Award.

The team competition, was reasonably contested. It only needed one or two runners who had entered to put in an appearance for the number of teams taking part to have doubled. Cross Country Running is the one branch of the sport that has been, and should still be, more oriented toward team competition than either Track & Field or Road Running.

MEN 40-69

1 29:20 Jim McMahon **M45-1** Bedford & Co; 2 29:36 Paul Spowage **M40-1** Colchester H; 3 29:53 Stan Owen **M50-1** NVH; 4 30:04 Colin Lewin **M40-2** Colchester H; 5 31:13 Michael Scott **M40-3** Hunts AC; 6 31:15 Stephen Howard **M40-4** Ely R; 7 31:30 Dean Houlton **M40-5** NVH; 8 31:57 David Bowker **M45-2** Royston R; 9 32:08 John Willowby **M50-2** Chelmsford; 10 32:16 Adrian Marston **M45-3** Lincoln W; 11 32:52 Andrew Philips **M45-4** Riverside R; 12 32:53 Alan Daglish **M55-1** Luton AC; 13 33:00 Godfrey Tofts **M40-6** Royston R; 14 33:01 Pas Caprioli **M45-5** Bedford & Co; 15 33:02 Jonathan Roots **M40-7** Bedford & Co; 16 33:05 Tom Salway **M55-2** NVH; 17 33:07 Bill Taylor **M45-6** NVH; 18 33:23 Paul Gooding **M40-8** Bedford & Co; 19 33:35 Stephen Andrew **M45-7** Banbury H; 20 34:08 John Jenkins **M55-3** C&C; 21 34:15 Barry Thorpe **M50-3** Chelmsford; 22 34:28 Andy Boast **M50-4** Bedford & Co; 23 34:41 Fred Bees **M60-1** Gt.Bentley; 24 35:19 Peter Dancer **M40-9** Bedford & Co; 25 35:21 Robert Lands **M45-8** Bedford & Co; 26 35:26 Paul Green **M45-9** Royston R; 27 35:41 Justin Openshaw **M40-9** Bedford H; 28 35:51 Mark Chaplin **M45-10** C&C; 29 35:57 Michael Russell **M55-5** Bedford & Co; 30 36:02 Steve Gaunt **M45-11** Bedford H; 31 36:23 James Dunn **M40-10** Bedford H; 32 36:38 Martin Branfoot **M50-5** Chelmsford; 33 36:55 Joe Horsman **M45-12** Bedford H; 34 37:23 Tony Barnes **M40-11** Bedford H; 35 37:30 Bob Wells **M60-2** Bedford H; 36 37:31 James Wallbank **M45-13** Bedford H; 37 37:48 Mike Parkin **M65-1** EVAC; 38 37:51 Nigel Bush **M55-6** Biggleswade; 39 37:56 Peter Harris **M55-7** Ely R; 40 38:06 Paul Firmage **M50-6** Ryston R; 41 38:34 Brian Webb **M60-3** Bedford & Co; 42 38:37 Maurice Crook **M65-2** Bedford H; 43 38:58 Mike Rosbrook **M65-3** Hadleigh H; 44 40:02 Mark Billington **M40-12** Bedford H; 45 40:40 Giorgio Garafolo **M65-4** Bedford & Co; 46 41:10 John Turner **M60-4** Ely R; 47 41:30 Dennis Gound **M60-5** Bedford H; 48 41:56 Reg Brett **M65-5** Luton AC; 49 42:45 Steve Crane **M50-7** Bedford H; 50 42:49 Roger Duffield **M65-6** Tiptree RC; 51 42:58 Bill Billington **M65-7** Bedford H; 52 43:39 Bill Marrant **M65-8** Bedford H; 53 43:52 Terry Braverman **M60-6** Haverhill RC; 54 44:30 John Adam **M60-7** L.Buzzard; 55 45:38 Norman Beckwith **M60-8** Bedford H; 56 45:41 Jim Lawrence **M50-8** M.M.K.A.C.; 57 46:05 Mike Turner **M65-9** Liverpool H;

WOMEN

1 21:17 Lindi Marson **W45-1** NVH; 2 21:42 Gail Duckworth **W50-1** L.Buzzard; 3 21:49 Anna Litchfield **W35-1** Bedford H; 4 22:34 Molly James **W35-2** W.Nfk AC; 5 22:42 Andrea Ward **W40-1** Bedford H; 6 22:59 Sally Cartwright **W35-3** Bedford H; 7 23:44 Veronica Singleton **W45-2** Bedford H; 8 23:49 Lorraine Daglish **W50-2** Luton AC; 9 24:22 Janet Tofts **W45-3** Royston R; 10 24:32 Julie Horsman **W45-4** Bedford H; 11 24:56 Diana Braverman **W55-1** C&C; 12 25:18 Debra Harris **W40-2** NVH; 14 27:12 Sue Barnett **W55-2** C&C; 16 28:10 Jackie Keenen **W55-3** Bedford H; 17 28:32 Eva Osborne **W65-1** Wymondham; 18 28:45 Mary Holmes **W70-1** C&C; 19 28:56 Elaine Reynolds

W45-5 Bedford H; 20 30:03 Betty Stracey **W65-2** Lincoln W; 22 30:39 Lynne Greenard **W55-4** Bedford H; 26 34:08 Dorothy Fraser **W65-3** Lincoln W; 27 34:40 Iva Barr **W75-1** Bedford H;

MEN 70 plus

1 26:51 Jim Mc.Kellar **M70-1** M.M.K.A.C.; 2 27:36 John Fordham **M70-2** Ely Runners; 3 30:22 David Sutcliffe **M70-3** Bedford H; 4 32:01 Milford Callow **M70-4** M.M.K.A.C.; 5 32:46 Peter Chaplin **M75-1** EVAC; 6 34:40 Jim Hendry **M70-5** Bedford H;

TEAMS

WOMEN 35: 1, Bedford 14; 2 Bedford 33; 3 Cambridge & C 43; **MEN 40-49:** 1 Nene Valley 27; 2 Bedford 48; 3 Bedford 121; **MEN 50-59:** Chelmsford 62; 2 Bedford 75; **MEN 65+:** Bedford 129;

MMAC CROSS COUNTRY, 21st JAN, BIRMINGHAM



Men 40-69

1 27:47 FURNESS Ian **M45-1**; 2 27:53 WILTON Andy **M45-2**; 3 28:18 DEACON Gareth **M40-1**; 4 28:24 SHEEN Rob **M45-3**; 5 28:33 WILSON Gregory **M50-1**; 6 28:38 GRIX Jonathan **M40-2**; 7 28:40 EUSTACE Malcolm **M45-4**; 8 28:44 PIOTROWSKI Henryk **M40-3**; 9 28:57 WETHERILL Andy **M45-5**; 10 28:59 ROGERS Paul **M40-4**; 11 29:20 KNIBB John **M40-5**; 12 29:35 KINCH Mark **M40-6**; 13 30:12 DONAGHY Derek **M50-2**; 14 30:16 RILEY Simon **M45-6**; 15 30:38 SPARE Kevin **M50-3**; 16 31:04 MARTIN Des **M50-4**; 17 31:33 ELLIOTT Richard **M55-1**; 18 31:41 STANIER Ray **M50-5**; 19 31:45 GRICE Alan **M50-6**; 20 31:51 FLAVELL Christopher **M40-7**; 21 32:13 ROTHMAN Tim **M45-7**; 22 32:25 FLOWERS Martin **M50-7**; 23 32:26 DAWES Malcolm **M60-1**; 24 32:32 SMEDLEY Mick **M55-2**; 25 32:41 FOWLER Harry **M50-8**; 26 32:57 ORME Gordon **M60-2**; 27 32:59 PIDGEON Fred **M50-9**; 28 33:04 BONNER Gary **M40-8**; 29 33:04 GALLIMORE Mark **M45-8**; 30 33:05 STATHAM Bob **M60-3**; 31 33:12 BATE Keith **M50-10**; 32 33:16 LLEWELLYN John **M60-4**; 33 33:22 HERINGTON Steve **M55-3**; 34 33:34 WILDE David **M60-5**; 35 33:52 BANKS Peter **M55-4**; 36 33:54 THOMAS Mervyn **M55-5**; 37 34:02 GOWER Ian **M40-9**; 38 34:15 CLIFTON Gary **M40-10**; 39 34:17 PILLAR Malcolm **M60-6**; 40 34:17 MONAGHAN Mick **M60-7**; 41 34:17 BEREZA Robin **M55-6**; 42 34:19 BRADFORD Mike **M45-9**; 43 34:29 BULLOCK Paul **M50-11**; 44 34:48 HEYWOOD John **M60-8**; 45 34:49 GRANT Alastair **M50-12**; 46 35:14 ALLEN Paul **M60-9**; 47 35:22 RUSSELL Brian **M60-10**; 48 35:49 DONALD Keith **M50-13**; 49 36:06 HUMPHERSON Roy **M60-11**; 50 36:12 ROLLASON Vince **M50-14**; 51 36:34 LUDFORD Martin **M45-10**; 52 36:37 DAVIDSON-ELLIOTT Alex **M65-1**; 53 36:45 SIMPSON Roger **M50-15**; 54 37:13 HIBBITT David **M55-7**; 55 38:08 HOLDEN Tom **M55-8**; 56 38:26 TAYLOR Jeff **M55-9**; 57 38:44 BAILEY Les **M65-2**; 58 39:10 LLOYD Adrian **M55-10**; 59 39:30 KIDMAN Gavin **M65-3**; 60 39:40 ADAMS John **M55-11**; 61 39:47 JONES Geoffrey **M60-12**; 62 40:10 CLARKE Ian **M50-16**; 63 40:18 HADEN John **M55-12**; 64 40:27 DAVIES Robin **M55-13**; 65 40:34 LATHAM George **M65-4**; 66 41:36 COWLEY David **M65-5**; 67 42:27 JUKES Terry **M65-6**; 68 42:41 ROBERTS Barry **M65-7**; 69 42:45 HUDSON Geoff **M65-8**; 70 43:08 BURNS Derek **M60-13**; 71 43:11 FRAIN Tony **M60-14**; 72 43:57 PHILLIPS David **M60-15**; 73 43:57 BUTTERLY Michael **M65-9**; 74 44:51 SMITH Graham **M60-16**; 75 45:40 STANLEY Michael **M60-17**; 76 46:20 PULLEY Lindsay **M65-10**; 77 47:41 ESTICK Peter **M65-11**;

Women & M70+ (6Km)

1 20:17 ORRIDGE Sharon **W40-1**; 2 20:53 MCKITTRICK Clare **W35-1**; 3 21:38 WINT Sue **W40-2**; 4 21:49 WILLIAMSON Monica **W45-1**; 5 21:55 THOMPSON Nicola **W35-2**; 6 22

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:06 BURKE Jill **W40-3**; 7 23:09 PIGEON Jane **W40-4**; 8 23:35 CARTER Val **W40-5**; 9 23:45 WOOLLEY Theresa **W40-6**; 10 24:15 CLARKE Joan **W50-1**; 11 24:37 FRANKLIN Harry **M70-1**; 12 24:52 OLIVER Geoffrey **M70-2**; 13 24:52 FELLOWS Dot **W60-1**; 14 26:24 ROLLASON Christine **W55-1**; 15 30:10 SLOAN Charlie **M70-3**; 16 30:17 BROCKHURST Christine **W60-2**; 17 32:12 MORGAN Wilf **M70-4**; 18 33:37 PARRY Ken **M75-1**; 19 35:13 SIMPSON Colin **M75-2**; 20 36:12 SUMMERTON John **M70-5**; 21 36:37 SMITH Ron **M70-6**; 22 38:49 SLOAN Magdalene **W65-1**;

TEAMS:

M40 Tipton Harriers; **M50** 1 Derby O/50 2 Tipton O/50; **M60** 1 Worcester 2 Massey Ferg **M70** Birchfield O/70;

MMAC HANDICAP -KINGSBURY, February 4th

1 Ron Coates 52.19 race time - 17.49handicap time; 2 David Peggs 34.44 / 18.44; 3 Mary Williams 36.18 / 22.38; 4 Bill Aston 42.10 / 22.50; 5 Brian Dawson 43.08 / 23.58; 6 Bob Statham 32.13 / 24.23; 7 Marilyn Maidment 36.58 / 24.28; 8 Theresa Woolley 32.59 / 24.29; 9 Alan Webb 32.04 / 24.34; 10 David Cowley 39.10 / 24.50; 11 Roy Humpherson 34.33 / 25.03; 12 Adrian Lloyd 34.24 / 25.14; 13 Michael Stanley 42.55 / 25.25; 14 Richard Gray 29.12 / 25.42; 15 Graham Cooper 38.07 / 27.37; 16 John Clulee 54.49 / 29.49; 7 John Powell 72.05 / 37.05;

VAA-NE CROSS COUNTRY CHAMPIONSHIPS 24 FEBRUARY 2007 SUNDERLAND

RACE 1 - Women and Men 70+

W35: 1 Hales D Durham City 25.46; 2 Scott S Tynedale 26.12; 3 Walker L Wallsend 27.03; **W40**: 1 Ratcliff C Durham City 26.53; 2 Morris H Blyth 27.26; 3 Bentley K Birtley 27.29; **W45**: 1 Robinson H Chester-le-St 24.18; 2 Shenton F Elvet 25.10; 3 Davison K Elswick 27.16; 4 Marr L Tynedale 28.56; 5 Adamson P North Shields 29.45; **W50**: 1 Young J Elvet 29.55; 2 Lamb E Elvet 31.09; **W55**: Rowell W Elvet 31.28; **W65**: Stewart K North Shields 32.22; **Women Team: Elvet Str 27 pts**; **M70**: 1 Barnes Ian Darlington 29.18; 2 Appleby E Heaton 31.03; 3 Checkley R Heaton 31.52; **M75**: 1 Emmerson B Billingham 37.00; 2 Craven H Heaton 43.36; **Team Heaton 10 pts**

RACE 2-Men 35-69:

M35: 1 Thompson M Gateshead 31.48; 2 Lancaster G Sunderland 33.04; 3 Henderson J NEVAC 42.14; **M40**: 1 Rushworth B Sunderland 30.16; 2 Field T Sunderland 30.58; 3 Dobson J Sunderland 32.12; 4 Archbold I Leeds 32.44; 5 Redman P Sunderland 34.21; 6 Jones M South Shields 35.03; 7 Hemy V North Shields 35.50; 8 Grey S Chester-le-St 36.26; 9 Haley E South Shields 36.31; 10 Hartley A Elswick 37.00; 11 Ayre K South Shields 37.53; 12 Armstrong G Sunderland 39.09; 13 Hughes D North Shields 39.16; **M45**: 1 Crampton I Durham City 31.29; 2 Dent A Blythdon 32.30; 3 Mackey K South Shields 32.50; 4 Merrison P Sunderland 33.04; 5 Livingston A New Marske 33.42; 6 Harden G Sunderland 33.44; 7 Tait T Durham City 35.14; 8 Bunn M Jarrow & Hebburn 36.03; 9 Whalen-Griffiths N South Shields 36.38; 10 Baker M Wallsend 37.08; 11 Rooney P South Shields 37.15; 12 Judson F Sunderland 38.05; 13 Hewitson G Crook 39.29; 14 Mulliss A Heaton 42.09; **Team 35-49: 1 Sunderland 17; 2 South Shields**; **M50**: 1 Jenkins A Morpeth 34.05; 2 McPhail T Wallsend 34.51; 3 Freeman K Blyth 36.12; 4 Sloan P Elswick 38.00; 5 Pemberton G NEVAC 38.17; 6 Emmett V Sunderland 38.30; 7 Bennett M Elvet 38.35; 8 Weightman B Gateshead 39.04; 9 Long B Sunderland 39.55; **M55**: 1 Bell J Elswick 34.31; 2 Wilson E South Shields 37.22; 3 Rowell A Durham City 38.12; 4 Morris D North Shields 40.20; 5 Webb A North Shields 41.57; 6 Loughran J Gosforth H&AC 44.41; 7 Adamson G North Shields 45.31; 8 Routledge G Heaton 59.45; **TEAM North Shields 141**; **M60**: 1 Matthews H Elswick 35.31; 2 Christopher L Sunderland 36.39; 3 Relton MJ NEVAC 41.30; 4 Bentley PA Morpeth 42.19; 5 Potter A NEVAC 46.55; **M65**: 1 Ryder W Morpeth 38.58; 2 Pinkney R South Shields 45.54; 3 Strand F South Shields 46.21; 4 Stewart R North Shields 50.08; 5 Purdham A Crook 52.43;

SCVAC INDOOR TRACK & FIELD CHAMPIONSHIPS 2007 SUNDAY 18th FEBRUARY, SUTTON ARENA

60:

M35: Jason CARTY 7.2 (CBP); **M40**: 1 Lincoln CAMPBELL 7.5; 2 Robert MURKIN 8.7; **M 50**: 1 Geoff WALCOTT 7.7; 2 Ray WATKINS 7.8; 3 Trevor WADE 7.8; 4 Tom PHILLIPS 8.0; 5 Rod DAVIES 8.7; **M55**: Geoff KITCHENER 8.3; **M60**: Glyn SUTTON Newport 8.0; **M70**: 1 John GODBER 9.9; 2 Colin SHEPPARD 10.2; **W45**: 1 Kirstin KING 8.2 (CBP); 2 Angela GRIFFITH 8.6; 3 Anne GOAD 9.1; **W55**: Anne NELSON 9.6; **W60**: 1 Val PARSONS 8.9 (CBP); 2 Rosemary CHAMPION 10.8; 3 Daphne MARLER 13.2; **W65**: Iris HOLDER 10.3 (CBP); **W70**: Jeanne COKER 13.6;

60H:

M40: Robert MURKIN 11.9; **M55**: Geoff KITCHENER 11.6; **M65**: Barry FERGUSON 10.0 (CBP);

Shot

W35: Camilla THRUSH 10.71; **W40**: 1 Julie WILSON 8.48; 2 Janet SMITH 7.96; **W45**: 1 Wendy DUNSFORD 9.22; 2 Anne GOAD 8.77; **W55**: Vilma THOMPSON 10.71 (CBP); **W60**: Liz SISSONS 10.21; **W65**: Rae BOXALL 4.83; **M45**: 1 Guy PERRIMAN 12.16; 2 Allan LEIPER 11.48; Ashley KIBBLEWHITE 9.87; **M50**: 1 John FENTON 11.03; 2 Michael BALE 8.75; **M55**: Tony RICHARDS 10.91; **M60**: Brian HARLICK 8.21; **M65**: John HOWE 9.80; **M70**: 1 Barrie STRANGE 9.43; 2 Jim DAY 8.00; 3 Norman FULLICK 7.35;

Long Jump

W45: 1 Angela GRIFFITH 4.65 (CBP); 2 Anne GOAD 4.07; **W60**: 1 Patricia OAKES 3.44; 2 Rosemary CHAMPION 3.10; 3 Daphne MARLER 2.28; **W65**: Iris HOLDER 3.33 (CBP); **M35**: Neil LINCOLN 5.92; **M45**: 1 Akin Oyediran 5.71; 2 David SHIELDS 4.78; **M50**: 1 Trevor WADE 5.93 (CBP); 2 Rod DAVIES 4.45; **M55**: Geoff KITCHENER 3.95; **M60**: Allan CHEERS 4.46; **M70**: Colin SHEPPARD 3.49;

Triple Jump

M35: Ian Bridgeman 10.85; **M40**: Paul HARRISON 9.87; **M45**: 1 Akin Oyediran 13.55 (British Record); 2 David SHIELDS 10.17; **M55**: Geoff KITCHENER 8.69; **M60**: Allan CHEERS 9.78 (CBP); **M70**: Colin SHEPPARD 7.69; **W60**: Daphne MARLER 5.65; **W65**: Iris HOLDER 7.43 (CBP);

Pole Vault

M40: 1 Robert PEERS 2.80; 2 Robert MURKIN 2.00; **M50**: David BLUNT 3.40; **M60**: 1 Glyn SUTTON 3.00 (CBP); 2 Brian HARLICK 2.70; **M65**: John Howe 2.70; **M70**: Jim Day 2.30; **M75**: Alf Woods 1.80 (CBP); **W50**: Sue YEOMANS 2.70 (CBP);

High Jump

M40: Robert MURKIN 1.30; **M50**: 1 Trevor WADE 1.55 (CBP); 2 David BLUNT 1.40; **M55**: Geoff KITCHENER 1.30; **M60**: Brian HARLICK 1.15; **M65**: John HOWE 1.30 (CBP); **M70**: Jim DAY 1.20; **M75**: Keith FICKEN 1.20 (CBP);

NVAC Cros Country Championships, Moss Bank, 18th Feb 2007

Men 35-69(10k) :

1 Gregg Hull M40-1 33:39 (Course Record); 2 Mark Aspinall M45-1 34:57; 3 Alex Rowe M45-2 35:45; 4 Trevor Wilks M35-1 35:58; 5 Ken Moss M55-1 36:18; 6 Martin Farran M45-3 36:45; 7 Ian Archbold M40-2 36:53; 8 Steve Doney M45 37:15; 9 Roy Bailey M55-2 37:28; 10 Archie Jenkins M50-1 38:12; 11 Mike Lavery M50-2 38:30; 12 Steve Kenyon M40-3 38:55; 13 Colin Laidlaw M50-3 39:09; 14 Garry Perkins M50 39:13; 15 Eric Ranicar M55-3 39:50; 16 Kristian Robinson M35-2 40:01; 17 Dave Waywell M60-1 40:05; 18 Les Haynes M60-2 40:14; 19 Peter Hall M65-1 40:16; 20 Mick Moorhouse M55 40:42; 21 Phil Johnson M50 40:46; 22 Ken Fowler M50 41:06; 23 Steve James M65-2 41:31; 24 Frank Reddington M55 41:39; 25 Mike Cunningham M60-3 41:55;

Women (5k):

1 Angela Allen W35 19:00 (Course Record); 2 Julie Wilson W35 19:25; 3 Phillips Walsh W45 19:35; 4 Anna Kelly W40 20:40; 5 Carol Wolstenholme W60 21:03; 6 Sue Sharp W45 22:26; 7 Lynn Marr W45 22:41; 8 Lucy Hickey W45 22:46; 9 Barbara Bly W50 22:55; 10 Denise Wakefield W50 23:12;

Men 70 (5k):

1 Bill Atkinson M70 23:00; 2 Derek Howarth M75 24:25; 3 Bryan Rogers M70 25:16; 4 Joe Beswick M75 26:37; 5 Sam Hardicker M75 28:54; 6 Geoff Howarth M75 28:54;

NVAC Christmas Handicap, Irlam, Sunday 10th December 2006

1 K Dillon 60:25; 2 P Spratt 60:26; 3 K Mayor 61:10; 4 M Towler 61:25; 5 T Totham 61:35; 6 J Murphy 61:47; 7 D George 62:01; 8 N Jones 62:03; 9 G Howarth 62:31; 10 L Hickey 63:08;

NVAC MONTHLY RUN, WARRINGTON, 7TH JAN 2007

1 T Murphy M40 46:50; 2 P Muller M45 47:01; 3 D Walton M60 47:13; 4 K Moss 47:15; 5 M O'Brien M45 47:40; 6 F Slavin M55 47:59; 7 L Hickey W45 47:59; 8 K Hoyer W45 48:07; 9 T Golder M55 48:13; 10 S Howarth W40 48:17; **5K**: 1 B Atkinson M70 28:41; 2 P Dibb M70 30:35; 3 P Edwards M70 31:22;

HAMMERSMITH RIVERSIDE HANDICAPS

30th Jan:

1 Jeanne Coker **W65 28:55**; 2 Francis Thomason M55 29:26; 3 Bob How M55 29:27; 4 John Williams M60 29:34; 5 Martin Boyle M50 29:47; 6 Don Claxton M65 30:00; 7 Sean Dillion M55 30:04; 8 Peter Dry M50 30:20; 9 Cliff Collins M70 30:23; 10 Ray Willmott M55 30:30;

27th Feb:

1 Francis Thomason M55 30:14; 2 Don Claxton M65 30:27; 3 Peter Torre M65 30:40; 4 Sean Dillon M55 30:37; 5 Alistair Jackson M60 30:38; 6 Colin Shephard M55 30:50; 7 Jeanne Coker **W65 30:56**; 8 Ray Willmott M55 30:59; 9 Peter Udell M65 31:16; 10 Cliff Collins M70 31:23;

MASTERS ATHLETICS SPRING 2007

BMAF Open National Track & Field Championships

Alexander Stadium, Walsall Road, Perry Barr, Birmingham.

Sat/Sun 28th-29th July 2007

(Under IAAF/WMA/UKA Rules)

FIRST EVENT 9.30am

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

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

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

Entry Fees: [which are non-refundable] Non-affiliated £18.00 first event. Affiliated: £15.00 first event. £6.00 each extra event. [Overseas Entries – add £0.50 in lieu of SAE]

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

MALE ☐

FEMALE ☐

Please use capital letters

Surname _____ First Name _____

Address [IN FULL] _____

_____ Postcode _____

Birth of Date _____ Age Group for Event _____

Telephone No. Home _____ Work _____

E-mail Address [please confirm] _____

BVAF Affiliated Club: EVAC ☐ IoMVAC ☐ MMAC ☐ NVAC ☐ NIVAC ☐ SVHC ☐ SWVAC ☐

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

Membership Number _____

Non-Affiliated – UKA Club _____ **or** **For Oversea's Entry – Country** _____

FOR NON-AFFILIATED AND OVERSEA'S ATHLETES ONLY

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

EVENT

PB2006/07

EVENT

PB2006/07

Payment enclosed for Entry fees as follows:

First Event	£18.00 for non BMAF Affiliated Member	£ _____
	£15.00 for BMAF Affiliated Member	£ _____
Each subsequent Event	£6.00	£ _____
	Overseas Entries – in lieu of Confirmation SAE [£0.50]	£ _____

TOTAL £ _____

[SAE Essential for Confirmation of Entry (not by phone) as Final Timet. + Athletes Instructions posted 20th July]

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

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2007 Track & Field Championships

Signed _____ Date _____

Entries close 14th JULY 2007

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



GAIL DEVERS

Now 40 set a new World Record of 7.86 for the 60 Metres hurdles, competing in the "Millrose Games" in New York. The previous best was Clova Courts new European Record of 8.55 set in Birmingham in 2001.

WELSH MASTERS ATHLETIC ASSOCIATION

Welsh Masters gathered at the Catering College's Aberdare Hall Cardiff for their Annual Social and Presentation Evening on December 1st 2006, as in other years there was a good response with athletes from most clubs attending.

On arrival we all met in the comfortable reception room, and soon conversation amongst the athletes was the order of the day, at eight o'clock we were the summoned in to the adjoining dining room to feast ourselves on the superb meal prepared by the Catering Students, as in previous years we showed our appreciation by consuming all the food.

The new Chairman of UK Athletics is 43-year old Ed Warner, a member of Fittleworth Flyers based in West Sussex. I am delighted to say he runs for their Masters section. He has a City financial background, he takes up his post with immediate effect.

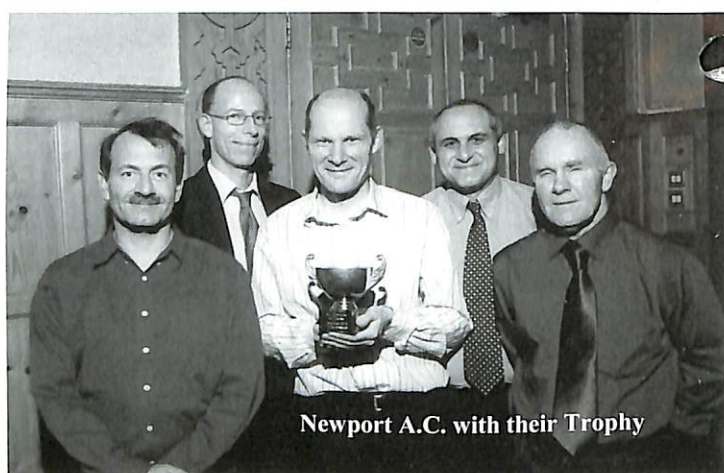


39-year-old Neils de Vos has been appointed Chief executive of UKA, and will move into the Job vacated by Dave Moorcroft in May.

He moves to Athletics following a successful spell at "Sale Sharks" Rugby Football Club. Bringing the Club into the black after years of losses.

Prior to that he was commercial Director of the Manchester Commonwealth Games, and managed the sponsorship team that raised £150,000,000 for the Millennium Experience.

After the meal we returned to the comfort of the reception room. Chairman Mel James opened the proceedings thanking everyone for their commitment to Welsh Masters and mentioned several athletes who had success on the track and in Cross Country.



Brian Webb then spoke of the success of the Welsh Masters League and Track and Field Championships. The League Cups were then presented to the winning teams; Newport received the Men's Trophy with Rhondda and Cardiff in second and third places. Nance Hailing then was presented with the Ladies Cup on behalf of Rhondda with Newport and Cardiff in second and third places.

Carol Wolstenholme ran in the Snake Lane 10 miler recently setting a new British Road best time of 68-27.

She admitted the first half was into a head wind with much better conditions once she had reached halfway at Bishop Wilton.

She did not think she would have another go at that distance as she does not do the training required, she had run this race on a 10k training base.

Keith Powell (Newport) Jenny Phillips (Llanelli) John Howe (Rhondda) and Dorothy Morgan (Pembroke) then received Plaques for being top points scorer of the league matches in their age groups.

Gifts were then given to Myfanwy Loudon, Gaynor Hourihan and Rob Hooper for their help in running the five Track and Field Meetings. The Dave Williams Memorial Cup was then presented to Cath Alford (Rhondda) for being ever present at all our League and championship Meetings. Tom Wood then gave his own Cup to Liz Clarke for her services to Welsh Masters Athletics.

Bill Kingsbury M.B.E. then took the floor to amuse us with his poetry and anecdotes before presenting his own Shield to Brian Williamson (Cardiff) as reward for his work as Secretary of Welsh Masters and his achievement in Track and Field.

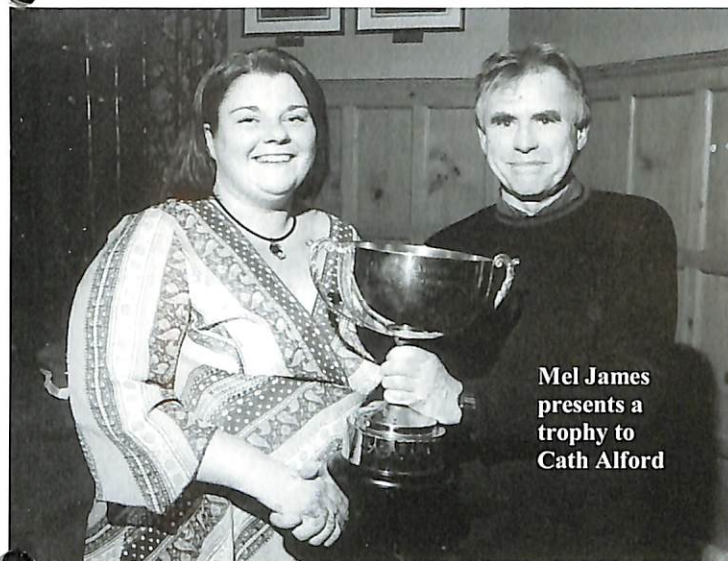
All in attendance then wished three athletes a speedy recovery. Pat Gallagher after her unfortunate attack by a Mugger. Sean Power who has undergone surgery on his knee and Mary Webb who was entering hospital on December 3rd for a small operation.

Midland Masters Throwers Group now have a new website up and running:

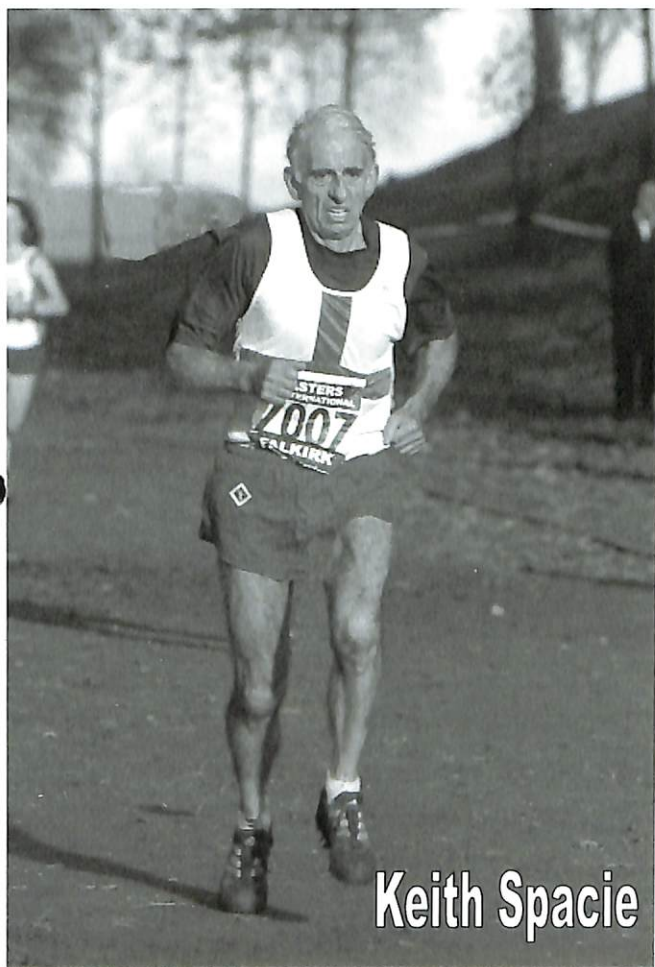
www.mmtg.org.uk

MASTERS ATHLETICS SPRING 2007

Another enjoyable evening came to a close with athletes saying their goodbyes and looking forward to meeting again at our first League Meeting in May 2007.



Mel James
presents a
trophy to
Cath Alford



Keith Spacie

**'Over 70 and Keep Going'
Alastair Aitken.**

It seems that some runners never see the end of their running days. The way they feel about it at 65 or even 85 sets them

apart from the couch potatoes who are glued to their television sets in retirement.

Talking to those competing at the British Masters Cross Country Championships, in Bournemouth last year, one realises their vitality will see them right through to that inevitable end that comes to us all.

Firstly take that amazing 70-year-old runner Major General, Keith Spacie, who at one time led the Falklands' Campaign. "I had sciatic problems that made me lose a bit of confidence in my running but I actually was alright training nearly every day. I was at the British Masters to compete and win though. The rest of the time I am caring for my wife who is now seriously disabled." Regarding his fantastic M 70, time of 39:38 for 10k on the road at Elmbridge last summer he felt he could have gone faster!

Derek Howarth, who won the M75 title at Bournemouth had run the previous day, winning the M75 1500 at the British Masters in Cardiff. He appeared to have a boyish enthusiasm and was quick to point out "The main thing is I have not been injured in the last two years which makes a difference. Is he retired and his answer to that was 'what's that! I mow the Church yard lawn and act as a groundsman at the track.' He added, " On a Wednesday I do a session of either 12x200 or maybe 8x200 or 4x400."

Don Adie, who had 45 years out from club athletics, after being a boy athlete and coming back to it with Dulwich runners. He will be 80 on January the 10th 2007. He has sharp thinking still when, you consider how he gained his bronze medal in the M75 behind Howarth. "I was happy with my run. I tracked Bill Davies for ninety percent of the way. I knew he was a fast track runner but knowing he had run indoors at Cardiff the day before (2nd in 800 and 400 M75 winner). I felt it would take the edge off his finish so I went with 300 to go that proved successful. I really must admit he kept me going."

The oldest woman and the oldest man to compete at Bournemouth were Mary Holmes, as a W65 and David Blyth as an 85 year old. Looking back at their careers as runners Holmes said, " I first started running back in school. My most satisfying time was being part of the British Masters 'Over 60' 4x400 relay team that broke the age World record." She added " I don't like road running but there is something about cross-country I love, even in the wet and the cold of winter. I enjoy that."

David Blyth who completed the men's race at the tender age of 85 came into athletics late in life "I started when I was 46 in the RAF. I was an aircraft fitter at the time. My sport was swimming and I did cycling and Modern pentathlon. It was while I was in the RAF they wanted another person to join their team or they would score no points. They said to me 'you can cycle you must be able to run then' that was all how it began and I consider it something of a social occasion to turn up and run with my friends."

Two years ago on a warm, sunny afternoon in Portugal, runners and race walkers representing Great Britain, cheered on by enthusiastic British support, added twelve medals to the British total, at the European Non Stadia Championships, in the cross country relay event.

This years' cross-country relay race will be held in Regensburg on Saturday May 19th, starting at 11am.

MASTERS ATHLETICS SPRING 2007

The 10k road race and walks will be held on the two previous days, with the half marathon championship on Sunday.

It will help the selection process for anyone interested in running to notify me by email. Otherwise sign or confirm on the Great Britain notice board at registration (Congress Centre) before 12.00 mid-day on Friday May 18th. Teams must be declared before 6pm on the Friday.

As in Portugal, I will go on current form, following the 10k championship races on the Thursday, walkers were enthusiastically included in Portugal.

The race format is three runners per team, in each five-year age group category, (NB no one can change age groups, event rules). Championship medals will be awarded to the first three teams, and countries can enter more than one team. Individually it will cost 3.50 euros per person, payable to the team managers in Regensburg.

Archie Jenkins, Great Britain Team Manager



In response to my request Tony Bowman pens his recollections on his win in the 138th New Year Sprint held at Musselburgh Race course at the turn of the years.

Prior to athletics becoming open the "Powerhall" was the largest professional sprint race in the world it was first held in 1870, and moved to its present Musselburgh race course base in 1999.

Winners over the years have included George McNeill who many thought fast enough to have medalled in the Olympics had his professional status allowed him to compete, other winners have included GB International Doug Turner, Americans Kevin Bell and Bill Snoddy, whilst our own Eric Smart was in pole position in 1988.

Tony states that 112 competitors entered to share prize money of over £6,000, the winner receiving £4,000 and the Eric Liddell (he of Chariots of Fire) Vase.

Qualification from the 14 heats was the winner of each heat plus the next six fastest times.

The races held on the grass racecourse were over 110 metres, close to the traditional "Powerhall" distance of 120 yards. All

competitors Male and Female are handicapped by Adam Crawford according to times and not age.

"This was the third time I had entered the race and this time was off 28.5 metres seven other competitors receiving greater starts, over the years I have declined the use of Starting Blocks". "However, on this occasion remembering the heavy going on this course I decided to purchase a set, and spent considerable time practising in the rain on grass and I am so glad I did".

"I had left Yorkshire at 0515 hours and arrived in good time for the heats timetabled for 1130 hours, and was ready for the first heat in wet and slippery conditions, which I won in 11.60 seconds, and therefore reached the semis on the next day"



Later the same day Tony distinguished himself further by winning the **90 metres Veterans** race and the **90 metres open** event. He then had to rush round to find Bed and Breakfast which was a trial as "Horse Racing" was also due on the course the following day.

He did in fact find accommodation miles from the event in a pub no breakfast, however, that was in a café opposite. He was able to dry his wet and muddy clothes on the radiators, however, the T.V did not work and the sheets had not been changed.

"The next day was bright and sunny and I won my semi-final in 12.19 at odds of 12-1, and lined up with the seven other finalists at 1450 hours."

"We were introduced to the spectators one by one and we jogged to the start enabling them to eye us up and down, prior to placing their bets (I was joint favourite at even money)".

MASTERS ATHLETICS SPRING 2007

"At the start there was another runner who had a longer start than me".

Then came the blast of the gun and I broke into the lead increasing all the way to the finish winning by over a metre".

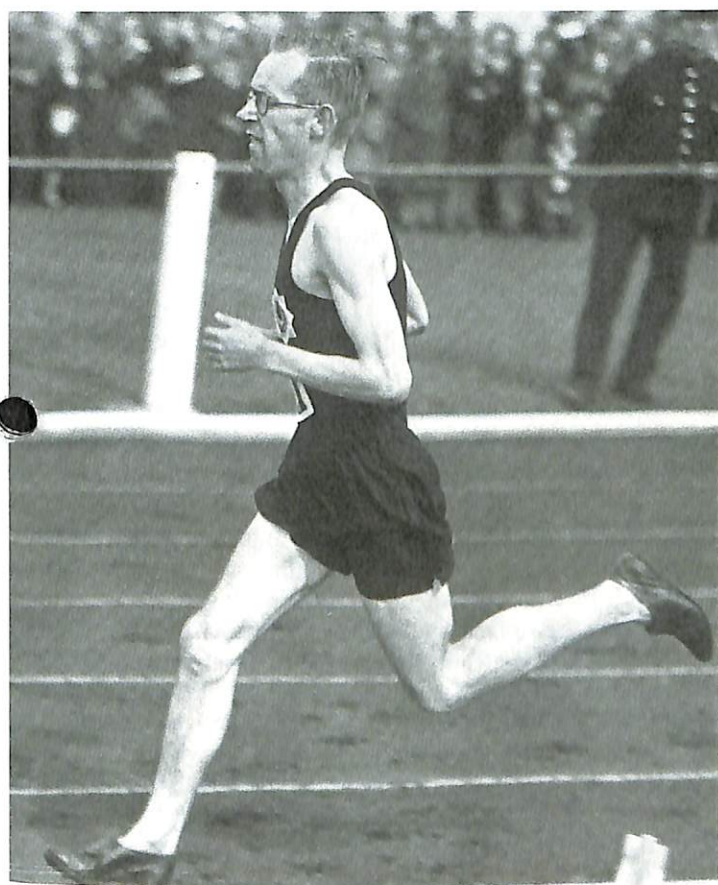
"I could not believe it, six races in two days, winning all of them".

"From then it was all a whirl of congratulations, interviews and presentations-I just wished I had had the forethought to put money on myself prior to the event (**Several thousand members may well have the same thought-Editor**). "I then had to attend an anti drug testing procedure, did not receive my winnings until the all clear report had been received some four weeks later"

"It transpires that at 71, I am the oldest person to ever to have won the sprint and no one has ever won more than three races at the same meeting".

"Overall it was a wonderful experience. The icing on the cake after a long career on the track, Frank Hanlon and all the Scots involved did a marvellous job".

"Will I be back? I think I will but my handicap will be drastically reduced!"

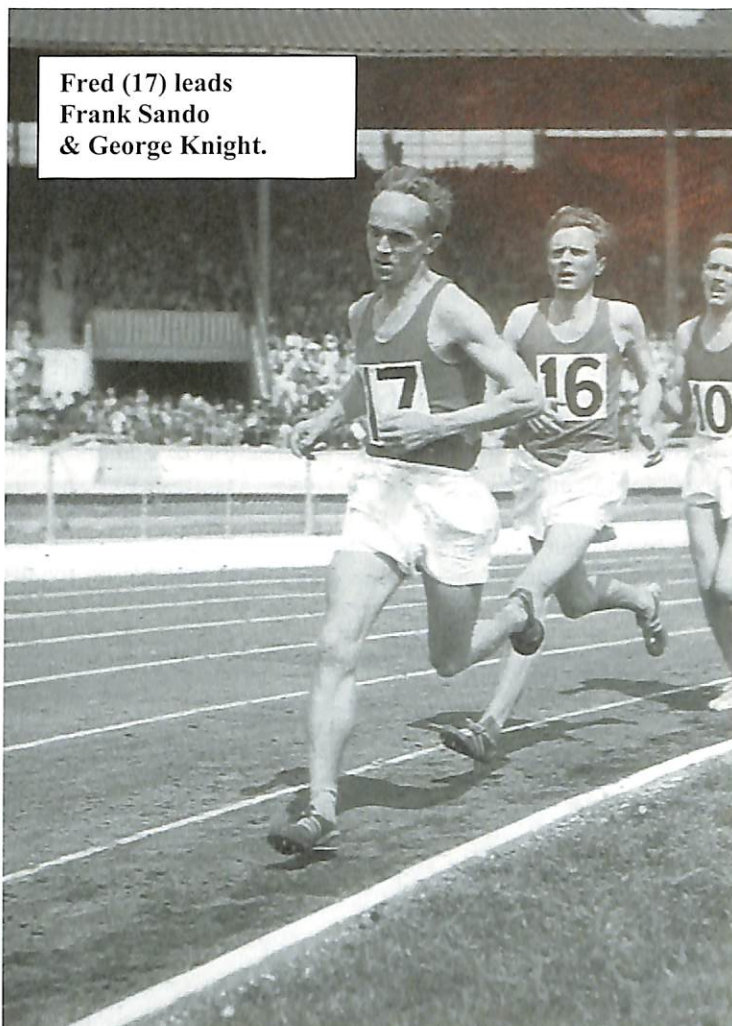


On Thursday the 21st of December Sidney Wooderson died aged 92.

Sidney looked an unlikely candidate for International success he was only 5ft 6ins tall and weighed just over nine stones, but this carried him to success in International terms. His first major success came in 1934 when he won silver in the old Empire Games at London's White City. In the Berlin Olympics he missed out making the final, however in 1937 set a

World mile record of 4:06.4. He missed the 1938 Empire Games, as he was involved in taking his Law finals, but set a World 800 metres and easily won the European 1500 metres title.

After the war Wooderson won the 1946 European 5000 metres in Oslo, his last major success was winning the English National Cross Country at the age of 34, when it was held in Sheffield.



Fred (17) leads
Frank Sando
& George Knight.

Former double Olympian Fred Norris died recently aged 85.

He used to train before his work underground in his local pit, and then dashed home to change prior to another hard session in the evening.

In those times he was allowed time off from work to compete but did not get paid, and at on time received 50% of his wage.

During his illustrious career Fred clocked up a total of 54 English, British, and Commonwealth records, he ran in the 1952 and 1956 Olympics.

Winner of the 1959 International Cross Country he ran competitively until the age of 42, when his specialist advised against continuing. Fred agreed and retired from the sport. Fred who lived in America for a number of years, was in England last year where he presented medals and chatted to competitors in the BMAF 10 miles in Lytham-st-Annes on the 1st October.

ERIC ARMSTRONG

Died on 21st October.

He first competed in senior athletics aged 17 in 1952, and coached and competed almost every year until last year's Northern Ireland Masters Championships in August, where he picked up two medals despite advanced cancer. He officiated at two commonwealth games, and coached generations of athletes in Northern Ireland, many, like myself, of very little ability, without much recognition or support year in and year out.

There was a large turnout of athletics friends at his funeral, and his quiet, gracious manner and dry wit will be missed by anyone who had the privilege of knowing him.

Dr David J Armstrong M.D M.R.C.P

Further international competition followed in Austria at Wels and this year in Jüteborg, south of Berlin. Again, he excelled, bringing home a bag full of medals.

He was also a member of the north German club, T.S. Medelby where Merrik represented that club both in Championship and in invitation events. His enthusiasm and ability will be sorely missed there.

We should not forget the sterling work behind the scenes, meetings and coaching which he did week in week out for Liverpool Pembroke.

This led to an invitation to the Isle of Man where he coached throwing events and travelled with their team to assist with the Island Challenge, latterly in Shetland.

Understandably, a very competent coach and outgoing man, he will be greatly missed by the athletics' community generally.

As a long time travelling companion and friend, I am certainly going to miss him.

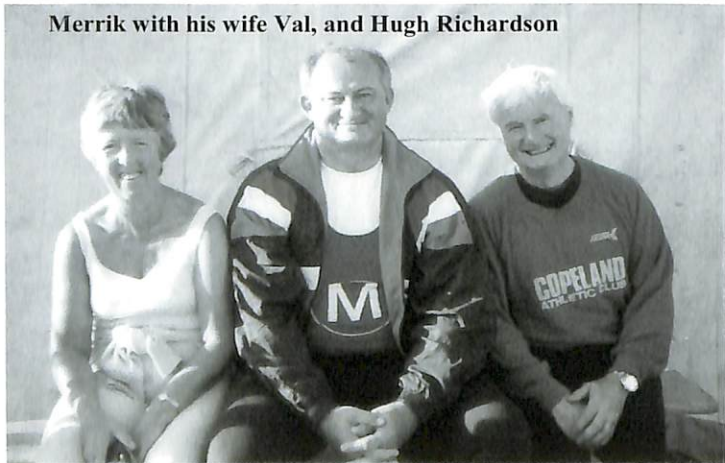
Val, his wife, who used to accompany him on his ventures and a son and daughter, survives him.

MERRIK BOUSFIELD (1949-2006)

I am sorry to report that Merrik died suddenly whilst running a throws session for his club, Liverpool Sefton & Pembroke, on the 7th of December.

Merrik was a chartered accountant who had lived at Formby for many years but his main love outside the family was Athletics and he would throw anything he could get his hands on for his club.

Merrik with his wife Val, and Hugh Richardson



Ten years ago and because of this interest, I persuaded him to accompany me to Tata in Western Hungary to take part in the World multi-Throws Championships, which the Hungarians had just taken over from Georg Glöckner staged in Austria.

I well remember our arrival at the Keleti Station in Budapest and the discovery that although we had been in the country less than an hour we had contrived to lose the guidebook, and Merrik's spirits were hardly raised when he saw the state of our carriage.

His morale took a further blow on arrival in Tata when we could not locate the training camp but once we did arrive and the competition started all was forgotten and Merrik thoroughly enjoyed the Hungarian experience.

Thereafter, he was a regular competitor both at Tata and Mülheim and, despite tough competition, was very successful so much so that he is holder of the World best performance in Javorama.

Hugh Richardson, President, W.T.C

BYRON GRAY

We received the sad news that Byron died on Wednesday the 17th of January, having spent a spell in Hospital in October.

We understand he fell ill again a few days into the New Year!

JIM McQUILLIAN

Jim died early this year aged 77; he was a prominent V.A.C. official, and a distinguished long distance runner.

CYRIL BEESTON

One of the founder members of MMAC, and a member of Derby A.C. died recently. Sincere condolences to his wife and family.

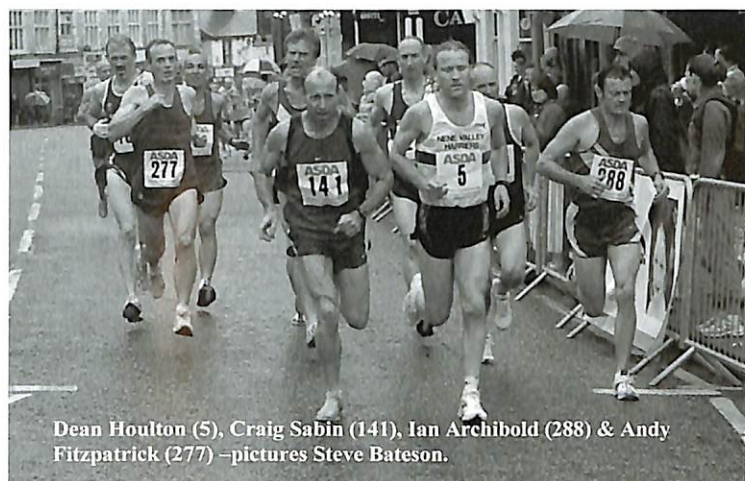
HORWICH CARNIVAL RACES - SUNDAY JUNE 24TH

This year's Horwich Carnival Races will again include something for everyone, from a 1-mile fun run and a youngsters' 1 lap cycle race, through to races for the more serious runner and cyclist. There are three running events: The EMERSON GROUP **British Masters 5K Road Running Championships**, The GEORGIA PACIFIC 5K (incorporating the WARBURTONS NoEAA 5K Road Running Championships) and the Horwich Carnival Fun Run. There will be a National Tricycle Championship Race and a National Ladies' Championship Cycle Race staged at Horwich for the first time. The spectacular festival also sees the staging of the inaugural **British Masters 5K Road Walking Championships**.

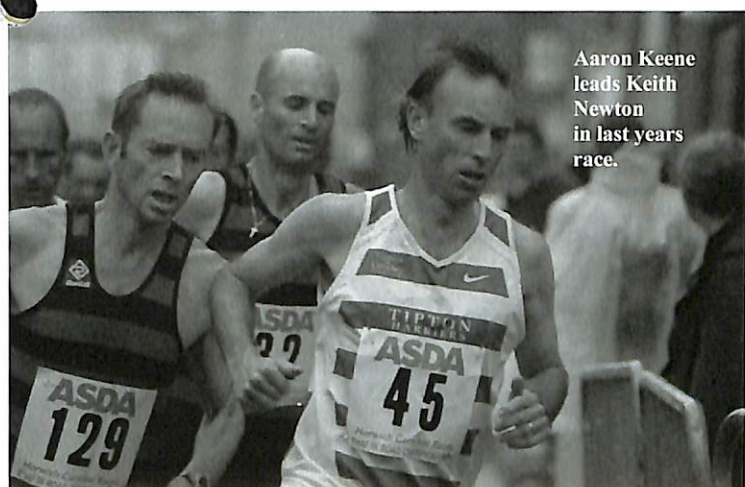
Horwich's circuit arguably provides the fastest 5K courses in the country, based on the terrific times recorded over the last four years. This has been in no small measure down to the fantastic exploits of the master's athletes. The tremendous levels of competition displayed in the 2003, 2005 and 2006 BMAF Championships held at Horwich have seen so many UK best running times recorded. An example of this high level of

MASTERS ATHLETICS SPRING 2007

performance was that of Over 60 Carol Wolstenholme (Hallamshire Harriers) who last year finished in a time of 20.05, a World All Time Best for 5K on the road for the Over 60 ladies' category.



Dean Houlton (5), Craig Sabin (141), Ian Archibold (288) & Andy Fitzpatrick (277) - pictures Steve Bateson.



Aaron Keene leads Keith Newton in last years race.

So when you put the top class racing together with the other events, and you add in the Carnival Parade and all the fun of the Carnival activities and fair, you have a very special day indeed. All this and the races will be helping support a local charity, namely Bolton Hospice, as well as the Bolton Mountain Rescue Team. So come and join us for a great day of 'FUN FOR ALL THE FAMILY'.

For more details and entry forms for the running and walking events please contact Glyn Woodward at Chorley Sweatshop on 01257 269814 (chorley@sweatshop.co.uk) or visit the races website at www.horwichcarnivalraces.co.uk.

Provisional Programme of events as of 14/03/07

- 1030 Youths Cycle Races
- 1115 THE EMERSON GROUP BMAF 5K Road Running Championships and BMAF 5K Road Walking Championships
- 1200 Carnival Parade
- 1220 Bolton Hot Wheels C.C. Go Ride Obstacle Relay
- 1250 GEORGIA PACIFIC Horwich Carnival 5K Road Running Race (incorporating WARBURTONS NoEAA 5K Road Championships and Race 5 of the SWEATSHOP / MIZUNO Countryside Tour of Horwich & Rivington)
- 1335 BLUEMANTLE Horwich Carnival 1 Lap Fun Run
- 1405 British Cycling National Women's Circuit Road Race Championships
- 1505 National Tricycle Criterium Championship Race
- 1530 Horwich Carnival Street Race - 1 lap cycle race for 5 to 18 year olds
- 1535 Senior 3/4 / Junior Cycle Race



MIDLAND MASTERS ATHLETIC CLUB

TRACK & FIELD CHAMPIONSHIPS ENTRY FORM
NORMAN GREEN SPORTS CENTRE
BLOSSOMFIELD ROAD, SOLIHULL, B91 1NB

SUNDAY 10TH JUNE 2007

MMAC MEMBERS ONLY; ALL AGE GROUPS; 5 YEAR GROUPS FROM 35; MEN; WOMEN; (For M.M.A.C. CHAMPIONSHIPS MEDALS)

GUESTS WELCOME - Please specify your 1st claim club and region

Entry Rules - Medals

Championship medals will be awarded in each 5-year age group as follows:

- 8 or more entries - 1 Medal irrespective of achievement of medal standard
- 5, 6, or more entries 2 Medals irrespective of standard, 3rd Medal if 3rd finisher achieves standard
- 2, 3, or 4 entries 1 Medal irrespective of standard, 2nd (& 3rd if appropriate) if 2nd (& 3rd) achieves standard.
- 1 entry 1 Medal if finisher achieves standard

Events

100, 200, 400, 800, 1500, 5K, 5K Walk, Sprint Hurdles, 400H (Men 35/59 Women 35/49), 300H (Men over 60 Women over 50), Steeplechase (3K), Hammer, Shot, Discus, Javelin, High Jump, Long Jump, Triple Jump*, Pole Vault. *Please specify take off board required if entering the Triple Jump

Medals First 3 in each event, subject to above rules.

Fees £5.00 - 1ST EVENT £2.50 EACH SUBSEQUENT EVENT (Includes 50 pence to cover First Aid Attendance)

MMAC T&F CHAMPIONSHIPS - Norman Green Sports Centre
Solihull - 10th JUNE 2007

First event will commence at 10:30 am

Name.....ate of Birth
Male ☐ Female ☐

Address.....

Telephone No.....

Email.....

Age group ☐ Club.....MVACNo.....

Guest Club/Region

Total amount enclosed £.....

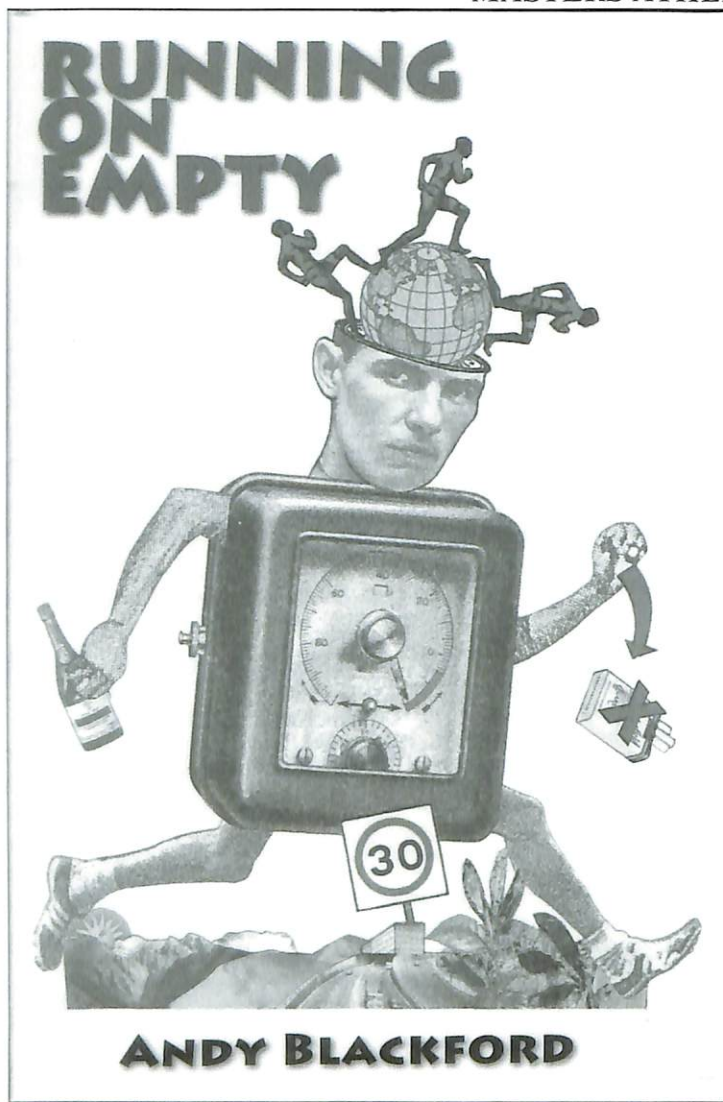
Event	PB 2006	Event	PB 2006	TJ take off board

I DECLARE THAT I AM FIT TO ENTER THE EVENT(S) AS CHOSEN ABOVE. I UNDERSTAND THAT I COMPETE AT MY OWN RISK AND THAT THE ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR INJURY, ACCIDENT, DAMAGE OR LOSS INCURRED.

Entries to: Beverley Matthews, 44 Froxhill Crescent, Brixworth, NN6 9LN
Tel: 01604 880530 Email: beverleymatthews.mmac@yahoo.co.uk

CLOSING DATE 19TH MAY 2007 - Cheques / P.O, payable to MVAC
PLEASE ENCLOSE 9 X 6 STAMPED ADDRESSED ENVELOPE.

PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED



Andy Blackford now a middle-aged advertising executive, was a guitarist in "Spreadeagle", once a support band for Genesis, when he was advised to give up smoking and keep fit - otherwise he would die!

Having been voted the man least likely to reach 30 when he was at Oxford, he decided at 29 that running was the answer even though he'd come in second-to-last in the annual cross country race the last time he had done any running, saved only from the ultimate humiliation by a classmate with rickets.

Yet he persevered, jogging nightly around London's squalid South Circular Road in a pair of exhausted Green Flash plimsolls.

A year later, he was persuaded to enter the Hambledon Hill Race in Dorset which involved a near-vertical ascent of an Iron Age Fort after two compulsory pints of scrumpy. He came last, slightly rupturing a lung. But the seed was sown.

Andy ran his first marathon within the year, knocking out a respectable 3hrs 30mins over a hilly 26-mile course. AT THE finish he had to be stretchered to a swimming pool and unlocked by a physiotherapist.

Running on Empty is the story of one man's devotion to a sport for which he had no natural aptitude whatsoever. It is chiseled out of twenty years of anecdotal columns commissioned by *Runner's World* magazine, recording his battles with

injury, his experiments with diets and equipment, and his participation in lunatic events that have had him running up the Himalayas, across the Sahara, onto the Greenland ice cap and through the Amazonian rainforest.

Andy has inspired two generations of runners, many of who have followed his example in accepting hugely serious challenges without ever taking them too seriously.

Price £7.99:

Sportsbooks Limited, 1, Evelyn Court, Malvern Road, Cheltenham, GL50 2JR 01242 256755
email-randall@sportsbooks.ltd.uk

'THE FASTEST OLD MAN IN THE WORLD - Derek Turnbull'

A book review by Colin Simpson

This book is like no other that I have read. It is not just the biography of an extraordinary athlete; it is much more than that.

Anyone looking for details of Fartlek, interval-training schedules, time trials and other accepted wisdoms to which most middle and long distance runners aspire is doomed to disappointment. Derek Turnbull never used a stopwatch and despised those who did. "Nah! Don't start that - no clocks on my runs," he told a visiting runner from England. He also indicated that wearing socks was on his list of no no's as were stretching exercises.

The real hero of this book is his wife, Pat, who contrived to raise six children, including triplets (two girls and a boy) and still organise her husband's overseas travel schedules and the comprehensive scrapbooks, on which this book draws heavily, and much more.

The life of the Turnbells was not without its tragedy, the male triplet being drowned in a boating accident at the age of 27 years. His father's singleness of purpose can be judged by the fact that a few weeks later he was competing in Rome at the 1985 WAVA World Track and Field Championships and winning four gold medals. Pat Turnbull is quoted as remarking that "Runners are selfish" Possibly this is one illustration of what she had in mind.

Derek Turnbull loomed large on the international scene at Gothenburg in 1977 when he took gold in the M50 1500m winning by a distance. Henceforth his performances became awesome. However, on his way to Hanover for the 1979 WAVA T & F championships he elected to run the 1500m in the BVA F T & F championships held in Liverpool. Much to the surprise of those present a bumptious Brummie won by out sprinting him up the home straight, administering a rare defeat, particularly by an English runner. Modesty forbids me to say more. In Hanover this minor setback did not faze Derek in the least and he picked up two gold's in the 1500m and 5000m. Subsequently, in WAVA championships down the years, he amassed a further 27 gold's and set many world bests for his age group. As is the way of things, many of these have now been surpassed.

MASTERS ATHLETICS SPRING 2007

Notwithstanding this, five of these at M65 still stand in his name: Mile – 4.56.4; 3K – 9.47.4; 5K – 16.38.8; 10K – 34.42.2; and London Marathon – 2.41.57 – all set in the space of two months 1992.

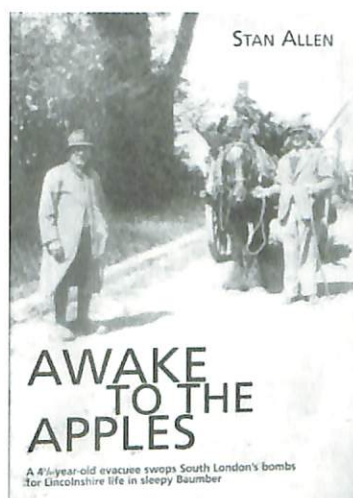
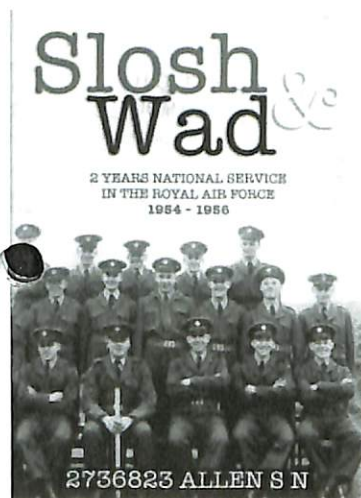
It is of great regret to me that difficulties on the farm prevented Turnbull from competing at Gateshead in the 1999 WAVA T & F championships - British aficionados being deprived of seeing the legend in the flesh in what transpired to be his last Games while still in full flow.

In April 2001 he suffered a stroke, albeit of a mild nature, but was, in my opinion, ill advised to resume competition. In November 2006 he died in his sleep having never reached his former heights of performance. Now he has gone and Masters athletics is the poorer for it.

Although to some extent this is a book by a New Zealander for New Zealanders, there is much of interest with an insight into the life of rural sheep farmers in this rugged country. Particularly those of us who have spoken with and competed against Derek Turnbull or simply seen him perform will find much to interest and admire.

CJS

"The fastest old man in the world" – Vince Boyle
Published privately by Pat Turnbull: Tussock Creek: RD1: Winton 9662: New Zealand.
Sherwoodforest.co.nz



Two new books from Stan Allen, 6, Sandfield Gardens, Thornton Heath, Surrey CR7 8AR.

"Slosh & Wad" £ 3:55. "Awake to the Apples" £5:00.

Phone-0208 6534648 Email- stan@allen1889.freemove.co.uk

May I recommend the following three discs DVD to our members. Almost the whole of Poznan (except the heat) ?

I found it extremely interesting and it was great to see so many tremendous British successes!



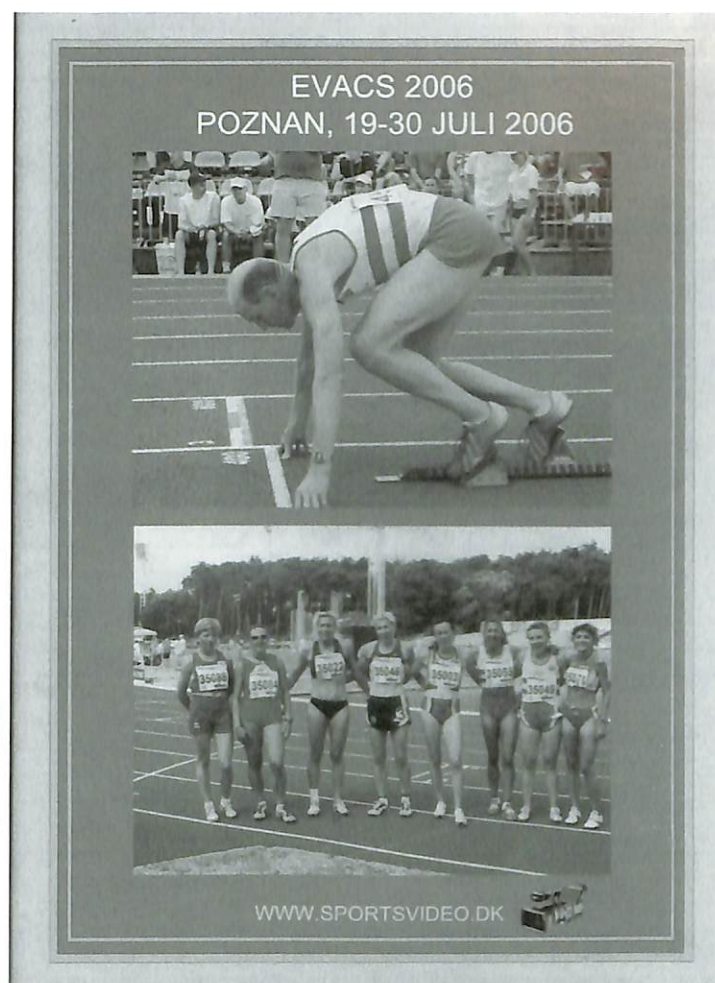
SPORTSVIDEO.DK

Athletic DVD from EVAC 2006

We have made a 6 hours long film from the European Veterans Athletics Championship (EVAC 2006). The film is available on DVD (a box containing 3 DVDs). Price EUR 24. You may find a content description of the DVD as well as film clips from the Championship at our site:

www.sportsvideo.dk

email: kontakt@sportsvideo.dk



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MASTERS ATHLETICS SPRING 2007

DATE 2007	EVENT	VENUE	DETAILS
1 st April	SWVAC Grand Prix (Fitness First HM)	Bournemouth Bay, Dorset.	1000
8 th April	SWVAC Championship (Pewsey Vale 10k)	Wiltshire.	1030
	Tom Scott (10 miles)	Strathclyde Park	1100
14 th April	BMAF Cross Country Relays	Bathgate, Scotland	
18 th April	NVAC Track League	Cleckheaton	
22 nd April	SVHC Marathon	Lochaber	1100h (D Wilmouth for entry form)
	NVAC 10k&5k Paths Races	Gin Pit, Tyldsley	
28 th April	MMAC Road Relay and A.G.M.	Sutton Park	
6 th May	SWVAC Championship (Tewkesbury HM)	Gloucestershire	0930
	NVAC 10 & 5k Paths Race	Hoodlane, Warrington	1100h
7 th May	SCVAC 10k Championships (Ted Pepper Memorial)	Blackheath	
12 th May	BMAF Road Relays	Sutton Park	Entry details this issue
	SWVAC GP (Ivybridge 10k)	Devon	1830h
17-20 th May	European Non Stadium Championships	Regensburg, Germany	
19 th May	MMTG Championships	Sutton Coldfield	Contact Secretary 01785 243667
26 th May	SWVAC Championship (Bath Hilly 10 mile)	Bath, Somerset.	1100
3 rd June	SCVAC Track & Field Championships	Julie Rose Stadium, Ahford	
10 th June	MMAC Track & Field Championships	Solihull	See mvac.org.uk
	EVAC Track & Field	TBA	
	NVAC 10k Road Championship	Clitheroe	1100
17 th June	BMAF Weight Pentathlon	Stantonbury Stadium, Milton Keynes	
17 th June	SWVAC Grand Prix (Blandford Bridge 10k)	Blandford, Dorset	1030
	SWVAC TRACK & FIELD CHAMPIONSHIP	Exeter Arena, Devon.	1030
21 st June	NVAC Track League	Burnley	
23 rd June	INTERLAND (GBR v FRA v BEL)	Tournai, Belgium	
24 th June	SWVAC Grand Prix (Warminster Forest 10M)	Wiltshire.	1030
24 th June	BMAF 5k and 5k Race Walk	Horwich	
30 th June	BMAF 20k Race Walk	Perry Park, Birmingham	
1 st July	NVAC 10&5k Paths Races	Radcliffe	
7 & 8 th July	BMAF Decathlon/ Heptathlon	Horspath, Oxford	
8 th July	Welsh Masters Championships	Cardiff	
14 th July	John Howell Memorial LSW Throwers Decathlon	Stoke	Contact secretary 01785 243667
18 th July	NVAC Track League	Cleckheaton	
28/29 th July	BMAF Long Distance Walk Championship	Battersea	
	BMAF TRACK & FIELD CHAMPIONSHIPS	BIRMINGHAM	
11 th or 12 th August	BMAF 30K Race Walk	Coventry (TBC)	
15 th August	NVAC Track League	Ashton-under-Lyne	
19 th August	NVAC XC Race	Edgeworth	
	SCVAC HM Championships	Burnham Beeches	
26 th August	SWVAC Grand Prix (B.O.S. 10k)	Langport, Somerset.	1100h.
	BMAF HALF MARATHON (Leek HM)	Leek, Staffordshire	TBA
27 th August	SWVAC Championships (Yeovilton 5k Road & Walk)	Somerset	1200 www.swvac.org.uk
1 st September	BMAF 10k Race Walk	Leicester	
2 nd September	NVAC 10&5k Paths Races	Rosendale Sailing Club	
5 th September	NVAC 5k Track Championship	Leigh	
4 th -15 th Sept	World Masters Athletics Championships	Riccione, Italy.	
9 th September	SWVAC Grand Prix (Bideford 10M)	Devon	1100
	St.Mary's Richmond Masters	Twickenham	John Curtin email: JCBuying@aol.com 01932 787658
	MMAC 10 Mile	Nuneaton	TBC
16 th September	BMAF MARATHON & SWVAC Championships (New Forest Marathon)	New Milton, Hants.	1130
23 rd September	World Masters Mountain running Championship	Bludenz, AUT	
29 th September	Throwers Festival	Stoke	Contact secretary 01785 243667
30 th September	BMAF 10k	NEWTOWN, POWYS	Masters only event.
	NVAC Track & Field Championships	Hyndburn	
7 th October	SWVAC Grand Prix (Brixham 10k)	Devon	1100
14 th October	NVAC 10 Mile Championships	St.Annes	
14 th October	BMAF 10 Mile Championships	Tadley	
21 st October	SCVAC Marathon	Abingdon	
4 th November	NVAC 10&5k Paths	Leigh	AGM follows.
10 th November	SWVAC Grand Prix (Cheddar HM)	Somerset.	1100
17 th November	British & Irish International XC	Stormont Estate, Belfast	
25 th November	SWVAC (21 st Cornwall mob match 5 miles)	Falmouth	1100
2 nd December	MMAC Christmas Handicap	Halesowen	TBC
5 th December	NVAC 10&5k Road	Irlam	Christmas Handicap
2008			
20 th January	MMAC Cross Country Championships	Perry Barr	TBC
12-17 th March	WMA Indoor Championships	Clermont-Ferrand FRA	
23 rd July-3 rd August	EVAA T&F Championships	Ljubljana SLO	
2009			
26-29 th March	EVAA Indoor Championships	Ancona ITA	
29-31 st May	EVAA Non Stadia	Aarhus DEN	
28 th July-8 th August	WMA T&F Championships	Lahti FIN	



The European Championships, on the face of things appeared to provide the Nation with something to shout about following a disappointing European Outdoors.

However, in fairness "Osaka" in August will really rate our achievement in the sport, and lets hope it's rather better than the 34th place reported recently in the media.

The Younger age groups will test our position in both under 23, and Under 20 ranks in European terms this summer, but given the report that Europe in itself is in decline in World terms such results will need complete analysis.



The "Masters" performed well, and performances are listed below:

A super Silver for Russian **Kudoroshkina** in the Women's Shot was the highlight, whilst **Merlene Ottey** destroyed the World W45 record in her 60 metre heat.

Irina Kudoroshkina RUS 13 Oct 68 2 Women's Shot. 18.50;
Alberto Garcia ESP 22 Feb 71 (R1/2 M3000) 6-8:02.00;
Mark Carroll IRL 15 Jan 72 (R1/2 M3000) 10-8:12.60;
Sebastien Gattuso MON 28 Jun 71 (R1/5 M60) 7-7.01(NR);
Rizak Dirshe SWE 5 Jan 72 (R1/1 M1500) 6-3:48.45;
Vyacheslav Shabunin RUS 27 Sep 69 (R1/2 M1500) 7-3:45.86;
Merlene Ottey SLO 10 May 60 (R1/5 W60) 4-7.33 (**WORLD RECORD**)

The basis for this research has been various websites and publications produced by the International and National Union of Track and Field Statisticians, the official results of Olympic, World, European, Commonwealth, International Representative Matches and Championship meetings within this country and of course the B.M.A.F. Website.

All meetings would have had the required levels of fully competent officials and equipment, conditions, which have not always been the case with all "Masters Meetings".

Several of the records mentioned are in fact W.M.A and E.V.A.A. records, some are UKA National records but are not according to the BMAF website British Masters Records.

100	BRITISH		OUTDOOR	
M35	L Christie	9.97	Johannesburg.	23/9/95
M40	A Noel	10.74	San Sebastian	26/8/05
M45	C Williams	11.1	Hendon	11/6/78
M50	S Peters	11.48	San Sebastian	26/08/05
M55	R Taylor	11.57	Baden	3/8/91
M60	R Taylor	11.70	Athens	4/6/94
M65	A Meddings	12.71	Miyasaki	15/10/93
M70	A Meddings	13.34	Cesenatico	13/9/98
M75	A Meddings	13.88	Derby	7/6/03
M80	C Fairey	15.79	Exeter	10/8/96
M85	D McLean	16.3	San Diego	6/7/73
M90	D McLean	19.9	Gothenburg	1/8/77
W35	C Court	11.68	Birmingham	2/8/97
W40	M Kyle	12.0	Belfast	25/4/70
W45	M Kyle	12.5	Not listed	
W50	V Bonner	13.15	Gateshead	31/7/99
W55	V Bonner	13.51	Battersea	13/6/04
W60	E Linaker	14.05	Pitreavie	31/05/03
W65	J Ogden	14.84	Hendon	18/7/92
W70	M Wixey	16.59	Birmingham	6/7/91
W75	C MacLennan	18.88	Poznan	22/7/06
W80	M Wixey	22.07	Potsdam	18/8/02
W85	M Wixey	25.74	Poznan	22/07/06
200				
M35	L Christie	20.11	Villeneuve d'Ascq.	25/6/95
M40	A Noel	21.75	San Sebastian	29/8/05
M45	S Peters	22.21	Gateshead	3/8/99
M50	S Peters	22.58	Carolina	6/7/03
M55	R Taylor	23.37	Budapest	6/7/92
M60	R Taylor	24.00	Athens	10/6/94
M65	C Williams	26.06	Cesenatico	18/9/98
M70	A Meddings	27.23	Gateshead	3/8/99
M75	A Meddings	28.97	Carolina	8/7/03
M80	S Stein	33.82	Eton	24/6/01
M90	C Speechley	76.8	Barnet	10/6/78
W35	J Stoute	23.57	Ljubly1a	25/7/00
W40	M Kyle	25.00	Not given	
W45	A McClelland	25.74	San Sebastian	28/08/05
W50	V Bonner	26.52	Gateshead	3/8/99
W55	V Bonner	27.39	Aarhus	31/7/04
W60	E Linaker	29.59	Pitreavie	31/05/03
W65	J Ogden	31.75	Exeter	11/8/96
W70	M Shone	33.19	Exeter	11/8/96
W75	M Shone	35.98	Potsdam	24/8/02
400				
M35	B Hartley	48.08	Wigan	11/8/85
M40	D Maynard	48.74	Potsdam	21/8/02
M45	D Elderfield	50.23	Brisbane	13/7/01
M50	S Peters	51.41	Carolina	12/7/03
M55	C Williams	53.98	Melbourne	5/12/87
M60	L Oldfield	57.60	Aarhus	28/7/04
M65	C Williams	60.84	Gateshead	7/8/99
M70	C Williams	65.89	Birmingham	26/6/04
M75	S Busby	72.2	W London	23/8/87
M80	G Oxbury	93.26	Bedford	17/7/94
M85	D Morrison	115.13	Gateshead	7/8/99
W35	J Stoute	53.41	Birmingham	12/8/00
W40	L Staines	54.81	Fort Colling	23/04/05

OVER 35 BRITISH BEST PERFORMANCES

During the winter your editor has spent some time identifying the best marks achieved by Britons who have achieved their 35th Birthday before the date of their performance.

MASTERS ATHLETICS SPRING 2007

W45	B Blurton	57.91	Buffalo	22/7/95
W50	C Powell	59.87	San Sebastian	2/9/05
W55	Y Priestman	65.50	Brisbane	13/7/01
W60	J Hulls	69.11	Gateshead	7/8/99
W65	D Fraser	78.25	Hendon	27/7/02
W70	M Shone	79.45	Malmö	22/7/96
W75	M Shone	87.70	Hendon	27/7/02
800				
M35	D Maynard	1:50.8	Swindon	7/8/97
M40	P Browne	1:51.25	London CP	10/6/90
M45	L Duffey	1:57.2	Solihull	18/5/91
M50	S Erlam	2:01.0	Stretford	10/9/91
M55	R Phipps	2:04.9	S. Coldfield	18/8/99
M60	H Tempan	2:15.2	W London	7/6/85
M65	H Tempan	2:21.0	Glasgow	14/7/90
M70	M Fox	2:33.8	Birmingham	14/7/04
M75	J Todd	2:45.82	Durban	22/7/97
M80	J Todd	3:15.32	Hendon	28/7/02
M85	D Morrison	4:19.81	Gateshead	3/8/99
M90	J Farrell	4:38.99	Gateshead	3/8/99
W35	C Cahill	2:03.6	Manchester	20/5/92
W40	L Staines	2:06.86	Walnut (USA)	17/4/05
W45	B Blurton	2:14.92	Melbourne	16/2/96
W50	C Oxtan	2:21.9	London (CP)	24/7/96
W55	C Oxtan	2:22.47	Bedford	30/8/98
W60	P Gallagher	2:44.92	Birmingham	9/7/06
W65	T Borthwick	2:54.5	H Hempstead	28/7/96
W70	M Holmes	3:17.76	Birmingham	9/7/06
W75	J Waller	3:43.11	Durban	22/7/97
1500				
M35	G Grant	3:44.45	Birmingham	6/8/88
M40	D Moorcroft	3:46.7	Belfast	19/6/93
M45	P Molloy	3:58.3	Watford	9/8/95
M50	S Erlam	4:09.0	Stretford	19/5/92
M55	J Treadwell	4:27.08	Bedford	29/7/00
M60	H Tempan	4:36.04	Rome	1/6/85
M65	H Tempan	4:44.0	Solihull	10/6/90
M70	J Todd	5:12.51	Kristiansand	29/6/92
M75	J Todd	5:45.43	Durban	26/7/97
M80	G Porteous	6:39.4	Jarrow	29/7/95
M85	G Porteous	7:41.45	Gateshead	7/8/99
M90	G Porteous	9:01.92	Birmingham	26/6/04
W35	K Holmes	4:06.52	Glasgow	5/6/05
W40	J Smith	4:20.7	London (CP)	24/5/78
W45	P Gallagher	4:40.97	Cardiff	1/6/91
W50	C Oxtan	4:48.78	No details	1/1/96
W55	C Oxtan	4:57.4	Watford	26/8/98
W60	P Gallagher	5:36.04	Birmingham	8/7/06
W65	K Stewart	6:03.70	San Sebastian	2/9/05
W70	J Waller	6:47.68	Jarrow	17/7/93
W75	J Waller	7:29.3	Blackpool	28/6/97
5000				
M35	A Passey	13:30.67	Heusden, BEL	5/8/00
M40	D Taylor	13:53.13	Solihull	22/5/04
M45	N Gates	14:42.67	Solihull	5/9/98
M50	M Rees	14:53.2	Neath	10/5/03
M55	M Hager	15:37.0	Coventry	6/5/06
M60	S James	16:24.0	Jarrow	6/6/98
M65	W Marshall	18:02.12	Jarrow	17/7/93
M70	B Ashwell	19:15.4	Solihull	27/7/03
M75	J Todd	20:00.13	Durban	23/7/97
M80	G Porteous	23:39.1	Coatbridge	13/8/94
M85	G Porteous	24:51.7	Edinburgh	18/07/99
M90	G Porteous	31:25.45	Birmingham	26/06/04
W35	D Mason	15:49.68	Solihull	6/8/03
W40	P Welch	16:13.8	USA	25/1/86
W45	B Cardy	17:09.3	Solihull	11/6/00
W50	P Fudge	17:47.8	Wigan	5/7/03
W55	J Stevenson	18:35.05	San Sebastian	25/8/05
W60	C Wolstenholme	20:12.1	Cleckheaton	24/9/06
W65	J Ross	21:37.8	W London	14/8/93
W70	J Waller	23:21.1	Reading	4/10/92
W75	J Waller	26:22.55	Durban	22/7/97
10000				
M35	P Evans	27:53.35	Brussels, BEL	22/8/97
M40	P Evans	29:25.55	Manchester	15/6/02
M45	N Gates	31:05.69	Bedford	4/7/98
M50	L Pressland	31:59.6	Reading	21/8/90

M55	M Hager	32:27.7	Gloucester	23/8/06
M60	P Morris	35:14.26	Hendon	19/7/92
M65	S Charlton	36:48.8	Solihull	14/8/94
M70	S Charlton	39:24.9	Jarrow	4/8/99
M75	S Charlton	41:47.31	Hendon	27/7/02
M80	G Porteous	48:06.0	Greenock	17/9/94
M85	G Porteous	55:03.48	Gateshead	3/8/99
M90	G Porteous	69:26.96	Coatbridge	17/10/04
W35	S Crehan	33:03.46	Helsinki	30/6/92
W40	J Smith	34:26.4	London (He)	27/2/80
W45	B Cardy	34:37.3	Watford	22/7/00
W50	J Stevenson	36:55.29	Edinburgh	18/7/99
W55	J Stevenson	39:22.03	San Sebastian	28/8/05
W60	J Ross	43:01.1	Reading	9/7/89
W65	P Jones	46:13.82	Potsdam	16/8/02
W70	J Waller	48:10.98	Jarrow	18/7/93
W75	J Waller	54:44.8	Blackpool	29/6/97
3000SC				
M35	J Chaston	8:24.88	Stanford, USA	30/4/04
M40	T Davies	9:03.5	Hannover	1/8/79
M45	T Davies	9:35.5	Crawley	22/8/84
M50	M Morrell	9:58.2	Hendon	3/8/83
M55	M Morrell	10:52.83	Eugene	5/8/89
2000SC				
M60	M Morrell	7:03.8	Stretford	8/6/93
M65	M Morrell	7:57.90	Cesenatico	19/9/98
W35	S Young	7:00.7	Horsham	8/5/94
W40	J Pidgeon	7:16.19	San Sebastian	3/9/05
W45	V Boden	7:40.3	Oxford	15/5/04
W50	J Heffernan	8:17.12	Eton	23/6/01
W55	B Cushen	11:30.22	Durban	27/7/97
W60	E Osbourne	10:52.30	Derby	8/6/03
W65	A /3tin	10:33.91	Derby	8/6/03
W70	A /3tin	10:50.35	Birmingham	9/7/06
110H				
M35	C Jackson	13.11	Munich, GER	10/8 /02
M40	D Finlay	14.4	London (WC)	1/8/49
M45	R Honey	15.47	Portsmouth	26/8/00
100H				
M50	P McIlpatrick	14.47	Aarhus	29/7/04
M55	T Wells	14.97	Aarhus	30/7/04
M60	B Ferguson	15.77	San Sebastian	31/8/05
M65	T Bowman	17.09	Potsdam	23/8/02
W35	C Court	13.14	Budapest	26/7/97
80H				
M70	T Bowman	13.67	Birmingham	9/7/06
M75	P Field	17.18	Poznan	28/7 /06
M80	T Rawlinson	21.81	Sheffield	12/9/99
M85	T Rawlinson	27.66	Sheffield	9/9/01
W40	J Harwood	11.68	Hexham	27/5/98
W45	M Laing	11.87	San Sebastian	29/8/05
W50	J Fail	13.02	Portsmouth	26/8/00
W55	E McMahon	13.61	Birmingham	17/7 /05
W60	I Holder	15.39	Brisbane	12 /7 /01
W65	C Graham	17.42	Carolina	11/7 /03
400H				
M35	P Hibbert	50.52	Vittel, FRA	2/9 /00
M40	H Moscrop	53.20	Gateshead	1 /8/99
M45	H Moscrop	55.89	Derby	7/6/03
M50	R Stevenson	58.40	Piteavie	31/5 /03
M55	A Roker	62.92	San Sebastian	26/8 /05
W35	G Retchakan	55.25	Kuala Lumpur	18/9/98
W40	V Mitchell	63.30	Aarhus	25/7/04
W45	M Hocknell	65.9	Scunthorpe	18/6/89
300H				
M60	C Shafto	46.1	Exeter	5 /8/95
M65	C Shafto	49.21	Jyvaskala	8/7/00
	T Bowman	49.21	Brisbane	7/7/01
M70	T Bowman	50.67	Poznan	23/7/06
M75	P Field	55.81	Poznan	23/7/06
W50	M Hocknell	48.43	Athens	4/6/94
W55	E McMahon	51.94	Birmingham	16/7/05
W60	J Hulls	54.67	Gateshead	1/8/99
HJ				
M35	D Grant	2.26	Bangor, NIR	21/7/02
M40	D Grant	2.00	London (He)	6/05/06
M45	C Hesketh	1.80	Hendon	28/7/02

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M50	S Power	1.76	Bedford	17/7/94
M55	S Power	1.70	Calais	20/6/98
M60	T Bateman	1.61	Newport	12/7/98
M65	T Bateman	1.57	Derby	8/6/03
M70	T Crocker	1.46	Birmingham	9/7/06
M75	L Williams	1.21	Sheffield	13/9/97
M80	T Rawlinson	1.06	Sheffield	7/9/96
M85	T Rawlinson	1.02	Sheffield	8/9/01
W35	J Bennett	1.88	Bedford	12/6/05
W40	J Brown	1.70	Jyvaskyla	12/7/00
W45	JBrown	1.63	Aarhus	22/7/04
W50	D Tyler	1.47	Carshalton	14/6/70
W55	R Chrimes	1.37	Reading	9/7/89
W60	R Chrimes	1.30		26/9/93
W65	R Chrimes	1.25	Edinburgh	18/7/99
W70	R Chrimes	1.26	Carolina	5/7/03
W75	M Wixey	0.91	Malmo	26/7/96
PV				
M35	B Hooper	5.01	Wrexham	13/8/94
M40	B Hooper	5.01	Wrexham	13/8/94
M45	A Williams	4.50	Potsdam	23/8/02
M50	A Williams	4.40	Ashford	12/6/05
M55	R Brown	3.80	Sheffield	29/5/88
M60	R Brown	3.65	Solihull	14/8/93
M65	R Brown	3.61	Sheffield	7/6/97
M70	R Brown	3.31	Potsdam	22/8/02
M75	A Woods	2.30	Birmingham	26/6/04
M80	T Rawlinson	2.00	Sheffield	14/9/97
M85	T Rawlinson	1.70	Eton	23/6/01
W35	I Hill	4.20	Melbourne	4/3/06
W40	A Davies	3.50	Birmingham	13/7/02
W45	J Wood	2.90	Cleckheaton	21/8 /02
W50	S Yeomans	2.91	Watford	11 /5/03
W55	M Coombe	2.16	Southend	3/5/01
W60	M Coombe	2.10	Leamington	2/5/04
LJ				
M35	B Williams	7.94	Birmingham	27/7/91
M40	BWilliams	7.48	Birmingham	6/6/98
M45	J Charlton	6.54	Miyasaki	7/10/93
M50	P Duckers	6.08	Stafford	23/7/94
M55	R Brown	5.77	Verona	30/6/88
M60	P Duckers	5.44	Solihull	27/7/03
M65	A Karlirai	4.96	Jarrow	18/7/93
M70	T Crocker	4.68	Solihull	11/6/06
M75	L Watson	4.12	Birmingham	6/7/91
M80	A Sutherland	3.14	Hendon	12/7/80
M85	T Rawlinson	2.52	Sheffield	8/9/01
W35	J Hephher	6.32	London (CP)	27/8/00
W40	K Rothman	5.61	San Sebastian	28/8/05
W45	Al McClelland	5.29	Blackpool	15/5 /04
W50	M Kyle	5.04	Han/ller	29/7/79
W55	C Marler	4.30	Jarrow	3/9/06
W60	I Holder	3.96	Carolina	9/7/03
W65	M Wixey	3.63		
W70	M Wixey	3.55	Birmingham	6/7/91
W75	M Wixey	2.92	Cheltenham	12/5/96
M80	M Wixey	2.16	Potsdam	16/8/02
M85	M Wixey	1.73	Exeter	18/6/06
TJ				
M35	J Edwards	17.92	Edmonton,CAN	6/8/01
M40	R Farquharson	14.77	Carolina (USA)	12/7/03
M45	S Power	13.81	Swansea	14/5/88
M50	S Power	13.34	Bedford	17/7/94
M55	S Power	12.58	Cesenatico	17/9/98
M60	S Power	11.99	Carolina	11/7/03
M65	G Leete	10.64	Budapest	1/7/90
M70	A Kalirai	9.31	H Hempsted	16/8/98
M75	A Kalirai	8.17	Battersea	15/6/03
W35	E Finikin	11.86	Gateshead	4/8/99
W40	J Pryce	11.42	Potsdam	22/8/02
W45	M Laing	10.95	San Sebastian	31/8/05
W50	J Fail	9.77	Derby	6/8/00
W55	R Chrimes	9.12	Cwmbran	24/7/88
W60	C Graham	8.40	Durham	23/7/97
W65	C Graham	7.42	Eton	24/6/01
W70	M Wixey	6.72	Turku	27/7/91
W75	M Wixey	5.93	Malmo	25/7/96
W80	M Wixey	4.35	Solihull	10/6/01

W85	M Wixey	3.27	Exeter	18/6/06
SP				
M35	S Pickering	20.45	London CP	17/8/97
M40	M Proctor	20.04	Manchester	30/8 /05
M45	S Clarke	15.80	Woodford	26/8/78
M50	N Griffin	15.61	Gateshead	1/8/99
M55	N Griffin	14.47	Woking	18/6/03
M60	E Barker	14.21	Derby	8/6/03
M65	G Hickey	13.30	Hendon	13/6/99
M70	G Hickey	12.31	B-on-Trent	5/10/03
M75	M Cullen	10.13	Swansea	1/1/78
M80	J Geres	7.83	Hendon	27/7/02
M85	L D'Arcy	7.07	Cleckheaton	24/9/06
M90	T Rawlinson	5.20	Milton Keynes	11/6/06
W35	J Oakes	19.01	Halle ,GER	11/5/96
W40	J Oakes	18.83	Kuala Lumpua	18/9/98
W45	R Chrimes	11.25	Swansea	1/1/78
W50	E Williams	12.13	Hendon	18/7/92
W55	E Williams	13.22	Miyasaki	1/10/94
W60	R Chrimes	12.20		
W65	E Williams	11.53	Poznan	22/7/06
W70	R Chrimes	11.02	Derby	7/6/03
W75	M Williams	4.95	Birmingham	7/7/91
W80	M Wixey	4.14	Hendon	27/7/02
W85	E Paveley	3.95	Gateshead	1/10/99
DT				
M35	R Weir	65.08	Bedford	19/8/00
M40	R Weir	63.03	Bedford	21/7/01
M45	P Gordon	54.68	Jarrow	30/6/01
M50	P Gordon	61.19	Jarrow	19/5/03
W55	N Griffin	50.15	Battersea	15/6/03
M60	K Macsimczyk	53.42	Bristol	8 /6/78
M65	K Macsimczyk	55.64	Bristol	17/9/79
M70	D Field	39.21	Jarrow	30/6//01
M75	M Cullen	34.20	Stretford	7/8/76
M80	J Geres	24.02	Hendon	28/7/02
M85	L D'Arcy	17.17	Birmingham	8 /7/06
M90	T Rawlinson	12.76	Milton Keynes	11 /6/06
W35	R Chrimes	58.02	Birmingham	3 /6/72
W40	R Chrimes	56.40	London (CP)	21/7/73
W45	R Chrimes	44.26	Woverhampton	15/7/78
W50	L Bryant	38.84	Cleckheaton	9 /7/06
W55	R Chrimes	40.86	Eugene	4 /8 /89
W60	R Chrimes	37.56	Miyasaki	1 /11 /93
W65	R Chrimes	34.95	Nuneaton	19/8 /01
W70	R Chrimes	31.62	Derby	8 /6 /03
W75	M Wixey	11.78	Exeter	16 /6 /96
W80	M Wixey	9.74	Exeter	17/6 /01
W85	E Paveley	8.85	Gateshead	3 /8/99
HT				
M35	M Jones	76.43	Birmingham	2 /6/01
M40	M Jones	73.63	Loughborough	17 /7/04
M45	M Fenton	62.13	Ipswich	12 /5/02
M50	C Black	66.92	Potsdam	18 /8/02
M55	C Black	54.14	Poznan	24 /7/06
M60	C Melluish	53.67	Copthall	26 /9/04
M65	W Gentleman	50.04	San Sebastian	1 /9/05
M70	P Barber	44.31	Erith	20 /9/03
M75	J Hanus	36.03	Pardubice	2/7/05
M80	J Geres	17.98	Hendon	27/7/02
M85	L D'Arcy	16.86	Cleckheaton	24/9/06
W35	L Shaw	68.93	Loughborough	8/6/03
W40	J Davison	49.97	London (CP)	17/6/06
W45	P McNab	40.84	Kingston	14/4/91
W50	P McNab	45.00	Hammersmith	9/7/94
W55	E Williams	45.02	Athens	8/6 /94
W60	E Williams	43.90	Gateshead	7/8/99
W65	E Williams	39.58	San Sebastian	25/8/05
W70	A /3tin	19.83	Birmingham	8/7/06
JT				
M35	M Hill	84.88	Edmonton ,CAN	10/8/01
M40	P Yates	71.51	London (Elt)	26/6/99
M45	K Turnbull	58.14	Colindale	5/9/93
M50	R Bartlett	53.78	Birmingham	7/7/91
M55	R Bartlett	51.58	Malmo	22/7/96
M60	J Phillips	46.66	Exeter	30/5/95
M65	J Phillips	44.66	Exeter	30/5/00

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M70	C Brand	40.01	Birmingham	8/7/06
M75	D Field	27.20	Jarrow	28/9/05
M80	W Baker	23.14	Malmo	28/7/86
M85	T Rawlinson	16.58	Hendon	28/7/02
M90	T Rawlinson	13.15	Milton Keynes	11/6/06
W35	S Gibson	50.85 nj	Derby	18/7/99
W40	S Gibson	48.73 nj	Nottingham	5/5/02
W45	J Lintern	40.32	Crawley	25/5/96
W50	G Dobson	31.25	Poznan	24/7/06
W55	E Sissons	28.40	Kingston	21/6/04
W60	E Williams	36.06	Cesenatico	16/9/98
W65	E Williams	38.07	Poznan	24/7/06
W70	J Ogden	28.20	Kingston	24/8/97
W75	M Wixey	11.52	Reading	4/10/98
W80	M Wixey	9.79	Eton	24/6/01
W85	M Wixey	8.03	Poznan	24/7/06
WEIGHT				
M35	S Sammut	15.44	Lee Valley	4/3/07
M40	S Whyte	18.52	Randers	22/7/04
M45	R Earle	17.00	Poznan	21/7/06
M50	M Fenton	20.32	Eton	8/10/06
M55	C Black	17.86	Eton	8/10/06
M60	C Melliush	18.76	Copthall	26/9/04
M65	P Seddon	16.66	Poznan	21/7/06
M70	P Barber	17.21	Derby	8/6/03
M75	J Hanus	12.79	Milton Keynes	19/6/05
W35	S Freebairn	13.25	Derby	7/6/03
W40	J Smith	14.40	Poznan	20/7/06
W45	C Cameron	11.41	Randers	23/7/04
W50	J Ibbitson	13.51	Lee Valley	4/3/07
W55	E Williams	17.02	Athens	10/6/94
W60	E Williams	16.23	Cesenatico	17/9/98
W65	E Williams	15.31	Derby	7/6/03
Decathlon				
M35	A Kruger	6975	Stoke	30/7/00
M40	G Richards	6642	Enfield	3/8/97
Hept				
W35	C Johnson	4961	Arles, FRA	4/6/00
W40	W Laing	4543	Randers (DEN)	23/7/04
3000W				
M35	A Drake	11:48.72	Bedford	31/5/04
M40	M Williams	12:33.91	Manchester	27/8/06
M45	D Stevens	12:54.1	Brighton	23/5/82
M50	R Care	13:10.09	Blackpool	28/6/97
M55	D Stevens	13:57.4	Horsham	18/5/91
M60	G Chaplin	14:30.8	Leamington	16/5/92
M65	G Chaplin	15:12.9	Leamington	11/5/96
M70	A Thomson	15:15.24	Birmingham	8/7/06
M75	J Grimwade	16:19.5	Corby	12/7/87
M80	J Grimwade	18:52.85	Exeter	10/8/96
M85	J Grimwade	24:41.0	Birmingham	26/6/04
W35	L Kehler	13:03.76	Birmingham	13/7/02
W40	B Lupton	15:16.90	York	16/5/93
W45	S Brown	15:05.2	Battersea	2/9/96
W50	A Lewis	15:57.7	Portsmouth	4/5/96
W55	M Worth	16:14.6	Cwmbran	24/7/88
W60	M Worth	16:28.5	Reading	9/7/89
W65	M Worth	17:55.78	Bedford	16/7/94
W70	M Worth	19:04.5	Woodford	19/8/98
W85	S Packham	31:41.0	Christchurch	Jan 91
5000W				
M35	M Bell	20:35.07	Ashford	28/8/99
M40	C Cheeseman	21:05.29	Birmingham	14/7/01
M45	R Care	22:12.66	Bedford	17/7/94
M50	R Care	22:39.0	Blackpool	29/6/97
M55	D Stevens	23:48.1	Turku	12/7/91
M60	G Chaplin	24:40.9	Brierley Hill	27/9/92
M65	C Colman	27:14.0	Wigan	13/7/86
M70	A Thomson	26:01.52	Birmingham	9/7/06
M75	J Grimwade	27:40.0	Solihull	28/6/87
M80	J Grimwade	29:24.1	Solihull	7/6/92
M85	G Mitchell	35:49.1	Solihull	11/6/00
W35	L Kehler	21:42.51	Birmingham	13/7/02
W40	K Braznell	24:38.4	Solihull	11/6/00
W45	A Lewis	26:55.75	Blackpool	29/6/97
W50	A Lewis	27:09.12	Derby	30/5/98
W55	M Worth	28:16.0	Woodford	4/6/88
W60	M Worth	28:22.0	Finsbury Park	3/6/89

W65	M Worth	30:50.93	Bedford	17/7/94
W70	B Randle	31:44.5	Solihull	11/6/00

INDOOR

60				
M35	L Christie	6.51	Sinderfingen	1/3/97
M40	A Noel	6.93	Carshalton	11/3/06
M45	K Burgess	7.18	Glasgow	16/3/02
M50	D Elderfield	7.35	Linz	18/3/06
M55	V Oliver	7.53	Helsinki	23/3/07
M60	R Taylor	7.76	Glasgow	20/3/94
M65	C Williams	8.17	Birmingham	2/3/96
M70	C Williams	8.47	Glasgow	16/3/02
M75	C Williams	8.80	Cardiff	4/3/06
M80	S Stein	9.94	Bordeaux	10/3/01
M85	S Stein	11.07	Linz	18/3/06
W35	C Court	7.51	Birmingham	25/1/97
W40	J Harwood	8.04	Glasgow	28/2/98
	H Godsell	8.0	London (CP)	18/2/96
W45	H Godsell	8.14	Birmingham	27/2/99
W50	H Godsell	8.25	Sutton	30/1/05
W55	V Parsons	8.64	Glasgow	16/3/02
W60	V Parsons	8.68	Helsinki	23/3/07
W65	J Ogden	9.40	Glasgow	20/3/94
W70	J Ogden	9.98	Birmingham	27/2/99
W75	M Wixey	11.53	Birmingham	2/3/96
W80	M Wixey	12.43	Cardiff	17/2/01
W85	M Wixey	14.66	Helsinki	23/3/07
200				
M35	D Turner	20.59	Birmingham	17/2/02
M40	A Noel	22.37	Helsinki	25/3/07
M45	V Oliver	22.76	Birmingham	1/3/98
M50	S Peters	23.22	Sindelfingen	11/3/04
M55	A Ross	24.42	Helsinki	25/3/07
M60	R Taylor	25.25	Glasgow	20/3/94
M65	C Williams	26.41	Birmingham	2/3/97
M70	A Meddings	27.40	Birmingham	1/3/98
M75	A Meddings	30.01	San Sebastian	8/3/03
M80	S Stein	34.00	Bordeaux	11/3/01
M85	S Stein	43.31	Cardiff	5/3/06
W35	C Court	24.22	Birmingham	4/2/96
W40	J Harwood	25.99	Glasgow	28/2/98
W45	A McClelland	26.36	Cardiff	20/2/05
W50	H Godsell	27.95	Helsinki	25/3/07
W55	V Bonner	28.71	Linz	16/3/06
W60	V Parsons	29.16	Helsinki	25/3/07
W65	J Ogden	32.0	Cosford	20/3/93
W70	J Ogden	33.11	Glasgow	28/2/98
W75	M Wixey	41.70	Birmingham	2/3/97
400				
M35	D Maynard	49.99	Glasgow	16/3/02
M40	D Maynard	49.99	Glasgow	16/3/02
M45	D Elderfield	51.48	Birmingham	7/1/01
M50	S Peters	52.96	Sindelfingen	14/3/04
M55	R Minting	56.20	Helsinki	23/3/07
M60	V Blanchard	58.84	Sindelfingen	14/3/04
M65	A Treacher	63.55	Linz	20/3/06
M70	M Fox	67.96	Sinderfingen	13/3/04
M75	W Davies	78.88	Cardiff	4/3/06
M80	H McGinlay	91.39	Glasgow	26/3/06
W35	J Matthews	57.17	Birmingham	26/2/00
W40	S Read-Caton	59.09	Helsinki	23/3/07
W45	C Marler	59.86	Birmingham	2/3/97
W50	C Marler	62.56	Cardiff	17/2/01
W55	C Marler	66.82	Linz	20/3/06
W60	Y Priestman	72.46	Linz	20/3/06
W65	D Fraser	80.15	Glasgow	16/3/02
W70	D Fraser	86.22	Helsinki	23/3/07
W75	B Green	2:11.60	Helsinki	23/3/07
800				
M35	P Browne	1:55.63	Cosford	16/2/90
M40	P Browne	1:55.63	Cosford	16/2/90
M45	P Browne	1:57.32	Budapest	29/1/95
M50	D Wilcock	2:00.53	Birmingham	25/1/04
M55	R Phipps	2:08.15	Birmingham	17/1/99
M60	J Newcombe	2:16.9	Birmingham	2/3/97
M65	H Tempan	2:24.81	Glasgow	17/3/91
M70	J Todd	2:34.2	Glasgow	7/3/92

MASTERS ATHLETICS SPRING 2007

M75	J Todd	2:43.35	Birmingham	2/3/97
M80	J Caddy	3:48.41	Cardiff	5/3/06
W35	G Retchakan	2:10.06	Birmingham	4/2/98
W40	S Heath	2:14.09	Sindelfingen	12/3/04
W45	C Marler	2:19.7	Birmingham	1/2/97
W50	C Marler	2:25.28	Cardiff	18/2/01
W55	N Hitchmough	2:34.33	Cardiff	5/3/06
W60	P Gallagher	2:40.28	Cardiff	5/3/06
W65	K Stewart	2:59.35	Cardiff	5/3/06
1500				
M35	D Taylor	3:54.61	Birmingham	13/2/02
M40	G Grant	3:57.16	Birmingham	1/1/95
M45	J Potts	4:03.69	Cosford	9/3/90
M50	D Wilcock	4:12.67	Cardiff	21/2/04
M55	J Potts	4:27.01	Cardiff	13/2/00
M60	M Morrell	4:37.80	Glasgow	20/3/94
M65	H Tempan	4:53.02	Glasgow	17/3/91
M70	J Todd	5:13.1	Glasgow	6/3/92
M75	J Todd	5:42.26	Birmingham	2/3/97
M80	J Caddy	7:21.57	Cardiff	19/2/05
M85	J Farrell	8:41.47	Glasgow	22/2/97
W35	C Salt	4:29.06	Ludwigshafen	20/11/01
W40	S Heath	4:39.99	Sindelfingen	14/3/04
W45	P Gallagher	4:44.0	No details given	
W50	P Gallagher	4:51.68	Birmingham	7/2/98
W55	N Hitchmough	5:08.69	Linz	20/3/06
W60	P Gallagher	5:22.50	Cardiff	18/2/06
W65	K Stewart	6:03.01	Cardiff	19/2/05
W70	J Waller	6:50.6	Cosford	20/3/93
W75	B Norrish	8:39.73	Cardiff	4/3/06
3000				
M35	N Gates	8:20.16	Birmingham	23/1/94
M40	N Gates	8:20.16	Birmingham	23/1/94
M45	N Gates	8:45.19	Malmö	4/3/99
M50	N Gates	8:49.37	Birmingham	15/2/04
M55	S James	9:23.43	Glasgow	20/3/94
M60	A Brown	9:43.88	Glasgow	20/3/94
M65	W Marshall	10:32.28	Glasgow	13/3/93
M70	J Todd	11:08.49	Glasgow	20/3/94
M75	J Todd	12:12.72	Birmingham	28/2/97
M80	G Porteous	14:10.79	Glasgow	20/3/94
W35	Z Hyde-Peters	9:16.89	Birmingham	22 /1/00
W40	P Gallagher	9:52.84	Cosford	9/1/87
W45	P Gallagher	10:00.05	Not given	
W50	P Gallagher	10:17.53	Birmingham	4/1/97
W55	P Gallagher	11:06.13	Bordeaux	8/3/01
W60	P Gallagher	11:35.90	Cardiff	28/1/06
W65	J Ross	13:09.42	Glasgow	20/3/94
W70	J Waller	14:13.7	Cosford	20/3/94
W75	B Norrish	20:30.32	Cardiff	5/3/06
60H				
M35	C Jackson	7.40	Vienna	2/3 /02
M40	G Dunson	8.28	Cardiff	4/3/06
M45	P McIlpatrick	8.86	Malmö	6/3/99
M50	T Wells	8.92	Malmö	6/3/99
M55	T Wells	9.09	Linz	19/3/06
M60	J Howe	9.63	Glasgow	16/3/02
M65	B Ferguson	9.91	Helsinki	25/3/07
M70	T Bowman	10/06	Cardiff	4/3/06
M75	N Carter	13.9	Cardiff	21/2/04
M80	T Rawlinson	16.41	Birmingham	28/2/97
M85	T Rawlinson	16.06	Glasgow	16/3/02
W35	C Court	8.18	Paris	7/3 /97
W40	C Court	8.55	Birmingham	28 /1 /01
W45	M Laing	9.13	Eskilstuna	11/3/05
W50	J Lawson	10.02	Glasgow	15/2/03
W55	J Fail	10.24	Linz	19/3/06
W60	J Hulls	11.24	Birmingham	26/2/00
W65	J Charles	12.61	Helsinki	25/3/07
HJ				
M35	D Grant	2.25	Birmingham	1/3 /03
M40	G Dunson	1.90	Birmingham	1/2/04
M45	C Hesketh	1.78	Cardiff	22/2/04
M50	E Fitzgerald	1.71	Glasgow	21/2/98
W60	S Power	1.65	Birmingham	20/3/94
W65	A Bateman	1.60	Birmingham	27/2/99
M65	A Bateman	1.56	Glasgow	16/2/03
M70	A Crocker	1.48	Linz	15/3/06

M75	N Carter	1.20	Glasgow	12/2/05
M80	T Rawlinson	1.04	Birmingham	2/3/97
M85	T Rawlinson	0.97	Glasgow	16/3/02
W35	J Bennett	1.81	Zaragoza (ESP)	28/1/07
W40	J Brown	1.69	Bordeaux	8/3/01
W45	J Brown	1.57	Linz	18/3/06
W50	C Filer	1.40	Cardiff	4/3/06
W55	R Chrimes	1.36	Not given	
W60	R Chrimes	1.30	Birmingham	1/3/97
W65	R Chrimes	1.25	Birmingham	
W70	R Chrimes	1.18	Cardiff	19/2/05
W75	M Wixey	0.88	Glasgow	22/2/97
PV				
M35	K Stock	4.70	Birmingham	8/1 /94
W40	M Johnson	4.53	Manchester	25/3/06
W45	A Williams	4.33	Cardiff	17/2/01
W50	A Williams	4.20	Sutton	
M55	R Brown	3.80		
M60	R Brown	3.60	Stoke	10/12/94
M65	R Brown	3.30	Glasgow	28/2/98
M70	R Brown	3.20	Glasgow	15/2/03
M75	A Woods	2.20	Cardiff	21/2/04
M80	T rawlinson	1.80	Glasgow	28/2/98
W35	I Hill	3.80	Sindelfingen	12/3/04
W40	J Cunnane	3.20	Birmingham	8/2/98
W40	L Lowe*	3.60	Linz	12/3/ 06
W45	J Ibbitson	3.00	Glasgow	17/2/07
W50	S Yeomans	2.90	Sindelfingen	12/3/04
W55	M Coombe	2.00	Cardiff	17/2/01
W60	M Coombe	1.80	Linz	18/3/06
L				
M35	B Williams	7.87	Turin , ITA	13/2 /91
M40	B Williams	7.52	Birmingham	2 /3 /96
M45	J Charlton	6.40	Cosford	13/3/93
M50	J Charlton	5.91	Birmingham	27/2/99
M55	J Charlton	5.78	Cardiff	21/2/04
M60	A Bateman	5.35	Birmingham	28/2/97
M65	A Bateman	4.77	Glasgow	16/2/03
M70	T Bowman	4.21	Lee Valley	18/2/07
	A Crocker	4.21	Lee Valley	3/3/07
M75	A Lovett	4.03	Birmingham	28/2/97
M85	T Rawlinson	2.22	Glasgow	16/3/02
W35	K Rothman	6.13	Cardiff	10 /2 /02
W40	K Rothman	5.86	Carshalton	30 /1 /05
W45	C Filer	5.12	San Sebastian	7/3/03
W50	J Fail	4.86	Birmingham	26/2/00
W55	C Graham	4.09	London (CP)	29/2/92
W60	I Holder	3.94	Cardiff	19/2/05
W65	I Holder	3.87	Linz	15/3/06
W70	E Steedman	3.10	Cardiff	19/2/05
W75	M Wixey	2.71	Birmingham	1/3/97
W80	M Wixey	2.04	Bordeaux	9/3/01
W85	M Wixey	1.64	Linz	15/3/06
TJ				
M35	J Edwards	17.44	Birmingham	21 /2 /03
M40	A Oyediran	14.47	Glasgow	17/3/02
M45	A Oyediran	13.55	Sutton	18/2/07
M50	S Power	12.74	Birmingham	1/3/97
M55	S Power	12.45	Birmingham	10/1/99
M60	S Power	11.93	Sindelfingen	12/3/04
M65	A Crocker	10.09	Cardiff	18/2/01
M70	L Williams	9.25	London (CP)	27/2/93
M75	A Kalirai	8.33	Eton	8/12/02
W35	Ashia Hansen	13.68	Sheffield	10/2/07
W40	J Pryce	11.14	Bordeaux	11/3/01
W45	J Pryce	10.65	Linz	18/3/06
W50	J Fail	9.82	Bordeaux	11/3/01
W55	M Simmons	8.90	Cardiff	8/2/01
W60	C Graham	8.35	Birmingham	2/3/97
W65	I Holder	8.19	Linz	18/3/06
M70	A Martin	6.83	Linz	18/3/06
W75	M Wixey	5.17	Glasgow	21/2/98
W80	M Wixey	4.38	Cardiff	18/2/01
W85	M Wixey	3.61	Linz	18/3/06
SP				
M35	M Proctor	20.85	Kings Lynn	25/1 /98
M40	S Whyte	16.18	Eskilstuna	12/3/05
M45	M Small	13.83	Cardiff	21/2/04

MASTERS ATHLETICS SPRING 2007

M50	N Griffin	16.01	Eton	25/11/00
M55	N Giffin	14.73	Slough	7/3/04
M60	D Vanhegan	13.81		
M65	G Hickey	12.51	London (CP)	18/4/99
M70	G Hickey	11.93	Cardiff	21/2/04
M75	J Hanus	9.74	Eskilstuna	11/3/05
M80	M Baker	7.33		
M85	T rawlinson	5.19	Glasgow	16/3/02
W35	J Oakes	18.72	Stockholm, SWE	9/3 /96
W40	J Oakes	18.42	Valencia, ESP	28/2 /98
W45	J Kerr	11.54		
W50	R Chrimes	12.48		
W55	E Williams	12.09	Birmingham	12/2/95
W60	E Williams	11.97	Malmö	5/3/99
W65	R Chrimes	11.75	Glasgow	17/3/02
W70	R Chrimes	9.79	Cardiff	19/2/05
W80	M Williams	4.36	Birmingham	28/2/97
W85	M Wixey	3.72	Lee Valley	3/3/07
3000W				
M35	A Drake	11:58.49	Cardiff	2/2 /02
M40	M Williams	12:55.56	Birmingham	18/2/07
M45	R Care	13:03.3	Cosford	20/3/93
M50	A Smallwood	13:06.0	Cosford	20/3/93
M55	D Stevens	14:11.2	Cosford	21/3/92
M60	B Gore	15:00.1	Birmingham	26/2/00
M65	B Gore	15:32.58	Birmingham	20/1/02
M70	A Thomason	15:39.27	Lee Valley	4/3/07
M75	J Grimwade	17:41.6	Cosford	21/3/92
M80	J Grimwade	17:41.4	Cosford	20/3/93
M85	G Mitchell	21:13.8	Birmingham	26/2/00
W35	S Black	13:52.12	Birmingham	1/3/97
W40	B Lupton	14:56.61	Birmingham	26/2 /95
W45	A Lewis	15:52.71	Birmingham	2/3/96
W50	Ann Wheeler	16:25.78	Birmingham	18/2/07
W55	A Lewis	16:57.81	Cardiff	21/2/04
W60	M Worth	17:27.9	Cosford	20/3/93
W65	M Worth	17:38.4	Birmingham	12/2/95
W70	B Randle	18:23.0	Birmingham	2/2/99

* Competed for Netherlands but also has a full British passport.

These details will appear on www.mvac.org.uk and will be updated on a regular basis.

2007 Masters Road Race rankings compilers

5km:

Martin Duff, Ramatuelle, Spronketts Lane, Warminglid, West Sussex, RH17 5SA.

E-mail: martin.martinduff@btinternet.com

5M:

John Perratt, Gable Cottage, 1 Stanhope Drive, Sidmouth, EX10 9JE or e-mail: johnperratt@talktalk.net

10km:

Edmond Simpson, 24 Perries Mead, Folkestone, CT19 5UD. E-mail: Edmond.simpson@btinternet.com

10M:

Pete Mulholland, 71 St Julian's Farm Road, West Norwood, London, SE27 0RJ. E-mail: petehwac@aol.com

Half-Mara & Marathon/20M:

Martin Duff (as above)

2005 ranking lists are also still available from the above, at £3.00 per event + a Large 37p SAE except in the case of the 10km where the 2005 compiler was Bruce Davidson, Birch Lea, School Lane, Thorney Hill, Christchurch, Dorset, BH23 8DT. E-mail: bz@birchlea.fsnet.co.uk

2006 Masters T&F rankings (£5 + 37p A5 SAE)

Men:

Bob Minting, The Rowans, Convent Road, Sidmouth, Devon, EX10 8RD.

E-mail: Bob.minting@btopenworld.com

Women:

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

E-mail: Sally.gandee@btclick.com

The 2006 Veteran Women's T&F Ranking book is now available.

The price is £3.50 plus an A5 envelope with a 37p stamp (cheques payable

to Mrs S Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ

Note the website www.athleticsdata.com also has listings but there are many inaccuracies especially in the older age groups.

Bob Minting is ensuring that his men's T&F lists correspond to the Athletics Data lists.

MASTERS ROAD & TRACK WALK RANKINGS 2006

5000 Metres Road:

M35: 1 Andy Penn 21:52;
M40: 1 Mark Williams 23:10; 2 Dwayne Butterley 24:24; 3 Jimmy Ball 24:28;
M45: 1 Peter Kanneen 23:12; 2 Steve Uttley 25:11; 3 Steve Allen 26:21;
M50: 1 Nick Silvester 23:46; 2 Chris Hobbs 25:50; 3 Robbie Lambie 26:05;
M55: 1 Terry Bates 26:11; 2 John Hall 26:17; 3 Dave Evans 27:01;
M60: 1 Alan Callow 26:46; 2 Colin Turner 27:12; 3 Shaun Lightman 28:26;
M65: 1 Amos Seddon 27:58; 2 Micky Harran 28:41; 3 Ron Penfold 28:52;
M70: 1 Ron Powell 31:08; 2 John Payn 32:22; 3 Bernie Hercock 33:46;
M75: 1 Doug Fotheringham 32:11; 2 Denis Withers 35:25; 3 Karl Abolins 35:43;

10K Road:

M35: 1 Paul Evenett 47:11; 2 Dwayne Butterley 51:06; 3 Chris Cale 55:34;
M40: 1 Mark Williams 45:10; 2 Steve Partington 45:21; 3 Peter Kanneen 46:02;
M45: 1 Peter Kanneen 46:51; 2 Chris Cheeseman 49:35; 3 Trevor Jones 50:25;
M50: 1 Nick Silvester 49:49; 2 Pete Ryan 51:48; 3 Graham Chapman 52:13;
M55: 1 John Hall 53:11; 2 Tony Malone 54:44; 3 Dave Evans 55:23;
M60: 1 Denis Jackson 54:22; 2 Chris Berwick 54:53; 3 Colin Turner 55:44.71;
M65: 1 Arthur Thomson 52:48; 2 Ed Shillabeer 57:41; 3 Amos Seddon 58:04;
M70: 1 Ron Powell 63:22; 2 Dave Stevens 63:41; 3 Pete Stapleford 64:47;
M75: 1 Doug Fotheringham 64:57.45; 2 Ron Marsden 73:27; 3 Denis Withers 73:50.53;
M80: 1 Jack Fitzgerald 94:20;

20K Road:

M35: 1 Andy Penn 1:32:34; 2 Paul Evenett 1:41:20;
M40: 1 Steve Partington 1:29:35; 2 Peter Kanneen 1:35:19; 3 Mark Williams 1:38:45;
M45: 1 Peter Kanneen 1:41:57; 2 Trevor Jones 1:44:45; 3 Dave Turner 1:45:36;
M50: 1 Nick Silvester 1:45:55; 2 Terry Bates 1:59:31; 3 Laurence Dordoy 2:1:14;
M55: 1 John Hall 1:50:18; 2 Chris Berwick 1:51:30; 3 Dave Kates 1:54:40;
M60: 1 Chris Berwick 1:54:35; 2 Russ Jackson 2:00:54; 3 John Paddock 2:3:55;
M65: 1 Arthur Thomson 1:53:37; 2 Ed Shillabeer 1:59:12; 3 Amos Seddon 2:2:52;
M70: 1 Arthur Thomson 1:54:11; 2 Ron Powell 2:10:13; 3 John Payn 2:24:59;
M75: 1 Karl Abolins 2:29:58;
M80: 1 Jack Fitzgerald 3:2:24;

30 Kilos Road :

M35: 1 Andy Penn 2:24:18;
M40: 1 Mark Williams 2:27:33; 2 Steve Arnold 2:47:14; 3 Dwayne Butterley 2:50:33;
M45: 1 Mark Wall 2:58:28; 2 Kevin Marshall 3:17:49;
M50: 1 Laurence Dordoy 3:11:08; 2 Pharaminder Bhatti 3:16:44;
M55: 1 Dave Kates 3:2:18; 2 Bob Austin 3:37:40;
M60: 1 Chris Berwick 2:55:16; 2 Tony Collins 3:08:02; 3 Terry Morris 3:21:55;
M65: 1 Amos Seddon 3:16:59; 2 Bill Newhill 3:33:14; 3 Brian Sturt 3:36:54;
70: 1 Arthur Thomson 2:52:47; 2 Ron Powell 3:30:56;

MASTERS ATHLETICS SPRING 2007

50 Kilos Road :

M35: 1 Graham Jackson 5:30:19;
M40: 1 Steve Partington 4:25:39; 2 Steve Arnold 5:11:24; 3 Martin Fisher 5:55;
M45: 1 Mark Wall 5:47:23; 2 Mike Smith 6:5:38; 3 Kevin Marshall 6:6:13;
M50: 1 Dave Manning 5:52:10; 2 John Stubbs 6:25:30; 3 Sean Pender 6:26:34;
M55: 1 Dave Jones 5:49:49; 2 Dave Evans 6:11:54;
M60: 1 John Paddick 5:34:02; 2 Tony Collins 5:44:40; 3 Chris Flint 5:58:40;
M65: 1 Ed Shillabeer 5:45:36; 2 Bill Newhill 6:35:41;

100 Miles Road :

M35: 1 Chris Cale 23:21:05;
M40: 1 Sean Hands 19:16:03; 2 Michael George 20:24:01; 3 Jock Waddington 20:57:35;
M45: 1 Kevin Marshall 20:29:14; 2 Andy Gosnell 21:21:09; 3 Terry Moffatt 21:43:04;
M50: 1 Eammon Harkin 20:34:11; 2 Alan Kinvig 22:29:32; 3 John Stubbs 22:53:34;
M55: 1 Dave Jones 21:33:47;
M60: 1 Chris Flint 21:38:06; 2 Tony Collins 21:50:55; 3 Stan Sille 22:28:10;

3000 Track :

M35: 1 Andy Penn 12:49:54; 2 Paul Evenett 13:30:44; 3 Tim Watt 14:33:0;
M40: 1 Mark Williams 12:33:91; 2 Dwayne Butterley 13:51:86; 3 Phil Williams 14:34:8;
M45: 1 Trevor Jones 14:06:07i; 2 Mark Wall 14:34:2; 3 Steve Uttley 14:44:92;
M50: 1 Nick Silvester 13:55:67; 2 Chris Hobbs 15:12:13; 3 Terry Bates 15:20:0;
M55: 1 John Hall 14:36:61i; 2 Tony Mallone 15:29:3; 3 Carl Lawton 15:54:86;
M60: 1 Colin Turner 16:03:27i; 2 Alan Callow 16:09:1; 3 Peter Hannell 16:23:96;
M65: 1 Arthur Thomson 15:35:38i; 2 Micky Harran 16:47:9; 3 Ed Shillabeer 16:52:46i;
M70: 1 Arthur Thomson 15:15:24; 2 Ron Powell 17:53:0; 3 Dave Stevens 17:55:69;
M75: 1 Doug Fotheringham 18:48:8; 2 Karl Abolins 21:19:52; 3 Denis Withers 21:20:18i;
M80: 1 Len Creo 20:34:83i; 2 Jack Fitzgerald 24:44:3;

5000 Track :

M35: 1 Andy Penn 22:36:62; 2 Paul Evenett 23:18:0;
M40: 1 Steve Partington 21:46:0; 2 Mark Williams 22:06:6; 3 Jimmy Ball 23:25:0;
M45: 1 Peter Kaneen 22:53:1; 2 Trevor Jones 24:05:51; 3 Dave Turner 24:50:0;
M50: 1 Nick Silvester 23:54:01; 2 Chris Hobbs 26:20:0; 3 Mark Wall 26:21:0;
M55: 1 John Hall 25:39:11; 2 Terry Bates 27:38:0; 3 Lyn Atterbury 27:55:0;
M60: 1 John Killock 29:12:0; 2 Tony Collins 29:31:0; 3 Chris Flint 29:54:52;
M65: 1 Ed Shillabeer 28:21:56; 2 Ron Penfold 28:36:0; 3 Ken Ballam 29:11:9;
M70: 1 Arthur Thomson 26:01:52; 2 Ron Powell 30:28:22; 3 Dave Stevens 31:01:69;
M75: 1 Doug Fotheringham 31:44:59; 2 Karl Abolins 35:56:0;
M80: 1 Len Creo 35:24:84; 2 Jack Fitzgerald 42:58:02;

10000 Track :

M35: 1 Mark Culshaw 61:20:0;
M40: 1 Mark Williams 46:11:42; 2 Dwayne Butterley 49:29:83; 3 Steve Arnold 51:50:34;
M45: 1 Steve Uttley 52:58:8; 2 Rob Elliott 56:17:0; 3 Steve Allen 59:41:3;
M50: 1 Terry Bates 55:51:0; 2 Mark Wall 55:52:0; 3 Andy Cox 57:23:8;
M55: 1 Carl Lawton 56:30:8; 2 Peter Boszko 62:33:0; 3 John May 63:06:2;
M60: 1 Chris Berwick 55:09:56; 2 Colin Turner 56:30:0; 3 Alan Callow 57:21:1;
M65: 1 Ken Ballam 61:24:3; 2 Bill Newhill 65:15:08; 3 Martin Oldfield 67:35:0;
M70: 1 Arthur Thomson 53:32:4; 2 Dave Stevens 62:19:28; 3 Gordon Chapman 71:14:32;
M75: 1 Doug Fotheringham 65:38:2; 2 Karl Abolins 72:09:39;

FEMALE

5000 Metres Road :

W35: 1 Lisa Kehler 23:53; 2 Sharon Tonks 25:50; 3 Estle Viljoen 25:53;
W40: 1 Sharon Gaytor 26:07; 2 Jill Eve 29:16; 3 Karen Davies 30:14;
W45: 1 Marie Jackson 26:50; 2 Toni Boa 28:05; 3 Fiona Bishop 29:47;
W50: 1 Liz Corran 28:35; 2 Ann Wheeler 29:38; 3 Sheila Owen 30:42;
W55: 1 Enid Watson 31:12; 2 Pat Evans 32:35; 3 Francoise Fernandez 33:13;
W60: 1 Rose Druckes 34:08; 2 Sarah Goldsmith 36:07; 3 Pam Ficken 37:52;
W65: 1 Jill Langford 34:21; 2 Pam Ficken 37:21; 3 Brenda Charlton 38:21;
W70: 1 Pam Horwill 35:39; 2 Brenda Chapman 38:36;

10 K Road :

W35: 1 Niobe Menendez 50:38; 2 Estle Viljoen 51:39; 3 Gabrielle Brooks 62:57;
W40: 1 Jackie Campbell 59:21; 2 Lisa Motley 61:34; 3 Maureen Noel 62:09;
W45: 1 Marie Jackson 54:57; 2 Tina Boa 58:43; 3 Karen Davies 61:40;
W50: 1 Ann Wheeler 60:31; 2 Cath Duhig 61:18; 3 Anne Belchambers 61:59;
W55: 1 Pat Evans 66:26; 2 Francoise Fernandez 69:05; 3 Helen Clague 74:05;
W60: 1 Rose Druckes 69:49; 2 Sarah Goldsmith 73:05; 3 Pam Ficken 75:23;
W65: 1 Pam Ficken 76:32; 2 Brenda Charlton 79:59;
W70: 1 Maureen Spelman 68:31:87; 2 Pam Horwill 74:30;

20 K Road :

W35: 1 Niobe Menendez 1:47:35;
W40: 1 Bridget Kaneen 2:2:45; 2 Maureen Noel 2:7:16;
W45: 1 Marie Jackson 1:55:27; 2 Kim Howard 2:09:34; 3 Karen Davies 2:10:37;
W50: 1 Liz Corran 2:14:43; 2 Cath Duhig 2:16:15; 3 Pat Evans 2:17:39;
W55: 1 Francoise Fernandez 2:26:40;
W60: 1 Rose Druckes 2:30:06;

30 K Road:

W45: 1 Karen Davies 3:36:38; 2 Sue Rey 3:46:54;

50 K Road :

W45: 1 Sue Rey 7:1:48;
W50: 1 Cath Duhig 6:7:51; 2 Sue Clements 7:03:04;

100 Miles Road Walk

W40: 1 Sue Biggart 20:08:10; 2 Jackie Campbell 23:19:26; 3 Terri Salmon 23:19:26;
W45: 1 Anne Oates 23:15:02;
W55: 1 Sandra Brown 19:28:38;

2000 Track :

W35: 1 Estle Viljoen 9:54:9; 2 Verity Snook 9:58:3; 3 Sharon Tonks 10:04:2;
W40: 1 Jill Eve 11:36:6; 2 Ruth Jackson 12:35:9; 3 Jan Farmer 12:40:9;
W45: 1 Tina Boa 10:49:1; 2 Karen Davies 11:26:0; 3 Trish Garner 12:24:0;
W50: 1 Ann Wheeler 10:31:4; 2 Sheila Owen 11:34:0; 3 Cath Duhig 11:52:2;
W55: 1 Ann Rolins 11:47:3; 2 Margaret Balch 12:29:0; 3 Noel Blatchford 12:32:3;
W60: 1 Carol Birch 12:26:4; 2 Rose Druckes 13:02:0; 3 Francesca Edmonds 13:14:3;
W65: 1 Jill Langford 13:50:0; 2 Gill Woodland 15:59:2; 3 Bridget Cushen 16:37:5;
W70: 1 Maureen Spelman 13:19:1; 2 Pam Horwill 14:04:7; Beryl Chapman 15:30:0;

3000 Track :

W35: 1 Lisa Kehler 13:48:0; 2 Sharon Tonks 15:03:27i; 3 Verity Snook 15:27:5;
W40: 1 Bridget Kaneen 15:54:3; 2 Sarah Sowerby 16:10:0; 3 Maureen Noel 17:29:0;
W45: 1 Marie Jackson 15:44:4; 2 Tina Boa 16:50:98; 3 Karen Davies 17:17:63;
W50: 1 Ann Wheeler 16:36:4; 2 Sheila Owen 17:10:46i; 3 Liz Corran 17:27:0;
W55: 1 Sandra Brown 16:31:2; 2 Ann Lewis 17:05:0; 3 Pat Evans 19:13:0;
W60: 1 Rose Druckes 20:03:0; 2 Pam Ficken 22:21:5;
W65: 1 Pat Denby 35:00:16; 2 Jill Langford 35:45:0;
W70: 1 Maureen Spelman 19:42:73i; 2 Pam Horwill 21:49:27i; 3 Beryl Chapman 23:33:0;

5000 Track:

W35: 1 Lisa Kehler 23:35:0; 2 Niobe Menendez 25:54:0; 3 Verity Snook 26:11:4;
W40: 1 Sarah Sowerby 28:45:0; 2 Sue Davies 29:43:0; 3 Maureen Noel 29:59:38;
W45: 1 Marie Jackson 27:26:4; 2 Karen Davies 28:45:52; 3 Tina Boa 29:07:0;
W50: 1 Ann Wheeler 28:28:8; 2 Ann Belchambers 31:00:0; 3 Ann Irving 31:29:74;
W60: 1 Rose Druckes 34:15:0;
W70: 1 Pam Horwill 36:10:0; 2 Beryl Chapman 39:45:0;

10000 Track :

W40: 1 Bridget Kaneen 57:11:50; 2 Maureen Noel 62:38:7;
W45: 1 Marie Jackson 55:17:5; 2 Karen Davies 61:07:52; 3 Fiona Bishop 62:48:27;
W50: 1 Liz Corran 60:35:0; 2 Cath Duhig 64:39:3;
W55: 1 Francoise Fernandez 71:44:6;
W60: 1 Rose Druckes 70:46:0;

For complete rankings & any amendments please contact:

Bob Care, 3, Hall Cliffe Crescent, Horbury, Wakefield, WF4 6DF

Annncare3@aol.com

BRITISH MASTERS CROSS-COUNTRY CHAMPIONSHIPS AT BERRY HILL PARK MANSFIELD

WORDS- ALASTAIR AITKEN.

PICTURES-JEREMY HEMMING (hemming@dircon.co.uk)

There was no doubt that the course at Berry Hill Park was a brilliant one. Woods, up and down grassy slopes and some fast going. The organisers Mansfield Harriers A.C. supported by BMAF contributed all that!

The events were held in cold winds but the rain held off. The only thing that marred the proceedings was the fact that the day was robbed of an exciting 'M50-69' race due to take place on the programme at 12.45. Runners got to the course prepared and found they were not to compete till 2'0'clock with the M40's.

It is highly possible that, after Greg Wilson's great over 50 win, to my mind, the order behind that might have been different had it been a separate race. Greg Wilson, who won the 'M50' in 19th place overall out of the 242 that finished the race remarked "I came here to run a separate race. I got there an hour before the 12.45 start really prepared. I think we all were! However it did not make me run any worse. I was pleased with my run as I was training for London."

To win the M40 race over the years has always been a hard task but in the case of the winner Barry Royden, he always looked comfortable, going away from his rivals in the second lap. In the early stages Brian Rushworth (44), who has only just recovered from a chest infection, that had effected his 'National CCC', Mark Croasdale and Bashir Hussain, all looked threatening but on the day Royden had opened up a sufficient lead to hold on well but, there was a great battle between Rushworth and Croasdale with Rushworth dashing out of the woods to come in second and lead Sunderland to team victory.

Ian Furness (M45) was seventh overall and John Wilkins ran particularly well to obtain the M55 title and, it was good to see Harry Mathews take the M60 title after a couple of lean years. What more can you say about Steve James the first M65, once the winner of the National Junior cross-country. It appears soon he will have won titles for 50 years!

The M70 winner was Bob Newell, who last year set a UK age record of 1:23 for the half marathon. Newell took up racing at 61 but before that had the UK Cycle 24 hour age record for a 57 year old of 457 miles.

Derek Howarth, who is as good indoors as outdoors, was the M75 winner again, having won at Bournemouth last year and Don Adie, was ahead of the second and third over 75's to win the M80 category.

In the last few years the women's race has been very competitive with 'Star Quality'. An interesting fact was that Valerie Naylor, at 64, was the second W60 in the race and her daughter Claire Woolis (nee Naylor) won W35 and the race outright. The pace appeared fast from the start and Woolis was challenged by Sharon Orridge, the first W40 and Kate Ramsey, who had a fantastic year last year, till she got a virus and bad back but now clawing her way back to fitness. These three disputed the lead and Orridge, who has been improving under her new coach

Andrew McNeil since New year, hung on to Woolis's shoulder but in the second lap Woolis was really strong and, try as they might, Orridge and Ramsey could not catch Woolis, a 1:16:41 half-marathon runner, who hopes to improve on her road PB's the Summer over her favourite surface.

Paula Fudge, the Commonwealth 3k Champion of 1978, always gives a good account of herself and here was no exception as when she won the W50 title in 19th place overall. Carol Wolstenholme added to her many Masters wins taking the W60 title and Pam Jones won the W70 title adding to her three European track gold's last year.

To end my report here are some words of wisdom from three Masters of age related running Carol Wolstenholme "I don't think you should take it that seriously. We forget why we started in the first place-for pleasure-everything that comes after that is good. I have never lost faith with the reason I started in the first place was to stop smoking and get fit."

Brian Rushworth "I still love running at the sharp end. I remember I was out of running for a year at 39 with a bad injury. If you get a bad injury that could be the end of it." He added "When I am tired from a hard days teaching and come home, I put on my shoes and go out and run and it is a nice feeling." He also said "It was a blast from the past to be running again with people you were running with in your 20's like Barry Royden."

Don Adie the oldest runner on the day at 80 "Unless you are enthusiastic there is really no point in running without being obsessive."

BMAF CROSS-COUNTRY CHAMPIONSHIPS 2007 BERRY HILL PARK MANSFIELD SATURDAY 24th MARCH 2007

Women & Men70 Plus - 6km

1 Claire Woolis Sutt in A W35-1 22:15; 2 Sharon Orridge L Eaton W40-1 22:22; 3 Kate Ramsey Barrow R W35-2 22:37; 4 Jane Wassell Cirencester W40-2 22:42; 5 Jane Clark WSE & H W35-3 22:47; 6 Angela Allen Horw W35-4 22:49; 7 Susan Finch SVHC W40-3 22:54; 8 12 Audrey Wilson W&B W35-5 23:00; 9 Ceri Diss HHH W40-4 23:26; 10 Julie Wilson Hallam W35-6 23:33; 11 Karen Buckley Wells W35-7 23:43; 12 Lisa Heyes Horw W35-8 23:51; 13 Andrea Dennison Bing W40-5 24:01; 14 Janet Rashleigh Horw W45-1 24:06; 15 Anna Bartlett Shrews W35-9 24:09; 16 Nicola Thompson Charn W35-10 24:12; 17 Monica Williamson Leam W45-2 24:17; 18 Catherine Mijovic Birch W45-3 24:25; 19 Paula Fudge WSE & H W50-1 24:32; 20 Lindi Marson NVH W45-4 24:48; 21 Tracey Curl Norw RR W40-6 24:52; 22 Gail Duckworth L Buzz W50-2 24:58; 23 Bob Newell Scun M70-1 24:59; 24 Christine Kilkenny C&S W50-3 25:04; 25 Jill Burke Der W40-7 25:12; 26 Pippa Wilkie Hallam W40-8 25:15; 27 Anna Kelly C Le Moors W40-9 25:16; 28 Joan Lasenby C&C W45-5 25:17; 29 Lynn Emmett C of Norw W35-11 25:19; 30 Fiona Palmer Notts W35-12 25:40; 31 Marian Hesketh Pres W50-4 25:54; 32 Carol A Wolstenholme Hallam W60 -1 25:56; 33 Margaret Kenchington B'ville W45-6 25:58; 34 Lynne Whitaker Ramsey RR W45-7 26:00; 35 Simone Mathias Sutt In-A W35-13 26:20; 36 Jane Morley Hull Ach W50-5 26:22; 37 Karen Balcombe Metro Police W40-10 26:28; 38 Linda Smith NVH W40-11 26:35; 39 Gordon Wiltshire C of Salisbury M70-2 26:40; 40 Val Carter RSC W40-12 26:48; 41 Sue James P Wood W55-1 27:03; 42 Ros Tabor Dulw R W55-2 27:08; 43 Walter McCaskey C of Edin M70-3 27:11; 44 Valerie Naylor Sutt In-A W60-2 27:18; 45 Dot Fellows C&S W60-3 27:18; 46 Tracey Halliday Wells W40-13 27:24; 47 Vicky Talbot-Invicta W45-8 27:26; 48 Serena Blackburn Horsf W40-14 27:32; 49 Lou Lyness Barrow W55-3 27:37; 50 Eva Williams Mans W40-15 27:45; 51 Lorraine Dalglish Luton W50-6 27:51; 52 Ian William Barnes M70-4 27:57; 53 Sue Bridgen C of Bath W45-9 28:02; 54 Barbara Bly Hallam W50-7 28:10; 55 Wendy Ray Amber V W45-10 28:18; 56 Debra Harris NVH W40-16 28:28; 57 Dianne Priestley Kend W55-4 28:33; 58 Diana Braverman C&C W55-5 28:36; 59 Leonard Parrott Hav Mayes M70-5 28:37; 60 John Steed Herts Phoenix M70-6 28:40; 61 Bill Atkinson NVAC M70-7 28:49; 62 Marion St Kend W50-8 28:52; 63 Tina Green Mans W45 -11 28:59; 64 Janice Moorekii Invicta W45-12 29:01; 65 Jane Poole Amber V W45-13 29:19; 66 Julie Grainger Mans W40-17 29:25; 67 Janice Ashworth Hallam W50-9 29:32; 68 Harry

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George Franklin Wye Valley M70-8 29:45; 69 Kirsty Johnstone Barnet W45-14 29:59; **70 Eric Barber Torbay M70-9 30:10;** 71 Julie Potts Mans W50-10 30:12; 72 Susan Barnett C&C W55-6 30:13; **73 Bryan Rogers NVAC M70-10 30:27;** **74 Derek Howarth Leigh M75-1 30:58;** 75 Fayne Brenner Invicta W45-11 31:04; 76 Carol Hall Wolds Vets W50-11 31:19; 77 Kathleen Stewart NSP W65-1 31:36; **78 Brian Shave HHH M70-11 31:40;** **79 Donald Adie Dulw M80-1 31:42;** 80 Pamela Jones Ilford W70-1 31:46; 81 Carolyn Kevan Kendal W45-16 31:57; 82 Tracey Gibson Wolds Vets W40-18 32:03; 83 Denise Winfield Mans W50-12 32:05; 84 Heather Goodman Kendal W70-2 32:13; 85 Judy Potter Bungay W60-4 32:15; **86 Derek Thomas Cambridge H M75-2 32:22;** 87 Mary Holmes C&C W70-3 32:50; 88 Ann Roberts Donc W45-17 32:57; **89 Brian L Bowering Orion M70-12 33:04;** 90 Gillian Thompson Barrow W65-2 33:50; 91 Elaine Greaves Mans W50-13 34:00; **92 Jim Metcalfe VAC M75-3 34:12;** 93 Betty Jefferson Barrow W55-7 34:32; **94 Ken Wright Rolls Royce M70-13 35:42;** **95 Peter Chaplin EVAC M75-4 36:00;** **96 482 Barrie Emmerson Veteran AA-NE M75-5 36:30;** **97 Bill Rigby Donc M70-14 36:58;** **98 Alan Hughes EVAC M75-6 39:30;** 99 Josie Revell Wolds Vets W60-5 44:46;

TEAMS:

W35-44- 1 Horwich RMI Harriers & AC 1:10:46 (Angela Allen 22.49, Lisa Heyes 23.51, Janet Rashleigh 24.06); **2 Mansfield Harriers & A.C. 1:26:09** (Eva Williams 27.45, Julie Grainger 29.25, Tina Green 28.59); **3 Wolds Veterans R.C. 1:48:08** (Tracey Gibson 32.03, Carol Hall 31.19, Josie Revell 44.46);

W45-54: 1 Invicta East Kent A.C. 1:27:31 (Janice Moorekite 29.01, Vicky Talbot-Rosner 27.26, Fayne Brenner 31.04); **2 Kendal AAC 1:29:22** (Carolyn Kevan 31.57, Marion Smith 28.52, Dianne Priestley 28.33); **3 Mansfield Harriers & A.C. 1:36:17** (Denise Whitfield 32.05, Julie Potts 30.12, Elaine Greaves 34.00);

W55+ Team: 1 Cambridge & Coleridge A.C.1.31.39 (Diana Braverman 28.36, Susan Barnett 30.13, Mary Holmes 32.50); **2 Barrow & Furness St. A. C. 1.35.59** (Lou Lyness 27.37, Betty Jefferson 34.32, Gillian Thompson 33.50);

Men 35-69 8km

1 Barry Royden Med & M M40-1 25:59; 2 Brian Rushworth Sun M40-2 26:16; 3 Mark Croasdale Lanc & M M40-3 26:18; 4 Bashir Hussain Stock M40-4 26:37; 5 David Benton Rane M40-5 26:38; 6 Kenneth Chapman M40-6 26:41; 7 Ian Furness D&S M45-1 26:44; 8 Alan Smith Redhill M40-7 26:48; 9 Tim Field Sun M40-8 26:51; 10 Martin Broadhead Hallam M40-9 27:04; 11 Phil Leybourne Sal M40-10 27:14; 12 Thomas Doughty Sund M40-11 27:21; 13 Mark Hargreaves Bourne M45-2 27:28; 14 Peter Smith N Belfast M40-12 27:29; 15 Carl Plumpton Ports M40-13 27:30; 16 Robert Palmer Luton M35-1 27:32; 17 Paul Bleach Ports M40-14 27:33; 18 James Jackson Salf M40-15 27:35; 19 Gregory Wilson Tel M50-1 27:38; 20 Andrew Wetherill Redhill M45-3 27:40; 21 Paul Blaney N Belfast M35-2 27- 44; 22 Stuart Maycock Hallam M35-3 27- 51; 23 Paul Spowage Colchester M40-16 27- 52; 24 Mark Aspinall C Le Moors M45-4 27- 53; 25 Richard Drage Tavistock M45-5 27- 59; 26 Paul Rogers Tip M40-17 28-01; 27 Alex Hope Severn M40-18 28-04; 28 John Duncan MMAC M50-2 28-06; 29 Scott Mitchell Leeds M35-4 28-08; 30 Paul Muller Horw M50-3 28-09; 31 Eric Southam Highgate M45-6 28-13; 32 Malcolm Eustace Tip M45-7 28-18; 33 Mark Cursons Harrow M45-8 28-21; 34 Micheal Jagger Lincoln W M35-5 28-22; 35 Simon Riley Leamington M40-19 28-24; 36 John Cox Hallamshire Harriers M45-10 28-25; 37 Shaun Marsden Hallam M35-6 28-29; 38 Matt Shields N Belfast M50-4 28-31; 39 Chris McQuillen-Wright Newquay M35-7 28-33; 40 Andy Normandale Nestle M50-5 28-33; 41 Anthony Harren HHH M45-11 28-35; 42 Paul Merrison Sund M45-12 28-39; 43 Darren Hodgkinson Mans M40-19 28-45; 44 Stanley Owen NVH M50-6 28-48; 45 Stuart Still Luton M35-8 28-52; 46 Ronald McWilliam Birch M35-9 28-53; 47 John Knibb Derby M40-20 28-54; 48 Alex Rowe Wesham M45-13 28-55; 49 Sean Beard NVH M40-21 28-58; 50 Stephen Jennings Notts M45-14 28-59; 51 Mark Yates Redhill M40-22 29-02; 52 Raymond Marriott SLH M50-7 29-03; 53 Andrew Welshman London Heathside M40-23 29-04; 54 Andrew Goodair Askern M35-10 29-07; 55 Mick Lane Metro Police M45-15 29-08; 56 Nathan Bishop Severn M40-24 29-12; 57 Martin Farran Leeds M45-16 29-14; 58 Peter Stafford Mans M45-17 29-15; 59 Kevin Francis Shrews M40-25 29-17; 60 Brian Green Oxford M50-8 29-19; 61 Brendan Dunigan North Belfast M40-26 29-23; 62 Chris Pedder Newburgh M50-9 29-27; 63 Paul Simons Salford M40-27 29-28; 64 John Farquharson Mansfield M45-18 29-29; 65 Paul Birkett Salford M40-28 29-34; 66 Derrick Donahy N Belfast M50-10 29-37; 67 Richard Holland Woodford Green M45-19 29-39; 68 David Brady N Belfast M40-29 29-42; 69 Richard Grant Oxford M50-11 29-43; 70 George Harden Sunderland M45-20 29-44; 71 Nigel Rowe Metro Police M40-30 29-45; 72 Geoff Lowry Amber Valley M40-31 29-46; 73 Stephen Davies Mansfield M45-21 29-48; 74 Marcus Gobar Ranelagh M45-22 29-51; 75 Javier Pes Highgate M40-32 29-51; 76 Darren Bradley Ron Hill Cambuslang M40-33 29-55; 77 Andy Bickerstaff Ranelagh M45-23 29-56; 78 Simon Riley Leamington M45-24 29-59; 79 David Wilcock Barnet M50-12 30-00; 80 Richie Richards Wye M40-34 30-05; 81 Kevin Hesketh Preston M50-13 30-06; 82 Nick Sutton-In-Ashfield M45-25 30-06; 83 John Robertson Derby M40-35 30-07; 84 Mark Jenkins Mansfield M35-11 30-09; 85 John Wilkins Invicta M55-1 30-10; 86 Mark Bollom Shrewsbury M35-12 30-11; 87 Dickie Wythe Wells M50-14 30-12; 88 Stephen Smythe Dulwich M45-26 30-13; 89 Kevin Spare

Derby M50-15 30-14; 90 Mike Levery Sheffield RC M50-16 30-15; 91 Leslie Lock Wells M55-2 30-16; 92 Gary Perkins Scunthorpe M50-17 30-19; 93 Richard Elliott Kenilworth M55-3 30-20; 94 Desmond Micheal Barnet M55-4 30-26; 95 David Allen Albertville M45-27 30-27; 96 Chris Bailey Highgate M40-36 30-31; 97 Howard Gleave Ranelagh M50-18 30-33; 98 Nigel Cobb Redhill M40-37 30-34; 99 Karl Dines Willowfield M45-28 30-35; 100 Ray Stanier Tipton M50-19 30-35; 101 Kevin Archer Reigate M50-20 30-37; 102 John Exley Oxford M55-5 30-37; 103 Jim Newberry N Belfast M50-21 30-39; 104 Harry Matthews Elswick M60-1 30-40; 105 Paul Ross-Davies Invicta M55-6 30-44; 106 James Zapple Herne Hill M45-29 30-45; 107 David Nuttall Rotherham M45-30 30-47; 108 Ray Curran Ballymena M50-22 30-48; 109 Chris Owens Ranelagh M50-23 30-49; 110 Martyn McHale Redhill M40-38 30-51; 111 Tony Davies Aldershot M55-7 30-53; 112 Tony Cousins Barnet M55-8 30-58; 113 Keith McLellan Luton M50-24 31-00; 114 Andrew Nesom Nestle M40-39 31-04; 115 Alan Newman Medway M50-25 31-05; 116 John Patience N Belfast M45-31 31-07; 117 Sean Kinsey Severn M40-40 31-09; 118 Alan Grice Tipton M50-26 31-09; 119 Malcolm Renyard Hardley M60-2 31-10; 120 Philip Wallace Medway M55-9 31-16; 121 Steve Medhurst Nene Valley M40-41 31-17; 122 Dic Evans Cardiff M60-3 31-18; 123 Martin Flowers Wye Valley M50-27 31-19; 124 Andrew Kenchington Rowheath M40-42 31-20; 125 Tom Salway Nene Valley M55-10 31-21; 126 Graeme Riley Bristol M45-32 31-22; 127 Micheal Mann Dulwich M55-11 31-25; 128 Martin Cortvriend Denbigh M55-12 31-27; 129 Geoff Anderson Newbury M55-13 31-28; 130 Stanley Pascoe Redhill M50-27 31-30; 131 Micheal Shotbolt Bedford M50-28 31-31; 132 David Trickett Hallamshire M60-4 31-37; 133 Keith Brown S-In-Ashfield M45-33 31-40; 134 Rick Huntington Mansfield M50-29 31-42; 135 Phil Johnson Cleethorpes M50-30 31-46; 136 Robert Smith Mansfield M40-43 31-49; 137 Ian Kitching South London M55-14 31-51; 138 Chris Wakeman Shrewsbury M45-34 31-52; 139 Eric Ranicar Bolton M55-15 31-54; 140 Paul Woodyatt City of Norwich M45-35 31-56; 141 Kevin Brailsford Derby M55-16 31-59; 142 Graham Werrett Askern M50-31 32-00; 143 Mark Anslow Redhill M45-36 32-03; 144 Micheal Barnsdale Nene Valley M50-32 32-04; 145 Terry Ashmore Mansfield M50-33 32-05; 146 John Quaintance South London M55-17 32-07; 147 Geoff Eden Cheltenham M60-5 32-08; 148 James Shemilt Nestle M55-18 32-09; 149 William Allan Tadeaster M60-6 32-10; 150 Peter Banks Coventry M55-19 32-13; 151 Not Known NKERR 32-20; 152 Allan Matthews Oxford M55-20 32-22; 153 Guy Roper Norwich Road Runners M45-37 32-24; 154 Malcolm Dawes Telford M60-7 32-25; 155 Keith Bertie Askern M40-44 32-26; 156 Mick Smedley Derby M55-21 32-29; 157 Roy Treadwell Oxford M55-22 32-35; 158 Mark Attenborough Redhill M40-45 32-39; 159 Bob Chapman RNAC M60-8 32-42; 160 Andrew Marriott Amber Valley M40-46 32-47; 161 Stephen Couldwell Birchfield M55-23 32-49; 162 Ian Gower Saracens M40-47 32-51; 163 Robert Scott Mansfield M50-34 32-53; 164 Micheal Worthington Headington M60-9 32-54; 165 Paul Ballinger Denbigh M50-35 32-59; 166 Les Haynes Bingley M60-10 33-00; 167 Vincent Monk Tiptree M55-24 33-04; 168 Mick Moorhouse Matlock M55-25 33-07; 169 Derek Walker Watford M45-38 33-09; 170 Stewart McIntyre Reigate M55-26 33-10; 171 Mike Cunningham Manchester M60-11 33-11; 172 Graham Goodwin Askern M40-48 33-14; 173 Clive Russell Mansfield M55-27 33-16; 174 Gerry Bell Bingley M55-28 33-21; 175 Frederick Pidgeon Notts M50-36 33-25; 176 Steve James Southport M65-1 33-29; 177 Robert Statham Coventry M60-12 33-35; 178 Peter Dellar Dunstable M55-29 33-38; 179 Darren Venables Shrewsbury M35-13 33-41; 180 Geoff Newton Tadworth M60-13 33-47; 181 Andrew Lewis Shrewsbury M50-37 33-52; 182 Mark Chaplin Cambridge & Coleridge M45-39 33-53; 183 Bob Dover Bingley M60-14 33-59; 184 Micheal Mummery Nestle M50-38 34-01; 185 Frank Reddington Spenborough M55-30 4-04; 186 Andre Angus Watford M45-40 34-06; 187 Trevor Hiscox Mansfield M45-41 34-13; 188 Carl Murdoch Hallamshire M55-31 34-23; 189 Christopher Jones Sutton-In-Ashfield M55-32 34-29; 190 Paul Allen Halesowen M60-15 34-33; 191 William Roberts Albertville M50-39 34-35; 192 Robert Lands Bedford M45-42 34-36; 193 Martin Grimsdale Watford M50-40 34-40; 194 Clive Greyson Redhill M35-14 34-41; 195 Walter Ryder Morpeth M65-2 34-42; 196 Richard Piggott Amber M40-49 34-43; 197 Michael Davies Sutton-In-Ashfield M60-16 34-51; 198 Mick Robinson Rolls Royce M60-17 34-58; 199 Paul Barrett Colchester M45-43 34-59; 200 Rob Sargent EVAC M50-41 35-00; 201 Micheal Russell Bedford M55-33 35-06; 202 Nigel Kent Sheffield RC M50-42 35-09; 203 Terry Fox Hallamshire M60-18 35-12; 204 Garry Furniss M35-15 35-23; 205 Kenneth Buckle Cheltenham M65-3 35-26; 206 Peter Dancer Bedford M55-34 35-31; 207 Ken Allen Notts M60-19 35-33; 208 Bill Wade Holmfirth M65-4 35-35; 209 Ray Brigden City of Bath M60-20 35-37; 210 Fred Gibbs Bingley M65-5 35-37; 211 Micheal Johnson Thames M60-21 35-55; 212 Graham Parton Shrewsbury M40-50 35-57; 213 Alan Peers Spectrum M65-6 36-09; 214 Tony Smith Salford M40-51 36-10; 215 Duncan Rose Shrewsbury M50-43 36-13; 216 Micheal Theobald Hallamshire M60-22 36-15; 217 Chris Baldwin Denbigh M50-44 36-20; 218 David Toft Hardley M60-23 36-31; 219 Ken Jones Denbigh M55-35 36-40; 220 Adrian Lloyd Serpentine M55-36 36-46; 221 Matias Coombs Metro Police M50-45 36-51; 222 Bryan Timmons Sutton-In-Ashfield M60-24 36-53; 223 Micheal Parkins EVAC M65-7 36-58; 224 Mark Bywater Shrewsbury M40-52 37-00; 225 Julian Wood Mansfield M45-44 37-09; 226 Dave Jewell Hardley M60-25 37-41; 227 Christopher Ryan Retford M55-37 37-47; 228 Trevor Jolly Amber Valley M50-46 38-05; 229 Jack Hutchison Hardley M60-26 38-39; 230 Con Antoniou Barnet M65-8 38-49;

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231 David Ward Mansfield M45-45 39-28; 232 Gavin Kidman Sparkhill M65-9 39-39; 233 John Adams Birchfield M55-38 39-58; 234 Philip Bird Sutton-In-Ashfield M45-46 40-10; 235 Micheal Moakes Sutton-In-Ashfield M60-27 40-21; 236 George Lanson Manchester M65-10 40-32; 237 Tony Scales Shrewsbury M55-39 40-46; 238 Ian Toon Metro Police M35-16 41-05; 239 Terry Braverman EVAC M60-28 42-11; 240 Ronald Stewart North Shields Poly M65-11 42-32; 241 Micheal Butterly Derby M65-12 45-29; 242 David Wilye Derby. M45-47 51-10;

TEAMS:

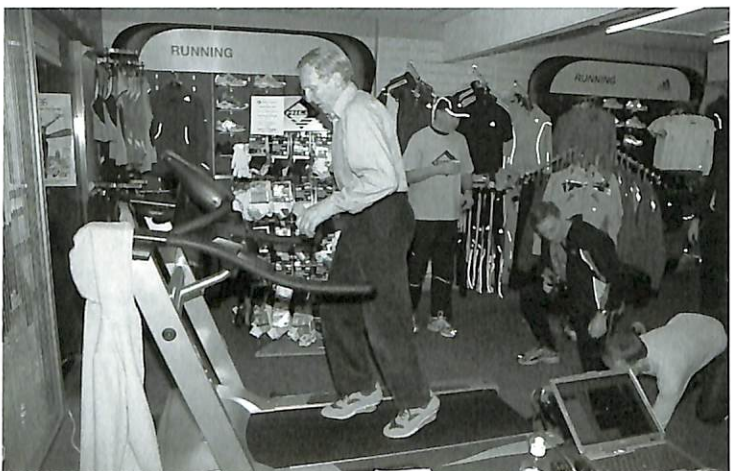
M35-39: 1 North Belfast Harriers (Peter Smith 27.29, Paul Blaney 27.44, Brendan Dunigan 29.23) 1.24.36; 2 Askern & District R.C. (Andrew Goodair 29.07, Graham Werrett 32.00, Keith Bertie 32.26) 1.33.33; 3 Shrewsbury A.C. (Mark Bollom 30.11, Chris Wakeman 31.52, Darren Venables 33.41) 1.35.44; **M40-49:** 1 Sunderland Harriers & A.C. (Brian Rushworth 26.16, Tim Field 26.51, Thomas Doughty 27.21, Paul Merrison 28.39) 1.49.07; 2 Salford Harriers A.C. (Phil Leybourne 27.14, James Jackson 27.35, Paul Simmons 29.28, Paul Birkett 29.34) 1.53.51; 3 Redhill Road Runners (Alan Smith 26.48, Andrew Wetherill 27.40, Mark Yates 29.02, Nigel Cobb 30.34) 1.54.04; 4 Ranelagh Harriers (David Benton 26.38, Marcus Gobar 29.51, Andy Bickerstaff 29.56, Howard Gleave 30.33) 1.56.58; 5 Tipton Harriers (Paul Rogers 28.01, Malcolm Eustace 28.18, Ray Stanier 30.35, Alan Grice 31.09) 1.58.03; 6 Sutton-in-Ashfield Harriers & A.C. (Nick Luke 30.06, Keith Brown 31.40, Christopher Jones 34.29, Philip Bird 40.10) 2.16.25; 7 Mansfield Harriers & A.C. (Darren Hodgkinson 28.45, Peter Stafford 29.15, John Farquharson 29.29, Steve Davies 29.48) 2.19.35; **M50-59:** 1 North Belfast Harriers (Matt Shields 28.31, Derrick Donaehy 29.37, Jim Newberry 30.39) 1.28.47; 2 Oxford City A.C. (Brian Green 29.19, Richard Grant 29.43, John Exley 30.37) 1.29.39; 3 Barnet & District A.C. (David Wilcock 30.00, Desmond Micheal 30.26, Tony Cousins 30.58) 1.31.24; 4 South London Harriers (Ray Marriot 29.03, Ian Kitching 31.51, John Quaintance 32.07) 1.33.01; 5 Derby A.C. (Kevin Spare 30.14, Kevin Brailsford 31.59, Mick Smedley 32.29) 1.34.42; 6 Mansfield Harriers & A.C. (Rick Huntingdon 31.42, Terry Ashmore 32.05, Robert Scott 32.53) 1.36.40; 7 Denbigh Harriers (Martin Cortvriend 31.27, Paul Ballinger 32.59, Chris Baldwin 36.20) 1.40.46; 8 Bedford & County A.C. (Micheal Shotbolt 31.31, Micheal Russell 35.06, Peter Dancer 35.31) 1.42.08; 9 Shrewsbury A.C. (Andrew Lewis 33.52, Duncan Rose 36.13, Tony Scales 40.46) 1.50.51; **M60-69:** 1 Bingley Harriers A.C. (Les Haynes 33.00, Bob Dover 33.59, Fred Gibbs 35.37) 1.42.36; 2 Hallamshire Harriers (David Trickett 31.37, Terry Fox 35.12, Micheal Theobald 36.15) 1.43.04; 3 Hardley Runners (Malcolm Reynard 31.10, David Toft 36.31, Dave Jewell 37.41) 1.45.22; 4 Sutton-in-Ashfield Harriers & A.C. (Michael Davis 34.51, Bryan Timmons 36.53, Micheal Moakes 40.21) 1.52.05;

All had a wonderful time and many great stories changed hands, Including Derek Ibbotson's World Record run.

He had worked in the morning, travelled to London eaten Fish and Chips in a doorway opposite the "White City". Following up with a World Mile Record in the evening, different to today's well funded athletes.



Derek Ibbotson with a picture from the White City



Bruce Tulloh warms up for the Indoor season.

GREAT'S AT BOURNE SPORTS

Bourne Sports recently invited Joe Public to meet some of the "All Time" great's of running, at his Stoke store.



from left-Ron Hill, Norman Thompson, Mel Batty, Bruce Tulloh, Roy Fowler and Derek Ibbotson.

John Bourne is at present convalescing following a hip operation, and the staff at Stoke are taking bets to see who can predict how early his return will be to the business.

Marathon Championships

This years Marathon Championships are being held in conjunction with the New Forest Marathon.

The closing date for entries is **30th June 2007** and earlier if the race limit is met. All potential entrants are advised to submit their entry without delay. We are unable to secure additional entries once the entry limit has been met.

10 mile Championships

The 10-mile championship will be held in conjunction with the Tadley 10 mile race on Sunday 14th October 2007.

Entry details will be on the BMAF website as soon as available.

Ray Lewis



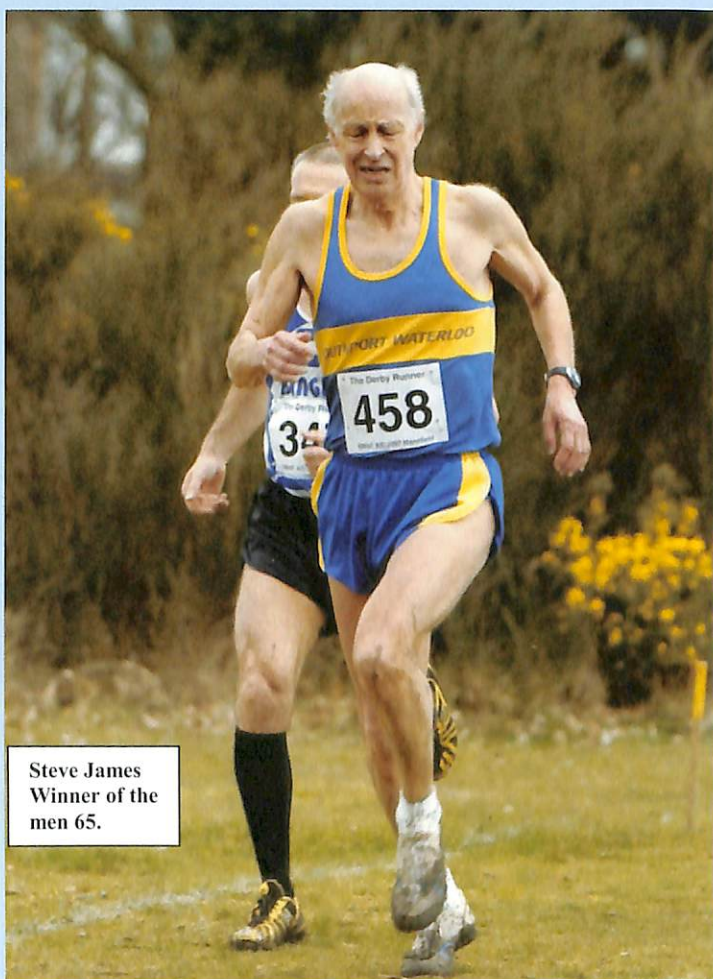
Barry Royden winner of the men's 8k race



Claire Woolis
Women's 6k Winner



Greg Wilson 1st M50 (279) with Andy Wetherill 3rd M45.



Steve James
Winner of the men 65.

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THE
EMERSON
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Georgia-Pacific



Horwich Carnival Races

Sports Spectacular

Sunday 24th June

20
07

from
10.30am to 5.00pm
around
Horwich Town Centre,
near Bolton



SWEATSHOP

- Carnival Parade, Fairground, Stalls and Attractions
- National Running and Race, Walking Championships
- National Ladies Cycling Championship
- Senior and Junior Cycling Races
- National Tricycle Championship Race
- Open 5K Running Race & 1 Mile Fun Run



RACE INFORMATION TEL: 01257 269814

www.horwichcarnivalraces.co.uk

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