



# **Masters** Summer 2007

## **Athletics** number 80

**The official Magazine of the British Masters Athletic Federation**

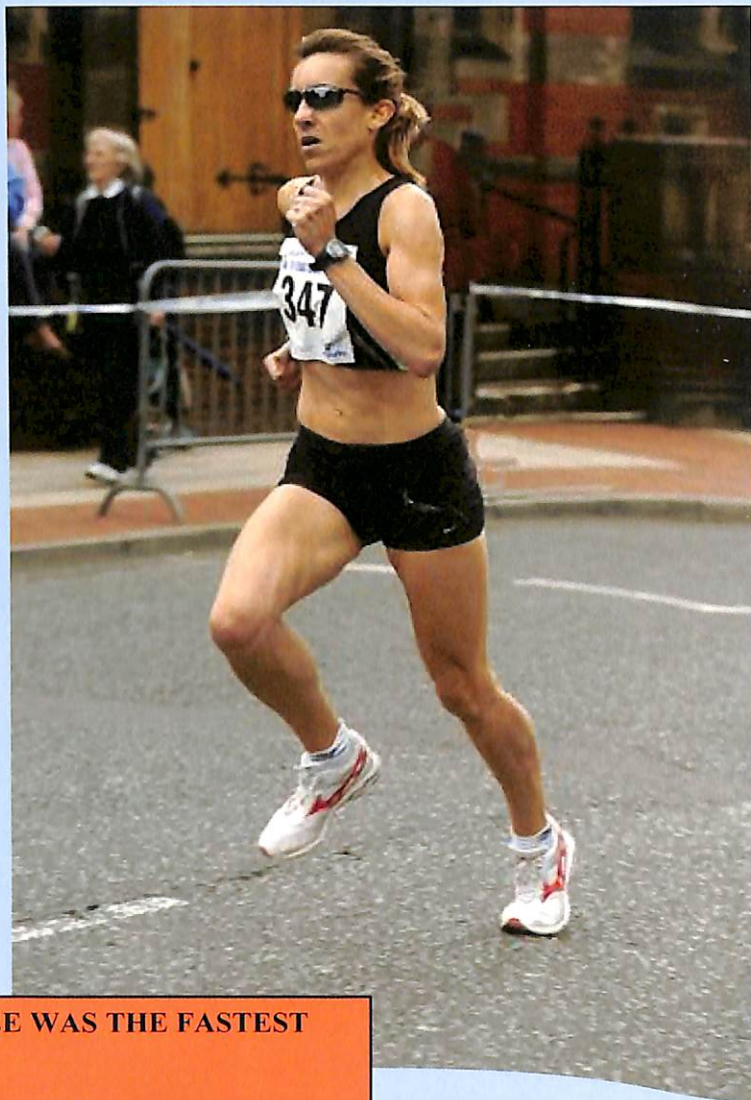


← CAROL WOLSTENHOLME SETS  
RECORD AT HORWICH

↑ BRISTOL STAR AT SUTTON PARK

↑↑ BRITISH PERFORM WELL IN  
REGENSBURG





↑ OWLS GORDON LEE WAS THE FASTEST MALE.

KAREN HAZLITT WAS FIRST WOMEN ↑  
PAST THE POST.

CAROL WOLSTENHOLME SET A NEW W60  
RECORD →

← LISA KEHLER WAS TOP WOMEN  
WALKER





# MASTERS ATHLETICS

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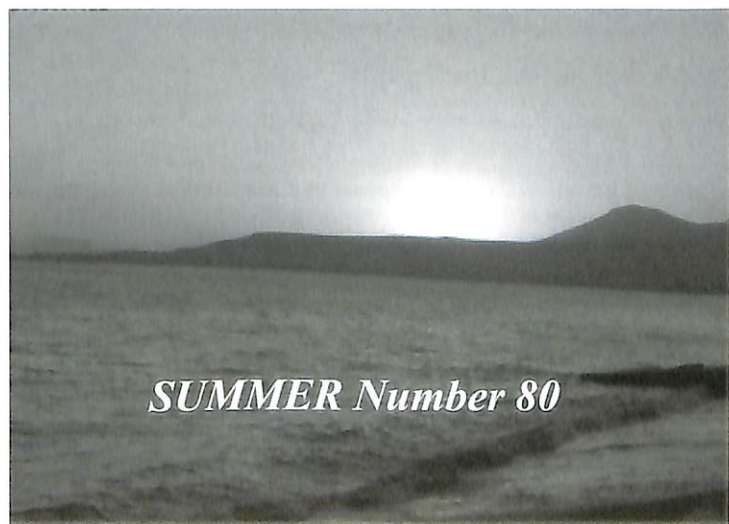
#### May-

£125 Chris Flint.

£10 James McMahon, Alistair Dunlop, Harold Piper,  
 Peter Hindmarsh, D Nutley.

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Our thanks go to: Nigel Wray, Allan Sowden,



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*The Emerson Group BMAF 5KThe Emerson Group  
 Horwich on Sunday 24th June 2007*

*Pete Mulholland of Running Fitness witnesses  
 masters' running at its best*

For the third successive year, Horwich RMI hosted these championships, and with numerous spectators lining the pavements, excellent facilities and a universally approved course, the event appears to have found its spiritual home.

Some of the 'big guns' from the British masters' road racing scene may have been absent but the quality shown here was still good enough to provide two world bests plus four of the fastest masters' 5km times in the country this year.

Pick of the performances must be Carol Wolstenholme's time of 19:27 which saw her run 38 seconds quicker than when winning the title here last year when setting the then world best time. "I knew I was quick," said Wolstenholme shortly afterwards, "but not that quick. "I was huffing and puffing towards the end and couldn't get any oxygen down me."

The second world best of the race was collected by M80 Steve Charlton with his time of 22:41 carving a massive 43 seconds from the previous mark of 23:24 held by Gordon Porteous. "I ran alright," said Charlton soon after adding to his world 10-mile and 5-mile bests, "but felt that I could have run better. What with injuries, I'm just running three miles steady every other day."

At the sharp end of the race a newcomer to the masters' scene introduced himself as Gordon Lee saw off the leading M35 runners, Paul Freary and Stewy Bell to be first across the line. Attaining M40 status on March 28, Lee came to the race on the back of a track 5,000m in 14:47.6 in May plus a 24:46 over 5-miles in February, so the signs were there. A 30:26.0 10,000m to place second in the Leicestershire Championships also added to a burgeoning CV.

"I felt quite easy at 3k," admitted Lee, "I thought I'd go for the win then and pushed up the pace to drop Paul (Freary)."

The women's overall winner and W40 champion was another new name in masters' championships circles as Karen Hazlitt clocked 16min 53sec, not only for a clear win but also to head the British UK W40 rankings for this year by a wide margin. "I was behind Sharon (Orridge) in fourth place for the first lap," admitted Hazlitt, "and I felt comfortable and took off." Hazlitt, who placed 15<sup>th</sup> in the senior 'National' cross-country championships for the winning Winchester team, is a relative



## **MASTERS ATHLETICS SUMMER 2007**

newcomer to the sport only having begun running five years ago when completing a local 10k. "It was a real struggle and I finished in 57 minutes," she admitted.

Last year, Fiona Matheson was the outright race winner in claiming her W45 title, but although successfully defending that title she had to settle for fifth place overall this time around. "I still have the marathon in my legs," Matheson admitted later referring to the recent Edinburgh event which she won in 2:54:48. However, her time here of 17:47 was a mere second slower than last year as she finds herself nicely at the top of the leader board in the 2007 UK W45 listings.

Other 2007 leaders after their respective category wins were M60 Gareth Jones and M65 Steve James.

Together with W35 Rachel Jones and W65 Brenda Jones (no relations), Gareth, third last year, made it a hat-trick of wins for the family name and admitted to using his favourite tactic to secure victory in 17:44. "I just started steady and went from there."

James, who last year had to settle for second in 19:07 after a race long battle with Les Presland had British 3000m record holder John Batchelor to contend with this year, but he led throughout to cross the line in 18:48, eight seconds clear of Batchelor.

### **BMAF 5k - Men -- FINAL RESULTS**

1 Gordon Lee M40- 1 Leicester Owls 15:15; 2 Paul Freary M35-1 Belgrave Harriers 15:25; 3 Stewy Bell M35-2 Chester-Le-Street 15:29; 4 Paul Ward M40-2 Telford AC 15:34; 5 Daniel Moore M45-1 Bristol & West 15:37; 6 Martin Broadhead M40- 3 Hallamshire Harriers 15:38; 7 Stephen Male M40- 4 Oxford City AC 15:39; 8 Colin Rigby M35-3 Horwich Rmi Harriers 15:50; 9 Gregory Seddon M40- 5 Blackpool Wyre & Fylde AC 15:51; 10 Henryk Piotrowski M40-6 Tipton Harriers 15:52; 11 Iain Twaddle M35-4 North Shields Poly AC 15:58; 12 Robert Sheen M45- 2 Leicester Corinthians AC 15:59; 13 Douglas Ross M40- 7 Mansfield Harriers 16:05; 14 Andrew Hussey M40- 8 Cheltenham Harriers 16:05; 15 Paul Sankey M35-5 Liverpool RC 16:08; 16 Paul Rogers M40- 9 Tipton Harriers 16:10; 17 Joey Parkinson M40- 10 Liverpool Harriers & AC 16:13; 18 Alex Rowe M50- 1 Wesham Rr 16:14; 19 Les Ball M40-11 Lincoln Wellington 16:17; 20 Aaron Keene M40-12 Tipton Harriers 16:18; 21 Brian Green M50-2 Oxford City AC 16:19; 22 Andy Gibbs M45- 3 Vale Royal Ac 16:21; 23 Andrew Goodair M35-6 Askern District RC 16:22; 24 Gregory Wilson M50- 3 Telford AC 16:27; 25 Mark Aspinall M45- 4 Clayton-Le-Moors 16:33; 26 Andrew Magnall M45- 5 Shaftesbury Barnet Harriers 16:34; 27 John Lisiewicz M40-13 Oxford City AC 16:36; 28 Alan Campbell M50- 4 Blackheath & Bromley 16:37; 29 Barry Brock M40-14 Clayton-Le-Moors 16:38; 30 Martin Farran M45-6 Leeds City AC 16:39; 31 Julian Richardson M40-15 Oxford City AC 16:42; 32 Geran Hughes M40-16 Abergele Harriers 16:44; 33 Malcolm Eustace M45-7 Tipton Harriers 16:45; 34 Trevor Dixon M45-8 Oxford City AC 16:46; 35 Andy Normandale M50-5 York Acorn RC 16:48; 36 Antony Rowlands M35-7 Horwich Rmi Harriers 16:49; 37 Ian Selby M40-17 Horwich Rmi Harriers 16:52; 38 Carl Price M50-6 Swinton RC 16:55; 39 Dave Carrington M50-7 Altrincham 16:56; 40 Stan Owen M50-8 Nene Valley Harriers 16:57; 41 Richard Grant M50-9 Oxford City AC 16:58; 42 Graham Ratcliffe M50-10 Wirral AC 17:01; 43 Dave Talbot M45-9 Telford AC 17:02; 44 Paul Birkett M40-18 Salford Harriers & AC 17:04; 45 Chris Henry M50-11 Wirral AC 17:06; 46 David Oxland M55-1 Notts AC 17:07; 47 Desmond Michael M55-2 Barnet & District AC 17:09; 48 Ken Moss M55-3 Northern Vets 17:10; 49 Kevin Hesketh M50-12 Preston Harriers 17:15; 50 Leslie Lock M55- 4 Wells City Harriers 17:16; 51 Russell Parkin M40-19 Derby AC 17:17; 52 Keith McLellan M50-13 Luton AC 17:18; 53 David Southern M50-14 Altrincham & District AC 17:19; 54 Peter Kilgallon M50-15 Wirral AC 17:20; 55 Tony Walker M45-10 Clayton-Le-Moors 17:21; 56 John Chaplin M50-16 Chorley Harriers 17:23; 57 Maurice Collins M40-20 Liverpool Running Club 17:29; 58 Gary Rowlinson M40-21 Sale Harriers Manchester 17:31; 59 Eryl Husband M45-11 Lancaster & Morecambe AC 17:34; 60 Des Martin M55-5 North Belfast Harriers 17:35; 61 John Ewart M50-17 Holmfirth Harriers 17:36; 62 John Exley M55-6 Oxford City AC 17:40; 63 Darren Bradley M40-22 Ron Hill Cambuslang 17:41; 64 Tony Davoy M50-18 Wirral AC 17:42; 65 Gareth Jones M60-1 Oxford City AC 17:44; 66 Michael Wakefield M55-7 Salford Harriers & AC 17:44; 67 Peter Pickwell M55-8 Altrincham & District AC 17:45; 68 Anthony McDavitt M55-9 Wirral AC 17:50; 69 Philip Teece M45-12 Billingham Marsh House Harrier 17:51; 70 Andrew Duffy M45-13 Burnden Rr 17:52; 71 Mike Levery M50-19 Sheffield RC 17:55; 72 Phil Bailey M55-10 Liverpool RC 17:56; 73 Tony Davies M55-11 Aldershot Farnham & District 18:02; 74 Evan Cook M55-12 Blackburn Harriers & AC 18:08; 75 Kristian Robinson M35-8 Rochdale Harriers & AC 18:10; 76 Geoff Cumber M50-2 Halifax Harriers 18:13; 77 James Zaple M45-14 Herne Hill Harriers 18:18; 78 Alan Hudson M55-13 Wesham Rr 18:19; 79 Chris Lomax M35-9 Swinton RC 18:23; 80 Gary Wilson M40-23 Preston Harriers 18:25; 81 Robert Young M60-3 Clydesdale Harriers 18:41; 82 William Taylor M50-20 Nene Valley Harriers 18:43; 83 Mike Cunningham M60-4 Manchester Harriers 18:44; 84 Philip

Walsh M50-21 Preston Harriers 18:45; 85 Colin Laidlaw M50-22 Lytham St Annes Rr 18:46; 86 William Allan M60-5 Tadcaster Harriers 18:47; 87 Steve James M65-1 Southport Waterloo AC 18:48; 88 Les Haynes M60-6 Bingley Harriers 18:52; 89 Gordon Orme M60-7 Midland Masters 18:53; 90 Alan Newman M50 -23 Medway And Maidstone AC 18:53; 91 Pete Cartwright M60- 8 Clydesdale Harriers 18:54; 92 John Batchelor M65- 2 Ilford AC 18:57; 93 Brian Campbell M60- 9 Clydesdale Harriers 19:03; 94 Steven Green M55- 14 Wolds Veteran RC 19:06; 95 Jim Munro M60- 10 Redhill Rr 19:10; 96 Mike Smith M60- 11 Bingley Harriers 19:17; 97 Bob Dover M60- 12 Bingley 19:20; 98 Jeff Norman M60- 13 Altrincham & District AC 19:23; 99 Jim Robson M55- 15 Rrc 19:25; 100 Paul Freeman M40- 24 Wolds Veteran RC 19:27; 101 Mark Chaplin M45- 15 Cambridge & Coleridge AC 19:43; 102 Neil Robson M60-14 Bingley Harriers & AC 19:45; 103 Timothy Rainey M40- 25 Sale Harriers Manchester 19:47; 104 Paul Allen M60- 15 Halesowen 19:56; 105 Chris Brierley M45- 16 Northern Vets 19:56; 106 John Firth M65- 3 Bingley Harriers 19:57; 107 Brian Cook M55- 16 Chester-Le-Street 19:58; 108 Roderick Graham M45- 17 Rossendale 19:59; 109 Stephen Burrows M40- 26 Kendal AAC 20:01; 110 George Black M65- 4 Valley Striders 20:05; 111 Ray Smith M60- 16 Wigan Phoenix 20:06; 112 John Lavelle M45- 18 Rossendale 20:08; 113 Fred Gibbs M65- 5 Bingley Harriers & AC 20:09; 114 Alan Rich M55- 17 Walthamstow AC 20:12; 115 John Perratt M70- 1 Exmouth Harriers 20:15; 116 David Proffitt M50- 24 Newport Harriers 20:17; 117 David Spencer M65- 6 Barrow & Furness Striders 20:25; 118 Andy Davidson M50- 25 South London Harriers 20:30; 119 Reg Black M60- 17 Barnet & District AC 20:50; 120 Adam Peers M65- 7 Spectrum Striders 21:05; 121 Edmond Simpson M70- 2 Folkestone Running Club 21:09; 122 Christopher M55- 18 Retford AC 21:10; 123 David Smout M55- 19 Abertillery Achilles AC 21:12; 124 Ernie Bradshaw M60- 18 Dereham Runners AC 21:14; 125 George Parrington M60- 19 Lancaster & Morecambe AC 21:17; 126 David Barber M65- 8 Bingley Harriers 21:22; 127 Ian Tarvit M55- 20 Vale Of Aylesbury 21:32; 128 Peter Morgan M65- 9 Folkestone Running Club 21:38; 129 Dennis Williams M60- 20 Hercules Wimbledon AC 21:51; 130 Ian Barnes M70- 3 Darlington Harriers & AC 21:56; 131 Brian Worthington M50 -26 Birchfield Harriers 22:16; 132 Gordon Booth M75- 1 Longwood Harriers 22:24; 133 Stephen Charlton M80- 1 Veterans AC 22:41; 134 Peter Dibb M70- 4 Longwood Harriers 23:03; 135 Peter Wilkinson M60- 21 Skipton AC 23:04; 136 Bryan Rogers M70- 5 Northern Vets 23:09; 137 Peter Edwards M70- 6 Northern Vets 23:17; 138 Iain Fortune M60- 22 Spectrum Striders 23:27; 139 Ian Isherwood M50- 27 Hercules Wimbledon AC 23:30; 140 Derek Howarth M75- 2 Leigh Harriers & AC 23:33; 141 William Davies M75- 3 Winchester & District AC 23:53; 142 David Baron M70- 7 Northern Vets 24:37; 143 Brian Bowering M70- 8 Orion Harriers 25:19; 144 Ian Hobbs M50- 28 Sale Harriers Manchester 25:27; 145 Kevin Dillon M50- 29 Manchester Harriers 25:34; 146 James Rhodes M65- 10 Northern Vets 26:16; 147 Darren Gibson M45- 19 Wolds Veteran RC 26:22; 148 Lance Ellis M60- 23 Unattached 26:55; 149 Ian Brown M60- 24 Stockport Harriers 27:10; 150 David Potter M60- 25 Bungay Black Dog RC 27:19; 151 John Coope M70- 9 Horwich Rmi Harriers 27:25; 152 Barrie Emmerson M75- 4 Billingham Marsh House Harrier 27:37; 153 Peter Chaplin M75- 5 Emmerson Vets 28:18; 154 Ron Franklin M75 -6 Barnet & District AC 28:51; 155 James Caddy M80- 2 Middlesbrough & Cleveland 32:00; 156 Arthur Walsham M75- 7 Salford Harriers 32:11;

### **TEAM RESULTS**

NOTE: Unattached and non-counters are DELETED before teams are calculated

**M40: 1 Tipton Harriers 55** ( Henryk Piotrowski , Paul Rogers , Aaron Keene , Malcolm Eustace ); **2 Oxford City AC 68** ( Stephen Male ,John Lisiewicz ,Julian Richardson ,Trevor Dixon );

**M50: 1 Oxford City AC 34** ( Brian Green , Richard Grant ,John Exley ); **2 Wirral AC 40** ( Graham Ratcliffe , Chris Henry ,Peter Kilgallon);

**M60: 1 Clydesdale Harriers 23** ( Robert Young ,Pete Cartwright ,Brian Campbell );

**2 Bingley Harriers 38** ( Les Haynes ,Mike Smith , John Firth );

**M70: 1 NVAC 26** ( Bryan Rogers , Peter Edwards , David Baron );

### **BMAF 5k - Women -- FINAL RESULTS**

1 Karen Hazlitt W40 -1 Winchester & District AC 16:53; 2 Rachel Jones W35 -1 Salford Harriers 17:22; 3 Susan Finch W40 -2 City Of Glasgow 17:25; 4 Caroline Betmead W35- 2 Blackpool Wyre & Fylde 17:39; 5 Sharon Orridge W40- 3 Long Eaton 17:43; 6 Fiona Matheson W45- 1 Falkirk Victoria Harriers 17:47; 7 Jane Wassell W40- 4 Cirencester AC 17:58; 8 Clare McKittrick W35- 3 Charnwood AC 18:15; 9 Kath Farquhar W35- 4 Holmfirth Harriers 18:21; 10 Sue Beconsall W45- 2 Bingley Harriers 18:26; 11 Bev Jenkins W35- 5 Salford Harriers 18:30; 12 Nicola Gomm W45 3 Witney Rr 18:37; 13 Julie Wilson W35- 6 Hallamshire Harriers 18:42; 14 Sarah Cumber W35- 7 Halifax Harriers 18:54; 15 Philippa Walsh W45- 4 Preston Harriers 18:54; 16 Yvonne Wyke W35- 8 Wigan Phoenix 19:03; 17 Christine Howard W35- 9 Matlock AC 19:10; 18 Lynn Emmett W35 -10 City Of Norwich AC 19:20; 19 Kerry WoodDoyle W40- 5 Stockport Harriers 19:23; 20 Carol Wolstenholme W60 -1 Hallamshire Harriers 19:27; 21 Julia Johnson W40- 6 Holmfirth Harriers 19:45; 22 Anna Kelly W45- 5 Clayton Le Moors Harriers 19:47; 23 Janet Hindley W40- 7 Rotherham Harriers 20:02; 24 Linda Marson W45 -6 Nene Valley Harriers 20:03; 25 Marian Hesketh W50- 1 Preston Harriers 20:43; 26 Vicky Barrett W40- 8 Stockport Harriers 20:44; 27 Jane Morley W55- 1 Hull Achilles AC 20:45; 28 Lesley Ewart W50- 2 Holmfirth Harriers 20:49; 29 Gillian Taylor W50- 3 Rotherham Harriers 21:01; 30 Chris Rollason W55- 2 Cannock & Staffs 21:11; 31 Gwyneth Hueter W50- 4 Oxford City AC 21:13; 32 Davina Raidy W35- 11 Rossendale Harriers 21:16;



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33 Paula Fisher W45- 7 Rotherham Harriers 21:21; 34 Lorraine Daghish W50- 5 Luton AC 21:23; 35 Lynne Marr W45- 8 Springburn Harriers 21:29; 36 Sue James W55- 3 Paddock Wood AC 21:37; 37 Clare Hawkes W45- 9 Wirral AC 21:40; 38 Karen Faloon W55- 4 Barnet & District AC 22:00; 39 Denise Wakefield W50- 6 Horwich Rmi Harriers 22:07; 40 Dianne Priestley W55- 5 Kendal AAC 22:29; 41 Pauline Rich W60- 2 Serpentine RC 22:42; 42 Paula Parkin W40- 9 Derby AC 22:45; 43 June Johnson W60- 3 Sevenoaks AC 22:48; 44 Tracey Gibson W40- 10 Wolds Veteran RC 23:10; 45 Nicole Kirkham W50- 7 Horwich Rmi Harriers 23:37; 46 Susan Barnett W55- 6 Cambridge & Coleridge AC 23:38; 47 Anne Fortune W50- 8 Spectrum Striders 23:44; 48 Debbie Beresford W40- 11 Manchester Harriers 24:03; 49 Carol Hall W50- 9 Wolds Veteran RC 24:07; 50 Denise Winfield W50- 10 Mansfield Harriers AC 24:29; 51 Judy Potter W60- 4 Bungay Black Dog RC 24:33; 52 Brenda Jones W65- 1 Bro Dysynni AC 24:43; 53 Brenda Robinson W60- 5 Rochdale Harriers & AC 25:16; 54 Heather Goodman W70- 1 Kendal AAC 25:35; 55 Dilys Stockton W35- 12 Wolverhampton & Bilston AC 26:11; 56 Lola Smal W70- 2 Horwich Rmi Harriers 32:38; 57 Sheila Symonds W70- 3 Bro Dysynni AC 35:12; 58 Alison Doyle W55- 7 Northern Vets 38:53;

### 5k ROAD WALK

#### Women:

1 L Kehler W40-1 W&B 23:43; 2 A Wheeler W50-1 Nun 28:48; 3 J Bellfield W35-1 Hales 31:04; 4 H Fairhurst W40-2 Lanes WC 31:17; 5 F Bishop W45-1 Wok 31:38; 6 A Irving W50-2 Houghton 32:16; 7 P Evans W55-1 Lanes WC 33:17; 8 S Rey W45-2 Leics 34:45;

#### Men

1 M Williams W40-1 Tam 22:19; 2 R Dunn M50-1 Leics 27:07; 3 G Smith M50-2 Lanes 27:15; 4 A Malone M50-3 Yorks CIU 27:19; 5 S McMullin M60-1 IRL 28:16; 6 E Shillabeer Lon Vid M65-1 28:37; 7 D Evans Lanes WC M60-2 29:02; 8 M Wall Leics M50-4 29:50; 9 G Jones Cov M60-3 30:17; 10 J Grayson M60-4 York CIU 30:28; 11 J Ireland Lanes WC M70-1 31:08; 12 J Munn Chor M70-2 31:29; 13 P Stapleford Leic M70-3 32:37; 14 P Howard C&C M60-5 32:55; 15 R Wallwork Enf M65-2 33:14; 16 J Payn Lanes WC M70-4 33:30; 17 F Dawson Lanes WC M70-5 34:12; 18 M Haugue York M70-6 35:50; 19 H De Silva IOM M70-7 36:26; 20 E Grocock Sheff M80-1 37:37; 21 R Francis M70 39:43; **One disqualification.**

#### Team:

Men: 1 Lancashire WC 87:25; 2 Leicester WC 89:34;

## BRIDGET CUSHEN SECRETARY'S REPORT

Our Annual General Meeting will be held on Saturday 28 July at 18.30 in the Alexander Stadium. All our club members are welcomed to attend and you are entitled to vote. Please make an effort to come along as it affords you the opportunity to meet your elected Officers and to air your views.

The 2005 AGM engendered lively discussion on the ramifications the lowering of the men's starting age to 35 might have should a proposal to change Rule 141.4 on the Agenda for the IAAF Congress the following month, be carried. It was, by 89 votes to 77. Our AGM agreed that we leave the existing age groups as they stood and add a new category for men 35-39, along with an amendment to review after 2 years. This new age group has been a phenomenal success domestically and internationally. Our relays are in 10-year age groups, currently we have our distaff members running W35-44 but the men run M35-39, M40-49.

The Midlands Masters AC, organisers of our road relays, are tabling a Paper for discussion as follows:

"With the introduction of M35 categories to Team events on the road and for cross country it has become necessary to re examine the breakdown of the age groups. It is therefore proposed to bring the Men's and Women's team age categories into line thus:

- |            |          |
|------------|----------|
| ➤ M35 - 44 | W35 - 44 |
| ➤ M45 - 54 | W45 - 54 |
| ➤ M55 - 64 | W55 - 64 |
| ➤ M65 - 74 | W65 +    |
| ➤ M75 +    |          |

**It is recommended that these changes be implemented in 2008."**

The MMAC will be circulating all road relays participating clubs to ascertain their views with a 31 October deadline for returning completed referendum forms. The 2008 road and cross-country team categories will thus be determined. Nonetheless, let's hear your views on 28 July.

### Other BMAF news

In April our President fronted a Presentation to a Seminar in London at which various Charities and non-funded organisations had an opportunity to meet potential sponsors. Despite all our efforts it did not on this occasion bear fruit, but our ethos and international successes did make a favourable impression on some of industry's movers and shakers.

Our Vice-President, Tony Bowman, has suggested that we hold a Disco on the Friday night before our Track & Field Championships. It has also been suggested to me that we should hold a Get Together Party for the British Team at the World and European championships. Team Manager Maurice Doogan did this in Poznan but fewer than 20 people turned up. Perhaps some competitors may have already gone home or went sightseeing. Let's have some lively debate in the letters page of MA on the viability of some social gathering before or during our 2-day Track & Field Championships. The disco at the conclusion of the British & Irish International cross-country is always very popular with the competitors.

**Anthony Treacher**, Date of Birth 17/05/39 SCVAC, an M65 sprinter, was suspended for 12 months from 16 January 2007 until 16 January 2008 for serious infringements of Rules for Competition 1(k), 22(3). It has been brought to our attention that he has been trying to enter competitions under his Swedish club. He may now face further disciplinary measures.

We would draw your attention to UKA Rule 1(3) **Ineligible to Compete.**

## Mary Gartrell 1936-2007





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Mary Gartrell was a member of both Wrexham A.C. and the Northern Veterans A.C.; she was born on the 22<sup>nd</sup> July 1936 and sadly died on the 17<sup>th</sup> April this year.

Mary started running at the age of 45, following a background of cycle touring, and quickly discovered she had a talent for

She represented Wales in the International Cross Country from its onset in 1989.

She lost her battle with cancer this April, and over 150 friends and fellow athletes attended the funeral

She leaves her husband Geoff, daughters Karen and Leesa and two granddaughters Zoe and Leah.

**Geoff**



**L**isa Kehler representing Great Britain against some of the Words best, set a new European W40 record in the 20k Walk during the European Race Walking Cup at Leamington Spa.

Her time of 1 hour 41 was two and half minutes faster than the previous record of 1h 43.36 set by Sweden's Siw Ibbanez

### **Brendon James Deary 12<sup>th</sup> January 1936-1<sup>st</sup> May 2007**

Brendon was born in Liverpool and epitomised the scouser-independent in thought and deed, a unique sense of humour and sharp witty report, but above all a passion for life.

His Professional career took him to London, Northern Ireland, Bedford, Leicester and Coventry. He ran for many Athletic Clubs; however it was with OWLS AC that he set many masters road records that remain unbroken 21 years later.

He gained All-Ireland International status, and ran in the 1965 International Championships in Ostend.

His proudest achievement came in a three month spell in 1964, when he beat many of Britain's best, including Olympians Brian Kilby, Maurice Herriott and former World Mile record holder Derek Ibbotson.

Brendon was not just a competitor but was a member of his Club committee, delegate to Leicestershire & Rutland AAA and the County Road Running League.

When in Northern Ireland he became Irish correspondent to "Athletics Weekly", and was awarded a plaque for services to Northern Ireland Athletics. He was co-author of "Today's Athlete essential reading for those in the sport in the 1970's.

His last race was in the Gateshead World Masters Championships when he finished 78<sup>th</sup> in the Cross Country after 50 years in the sport he loved.

Jackie Charles writes to say we missed her British Records in Helsinki they were W65 60 hurdles 12.43 in her Pentathlon race. Her score in the Pentathlon was also a record of 3731 points.



**Gold Medallists from Helsinki Val Parsons, Joan Howe, Helen Godsell and Nancy Hitchmough.**





**Dorothy Fraser, Helen Godsell, Averil McClelland, Val Parsons & Esther Linaker all won 200 metre Gold's.**

Sylvester Stein our first President and an ex-Chairman appeared on Channel four on the 11<sup>th</sup> June. The programme dealt with people working beyond normal retirement age.

Edmond Simpson writes to explain that all road rankings for Masters with the exception of the Half Marathon (Martin Duff), can now be found on [www.Athleticsdata.com](http://www.Athleticsdata.com)

#### **Indoor 3000 metres Walk Rankings 2007**

M40	Mark Williams	12:55.56
	Phil Williams	14:38.82
	Mark Culshaw	15:52.55
	Tony Bell	16:45.49
M45	Gary MacDonald	18:16.71
M50	Nick Silvester	14:06.82
	Trevor Jones	14:57.02
	Dave Sharpe	16:42.86
M55	John Hall	14:50.56
M60	Colin Turner	15:40.69
	Dave Fall	18:45.27
M65	John Whyte	21:20.09
M70	Arthur Thomson	15:39.27
	Dave Stevens	17:51.85
	Ron Powell	18:24.29
	Peter Stapleford	19:02.10
	Ken Livermore	20:24.40
	Eric Horwill	20:46.66
	Bernie Hercock	20:47.35
M75	Doug Fotheringham	18:22.67
	John May	23:08.34
W35	Verity Snook	15:32.07
	Sharon Tonks	16:25.16
W40	Maureen Noel	18:17.37
W45	Toni Boa	16:19.49
	Fiona Bishop	18:51.31
	Sue Rey	20:15.90
W50	Ann Wheeler	16:25.78
W55	Ann Lewis	18:45.21
W70	Maureen Spelman	20:16.14
	Beryl Chapman	24:21.04

Amendments to Bob Care, 3, Hall Cliffe Crescent, Horbury, and Wakefield, WF4 6DF [email anncare3@aol.com](mailto:anncare3@aol.com)

### ***TIPS for the World Championship From that Heptathlete again!***

- Remember to fill in and post your entry form, otherwise you had better like sightseeing!
- Don't wait until flight day to check if your passport is up to date, otherwise it's a visit to the passport office to pay premium prices and miss your first event!
- If you look young for your age, memorise your date of birth and the day of your last Birthday. These are questions that could be asked at passport control.
- Never pack a starting pistol in your hand luggage!
- Make sure you know the name and address of your Hotel don't depend on someone else who may not turn up!
- Always take a current Credit Card with you, the one that expired last week will not cover bills!
- Ensure you have the European Health Insurance Card with you or good insurance, particularly if you make a habit of missing the High Jump bed!
- When you expect an alarm clock to wake you for those early events, remember not to set it at GMT.
- If you want someone else to walk off with your kit, use one of the sports bags issued free at a previous Championship.
- If you don't like running in trainers, keep an eye on your spikes!
- Don't wait until the Starter states "Tracksuits off", before realising you forgotten to put your shorts on!
- Always check the official results, don't leave the Stadium assuming you have missed the final. There could have been disqualifications.
- When posting cards home. Remember in some Countries post boxes are yellow, litter bins are red!
- When you return your hire car. Make sure your passport and tickets are not still in the glove box!

**If you think people could not be that stupid- yes they have**



**Marketing Of British Masters Athletics**

Dear editor

Sorry If I'm stating the obvious but as I'm sure everyone is already aware, I feel that there is a huge potential to market masters athletics not only to those already in the sport but to those of veteran age who are involved In other sporting activities.

Up until three years ago (aged 38) I hadn't participated in athletics in any shape or form since my high school days having done nothing more in the interim period than playing hockey and participating in cycling events.

I confess to being thrilled when I discovered three years ago that I could compete on the track and in other athletics events within my own age group. Such was my joy at discovering this that I am now totally consumed with masters athletics and perform three roles on the committee of the SCVAC. I am sure that there are many others who if they knew about the BMAF would be equally delighted to join us.

Whilst we do have our elite section, at the end of the day it is about getting people out there taking part in exercise for benefit of their health and happiness. If we wish to "sell" our product then the marketing routes are endless: - tie-ins with doctors surgeries, health centers, health food organizations, etc. There are a great many health shows around the country where we could have a stand. There are hundreds of road races and fun runs where we could be giving out leaflets. And what about all those 35+ first time London marathon runners?

Without wishing to preach I almost feel that we should be shouting from the roof-tops that we exist so that individuals can benefit from the health and social benefits that the BMAF events provide!!

I appreciate however, that like with most things it requires an individual having the time, desire and the resources. However, with a bit of direction, I for one would be more than happy to play an active role in "spreading the word" of the BMAF as I feel that there could be very few things more rewarding and worthwhile.

Robert Murkin  
Treasurer & Secretary SCVAC

**Many of our members may wish to be informed of the death of Walter Hesketh on 15th June 2007 aged 76, after a long battle with cancer.**

**Walter was the 1st of only 2 athletes to have won the Youths, Junior and Senior National Cross Country titles beating Gordon Pirie in the process.**

**Chris Hesketh**



***So much advice – which way to jump?  
Dr Bill Davies and Dr Tony Crocker***

Even without all those 35+ schoolboys, who can now claim to be 'over the hill' master athletes – i.e. on their way down and staring death in the face - half of the British population (30 million) could be competing as 40+ master athletes. Encouraging less smoking, less binge drinking, more exercise, taking up brain stimulating studies - like learning a new language, enjoying competition, avoiding getting fat, having regular social contact with younger, leaner athletes, could help to thwart Margaret Beckett's idea of having us oldies tagged. And that wouldn't be good would it? – It might force the Government to treat us like other criminals if we live even longer. Perhaps the next stage would be to put us away in a secret East European "residential home" thereby preserving all that pension money, (you know – the money we thought we'd been paying in for our own benefit over all those years), to fund the under-budgeted 2012 Olympics.

We've rumbled the 'too much salt added by British food manufacturers' and its links to causing high blood pressure/heart disease. So, slowly that's coming down in some foods. But beware. Now the British Medical Journal tells us that the food industry has steadily increased the amount of sugar in various foods such as tomato soup, bread, Special K cereals. Also supermarkets etc have been selecting a whole range of sweeter varieties of fruit, such as apples and bananas, for us to buy. Why does the food industry do this? Easy. Salt provides extra taste, sugar also provides extra taste. Kids like tasty food AND so do smokers, whose taste buds are blunted because they smoke. So, if supermarkets, which are in a highly competitive situation, have to sell food with reduced salt – increase the sugar. Unfortunately there is a big downside to this latest manipulation - for us, the consumers! The BMJ points it out - sugar is addictive. And it causes obesity, tooth decay and diabetes. The good news is that although sugar worldwide is cheap, its price is going up fast as it is now being used to make 'green' bio-fuels. Soon the food manufacturers will be able to save money by reducing sugar in our food, whilst claiming it is for the benefit of our health.

In this article we've headlined some points from recent articles and research reports on exercise, sport, food, and health. Many



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will be known to you – a few may be new. All are linked to things that are believed to shorten, or lengthen lives. Genetics have an important part to play in how long we live. Well, it's too late to do anything about that for any of us. However, we can control much of what we do, what we eat, and how much we enjoy life, how much we look forward to the future and how much we enjoy being with other people. Importantly, it seems that the older we get the more lifestyle matters rather than genetics.

The following is just a very, very brief summary of some of the findings that should help us to be here, *still enjoying competition*, when we receive our birthday cards from the Queen. As far as we know there are no 105+ Masters records – yet, so there's a lot to go for!

### Positives

1) Take daily exercise in reasonable amounts. If starting, or after long a lay off – take it easily and don't expect to be an Olympic medallist after a couple of weeks. Twenty to thirty minutes per day is enough. Don't let your super fit friends push you too fast. Take your time getting fit.

2) Take regular little snacks throughout the day – especially older participants - when engaged in physically demanding exercise.

3) Plan for a future that will be enjoyable and meaningful. It has been shown that having a positive picture of life, next year, or even ten years ahead has been found to link to people living up to five years longer than those who think 'that's it – I'm old'.

4) Working with/for younger people in things like sport coaching – gives purpose to life.

5) Taking a short mid-day nap after lunch. Careful analysis of lifestyles has suggested that it was this rather than drinking alcohol soaked red wine that leads to the long lives enjoyed by Mediterranean folk.

6) Don't retire from sport/exercise, or reduce the amount you do *just* because you are older. Improved balance, muscle tone, heart beat strength, lung volume, resistance to infection and reduced risk of depression are all linked to being physically fit.

7) Regularly eat oily fish, or take extracts of fish oil. These preserve or improve heart condition.

8) Eating chocolate/drinking cocoa and drinking strong tea has been shown to be linked to longer, healthier lives. Drinking coffee seems to be linked to having less problems for gout sufferers.

9) Sweaty exercise has been shown to improve brain function by increasing oxygen carrying blood flow through/to the brain. So, work up a bit of steam in your training. Healthy lifestyles are also linked to smaller risks of suffering from Alzheimer's disease.

10) Regularly eating red meat helps to build/preserve muscle tissue.

11) Regular exposure to sunlight (NOT to the level of getting sunburnt) reduces the likelihood of depression.

12) Eat green vegetables or fruit every day. Don't overcook the vegetables.

13) Food fried in grape seed oil mixed with oil from rape and sunflowers dramatically reduces the fatty contents of potatoes when used to cook chips.

14) Full bodied milk is beneficial for its calcium (bone building) contents.

15) A wide range of nuts lead to a reduced amount of 'bad' cholesterol in the body.

16) Taking 'Aspirin' daily leads to lower risks of strokes, heart attacks and Alzheimer's.

17) Over a third of competing master athletes already regularly coach, manage, officiate or provide finance, for the benefit of younger athletes.

### Negatives – Avoid these and enjoy even longer, healthier, athletic lives

1) Smoking. Huge amounts of evidence links not only to fatal lung diseases but also to increased heart disease, circulation risks and early death.

2) Heavy alcohol intake. Binge drinking etc. Some of the evidence over recent years appeared to show that drinking red wine helps people to live longer, healthier lives. Recently it has been shown that this is actually linked to chemicals in red grape skins/juice – heavy alcohol intake is a major source of liver damage.

3) Obesity/overweight. New figures are published almost every day showing how our nation is heading steadily up the ladder of obese/overweight children and adults. A big increase in the number of people with diabetes is just one result. Obesity and diabetes are killers.

4) High blood pressure. This is linked to many causes. One is high salt intake. Salt content can be 'hidden' by the food industry by giving obscure figures for 'sodium' in tinned or prepared meals. They want salt there because it makes food 'tasty'.

5) Sunburn. Leads to increased skin cancers. This is another, growing source of early deaths. Not only sunburn from too much natural sunlight but also from too much time on tanning machines.

6) Unfit, unsteady older people are more likely to suffer injuries from falling over.

7) Highly exercising/competing people who stop exercising on retirement from their sport show higher incidence of such as obesity, emotional depression, osteoarthritis, and early onset of Alzheimer's than is found in the general population. (very often these are talented ex-participants from professional sports).

8) Many people are now so big and obese from over eating and lack of exercise that crematoriums are turning them away when dead because they won't fit through the doors of the incinerators.

9) Exercise leads to early death because we only have so much



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energy in our pot. Exercise uses it up faster. Take it easy. (Not many agree with this but some 'experts' still believe it.)

10) Regular taking of 'Aspirin' increases the risks of stomach problems, including nausea, bleeding and death. Never take it *regularly* without consulting your doctor.

11) Older people should be officiating or coaching not wasting time and resources competing.

So, what can we make of all this? Eating/drinking/exercising will keep us alive forever? Eating/drinking/exercising will kill us of pretty damn quickly. Probably at this stage in research knowledge the best advice is: eat, drink and exercise in moderation, make sure we have some good reasons for getting up in the morning. Don't forget all the social advantages of being involved in competitive athletics, coaching, officiating, etc have a wonderful spin off advantage. We will probably enjoy longer, healthier lives than those less fortunate people who spend all day sitting at home thinking life is finished now that they are old. **WE AREN'T OLD – YET!!!** We still have a lot to do before the world accepts that enjoying competitive athletics way beyond twenty-five is normal. It's healthy, and a bonus for others - advantageous to all the youngsters we help, encourage and inspire.

### ABSTRACTS

Should anyone wish to read some of the abstracts linked to specific research reports that we have consulted, these are available on the website of the University of Wales Institute at:

<http://www2.uwic.ac.uk/UWIC/schools/sport/StaffProfiles/HonoraryVisiting/ProfessorAnthonyCharlesCrocker.htm>

Sorry that is such a big mouthful. But it should lead you straight to the appropriate page without taking several hours to work out how to get there through the maze of routes you'd find if you start at the university home page. When you get to Crock's page ignore all the guff and go straight to "links" at the top of the page. That should take you straight to the abstracts.

Reading the abstracts you will soon notice that some research reports seem to contradict others. This is for a variety of reasons. Just some are as follow: - many research articles are written because the authors, in countries like Britain and America, work in situations where there is a strong need to be able to demonstrate ongoing publications, if jobs are not to be at risk, so they rush at it. Other researches are often underpinned by money from organisations with an interest in 'proving' that their products or methods are 'good', as in recent reports about face creams from one establishment in the pharmaceutical industry; or 'not bad', e.g. the tobacco industry. Another problem is that many researches are incredibly badly carried out: - perhaps for the way non-representative samples of people are studied; or for the instruments used for measurements; or for the choice of wrong statistical methods used to analyse data. Another common one is ignoring results that don't support the author's beliefs; or even because the researcher has never been taught how to properly carry out and analyse a research project. Unfortunately these sorts of sources of error are true of some of the research projects looking at middle aged/older people and exercise. Don't despair, because it must be added that most of the

researches that get published are the results of honest investigations, so we don't need to throw everything away.

Well, we - that's Young Bill and Saint-Elect Tony - as a result of our honest, skilled research (?): have already decided to move forward. Now that you have read some of the findings you'll want your athletic abilities to benefit from a healthy diet. So, we are planning to set up the world's first healthy café for master athletes. You live forever, we get rich. Look out for our stationary traffic venue, due to open on the M25 in time for next year's Indoor Masters Championships.

### Young Bill's and Old Crock's Luxury Lay by Café

#### Welcome

Glass of alcohol free red wine

Birth certificate check

**Short, tightrope (balancing) walking race to your Table.**

#### Starters

Raw Brussel Sprouts

Lettuce wrapped sardine (in season)

**Brussel Sprout hurling championships**

#### Main course

Beef or venison (Over 60's only)

Fish oiled salad

Grape seed oil-fried chips

Nut cutlets\*\*

Second glass of alcohol free red wine

Inclusive free trips to the lavatory/hedge –two allowed for sixty plus competitors)

Short nap on non-sun bed (good cloud cover permitting)  
discuss own greatest athletic moments in great detail with next bed occupant

**sprint return to table !**

#### Sweets

Old fashioned 'pre-sugar' strawberries or blackberries soaked in alcohol

Chocolate mousse

**Cloudy apple juice straw sucking, speed drinking contest!**

#### Finale

Tea with full cream and lemon skins

Sugar free, full-cream cocoa

Aspirin tablet

**Medal and prizes, (Macdonald's vouchers anyone ceremony.**

\* Early booking advised.

\*\* May contain traces of nuts.

\*\*\* Prices? If you have to ask, you can't afford.  
Just drive past!



## **NATIONAL MASTERS ROAD RELAY CHAMPIONSHIPS**

**Sutton Park May 12:**

**WORDS BY MARTIN DUFF of "Athletics Weekly".**

**PICTURES JEREMY HEMMING**

**hemming@dircon.co.uk**

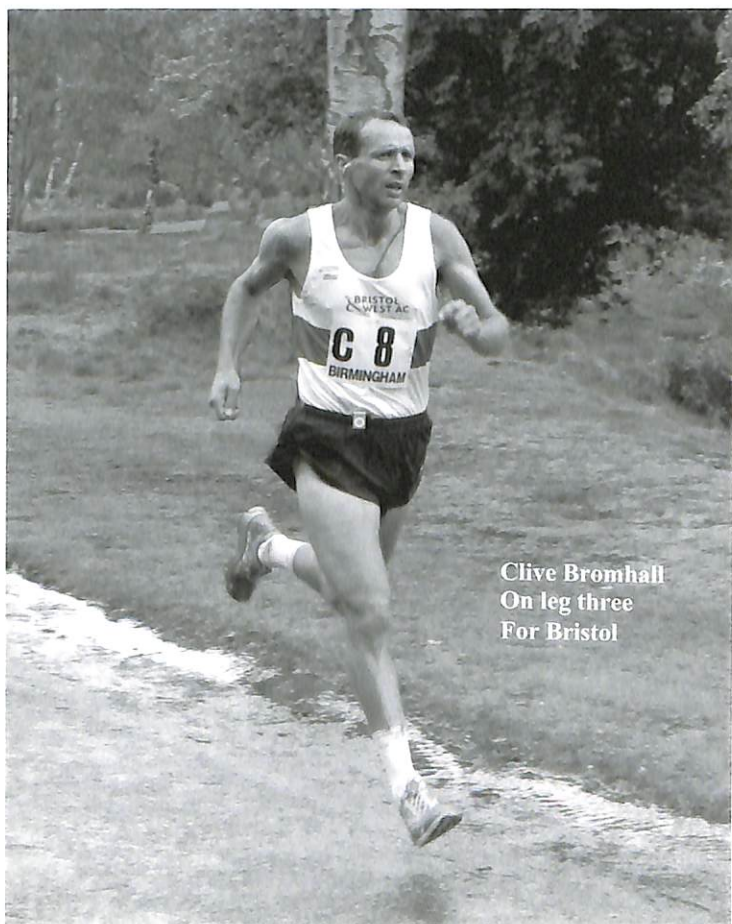
### **Men**

**B**ristol & West and Herne Hill again battled out the main M40 eight stage event with Bristol coming out on top with their third win in a row, but second the South London outfit were closer this year as Sunderland moved up to third.

"It was quite a battle as Herne Hill pushed us more than we thought," said Bristol team manager Mike Down, who added: "It was good, sporting, friendly, rivalry" but both were missing key men.

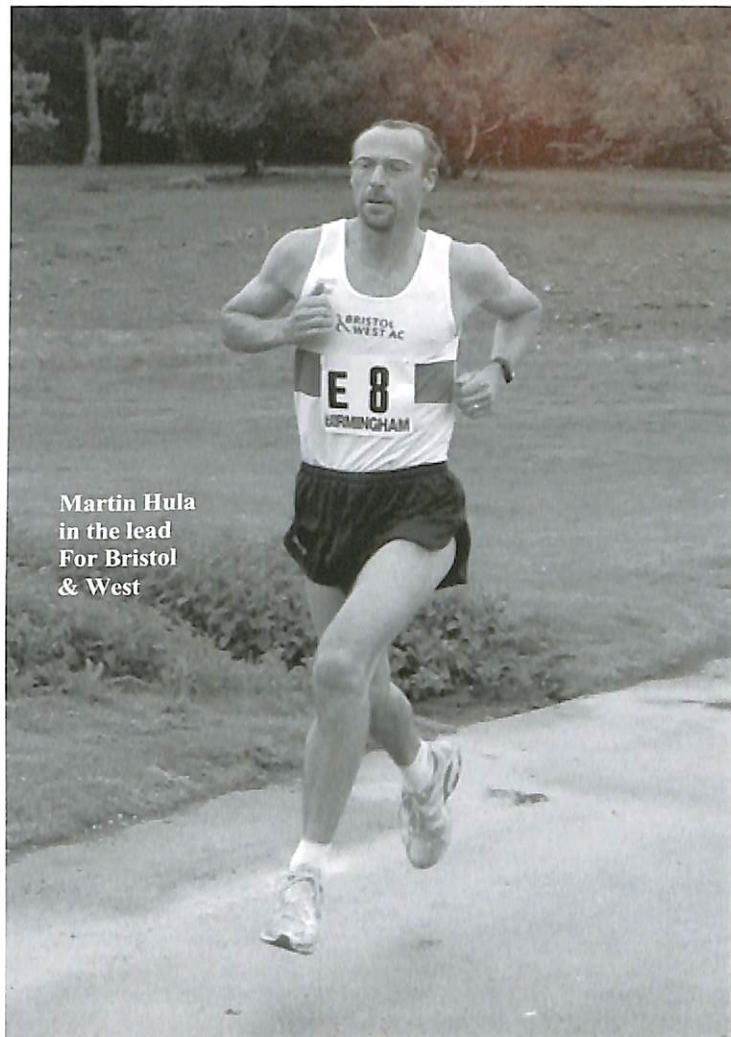
The M40's ran with the M35 four-stage event and the winning Horwich squad were ahead of all of the M40's as they completed their four laps but Bristol team manager Mike Down described it as a "Mickey Mouse" event.

Thames Hare & Hounds Ben Reynolds 'won' the opening stage, in 14:47, ahead of Steve Male's Oxford and his time held up as the best time of the day Bristol were only 26th after the first stage but then Alex Woods moved up to sixth M40 team with a 15:06 fastest stage time on the second leg, but 26 seconds down on rivals Herne Hill.



**Clive Bromhall  
On leg three  
For Bristol**

Then Clive Bromhall advanced to second behind Oxford on the third leg, but Andy Aked moved Rotherham to third with the day's third best time of 14:57. Nick Rose has taken Bristol into the lead during their two previous victories but here the 55-year-old could not quite manage it but still ran 15:43 an effort that would easily have been the best over-50 time.



**Martin Hula  
in the lead  
For Bristol  
& West**

Martin Hula then went out to a lead of just over a minute after a 15:12 split, before M50 John Duncan, Phil Parry (15:03) and Mick O'Doherty finished things off. O'Doherty said: "I'm going to go off slowly up the first hill then hang on from there." Herne Hill were anchored to second by Roger Allsop after earlier Ian Lockett had brought the South London club right back into the race on the fourth leg after a 14:54 second quickest stage time of the day, as then Keith Newton, Vic Maughn and Mike Boyle secured second. Third placed Sunderland were two minutes back despite a mid race 15:08 from Brian Rushworth.

Telford won the six stage M50 event after being anchored home by Tony Power's equal fastest lap of 15:57 as they took gold for the first time. Going off with a mere six seconds deficit on Salford, Power confident of his hill running ability, drove on from the start and caught Mike Higginbottom half way up the first hill before powering away to victory: "I felt good after my effort on the hill and pushed on all the way round," said Power.

Oxford have won this event six times before and were in with a shout for most of the way before fading near the end as Salford came through with Eric Williams mid race. Although suffering from a knee niggle, Williams said he felt strong on the first hill and, by the top, he was drawing away from Wilson and then



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began to chase Oxford. "It felt like the wind was behind me all the way," said Williams who took the lead by the monument and went on to give Salford a 12 second advantage a position they maintained on the penultimate lap.



Debbie Walters brings in Birchfield for the title

In the M60 race, favourites Oxford City posted the two fastest legs through Gareth Jones and Dave Parsons, the latter taking the opening stage in 17:47.

Clydesdale, winners the two previous years, were back in fifth before Brian Campbell moved them up to within two seconds of Hercules Wimbledon's Martin Miller on the middle lap, but Mick Welland was stretching Oxford's lead to one and a half minutes up ahead. This gave Jones a comfortable last leg and, although determined runs from Bobby Young and Steve Couldwell pulled Clydesdale and Birchfield up into second and third, Oxford were away and gone, to collect their first M60 gold medals. Jones said: "Once I got to the panhandle and saw the size of the lead I could relax and enjoy the race. It's great when your club mates do the hard work for you."

### Women

Birchfield took the women's W35 four stage event as Debbie Walters anchored them to gold ahead of Wigan, and Horwich were a close third. Rachel Jones took the first leg for Salford in 16:49, as Angela Allen, fastest last year with 17:11, found that 17:20 this time saw Horwich 31 seconds in arrears.

Lisa Heyes moved them up to the lead on the second leg, after 18:11 as Gail Mayer moved Birchfield closer and then Jan

Rashleigh maintained Horwich in second, ahead of Birchfield, who had been passed by Marina Stedman of Reading Road Runners, for the eventual winning W45 team.

Walters then came through for Birchfield ahead on the final lap as Jane Raffell also nipped past for Wigan for Horwich. Fiona Matheson was the fastest in the W45 section last year with 17:29 and the Falkirk Harrier was again quickest in her age group after an opening leg of 16:59 but could not help her team retain their title as they were headed by Reading. Prolific racer Lesley Whiley ran the opening stage in 18:03 before Carol Bowker and the former International, Stedman, rounded things off.

Daphne Elmore has only just moved up to the W55 age group but led Wolds Vets to their first team gold in this event, although Dulwich Runners closed near the end, with the fastest time of 18:50. Elmore said she "found the going very good" and that having a "good team helped to produce the good run." Wolds had over two minutes in hand going out onto the third and final leg but Ros Tabor ate into the lead for Dulwich with a 20:29 split, but fell just short.

There were a couple good runs by W60s Pat Gallagher and Carol Wolstenholme that went largely unrecognised. Both are distance record holders in the W60 class and here they ran 19:56 and 19:15 respectively.

### 35-39 Team Results

**1 Horwich RMI Harriers 1h02.48m** ( Darren Kay 15.19, Colin Rigby 15.36m; Tony Rowlands 16.12m, Brendan Bolland 15.41m ); **2 North Shields Poly 1h03.09m** ( Terry West 15.11m, Tommy Brannon 15.28m, Martin Frost 17.11m, Iain Twaddle 15.19m ); **3 Telford AC 1h03.21m** ( Colin Lancaster 16.43m, Paul Ward 15.08m, Dale Wilkinson 15.36m, Gary Vickers 15.54m ); **4 Liverpool Harriers & AC 1h03.56m** ( Steve Freeman 15.53m, Alan Ashton 16.04m, Simon McKeivitt 16.01m, Glen Groves 15.58m ); **5 Vale Royal AC 1h04.50m** ( Stuart Doyle 15.51m, Darren Cottier 16.32m, Graham Miles 16.43m, Gareth Williams 15.44m ); **6 Dulwich Runners AC 1h05.15m** ( Kofi Agyei 15.30m, Simon Loach 16.13m, Charles Lound 16.26m, Steve Smythe 17.06m ); **7 Wigan Phoenix 1h05.29m** ( Phil Darbyshire 15.56m, John Worthington 16.25m, Chris Wilson 16.37m, David Townsend 16.31m ); **8 Neath Harriers 1h07.25m** ( Anthony Powell 17.47m, Mark Reynolds 17.16m, Lee Sandham 16.38m, Paul Griffiths 15.44m ); **9 Holmfirth Harriers 1h07.48m** ( Gary Graham 17.03m, Sean McCaffrey 16.40m, Chris Beadle 17.31m, John Broom 16.34 ); **10 Royal Sutton Coldfield AC 1h08.16m** ( Steve Marklew 16.09m, John Dardis 18.06m, Tony Hinchley 17.04m, John Fletcher 16.57m ); **11 Bournville Harriers 1h09.05m** ( Harvey Scriven 15.57m, Sean Rose 16.38m, Andrew Dell 18.42m, Mike Scotney 17.48m ); **12 Les Croupiers RC 1h11.35m** ( Phil Cook 16.52m, Simon Nurse 18.16m, Matt Townsend 17.27m, Julian Carter 19.00m ); **Others: Rotherham Harriers & AC** ( Joe Gavelle 15.44m, Richard Harris 15.17m, Darran Cooney 16.11 ); **Leicester Coritanian AC** ( Bill Winter 20.15m );

**Fastest Legs:** 1 Paul Ward 15.08m; 2 Terry West 15.11m; 3 Richard Harris 15.17m; 4 Darren Kay 15.19m; 5 Iain Twaddle 15.19m; 6 Tommy Brannon 15.28m; 7 Kofi Agyei 15.30m; 8 Colin Rigby 15.36m; 9 Dale Wilkinson 15.36m; 10 Brendan Bolland 15.41m;

### Men 40-49 Team Results

**1 Bristol & West AC 2h05.13m** ( Jerry Hogan 16.54m, Alec Woods 15.06m, Clive Bromhall 15.21m, Nick Rose 15.43m, Martin Hula 16.12m, John Duncan 15.25m, Philip Parry 15.03m, Mick O'Doherty 15.29m ); **2 Herne Hill Harriers 2h06.14m** ( Francis Marsh 15.34m, Tony Harran 16.00m, Robert Jacobs 17.11m, Iain Lockett 14.54m, Keith Newton 15.40m, Vic Maughn 15.43m, Mike Boyle 15.27m, Roger Alsop 15.45m ); **3 Sunderland Harriers 2h08.50m** ( Tim Field 15.21m, Rob Rush 16.41m, Paul Collins 16.15m, John Dobson 16.34m, Brian Rushworth 15.08m, Steve Coxon 16.51m, George Marden 16.10m, Paul Merrison 15.50m ); **4 Clayton-le-Moors Harriers 2h09.35m** ( Mark Aspinall 15.55m, John Roche 16.48m, Phil Hall 16.11m, Gary Wilkinson 16.20m, Barry Brock 16.04m, Tony Walker 16.33m, Andrew Hartley 15.55m, Mark Brown 15.49m ); **5 Thames Hare and Hounds 2h10.39m** ( Ben Reynolds 14.47m, Andy Thomas 16.41m, David Moore 16.38m, Matt Lynas 15.54m, Jerry Watson 17.22m, Frank Dudbridge 16.13m, Ian Higgins 17.09m, Larry Matthews 15.55m ); **6 Oxford City AC 2h11.17m** ( Steve Male 15.02m, Steve Overton 15.42m, Mark Tankard 16.29m, John Lisiewicz 16.24m, J Richardson 16.16m, Trevor Dixon 16.42m, Asghar Ali 17.29m, Pete Gray 17.13m ); **7 Rotherham Harriers & AC 2h11.47m** ( Mark Ruddleston 15.52m, Drew Donaldson 16.41m, Andy Aked 14.57m, Paul Ruddleston 16.13m, Terry Eastwood 17.50m, Pete Shaw 16.54m, Dave Nuttall 16.55m, Peter Murrells 16.25m ); **8 Mansfield Harriers & AC 2h12.03** ( Douglas Ross 15.33m, Dave Peet 17.09m, Stephen Davies 17.15m, John Farquarson 16.53m, Tim Raynor 16.01m, Paul Fox 16.55m, Peter Stafford 16.18m, Derry Suter 15.59m );



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**9 Leicester Coritanian AC 2h12.12m** ( Phil Makepeace 15.10m, Rob Sheen 15.32m, Joe Masterson 16.40m, Dave Pearce 15.40m, Andy Hart 16.59m, Nev Francis 16.51m, Phil Hands 17.44m, John Grindly 17.36m); **10 Tipton Harriers 2h12.27m** ( Malcolm Eustace 15.47m, Steve Wall 18.32m, Mark Farnell 16.22m, Chris Flavell 17.20m, Henry Piotrowski 15.27m, Paul Rogers 15.54m, Steve Ward 17.00m, Aaron Keene 16.05m); **11 Nene Valley Harriers 2h13.14m** ( Stan Owen 15.55m, Chris Mooney 16.30m, Peter Thompson 17.01m, Chris Clarke 16.37m, Ian Auger 16.35m, Steve Medhurst 17.20m, Dave Knighton 17.07m, Sean Beard 16.09m); **12 Aldershot, Farnham & D 2h14.50m** ( Steve Laidor 15.18m, Keith Donkin 16.21m, Dave Rollins 16.10m, Pat McGeever 16.43m, Simon Sheard 17.04m, Mark Clews 17.13m, Alan Moffett 17.44m, Steve Bone 18.17m ); **13 North Belfast Harriers 2h16.02m** ( Brendan Dumigan 16.20m, Eddy Burns 16.16m, Peter Smith 15.34m, Pat Doole 17.03m, Jim Benson 17.01m, John Patience 17.25m, Davy Brady 17.15m, Franky Davidson 19.08m ); **14 Altrincham & District AC 2h16.27m** ( Bill Crowther 15.55m, Sean Butler 16.52m, Dave Gilchrist 16.46m, Paul McLoughlin 17.59m, Phil Nichol 16.05m, Dave Rudd 17.05m, Gary Spilsbury 17.52m, Paul Knowles 17.53m ); **15 Neath Harriers 2h17.34m** ( John Williams 18.17m, Steve Evans 17.11m, Peter Crane 17.01m, Ian Williams 17.57m , Paul Richards 15.46m , Paul Talbot 16.39m, Steve Williams 17.44m , Tudor Harries 16.59m ); **16 Bromsgrove & Redditch AC 2h17.59m** ( David Kesterton 15.24m, Russell Rawlings 16.54, Philip Garbutt 16.28m-1, Kevin Lancitham 16.46m, Paul Collins 18.02m, In Keytel 16.54m, Philip Anderson 18.16m, Vincent Rollason 19.15m ); **17 Blackheath & Bromley HAC 2h18.12m** ( Brendan McShane 17.35m, Neil Ayrton 17.18m, Spencer Newport 15.05m, Bill Foster 16.02m, Mark Watling 17.25m, Giles Clifford 16.43m, Andy Tucker 19.36m , Mark Ellison 18.28m ); **18 Derby AC 2h19.31m** ( Stuart Dunn 16.27m, Clive Toplass 18.16m, Simon Hassall 16.44m, James Ward 16.59m, Russell Parkin 16.52m, John Knibb 16.14m, Ray McDonald 17.54m, Tim Fee 20.05m ); **19 Salford Harriers 2h21.24m** ( Dave Lockett 16.11m, Mark Seed 17.16m, Dave Townsend 16.26m, James Jackson 15.47m, Mark Ediker 18.10m , Paul Birkett 16.24m, Pete Budd 19.11m, Bob Towell 21.59m ); **20 Wirral AC 2h22.11m** ( Peter Scarrett 16.05m, Kevin Buxton 17.27m, Des Wilkinson 18.19m, Michael Stone 18.46m, Mark Morris 18.05m, Simon Fox 18.51m, Gary Brooks 17.30m, Mark Baylis 17.08m ); **21 Reading Road Runners 2h22.27m** ( Dwayne S-Power 17.36m, Edward Dodwell 17.13m, Michael Gooding 17.08m, Clive Alderson 18.23m, Gavin Rennie 17.57m, Kevin Jones 18.07m, Andrew Tanner 17.26m, Martin Perrin 18.37m ); **22 City of Portsmouth AC 2h22.39m** ( Godfrey Rhimes 17.21m, Paul Bleach 16.12m, Carl Plumpton 15.55m, Paul Davoile 16.45m, David Goffe 17.46m, Derek Bower 19.37m-, Michael Ball 19.08m, Richard Long 19.55m ); **23 Blackpool, Wyre & Fylde 2h23.51m** ( Greg Seddon 15.23m, John Wright 16.42m, Trevor Uttley 18.49m, Andy Delaney 18.05m, Stuart Williams 17.18m, Dave Robson 19.28m, Bran Willoughby 19.03m, Nick Hume 19.03m ); **24 Bridgend AC 2h23.52m** ( Huw Roberts 17.02m, Alan Kerr 17.52m, Steve Brace 18.13m, Dave Hughes 18.23m, Jeff Thomas 18.56m, D Scarbrough 17.17m, Jon Embung 18.06m, Rob Hunt 18.03m ); **25 Headington Road Runners 2h25.01m** ( Vasil Zverev 16.03m, John Griffiths 17.43m, Andy Phelps 17.36m, Gavin Bird 18.01m, Laurie Hurman 17.38m, Alan Derbyshire 18.52m, Barry Burlingham 20.46m, Mike Worthington 18.22m ); **26 North Shields Poly 2h25.51m** ( Mark Johnson 17.48m, Steve Clark 17.17m, Alan Watt 17.49m, Dave Hall 18.01m, Vaughan Hemy 17.19m, Chris Wescomb 19.36m, Paul Hughes 19.05m, Terry Timlin 18.56m ); **27 Garden City Runners 2h26.15m** ( Ste Livingstone 17.30m, Brad Plummer 18.52m, Terry Fowler 16.19m, Steve Williams 19.05m, Wayne Aylott 20.51m, Gary Warren 18.52m, Allan Currell 17.50m, Sean Bowen 16.56m ); **28 Sale Harriers 2h26.57m** ( Ian Weatherall 15.44m, Tony Alexander 18.48m, Mark Fearn 19.28m, Paul Thomson 21.06m, Tim Rainey 19.22m, Steve McLoughlin 18.31m, Gary Rowlinson 17.00m, Frank Cordingley 16.58m ); **29 Centurion RC 2h28.00m** ( Tony Haden 18.12m, Graham Robinson 18.49m, Tom Healy 17.55m, Paul Davies 17.13m, Andy Rea 19.07m, Paul Bingham 17.37m, Gary Turner 19.34m, Phil Clark 19.33m ); **30 Wesham RR & AC 2h28.04m** ( John Bertenshaw 17.55m, Peter Cruse 17.24m, Trevor Rayner 18.14m, Russell Mabbett 18.22m, Graham Vickers 19.06m, Phil Leaver 20.19m, Chris Whitlock 18.01m, Ian Sharples 18.43m ); **31 Dudley Kingswinford RC 2h28.43m** ( Gary Bonner 17.38m, Tom Wilkinson 19.00m, Kevin Duckworth 16.57m, Keith Bate 18.36m, Ian Hopkins 19.12m, Steve Summers 18.52m, Keith Taylor 20.06m, Andy Richards 18.22m ); **32 Serpentine RC 2h29.04m** ( Bradley Cobb 17.29m, Andrew Maynard 17.47m, Malcolm Hinsley 18.07m, William Simpson 19.36m, Chris Abele 18.55m, Lars Olsen 18.54m, Ian Hodge 19.02m, Ian Loriggio 19.14m ); **33 Wolds Veterans RC 2h29.40m** ( David Holmes 17.46m, David Smith 18.50m, Paul Horton 17.54m, Stuart Wright 19.18m, Peter Hutchinson 18.19m, Paul Freeman 18.42m, Philip Hodgeson 20.13m, Andrew Blown 18.38m ); **34 North Herts RR 2h30.10m** ( Adrian Sherwood 17.51m, Dave Frampton 18.39m, Rich Thackeray 18.13m, Pete Sibbett 17.07m, John Franklin 8.23m, Norman Leslie 18.44m, Stewart Bryant 18.46m, Chris Priestley 22.27m ); **35 Les Croupiers RC 2h32.07m** ( Richard Bullen 16.19m, Peter Kellam 17.40m, John Diffey 18.24m, Tim O'Sullivan 19.39m, Alan Mann 20.27m, Steve Owen 20.22m, Paul Morris 20.28m, Terry Caveney 18.48m ); **36 West Bromwich Harriers 2h33.22m** ( Dave Edge 16.53m, Paul Jameson 17.46m, Patrick Powell 17.25m, Gary Clifton 18.19m, Robert Meek 19.15m, Dave Jones 20.29m, Dave Heeley 20.18m, James Stott 22.57m ); **Others: Birmingham Rowheath AC** ( Richard Gray 16.30m, Andy Kenchington 16.25m, Harry Fowler 17.55m, Mark Hirsh 16.14m, Paul Archer 20.46m, Geoff Mann 23.14m, Martin Ludford 20.07m ); **Middleton Harriers AC** ( Graham Chester 17.28m, Stephen Senior 20.11m , Tom Temple 19.57m, David Hall 20.49m, Michael Buck 22.29m ); **Wigan Phoenix** ( Vince Robinson 18.11m, Andy Eccles 17.35m, Barry Abram 18.11m, Dave Waddington 17.50m, Phil Derbyshire 18.52m ); **Liverpool Harriers & AC** ( Jo Parkinson 15.48m, Paul Hutchings 19.55m, Keith Hutton 18.14m );

**Fastest Legs:** 1 Ben Reynolds 14.47m , 2 Iain Lockett 14.54m , 3 Andy Aled 14.57m 4 Steve Male 15.02m , 5 Philip Parry 15.03m , 6 Spencer Newport 15.05m , 7 Alec

Woods 15.06m ; 8 Brian Rushworth 15.08m ; 9 Phil Makepeace 15.10m ; 10 Ian Furness 15.13m ;

## Men 50-59 Team Results

**1 Telford AC 1h41.29m** ( Colin Mattock 17.53m, Rick Hailey 16.08m, Mick Hailey 17.56m, Greg Wilson 16.03m, Simon Dawes 17.32m, Tony Power 15.57m ); **2 Salford Harriers 1h43.10m** ( Mike Wakefield 17.13m, Mike Holmes 16.47m, Stan Curran 17.51m, Eric Williams 15.57m, Russ Derbyshire 17.38m, M Higginbottom 17.44m ); **3 Blackheath & Bromley H 1h43.31m** ( Tim Soutar 16.40m, Bob Minting 18.13m, Ken Daniels 17.20m, Alan Camp 16.19m, Graham Coates 17.51m, Con Griffin 17.08m ); **4 Oxford City AC 1h43.51m** ( Dave Hartwell 17.01m, Dave Wheeler 17.54m, Brian Green 16.05m, Roy Treadwell 18.35m, John Exley 17.25m, Richard Grant 16.51m ); **5 North Belfast Harriers 1h44.01m** ( Dessi Martin 17.15m, Paul Murphy 18.06m, Jim Newbury 17.42m, Matt Shields 16.29m, Derrick Donaghy 16.37m, Nielson Cahoon 17.52m ); **6 Wirral AC 1h44.09m** ( Mario Foschi 18.25m, Anthony McDevitt 17.59m, Anthony Devoy 17.04m, Peter Kilgallon 17.04m, Graham Ratcliffe 17.09m, Chris Henry 16.28m ); **7 Wesham Road Runners & AC 1h44.21m** ( Alan Hudson 18.04m, Alex Rowe 16.08m, Derek Buckley 18.06m, John Collier 17.26m, Martin Bates 17.49m, Gary Pendlebury 16.48m ); **8 Altrincham & District AC 1h44.45m** ( Dave Carrington 16.29m, Mike Jones 18.14m, Robbie McGall 18.22m, Pete Pickwell 17.25m, Dave Telford 17.43m, Dave Southern 16.32m ); **9 Sheffield Running Club 1h45.33m** ( Nigel Kent 18.22m, Nick Duggan 17.49m, Paul Blakeney 18.12m, Mike Quinn 17.28m, Mike Levery 17.23m, Sid Cordle 16.19m ); **10 Blackpool, Wyre & Fylde 1h45.42m** ( Les Endean 17.14m, John Houghton 17.07m, Ian Close 18.18m, Mick Cronshaw 17.41m, Gary Johnston 18.11m, Graham Davies 17.11m ); **11 Rotherham Harriers & AC 1h45.53m** ( Mick Marsters 17.45m, Paul Venables 18.17m, Steve Gaines 18.00m, John Atkinson 17.42m, Peter Neal 16.58m, Keith Williams 17.11m ); **12 Barnet & District AC 1h46.56m** ( Des Michael 17.00m, Eddie King 18.49m, Jonathan Kilsby 17.07m, Tony Cousins 17.11m, Steve Allen 20.04m, Dave Wilcock 16.45m ); **13 Preston Harriers 1h47.22m** ( Kevin Hesketh 16.37m, Steve Clayton 17.32m, Phil Lakeland 17.50m, Phil Walsh 18.25m, Graham Bailey 19.01m, Alan Appleby 17.57m ); **14 Holmfirth Harriers 1h47.35m** ( John Ewart 16.57m, Andy Hauser 17.02m, Rob Kersey 18.21m, Mike Pennington 18.59m, Kevin Yewlett 18.24m, Steve Beardsell 17.52m ); **15 South London Harriers 1h47.47m** ( Paul Williams 17.50m, Ian Kitchen 17.40m, Nigel Bush 18.15m, Barry Attwell 16.34m, John Quintance 17.50m, Ken Lee 19.38m ); **16 Southampton RC 1h48.15m** ( Neil Hotson 18.09m, Martyn West 17.44m, David Carter 18.45m, Keith Taylor 18.16m, Ian Richardson 18.16m, Malcolm Price 17.05m ); **17 Les Croupiers RC 1h 50.34m** ( Mick McGeoch 17.16m, Mick Tabor 17.16m, Dave Bright 19.07m, Mike Davies 19.02m, Gary John 19.01m, John Plain 18.52m ); **18 Dulwich Runners AC 1h 50.42m** ( Nick Brown 16.34m, Adrian Greer 17.20m, Mike Mann 18.12m, Colin Frith 19.14m, Martin Morley 19.28m, Ian Sesnan 19.54m ); **19 Neath Harriers 1h52.09m** ( Phil Bamsey 19.21m, Simon Partridge 18.36m, Dave Davies 18.26m, Richard Bowen 18.58, Bob Bamsey 18.45m, Howard Carpenter 18.03m ); **20 Thames Hare & Hounds 1h52.59m** ( Rick Turner 17.31m, Paul Whitlock 19.55m, Richard Pitt 17.41m, Mike Farmary 17.41m, Mike Bostelmann 21.52m, Rhodri Davies 18.19m ); **21 Royal Sutton Coldfield AC 1h53.52m** ( Pete Parker 16.50 m, Stephen Larcombe 17.59m, Paul Kenny 18.58m, Phil Bradney 19.24m, Martin Jones 19.20m, Bob Owen 21.21m ); **22 Halesowen A & CC 1h54.43m** ( John Hill 17.22m, Paul Butler 18.01m, Ali Grant 19.03m, Barry Thompson 18.09m, Maurice Endacott 21.03m, Barry Meir 21.05m ); **23 Wolds Veteran RC 1h55.04m** ( Steve Green 18.23m, Michael Pickwell 20.11m, Martin Anderson 18.10m, Sandy Presley 19.48m, John Barker 19.22m, Ken MacMillan 19.10m ); **24 Clayton-le-Moors Harriers 1h55.17m** ( Graham Cunliffe 17.11m, Andrew Robinson 17.31m, Steve White 18.36m, Bob Hirst 20.49m, Roger Brewster 20.18m, Richard Lawson 20.52m ); **25 Serpentine Running Club 1h56.53m** ( David McGregor 16.58m, Derek Paterson 19.35m, David Smart 20.19m, Adrian Lloyd 20.00m, Richard Long 20.19m, Michael Connolly 19.42m ); **26 Derby AC 2h01.08m** ( Mick Smedley 18.01m, Mick Lindsay 19.15m, Kevin Spare 17.28m, Jim Elrick 20.21m, Stu Tattersall 21.15m, Mick Butterly 24.48m ); **27 North Shields Poly 2h01.29m** ( Ian Richardson 18.24m, Keith Allan 18.59m, Dave Morris 19.03m, George Adamson 22.24m, John Brettell 22.39m, Alan Summers 20.00m ); **28 Bournville Harriers 2h07.20m** ( Howard Price 20.57m, Peter Barton 21.47m, Colin Cartland 19.32m, Martin Foster 19.50 m, Barrie Roberts 21.54m, Glyn Hughes 23.20m ); **29 Garden City Runners 2h08.22m** ( Dave Edwards 18.19m, John Davis 21.59m, Mick Wise 22.35m, Mick Smith 20.37m, Barry Osborne 19.05m, John Fogarty 25.47m ); **30 Birchfield Harriers 2h08.48m** ( Don Field 18.33m, Bri Worthington 20.56m, Alan Britton 21.56m, Tony Molloy 22.43m, Tony Frain 22.53m, John Adams 21.47m ); **31 Hercules Wimbledon AC** ( Steve Badgery 17.43m, Dennis Williams 20.29m, Barry King 23.04m, John Thomas 18.02 ); **Others: 35 Tipton Harriers** ( Jeff Taylor 19.34m, Mick Strange 18.16m, Keith Best 17.40m, Ray Stanier 17.09m, Alan Grice 21.09m ); **Liverpool Harriers & AC** ( Tom Vallance 19.53m, Darryl Soden 23.04m, Peter Simpson 19.34m ); **Ron Hill Cambslang** ( Frankie Barton 15.59m, Archie Jenkins 17.26m ); **Herts Phoenix AC** ( Richard Bloom 19.40m );

**Fastest Legs:** 1 Eric Williams 15.57m; 2 Tony Power Telfrd 15.57m; 3 Frankie Barton 15.59m; 4 Greg Wilson 16.03m; 5 Brian Green 16.05m; 6 Rick Hailey 16.08m; 7 Alex Rowe 16.08m; 8 Alan Camp & Sid Cordle 16.19m; 10 Chris Henry 16.28m.

## Men 60-69 Team Results

**1 Oxford City AC 53.59m** ( Dave Parsons 17.47m, Mick Welland 18.26m, Gareth Jones 17.46m ); **2 Clydesdale Harriers 55.39m** ( Pete Cartwright 18.59m, Brian Campbell 18.46m, Bobby Young 17.54m ); **3 Birchfield Harriers 56.46m** ( Gordon Orme 18.10m, Alex D-Elliott 20.25m, Steve Couldwell 18.11m ); **4 Altrincham &**



## **MASTERS ATHLETICS SUMMER 2007**

**District AC 57.35m** ( Ken Burgess 19.14m, Derek Walton 19.31m, Jeff Norman 18.50 m ) ; **5 Dudley Kingswinford RC 58.04m** ( Brian Russell 20.12m, Malcolm Pillar 18.43m, Keith Green 19.09m ) ; **6 Hercules Wimbledon AC 58.08m** ( Peter Giles 18.00m, Mike Miller 19.43m, Mike Kortenaar 20.25m ) ; **7 Exmouth Harriers 58.37m** ( Ray Elston 20.14m, John Perratt 19.38m, Roger Rowe 18.45m ) ; **8 Royal Sutton Coldfield AC 58.38m** ( Doug Hyde 19.05m, Roy Humpherson 20.10m, Reg Phipps 19.23m ) ; **9 Team Bath AC 58.44m** ( Ray Bridgen 19.13m, Kieth Jones 20.17m, David Rose 19.14m ) ; **10 Cheltenham & County 59.19m** ( Geoff Eden 18.14m, Jim Caragher 20.48m, Kenneth Buckle 20.17m ) ; **11 Cambridge Harriers 59.30m** ( Russell Williams 19.28m, Leslie Wright 20.38m, Peter Hadley 19.24m ) ; **12 South London Harriers 59.45m** ( Dave Newland 19.37m, Dave Parkinson 20.49m, Bob Gevers 19.19m ) ; **13 Redhill Road Runners 1h02.38m** ( Jim Munro 19.01m, Bill Johnson 20.50 m, Dave Onion 22.47m ) ; **14 Liverpool Harriers & AC 1h03.16m** ( Patrick Henley 21.44m, Gordon Brown 22.15m, Frank Davies 19.17m ) ; **15 Les Croupiers RC 1h03.26m** ( Jeff Aston 19.58m, Ralph Davey 22.33m, Mel James 20.55m ) ; **16 Salford Harriers 1h03.39m** ( Rowland Bowness 20.24m, Dennis Moran 21.07m, Frank Murray 22.08m ) ; **17 Bromsgrove & Redditch AC 1h04.04m** ( Alan Elsmere 19.42m, Len Quartly 21.14m, Roger Beacham 23.08m ) ; **18 Kimberworth Striders RC 1h06.10m** ( Ken Chapman 20.55m, Derick Green 21.24m, Eddy Bywater 23.51m ) ; **19 North Shields Poly 1h06.28m** ( Les Thompson 22.47m, Ron Stewart 23.00m, Trevor Went 20.41m ) ; **20 Halesowen A & CC 1h08.24m** ( Ken Kest 19.45m, Alan Smallwood 22.01m, Barry Griffiths 26.38m ) ; **21 Wolds Veterans RC 1h08.49m** ( John Hudson 21.38m, Barry Freer 24.14m, Maurice Foxon 22.57m ) ; **22 Blackpool, Wyre & Fylde 1h09.01m** ( Bob Massey 22.17m, Stan Jackson 25.02m, John Bradley 21.42m ) ; **23 Garden City Runners 1h15.46m** ( Jim Prowting 22.08m, Danny Williams 28.27m, Trace Allen 25.11m ) ; **OTHERS: Neath Harriers** ( Russell Pullen 24.13m, Brian Blandford 23.02m ) ; **Herts Phoenix AC** ( Dave Beasley 20.59m ) ; **Blackheath & Bromley H** ( Ian Wilson 21.56m ) ;

**Fastest Legs:** 1 Gareth Jones 17.46m; 2 Dave Parsons 17.47m; 3 Bobby Young 17.54m; 4 Peter Giles 18.00m; 5 Gordon Orme 18.10m; 6 Steve Couldwell 18.11m; 7 Geoff Eden 18.14m; 8 Mick Welland 18.26m; 9 Malcolm Pillar 18.43m; 10 Roger Rowe 18.45m;

### **Men over 70 Team Results**

**1 New Markse Harriers 1h09.07m** ( Stuart Edwards 23.59m, Mike Harper 23.22m, Jim Conaghan 21.46m ) ; **2 Blackpool, Wyre & Fylde 1h10.08m** ( John Winters 22.35m, Ron Bray 25.15m, Mike Walsh 22.18m ) ; **3 Barnet & District AC 1h16.30m** ( Roger Marven 25.43m, Brian Glover 26.22m, Derek Wood 24.25m ) ; **4 Garden City Runners 1h16.55m** ( Dennis Draper 23.56m, George Wood 31.00m, Peter Westlake 21.59m ) ; **5 Birchfield Harriers 1h17.24m** ( Max Jones 25.42m, Wilf Morgan 24.12m, Terry Parker 27.30m ) ; **6 Wolds Veteran RC 1h24.30m** ( William Bunting 28.34m, Eric North 28.04m, John Phelan 27.52m ) ;

**Fastest Legs:** 1 Jim Conaghan 21.46m; 2 Peter Westlake 21.59m; 3 Mike Walsh 22.18m; 4 John Winters 22.35m; 5 Mike Harper 23.22m; 6 Dennis Draper 23.56m; 7 Stuart Edwards 23.59m; 8 Wilf Morgan 24.12m; 9 Derek Wood 24.25m; 10 Ron Bray 25.15m;

### **Women 35-44 Team Results**

**1 Birchfield Harriers 1h11.56m** ( Amanda Dalkins 17.31m, Gail F-Mayer 18.40m, Rachel Cook 18.53m, Debbie Walters 16.52m ) ; **2 Wigan Phoenix 1h13.25m** ( Yvonne Wyke 17.51m, Kath Charnock 19.04m, Tracy Dutton 18.56m, Jane Raffell 17.34m ) ; **3 Horwich RMI Harriers 1h13.39m** ( Angela Allen 17.20m, Lisa Heyes 18.11m, Janet Rashleigh 18.41m, Susan Lever 19.27m ) ; **4 Hallamshire Harriers 1h14.40m** ( Julie Wilson 17.58m, Pippa Wilkes 19.14m, Claire Oliver 19.47m, Channah Patton 17.41m ) ; **5 Telford AC 1h14.45m** ( Gillian Pugh 19.47m, Julie Kirby 17.29m, Cheralyn Evans 18.31m, Denise Sanders 18.58m ) ; **6 Reading Roadrunners 1h15.16m** ( Anne S-Power 18.53m, Sarah Gee 18.03m, Jackie Copitch 20.23m, Liz Hartney 17.57m ) ; **7 Holmfirth Harriers 1h15.41m** ( Dawn Critchell 18.56m, Jacqui France 19.21m, Julia Johnson 18.57m, Kath Farquhar 18.27m ) ; **8 Dulwich Runners AC 1h20.56m** ( Kirstin Baker 19.50m, Clare Elms 17.57m, Clare Tinker 20.11m, Katy Dutton 22.58m ) ; **9 Wesham Road Runners & AC 1h20.57m** ( Michaela Dempsey 19.39m, Sarah Sherratt 20.33m, Julie Cruse 20.33m, I Carmel Sullivan 20.12m ) ; **10 Halesowen A & CC 1h21.19m** ( Suzanne Bartram 18.21m, Sue Baker 22.45m, Jackie Bradshaw 21.16m, Sally Spencer 18.57m ) ; **11 Garden City Runners 1h21.28m** ( M Livingstone 18.39m, Elaine Fowler 22.53m, Suzy Fitt 19.47m, Cath Harris 20.09m ) ; **12 Trafford AC 1h22.32m** ( Anna Verge 18.36m, Lucy Hickey 20.52m, Sally Howarth 20.01m, Sue Exon 23.03m ) ; **13 Les Croupiers RC 1h23.25m** ( Yvonne Bullen 21.01m, Gill Kellam 21.40m, Sarah McCarthy 20.39m, Libby O'Duffy 20.05m ) ; **14 Blackpool, Wyre & Fylde 1h25.11m** ( Bev Wright 19.57m, Tanya Ashworth 21.30m, Ali Titterington 21.55m, Karen Dunford 21.49m ) ; **15 Liverpool Harriers & AC 1h26.19m** ( Karen Dalby 22.22m, Linda McDermott 19.32m, Tracy Fearon 23.08m, B Gaillard 21.17m ) ; **16 Bournville Harriers 1h28.20m** ( Melanie James 18.40m, Catherine Myers 26.49m, Marg Kennington 19.57m, Mahrie Curtis 22.54m ) ; **17 Bromsgrove & Redditch AC 1h29.37m** Ann Manley 21.00m, Jane Anderson 21.45, C Cummings 24.19m, Judy Appleby 22.33m ) ; **18 Middleton Harriers AC 1h30.16m** ( K Hurst-Moore 22.57m, Kim Molyneux 23.24, Alison Holmes 22.01m, Chris Brooks 21.54m ) ; **19 Salford Harriers 1h32.23m** ( Rachel Jones 16.49m, Julie Laverock 31.23, Tricia Sloan 19.18m, Ruth Bardsley 24.53 ) ; **20 Wolds Veterans RC 1h32.45m** ( Carol Hall 23.07m, Cheryl Baker 22.34, Julie Crimmins 23.00, Tracey Gibson 24.04m ) ; **21 Centurion RC 1h 35.08m** Theresa Woolley 17.49m, Mary Williams 21.10m, Lesley Pym 26.58m, Margaret Smith 29.11m ) ; **OTHERS: Blackheath & Bromley** ( Anne Cilia 22.27m ) ; **Rotherham Harriers & AC** ( Janet Hindley 19.23m ) ;

**Fastest Legs:** 1 Rachel Jones 16.49m; 2 Debbie Walters 16.52m; 3 Angela Allen 17.20m; 4 Julie Kirby 17.29m; 5 Amanda Dalkins 17.31m; 6 Jane Raffell 17.34m; 7 Channah Patton 17.41m; 8 Theresa Woolley 17.49m; 9 Yvonne Wyke 17.51m; 10 Clare Elms & Liz Hartney 17.57m;

### **Women 45-54 Team Results**

**1 Reading Road Runners 54.47m** ( Lesley Whiley 18.03m, Carol Bowker 18.36m, Marina Stedman 18.08m ) ; **2 Falkirk Victoria Harriers 55.36m** ( Fiona Matheson 16.59m, Caroline Lawless 20.25m, Jan Stevenson 18.12m ) ; **3 Clayton-le-Moors Harriers 56.43m** ( Anna Kelly 19.14m, Susan Burns 18.48m, Maureen Laney 18.41m ) ; **4 Bristol & West AC 58.43m** ( Sian Monahan 17.39m, Johanna Jay 21.29m, Alison Hurford 19.35m ) ; **5 Bingley Harriers AC 58.48m** ( Mary Green 18.49m, Rachel Smith 20.24m, Rebecca Weight 19.35m ) ; **6 Holmfirth Harriers 59.55m** ( Jean Shotton 20.03m, Christine Couch 19.50m, Lesley Ewart 20.02m ) ; **7 Serpentine Running Club 1h01.28m** ( Sarah Newton 20.36m, Hazel Paterson 21.32m, Theresa Brady 19.20m ) ; **8 Rotherham Harriers & AC 1h01.34m** ( Gill Taylor 20.40m, Paula Fisher 20.43m, Hilary Garrison 20.11m ) ; **9 Preston Harriers 1h02.20m** ( Phillippa Walsh 18.02m, Falicity Cross 25.09m, Anne Sweeney 19.09m ) ; **10 Hallamshire Harriers 1h02.43m** ( Janice Ashforth 22.03m, C Wolstenholme 19.15m, Barbara Bly 21.25m ) ; **11 Forest of Dean AC 1h04.30m** ( Fiona Turner 20.05m, Jackie Green 22.44m, Lynne Park 21.41m ) ; **12 North Shields Poly 1h07.36m** ( Lesley Miller 20.51m, Kath Stewart 24.40m, Paula Adamson 22.05m ) ; **13 Horwich RMI Harriers 1h07.44m** ( Denise Wakefield 20.58m, Audrey Foster 23.13m, Nicole Kirkham 23.33m ) ; **14 Wigan Phoenix 1h08.17m** ( Jayne Taylor 19.09m, Debbie Townsend 23.05m, Christine Hart 26.03m ) ; **15 Spectrum Striders 1h10.06m** ( Shelley Walsh 23.04m, Debbie Read 23.16m, Janet Redpath 23.46m ) ; **16 Garden City Runners 1h10.16m** ( Yvonne Jones 19.19m, Celia Pardoe 21.10m, Maureen Steed 29.47m ) ; **17 Headington Road Runners 1h11.56m** ( Carol Edwards 22.38m, Marie-A Fischer 21.17m, Mary Russell 28.01m ) ; **18 Wolds Veterans RC 1h28.47m** ( Susan Green 26.51m, Josie Revell 30.58m, Jean Harris 30.58m ) ; **OTHER: Cannock & Stafford AC** ( Chris Rollason 20.19m, Dot Fellows 20.54m ) ;

**Fastest Legs:** 1 Fiona Matheson 16.59m; 2 Sian Monahan 17.39m; 3 Phillippa Walsh 18.02m; 4 Lesley Whiley 18.03m; 5 Marina Stedman 8.08m; 6 Jan Stevenson 18.12m; 7 Carol Bowker 18.36m; 8 Maureen Laney 18.41m; 9 Susan Burns 18.48m; 10 Mary Green 18.49m;

### **Women 55+ Team Results**

**1 Wolds Veteran RC 1h02.02m** ( Daphne Ellmore 18.50m, Elizabeth Woods 20.45m, Barbara Brown 22.27m ) ; **2 Dulwich Runners 1h02.28m** ( Lis Pritchard 20.26m, Claire Steward 21.33m, Ros Tabor 20.29m ) ; **3 Bingley Harriers & AC 1h07.22m** ( Helen Morrell 23.35m, Jennie Vasey 22.34m, Margaret Jagan 21.13m ) ; **4 Serpentine Running Club 1h08.40m** ( Pauline Rich 22.00m, Sue Lambert 23.25m, Jan Farmer 23.15m ) ; **5 Les Croupiers RC 1h11.02m** ( Sue Neal 23.18m, Ann James 21.45m, Ruth Collishaw 25.59m ) ; **6 Garden City Runners 1h19.33m** ( Joy Allen 25.54m, Eleanor Draper 26.39m, Leila Taylor 27.00m ) ; **7 Clayton-le-Moors Harriers 1h20.39m** ( Eileen Burnip 25.47m, Jill Scott 27.30m, Valerie Lawson 27.22m ) ; **8 Angels RC 1h22.46m** ( Dawn Hyde 26.51m, Chris Ellis 28.09m, Val Meechan 27.46m ) ; **OTHER: Westbury Harriers** ( Pat Gallagher 19.56m, Maureen Coffey 22.01m ) ;

**Fastest Legs:** 1 Daphne Ellmore 18.50m; 2 Pat Gallagher 19.56m; 3 Lis Pritchard 20.26m; 4 Ros Tabor 20.29m; 5 Elizabeth Woods 20.45m; 6 Margaret Jagan 21.13m; 7 Claire Steward 21.33m; 8 Ann James 21.45m; 9 Pauline Rich 22.00m; 10 Maureen Coffey 22.01m

## **BMAF XC RELAYS, BATHGATE 14<sup>th</sup> APRIL**

### ***Words : Bridget Cushen***

Taking advantage of a generous offer of sponsorship from “Enterprise Bathgate” and “West Lothian District Council” Danny Wilmoth and Scottish Veteran Harriers hosted the above at Bathgate on 14 April in warm sunshine. Hoards of Scottish clubs took advantage of a local BMAF event and turned out in force.

Central AC W35 team’s anchor leg runner A. Norman, who just turned 35 two weeks earlier, found the flat switchback course ideal as she was sharpening up for the track. Eating into Fiona Matheson’s first leg lead for Falkirk, Norman took her team to a 15-second victory. Falkirk ran Janette Stevenson in their W45 team to give them an easy win. Barrow & Furness were one of a few clubs to make the trip North and with Lou Lyness, Jefferson and Thompson in their formidable team, encountered little W55 opposition.



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Five teams contested the M60 event with the Clydesdale team of Cartwright, Campbell and Bob Young bagging gold yet again, this time over Bingley.

Six teams ran in the M35 race, reflecting the good work SVH are doing for the sport. Ron Hill Cambuslang lifted all the titles despite the excellent first leg run from M35 Miller of Irvine AC. Ross Arbuckle returning to his previous form, gave their M40 team a good start.

But pity the M50 North Belfast boys, Jim Newberry brought them home 2<sup>nd</sup> behind Irvine on leg one, Shields took them into the lead on stage 3. But despite the start of the race been put back by 15 minutes, their final stage runner was still fog bound at Birmingham International airport.

### Race One

#### **W35:**

**1 Central 44:53** (H Dean 14:49, J Waterhouse 15:36, A Normand 14:28); **2 Garscube Harriers 46:24** (A Wynchip 15:02, M Stanley 15:09, H McIntosh 16:13); **3 Fife AC 51:05** (L Sibbett 15:55, S Thomson 17:07, F Walker 18:03); **4 Calderglen Harriers 53:27** (E Reid 16:03, M Francis 18:50, M Goldsmith 18:34); **5 City of Edinburgh 53:33** (S Ramage 19:40, K Forbes 16:39, J Sneddon 17:14); **6 Hunter Bog Trotters 55:15** (D McDonald 16:58, C Buckley 18:28, A Johnson 19:49);

#### **W45:**

**1 Falkirk Harriers 45:08** (F Matheson 14:41, C Lawless 15:39, J Stevenson 14:48); **2 Irvine AC 52:43** (H Morton 16:12, E McGarry 18:06, M Miller 18:25); **3 Fife AC 53:04** (VY McCullough 16:58, I Pennycook 19:24, M McLaren 16:42);

#### **W55:**

**1 Barrow & Furness 57:42** (L Lyness 16:15, B Jefferson 20:53, G Thompson 20:34);

#### **M60:**

**1 Clydesdale Harriers 45:02** (P Cartwright 14:57, B Campbell 15:27, R Young 14:38); **2 Bingley Harriers 45:32** (L Haynes 15:16, B Dover 15:11, M Smith 15:05); **3 Fife AC 46:09** (G Black 16:10, M Scobie 14:44, T Ross 15:15); **4 Ron Hill Cambuslang 50:24** (D Fairweather 15:25, P Bradley 18:04, R Anderson 16:55); **5 Fife AC (B) 60:53** (A Robertson 20:50, B Stark 21:04, G Bennison 18:59);

### Race Two:

#### **M35**

**1 Ron Hill Cambuslang Harriers 50:06** (K Wilson 12:36, G Hastie 12:46, D Rodger 12:28, S Wylie 12:16); **2 Irvine AC 51:40** (D Miller 11:56, B Richardson 13:29, G Irving 12:53, C Miller 13:22); **3 Kilbarchan AAC 52:12** (J McMillan 12:58, R Quinn 12:33, J Snodgrass 12:51, J Petrie 13:50); **4 Fife AC 56:43** (G Pirie 13:21, B Smith 13:59, N Fowler 15:12, C Russell 14:11); **5 Hunter Bog Trotters 63:43** (I Normand 15:04, J Warman 13:58, C Farquharson 14:25, I Marshall 20:16); **Others:** Pitreavie AAC (J Farquhar 13:04, A Duncan 14:31, N Cunningham 13:00);

#### **M40:**

**1 Ron Hill Cambuslang 1:22:49** (R Arbuckle 12:37, D Thom 13:30, B McLaughlin 13:48, R Lyon 13:58, G Reid 13:34, C Feechan 15:22); **2 Calderglen AC 1:22:59** (D Watt 13:01, M Duthie 13:14, K Davidson 14:23, S Waugh 15:37, A Cullie 13:44, A Derrick 13:00); **3 City of Edinburgh 1:23:35** (Rodger 12:54, Lyall 13:08, Robertson 13:42, Ward 14:34, Cable 14:27, Howie 14:50); **4 Carnegie Harriers 1:26:11** (D McGoughan 12:59, I Stewart 13:15, P Simpson 13:54, A Cockburn 14:43, R McKenzie 14:56, S Greer 16:24); **5 Fife AC 1:29:32** (B Cruikshanks 13:32, B Aitken 13:32, D Shepherd 16:21, Pennycook 15:53, C Brown 15:15, J Murdock 14:59); **6 Garscube Harriers 1:32:06** (A Griffiths 15:36, K McAnna 15:31, A Smith 15:04, J McAneny 14:28, S Cullen 16:27, R McLennan 15:00); **Others:** City of Edinburgh B (McEwan 17:08, Sneddon 15:16, Beal 13:48, AN Other 18:39); Irvine AC (F Collier 14:41, J Sneddon 15:02, J Moore 15:31, I Hamilton 21:39); Falkirk VH (J Denholm 16:02, D Buyan 16:35, K Boardman 14:31);

#### **M50**

**1 Ron Hill Cambuslang Harriers 55:55** (F Connor 14:32, A Jenkins 13:50, F Hurley 14:41, F Barton 12:52); **2 Irvine AC 59:54** (I Barryman 13:58, J White 14:49, B Dale 16:33, A Rennie 14:34); **3 Fife AC 61:06** (R Mill 14:23, S Grayes 15:39, D Gunstone 15:57, F McLaren 15:07); **4 Hunters Bog Trotters 68:34** (N Gould 18:47, R Livingstone 16:54, J Thyne 15:03, D Wall 17:50); **Others:** North Belfast (J Newberry 14:12, D Martin 14:31, M Shields 13:08); Fife AC (A Barker 17:01, D Bee 17:57);

**April 22**

## **FLORA LONDON MARATHON VETERANS REPORT**

*By Martin Duff of Athletics Weekly*



**Darran Bilton  
At Sutton last year!**

**D**arran Bilton underlined his status as one of the top Masters in the country with victory in 2:25:10 and a cheque for \$1000 as 2006 veterans' winner Nicky Martin was relegated to second.

Fastest M40 in the Sutton Park Masters relays last year, Bilton has also been part of the City of Leeds' winning National Senior cross-country and 12-stage teams in 2007 but has not taken part in master's only cross-country events.

Gary Payne retained his M50 title in 2:39:31, as Ian Crampton won M45 gold with 2:36:24. Halifax's Geoff Cumber won his first M60 title, while Geoff Oliver was on song in the M70 group with 3:34:46. Old favourite Denis Keogh was top M80 although the official London Marathon results had him down as Denise!

Constantina Tomescu-Dita was first W35 in 2005 and returned this year to take her second title in third place overall as former Open winner Liz McColgan was the fastest W40 despite starting with the fun runners in the massed start. Dita was second W35 in 2006 to Lyudmila Petrova and this year was leading group of five or six to just after the half distance (69:58).



## MASTERS ATHLETICS SUMMER 2007

Dita told Athletics Weekly: "The race was very good and very tough at the same time. I did the best I could today with some of the best runners in the world in the race. I am very glad to get third place, but today was too hot for me, as I don't like hot weather."

McColgan won in 1996 and here ran 2:50:38 in raising money for Leukaemia Research, something that she has done off and on for the past eight years despite troublesome bone problems in her feet. "As a fun runner, I appreciate the crowd more than ever. I even see some of the sights I didn't recognise from when I was running in the elite pack," she continued. Pre-race W40 favourite Heather Foundling-Hawker was not too pleased to be told to start with the elite women: "I hadn't run in London before and I wanted to do the main race, so it's a bit annoying that Liz could and she wins the W40 when it might have been different had we been in the same race," she told AW.

New W55 Claire Steward took the W55 group in 3:35:14 to win by two minutes from Mary Picksley after last year's W55 winner Marion Rayner led through halfway in 96:18 but drifted back to fourth.

W60 and W65 favourites Carole Spong (3:48:28) and Sue Lambert (4:00:12) again delivered but 2006 W70 winner Cath O'Regan, who ran 4:09:11 then, missed London but clocked 4:48:19 at Stratford the following week, a time that would have given second in London behind Eleanor Draper who she headed last year.

W75 Eileen Quinton ran 4:51:40 following a BBC feature about sport and the older participants called *Young at Heart*. Quinton thought she could have run faster and said that it was all: "very crowded and hard work because of the heat," added the 77-year-old.

### Men

**M40:** 1 D Bilton (Leeds) 2:25:10; 2 N Martyn (High) 2:27:11; 3 S MacDonald (Bing) 2:28:39; 4 P Thompson (Kett) 2:31:47; 5 S Gregory (Holme P) 2:35:59; 6 D Dam (ITA) 2:36:13; 7 P Parry (B&W) 2:36:34; 8 A Sitotaw (NOR) 2:36:41; 9 R Pattinson (P&B) 2:36:48; 10 D Connor (Ripley) 2:36:50; 11 A McNeil (Long E) 2:36:50; 12 M Lynas (THH) 2:37:14; 13 G Thomas (Les C) 2:37:38; 14 T Jackson (SB) 2:37:41; 15 A Harrison (GWR) 2:38:35; 16 G Hide (Win) 2:38:50; 17 M Woodman (RRC) 2:39:27; 18 M Johnson (Kenil) 2:39:31; 19 M Thompson (Lyth) 2:39:34; 20 M Hollands (M'head) 2:40:26; 21 R Adams (Ports J) 2:40:54; 22 A Lockey (Bourt) 2:41:00; 23 C Southam (Stilt) 2:41:15; 24 P Pasturel (FRA) 2:41:21; 25 D McCarter (unatt) 2:41:30; 26 P Murtagh (WTH) 2:41:31; 27 N Rackham (Metros) 2:41:47; 28 G Taylor (Giff) 2:41:40; 29 R Bentley (Wx) 2:42:41; 30 D Lines (Nene V) 2:42:49; 31 J Ferraro (Lon H) 2:42:43; 32 D Walmsley (unatt) 2:43:02; 33 J Pares (Buckley) 2:43:06; 34 A Hope (Sev) 2:44:00; 35 H Piotrowski (Tip) 2:44:09; 36 J Benson (N Belf) 2:44:16; 37 P Balard (FRA) 2:44:26; 38 A Baardsen (NOR) 2:44:57; 39 I Robert (RN) 2:45:03; 40 L Dilmi (unatt) 2:45:30; 41 M Chamberlain (Roadhogs) 2:45:31; 42 S Hassall (Der) 2:46:16; 43 D Walmsley (Bourt) 2:46:17; 44 D Byrne (S Lon) 2:46:30; 45 J Aguirre (ESP) 2:46:44; 46 D McCauley (S'burn) 2:46:57; 47 P Rose (Yeo) 2:47:02; 48 A Tanner (Bath) 2:47:17; 49 G Crimonte (ITA) 2:47:16; 50 S Williamson (Tring) 2:47:20

**M45:** 1 I Crampton (Durh) 2:36:24; 2 A Finn (Stock Ex) 2:38:44; 3 M Vincent (Fra) 2:39:48; 4 A Clements (Poole) 2:42:06; 5 N Kinsey (B&B) 2:43:40; 6 D Brown (Chilt) 2:43:56; 7 G Stevens (Serp) 2:44:05; 8 D Reed (St Ed) 2:44:13; 9 I James (Wrex) 2:44:20; 10 R Thorn (Bath) 2:44:40; 11 J Carr (L&M) 2:45:30; 12 P Stainer (SB) 2:45:44; 13 D Thomson (Ports) 2:45:45; 14 M Lane (Rane) 2:46:27; 15 S Smythe (Dulw R) 2:46:47; 16 G Stephens (unatt) 2:47:16; 17 S Davies (Mansf) 2:47:39; 18 F Barbed (ESP) 2:48:02; 19 A Chambers (Ivanhoe) 2:48:10; 20 C Richards (Cleve) 2:48:22; 21 J Tomlinson (Fife) 2:48:25; 22 C Finill (Harrow) 2:49:04; 23 M Proven (Read) 2:49:16; 24 M Villa (ITA) 2:49:40; 25 D Headon (Les C) 2:49:41; 26 M Harvey (Rane) 2:50:22; 27 A Rowland (unatt) 2:50:33; 28 A Bass (Serp) 2:51:14; 29 S Cox (unatt) 2:51:19; 30 M Pittaway (RMP) 2:51:36; 31 K Roberts (Tiv) 2:51:40; 32 S Leverton (N Der) 2:51:49; 33 I McKay (Black C) 2:51:50; 34 J Lopez (CRC) 2:51:59; 35 M Crabtree (Hali) 2:52:09; 36 S Gray (Scarb) 2:52:19; 37 S Curtis (K&C) 2:53:09; 38 S Murdoch (Moth) 2:53:19; 39 S Sincoc (SWRR) 2:53:37; 40 A Thompson (Griff) 2:53:41; 41 A Manna (ITA) 2:53:57; 42 C Phelan (S Lon) 2:54:15; 43 P Kendrick (Brecon) 2:54:17; 44 M Walters (Bed H) 2:54:20; 45 A Betti (ITA) 2:54:55; 46 M White (Havant) 2:54:46; 47 J Convery (Bing) 2:54:46; 48 R Fredriksen (NOR) 2:54:51; 49 S Keywood (Lon) 2:55:08; 50 C West (Steel) 2:55:11

**M50:** 1 G Payne (G Eliot) 2:39:31; 2 I Bloomfield (CleS) 2:43:35; 3 A Rowe (Wesh) 2:43:56; 4 R Burton (Chilt) 2:44:19; 5 R Wilson (Gren G'Pk) 2:47:06; 6 M Nester (B'burn) 2:47:18; 7 G Wilson (Tel) 2:48:53; 8 D Brisco (And) 2:49:10; 9 M Bale (NOR) 2:49:28; 10 E O'Neill (Sphinx) 2:49:38; 11 N Sirs (Exe) 2:49:58; 12 P Russell (Inv EK) 2:50:21; 13 G Rhimes (Ports) 2:50:22; 14 S Duddell (GWR) 2:50:28; 15 D Hartwell (Oxf C) 2:50:58; 16 C Morrison (Sinfon) 2:51:25; 17 T Coyle (unatt) 2:51:36; 18 SJ Smythe (Dulw R) 2:51:40; 19 M Holmes (Salf) 2:51:43; 20 G Reid (unatt) 2:51:54; 21 G Choquet (FRA) 2:52:15; 22 M Bayer (Sidmouth) 2:53:17; 23 C Price (Swinton) 2:55:18; 24 N O'Dowd (E'leigh RC) 2:55:53; 25 J Atkinson (Roth) 2:56:01; 26 G Germinario (ITA) 2:56:33; 27 M McGeogh (Les C) 2:57:02; 28 P Sanderson (G&G) 2:57:39; 29 A Dawson (St Ed) 2:58:02; 30 N Kaiser (Totley) 2:58:08; 31 M Lambden (Manx) 2:58:19; 32 M Warrick (unatt) 2:58:55; 33 D Jelly (Ripon) 2:59:26; 34 R Jacobs (Herne H) 2:59:34; 35 S Bolton (Wreake) 3:00:10; 36 K Foo (unatt) 3:00:12; 37 M Lahjou (MOR) 3:00:14; 38 G McClure (Abbey) 3:00:24; 39 R Stanier (Tip) 3:00:40; 40 M McCabe (N For) 3:00:49; 41 B Vickers (Roth) 3:00:58; 42 R McEwan (Bella) 3:00:59; 43 B Gyte (Steel) 3:02:14; 44 S Colbourne (Sphinx) 3:02:30; 45 T Hutchison (Bath) 3:02:30; 46 B Wilson (Ludlow) 3:02:59; 47 P De Luzan (unatt) 3:03:01; 48 P O'Connell (Trent P) 3:03:05; 49 J Bateman (Ripley) 3:03:36; 50 N Gallese (ITA) 3:03:45

**M55:** 1 P Camenzino (SUI) 2:40:15; 2 C Steptoe (VoA) 2:41:41; 3 R Mjelstad (NOR) 2:45:05; 4 I Kitching (S Lon) 2:55:13; 5 P Watson (Ryde) 2:57:21; 6 T Robertshaw (unatt) 2:58:21; 7 K Bennett (S'hurst) 2:58:25; 8 P Douglas (Staff) 2:58:48; 9 P Sarson (Staff) 2:59:15; 10 G Ball (Wimb W) 3:01:28; 11 N Scruton (Scarb) 3:01:31; 12 T Ritschard (SUI) 3:04:28; 13 M Stoker (Sund) 3:04:29; 14 S Richardson (Pock) 3:05:00; 15 E Taylor (unatt) 3:05:03; 16 R Booth (Shelt) 3:05:14; 17 P Miles (Club 69) 3:05:23; 18 C Carles (FRA) 3:06:34; 19 T Portus (unatt) 3:06:48; 20 O Lillevik (NOR) 3:07:03; 21 T Wessinghage (GER) 3:07:10; 22 E Baldwin (Durh) 3:08:01; 23 M Wittering (Hunc) 3:08:26; 24 N Doran (B Air) 3:09:06; 25 J De Mulder (BEL) 3:09:11; 26 A Lewis (Poole R) 3:09:21; 27 J Lingard (St H) 3:11:36; 28 G Baker (RRC) 3:12:31; 29 R Hill (Ips J) 3:12:46; 30 B Skriver (DEN) 3:14:58; 31 C Skerratt (Bigg) 3:15:04; 32 J Tennant (Harl) 3:15:35; 33 D Davies (Neath) 3:16:05; 34 D Beattie (Craw) 3:16:28; 35 H Sloan (Shelt) 3:16:40; 36 J Lindebotten (NOR) 3:17:00; 37 P Shaw (Ripley) 3:17:21; 38 K Midgley (Hali) 3:17:45; 39 A Ashforth (Hallam) 3:18:30; 40 J Karlsson (ISL) 3:19:10

**M60:** 1 G Cumber (Hali) 2:53:51; 2 L Christopher (Sund) 2:58:59; 3 P Lockett (Newq) 3:05:13; 4 C Rathbone (Vale R) 3:06:20; 5 J Sambridge (unatt) 3:06:20; 6 J Wigglesworth (Roth) 3:11:54; 7 R Scott (Kilb) 3:13:02; 8 G Scott (Poole R) 3:14:14; 9 B Jarvis (unatt) 3:14:53; 10 A Cross (Seaf) 3:15:48; 11 G Barron (B Stort) 3:18:19; 12 A Bradbury (Nun) 3:20:19; 13 M McNally (Elsow) 3:20:22; 14 A Brook (unatt) 3:21:42; 15 A Nodari (ITA) 3:23:14; 16 P McDonald (unatt) 3:23:47; 17 K Allen (Notts) 3:23:55; 18 A Payne (E Hull) 3:24:04; 19 A Elsmere (B&R) 3:24:31

**M65:** 1 A Bent (Brack F) 3:28:55; 2 M Picatto (ITA) 3:32:55; 3 P Dobbs (Thurr) 3:35:51; 4 B Wallace (Wat J) 3:36:37

**M70:** 1 G Oliver (100km) 3:34:46; 2 R Griffin (Camb U) 3:39:13; 3 F Makin (Holme P) 3:41:22; 4 J Prudham (J&H) 3:51:08; 5 C Evans (Cher) 3:51:56

**M75:** 1 R Walsh (B'pool) 3:54:57; 2 R Gee (Soton RC) 4:25:35; 3 J Gray (Felth) 4:29:31; 4 T Rooney (IoW) 4:36:36; 5 F Eastham (unatt) 4:42:03

**M80:** 1 D Keogh (B Row) 5:06:50; 2 P Freedman (Hav 90) 5:45:40; 3 A Allen (unatt) 6:01:44;

### Women:

**W35:** 1 C Tomescu-Dita (ROM) 2:23:55; 2 Y Torres (USA) 2:44:58; 3 G Laithwaite (St H Sutt) 2:48:32; 4 C Wilding (Serp) 2:49:07; 5 A Howe (Lon H) 2:49:57; 6 A Thomas (TROTS) 2:57:29; 7 A Critchlow (Lon H) 2:59:43; 8 Z Pike (HW) 2:59:47; 9 L Mawer (Bing) 3:00:30; 10 K Jackson (Vall St) 3:01:20; 11 L Clifford (Gard CR) 3:02:25; 12 C Pusey (Burn J) 3:02:37; 13 T Oldershaw (Padd W) 3:02:41; 14 T Fawcett (Sale) 3:03:47; 15 S Iannelli (Hali) 3:03:49; 16 C Phillips (Swan) 3:04:29; 17 E Gooderham (Malvern) 3:04:48; 18 N Neal (Belg) 3:05:00; 19 P Stephens (Western) 3:05:17; 20 S McDonald (S Lon) 3:06:09; 21 D Hillman (Carn) 3:06:36; 22 K Heaviside (Eden) 3:07:17; 23 W King (Chelm) 3:07:17; 24 B Gibson (Win) 3:07:25; 25 C Hill (unatt) 3:07:32; 26 J Rockcliffe (Avon VR) 3:07:45; 27 J Preen (Mil K) 3:07:52; 28 W Scott (RN) 3:10:31; 29 L Moreau (FRA) 3:11:25; 32 J Rowe (unatt) 3:12:01; 33 J Dickens (Stone) 3:12:26; 34 S Williams (Met P) 3:13:25; 35 B Baker (unatt) 3:14:28; 36 M Jesson-Heslin (North RR) 3:14:31; 37 Y Wyke (Wig P) 3:14:41; 38 S Dixon (Glaxo) 3:14:52; 39 V Greenall (Granth) 3:15:15; 40 A Hall (Torbay) 3:15:25; 41 B Massey (Barns) 3:15:56; 42 C Settle (S Lon) 3:16:20; 43 C Wakefield (Ryst) 3:16:22; 44 R Chatwin (Stock) 3:16:23; 45 J Wilson (Holme P) 3:16:25; 46 C Imrie (Serp) 3:16:25; 47 J Dunbar (Porto) 3:16:35; 48 T Bailey (unatt) 3:16:40; 49 J Chappell (NHRR) 3:16:41; 50 L Clarkson (Darven) 3:16:48

**W40:** 1 L McColgan (Leuk) 2:50:38; 2 H Foundling-Hawker (Honi) 2:54:56; 3 D Steer (St Alb) 2:55:05; 4 T Holloway-Guilfoyle (Der) 2:56:05; 5 T Woolley (Cent) 2:58:13; 6 J Moore (Wells) 3:00:03; 7 C Hewitt (Tiv) 3:00:22; 8 K Masson (C&C) 3:02:03; 9 A Dennison (Bing) 3:02:26; 10 K Sincoc (SWRR) 3:02:28; 11 S Gee (Brack F) 3:03:53; 12 L Porter (unatt) 3:04:31; 13 C Grieg (NOR) 3:06:27; 14 K Wood (Stock) 3:06:32; 15 M Synnot-Wells (Rane) 3:08:25; 16 S Harrison (Wok) 3:08:40; 17 J Barley (Leeds) 3:08:55; 18 J West (Worksp) 3:10:18; 19 W Urban (Torbay) 3:10:37; 20 C Hewitt (Wrex) 3:10:49; 21 S Coyne (Newq) 3:11:06; 22 R Barker (Saffron) 3:11:17; 23 R Watchorn-Rice (Cheadle) 3:11:21; 24 S Malir (Hk) 3:12:06; 25 L Cummins (Yeo) 3:12:15; 26 R Cook (Bir) 3:12:21; 27 F Nairn (Hadd) 3:12:30; 28 E Engdahl (Thurr) 3:12:53; 29 L Haines (Wimb W) 3:13:16; 30 K Stephenson (W4H) 3:14:35; 31 J Deegan (Ach) 3:14:36; 32 D Wait (unatt) 3:14:44; 33 C Hemming (Spect) 3:14:47; 34 V Bringlow (Sutt) 3:16:43; 35 M Bowen-Rees (TROTS) 3:18:04; 36 M Ubierna (ESP) 3:18:53; 37 A Wallace (unatt) 3:19:12; 38 L Staines (BMH) 3:19:28; 39 V Metcalf (Serp) 3:20:00; 40 S Gannon (Ware) 3:20:06; 41 M Tokairm (unatt) 3:20:16; 42 A Avery (Brox) 3:20:23; 43 H Millar (Giff)



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3:21:27; 44 J Wilson (S'port W) 3:22:28; 45 P Hill (Denm) 3:22:49; 46 L Koergaard (DEN) 3:22:51; 47 S Fitt (Gard CR) 3:24:04; 48 J Keavney (Knives) 3:24:09; 49 L Antinora (USA) 3:24:39; 50 L Walton (Barns) 3:25:31  
**W45:** 1 V Perry (Alt) 2:54:29; 2 S Monaghan (B&W) 2:56:28; 3 D Parfitt (Norf G) 2:59:05; 4 D Smale (WSEH) 3:01:07; 5 T Johnson (Dews) 3:04:41; 6 A Sinnett (Hay H) 3:07:56; 7 C McCarthy (Ack) 3:08:10; 8 F Ross-Russell (Salis) 3:11:33; 9 J Palmer (B'fleet) 3:12:26; 10 C Tammen (USA) 3:15:41; 11 S Black (Birst) 3:16:40; 12 C King (FVS) 3:16:59; 13 K Fowler (SDAC) 3:17:16; 14 S Gilbert (T Soton) 3:17:47; 15 F Skidmore (Dews) 3:19:47; 16 G Disney (Erewash) 3:21:42; 17 D Hier (Warm) 3:21:44; 18 S Gardener (Vict) 3:22:22; 19 J White (unatt) 3:22:32; 20 S Spencer (Hales) 3:24:12; 21 T Robson (W'bury) 3:24:49; 22 S Spong (Hav 90) 3:25:35; 23 C Costiff (unatt) 3:25:49; 24 C McCreedy (Bitt) 3:25:50; 25 Y McGarry (unatt) 3:26:17; 26 J Tyler (E Corn) 3:27:13; 27 A Hester (B&H) 3:28:17; 28 A Benstead (unatt) 3:28:40; 29 J Moloney (RMP) 3:29:56; 30 S Lovell (Hast R) 3:30:16; 31 J Jarvis (Osw) 3:30:58; 32 D Coney (Dors D) 3:32:01; 33 A Clark (Quak) 3:32:13; 34 C Bonnick (Wat J) 3:33:10; 35 H Khoshnevis (L'down) 3:34:56  
**W50:** 1 P Edwards (Norw RR) 3:10:53; 2 E Christie (Bella) 3:15:21; 3 A Johnsson (SWE) 3:19:44; 4 B Nordin (Ilf) 3:20:10; 5 D Kenwright (Sarn H) 3:21:24; 6 J Shepherd (unatt) 3:22:33; 7 J Bremner (Tamar) 3:23:20; 8 M Conceicao (POR) 3:23:45; 9 B Ralph (Chilt) 3:24:01; 10 A Valapinee (Mil K) 3:24:58; 11 A Hartnak (unatt) 3:26:09; 12 J Radford (Win) 3:28:31; 13 M Difallah (FRA) 3:29:30; 14 A McDonough (B&B) 3:29:42; 15 G Harrison (T Spirit) 3:30:43; 16 J Potter (Brid) 3:31:28; 17 J Barrow-Green (Vic P) 3:32:33; 18 S Houston (Moray) 3:34:15; 19 G Stevens (unatt) 3:34:49; 20 CA Davies (Roth) 3:34:59; 21 C Clarke (Shepshed) 3:36:32; 22 C Hemworth (Falm) 3:36:30; 23 L Moreau (SB) 3:36:38; 24 C Young (Blyth) 3:37:10; 25 D Heydecker (St Alb) 3:39:15; 26 M Williams (Cent) 3:40:40; 27 A Houden (NOR) 3:41:00; 28 B Browning (Eg H) 3:41:03; 29 M Patterson (Torr) 3:42:02; 30 Y Leeson (Stone) 3:42:52; 31 S Dale (Hav 90) 3:42:57; 32 K Martindale (Bord) 3:42:28; 33 S Benson (unatt) 3:43:40; 34 S Sharland (W Run) 3:44:49; 35 B Hickman (unatt) 3:44:58  
**W55:** 1 C Steward (Dulw R) 3:35:14; 2 M Picksley (Steel) 3:37:55; 3 S Hume (RRC) 3:39:06; 4 M Rayner (W4H) 3:40:29; 5 D Pamplin (W'bridge) 3:41:44; 6 S Barnes (VoA) 3:42:32; 7 Y Twelvetree (Totley) 3:43:13; 8 K Hoon (KOR) 3:43:50; 9 S Dyson-Laurie (Win) 3:47:01; 10 L Neville (unatt) 3:48:31; 11 S Huggett (Hast R) 3:50:14; 12 S Lucas (L&M) 3:51:31; 13 H Allen (Hart) 3:53:00; 14 P Vernazza (N Vets) 3:53:34; 15 C Wadforth (Hull Sp) 3:53:42; 16 MF Florentin (FRA) 3:56:34; 17 L Woodward (unatt) 3:56:44; 18 P Chandler (unatt) 3:57:17; 19 M Morris (Saxilby) 3:59:18; 20 C Higgins (unatt) 4:00:12  
**W60:** 1 C Spong (G Yar RR) 3:48:28; 2 P Schaerer (SUI) 3:53:09; 3 N Smith (B'burn) 3:55:28; 4 A Copson (unatt) 3:57:15; 5 G Jackson (Chap) 3:57:33; 6 T Jones (Cant) 3:59:53; 7 D Stares (Read RR) 4:03:22; 8 A Springings (Wok) 4:04:06; 9 C Morgan (Shrop) 4:04:09; 10 C De Haan (unatt) 4:06:36; 11 S Gibson (Darl) 4:07:02; 12 B Parkinson (R&N) 4:11:41  
**W65:** 1 S Lambert (Serp) 4:00:12; 2 C Morrison (Ports) 4:11:03; 3 H Rigni (USA) 4:16:06; 4 M Lenaghan (C'gates) 4:20:49; 5 M Orban (Toot) 4:24:33; 6 S Soar (unatt) 4:28:13  
**W70:** 1 E Draper (Gard CR) 4:24:35; 2 J Burston (Phoe St) 4:53:46; 3 J Snelling (Knives) 5:23:13  
**W75:** 1 E Quinton (Horsh J) 4:51:40; 2 D Offredi (Wimb W) 7:42:03

Because of a bit of rain, the match was delayed by 1.5 hours, and the track programme lost time.



**Nina Anderson**  
 was a winner at  
 both 400 & 800.  
 Is ranked 50<sup>th</sup> in  
 the UK Women's  
 List this season

### **INTERLAND, TOURNAI, BELGIUM** 24<sup>th</sup> JUNE

**WORDS MAURICE DOOGAN**  
**PICTURES LESLEY RICHARDSON**  
[www.rikkophoto.co.uk](http://www.rikkophoto.co.uk)

**W**hen reading the results, please bear in mind we lost 12 Athletes through injury or illness since selection including Kermitt Bentham, John Headley, Steve Smith, Keith Newton, Andrew Kennard, Mark Johnson, Melanie Brown, Kate Ramsey and Catharine Goddard. We also had very few reserves.

We also had to contend with P+O withdrawing our 0755 ferry due to technical difficulties 23 hours before sailing, and only able to offer us the 0530 sailing - really conducive to athletes competing in an International match. Our only option was the Seafrance 0930 sailing, which got us to the venue over an hour after the match was due to start.

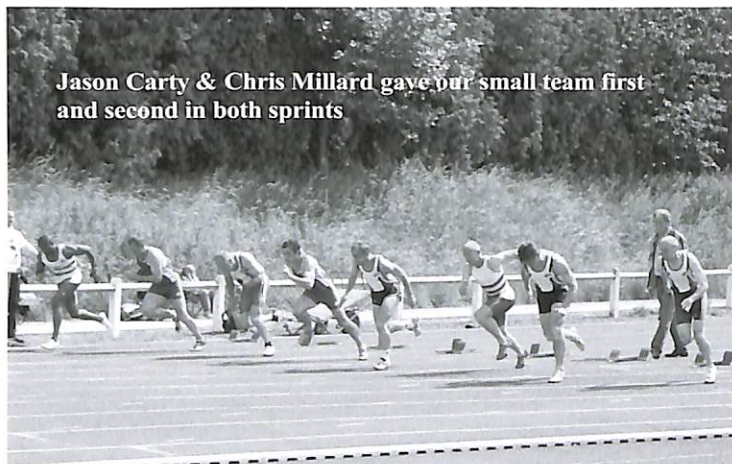
The unfunded team had to leave the match before its finale to catch the 2100 boat home. Hence we missed both 3000's, the last few trials in the Triple Jump and all the relays. After landing in Dover at 2200, athletes had to travel back to homes as far away as Newcastle, Lancashire and the West Country - having paid all their own expenses for the privilege and honour of competing for their country.

The French in contrast, who are fully funded, select their team from the National Championships which are always held two weeks before the Interland, for which they appear to peak, and then most disappear, their season over - the Brits have hardly started, as they aim to peak for the World Championships in September, hence the high numbers of injuries. Athletes trying to getting in some early intensive speed work before they are ready or before their real season begins. The French may always win the Interland, but that is never replicated on the European or World stage to any great degree, the Brits are the exact opposite. So the choice, Big Fish in small pond or Shark in Ocean - 535 British Athletes going to the Worlds in September show we have chosen the Albert Hall as opposed to village hall.

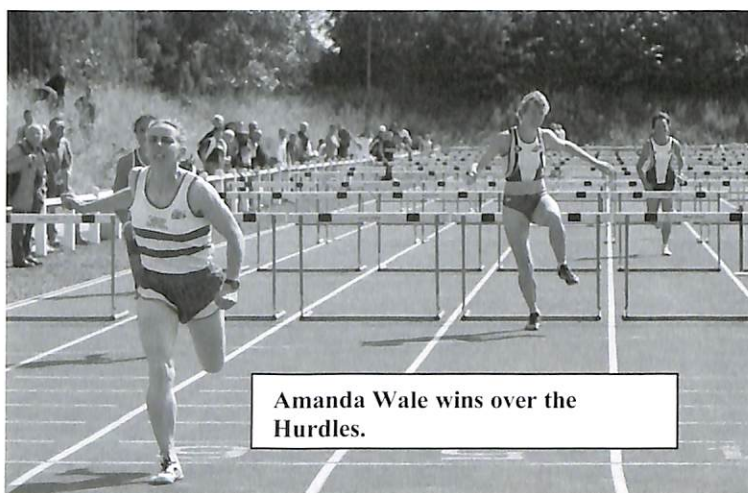
Despite the difficulties faced, we still had some stunning victories, notably, great doubles from debutantes Nina Anderson in 400/800, sprint duo Jason Carty and Chris Millard in 100/200, together with a fine win in the Hammer for Steve Sammut. Numerous athletes produced season bests with the odd British Record thrown in for good measure, with all athletes giving their very best for the cause, you can ask for no more.



## MASTERS ATHLETICS SUMMER 2007



Jason Carty & Chris Millard gave our small team first and second in both sprints



Amanda Wale wins over the Hurdles.

To lance a really frustrating day at the Waterloo re-match [the French in Belgium], Team Captain [travelling wounded] Kermitt Bentham presented medals of honour to 'boat squad' athletes on the crossing home – beaten but not defeated.

Can we learn lessons - the answer is education, education, education.

Pockets of Masters Athletics appear to be mimicking some present day children - cannot read [the Criteria for Selection], or write [a Submission for Selection], but still wonder why they are not favoured.

**RESULT:** 1 FRANCE 548.5; 2 BELGIUM 394; 3 GBR 274.5; 4 BELGIUM "B" 196;

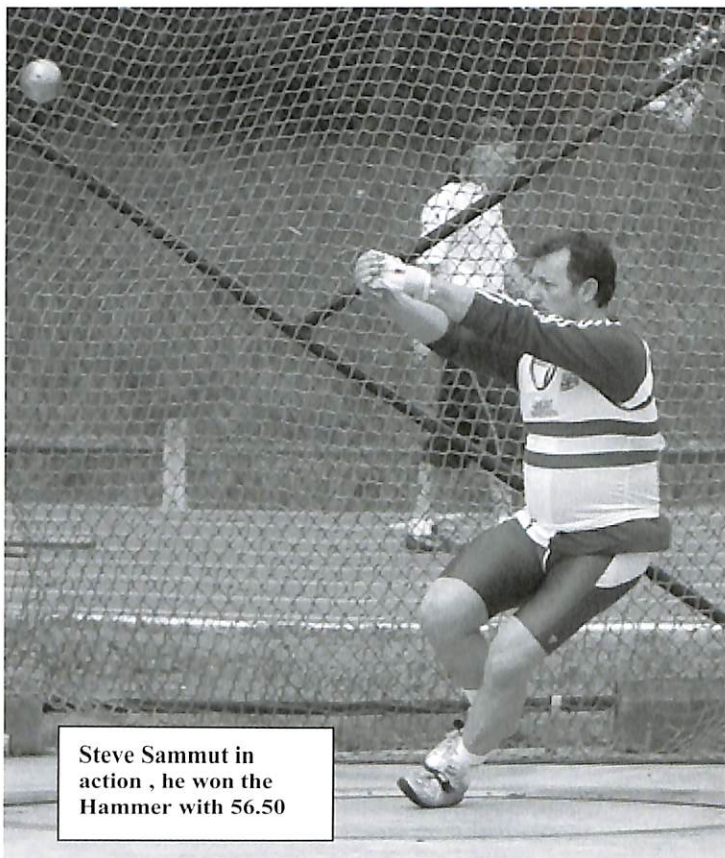
### MEN

**100:** 1 CARTY Jason GBR 11.08; 2 MILLARD Chris GBR 11.11; 3 CRIVELLARI Gino FRA 11.42; **200:** 1 MILLARD Chris GBR 22.56; 2 CARTY Jason GBR 22.61; 3 CRIVELLARI Gino FRA 23.28; **400:** 1 DAWYNDT Frank BEL A 51.21; 2 GARDINER Michael GBR 51.32; 3 RISAL Sylvain FRA 51.43; 6 PERRY Mark GBR 52.74; **800:** 1 COLIN Jean Charles FRA 1.59.8; 2 BRANNON TOM GBR 2.00.1; 3 ABDELAOUI Habib FRA 2.00.9; 8 SCOTT Mike GBR 2.08.4; **1500:** 1 DJANTI Azzedine FRA 4.01.01; 2 PLANAS Juan BEL A 4.01.48; 3 MANZANARES Fabien FRA 4.01.68; 7 BRANNON TOM GBR 4.21.69; 8 SHIELDS Hugh GBR 4.25.09; **3000:** 1 GOOSSENS Kris BEL A 8.38.47; 2 LAHLALI Djamel FRA 8.40.02; 3 DUPONT Eric FRA 8.43.51; **5000:** 1 DE VOCHT Peter BEL A 15.05.62; 2 KHEZZANE Norededdine FRA 15.19.41; 3 BELAICHE Touami FRA 15.24.59; 6 JOHNSTON Ian GBR 15.56.18; 8 ROWE Alex GBR 16.13.70; **3000SC:** 1 PIERRAT Jean Philippe FRA 9.32.54; 2 TAYSS Abdel Azi FRA 9.34.63; 3 VAN DER HOEVEN Marc BEL A 9.35.72; 6 WYTHE Dickie GBR 10:58.94; **110H:** 1 GARRIGUES Marin FRA 14.72; 2 ASSELMAN Frank BEL A 14.91; 3 ANCEAUX Luc FRA 14.99; 5 APPIAH Joe GBR 15.14; 6 WILKINSON Des GBR 17.17; **400H:** 1 ASSELMAN Frank BEL A 57.20; 2 CLAUSSE Daniel FRA 59.97; 3 JACOBS Jos BEL A 1.00.53; 6 BROADHURST Ian GBR 1.04.74; 7 REDDINGTON GLEN GBR 1.05.23; **HJ:** 1 FONTANEY Christophe FRA 2m01; 2 BAGGIO Livio BEL A 1m92; 3 LINSELE Steve GBR 1m89; 5 ALLEN Ian GBR 1m75; **PV:** 1 LEDEGEN Dirk BEL A 4m30; 2 PRESSIGNY Franck FRA 4m15; 3 ROSE Christian FRA 4m00; **LJ:** 1 BRANLE Hugues BEL A 6.89; 2 APPIAH Joe GBR 6.43; 3 BRISCAN André FRA 6.32; 4 ALLEN Ian GBR 6.11; **TJ:**

1 MONNERAIS Bruno FRA 14.25; 2 BRISCAN André FRA 14.14; 3 REZ Cameron GBR 13.25; 5 LINCOLN Neil GBR 12.03; **SP:** 1 DESBORDES Pascal FRA 14.75; 2 MILLET Jean-Yves FRA 13.53; 3 WILS Rudi BEL B 13.48; 6 SAMMUT Steve GBR 11.88; 8 BURRELL David GBR 10.95; Guest: C. LEIPER Allan GBR 11.90; **DT:** 1 KATONA Sandor FRA 46.90; 2 FIOT Olivier FRA 44.92; 3 BEERNAERT Jordi BEL A 42.43; 6 SAMMUT Steve GBR 37.54; Guest: BURRELL David GBR 32.75; **HT:** 1 SAMMUT Steve GBR 56.50; 2 DESPONTIN Thierry BEL A 48.13; 3 DIDIER Thierry FRA 47.02; 5 BURRELL David GBR 44.72; **JT:** 1 GAUCHET André FRA 59.07; 2 RATCLIFFE Trevor GBR 57.06; 3 TIGAR Jeremy GBR 49.34; **5000W:** 1 Jean Frixon FRA 22:55.74; 2 Xavier Bunel FRA 22:55.75; 3 SILVESTER Nick GBR 23:53.86; 5 WILLIAMS Phil GBR 25:26.54; **4x100:** 1 FRA 44.2; 2 BEL A 44.5; 3 BEL B 46.1; **4x400:** 1 FRA 3.31.74; 2 BEL B 3.37.32; 3 BEL A 3.42.31;

### WOMEN

**100:** 1 LAPIERRE Violette FRA 12.01; 2 BARILLY Nicole FRA 12.51; 3 DE BOCK Berline EL A 13.08; 6 DOHERTY Deborah GBR 14.16; **200:** 1 LAPIERRE Violette FRA 24.95; 2 BARILLY Nicole FRA 26.36; 3 DE BOCK Berline BEL A 27.36; 4 SCOTT Euphemia GBR 28.29; **400:** 1 ANDERSON Nina GBR 56.62;



Steve Sammut in action, he won the Hammer with 56.50

2 VALOUVIN Marie Nadine FRA 57.05; 3 HENRY Desiree FRA 59.39; 6 SCOTT Euphemia GBR 1.03.86; **800:** 1 ANDERSON Nina GBR 2.13.14; 2 AKNIN Barbara FRA 2.15.38; 3 VICTOR Hélène FRA 2.17.86; 8 JAMES Molly GBR 2.31.09; **1500:** 1 PARMANTIER Sylvie FRA 4.44.19; 2 WOUOU Marie-Laurence BEL A 4.55.26; 3 ERNEST DRAPP Sylvie FRA 4.56.23; 4 PHILLIPS Jenny GBR 5.00.12; 7 SPENCER Vicki GBR 5.17.71; **3000:** 1 LOUBELE Nathalie BEL A 9.53.99; 2 GANGLOFF Rosario FRA 10.02.22; 3 ABELLO Joelle FRA 10.22.72; **5000:** 1 VANDROOGENBROEK Virginie BEL A 17.16.25; 2 HOFFMANN Marie Pierre FRA 17.19.77; 3 THEVENET Sylvie FRA 17.54.71; **100H:** 1 WALE Amanda GBR 16.07; 2 DANIEL Emmanuelle FRA 16.49; 3 WOLFF Pascale FRA 17.17; **400H:** 1 HACHOTTE Dolores FRA 1.07.02; 2 DOHERTY Deborah GBR 1.08.07; 3 VILLIBORD Christiane FRA 1.10.39; **HJ:** 1 TAHRAOUI Claudine FRA 1m56; 2 WERY Myriam BEL A 1m53; 3 WATRIN Isabelle BEL B 1m50; 4 BROWN Jenny GBR 1m45; 7 IBBITSON Jennifer GBR 1m20; **PV:** 1 DU BOIS Véronique BEL A 3m00; 2 GIRAUD Isabelle FRA 2m95; 4 IBBITSON Jennifer GBR 2m80; **LJ:** 1 BATIFOL Annie FRA 5.35; 2 SEILLAC Catherine FRA 5.10; 3 SEILLAC Catherine ? FRA 4.90; 4 WALE Amanda 4.82; **TJ:** 1 SEILLAC Catherine FRA 10.78; 2 GOEPFERT Ann FRA 10.04; 3 PEETERMANS Ilse BEL A 9.85; 5 BROWN Jenny GBR 9.52; 7 IBBITSON Jennifer GBR 7.71; **SP:** 1 MARGRY Sylvie FRA 11.67; 2 MEULEMEESTER Greet BEL A 11.21; 3 BROUSSEAU Cathy FRA 10.65; 4 THRUSH Camilla GBR 10.47; 8 SMITH Janet GBR 7.97; **DT:** 1 MARGRY Sylvie FRA 45.02; 2 ACCAMBRAY Isabelle FRA 37.05; 3 MEULEMEESTER Greet BEL A 35.85; 4 SMITH Janet GBR 33.25; 5 THRUSH Camilla GBR 31.09; **HT:** 1 CACAUT Claudine FRA 46.96; 2 SMITH Janet GBR 44.58; 3 IBBITSON Jennifer GBR 37.29; **JT:** 1 DOMON Jacqueline FRA 39.85; 2 RAWLINS Linda GBR 38.34; 3 FORTHOMME Laurence BEL A 34.06; 8 IBBITSON Jennifer GBR 24.37; **3000W:** 1 MAZUIR Nadine FRA 14.40.30; 2 CHARTIER Sylvie FRA 15.04.07; 3 BRADLEY Diane GBR 15.51.18; 4 BOA Toni GBR 16.02.19; **4x100:** 1 FRA 48.87; 2 BEL A 52.11; 3 BEL B 53.54; **4x400:** 1 FRA 4.01.55; 2 BEL A 4.25.73; 3 BEL B 4.34.78; B 53.54; **4x400:** 1 FRA 4.01.55; 2 BEL A 4.25.73; 3 BEL B 4.34



## **MASTERS ATHLETICS SUMMER 2007**

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# MASTERS ATHLETICS SUMMER 2007

DATE 2007	EVENT	VENUE	DETAILS
1 <sup>st</sup> July	NVAC 10&5k Paths Races	Radcliffe	
7& 8 <sup>th</sup> July	BMAF Decathlon/ Heptathlon	Horspath, Oxford	
8 <sup>th</sup> July	Welsh Masters Championships	Cardiff	
14 <sup>th</sup> July	John Howell Memorial & BLSW Throwers Decathlon	Stoke	Contact secretary 01785 243667
14&15th	Scottish Masters & Combined Events	Grangemouth	
18 <sup>th</sup> July	NVAC Track League	Cleckheaton	
28/29 <sup>th</sup> July	BMAF Long Distance Walk Championship	Battersea	
	BMAF TRACK & FIELD CHAMPIONSHIPS	BIRMINGHAM	
5 <sup>th</sup> August	SVHC 10k Champs	Lochinch	1400
11 <sup>th</sup> or 12 <sup>th</sup> August	BMAF 30K Race Walk	Coventry (TBC)	
15 <sup>th</sup> August	NVAC Track League	Ashton-under-Lyne	
19 <sup>th</sup> August	NVAC XC Race	Edgeworth	
	SCVAC HM Championships	Burnham Beeches	
26 <sup>th</sup> August	SWVAC Grand Prix (B.O.S. 10k)	Langport,Somerset.	1100h.
	BMAF HALF MARATHON (Leek HM)	Leek, Staffordshire	TBA
27 <sup>th</sup> August	SWVAC Open Championships ( Yeovilton 5k Road & Walk)	Somerset	1100 <a href="http://www.swvac.org.uk">www.swvac.org.uk</a>
1 <sup>st</sup> September	BMAF 10k Race Walk	Leicester	
2 <sup>nd</sup> September	NVAC 10&5k Paths Races	Rossendale Sailing Club	
	SWVAC Grand Prix (Bideford 10M)	Devon	1100
5 <sup>th</sup> September	NVAC 5k Track Championship	Leigh	
4 <sup>th</sup> -15 <sup>th</sup> Sept	World Masters Athletics Championships	Riccione, Italy.	
9 <sup>th</sup> September	St.Mary's Richmond Masters	Twickenham	John Curtin email: <a href="mailto:JCBuying@aol.com">JCBuying@aol.com</a> 01932 787658
	MMAC 10 Mile	Nuneaton	TBC
16 <sup>th</sup> September	BMAF MARATHON & SWVAC Championships (New Forest Marathon)	New Milton, Hants.	0930
23 <sup>rd</sup> September	World Masters Mountain running Championship	Bludenz, AUT	
	Yorkshire Veterans Championships	Cleckheaton	Sheila Bolland 01274 872042
26 <sup>th</sup> September	Open Veterans Track & Field Meeting	Leigh Sports Village	1900
29 <sup>th</sup> September	THROWS FEST	Stoke	Contact secretary 01785 243667
30 <sup>th</sup> September	BMAF 10k	NEWTOWN, POWYS	Masters only event.
	NVAC Track & Field Championships	Hyndburn	
7 <sup>th</sup> October	SWVAC Grand Prix (Brixham 10k)	Devon	1100
	SVHC Half Marathon	Clydebank	1200
14 <sup>th</sup> October	NVAC 10 Mile Championships	St.Annes	1100
14 <sup>th</sup> October	BMAF 10 Mile Championships	Tadley	
	SWVAC Open 10k Championships	Portland, Dorset	1100
21 <sup>st</sup> October	SCVAC Indoor Pentathlon	Sutton Arena	1200
	SVHC 10k Track Championships	Coatbridge	1400
4 <sup>th</sup> November	NVAC 10&5k Paths	Leigh	AGM follows.
10 <sup>th</sup> November	SWVAC Grand Prix (Cheddar HM)	Somerset.	1100
17 <sup>th</sup> November	British & Irish International XC	Stormont Estate, Belfast	
25 <sup>th</sup> November	SWVAC (21 <sup>st</sup> Cornwall mob match 5 miles)	Falmouth	1100
2 <sup>nd</sup> December	MMAC Christmas Handicap	Halesowen	TBC
9 <sup>th</sup> December	NVAC 10&5k Road	Irlam	Christmas Handicap
16 <sup>th</sup> December 2008	SVHC Xmas Handicap	Lochinch	1330
20 <sup>th</sup> January	MMAC Cross Country Championships	Perry Barr	TBC
17-22 <sup>nd</sup> March	WMA Indoor Championships	Clermont-Ferrand FRA	
23 <sup>rd</sup> July-4 <sup>th</sup> August 2009	EVAA T&F Championships	Ljubljana SLO	
26-29 <sup>th</sup> March	EVAA Indoor Championships	Ancona ITA	
29-31 <sup>st</sup> May	EVAA Non Stadia	Aarhus DEN	
28 <sup>th</sup> July-8 <sup>th</sup> August	WMA T&F Championships	Lahti FIN	



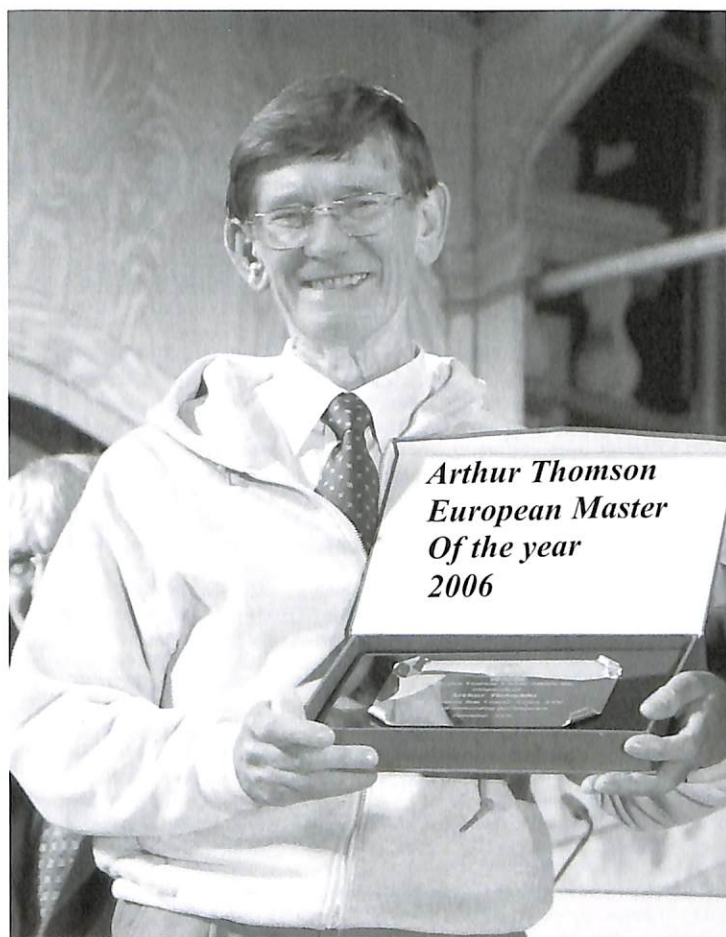
## European Non Stadia

## Championships, Regensburg

Words: Archie Jenkins, Eric Horwill

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

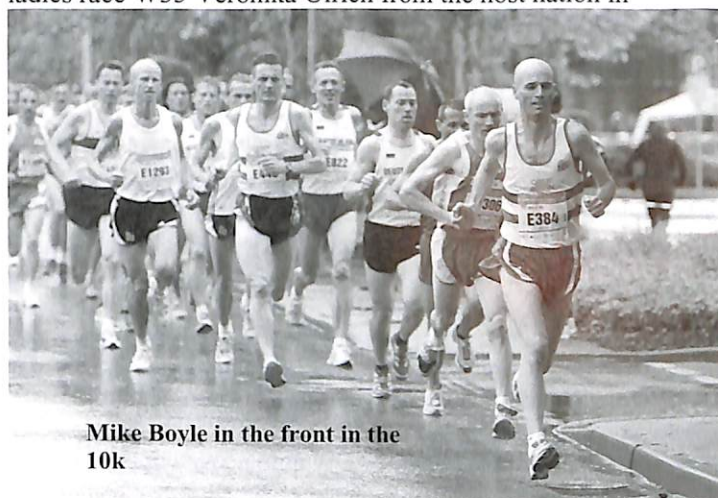
A record entry arrived in the Bavarian city of Regensburg in May, for the 10<sup>th</sup> European Masters Non Stadia Championships. This was the first occasion Germany had hosted the event. British competitors were a little frustrated at the logistics of having to find their way round four competition / registration / presentation and opening and closing ceremony venues.



The half marathon championships were also held as part of the Regensburg Marathon weekend, and the organisation on the Sunday was certainly impressive with various events going on in a packed programme, however the championship event was possibly lost amongst all the other attractions. 1991 Great Britain World 15k internationalist Cathy Newman was the most successful British competitor, winning two individual silver and one bronze team medal. The Great British medal tally ran to twenty four, made up of four team gold, five silver and six bronze team medals and individually four silver and five bronze medals.

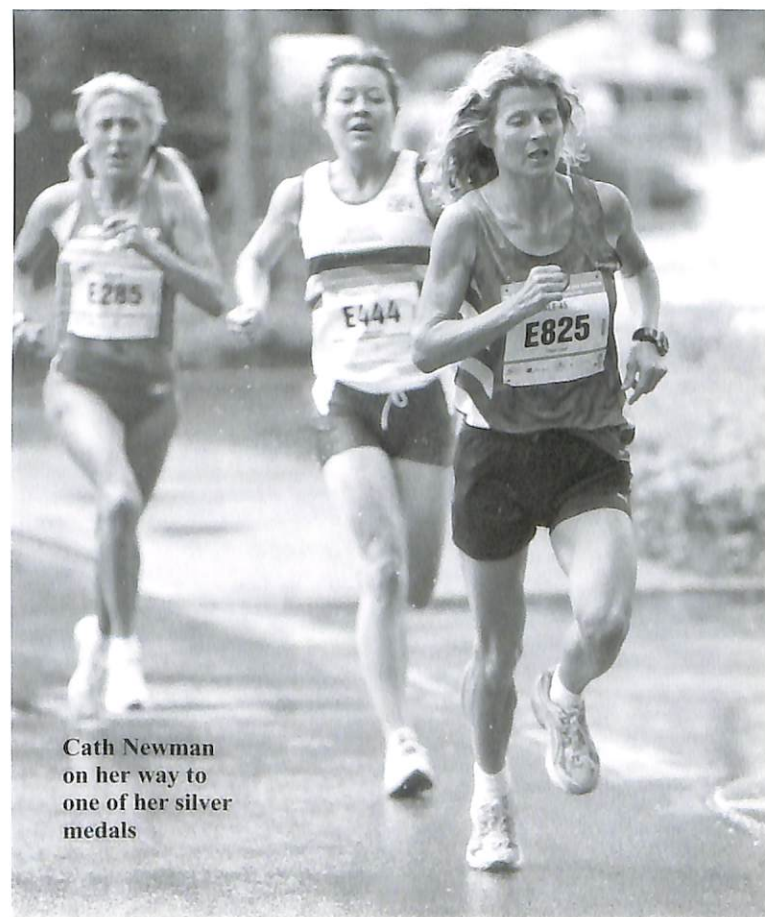
Enthusiastic British support on a wet and miserable opening day, cheered on a large UK contingent through nine laps of a business park venue, in four age group races. Fastest over the multi lap

course was Swiss M40 Don Crettenhand in 30m53 and in the ladies race W35 Veronika Ulrich from the host nation in



Mike Boyle in the front in the 10k

35m09. Bashir Hussein (4<sup>th</sup>) finished one place ahead of Stephen Male (runner up in 2005) in a very competitive M35/40 race. With Steve Overton in ninth place Great Britain took team silver. Also in the second event of the day, Mike Boyle, finished only five seconds from gold, paying a flying visit before returning home to attend and celebrate a win for Chelsea in the cup final, adding to his team silver in Helsinki in March. With back up from Ian Williamson, making the long journey from the Shetland Isles and top British M50 finisher Alex Rowe, GB took team bronze. Cathy Newman, prolific championship medal winners W40 Sue Ridley, W70 Pam Jones and M75 Derek Howarth all finished third to complete the individual haul. Sue James, sixth in the W55 event was supported by June Johnson and Pauline Rich to take W55/60 team bronze.



Cath Newman on her way to one of her silver medals



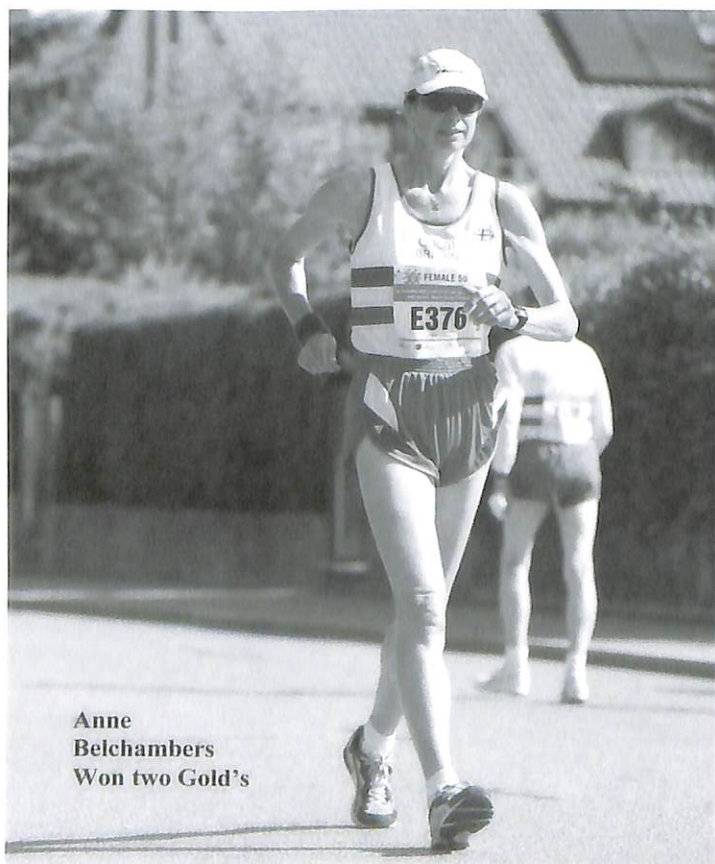
## MASTERS ATHLETICS SUMMER 2007

In the first race of the day Ian Richardson ran a lifetime best in the M50 age group.

On a warm pleasant sunny Saturday afternoon on an undulating parkland loop by the Danube, Great Britain entered twenty teams in the five year age group cross country relay championships. Eleven team medals four gold, four silver and three bronze were won in thirteen age categories. Fiona Bishop, medallist in the race walks, helped out in the cross country and added to her medal collection, as in Portugal in 2005 and Great Britain track and field secretary and team manager Maurice Doogan, won his first European championship medal.

Despite the early Sunday morning start, the half marathon was run in extremely warm conditions, with the early and closing stages taking in the city's historic landmarks through cobbled streets, packed with thousands of spectators in the one loop event. Germany dominated the race, winning seven out of eight age group awards. A smaller British entry finished five teams, three finishing in fourth place, with only the W55/60 team of Ros Tabor, Sue James and June Johnson winning bronze medals, Sue adding to her two previous two team awards. Stephen Male and Bashir Hussein had another battle at the sharp end, with Steve reversing the 10k result, finishing in bronze medal position. Alex Rowe third M50, silver medal winners W45 Cathy Newman and Pam Jones all made the podium in the final victory ceremony of the championships. Sue Ridley, Archie Jenkins, Bill Adams and Derek Howarth all made the top ten in their respective age groups. As in the 10k, Veronika Ulrich was fastest lady, and age group winners Riccardo Baggia (Italy M35), Oleg Serzhakov (Russia M40) and Jurgen Theofel (Germany M45) took the first three places in front of Male and Hussein in the men's race.

The next European Masters Non Stadia Championships will take place in Aarhus in Denmark late in May 2009.



**Anne  
Belchambers  
Won two Gold's**

Despite fielding a small squad of walkers due to a clash with the European Cup at Leamington.

A highlight of the opening ceremony was the presentation of the "European Veteran of the year 2006 award" to our own Arthur Thomson, well applauded by all at the ceremony.

The 10k races were held on an Industrial estate in the evening, which was at first warm but then cooling as time passed.

The Women's race stated at 8-30pm and the quality of the street lighting was unsatisfactory for all concerned.

However, Arthur Thomson, Anne Belchambers and Maureen Spellman won Gold. Ron Penfold, the Men's 65/70 and Women's 45/50 teams won Silver. John May and Diane Bradley won Bronze medals.

The longer Walks were held close to "Donan Park" and problems were caused by Ambulances using the walks course while the event was in progress forcing competitors to mount the pavement in order to avoid injury.

Anne Belchambers, Maureen Spellman Arthur Thomson and the Women's 45/50 team all won Gold's. Fiona Bishop and the Men's 65/70 team won silvers. Whilst John May added a second bronze.

### —non-stadia— 17.05.2007 – 20.05.2007 Regensburg (GER)

#### 10km Run

**M35:** 1 Pyka, Dennis GER 31:05; 2 Bartholome, Thomas GER 31:07; 3 Diehr, Sascha GER 32:10; 8 Johnston, Ian 32:33;  
**M40:** 1 Crettenand, Dom 30:53; 2 Serzhakov, Oleg RUS 30:58; 3 Burzik, Jan GER 31:19; 4 Hussain, Bashir 31:26; 5 Male, Stephen 31:31; 9 Overton, Steven 32:39; 20 Alsop, Roger 33:43; 27 Talbot, Paul 35:08; 45 Roberts, Alan 39:41; 48 Rayner, Trevor 41:21  
**M45:** 1 Byrne, Mick IRL 32:16; **2 384 Boyle, Mike 32:21**; 3 HELLMICH, Karel CZE 32:24; 9 Boner, Dominic 33:10; 11 Williamson, Ian 33:38; 25 Gray, Peter 36:32; 44 Fennell, Michael IRL 39:17; 46 Chaplin, Mark 39:43;  
**M50:** 1 Hopfner, Johann GER 31:39; 2 Gonzalez, Jose Manuel ESP 32:36; 3 Krempf, Marjan SLO 33:18; 5 Rowe, Alex 33:48; 13 Dent, Alan 35:28; 18 Brady, Gerry IRL 35:44; 20 Pendlebury, Gary 35:50; 27 Hartwell, David 36:20; 29 Collier, Peter 36:45; 33 White, John 37:45; 39 Jeffrey, Howard 39:04; 41 Newman, Alan 39:52; 43 Richardson, Ian 39:56; 49 Sargent, Robert 41:43; 60 Ryan, Charles 44:21; 61 Worthington, Brian 45:40;  
**M55:** 1 O Shea, Pat IRL 35:12; 2 Schmidt, Winfried GER 35:13; 3 Lorbach, Heinz GER 35:46; 8 Jenkins, Archie 36:29; 10 Timmons, Patrick IRL 37:18; 11 Talbot, Andrew 37:30; 15 Comey, Patrick IRL 38:32; 17 Davies, David 39:11; 21 Cook, Brian 40:23; 25 Bradshaw, Arnold 42:13; 27 Beatty, T J IRL 42:19; 30 Proietti, Roberto 43:16; 36 Sinnott, David 46:44; 37 Magnier, John Philip IRL 46:51  
**M60:** 1 Camara, Emilio de la ESP 35:51; 2 Ahrens, Wolfgang GER 35:54; 3 Reilly, Francis IRL 37:15; 9 Parsons, David 38:35; 11 Clemens, John 38:48; 13 Rutland, Clive 39:15; 18 Bowen, Richard 39:52; 23 Shipway, Mike 41:47; 30 Donnelly, Ian 42:41; 31 Poole, Derek 42:44; 37 Heywood, John 43:42; 39 Mullane, Danny 43:47; 40 Davidson, Alan 44:26; 43 Hobbs, Mervyn 45:08; 44 Bonass, Pat IRL 45:26; 49 Williams, Dennis 46:52; 50 Fortune, Iain 48:15; 52 Keane, Martin IRL 48:53;  
**M65:** 1 Lessing, Peter GER 38:42; 2 SCHAFFER, Ewald AUT 39:03; 3 Basista, Vincent SVK 39:29; 18 Taylor, John 43:13; 24 Chapman, Ken 45:07; 37 Holiday, Alan 51:06;  
**M70:** 1 Rosales, Manuel ESP 41:00; 2 Tomczak, Roman GER 42:23; 3 Rücker, Heinrich GER 42:33; 14 Smith, Allan 48:48; 23 Duffy, Peter 56:48;  
**M75:** 1 Schepp, Edmund GER 44:56; 2 Stambach, Sigi SUI 47:52; **3 Howarth, Derek 49:19**; 6 Walsham, Arthur 57:54; 9 Franklin, Ron 1:04:08;  
**M80:** 1 Häfeli, Arnold SUI 56:58; 2 Sauerwein, Walter GER 58:19; 3 Baumann, Daniel SUI 59:24; 6 Copping, Frank 1:15:18;  
**W35:** 1 Ulrich, Veronika GER 35:09; 2 Stengel, Andrea GER 36:09; 3 Martens, Vera 69 GER 36:38;  
**W40:** 1 Maak, Petra GER 36:05; 2 LOUBELE, NATHALIE BEL 36:18; **3 Ridley, Susan 37:33**; 16 Bader, Jean IRL 45:04; 23 Beresford, Deborah 49:47;  
**W45:** 1 Kaufmann, Katharina GER 35:47; **2 444 Newman, Catherine 36:14**; 3 Dörre-Heinig, Katrin GER 36:37; 7 Donnelly, Ann IRL 39:10; 8 Zlnay, Susan IRL 39:18; 12 Greenan, Mags IRL 40:22;  
**W50:** 1 Schneider, Heidi GER 37:00; 2 Parnell, Carmel IRL 37:48; 3 Ilzhoefer, Angelika GER 39:13; 14 Tanner, Lynn 44:32;  
**W55:** 1 Egger, Waltraud ITA 39:16; 2 Gajic, Stefica SUI 40:55; 3 Knobeloch, Edith GER 41:00; 6 James, Susan 43:19; 19 Simmons, Susan 53:36;



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**W60:** 1 Lüthi, Emmi SUI 41:45 ; 2 Raap, Els NEL 42:26 ; 3 Schaeffler, Roswitha GER 43:16 ; 4 Coyle, Joan IRL 43:51 ; 8 Johnson, June 46:42 ; 9 Rich, Pauline 47:00 ; 11 Poole, Sandra 49:31 ; 14 Bowcott, Lesley 52:43 ; 15 Hoare, Carol 53:29 ;  
**W65:** 1 Frederiks, Rona GER 43:58 ; 2 Hofmann, Renate GER 47:04 ; 3 Schneider, Emmi GER 47:57 ; 5 Woodlock, Ann IRL 51:38 ;  
**W70:** 1 Hodapp, Elfriede GER 48:03 ; 2 Tomeczak, Irma POL 50:54 ; **3 432 Jones, Pamela 51:04 ;**  
**W75:** 1 Czerwenka-Nagel, Meli GER 51:23 ; 2 Eickhorst, Kati GER 55:52 ; 3 Fuhr, Inge GER 56:45 ; 4 Quinton, Eileen 57:44 ;  
**W80:** Gurtner, Pina SUI 1:06:34  
**Team Results**  
**M35-44** 1 GER 1:33:31 ; **2 GBR 1:35:30 ( Hussain, Bashir 31:26, Male, Stephen 31:31, Johnston, 32:33 ) ;** 3 AUT 1:37:03 ;  
**M45/54:** 1 GER 1:37:06 2 ESP 1:39:37 ; **3 GBR 1:39:47 ( Boyle, Mike 32:21, Williamson, Ian 33:38, Rowe, Alex 33:48 ) ;**  
**M55/M64:** 1 GER 1:46:53 ; 2 IRL 1:49:45 ; 3 ESP 1:53:45 ; 4 GBR 1:53:52 ( Jenkins, Archie 36:29, Parsons, David 38:35, Clemens, John 38:48 ) ;  
**M65+:** 1 GER 1:58:58 ; 2 AUT 2:03:02 ; 3 ESP 2:05:13 ; 6 GBR 2:17:08 ( Taylor, John 43:13, Chapman, Ken 45:07, Smith, Allan 48:48 ) ;  
**W35/W44:** 1 GER 1:47:2 ; 2 NEL 2:18:2 ;  
**W45/W54 :** 1 GER 1:49:24 ; 2 IRL 1:56:16 ; 3 SUI 2:01:45 ;  
**W55/W64 :** 1 GER 2:05:50 ; 2 SUI 2:13:06 ; **3 GBR 2:17:01 ( James, Susan 43:19 , Johnson, June 46:42, Rich, Pauline 47:00 ) ;**

### 10km race walk

**M35:** 1 Porras, Juan ESP 44:46 ; 2 Tichý, Peter SVK 45:44 ; 3 Cartoni, Bernardo ITA 46:55 ;  
**M40 :** 1 Schneider, Michael GER 47:00 ; 2 Kreutz, Manfred GER 47:39 ; 3 Giroud, Thierry SUI 48:16 ;  
**M45:** 1 Murphy, Pat IRL 48:58 ; 2 Caldarelli, Gabriele ITA 49:41 ; 3 MARIE, Frederic FRA 49:51 ; 18 Walker, Stephen 1:05:37  
**M50:** 1 Ruzzier, Fabio SLO 48:27 ; 2 Prieler, Helmut GER 49:15 ; 3 Schwarz, Alfons GER 49:57 ; 9 Jones, Trevor 53:46 ;  
**M55:** 1 Gaus, Peter GER 49:49 ; 2 Jakob, Josef GER 53:16 ; 3 Schaeffer, Udo GER 53:23 ;  
**M60:** 1 Degener, Karl GER 54:00 ; 2 Schumm, Peter GER 56:35 ; 3 Eisfeller, Peter GER 56:51 ; 5 McMullin, John IRL 57:54 ; 8 Atterbury, Lyn 1:00:02 ;  
**M65:** 1 STRIEDER, Hermann AUT 56:12 ; **2 452 Penfold, Ronald 56:33 ;** 3 Zetzmann, Ulrich GER 59:05  
**M70:** 1 **480 Thomson, Arthur 55:02 ;** 2 Weidner, Gerhard GER 58:07 ; 3 JORDANA, Alexis FRA 1:00:07 ; 6 Stevens, David 1:04:56 ; 9 Horwill, Eric 1:11:28 ;  
**M75:** 1 Kapionov, Vladimir Serg RUS 1:11:07 ; 2 Schwab, Otto GER 1:11:34 ; **3 436 May, John 1:13:52 ;**  
**W35:** 1 Liland, Hanne NOR 52:02 ; 2 Eberl, Larissa GER 56:40 ; 3 Hoerl, Nicole GER 1:00:08 ; 5 Bellfield, Julie 1:02:32 ;  
**W40:** 1 Sarembe-Stegmaier, GER 52:55 ; 2 Primas, Barbara GER 53:35 ; 3 Böhme, Karen GER 53:48 ;  
**W45:** 1 Robohm, Adelheid GER 54:45 ; 2 García, Carmen ESP 54:49 ; **3 385 Bradley, Diane 57:14 ;** 6 Bishop, Fiona 1:08:29 ;  
**W50:** 1 **376 Belchambers, Anne 1:00:47 ;** 2 MOURGUES, Martine FRA 1:02:44 ; 3 Nityagovskaya, Ludmila RUS 1:04:22 ; 4 Miles, Joyce 1:08:51 ;  
**W55:** 1 Briz, M<sup>a</sup> José ESP 1:01:21 ; 2 Lapaeva, Galina RUS 1:06:14 ; 3 Luppi, Maura ITA 1:08:18 ;  
**W60:** 1 Maeder, Heidi SUI 1:01:17 ; 2 Theunissen, Gisela GER 1:06:13 ; 3 Nagell-Dahl, Halldis NOR 1:07:45 ;  
**W65:** 1 Seiler, Waltraud GER 1:02:14 ; 2 Herrendoerfer, Ursula GER 1:06:17 ; 3 Girards, Rosa GER 1:12:28 ;  
**W70:** 1 **474 Spelman, Maureen GBR 1:09:40 ;** 2 Anritter, Erna GER 1:26:18 ;  
**W75:** Nicolaev, Xenia MOL 1:31:16 ;  
**Teams Result:**  
**M35/M44:** 1 ESP 2:25:21 ; 2 GER 2:27:02 ; 3 ITA 2:37:34 ; 3  
**M45/M50:** 1 GER 2:30:12 ; 2 ITA 2:32:34 ; 3 ESP 2:39:09 ;  
**M55/M60:** 1 GER 2:36:28 ; 2 ITA 2:56:44 ; 3 NOR 3:05:42 ;  
**M60+:** 1 GER 2:56:26 ; **2 GBR 2:56:31 ( Thomson, Arthur 55:02, Penfold, Ronald 56:33, Stevens, David 1:04:56 ) ;**  
**W35/W40:** GER 2:40:18 ;  
**W45/W50 :** 1 GER 3:04:24 ; **2 GBR 3:06:30 ( Bradley, Diane 57:14, Belchambers, Anne 1:00:47, Bishop, Fiona 1:08:29 ) ;**  
**W55/W60:** GER 3:25:17 ;  
**W60+:** GER 3:20:59 ;

### Results cross-relays (M35-59 3x3.9k, M60+ & Women 3x2k)

**M35:** 1. Germany 41:32 min ; 2 Germany B 44:48 min.  
**W35:** 1. Germany 23:27 min.  
**M40:** 1. Great Britain and N. Ireland 41:48 min ( Male, Stephen ; Hussain, Bashir Overton, Steven ) ; 1962 ; 2. Germany 43:40 min. 3 Great Britain and N. Ireland B 48:01 min.( Roberts, Alan , Alsop, Roger , Talbot, Paul ) ;  
**W40:** 1. Germany 24:14 min. 2. Great Britain and N. Ireland 26:46 min. ( Beresford, Deborah ; Ridley, Susan , Newton, Jackie ) ;  
**M45:** 1. Germany 42:39 min. ; 2. Great Britain and N. Ireland 52:48 min. ( Williamson, Ian ; Chaplin, Mark , Gray, Peter ) ;  
**W45:** 1. Germany 1 24:41 min. ; 2. Ireland 24:47 min ; 3. Great Britain and N. Ireland 1 28:54 min. ( Bishop, Fiona , Newman, Catherine , Marr, Lynne ) ;

**M50:** 1. Slovenia 45:24 min. ; 2. Czech Republic 46:13 min. ; 3. Italy 46:18 min. ; 4. Great Britain and N. Ireland 46:32 min. ( Pendlebury, Gary , Rowe, Alex , Hartwell, David ) ; 5 Great Britain and N. Ireland 49:59 min. ( White, John ; Collier, Peter , Newman, Alan ) ; 6 Great Britain and N. Ireland GBR 52:01 min. ( Miles, Andrew ; Richardson, Ian , Sargent, Robert ) ;  
**W50:** 1. **Great Britain and N. Ireland 33:59 min. ( White, Alison , Tanner, Lynn , Brooks, Chrissie ) ;**  
**M55:** 1<sup>st</sup> Ireland 48:08 min. 2. Switzerland 49:42 min.; 3. **Great Britain and N. Ireland 50:39 min. ( Bradshaw, Arnold , Jenkins, Archie 1952, Davies, David ) ;**  
**W55:** 1. Germany 27:11 min. ; 2. **Great Britain and N. Ireland 29:37 min. ( Tabor, Ros , James, Susan , Simmons, Susan ) ;** 3. Czech Republic 1 CZE 30:32 min.  
**M60:** 1. **Great Britain and N. Ireland 24:15 min. ( Clemens, John , Parsons, David Rutland, Clive ) ;** 2. Germany 24:29 min. ; 3. Ireland 27:05 min. ; 4 Great Britain and N. Ireland B 26:50 min. ( Bowen, Richard , Heywood, John , Mullane, Danny ) ; 5 Great Britain and N. Ireland C 28:31 min. ( Davidson, Hobbs, Walsham ) ; 6 Great Britain and N. Ireland D 29:40 min. ( Fortune, Pullen, Smith ) ;  
**W60:** 1. Germany 1 GER 30:25 min ;  
**2. Great Britain and N. Ireland GBR 30:53 min. ( Poole, Sandra , Johnson, June Rich, Pauline ) ;** 3. Denmark 1 DEN 32:53 min.  
**M65:** 1. Germany GER 24:40 min. ; 2. Switzerland SUI 25:29 min. ; 3. **Great Britain and N. Ireland GBR 30:33 min. ( Chapman, Ken , Taylor, John , Doogan, ) ;**  
**W65:** 1. Germany 30:17 min. ; 2. Denmark 35:22 min.  
**M70:** 1. Austria 28:49 min. ; 2. Switzerland 30:02 min. ; 3. Germany 31:02 min. 4. Russia 33:33 min. ; 5. Great Britain and N. Ireland 34:49 min. ( Smith, Allan , Duffy, Peter, Robinson, Peter ) ;  
**M75:** 1. **Great Britain and N. Ireland 36:28 min ; ( Franklin, Ron , Howarth, Derek , Walsham, Arthur ) ;**  
**M80:** 1. Germany 38:00 min.

### Half Marathon

**M35:** 1 Baggia, Riccardo ITA 1:09:24 ; 2 Bartholome, Thomas GER 1:11:30 ; 3 Bauermeister, GER 1:12:12  
**M40 :** 1 Serzhakov, Oleg Rus 1:09:36 ; 2 Colomo, Javier ESP 1:10:29 ; **3 434 Male, Stephen 1:10:38 ;** 4 Hussain, Bashir 1:11:55 ; 47 Rayner, Trevor 1:29:06 ; 65 Roberts, Alan 1:42:12 ; Cooper, Richard 1:54:55 ;  
**M45:** 1 Theofel, Jürgen GER 1:10:48 ; 2 Altini, Rossano ITA 1:11:18 ; 3 Habicher, Othmar ITA 1:12:33 ; 4 Byrne, Mick IRL 1:13:15 ; Gray, Peter 1:23:22 ;  
**M50:** 1 Gonzalez, Jose Manuel ESP 1:12:26 ; 2 Pérez, Cesar ESP 1:13:06 ; **3 465 Rowe, Alex 1:14:29 ;** 12 Pendlebury, Gary 1:19:41 ; 21 Miles, Andrew 1:21:34 ; 26 White, John 1:23:43 ; 28 Hartwell, David 1:24:12 ; 35 Collier, Peter 1:26:25 ; 41 Jeffrey, Howard 1:28:35 ; 44 Richardson, Ian 1:29:11 ; 48 Sargent, Robert 1:30:17 ; 59 Parker, Stephen 1:34:45 ; 66 Dillon, Kevin 1:37:41 ; 91 Worthington, Brian 1:51:22 ; 98 Murray, Andy 1:59:30 ;  
**M55:** 1 Runnger, Albert Florian ITA 1:13:10 ; 2 O Shea, Pat IRL 1:18:45 ; 3 Krüttgen, Joachim GER 1:20:26 ; 8 Jenkins, Archie 1:25:18 ; 14 Comey, Patrick IRL 1:29:36 ; 35 Magnier, John Philip IRL 1:41:43 ; 43 Sinnott, David 1:46:46 ; 56 Proietti, Roberto 1:58:37 ; 61 Webb, Allan 2:06:07 ;  
**M60:** 1 Ahrens, Wolfgang GER 1:19:18 ; 2 STEINER, Heinz AUT 1:20:49 ; 3 Stähli, Ueli SUI 1:23:59 ; 5 Adams, William 1:25:11 ; 10 Reilly, Francis IRL 1:28:05 ; 11 Clemens, John 1:29:03 ; 12 Jefferies, Tony 1:29:30 ; 15 Parsons, David 1:31:34 ; 22 Shipway, Mike 1:37:21 ; 27 Poole, Derek GBR 1:38:54 ; 35 Mullane, Danny 1:44:51 ; 40 Hobbs, Mervyn 1:46:50 ; 49 Fortune, Iain 1:57:24 ; 52 Keane, Martin IRL 2:07:38 ; 57 Williams, Dennis 2:14:51 ;  
**M65:** 1 Basista, Vincent SVK 1:23:46 ; 2 Lessing, Peter GER 1:24:40 ; 3 Schaffer, Ewald AUT 1:26:20 ; 19 Taylor, John 1:39:14 ; 28 Chapman, Ken 1:42:55 ;  
**M70:** 1 Rücker, Heinrich GER 1:32:45 ; 2 Tomeczak, Román GER 1:35:22 ; 3 Heldmann, Günther GER 1:35:28 ;  
**M75:** 1 Schepp, Edmund GER 1:39:40 ; 2 OPPEL, Rudolf AUT 1:45:55 ; 3 Stammbach, Sigi SUI 1:49:19 ; 4 Howarth, Derek 1:51:43 ; 6 Walsham, Arthur 2:52:34 ;  
**M80:** 1 Agnoli, Sergio ITA 2:00:49 ; 2 Häfeli, Arnold SUI 2:15:30 ; 3 Baumann, Daniel SUI 2:17:37 ;  
**W35:** 1 Ulrich, Veronika GER 1:18:00 ; 2 Siewert, Carmen GER 1:19:02 ; 3 Stengel, Andrea GER 1:19:55 ;  
**W40:** 1 DAMBAUER, Monika AUT 1:20:37 ; 2 Castro, Soledad ESP 1:21:46 ; 3 Vinci, Donatella ITA 1:21:57 ; 7 Ridley, Susan 1:28:09 ; 31 Beresford, Deborah 2:00:10 ;  
**W45:** 1 Kaufmann, Katharina GER 1:20:22 ; **2 444 Newman, Catherine GBR 1:23:13 ;** 3 PICHLER, Anita AUT 1:24:21 ;  
**W50:** 1 Schneider, Heidi GER 1:22:15 ; 2 Dilger, Inge GER 1:24:14 ; 3 Fischer, Anne GER 1:28:56 ;  
**W55:** 1 Zanoner, Rosalia ITA 1:28:40 ; 2 Knobloch, Edith GER 1:30:30 ; 3 Gajic, Stefica SUI 1:30:53 ; 7 Tabor, Ros 1:37:26 ; 9 James, Susan 1:42:21 ;  
**W60:** 1 Lüthi, Emmi SUI 1:31:37 ; 2 Risch, Karin GER 1:34:53 ; 3 Nachtmann, Ingrid GER 1:42:56 ; 6 Johnson, June 1:47:22 ; 12 Poole, Sandra 2:01:13 ;  
**W65:** 1 Miketta, Helga GER 1:43:25 ; 2 Berghaus, Baerbel GER 1:46:27 ; 3 Hofmann, Renate GER 1:47:04 ;  
**W70:** 1 Tomeczak, Irma POL 1:55:04 ; **2 Jones, Pamela 1:56:24 ;** 3 Keller, Erika SUI 1:59:04 ;  
**W75:** 1 Fuhr, Inge GER 2:10:04 ; 2 Eickhorst, Kati GER 2:12:14 ;  
**W80:** 1 Gurtner, Pina SUI 2:29:31 ; 2 SENG, Maria AUT 2:49:26 ;  
**TEAM RESULTS:**  
**M35/M40:** 1 GERMANY 3:36:18 ; 2 Italy 3:36:58 ; 3 Spain 3:39:21 ; 4 GBR 3:51:39 ( Male, Stephen 1 10:38 , Hussain, Bashir 1 11:55, Rayner, Trevor 1 29:06 ) ;



# MASTERS ATHLETICS SUMMER 2007



**British Masters**

**Athletic Federation**

**10k Open ROAD RACE CHAMPIONSHIPS**

organised by **Maldwyn Harriers**

Over road and footpaths along the River Severn

**SUNDAY 30TH SEPTEMBER 2007. START 11.00 AM**

**VENUE: NEWTOWN FOOTBALL CLUB, LATHAM PARK**

Registration, showers and presentation

**Please allow time to walk to the start at Back Lane Car Park  
after registering (approximately 800m)**

Permit applied for

Entry fees: BMAF £6 Non BMAF £8

(Non BMAF members please enclose proof of age i.e  
photocopy of driving licence passport etc.)

Send a SAE if directions required.

Medals in all categories i.e. in 5 year age groups from  
35 for Male and Female

Teams in age group categories and must be declared  
before the start

Males teams of 4 - 35/39; 40/49; teams of 3  
50/59 and 60+:

Females teams of 3 - 35/44; 45/54; 55+

**ENTRIES TO: Steve Orrells, 15 Dysart Terrace,  
Canal Road, Newtown, Powys, SY16 2JL.**

**Telephone: 01686 624211**

**Website: [www.maldwynharriers.org.uk](http://www.maldwynharriers.org.uk) Email to  
[enquiries@maldwynharriers.org.uk](mailto:enquiries@maldwynharriers.org.uk)**

**NO ENTRIES ON THE DAY AND ALL RUNNERS MUST BE OVER 35  
Closing date Monday 24<sup>th</sup> September 2007**

**Race numbers can be collected on the day from 9.30am onwards**

Please accept my entry for the BMAF 10K Open Road Race  
on Sunday 30<sup>th</sup> September 2007

NAME .....AGE ON DAY.....

ADDRESS .....

.....

.....

.....D.O.B.....

TELEPHONE NUMBER .....

UKA CLUB (STATE IF UNATTACHED) .....

.....

Registration Number .....

.....

**BMAF Club.....Membership**

**No.....**

**Cheques made payable to Maldwyn Harriers**

The organisers of this race will not be responsible for any loss or  
injury to myself or my property while I attend this event. I am  
medically fit to run and I agree to abide by UKA laws.

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

**M45/M50:** 1 Italy 3:37:24; 2 GER 3:40:25; 3 Spain 3:41:15; 4 GBR 3:55:44 ( Rowe,  
Alex 1:14:29, Pendlebury, Gary 1:19:41, Miles, Andrew 1:21:34);  
**M55/M60:** 1 GER 4:01:22; 2 IRL 4:16:26; 3 SUI 4:18:29; 4 GBR 4:19:32 ( Adams,  
William 1:25:11, Jenkins, Archie 1:25:18, Clemens, John 1:29:03);  
**M65+:** 1 GER 4:26:30; 2 AUT 4:36:57; 3 Czech Republic 4:55:07; 6 GBR 5:13:52  
( Taylor, John 1:39:14, Chapman, Ken 1:42:55, Howarth, Derek 1:51:43);  
Page 1 timing & results: Mika Timing GmbH - [www.mikatiming.de](http://www.mikatiming.de)  
**W35/W40:** 1 GER 3:56:57; 2 Italy 4:30:08; 3 Spain 4:58:27;  
**W45-54:** 1 GER 4:06:51; 2 AUT 4:40:51; 3 ITA 4:57:57;  
**W55/W60:** 1 GER 4:39:09; 2 SUI 4:57:37; 3 GBR 5:07:09 ( Tabor, Ros 1:37:26,  
James, Susan 1:42:21, Johnson, June 1:47:22 );  
**W65+:** 1 GER 5:16:56; 2 Denmark 6:27:43; 3 SUI 7:22:56;

## 20km race walking

**W35:** 1 Liland, Hanne NOR 1:55:30; 2 Bader, Monika GER 2:01:16; 3 Hoerl, Nicole  
GER 2:14:08; 4 Bellfield, Julie 2:15:28 ;  
**W40:** 1 Sarembe-Stegmaier, GER 1:56:47; 2 Böhme, Karen GER 1:56:53; 3 Primas,  
Barbara GER 1:58:59;  
**W45:** 1 ZIRKNITZER, Andrea AUT 2:08:15; 2 379 Bishop, Fiona 2:17:09; 3 Frosch,  
Gerda GER 2:19:09;  
**W50:** 1 376 Belchambers, Anne 2:12:11; 2 MOURGUES, Martine FRA 2:14:42;  
3 Nityagovskaya, Ludmila RUS 2:15:22; 4 Miles, Joyce 2:35:21;  
**W55:** 1 Max, Erika GER 2:19:20; 2 Briz, Mª José ESP 2:21:38; 3 Luppi, Maura ITA  
2:22:28;  
**W60:** 1 Maeder, Heidi SUI 2:14:19 ; 2 Theunissen, Gisela GER 2:21:43;  
3 Nagell-Dahl, Haldis NOR 2:23:34  
**W65:** 1 Seiler, Waltraud GER 2:10:21; 2 Girards, Rosa GER 2:32:45; 3 Dräger, Helga  
GER 2:37:33;  
**W70:** 1 474 Spelman, Maureen 2:26:07; 2 Anritter, Erna GER 2:57:59;  
**W75:** Nicolaev, Xenia MOL 3:18:43 ;

Teams **W35/W40:** GER 5:52:39;

Teams **W45/W50:** 1 GBR 7:04:41 ( Belchambers, Anne 2:12:11, Bishop, Fiona  
2:17:09, Miles, Joyce 2:35:21 ); 2 GER 7:18:59 ;

Teams **W55/W60:** GER 7:07:28;

Teams **W60+:** GER 7:20:39;

## 30km RACE WALK:

**M35:** 1 Porras, Juan ESP 2:24:51 ; 2 Tichý, Peter SVK 2:28:28; 3 Svensson, Christer  
2:37:04;  
**M40:** 1 Schneider, Michael GER 2:31:39 ; 2 Giroud, Thierry SUI 2:41:37; 3 Ruiz,  
Faustino ESP 2:47:38 ;  
**M45:** 1 MARIE, Frederic FRA 2:44:38 ; 2 Caldarelli, Gabriele ITA 2:47:58; 3  
Schröter, Uwe GER 2:55:45;  
**M50:** 1 Ruzzier, Fabio SLO 2:40:54 ; 2 Prieler, Helmut GER 2:44:27 ; 3 Berzl, Josef  
GER 2:48:39; 12 Cox, Andrew 3:23:17;  
**M55:** 1 Gaus, Peter GER 2:44:42 ; 2 Koenis, Theo NEL 2:55:07; 3 Langner, Gerhard  
GER 3:07:08;  
**M60:** 1 Binggeli, Bernard SUI 3:03:19; 2 Straka, Eduard SVK 3:08:28; 3 PTÁK,  
Jaroslav CZE 3:12:42; 5 McMullin, John IRL 3:20:49 ;  
**M65:** 1 STRIEDER, Hermann AUT 3:01:09; 2 Zetzmann, Ulrich GER 3:19:43 ;  
3 GONSIOROVSKÝ, Zdeněk CZE 3:23:01 ;  
**M70:** 1 480 Thomson, Arthur 2:59:47 ; 2 JORDANA, Alexis FRA 3:18:34 ;  
3 Schaefer, Dr. Wolfgang GER 3:31:23 ; 5 Payn, John 3:45:19 ; 7 Horwill, Eric  
3:53:56 ;  
**M75:** 1 Kapionov, Vladimir Serg RUS 3:53:14 ; 2 Schwab, Otto GER 3:54:59;  
3 May, John 4:03:58 ;  
**M80:** Ciesielski, Günther GER 4:03:14;

Teams **M35/M40 :** 1 Spain 8:10:08; 2 Italy 8:17:32; 3 GER 8:31:41 ;

**M45/M50:** 1 GER 8:23:23; 2 Italy 8:29:51; 3 France 9:10:32;

**M55/M60:** 1 GER 10:14:39; 2 GBR 10:39:02 ( Thomson, Arthur 2:59:47, Payn,  
John 3:45:19, Horwill, Eric 3:53:56 );

## IRISH GRAND PRIX 17<sup>TH</sup> JUNE 2007

**50k:** Arthur Thomson **5h15:41 (World M70 Record).**

**20k:** Peter Kaneen M40 6<sup>th</sup> Place **1:40:09;**

**20k:** Sue Rey W45 8<sup>th</sup> Place 2:23:31;

## Masters 3k International.

1 Bobby King M45 (Irl) 14:45; 2 Jimmy McDonald (Irl) 14:50;  
3 Chris Hobbs M50 15:16; 4 Mark Wall M50 16:35; 5 John  
Lennon M55 (Irl) 17:37; 6 Dougie Corkhill M55 18:25; 7 Eric  
Horwill M70 21:00;

**Women:** 1 Bridget Kaneen W40 17:16; 2 Jill Langford W65  
19:54; 3 Anne Gormley W40 (Irl) 22:49;

**Team:** England 771; 2 Ireland 741;



## MASTERS ATHLETICS SUMMER 2007

### MCAA - Masters 6Stage Road Relays Sutton Park, Birmingham on Saturday 31st March 2007

**1 Telford AC 2:05:09** ( Paul Ward (2) 28:35, Steve Jones (3) 17:11, D Mansbridge (1) 16:07, Greg Wilson (1) 29:17, Shane Connolly (1) 17:09, Rick Hailey (1) 16:50); **2 Redhill Road Runners 2:06:38** ( Alan Smith (1) 28:27, Paul Newton (1) 16:57, Kevin Squires (3) 17:37, Andy Wetherill (3) 29:55, Nigel Cobb (3) 17:11, Mark Yates (2) 16:31); **3 Leicester Coritanians 2:06:45** ( Dave Pearce (3) 29:24, Andy Hart (4) 17:07, Nev Francis (5) 17:10, Rob Sheen (5) 29:40, Phil Hands (5) 17:51, Phil Makepeace (3) 15:33); **4 Mansfield H & AC 'A' 2:08:52** ( D Hodgkinson (4) 29:34, Doug Ross (2) 16:09, J Farquharson (2) 17:01, Peter Stafford (4) 30:31, Steve Grainger (4) 17:34, Rik Huntington (4) 18:03); **5 Staffs Moorlands AC 2:13:29** ( John Walker (6) 31:01, Dale Colclough (6) 18:28, Stephen Pyke (6) 16:03, David Hollins (6) 29:49, Dave Allen (6) 21:14, Mark Armstrong (5) 16:54); **6 Gloucester AC 2:21:38** ( Jeremy Mower (10) 33:20, Dave Gresswell (7) 17:44, Keith Short (7) 19:18, Ian Summers (7) 32:56, Arthur Daley (7) 18:47, Dave Spackman (6) 19:33); **7 Barrow Runners 2:23:37** ( Ian Paramore (8) 31:54, Malcolm Harris (10) 19:43, Paul Zurawliw (9) 19:49, John Rees (8) 32:52, Nigel Hillier (8) 20:06, Mike Sheldon (7) 19:13); **8 Dudley Kingswinford 'A' 2:24:29** ( Steve Summers (7) 31:37, Malcolm Pillar (9) 19:56, Keith Bate (8) 19:08, Tom Wilkinson (10) 35:55, Keith Green (10) 19:25, Tim Evans (8) 18:28); **9 Sutton In Ashfield H & AC 2:25:18** ( Keith Brown (11) 33:28, Chris Jones (11) 20:31, Michael Davies (11) 20:04, Bruce Clarke (11) 33:47, Rob Starr (11) 18:20, P Whittingham (9) 19:08); **10 Birchfield Harriers 'A' 2:27:26** ( Mike Morley (9) 32:35, Don Field (8) 18:44, Pete Lawton (10) 20:40, S Couldwell (9) 34:22, Gordon Orme (9) 19:17, John Adams (10) 21:48); **11 Mansfield H & AC 'B' 2:32:20** ( Bob Scott (12) 33:57, Keith Mellor (12) 20:29, Ivan Cotton (12) 20:01, Clive Russell (12) 35:25, Dave Rose (12) 21:36, Terry Reid (11) 20:52); **12 Wolverhampton & Bilston AC 'A' 2:38:06** ( Andy Mumford (14) 37:12, John Brown (12) 25:26, Paul Carroll (14) 22:01, Rob Challenor (13) 35:41, Michael Brown (13) 19:38, Jon Barker (12) 20:08); **13 Halesowen A & Cc 2:50:01** ( M Endacott (17) 40:24, Keith Perry (17) 23:12, Ray Bunn (17) 23:23, Barry Meir (16) 39:32, Malcolm Burke (15) 23:52, Alistair Grant (14) 19:38); **14 Sparkhill Harriers 2:54:40** ( M Millicheap (16) 39:11, Mick Edwards (16) 22:43, P Concannon (16) 23:34, Gavin Kidman (17) 41:59, Dave Winter (17) 24:47, Barry Crowley (15) 22:26); **15 Royal Sutton Coldfield AC 2:59:06** ( Robin Owen (15) 38:54, Phil Bradley (15) 22:04, Laurence Green (15) 23:24, Ian Gilbert (15) 41:26, Reg Phipps (16) 24:57, Laurence Kydd (16) 28:21);  
**Fastest long legs**  
1 Alan Smith Redhill M 28:27; 2 Paul Ward Telford M 28:35; 3 H Piotrowski Tipton H M 29:05; 4 Greg Wilson Telford M 29:17; 5 Dave Pearce Leicester M 29:24; 6 D Hodgkinson Mansfield M A 29:34;  
**Fastest short legs**  
1 Phil Makepeace Leicester M 15:33; 2 Stephen Pyke Staffs M M 16:03; 3 D Mansbridge Telford M 16:07; 4 Doug Ross Mansfield M A 16:09; 5 Andrew Cooper Tipton H M 16:11; 6 Mark Yates Redhill M 16:31

### MIDLAND MASTERS ROAD RELAYS-SUTTON PARK-28<sup>TH</sup> APRIL

**M35: 1 Tipton Harriers A 65:33** ( A Keene 16:22, H Piotrowski 15:39, C Flavell 17:30, M Eustace 16:02); **2 Birmingham Rowheath 66:28** ( R Gray 16:36, B Tilley 17:16, M Hirsch 16:16, S Underwood 16:20); **3 Charnwood 68:41** ( D Guest 14:45, C Sabin 16:54, M Whitmore 19:05, K Pye 17:57); **4 Derby 70:51** ( R Parkin 16:46, J Knibb 16:28, C Toplass 18:33, C Rosling 19:04); **5 Halesowen 74:17** ( C Harris 16:53, A Hawkins 17:57, R White 22:32, B Nock 16:55); **Other - Tipton B** ( S Wall 18:31, D Smith 18:41, S Ward 17:17, B Beckett dnf);  
**M50: 1 Tipton A 54:39** ( A Grace 17:56, M Strange 19:95, R Stanier 16:40);  
**2 Halesowen 55:01** ( P Butler 18:22, A Grant 19:03, J Hill 17:36 ); **3 Derby 55:37** ( M Lindsay 19:31, M Smedley 18:20, K Spare 17:46 ); **4 Tipton B 61:45** ( T Williams 20:33, K Best 21:16, J Taylor 19:56 );  
**M60: 1 Birchfield A 59:24** ( S Couldwell 18:14, G Orme 18:28, T Frain 22:42 );  
**2 Halesowen 62:14** ( K Court 20:07, P Allen 19:05, R Bunn 23:02 ); **3 Birchfield B 73:34** ( B Roberts 22:17, W Morgan 25:50, J Matthews 25:27 );  
**W35: Centurion 66:21** ( T Wooley 17:54, L Pymm 27:57, M Williams 20:30 );  
**W45: Cannock & Stafford 62:19** ( C Rollason 21:31, D Fellows 21:42, C Kilkenny 19:06 );  
**Other Teams:**  
**1 Composite Birmingham Rowheath 54:30** ( P Allaway 16:40, T Southwood 18:01, R Carney 19:49); **2 Composite West Bromwich 60:34** ( G Oliver 21:37, Joan Clarke 20:25, G Clifton 18:32); **3 Composite One 69:14** ( A Lloyd 20:01, M Butterly 24:43, M Stanley 24:30 ); **4 Composite Two 89:29** ( D Wilde 27:37, J Powell 39:59, J Adams 21:53 )

### SCVAC Track & Field League, South London Division, 21<sup>st</sup> May

**M35:**  
**200:** 1 D Mepa 24.5; 2 M Connolly 26.0; 3 R Murkin 29.4; **800:** 1 M Sherwood 2:09.6; 2 I Wright 2:11.7; 3 D Lovell 2:32.0; **3000:** 1 C Oxlade 10:03.0; 2 S Winder 10:10.7; 3 B Arbury 10:48.3; **4x400:** 1 Croydon 4:04.7; 2 Epsom & Ewell 4:05.3; 3 Striders of Cr 4:25.2; **DT:** 1 M Carlisle 29.70; 2 A Briggs 28.90; 3 G Van Klaveren 18.46; **PV:** 1 D Blunt 3.00; 2 R Murkin 2.20; **JT:** 1 Van Klaveren 33.91; 2 M Carlisle 27.25; 3 K prior 24.94; **TJ:** 1 Blunt 9.68; 2 I Statter 9.15; 3 Murkin 8.08;  
**M50:**  
**200:** 1 D Hayward 27.6; 2 D Batten 28.9; 3 J Simmons 29.0; **800:** 1 Batten 2:28.6; 2 I Dunn 2:31.3; 3 R Somers 2:32.8; **3000:** 1 J Dillow 10:42.3; 2 B Ewan 10:58.4; 3 G Smith 11:31.7; **DT:** 1 A Richards 36.01; 2 K Prior 29.15; 3 G Huntley 20.01; **PV:** Harlick 2.60; **JT:** 1 Richards 29.95; 2 B Harlick 26.71; 3 Huntley 23.51; **TJ:** 1 Simmons 9.45; 2 R Somers 8.15; 3 Richards 7.87;  
**M60:**  
**200:** 1 D Whittaker 27.6; 2 C Isetts 28.2; 3 B Rivers 31.9; **DT:** 1 B Harlick 30.49; 2 I Briggs 20.93; 3 D Barrington 20.25;  
**W35:**  
**200:** 1 A Bates 28.3; 2 A Campbell 31.8; 3 L Jonascu 32.2; **800:** 1 J Searle 2:54.0; 2 Jonascu 2:54.5; 3 N Atkins 3:01.1; **3000:** 1 A Davidson 12:24.7; 2 K Backshell 12:36.3; 3 J Garner

12:47.2; **4x400:** Dorking & MV 5:12.6; **LJ:** 1 Jonascu 3.60; 2 K Thornton 3.23; 3 Bates 3.03; **SP:** 1 R Montgomery 9.78; 2 W Dunsford 8.64; **DT:** 1 Montgomery 26.11; 2 Dunsford 23.94; 3 A Tucker 19.05;  
**W50:**  
**200:** 1 J Trimble 31.3; 2 A Nelson 32.3; 3 L Powell 38.5; **800:** L Neville 3:03.3; **3000:** L Powell 12:46.0; **LJ:** 1 Nelson 3.26; 2 Powell 2.73; **SP:** J Piercy 7.45; **DT:** Sissons 20.52;  
**W60:**  
**SP:** L Sissons 9.91;  
**RESULTS: MEN:** 1 Cawley 263; 2 Epsom & Ewell 258; 3 Kingston & Poly 182;  
**WOMEN:** 1 Epsom & Ewell 233; 2 Kingston & Poly 172; 3 Croydon 157;

### V.A.A.- N.E. TRACK & FIELD League 1 May 21st. 2007.

#### Monkton

##### LJ:

**M.40 :** 1 B.Robertson North Sh.Poly 4.61 ; 2 D.Robinson Jarr.& Hebb. 4.53 ; 3 V.Taylor Birtley 4.46; **M.45:** 1 J.Evans Hough.& Pet'lee 5.15 ; 2 N.Walker New Marske 4.60; 3 G.Hewitson Crook 4.48; **M.50:** A.Readman Hough.& Pet'lee 4.48 **M.65:** Butler Jarr.& Hebb. 3.94; **W.40:** J.Taylor Birtley 3.17; **W.50:** M.Lorraine Birtley 3.18 ;  
**DT:**  
**M.40:** P.Young Midd.& Clev. 30.93; **M.50:** D.Maggs Gateshead 35.96; **M.55:** C.Burke New Marske 25.03; **M.60:** T.Hudson Jarr.& Hebb. 36.54; **M.70+:** R.Laidler Sunderland 20.39; **W.50:** C.Pearson Birtley 13.89;  
**HT:**  
**M.40 :** P.Young Midd.& Clev. 22.05; **M.50:** D.Maggs Gateshead 42.68; **M.60 :** T.Hudson Jarr.& Hebb. 36.87 ;  
**JT:**  
**M.35:** P.Donaghy Durham City 20.57 **M.40:** 1 V.Taylor Birtley 27.16; 2 D.Robinson Jarr.& Hebb. 25.63; 3 P.Young Midd.& Clev. 23.76 ; **M.45** 1 J.Welsh Crook 23.31; 2 S.Pearson Hough.& Pet'lee 20.33 ; **M.50:** 1 D.Maggs Gateshead 28.00; 2 W.Bell Crook 27.06; **M.55:** C.Burke New Marske 21.99; **M.60:** 1 T.Hudson Jarr.& Hebb. 28.37; 2 D.Tate N.E.V.A.C. 27.46; 3 T.Whitfield North Sh.Poly 22.66 ; **M.70+:** R.Laidler Sunderland 21.55; **W.45:** K.Partridge Crook 19.01; **W.50:** 1 C.Pearson Birtley 16.28; 2 M.Lorraine Birtley 15.84;  
**HJ:**  
**M35:** P.Donaghy Durham City 1.50; **M.40:** B.Robertson North Sh.Poly 1.68 ; **M.45** 1 G.Harden Sunderland 1.50; 2 G.Hewitson Crook 1.35; **M50:** W.Bell Crook 1.40 **M.65:** D.Butler Jarr.& Hebb. 1.25 ;

### V.A.A.- N.E. TRACK & FIELD League 2 June 11th. 2007 Monkton

**M.40:** B.Robertson North Sh.Poly 9.90 ; **M.45:** 1 N.McAnany Morpeth 10.02 ; 2 G.Hewitson Crook 8.72 ; **W.45 :** S.White Tynedale 8.72 ; **W.50 :** M.Lorraine Birtley 7.38 ;  
**SHOT :**  
**M.40 :** 1 P.Young Midd.& Clev. 8.35 ; 2 V.Taylor Birtley 6.99 ; **M.45 :** S.Pearson Hough.& Pet'lee 5.73 ; **M.55 :** 1 J.Wild Rich.& Zet. 10.49 ; 2 C.Burke New Marske 7.80 ; **M.60 :** 1 T.Hudson Jarr.& Hebb. 11.47 ; 2 D.Tate N.E.V.A.C. 8.08 ; **M.70+:** H.Ryan N.E.V.A.C. 9.71 ; **W.40:** J.Taylor Birtley 5.29 ; **W.50:** C.Pearson Birtley 6.48 ;  
**JAVELIN**  
**M.40:** 1 D.Robinson Jarr.& Hebb. 28.78; 2 P.Young Midd.& Clev. 24.67 ; 3 McClusky Jarr.& Hebb. 24.14 ; **M.50 :** D.Maggs Gateshead 31.95 ; **M.55 :** 1 J.Wild Rich.& Zet. 34.69 ; 2 C.Burke New Marske 23.68 ; **M.60 :** Hudson 30.82 ; **M.65 :** D.Butler Jarr.& Hebb. 23.09 ; **M.70+ :** Ryan 22.70 ; **W.45 :** K.Partridge Crook 20.73 ; **W.50:** 1 Pearson 18.89 ; 2 Lorraine 17.37;  
**3 000 METRES**  
**M.35:** I.Twaddle North Sh.Poly 9.15.5 ; **M.40 :** K.Daglish Hough.& Pet'lee 11.57.9 ; **M.45:** 1 G.Harden Sunderland 9.27.9 ; 2 B.Bingham Loftus 10.05.1 ; 3 G.Hewitson Crook 10.51.7 ; **M.50 :** 1 L.Atkinson Morpeth 9.24.8 ; 2 A.Dent Blaydon 9.57.5 ; 3 M.Mallen Crook 10.48.6 ; **M.55 :** D.Morris North Sh.Poly 11.23.7 ; **M.60 :** 1 K.Pyle Chester-le-Str. 12.39.2 ; 2 S.Eccleston Hough.& Pet'lee 12.39.7 ; **M.65 :** 1 Lumsdon Gosforth 13.23.7 ; 2 R.Stewart North Sh.Poly 13.39.5 ; 3 A.Purdham Crook 14.05.8 ; **M.70+ :** 1 R.Checkley Heaton 13.40.4 ; 2 E.Appleby Heaton 13.43.0 ; **W.40 :** H.Morris Blyth 11.39.7 ; **W.55+ :** K.Stewart North Sh.Poly 14.03.1 ;  
**100 METRES**  
**M.40:** 1 P.McClusky Jarr.& Hebb. 12.7 ; 2 D.Robinson Jarr.& Hebb. 13.3 ; 3 B.Robertson North Sh.Poly 13.4 ; **M.45 :** 1 S.Smith Gateshead 12.1 ; 2 M.Wilson H'Pool Burn Rd. 12.4 ; 3 J.Evans Hough.& Pet'lee 12.9 ; **M.50 :** 1 A.Readman Hough.& Pet'lee 13.0 ; 2 S.Todner Hough.& Pet'lee 13.0 ; **M.60 :** T.Whitfield North Sh.Poly 16.2 ; **M.65 :** 1 D.Butler Jarr.& Hebb. 14.6 ; 2 C.Foote-Wood Crook 19.9 ; **W.35:** J.Hodgson Durham City 13.5 ; **W.40 :** J.Taylor Birtley 16.4 ; **W.45 :** 1 K.Partridge Crook 16.3 ; 2 T.Robertson North Sh.Poly 16.5 ; **W.55+ :** N.Garnham N.E.V.A.C. 17.8 ;  
**200 METRES**  
**M.40:** 1 McClusky 25.6 ; 2 Robinson 26.5 ; 3 D.Hughes North Sh.Poly 28.2 ; **M.45 :** 1 Wilson 25.4; 2 Evans 26.2; 3 N.McAnany Morpeth 27.1 ; **M.50:** 1 Todner 26.8 ; 2 Readman 27.5 ; 3 M.Mallen Crook 29.4 ; **M.55 :** C.Burke New Marske 31.5 ; **M.60** 1 D.Tate N.E.V.A.C. 30.1 ; 2 Whitfield 33.8 ; **M.65 :** 1 Butler 30.3; 2 J.Hampson Durham City 35.0 ; 3 A.Purdham Crook 38.9 ; **W.35 :** Hodgson 28.0 ; **W.40 :** Taylor 34.2 ; **W.45:** 1 L.Miller North Sh.Poly 31.9 ; 2 Partridge 35.3 ; **W.55+ :** Garnham 38.2 ;  
**800 METRES**



## MASTERS ATHLETICS SUMMER 2007

**M.35** : 1 T.Brannon North Sh.Poly 2.04.9; 2 S.Nesbitt Durham City 2.18.6 ;  
3 F.Turner Durham City 2.23.4 ; **M.40** : 1 D.Hughes North Sh.Poly 2.22.2 ;  
2 K.Daglish Hough.& Pet'lee 2.34.4 ; **M.45** : 1 McAnanay 2.15.5 ; 2 N.Walker New  
Marske 2.17.1; 3 B.Bailes Birtley 2.21.3 ; **M.50** : 1 M.Mallen Crook 2.24.1 ;  
2 A.Readman Hough.& Pet'lee 2.45.6 ; **M.55** : A.Jenkins Morpeth 2.27.9 ; **M.60** :  
1 T.Attey Chester-le-Str. 2.48.1 ; 2 K.Pyle Chester-le-Str. 2.55.6 ; 3 T.Whitfield  
North Sh.Poly 2.57.4 ; **M.65** : 1 R.Harvey Newton Aycl. 2.48.8 ; 2 J.Hampson  
Durham City 3.01.6 ; 3 P.Donaghy North Sh.Poly 3.06.2 ; **M.70+** : R.Checkley  
Heaton 3.04.7 ; **W.45** : 1 S.White Tynedale 2.36.7 ; 2 L.Miller North Sh.Poly  
2.44.0 ; **W.50** : M.Lorraine Birtley 3.00.0 ;

### SCVAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS 2007

#### SUNDAY 3<sup>rd</sup> JUNE ASHFORD

##### 100 METRES

**W35**: Adele FORSYTH 14.87; **W45**: 1 Kirstin KING 12.97(Cbp); 2 Angela Griffiths  
14.01; **W50**: 1 Helen GODSELL 13.38; 2 Joan TRIMBLE 14.84; **W55** : 1 Anne  
NELSON 15.30; **W60**: 1 Val PARSONS 14.27 (CR); 2 Angela PRICE 16.70; **W70**:  
Eileen KEAR 18.43 (CR); **M35**: 1 Jason CARTY 11.17; 2 Scott DORSET 11.68;  
**M40**: 1 Rohan SAMUEL 11.34; 2 Mark Phills 11.61; 3 Barrington KING 12.20; 4  
Glen REDDINGTON 12.37; **M45**: 1 Pat LOGAN 11.79; 2 John SHEPHERD 11.91;  
3 Kermitt BENTHAM 12.31; **M50**: 1 John BROWNE 12.13; 2 Ian BROADHURST  
(G); 12.40; 3 Tom PHILLIPS; 12.48; **M55**: 1 Geoff Walcott 12.22; 2 Aladair ROSS  
12.33; 3 Mike MAISEY 13.00; **M60**: 1 Charles ISETTS 13.80; **M65**: 1 John  
WEBSTER 13.82; 2 Carl SHELTON 14.93; **M70**: Colin FIELD 14.87; **M75**: Ken  
CROOKE 21.42;

##### 200 metres

**W35**: Deborah DOHERTY 29.02; **W40**: 1 Euphemia SCOTT 28.05; **W45**:  
1 KING 26.62; 2 Jenny HUGHES 30.62; **W50**: 1 GODSELL 27.82; 2 Ed ROE 29.14;  
3 TRIMBLE 30.95; **W55**: NELSON 31.60; **M35**: 1 CARTY 22.78; 2 DORSET 23.56;  
**M40**: 1 Phills 23.90; 2 KING 26.09; **M45**: 1 LOGAN 23.60; 2 SHEPHERD 23.66;  
3 Robert Allen 25.10; **M50**: 1 BROADHURST (G) 24.57; 2 PHILLIPS 25.19; 3 Ray  
WATKINS 25.79; **M55**: 1 Walcott 24.53 (CBP); 2 ROSS 24.69; 3 Anthony Roker  
26.30; **M60**: 1 Terry Bissett 26.93; 2 Peter MOLLISON 27.93; 3 ISETTS 28.06;  
**M65**: SHEDDON 30.92; **M70**: FIELD 30.55; **M75**: CROOKE 44.35;

##### 400 metres

**W40**: 1 SCOTT 63.81; 2 Mary EDWARDS 64.27; **W45**: HUGHES 69.47; **W50**:  
ROE 68.85; **W60**: Sue LOWRY 79.67 (CR); **M40**: Lincoln CAMPBELL 59.06;  
**M50**: 1 BROADHURST (G) 55.88; 2 Stuart CONDIE 58.30; 3 Eddie COSTLEY  
60.84; **M55**: 1 WALCOTT 55.61 (CBP); 2 Anthony ROKER 59.68; 3 Julian Spencer-  
Wood 62.60; **M60**: 1 BISSETT 63.50; 2 Ray LEWIS 71.94; **M70**: Arthur KIMBLE  
77.79;

##### 800 metres

**W40**: EDWARDS 2.26.62; **W45**: 1 Dee SMALE 2.40.08; 2 HUGHES 2.43.89; **M45**:  
Steve BOND 2.16.39; **M55**: SPENCER-WOOD 2.24.44; **M60**: LEWIS 2.39.15; **M65**  
1 John TAYLOR 3:01.78; 2 Bruce CHARLES 3.12.70;

##### 1500 metres

**M40**: Eric CAMPBELL 5.32.77; **M50**: Ivor WHITMORE 5.41.06; **M55**: Ken  
DANIEL 4:45.80; **M65**: TAYLOR 5.56.51; **M70**: 1 Arthur KIMBER 5:53.33;  
2 Patrick HEFFERNAN 6.37.72; **M80**: Ron HALE 8.23.14; **W45**: SMALE 5.15.65;  
**W50**: Pat HALSTEAD 5.50.24; **W75**: Betty NORRISH 10.38.80;

##### 5000 metres

**W50**: Lesley HALL 20.26.51; **W75**: NORRISH 37.26.00; **M35**: Ian JOHNSTONE  
16.32.37; **M40**: Eric CAMPBELL 22.04.94; **M45**: David FELTON (G) 19.39.92;  
**M50**: WHITMORE 20.02.69; **M65**: Tony MERRITT 24.45.81; **M70**: HEFFERNAN  
24.48.55; **M75**: Ron FRANKLIN 32.07.49;

##### 3000 m Walk

**M45**: 1 Gary McDONALD 17:25.15; 2 Ivor GROVES 19.26.06 ; **M60**: Peter  
HANELL 16.35.02; **M70**: 1 Ron POWELL 18:03.99; 2 Bernard HERCOCK (G)  
20.10.22;

##### 80m Hurdles

**W50**: Janice THORNE 16.17;

##### 100m Hurdles

**W35**: Amanda WALE (G) 15.98; **M55**: Anthony ROKER 16.36; **M65**: John  
WEBSTER 22.78;

##### 110 Hurdles

**M40**: Glen REDDINGTON 16.75;

##### 400m Hurdles

**W35**: Deborah DOHERTY 71.29;  
**M55**: 1 ROKER 65.44; 2 SPENCER-WOOD 86.10;

##### 300 Hurdles

**M60**: Mike MARTINEAU 65.09; **M65**: Bruce CHARLES 63.05; **M70**: FIELD 58.24;

##### Long Jump

**W40**: Paula HING 4.06; **W45**: 1 GRIFITHS 4.69 (CBP); 2 Teresa MAY 3.78; **W50**:  
THORNE 4.30; **W60**: MARLER 2.63; **W65**: Jackie CHARLES 3.35 (CR); **W70**:  
Eileen KEAR 2.59 (CR); **M35**: Neil LINCOLN 5.94; **M45**: Dave SHIELDS 4.84;  
**M50**: 1 Trevor WADE 5.84; 2 Clement LEON 4.61; **M55**: Mike MAISEY 4.81;  
**W45**: MAY 9.36;

##### Triple Jump

**W50**: THORNE 8.62; **W60**: MARLER 5.72; **M35**: 1 LINCOLN 12.06 (CBP); 2 Ian  
BRIDGEMAN 11.81; **M45**: 1 Rez CAMERON 12.19; 2 SHIELDS 10.21; **M50**: 1  
WADE 10.69; 2 LEON 9.63; **M55**: MAISEY 9.55; **M65**: WEBSTER 7.91; **M70**:  
Michael COLLINS 8.10;

##### High Jump

**W35**: WALE 1.43; **W40**: Alison DUKE 1.25; **W45**: MAY 1.31; **W50**: THORNE

1.25 (CR) =; **M35**: Ian BRIDGEMAN 1.60 (CR); **M45**: John BANCROFT 1.50;  
**M50**: 1 WADE 1.50; 2 LEON 1.50; 3 David BLUNT 1.40; **M60**: Allan CHEERS  
1.28; **M65**: 1 Brian Harlick 1.20; **M70**: Jim Day 1.15;

##### POLE VAULT:

**W40**: DUKE 2.40; **W45**: MAY 1.90; **W50**: Jennifer IBBITSON (G) 2.90; **M40**:  
PEERS 2.70; **M45**: Wayne MARTIN 2.80; **M50**: Paul OAKES 2.80; **M65**: Brian  
HARLICK 2.40; **M70**: DAY 1.90; **M75**: Alf WOODS 1.80;

##### Shot

**W40**: Julie WILSON 8.75; **W45**: Wendy DUNS福德 8.72; **W50**: 1 IBBITSON  
10.15; 2 Beatrice SIMPSON 8.91; 3 Joy SAUNDERS-MULLIN 8.16; **W60**:  
1 Elizabeth SISSONS 9.89; 2 Barbara TERRY 9.04; **W65**: Rae BOXALL 4.70;  
**M35**: 1 Stuart EARL 8.81; 2 David GLENDOWER 7.03; **M40**: 1 Jeremy TIGAR  
10.37; **M45**: 1 Guy PERRYMAN 11.88; 2 Albert JOHNSON 11.40; **M50**:  
1 Tim SAUNDERS-MULLINS 9.19; 2 Michael BALE 8.60; **M55**: 1 Tony  
RICHARDS 11.26; 2 James EDGAR 8.92; **M60**: 1 Richard JEGOU 10.38  
; 2 John GILBERT 10.08; 3 Lester MONAHAN 7.92; **M65**: 1 Garry NEGUS  
11.68; 2 HARLICK 8.30; **M70**: 1 Barrie STRANGE 9.63; 2 Peter BARBER 7.34;  
3 Norman FULLICK 7.09; **M75**: 1 Alf WOODS 6.97; 2 Ken CROOKE 4.60;

##### Discus

**W40**: 1 WILSON 29.36; 2 DUKE 24.64; **W45**: 1 DUNS福德 24.82; **W50**:  
1 IBBITSON (G) 29.69; 2 SIMPSON 28.28; 3 Jenny PIERCY 20.50; **W60**: 1 Barbara  
TERRY 22.56; 2 Elizabeth SISSONS 19.36; **W65**: BOZALL 9.22; **M35**: 1 EARL  
22.12; 2 David GLENDOWER 17.26; **M40**: TIGAR 34.87; **M45**: 1 JOHNSON  
34.43; 2 PERRYMAN 34.01; 3 Anthony TIPPING 33.67; **M50**: 1 Paul OAKES  
34.34; 2 BALE 27.87; 3 SAUNDERS-MULLINS 21.02; **M55**: 1 Tony RICHARDS  
36.89; 2 EDGAR 29.12; **M60**: 1 GILBERT 34.28; 2 Jegou (G) 31.96; 3 MONAHAN  
26.87; **M65**: 1 HARLICK 32.07 ; **M70**: 1 Colin BRAND 38.35 (CBP); 2 Hamilton  
THOMAS 30.08; 3 STRANGE 28.90; **M75**: Ian BRIGGS 24.22;

##### Javelin

**M60**: 1 Ashley FOX 38.50; 2 Ken MCKENZIE (G) 36.97; 3 GILBERT 28.61; **M65**:  
1 John WEBSTER 31.68; 2 HARLICK 28.10; 3 CHARLES 24.94; **M70**: 1 BRAND  
37.74; 2 FULLICK 20.18; **M35**: EARL 36.40; **M40**: TIGAR 50.06; **M45**: Anthony  
TIPPING 34.65; **M50**: 1 Oakes 39.63; 2 SAUNDERS-MULLINS 23.17; 3 BALE  
21.52; **M55**: 1 Joe EASTWOOD 42.70; **W35**: 1 WALE (g) 28.32; 2 DOHERTY  
28.15; **W50**: 1 IBBITSON (g) 26.46; 2 SIMPSON 26.42; 3 SAUNDERS-MULLINS  
23.74; **W60**: Elizabeth SISSONS 29.93;

##### Hammer

**W40**: WILSON 29.44; **W45**: DUNS福德 27.82; **W50**: 1 IBBITSON (G) 42.63;  
2 SIMPSON 37.10; 3 Sigrid ROBERTS 25.03; **W60**: 1 SISSONS 32.56; 2 TERRY  
24.96; **M40**: TIGAR 32.78; **M45**: 1 PERRYMAN 37.93; 2 Anthony TIPPING 35.25;  
**M50**: 1 BALE 33.49; 2 SAUNDERS-MULLINS 30.43; **M55**: 1 Clive THOMSON  
37.46; 2 EDGAR 27.91; **M60**: 1 Chris MELLUSH 46.07; 2 GILBERT 35.77;  
3 MONAHAN 32.93; **M65**: NEGUS 39.13; **M70**: 1 THOMAS 36.10; 2 BARBER  
33.83; 3 FULLICK 23.57;

Name	Club	T
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### EASTERN VETERANS AC GRAND PRIX 2006

#### 5 miles Reach

1 28:15 Stan Owen M50-1; 2 28:17 David Reed M45-1; 3 29:28 Peter Sibbett M40-1;  
4 29:31 Malcolm Tuff M40; 5 29:56 Keith McLelland M50-2; 6 30:02 Les Heath  
M45-2; 7 30:21 Max d'Ayala M40-2; 8 30:27 Alan Dawson M50-3; 9 30:48 John  
Chapman M45-3; 10 30:59 Stephen Pettit M40-3; 11 31:29 Peter Gipp M45-4; 12  
31:40 Godfrey Tofts M40-4; 13 32:05 Robert Lands M45-5; 14 32:14 Maurice Reed  
M40-5; 15 32:19 Paul Gooding M45-6; 16 32:26 Paul Wilkerson M50-4; 17 32:30  
Lynn Emmett W35; 18 32:39 Graham Chapman M50-5; 19 32:49 Eamonn Dorling  
M50-6; 20 32:52 Mark Chaplin M45-7; 21 33:05 Charlie Barker M55-1; 22 33:06  
Robert Sargent M50-7; 23 33:27 Jim Brown M50-8; 24 33:42 Steve Pledger M45-8;  
25 33:50 Jim Hayes M60-1; 26 33:56 Gerald Meah M45-9; 27 33:59 Terry Fone M60-  
2; 28 34:30 Glyn Smith M60-3; 29 34:37 Peter Harris M55-2; 30 34:46 Alex Downie  
M55-3; 31 35:20 Robert Price M60-4; 32 35:21 Paul Firmage M50-9; 33 35:51 Mike  
Parkins M65; 34 35:58 Gary Howard M45-10; 35 37:05 Tony Cotton M65; 36 37:12  
John Thompson M50-10; 37 37:47 Martin Kreetzer M50-11; 38 38:05 Mike Rosbrook  
M65; 39 38:10 Roger Duffield M65; 40 38:15 Veronica Manly W55; 41 38:20 Peter  
Westlake M70; 42 38:55 Emma Lord W35; 43 39:00 Malcolm Ball M70; 44 40:30  
Sue Barnett W55; 45 40:59 Peter Howard M60-5; 46 41:07 Ron Church M55-5; 47  
41:13 Karen Dodsworth W45; 48 41:28 Judy Potter W60; 49 41:56 Peter Moston  
M40-6; 50 45:24 Sarah Moston W40; 51 45:37 Nigel Pettitt M40-7; 52 45:37 George  
Phipps M80; 53 46:03 Gillian Hart W50; 54 46:19 Gillian Holmes W50; 55 48:08  
Maurice Young M70; 56 49:20 Joan Gill W55; 57 49:33 Helen Sewell W60; 58  
50:11 David Potter M60-6; 59 01:47 Patrick Parmenter M75;

##### Teams:

**Men** 1 St.Edmunds Pacers 6; 2 Ely Runners 10; 3 Bedford & County AC 15;  
**Women** Ryston Runners 56;

### Midland Masters Athletic Club - 10/06/2007

#### Track & Field Championships

#### Norman Green Sports Centre, Solihull.

##### 100:

**W35**: Williams, Katy 15.2; **W40**: 1 Judy Thomas 13.9; 2 Matthews, Beverley 14.2;  
3 Bowman, Claire 14.8; **W45**: 1 Gerner, Polly & Willis, Lesley 14.5; **W50**: Higgins,  
Pat 16.5; **W55**: 1 Bonner, Vivien 14.0; 2 Kirkland, Vivienne 16.6; **W60**: Robinson,



## MASTERS ATHLETICS SUMMER 2007

Pat 19.1 ; **W65:** Mills, Mollie 16.7; **W70:** Chrimes, Rosemary 17.9; **M35:** 1 Douglas, James 11.3; 2 White, Martin 11.5; 3 Gardiner, Michael 11.7; **M40:** 1 Leigh, Anthony 11.5; 2 Cook, Victor 11.9; 3 Weetman, Martin 12.1; **M45:** 1 McDonald, Carlton 11.9; 2 Statham, John 12.1; 3 Priest, Andrew 12.3; **M50:** 1 Moven, Cecil 12.0; 2 Cawson, Robert 12.4;

3 Foster, Tony 13.2; **M55:** 1 Walcott, Geoff 12.2; 2 Baxter, Alan 13.3; 3 Wells, Tony 13.4; **M60:** 1 Barrus, John 13.8; 2 Sealy, Cameron 13.9; 3 Baxter, Malcolm 14.0; **M65:** Hudson, Geoff 16.3; **M70:** 1 Bowman, Tony 15.8; 2 Evans, John 16.3; **M75:** 1 Cheetham, George & Meddings, Allan 15.1; 3 Morrow, Bill 21.9;

### 200:

**W35:** 1 Webb, Tracy 28.5; 2 Parry, Cindy 29.3; **W40:** 1 Thomas, Judy 29.1; 2 Matthews, Beverley 29.8; **W45:** Willis, Lesley 29.7; **W55:** 1 Bonner, Vivien 29.0; 2 Kelsall, Judith 34.3; **W60:** Robinson, Pat 39.4; **W65:** Mills, Mollie 37.3; **M35:** 1 Douglas, James 22.6; 2 Gardiner, Michael & White, Martin 23.3; **M40:** 1 Leigh, Anthony 23.3; 2 Cook, Victor 24.6; 3 Weetman, Martin 24.9; **M45:** 1 McDonald, Carlton 24.1; 2 McWilliam, Phil 24.5; 3 Priest, Andrew 24.6; **M50:** 1 Moven, Cecil 24.4; 2 Cawson, Robert 25.1; 3 Foster, Tony 26.5; **M55:** 1 Baxter, Alan 26.9; 2 Short, 27.8; 3 Trueman, Geoffrey 28.8; **M60:** 1 Oldfield, Lawrence & Wardle, Derek 27.3; 3 Barrus, John 27.9; **M65:** 1 Faulkner, Terry 28.8; 2 Hudson, Geoff 33.0; **M70:** Crocker, Tony 30.5; **M75:** 1 Cheetham, George 30.6; 2 Meddings, Allan 32.8; 3 Morrow, Bill 48.7;

### 400:

**M40:** 1 Langham, Graham 55.4; 2 Ainge, Shaun 55.9; 3 Pawluk, Ivan 56.2; **M45:** 1 McDonald, Carlton 55.2; 2 Kinnear, Andrew 56.5; 3 Walton, Stewart 56.7; **W35:** 1 Palmer, Fiona 1:02.2; 2 Parry, Cindy 1:04.4; 3 Webb, Tracy 1:05.1; **W40:** Latinovics, Timea 1:07.80; **W50:** Horder, Jane 1:03.0; **M35:** 1 Gardiner, Michael 53.0; 2 Davies, Neil 58.4; **M50:** Foster, Tony 58.8; **M55:** 1 Wells, Tony 1:01.6; 2 Halion, Stewart 1:01.7; **M60:** Lewis, Ray 1:10.4; **M65:** 1 Faulkner, Terry 1:06.80; 2 Hudson, Geoff 1:15.7; **M70:** 1 Bowman, Tony 1:08.3; 2 Kimber, Arthur 1:13.9; **M75:** Smith, Ron 1:27.0;

### 800:

**W40:** Latinovics, Timea 2:31.0; **W45:** Willis, Lesley 2:45.2; **W50:** 1 Howe, Joan 2:34.3; 2 Barrus, Joyce 2:51.5; **W55:** Hitchmough, Nancy 2:35.6; **M35:** Ashworth, David 2:13.8; **M40:** 1 Pawluk, Ivan 2:06.5; 2 Hargreaves, Matthew 2:07.5; **M45:** Pye, Kevin 2:10.8; **M50:** Pidgeon, Fred 2:24.9; **M55:** 1 Halion, Stewart 2:19.4; 2 Richards, David 2:26.6; 3 Trueman, Geoffrey 2:27.4; **M60:** 1 Young, Tony 2:34.2; 2 Lewis, Ray 2:40.3; **M65:** 1 Faulkner, Terry 2:47.1; 2 Kneill, Richard 2:58.1; 3 Hudson, Geoff 3:05.5; **M70:** Kimber, Arthur 2:49.5; **M75:** Smith, Ron 3:25.3; **W40:** 1 Pidgeon, Jane 5:14.7; 2 Kneill-Boxley, Sue 6:03.4; **W50:** Howe, Joan 5:23.5; **W55:** Hitchmough, Nancy 5:20.5; **W60:** Gallagher, Pat 5:35.6; **M35:** Ashworth, David 4:52.40; **M40:** 1 Lee, Gordon 4:19.6; 2 Hargreaves, Matthew 4:25.5; 3 Lowry, Geoff 4:32.8; **M45:** Webb, Nigel 4:34.3; **M60:** 1 Munro, Jim 5:11.2; 2 James, Clive 6:20.8; **M65:** Hudson, Geoff 6:34.7; **M70:** Oliver, Geoff 6:13.3;

### 5000:

**M35:** Carroll, Vincent 16:57.2; **M40:** 1 Lee, Gordon 15:30.2; 2 Hussey, Andrew 16:08.5; **M45:** 1 Furness, Ian 15:42.8; 2 Sheen, Rob 16:08.3; 3 Wetherill, Andrew 16:30.6; **M50:** Bradford, Mike 18:01.2; **M55:** 1 Orme, Gordon 19:03.5; 2 Mattock, Colin 19:51.0; **W40:** Woolley, Theresa 19:31.3; **W50:** Oram, Catherine 22:31.4; **M55:** 1 Oxland, David 17:35.0; 2 Martin, Des 17:56.7; 3 Smedley, Mick 19:34.8; **W55:** 1 Rollason, Christine 21:02.4; 2 Morley, Jane 21:18.1; **M60:** Heywood, John 21:04.1; **W60:** Johnson, June 22:45.8; **M70:** Oliver, Geoff 21:31.3;

### 5000W:

**W35:** Bellfield, Julie 30:41.1; **M40:** Williams, Mark 21:46.9; **W45:** Boa, Toni 27:59.8; **M70:** 1 Stapleford, Peter 32:27.6; 2 Mace, David 34:41.6; 3 Horwill, Eric 35:44.0; **M75:** Abolins, Karl 38:03.3;

### 100H:

**W40:** Oliver, Jane 16.1; **M40:** Myles, Gary 19.0; **M45:** 1 Flannery, Marc 19.8; 2 Edwards, Paul 20.3; 3 Batts, Charlie 21.1; **M50:** 1 Willoughby, Ian 16.2; 2 Kelsall, Michael 24.0; **M60:** Barrington, Richard 19.7; **M70:** Bowman, Tony 13.6;

### 300H:

**W50:** Horder, Jane 46.6; **M60:** 1 Wardle, Derek 48.8; 2 Scott, Brian 49.2; 3 Dunn, Lawrie 52.0; **M65:** Charles, Bruce 1:02.90; **M70:** Bowman, Tony 52.4;

### 400H:

**W35:** Hawker, Christine 1:16.5; **M35:** Davies, Neil 1:09.0; **M40:** Holliday, Chris 1:07.1; **M45:** Edwards, Paul 1:05.6; **M50:** Willoughby, Ian 1:10.4; **M55:** Wells, Tony 1:06.0;

### HJ:

**W55:** Garvey, Pam 1.28m; **W70:** Chrimes, Rosemary 1.13m; **M40:** 1 Ainge, Shaun 1.60m; 2 Webb, Stephen 1.45m; **M45:** 1 Hayden, Paul & Harding, Ian 1.50m; **M50:** 1 Kelsall, Michael 1.50m; 2 Askew, Paul 1.45m; **M60:** 1 Dunn, Lawrie & Duckers, Peter 1.30m; **M70:** Crocker, Tony 1.35m; **M75:** Carter, Norman 1.15m;

### PV:

**M40:** Wilkinson, Andrew 3.20m; **M45:** Flannery, Marc 2.45m; **M50:** Murrow, Greg 3.35m; **W50:** Ibbotson, Jennifer 2.60m; **M55:** Trueman, Geoffrey 2.15m; **M60:** Bradley, John 3.00m; **M65:** Charles, Bruce 1.80m; **M75:** Carter, Norman 1.70m;

### TJ:

**W40:** Bowman, Claire 9.44m; **W45:** Willis, Lesley 8.65m; **W50:** Higgins, Pat 6.95; **W75:** Wixey, Mary 3.23m; **M35:** Skelding, Neil 11.56m; **M40:** Webb, Stephen 9.07m; **M45:** 1 St C Earle, Albert 11.85m; 2 Hayden, Paul 9.00m; **M50:** Askew, Paul 8.95m;

### SP:

**W35:** Gentleman, Catriona 7.15m; **W40:** 1 George, Alison 9.14m; 2 Oliver, Jane 6.35m; **W45:** Murch, Deborah 8.39m; **W50:** 1 Ibbotson, Jennifer 10.47m; 2 Higgins, Pat 7.11m; **W55:** 1 Kirkland, Vivienne 6.53m; **W60:** 1 Lewington, Maureen 7.48m; 2 Rafferty, Carol 6.71m; 3 Mee, Elaine 6.43m; **W70:** Chrimes, Rosemary 8.77m; **M45:** 1 Harding, Ian 9.35m; 2 Statham, John 9.32m; **M50:** Howell, Clive 8.80m;

**M55:** 1 Holden, Bruce 12.37m; 2 Lalley, Terry 11.01m; **M60:** 1 Hawkworth, Barry 11.08m; 2 Jegou, Richard 10.03m; **M65:** 1 Singh, Jhalman 7.99m; 2 Love, John 7.62m; **M70:** Sumner, Brian 9.66m; **M75:** Roberts, Graham 6.11m;

### DT:

**W35:** Gentleman, Catriona 22.13m; **W40:** Cooper, Jenny 31.34m; **W50:** Ibbotson, Jennifer 29.33m; **W60:** 1 Rafferty, Carol 14.76m; 2 Mee, Elaine 13.36m; **W70:** Chrimes, Rosemary 27.01m; **W85:** Wixey, Mary 8.13m; **M45:** 1 Harding, Ian 27.12m; 2 Flannery, Marc 27.00m; 3 Batts, Charlie 17.18m; **M50:** Howell, Clive 24.99m; **M55:** Lalley, Terry 37.62m; **M60:** 1 Hawkworth, Barry 34.31m; 2 Jegou, Richard 31.58m; 3 Owen, Phil 29.47m; **M65:** 1 Love, John 25.22m; 2 Singh, Jhalman 25.04m; **M70:** 1 Sumner, Brian 27.56m; 2 Evans, John 18.54m; 3 Horwill, Eric 18.23m; **M75:** Roberts, Graham 17.27m;

### HT:

**W35:** Gentleman, Catriona 28.70m; **W40:** 1 Cooper, Jenny 34.81m; 2 George, Alison 26.76m; **W45:** Murch, Deborah 21.63m; **W50:** 1 Ibbotson, Jennifer 36.20m; 2 Higgins, Pat 30.70m; **W55:** 1 Harding, Mary 23.86m; 2 Kirkland, Vivienne 21.79m; 3 Kelsall, Judith 17.22m; **W60:** 1 Mee, Elaine 17.47m; 2 Rafferty, Carol 16.57m; **M40:** Pearson, John 57.28m; **M45:** 1 Payne, Russell 47.87m; 2 Roberts, Martin 43.95m; 3 Middleton, Graham 37.68m; **M55:** Lalley, Terry 39.64m; **M60:** 1 Hawkworth, Barry 45.29m; 2 Duckers, Peter 32.29m; 3 Jegou, Richard 29.77m; **M70:** 1 Sumner, Brian 35.74m; 2 Horwill, Eric M74 DASH 14.69m; **M75:** Roberts, Graham 24.73m;

### JT:

**W35:** Addis, Karen 27.74m; **W45:** Murch, Deborah 21.48m; **W50:** Ibbotson, Jennifer 27.03m; **W60:** Rafferty, Carol 19.31m; **W85:** Wixey, Mary 6.71m; **M40:** Peters, Lee 46.85m; **M45:** 1 Murch, Kevin 50.94m; 2 Harding, Ian 35.20m; 3 Batts, Charlie 21.90m; **M50:** Howell, Clive 23.46m; **M55:** 1 Lundby, Kristikh 36.64m; 2 Lalley, Terry 25.59m; **M60:** 1 Hawkworth, Barry 42.23m; 2 Owen, Phil 36.55; 3 Dunn, Lawrie 26.10m; **M65:** Singh, Jhalman 21.96m; **M70:** 1 Sumner, Brian M71 TAMW 25.76m; 2 Evans, John 20.68m; **M75:** Carter, Norman 18.94m;

## N.V.A.C MONTHLY RUN FROM HOOD LANE RECREATION GROUND, WARRINGTON. SUNDAY 6<sup>th</sup> MAY 2007

### 10K RACE

1. K.Moss M55 36.09; 2.M.Collins M40 36.48; 3. A.Pover M55 37.23; 4.P.Bailey M55 37.49; 5. K.Burgess M60 40.55; 6. D.Walton M60 41.42; 7. A.Fielding M55 42.17; 8. D.Callender M65 44.50; 9. T.Lythe M60 45.01; 10. J.Golder M55 46.36; 11. E.Wickstead M60 47.37; 12. M.Howe M65 47.47; 13. D.George M55 49.00; 14. D.Sinnott M55 49.55; 15. K.Mayor M60 50.30; 16. M.Towler M65 53.40; 17. P.Doherty M55 53.45; 18. P.Golder W55 53.54; 19. K.Dillon M50 55.35; 20. S.Hardicker M75 55.43; 21 G.Howarth M70 55.46; 22. K.O'Brian M65 56.35; 23. T.Totham M45 56.57; 24. A.George W36 59.41;

### 5K RACE

1 J.Park M70 23.29; 2. P.Edwards M70 24.48; 3. D.Baron M70 24.51; 4. G.Perkins M80 26.09; 5. A.Walsham M75 28.51; 6. J.McAloon M70 31.49; 7. B.Totham W50 32.52; 8. J.Betney M70 35.11; 9. B.Lister M70 36.24;

## EVAC ROAD RELAYS 29TH APRIL

### M35:

1 NENE VALLEY HARRIERS M 35 40:31.90 ( CLARKE 10:04.55 , AUNGER 9.55, MEDHURST 10.18, KNIGHTON 10.14 ); 2 BEDFORD & COUNTY M 35 41:02.49 ( BOAST 10:34.18, BLAIR 10.06 , GOODING 10.52, MCMAHON 9.30 ); 3 ST EDMUNDS PACERS M 35 41:28.71 ( REED 10:00.34, MARSTON 10.04, DAWSON 10.34, BARNES SMITH 10.05 ); 4 CAMBRIDGE & COLERIDGE M 35 49:46.90 ( COSTELLO 13:23.62 , CHAPLIN 11.51, MULLANE 12.40, JENKINS 11.53 );

### M45:

1 ELY RUNNERS M 45 47:41.65 ( TURNER 12:43.99, HARRIS 11.48, BARKER 11.38, CHAPMAN 11.32 ); 2 HUNTS AC M 45 51:19.08 ( CARPENTER 12:20.81, ASHTON 12.19, CAMPBELL 14.26, HUDSON 13.14 );

### M55:

1 BEDFORD & COUNTY M 55 35:48.99 ( RUSSELL 11:26.55, DANCER 12.27, WEBB 10.52 ); 2 NENE VALLEY HARRIERS M 55 36:14.96 ( BROOKES 11:46.27, BAKER 12.44, DOWLAND 11.44 ); 3 ST EDMUNDS PACERS M 55 39:42.62 ( SHORT 12:57.05 , NICOL 14.00 PRICE 12.45 );

### M65:

1 BEDFORD H M 65 41:11.52 ( CROOK 12:50.81, HENDRY 15.14, BILLINGTON 13.07 );

### W35:

1 BEDFORD H W 35 35:28.37 ( LITCHFIELD 11:28.21, WARD 12.00 , CARTWRIGHT 12.00 ); 2 ELY RUNNERS W 35 40:05.08 ( GATES 14:30.18, GREAVES 13.03, ROBERTS 12.32 ); 3 HUNTS AC W 35 46:29.34 ( NEWTON 15:37.96 , MCCONVILLE 15.27, MCCONVILLE 15.25 );

### MIXED:

1 NENE VALLEY HARRIERS MIXED 44:43.65 ( TAYLOR 11:24.27, GIBB 12.13, THOMPSON 10.32, REID 10.32 ); 2 BEDFORD H MIXED 43:00.96 ( MONMONT 12:33.52, PRIOR J 16.06, PRIOR D 16.21 ); 3 BEDFORD & COUNTY M 45 LANDS ( 10:57.65 );

MEN FASTEST LAPS : 1 MAHON 9.30; 2 REED 10.00; 3 CLARKE 10.04; 4 MARSTON 10.04; 5 BLAIR 10.06;



## MASTERS ATHLETICS SUMMER 2007

### MIDLAND VETERANS TRACK & FIELD LEAGUE

#### MEETING 1 BURTON 03/05/2007 MEN

##### 100-

**M35** 1 T Leigh (Stoke) 11.9; 2 T McAdam (C&S) 12.0; 3 D Drew (Telf) 13.5; **M40** 1 P Williams (Stoke) 12.3; 2 A Weetman (C&S) 12.3; 3 R Cawson (Burt) 12.4; **M60**: 1 P Duckers (Shrew) 14.2; 2 R Barrington (Stoke) 14.3; 3 T Faulkner (C&S) 15.1;

##### 2k Walk-

**M40**: 1 D Fall (RSC) 12.04.5; 2 B Eggleton (Stoke) 14.19.4; 3 L Green (C&S) 15.24.1; **M60**: 1 G Dingley (Burt) 11.47.4; 2 P Bailey (Stoke) 123.26.3; 3 G Chapman (RSC) 13.54.7;

##### 400m-

**M40**: 1 P Williams 56.2; 2 S Ainge (C&S) 57.4; 3 I Moody 57.4; (**b**) T Leigh 53.7; **M50**: 1 D Drew 61.0; 2 M Kelsall (Burt) 63.7; 3 C Bourne (Stoke) 64.9;

##### 1500-

**M35**: 1 D Wilkinson (Telf) 4.22.5; 2 S Marklew (RSC) 4.44.7; 3 A Hough (Burt) 4.49.5; **M40** : 1 R Hailey 4.53.0; 2 M Kinch (Stoke) 4.54.5; 3 B Peacock (C&S) 4.58.4; **M60**: 1 M Dawes (Telf) 5.27.3; 2 R Phipps 5.28.3; 3 D Hindley (Stoke) 7.09.4;

##### 4 x 200m

-1 C&S 1.39.2; 2 Telf 1.42.9; 3 Stoke 1.43.2;

##### HT:-

**M40** 1 M Roberts (C&S) 42.67m; 2 A Ffrench (Telf) 37.80m; 3 C Howell (Stoke) 32.77m;

##### SP:-

**M60**: 1 P Duckers 10.01m; 2 D Price (RSC) 7.75m; 3 R Barrington 7.76m;

##### HJ:-

**M35**: 1 N Gardner (Stoke) 1.51m; 2 P Fellows (C&S) 1.48m; 3 S Marklew 1.40m; **M50**: 1 M Kelsall 1.40m; 2 P Duckers 1.30m; 3 G Felton 1.25m;

##### JT:-

**M35** 1 M Pinner (C&S) 50.51m; 2 P Wainwright (Stoke) 33.39m; 3 D Price 28.74m;

**Meeting Result** 1 Stoke 114; 2 C&S 99; 3 RSC 91; 4 Telford 84; 5 Burton 65;

6 Shrewsbury 34; 7 West Brom 16;

#### South Division Meeting at Birchfield on 9th May 2007 Men

##### 100-

**M35**: 1 R White (Worc) 13.2; 2 P Rogers (Birch) 14.6; 3 S Towlson (Hales) 14.6; **M40**: 1 A Priest (Droit) 12.7; 2 M Bennett (Worc) 12.8; 3 W Simpson (Birch) 13.4; **M60**: 1 L Oldfield (Worc) 13.7; 2 T Crocker (Droit) 15.8; 3 B Griffiths (Hales) 16.3;

##### 2k WALK-

**M40**: 1 B Nock (Hales) 10.09.4; 2 P Boszko (Birch) 11.14.5; 3 D Henley (B&R) 11.27.6; **M60**: 1 G Jones (D&St) 11.39.8; 2 A Smallwood (Hales) 11.43.3; 3 D Winter (Spark) 12.13.2;

##### 400:-

**M40**: 1 R White 55.6; 2 W Simpson 58.4; 3 P Reeves 62.9; (**B**) 1 Pawluk (Worc) 61.1; **M50**: 1 S Halion (Worc) 62.2; 2 D Eades 65.8; 3 D Field (Birch) 71.2;

##### 1500:-

**M35**: 1 R McWilliam 4.24.7; 2 I Pawluk 4.28.5; 3 D Kesterton 4.31.0; **M40**: 1 W Simpson 4.33.7; 2 A Peach (Worc) 4.35.4; 3 R Gray (Droit) 4.37.5; **M60**: 1 G Orme (Birch) 5.21.2; 2 M Monaghan (Worc) 5.25.1; 3 A Elsmere 5.42.2;

##### 4x200m -

1 Worc 1.47.2; 2 Hales 2.02.4; 3 Spark 2.02.6;

##### HT:-

**M40**: 1 I Gapper 14.53m; 2 M Bilson 14.19m; 3 C Street (Birch) 12.89m;

##### HJ:-

**M35** 1 R King 1.00m; **M50**: 1 T Crocker 1.30m; 2 I Gapper 1.25m; 3 A Turney 1.20m;

##### SP:-

**M60**: 1 I Gapper 9.07m; 2 M Bilson 8.75m; 3 R King 8.26m;

##### JT:-

**M35**: 1 P Carbutt (B&R) 30.36m; 2 P Goddard (Worc) 30.04m; 3 A Turney (Spark) 26.26m;

**Match Result** 1 Worcester 113; 2 Birchfield 90; 3 Halesowen 76; 4 Dudley & St 71; 5 Sparkhill 68; 6 Bromsgrove & R 53; 7 Droitwich 51;

#### East Division meeting 1 Nuneaton 2/05/2007 Men

##### 100:-

**M35**: 1 T Barton (Charn) 11.8; 2 M White (Mans) 12.0; 3 K Connah (Leam) 12.8; **M40**: 1 C Moven (R Lions) 12.3; 2 C McDonald (Tam) 12.3; 3 J Statham (Charn) 12.7; **M60**: 1 G Houghton (R Lions) 14.2; 2 M Baxter (Charn) 14.3; 3 L Dunn (Mans) 14.5;

##### 2K WALK-

**M40**: 1 M Williams (Tam) 8.17.2; 2 S Arnold (Nun) 9.18.6; 3 S Harris (R Lions) 11.36.6; **M60**: 1 D Myers (Charn) 11.24.7; 2 T Morris (Nun) 11.50.7; 3 K Richards (R Lions) 14.05.2;

##### 400:-

**M40**: 1 C McDonald 56.3; 2 S Grainger (Mans) 57.7; 3 K Pye (Charn) 58.2; **M50**: 1 A Greaves (R Lions) 60.2; 2 T Foster (Leam) 60.6; 3 A Maddocks (Mans) ntg;

##### 1500:-

**M35**: 1 P Tasker 4.31.6; 2 D Ashworth (Leam) 4.39.3; 3 N Scoggins (Charn) 4.44.6; **M40**: 1 M Hargreaves (Tam) 4.32.8; 2 S Davies 4.38.5; 3 C Sabin (Charn) 4.42.7; **M60**: 1 G Hudson (Nun) 6.23.4; 2 T Marchi 6.26.1; 3 D Harmer 8.05.3;

##### 4x200m

1 Leam 1.45.7; 2 Charn 1.46.2; 3 Tam 1.47.0;

##### HT:-

**M40**: 1 J Pearson (Charn) 61.44m (New league record); 2 M Tabram (Nun) 34.84m; 3 J Bartlett (Tam) 17.93m;

##### HJ:-

**M35**: 1 Gidley 1.70m; 2 P Hayden 1.45m; 3 D Smith (Tam) 1.40m; **M50**: 1 D Grum (R Lions) 1.45m; 2 P Askew (Charn) 1.40; 3 L Dunn 1.30;

##### SP:-

**M60**: 1 S Hawksworth (Charn) 10.36; 2 J Bartlett 9.69; 3 M Garvey (Mans) 7.64;

##### JT:-

**M35**: 1 P Tasker 35.35; 2 D Grum 34.83; 3 B Hawksworth 34.27;

**Match Result** 1 Charnwood 106; 2 Rugby Lions 93; 3 Tamworth 92;

4th Leamington 82; 5th Nuneaton 74; 6th Mansfield 58; 7th Rugby Saints 57;

#### MEETING 1 BURTON 03/03/2007 WOMEN

##### 100-

**W35**: 1 C Parry (shrews) 14.6; 2 G Russon (C&S) 15.7; 3 S Curry (RSC) 15.8; **W45**: 1 A Wainwright (C&S) 16.1; 2 P Higgins (Shrew) 16.9; 3 W Toon (Burt) 16.9;

##### 2 k Walk:

**W35**: 1 D Fellows (C&S) 14.06.1; 2 B Chapman (RSC) 15.33.4; (**B**):

1 G Russon 14.06.1

##### 400:-

**W35**: 1 C Parry 66.8; 2 S Curry 70.1; 3 G Russon 70.2; **W50**: 1 D Fellows 89.5; 2 F O'Brien 93.4

##### 1500-

**W35**: 1 T Gee (C&S) 5.31.0; 2 S Curry 5.33.6; **W45**: 1 P Gorman (RSC) 5.59.2; 2 C Rollason (C&S) 6.24.7 3 W Toon 7.53.0

##### 4 x 200m:

1 C&S 2.14.3; 2 Burt 2.27.8; 3 RSC 2.30.9;

##### HJ:

**W35**: 1 C Parry 1.15; 2 S Kneill-Boxley 1.00m; **W45**: 1 A Wainwright 1.15m;

##### SP:

**W50**: 1 M Lewington (RSC) 7.94m; 2 P Higgins 7.49m; 3 J Kelsall (Burt) 5.66m;

##### TJ:

**W50**: 1 A Wainwright 7.73m; 2 P Higgins 7.22m; 3 J Kelsall 5.91m;

**Match result** 1 C&S 120; 2 RSC 82; 3 Shrewsbury 45; 4 Burton 36;

#### South Division Meeting at Birchfield on 9th May 2007 Women

**100- W35**: 1 J Thomas (Birch) 14.3; 2 P Gerner (B&R) 14.6; 3 S Baker (Hales) 15.4; (**B**) J Rogers (Birch) 14.4; **W45**: 1 E Resterick (D&St) 15.8; 2 J Wakelam (B&R) 16.4; 3 R Townsend-Hope (Worc) 16.7;

**2k WALK-W35**: 1 S Tonks (B&R) 10.16.1; 2 J Bellfield (Hales) 11.34.1; 3 K Davies (Birch) 11.58.6; (**B**): 1 J Malin (B&R) 11.31.4;

**400- W35**: 1 J Rogers 65.4; 2 S Bartram 70.3; 3 S Jones 77.1; (**B**) V Carter (Birch) 71.9 **W50**: 1 N Hitchmough (D&St) 72.7; 2 R Townsend-Hope 74.1; 3 H Boszko 80.8;

**1500-W35**: 1 D Walters (Birch) 4.47.2; 2 S Bartram 5.19.5; 3 L Blake 5.45.4; (**B**) 1 S Spencer (Hales) 5.26.2; 2 R Cook (Birch) 5.31.9; **W45**: 1 N Hitchmough 5.24.0; 2 R Townsend-Hope 6.00.4; 3 A Stuart (B&R) 6.08.9;

##### 4x200m:

1 Birch 2.02.3; 2 Hales 2.13.0; 3 Bromsgrove & R 2.15.5;

**HJ W35**: 1 L Laxton 1.15; 2 E Fentiman 1.05; 3 E Ambrose 1.00m; **W45**:

1 J Wakelam 1.15m; 2 R Chrimes (Hales) 1.10m; 3 H Boszko 1.10m;

**SP-W50**: 1 R Chrimes 8.29m; 2 R Brownlie 6.19m; 3 P Price (Worc) 5.66m;

**TJ-W50**: 1 H Boszko 6.66m; 2 R Brownlie 5.93m; 3 J Smallwood (Hales) 5.60m;

**Match Result** 1 Birchfield 101; 2 Bromsgrove & R 100; 3 Halesowen 96;

4th Sparkhill 70; 5th Worcester 66; 6th D & St 38;

#### Meeting 1 Nuneaton 2/05/07 Women East Division

##### 100-

**W35**: 1 J Crossin (R Saints) 14.1; 2 B Matthews (R Lions) 14.7; 3 S Tawney (Leam) 16.4; (**B**): 1 J Steward (R Lions) 14.7; 2 C Hawker (R Saints) 15.5; **W45**:

1 L Willis (R Lions) 15.3; 2 M Williamson (Leam) 16.3; 3 S Jones (Charn) 17.1;

**2k WALK**: 1 A Wheeler (Nun) 10.45.7; 2 S Owen (Tam) 11.44.9; 3 A Rollings (R Lions) 12.19.7;

##### 400-

**W35**: 1 J Seward 65.1; 2 K Ramsey (Charn) 68.6; 3 C Hawker 71.3; **W50**: 1 S Hine (R Saints) 82.0; 2 C Cox (R Lions) 95.6; 3 A Wheeler 1.42.5;

##### 1500-

**W35**: 1 K Ramsey 4.57.1; 2 S Fearn (R Lions) 5.42.1; 3 M Hall (Nun) 5.46.8; (**B**): E Palmer 5.43.2; **W45**: 1 M Williamson 5.12.5; 2 A Carlin (R Lions) 5.50.8;

3 B Parkinson (R Saints) 6.27.9;

##### 4x200m

1 R Lions 2.03.9 2 R Saints 2.07.1 3 Leam 2.15.3;

##### SP-

**W50**: 1 C Cox 7.69m; 2 V Kirkland 6.51m; 3 S Owen 6.37m;

##### HJ -

**W35**: 1 S Howard 1.10m; 2 H Cleaver 1.10m; **W45**: 1 L Willis 1.25m; 2 P Garvey 1.20m; 3 D Orr 1.20m;

##### TJ-

**W50**: 1 C Cox 6.53m; 2 C Lyon-Green 6.28m; 3 S Jones 6.26m;

**Result of Meeting** 1 Rugby Lions 111; 2 Charnwood 76; 3 Leamington 72;

4th Rugby Saints 70; 5th Nuneaton 48; 6th Tamworth 34; 7th Mansfield 11;



## MASTERS ATHLETICS SUMMER 2007

### Midland Masters Throws Pentathlon, Sutton Coldfield, 19<sup>th</sup> May

**W40:** Alison George (26.48-9.17-23.90-17.17-7.82) 2380; **W50:** Pat Higgins (28.96-7.08-15.01-15.66-9.11); **W70:** Barbara Dunsford (17.99-5.05-9.68-10.14-5.90) 2261; **M45:** 1 Graham Middleton (37.56-10.05-32.30-26.60-10.69) 2618; 2 Martin Roberts (44.08-8.29-23.39-20.61-9.52) 2262; 3 Steve Wooley (21.30-9.21-25.90-38.15-6.65) 2056; **M50:** 1 Clive Howell (37.90-8.56-23.39-21.22-14.15) 2426; 2 Adrian Courtney (28.03-8.89-26.06-20.20-8.50) 1940; **M60:** 1 Peter Duckers (33.22-10.12-26.64-29.11-12.80) 2941; 2 Malcolm Taylor (30.51-8.95-31.74-23.19-9.61) 2570; 3 Richard Jegou (28.48-10.06-29.80-22.21-9.63) 2545; **M70:** 1 Ian Miller (36.98-10.64-30.46-22.68-14.65) 3680; 2 Brian Sumner (33.96-10.08-26.50-24.76-12.88) 3363; **M75:** Graham Roberts (25.20-5.89-18.16-10.15-9.13) 2316;

## ALASTAIR AITKEN TALKS TO TWO OF OUR MEMBERS

BOB NEWELL is an example of how a good cyclist can become a good master's runner in middle age.

Newell was born on the 9th of March 1936 but did not take up athletics as his leading sport till he was 61 yet, he had used running as a form of getting fit for cycling when the weather was inclement in the winter months. As a cyclist he holds the British 'Age 57' record for 24 hours cycling 457 miles.

Did he then think training for cycle events was harder than running training. "If say you go out on run a long run for two hours it is not quite as hard as going out and training hard on the bike for seven to eight hours at a stretch"

He pointed out though "I think I run well now because cycling is not so hard on the joints as running." However, doing cross-country did mean he had nearly a couple of years off with injury at one stage.

What then brought him into racing as a runner "I had two prostrate operations and I could not cycle so, I started to run. At school I had been quite good at running but never took it up as a sport to do afterwards."

As a matter of interest before he retired from work he was a civil engineer. He has made good strides with his running in the last few years. He got down to 63 minutes for 10 miles in his late 60's and ran a British M70 Half Marathon best of 83:31 last year, on the 19th of March at Doncaster and followed that up with a BMAF title for 10miles M70 at Lytham St Annes on October the 1st. His time 67.34.

This year he has run 5 miles on the road in 32:10. His major title, so far this year, was when winning the M70 title in the BMAF cross-country title at Mansfield by nearly two minutes 'I liked the cool conditions as I don't like racing in the sun' he said and has no thoughts of retirement from racing yet.

### GREGORY WILSON DID NOT HAVE IT EASY IN LIFE

The British Masters over 50 cross country champion and the fastest in Telford' winning M50 team in the British Masters road relay Championships this year...

He has run 14 marathons in 12 years. The fastest 2:36. (Did 2:48.53 in London this year).

Looking back he said. "I really started running again in 1981 to do the Telford Marathon.

Sometime before that he pointed out "I ran for my county at school and in the schools international cross country.

I stopped when My Dad said to me when I was 16 "Get a job!" give up the ideas of running. I was not running for four years' "I went down the pits and did my apprenticeship as a fitter. Maggie Thatcher closed down the mines so our mine was closed in 1979."

He went on "I then went down to the Ministry and worked on Military tanks for 26 years. I took voluntary redundancy two years ago and now work for HS Marston Aerospace for UTC, a big American Company working on the aeroplanes."

He explained that 'With a 31/2 year old child he finds it difficult to run in the day. "I mostly run in the evening and do a run on Saturday and Sunday. I do some quality hill work then up in the Wrekin which is 1000ft plus. I do hill work up there on a Sunday, up the back of the bank."



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### Athletic DVD from EVAC 2006

We have made a 6 hours long film from the European Veterans Athletics

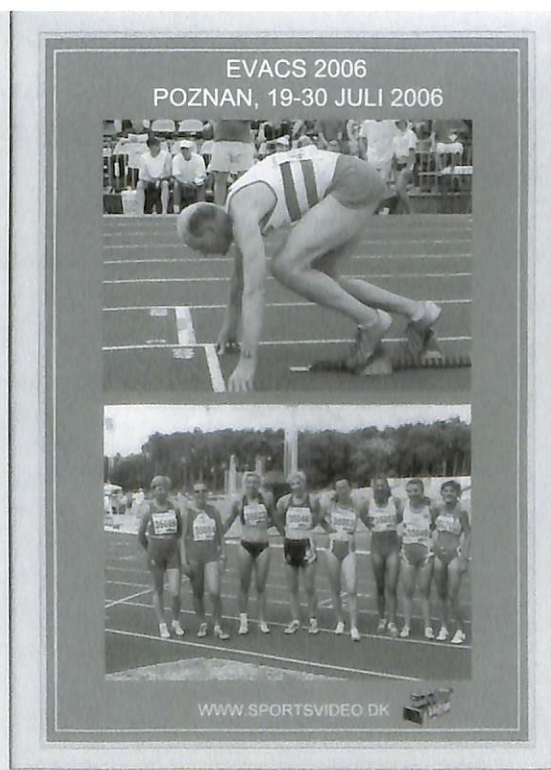
Championship (EVAC 2006). The film is available on DVD (a box containing 3

DVDs). Price EUR 24. You may find a content description of the DVD as well

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# BRITISH ATHLETICS 2007

Statistical review of 2006  
compiled by the National  
Union of Track Statisticians

Editors: Rob Whittingham & Peter Matthews



**Rob Whittingham and Peter Matthews** have produced the 2007 bible of British Athletics, this year without the aid of sponsorship.

This has meant that they have not been able to include the block of pictures; however, the book is jammed full of statistics all 432 pages and is well worth the £16 asked.

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New Balance W755 width D, UK sizes 4, 4 1/2, 5 and 5 1/2

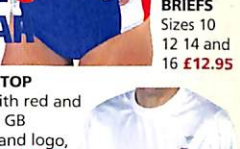
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