

MASTERS ATHLETICS

**CHRISTMAS
2007
NUMBER 82**

**WONDERFUL
RACES IN
BELFAST
XC INTERNATIONAL**

**BMAF HALF MARATHON
BMAF 10 MILES
BMAF 10k RACES**

**NEWS
FIXTURES
INDOOR RECORDS**

**XC winner 4041 Robert Quinn
with 4045 Stewy Bell.**



Lesley Richardson
www.rikkophoto.co.uk

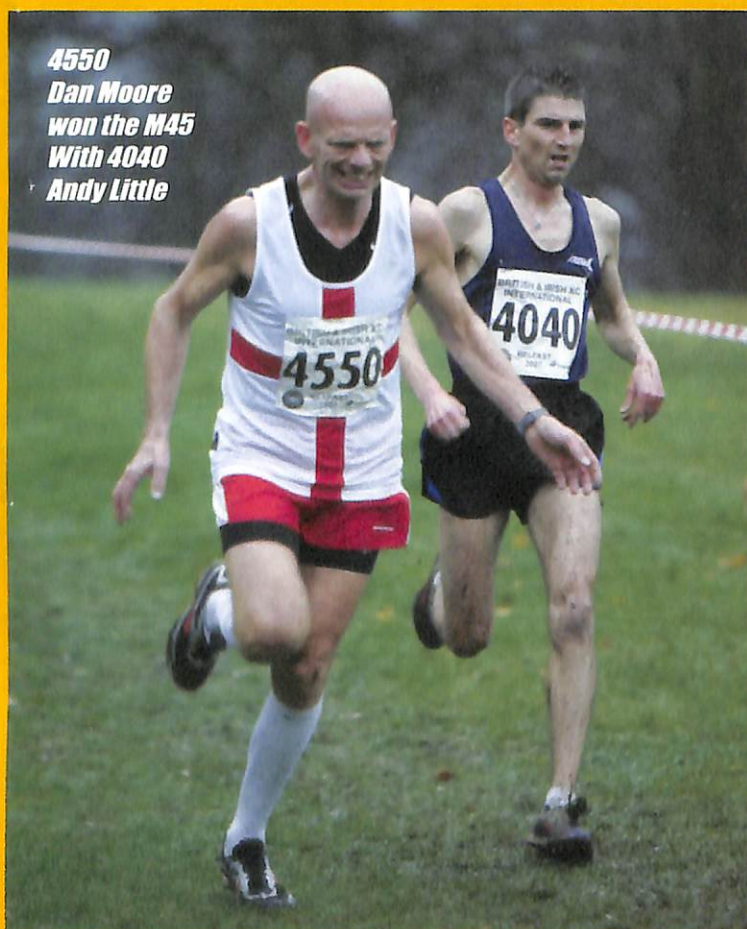
Masters Athletics is the official magazine of the British Masters Athletics Federation



*Women's race
Winner
Wendy
Nichols*



*W40 winner
Sharon
Orridge (4019)
(4020)
Jane
Wassell.
(4519)
Cheralyn
Evans*



*4550
Dan Moore
won the M45
With 4040
Andy Little*



*Mike Hager
Won the over
Fifty race.*

MASTERS ATHLETICS

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Items for inclusion in the "Spring Edition" to reach the editor by the 16th March 2008.

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WINNERS IN THE LATEST DRAWS WERE:

September:

£ 125► Nigel Wray who donated his prize to Masters Athletics

£ 10► Linda Carter, Ursula Duckworth, Richard Finlayson, Joe Jewel and Miss B. Pritchett.

October:

£ 125► Andrew Cunningham.

£ 10► Colin McCall, Alan Pover, David Towers,

We wish to thank :

Nigel Wray for his generous donation.



WE WISH YOU A MERRY
CHRISTMAS AND A HAPPY NEW
YEAR

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INTERNATIONAL
XC – BELFAST.
BRIDGET CUSHEN
REPORTS



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FORM

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British & Irish International Masters Cross-Country

WORDS – BRIDGET CUSHEN

PICTURES- LESLEY RICHARDSON

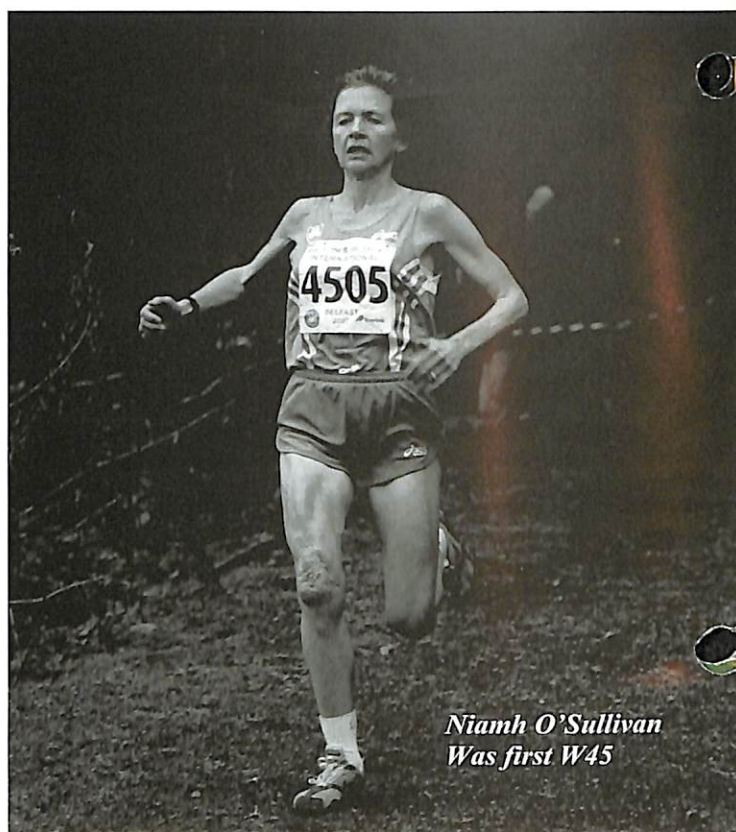
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Our Northern Ireland club and the City of Belfast hosted the 20th running of the above on 17 November over an inviting course through the woods and parkland of the Stormont Estate. The scoring is based on six to run, first four in each 5-year age group to count in the men's 35 through to 64 categories, and 3 to count in the women's and men over 65 groups. The event was excellently organised by Jim Newberry and his team.

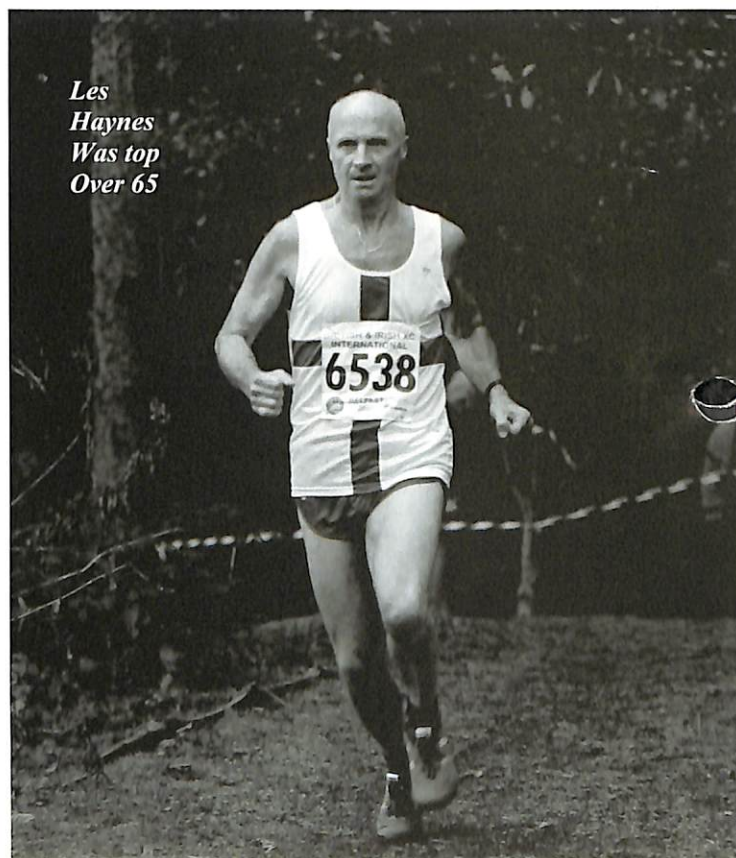
All women and men 65plus ran together over a 6km course. Early pacesetters were British internationals Wendy Nichols and Kate Ramsey and the defending Champion Niamh O'Sullivan of Ireland. Turning left after the first 800m with the palatial Stormont Castle built in 1830 on their right and going straight into a strong head wind, Nichols began to draw away. With two of the three circuits completed she was well clear. Margaret Deasy, England, was leading the W40 group, O'Sullivan the W45 and Karen Marshall, N. Ireland in the W50 category. Les Haynes in England colours was the leading M65 male. Carol Wolstenholme had by now established a commanding lead in the W60 race that she extended to give her the largest winning margin of the day. Zina Marchant headed the W55 group. Nichols raced home to win much to the delight of her 5-year old daughter Polly and family. Pauline Curley of Ireland, some eight seconds adrift for 2nd, felt she had closed the gap a bit. Her older sister won this race exactly ten years ago and in Belfast. Ramsey held on for third and Niamh O'Sullivan, the individual winner for the past three years, was 4th. Annette Keely 5th, second W35 scorer in for Ireland. England had no worries however as Jane Clark was secure in 9th. The current BMAF cross country title holder, Sharon Orridge, came in sixth to take the W40 individual and team gold back to England with Deasy 7th, Jane Wassell 8th completed the scoring, and Clare Elms 14th.

There was a big cheer for local Karen Marshall 16th overall, to give the host nation their first individual win of the day in the W50 category. It is the ninth age group title for the 54-year-old who has been plagued all year with hamstring and knee problems and with the defending champion, Carmel Parnell from Ireland in the chasing group, this was no mean feat. Wolstenholme retained her age group title, but with O'Sullivan moving up into the W45 group last March, Jane Clarke of England, had to settle for silver in 10th place. Brenda Jones, Wales, also saw her W65 title go to VAA-North East member, Christine Lee, but Wales won the team award.

With Jim Reid N. Ireland, last year's M70 winner sidelined through injury, Walter Ryder strode to victory, taking Scotland to silver medal position. England had however to field their strongest teams to hold off the Scottish M65 and M70 teams. Good to see the former World 5/10,000m medallist Jim McNamara back in the Ireland team again.



*Niamh O'Sullivan
Was first W45*

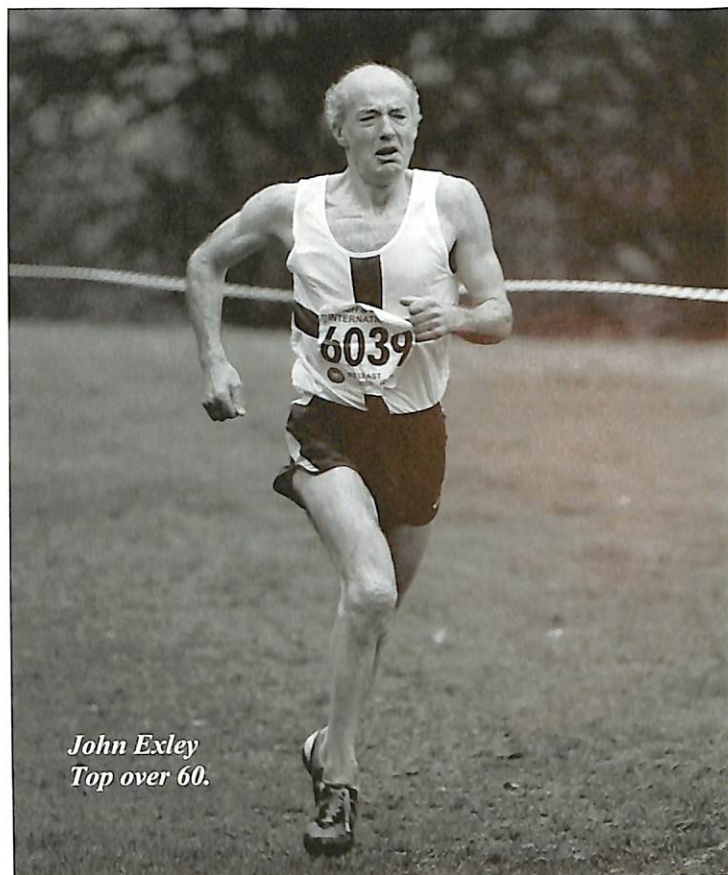


*Les
Haynes
Was top
Over 65*

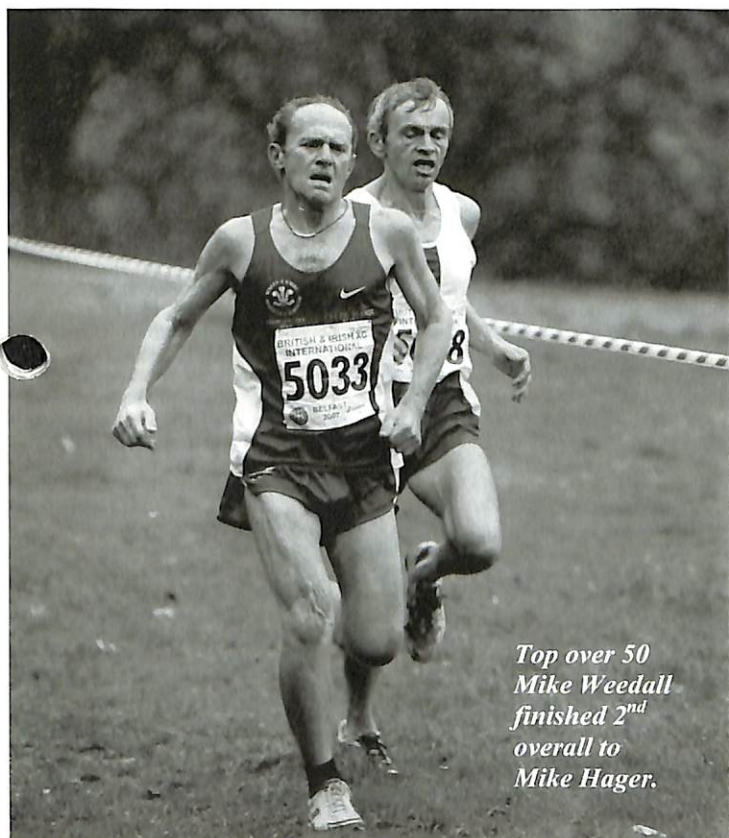
The second race, the M50-64, ran 8km in heavy rain. Dominated from the gun by M55 Tipton Harrier Mike Hager, an age group winner on several previously occasions. Mike Weedall M50 was runner up for Wales in Falkirk last year, but here he was in the chasing pack drawing away over the last lap to finish 12 seconds behind Hager and lift the M50 title. Iain Steward, Scotland, t

the individual bronze. Coming in 32nd in the England vest, John Exley won the M60 race some 30sec clear of Ken Duncan, Scotland and England team manager, Harry Matthews.

The incessant rain made the 8km course a little slippery as spectators eagerly waited to see what impact the M35-39 age category - included here for the first time following the IAAF 2005 Age Rules change - might have on the M40-49 field. But as the 90-plus field confluence went through the gap after 400m and out on to the main 4-lap circuit, it was N. Ireland's main hopes M40 Alan McCullough and Steven Cairns, Stewy Bell for England and Robert Quinn, Scotland that led the charge. Swinging left by the Castle as the laps unfolded, Cairns dictated the super fast pace from Bell, Quinn and a group led by Bashir Hussain with M35 David Morwood N. Ireland, M45 Daniel Moore and Ben Reynolds. Sadly Bell, who burst on to the masters scene when winning the BMAF 5km road race in Horwich, pulled a calf muscle and completed the last lap in bottom gear. Hussain made a brave bid for home only to be overhauled by Quinn followed by the VAC member, Iain Lockett who had paced himself perfectly and Steve Cairns. Morwood worked himself into the history books as the first M35 winner in 4th overall, but we had to wait until 11th for a posse of 35's to come through. Unfortunately, England had not included this age group on the Application Form and that may have precluded a stronger team. The majority of their team were 40-year olds. The other countries fielded strong and keen athletes; the team title went to Ireland from N. Ireland and England.



*John Exley
Top over 60.*



*Top over 50
Mike Weedall
finished 2nd
overall to
Mike Hager.*

The much inform Daniel Moore led the M45 group throughout from Neil Thin, Scotland with hardy England perennials Clive Bromhall just 2sec behind, John Convery 21st overall, Rob Hand, 30th, had overtaken Mark Hargreaves (36th) by the half way mark. Scotland, Scotland and Ireland shared the M45 team Medals.

An Open race held over the same distances earlier, won by 25-year-old Keith Purdy, Annadale Striders, was very well supported. It was another victory for the W40 England reserve, Tina Oldershaw, winner of the recent BMAF 10 mile in the women's race.

After the Chairman's panegyric at the evening banquet, Dame Mary Peters CBE presented the medals and many of the competitors still managed to dance the night away!

WOMEN & MEN 65 PLUS 6K:

1 22:54 W35-1 WENDY NICHOLS ENGLAND; 2 23:02 W35-2 PAULINE CURLEY IRELAND; 3 23:13 W35-3 KATERAMSEY ENGLAND; 4 23:21 W45-1 NIAMHO SULLIVAN IRELAND; 5 23:47 W35-4 ANNETTE KEELY IRELAND; 6 23:52 W40-1 SHARRON ORRIDGE ENGLAND; 7 24:00 W40-2 MARGARET DEASY ENGLAND; 8 24:16 W40-3 JANE WASSELL ENGLAND; 9 24:25 W35-5 JANE CLARK ENGLAND; 10 24:25 W45-2 JANE CLARKE ENGLAND; 11 24:33 W45-3 CHERALYN EVANS ENGLAND; 12 24:35 W35-6 LOUISE MCCLEAN NORTHERN IRELAND; 13 24:40 W35-7 HELEN LEONARD IRELAND; 14 24:43 W40-4 CLARE ELMS ENGLAND; 15 24:43 W45-4 MONICA WILLIAMSON ENGLAND; 16 24:51 W50-1 KAREN MARSHALL NORTHERN IRELAND; 17 25:02 W45-5 ANNE PAUL NORTHERN IRELAND; 18 25:03 W35-8 LUCY DARCY IRELAND; 19 25:07 W45-6 SUSAN FINCH SCOTLAND; 20 25:08 W50-2 CARMEL PARNELL IRELAND; 21 25:09 W40-5 ANN THOMAS WALES; 22 25:16 W35-9 ANNA SCALLY WALES; 23 25:18 M65-1 LES HAYNES ENGLAND; 24 25:28 W45-7 SONIA ARMITAGE SCOTLAND; 25 25:29 W50-3 ANNE LUKE ENGLAND; 26 25:39 W35-10 CLARE GEMMELL SCOTLAND; 27 25:41 W45-8 CATH WHEELER WALES; 28 25:53 W35-11 TANNY LEWIS-JONES WALES; 29 25:57 W35-12 JULIA HENDERSON SCOTLAND; 30 25:57 W45-9 SUE BECCONSALL ENGLAND; 31 25:59 W40-6 MICHELLE HETHERINGTON SCOTLAND; 32 26:01 M65-2 PETER CARTWRIGHT SCOTLAND; 33 26:02 W35-13 ALISON WINSHIP SCOTLAND; 34 26:07 W40-7 ORLA GORMLEY IRELAND; 35 26:11 W45-10 ANN DONNELLY IRELAND; 36 26:12 W40-8 BERNADETTE MUCKIAN IRELAND; 37 26:12 W40-9 HELEN WHITE IRELAND; 38 26:14 M65-3 GORDON ORME ENGLAND; 39 26:19 W50-4 MAGS GREENAN IRELAND; 40 26:21 W45-11 ALWYNNE SHANNON NORTHERN IRELAND; 41 26:21 W35-14 RONA HARKINS NORTHERN IRELAND; 42 26:23 W40-10 DENISE SANDERS WALES; 43 26:26 M65-4 JOHN BATCHELOR ENGLAND; 44 26:31 W35-15 LIBBY O DUFFY WALES; 45 26:32 W50-5 HEATHER LAMBERT ENGLAND; 46 26:38 W45-12 SUE ZINAY IRELAND; 47 26:49 W35-16 INGRID TAYLOR WALES; 48 26:51 W35-17 LEMMETT ENGLAND; 49 26:53 M65-5 STEVE JAMES ENGLAND; 50 26:56 W35-18 STEPHANIE HAMBLING NORTHERN IRELAND;

51 26:57 W50-6 ANN EVANS WALES; 52 27:03 W45-13 MARY SWEENEY IRELAND; 53 27:05 W40-11 DEBBIE MATCHETT NORTHERN IRELAND; 54 27:11 W50-7 JANE WATTERHOUSE SCOTLAND; 55 27:15 W40-12 HANNAH SHIELDS NORTHERN IRELAND; 56 27:25 W35-19 GILLIAN BURNS NORTHERN IRELAND; 57 27:27 M70-1 WALTER RYDER ENGLAND; 58 27:28 W45-14 ALISON WHITELAW WALES; 59 27:31 W60-1 CAROL WOLSTENHOLME ENGLAND; 60 27:33 W35-20 ALISON WHYTE SCOTLAND; 61 27:39 W50-8 SUSAN COOPER ENGLAND; 62 27:39 W40-13 ANNE SANDFORD NORTHERN IRELAND; 63 27:41 W45-15 MARY BOWEN REES WALES; 64 27:41 W40-14 SUE DAVIES WALES; 65 27:43 W50-9 CHRISTINE KILKENNY ENGLAND; 66 27:45 M65-6 JIM MCNAMARA IRELAND; 67 27:46 W55-1 ZINA MARCHANT ENGLAND; 68 27:52 M70-2 HAROLD DOBSON ENGLAND; 69 27:53 W55-2 SANDY URRO ENGLAND; 70 27:57 W55-3 JANE GEORGHIO ENGLAND; 71 27:58 W50-10 MARY JENNINGS IRELAND; 72 27:58 M65-7 JON KERSTING WALES; 73 28:03 M65-8 FRED MURDOCK NORTHERN IRELAND; 74 28:04 W45-15 RUTH MAGILL NORTHERN IRELAND; 75 28:13 W45-16 WBOON WALES; 76 28:13 W50-11 DAWN KENWRIGHT WALES; 77 28:14 W55-4 MARGARET MCCREERY IRELAND; 78 28:16 W50-12 ANN SAXENA WALES; 79 28:17 W40-15 JANE LINDLEY WALES; 80 28:27 M65-9 BRIAN GEOUGH WALES; 81 28:34 W45-17 MARIE MCCORD SCOTLAND; 82 28:42 M65-10 IAN LEGGETT SCOTLAND; 83 28:43 M70-3 JOHN PERRATT ENGLAND; 84 28:45 W40-16 SUSAN ADDISON SCOTLAND; 85 28:45 M65-11 SEAN COONEY IRELAND; 86 28:49 M65-12 MICK DUGGAN IRELAND; 87 28:50 W50-13 CUSHIA MURPHY-HEHIR IRELAND; 88 28:52 M65-13 KEN BUCKLE WALES; 89 28:57 W50-14 FIONA DAVIES WALES; 90 28:59 M70-4 LES NICOL SCOTLAND; 91 29:02 W60-2 DOT FELLOWS ENGLAND; 92 29:03 W60-3 PAT GALLAGHER WALES; 93 29:08 M70-5 GORDON WILTSHIRE ENGLAND; 94 29:13 M65-14 JOHN COLLINS WALES; 95 29:16 W40-17 JOAN HOUGH IRELAND; 96 29:17 M65-15 JIM PLATT NORTHERN IRELAND; 97 29:30 W45-18 SHARYN RAMAGE SCOTLAND; 98 29:43 W55-5 HAZEL BRADLEY SCOTLAND; 99 29:44 W40-18 LYNN MARR SCOTLAND; 100 29:46 M70-6 ALISTAIR SHAW SCOTLAND; 101 29:52 W45-19 FIONNUALA MCCOURT NORTHERN IRELAND; 102 29:53 M65-15 ROBERT DALY SCOTLAND; 103 30:00 M65-16 GARY NICHOLL NORTHERN IRELAND; 104 30:02 W55-6 JANE MORLEY ENGLAND; 105 30:05 W60-4 JOAN COYLE IRELAND; 106 30:08 M70-7 WALTER MCCASKEY SCOTLAND; 107 30:12 M70-8 DAVE NAYLOR WALES; 108 30:21 M70-9 JIM MCEVOY IRELAND; 109 30:27 M70-10 CARWYN HUGHES WALES; 110 30:28 M65-17 STEVE CROMAR SCOTLAND; 111 30:30 W60-5 EVELYN MCNEILIS IRELAND; 112 30:38 M70-11 FLOR O LEARY IRELAND; 113 30:38 M70-12 TADGH TWOOMEY IRELAND; 114 30:41 M70-13 KEN HAWTIN NORTHERN IRELAND; 115 30:46 W50-15 MARY MACKIN NORTHERN IRELAND; 116 30:55 W55-7 ANN JAMES WALES; 117 31:00 W40-19 PAULA MCGILLOWAY NORTHERN IRELAND; 118 31:06 W55-8 ANNE MCGREAL IRELAND; 119 31:16 W55-9 AUDREY FOSTER SCOTLAND; 120 31:30 W60-6 PAULINE RICH ENGLAND; 121 31:36 W55-10 ANNE REEDE IRELAND; 122 31:37 W60-7 SHEILA ADKINS WALES; 123 31:42 W60-8 KATHLEEN O BRIEN IRELAND; 124 32:07 W55-11 MARGARET DOCKING WALES; 125 32:09 M70-14 JIM KENNEDY NORTHERN IRELAND; 126 32:19 W60-9 BRIGID QUINN NORTHERN IRELAND; 127 32:22 W60-10 ANGELA THOMAS WALES; 128 32:26 W55-12 SUE NEAL WALES; 129 32:28 M65-18 JIM LANGAN IRELAND; 130 32:30 W50-16 PHYLLIS HANDS SCOTLAND; 131 32:31 M65-19 MICHAEL GILMORE NORTHERN IRELAND; 132 32:37 W60-11 HAZEL DIRKSEN WALES; 133 32:41 M70-15 PETER NORMAN WALES; 134 32:41 W65-1 CHRISTINE LEE ENGLAND; 135 32:45 W60-12 PAM BENSON IRELAND; 136 32:58 M70-16 B BLANDFORD WALES; 137 33:02 W55-13 JOSIE POWER IRELAND; 138 33:11 W65-2 PAULINE THOMAS WALES; 139 33:27 W65-3 BRENDA JONES WALES; 140 33:44 W65-4 PAMELA JONES ENGLAND; 141 33:47 W50-17 SALLY PATRICK NORTHERN IRELAND; 142 34:05 W50-18 MAUREEN OLIVER NORTHERN IRELAND; 143 34:07 W65-5 ANNE WOODLOCK IRELAND; 144 34:08 W65-6 CYNTHIA COOPER WALES; 145 34:23 W55-14 ANN BATH SCOTLAND; 146 34:43 W65-7 EVA OSBORNE ENGLAND; 147 34:49 M70-17 STEVE MCLEAN SCOTLAND; 148 36:05 W55-15 C JOHNSON WALES; 149 36:31 W65-8 KATHLEEN STEWART ENGLAND; 150 37:45 M70-18 BARRY KEANE IRELAND; 151 37:58 M70-19 BERTI GRIMASON NORTHERN IRELAND; 152 38:45 W65-9 MAUREEN FITZGERALD IRELAND; 153 43:25 W65-10 ANNE MCGEE IRELAND; 154 44:15 M70-20 JOHN MCKEAGUE NORTHERN IRELAND;

MEN 50-64 8K

1 29:39 M55-1 MIKE HAGER ENGLAND; 2 29:51 M50-1 MIKE WEEDALL WALES; 3 30:02 M50-2 IAIN STEWART SCOTLAND; 4 30:08 M50-3 BRIAN GARDNER SCOTLAND; 5 30:16 M50-4 GREG WILSON ENGLAND; 6 30:18 M50-5 STAN OWEN ENGLAND; 7 30:30 M50-6 ALEX ROWE ENGLAND; 8 30:41 M50-7 EUGENE MOYNIHAN IRELAND; 9 30:47 M50-8 ALASTAIR DUNLOP SCOTLAND; 10 30:49 M50-9 MARTIN McDONALD IRELAND; 11 30:50 M55-2 GEORGE SIM SCOTLAND; 12 30:56 M50-10 BRIAN GREEN ENGLAND; 13 31:04 M50-11 MATT SHIELDS NORTHERN IRELAND; 14 31:08 M55-3 ANDY MCLINDEN SCOTLAND; 15 31:21 M50-12 DAVID DAVIES WALES; 16 31:28 M55-4 MARTIN MCEVILLY IRELAND; 17 31:33 M50-13 GERRY BRADY IRELAND; 18 31:39 M50-14 COLIN MILLER SCOTLAND; 19 31:42 M50-15 DESSIE SHORTEN IRELAND; 20 31:44 M50-16 GERALD GAFFNEY SCOTLAND; 21 31:45 M55-5 PAT O SHEA IRELAND; 22 31:48 M55-6 LESLIE LOCK ENGLAND; 23 31:49 M50-17 CRAIG ROSS SCOTLAND; 24 31:53 M50-18 SAMMY MCANANEY NORTHERN IRELAND; 25 31:55 M50-19 ALAN DENT ENGLAND; 26 31:57 M50-20 RAY CURRAN NORTHERN IRELAND; 27 32:00 M50-21 GRAHAM JONES WALES; 28 32:02 M50-22 IAN WEBB WALES; 29 32:04 M50-23 PETER GREY NORTHERN IRELAND; 30 32:07 M55-7 ARCHIE JENKINS SCOTLAND; 31 32:10 M50-24 ERYL HUSBAND WALES; 32 32:11

M60-1 JOHN EXLEY ENGLAND; 33 32:21 M50-25 DEREK DONAGHY NORTHERN IRELAND; 34 32:27 M50-26 EDDIE WALSH IRELAND; 35 32:31 M55-8 EWAN PATTERSON SCOTLAND; 36 32:37 M55-9 DES MICHAEL ENGLAND; 37 32:41 M50-27 JOHN FEERY IRELAND; 38 32:44 M60-2 KEN DUNCAN SCOTLAND; 39 32:46 M50-28 HUW ROBERTS WALES; 40 32:49 M55-10 DESSI MARTIN NORTHERN IRELAND; 41 33:00 M60-3 HARRY MATHEWS ENGLAND; 42 33:02 M55-11 TERRY EAKIN NORTHERN IRELAND; 43 33:05 M55-12 DAVID OXLAND ENGLAND; 44 33:06 M60-4 GEORGE MITCHELL SCOTLAND; 45 33:13 M55-13 STEVE COUPE WALES; 46 33:24 M55-14 JOHN TODD IRELAND; 47 33:32 M60-5 JIM PATTERSON NORTHERN IRELAND; 48 33:33 M55-15 COLIN MATTOCK WALES; 49 33:43 M60-6 IAN BARNES ENGLAND; 50 33:54 M60-7 GERRY LYNCH NORTHERN IRELAND; 51 33:57 M60-8 JOHN LLEWELLYN WALES; 52 34:04 M55-16 KEVIN WILKINSON WALES; 53 34:13 M55-17 TONY DAVIES WALES; 54 34:15 M60-9 EMYR DAVIES WALES; 55 34:18 M60-10 STEPHEN BADGERY ENGLAND; 56 34:19 M55-18 BILLY MCKAY NORTHERN IRELAND; 57 34:21 M60-11 COLIN YOUNGSON SCOTLAND; 58 34:27 M60-12 KEVIN TONER IRELAND; 59 34:51 M60-13 DIC EVANS WALES; 60 34:56 M60-14 FRANK YEOMAN SCOTLAND; 61 34:59 M55-19 GERRY BELL NORTHERN IRELAND; 62 35:03 M60-15 CHRISTY MCMONAGLE IRELAND; 63 35:10 M50-29 NELSON CAHOON NORTHERN IRELAND; 64 35:22 M55-20 TOM HUNT IRELAND; 65 36:00 M60-16 JIM HAYES NORTHERN IRELAND; 66 36:03 M60-17 BRIAN SMITH NORTHERN IRELAND; 67 36:11 M60-18 ADAM JONES IRELAND; 68 36:54 M60-19 PETER MOODY WALES; 69 38:12 M60-20 MICHAEL FERRY IRELAND;

MEN 35-49 8K

1 27:52 M40-1 ROBERT QUINN SCOTLAND; 2 28:00 M40-2 IAIN LOCKETT ENGLAND; 3 28:03 M40-3 STEVEN CAIRNS NORTHERN IRELAND; 4 28:05 M35-1 DAVID MORWOOD NORTHERN IRELAND; 5 28:07 M40-4 BASHIR HUSSAIN ENGLAND; 6 28:10 M40-5 STEWY BELL ENGLAND; 7 28:11 M40-6 ANDY LITTLE SCOTLAND; 8 28:16 M45-1 DANIEL MOORE ENGLAND; 9 28:28 M40-7 BEN REYNOLDS ENGLAND; 10 28:30 M40-8 STEPHEN MALE ENGLAND; 11 28:32 M35-2 KIERAN CARLIN IRELAND; 12 28:41 M35-3 PAT BYRNE IRELAND; 13 28:46 M35-4 PAUL CARROLL NORTHERN IRELAND; 14 28:48 M35-5 GARY CROGAN IRELAND; 15 28:55 M40-9 MARTIN BROADHEAD ENGLAND; 16 28:58 M45-2 NEIL THIN SCOTLAND; 17 29:00 M45-3 CLIVE BROMHALL ENGLAND; 18 29:02 M35-6 STEVE HENSHAW WALES; 19 29:03 M35-7 HENRK PIOTROWSKI ENGLAND; 20 29:07 M40-10 KEVIN MURPHY IRELAND; 21 29:09 M45-4 JOHN CONVERY ENGLAND; 22 29:10 M35-8 DAVID BYRNE IRELAND; 23 29:10 M35-9 ALEC WOODS ENGLAND; 24 29:13 M35-10 NEIL DOUGLAS NORTHERN IRELAND; 25 29:15 M35-11 JOHN CREANE IRELAND; 26 29:21 M35-12 PAUL BLANEY IRELAND; 27 29:23 M35-13 DAVID KESTERTON ENGLAND; 28 29:28 M45-5 TOM O CONNOR IRELAND; 29 29:29 M45-6 JAMES MCMAHON IRELAND; 30 29:30 M45-7 ROB HAND ENGLAND; 31 29:31 M35-14 IAN WEATHERALL ENGLAND; 32 29:31 M40-11 CLIVE WEST WALES; 33 29:35 M40-12 COLM BURKE IRELAND; 34 29:36 M35-15 MARK WRIGHT NORTHERN IRELAND; 35 29:39 M35-16 GREGORY WALSH NORTHERN IRELAND; 36 29:41 M45-8 MARK HARGREAVES ENGLAND; 37 29:42 M40-13 FRANCIS MARSH NORTHERN IRELAND; 38 29:45 M35-17 ANDREW HUSSEY ENGLAND; 39 29:46 M40-14 PAUL COWHIE IRELAND; 40 29:47 M40-15 NEIL HARDEE WALES; 41 29:47 M45-9 ROSS ARBUCKLE SCOTLAND; 42 29:50 M40-16 NOEL MARUM IRELAND; 43 29:52 M40-17 LEE AHERNE WALES; 44 29:58 M45-10 ROB SHEEN WALES; 45 29:59 M35-18 PHILIP WALKER ENGLAND; 46 30:03 M45-11 JIM STAFFORD IRELAND; 47 30:05 M40-18 RODGER ALSOP SCOTLAND; 48 30:07 M35-19 DARREN ROWLANDS WALES; 49 30:11 M40-19 MATT WRAY NORTHERN IRELAND; 50 30:12 M40-20 JAMES SNODGRASS SCOTLAND; 51 30:13 M45-12 PETER COLES WALES; 52 30:14 M45-13 DOMINIC BONNE IRELAND; 53 30:31 M45-14 PADDY MANGAN IRELAND; 54 30:32 M45-15 DAMIAN MC GINTY NORTHERN IRELAND; 55 30:39 M40-21 KIARAN KAVANAGH NORTHERN IRELAND; 56 30:42 M45-16 DECLAN MC CARTHY NORTHERN IRELAND; 57 30:43 M45-17 IFAN LLOYD WALES; 58 30:46 M45-18 LEWIS LAWSON SCOTLAND; 59 30:46 M40-22 GARY REES WALES; 60 30:48 M35-20 P TALBOT WALES; 61 30:58 M45-19 JEFF FARQUHAR SCOTLAND; 62 31:04 M40-23 GERAN HUGHES WALES; 63 31:05 M45-20 BRENDAN HOGAN IRELAND; 64 31:06 M40-24 DENIS WILLIAMS SCOTLAND; 65 31:06 M40-25 DAVID BRADY NORTHERN IRELAND; 66 31:22 M40-26 PHIL CRANE WALES; 67 31:35 M35-21 ALUN WOOD WALES; 68 31:39 M45-21 BERNIE JONES WALES; 69 31:44 M45-22 CHRIS DAVIES WALES; 70 31:45 M40-27 PADDY MURRAY IRELAND; 71 31:51 M45-23 DAVID ALLEN NORTHERN IRELAND; 72 32:12 M45-24 CRAIG HUTCHINSON NORTHERN IRELAND; 73 32:15 M45-25 NIGEL GREER NORTHERN IRELAND; 74 32:28 M45-26 BENJAMIN HANDS SCOTLAND; 75 32:34 M35-22 IAN BARRETT NORTHERN IRELAND; 76 32:43 M45-27 ROBERT RIDDELL SCOTLAND; 77 32:52 M45-28 KARL DINES NORTHERN IRELAND; 78 33:04 M45-29 STEVE DAVIES WALES; 79 33:22 M35-23 OWEN FLAGE WALES; 80 34:00 M35-24 PHIL COOK WALES; 81 35:18 M45-30 M BARNSDALE ENGLAND;

TEAM RESULTS:

W35: 1 ENGLAND 9; 2 IRELAND 13; 3 SCOTLAND 35; 4 WALES 35; 5 NORTHERN IRELAND 38;
W40: 1 ENGLAND 6; 2 IRELAND 24; 3 WALES 29; 4 NORTHERN IRELAND 36; 5 SCOTLAND 40;
W45: 1 ENGLAND 9; 2 IRELAND 23; 3 SCOTLAND 31; 4 NORTHERN IRELAND 32; 5 WALES 37;
W50: 1 ENGLAND 16; 2 IRELAND 16; 3 WALES 29; 4 NORTHERN IRELAND 33; 5 SCOTLAND 23;
W55: 1 ENGLAND 6; 2 IRELAND 22; 3 SCOTLAND 28; 4 WALES 30;
W60: 1 ENGLAND 9; 2 IRELAND 17; 3 WALES 20; 4 NORTHERN IRELAND

W65: 1 WALES 11; 2 ENGLAND 12; 3 IRELAND 24;
M35: 1 IRELAND 18; 2 NORTHERN IRELAND 30; 3 ENGLAND 43; 4 WALES 56;
M45: 1 ENGLAND 15; 2 IRELAND 35; 3 SCOTLAND 48; 4 WALES 60; 5 NORTHERN IRELAND 78;
M50: 1 ENGLAND 25; 2 SCOTLAND 27; 3 IRELAND 44; 4 WALES 56; 5 NORTHERN IRELAND 72
M55: 1 SCOTLAND 12; 2 ENGLAND 16; 3 IRELAND 23; 4 NORTHERN IRELAND 39; 5 WALES 44;
M60: 1 ENGLAND 10; 2 SCOTLAND 17; 3 NORTHERN IRELAND 28; 4 WALES 30; 5 IRELAND 45;
M65: 1 ENGLAND 8; 2 SCOTLAND 28; 3 IRELAND 29; 4 WALES 29; 5 NORTHERN IRELAND 40;
M70: 1 ENGLAND 6; 2 SCOTLAND 17; 3 IRELAND 32; 4 WALES 33; 5 NORTHERN IRELAND 46;
COMBINED WOMEN: 1 ENGLAND 34; 2 IRELAND 27; 3 WALES 19; 4 SCOTLAND 11; 5 NORTHERN IRELAND 9;
COMBINED MEN Men: 1 ENGLAND 37; 2 SCOTLAND 28; 3 IRELAND 25; 4 NORTHERN IRELAND 15; 5 WALES 14;
OVERALL COMBINED MEN & WOMEN: 1 ENGLAND 71; 2 IRELAND 52; 3 SCOTLAND 39; 4 WALES 33; 5 NORTHERN IRELAND 24;

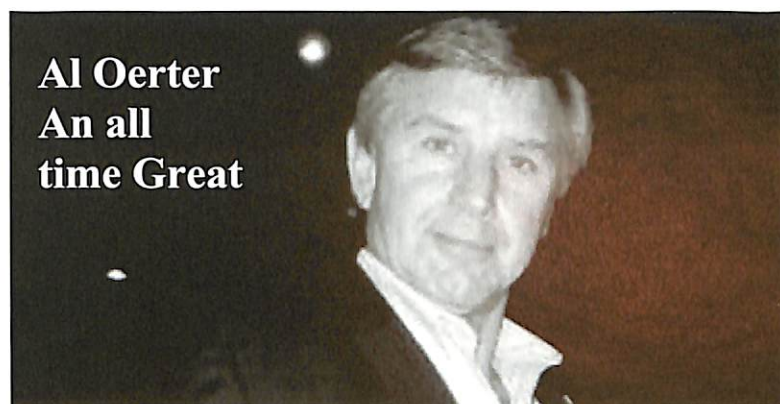
WOMEN & MEN 65 PLUS OPEN RACE 6K:

24:47 TINA OLDERSHAW PADDOCK WOOD AC; 2 26:36 NICOLA GOMM NEY ROAD RUNNERS; 3 27:23 LINDI MARSON EVAC; 4 27:52 JACKIE MCMONAGLE CITY OF DERRY AC; 5 28:00 FIONA SHENTON ELVET STRIDERS; 6 28:04 MARGARET KENCHINGTON BOURNVILLE HARRIERS; 7 28:30 MARIAN HESKETH PRESTON HARRIERS; 8 29:06 ROS TABOR DULWICH RUNNERS; 9 29:24 MAUREEN EMMETT; 10 29:53 ROS ADAMS WREXHAM AC; 11 29:55 SUSAN JAMES PADDOCK WOOD; 12 30:34 ANGIE HUGHES ABERGELE HARRIERS; 13 32:55 MARY MILLER IRVINE AC; 14 35:00 KIRSTY JOHNSTONE BARNETT & DISTRICT AC; 15 35:03 RON STEWART NORTH SHIELDS POLY; 16 35:08 MARK TATTERSALL NEATH HARRIERS; 17 35:15 SYD WHEELER CHEPSTOW HARRIERS; 18 36:17 FRED GIBBS BINGLEY HARRIERS; 19 38:18 JIM METCALFE NIVAA; 20 41:48 WILLIE DUNNE DONORE HARRIERS; 21 46:54 MICHAEL SPOTSWOOD DUNCAIRN NOMADS; 22 47:08 HUGH YOUNG NORTH DOWN AC;

MEN OPEN RACE 8K

1 28:55 KEITH PURDY ANNADALE STRIDERS; 2 30:06 EMMETT MCGINTY CITY OF DERRY AC; 3 30:19 PHILIP SHEUND PUDSEY & BRAMLEY AC; 4 30:32 ANDREW MCKEE ANNADALE STRIDERS; 5 31:12 DUNCAN BELL RANELAGH HARRIERS; 6 31:26 EDDIE BURNS NORTH BELFAST HARRIERS; 7 31:44 JOHN SANDERS TELFORD AC; 8 31:46 ANDREW WILLIAM KENCHINGTON ROWHEATH HARRIERS; 9 32:06 STEVE SMYTHE DULWICH RUNNERS; 10 32:10 KEVIN CARLIN CITY OF DERRY AC; 11 32:13 NIAL COPPINGER TALLAGHT AC; 12 32:15 DERMOT CONNOLLY CITY OF DERRY AC; 13 32:18 PAUL MCCAFFERTY CITY OF DERRY AC; 14 32:20 JIM ROTHMAN LEAMINGTON C&AC; 15 32:23 COLIN DAVIDSON EAST ANTRIM HARRIERS; 16 32:28 PETER CRANE NEATH HARRIERS; 17 32:28 BRENDAN DUMIGAN NORTH BELFAST HARRIERS; 18 32:32 TOM LOCK WELLS CITY HARRIERS; 19 32:33 DOMINIC MCGREEVY BALLYDRAIN HARRIERS; 20 32:34 JIM HESKETH PRESTON HARRIERS; 21 32:35 SCOTT HOWELL LES CROUPIERS; 22 32:53 EVAN COOK; 23 32:55 KEVIN LEWIS NEATH HARRIERS; 24 32:57 MICHAEL ELLIOTT DUB RUNNERS; 25 33:08 ROBERT WILSON WILLOWFIELD T HARRIERS; 26 33:20 ORAN MCBRIDE CITY OF DERRY AC; 27 33:23 PAUL WILLIAMS TELFORD AC; 28 33:36 COLM ROTHY; 29 33:42 RICHARD COWAN NEWCASTLE AC; 30 33:48 MICK MCGEOCH; 31 33:53 DAMIEN GILL NORTH BELFAST HARRIERS; 32 34:05 MICHEL LE VELY ANNADALE STRIDERS; 33 34:22 VAUGHAN PURNELL MOURNE RUNNERS; 34 34:25 MARTIN CORTVRIEND DENBEIGH HARRIERS; 35 34:34 ALAN RITCHIE; 36 34:40 JIM MCKEOWN; 37 34:45 DECLAN MCELROY NEWCASTLE AC; 38 34:47 STEPHEN SHANNON EAST DOWN AC; 39 34:51 ROBERT BAMSEY NEATH HARRIERS; 40 35:06 DAVID DAVIES NEATH HARRIERS; 41 35:08 PAUL CAIN DROMORE AC; 42 35:11 ALAN NEWMAN MEDWAY & MAIDSTONE AC; 43 35:14 PATRICK HAMILL; 44 35:15 DAVID NESBITT LAGAN VALLEY AC; 45 35:21 PHILIP BAMSEY NEATH HARRIERS; 46 35:29 JIM MUNRO REDHILL ROAD RUNNERS; 47 35:29 IAN GILLESPIE; 48 35:32 ROBERT YOUNG CLYDESDALE HARRIERS; 49 35:37 STEPHEN MCCLOSKEY; 50 35:38 ADAM RAMAGE; 51 35:39 MARK QUINN EAST DOWN AC; 52 35:42 RICHARD BOWEN NEATH HARRIERS; 53 36:09 SIMON REEVE; 54 36:11 BRIAN CAMPBELL SCOTTISH VETERAN HARRIERS; 55 36:17 DONAL WILLIAMS ERYRI; 56 36:40 PAT DOOLE NORTH BELFAST HARRIERS; 57 37:26 ERNIE HALL DROMORE AC; 58 37:49 MIKE SMITH; 59 37:53 FRANCIS BOAL BALLYDRAIN HARRIERS; 60 38:00 ANDY MURRAY DULWICH RUNNERS; 61 38:15 FREDDIE STRICKLAND BALLYDRAIN HARRIERS; 62 38:22 SAM DUNN EAST ANTRIM HARRIERS; 63 38:25 SEAN MCGURNAGHAN; 64 38:41 JOE QUINN EAST DOWN AC; 65 39:54 MICHAEL HENRY PEGASUS AC; 66 40:11 PAUL GALLOWAY; 67 42:17 RICKY COWAN WILLOWFIELD T HARRIERS; 68 43:56 ALEX BLACKSTOCK DUB RUNNERS;

American discus thrower Al Oerter, who won four consecutive Olympic titles, died on Monday 4th of October of heart failure. Oerter died in hospital in Fort Myers, Florida. He was 71. He and long jumper Carl Lewis are the only Olympic athletes to win athletics gold medals in four consecutive Games.



Al Oerter
An all
time Great

"The Olympic Movement lost one of its great ambassadors today with the passing of Al Oerter," U.S. Olympic Committee Chairman Peter Ueberroth said. "His legacy is one of an athlete who embodied all of the positive attributes associated with being an Olympian," Ueberroth added. "He performed on the field of play with distinction and transferred that excellence to the role of advocate for the Olympic Movement and its ideals."

Oerter won his first Olympic gold medal in 1956, and then added titles in 1960, 1964 and 1968. Each time he set an Olympic record. "The sport of athletics has lost one of its foremost heroes," IAAF president Lamine Diack said. "He was a colossus of a man who towered over this event setting an impeccable example to the youth of his era and today."

USA Track & Field chief executive Craig Masback praised Oerter for his accomplishments on and off the track. "What made him even more special was his excellence off the track, in pursuits ranging from community outreach to art," Masback said in a statement. "The track world has lost a legend, a hall of famer, and a true gentleman."

After his competitive days, Oerter used art as a way to showcase the positive attributes of sport, the USOC said. His exhibit, "Art of the Olympians," has been displayed at the United Nations and other locations.

OBITUARY: ARTHUR GRAYBURN

Ron Stevens

If you have attended an athletic meeting throughout the last fifty or more years and been greeted warmly by two tall, sun-hatted, smiling athletes who always had time to stop to inquire after your interests and performances, while being exceptionally reticent about their own, you were almost certainly chatting to Arthur and Merle Grayburn. Their joint contribution to athletics in general, and to the masters' movement in particular, has been monumental and it is with great regret that

we record the passing of Arthur on Saturday, 10th November, 2007 at the age of 80.

Arthur was a man of many abilities. A career as a teacher and principal of primary schools, as an author, photographer, local historian, statistician, churchman, Probos Club member, freemason and parent would have left most of us in the "former athlete" category but Arthur managed to combine all of this with an unequalled reign of almost sixty years over this favourite sporting event- javelin throwing.

Only a detailed listing of Arthur's performances could show the extent of his talents but the following excerpts from Brian Kerr's research and Murray McKinnon's Athletic New Zealand newsletter outline some of his major successes.

Arthur won the New Zealand javelin throw title in 1952 and 1953 and represented New Zealand at the 1950 Centennial Games winning a silver medal. As a master athlete he was invincible in his age group winning 31 consecutive New Zealand Masters Association titles. At the 1994 World Masters Association Games he won the gold medal in the M65 age group javelin with a record throw of 46.94m. He has also won two silver and two bronze medals at world championships.

Arthur competed at every master's track and field championships since their introduction in 1975 and all but two Oceania masters' track and field championships. He currently holds four national masters, four Oceania, five national championship and five Canterbury masters' javelin records. He has also set records in both New Zealand and Australia in the discus throw. He was always ready give advice to field event athletes. He and Merle held training camps open to anyone who was interested and both were always available to officiate at meetings when not competing.

Arthur was president of the Canterbury Masters Association 1982-84, vice chairman of the Organising Committee for the Fourth World Veteran Games in Christchurch in 1981, secretary organiser of the South Island Masters Track and Field Championships from 1981 to 2005, 11 years executive member of the New Zealand Masters Association and eight years executive member of the Oceania Masters Association. He was made a life member of the New Zealand Masters Association in 1996 and the Canterbury Masters Association in 2002 and received an Athletics New Zealand merit award in July 2006.

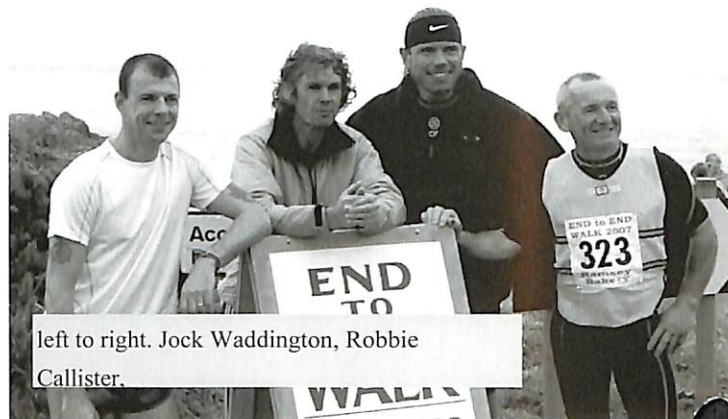
Arthur was the author of five books, including the outstandingly detailed "A History of NZ Veteran Athletics 1962-1999". A prominent Freemason, he was also very involved in the community and received a "Keep Christchurch Beautiful" service award in October 2001. He made an enormous contribution to the sport of athletics and that cheerful, smiling face, always ready to swap the latest joke, will be sadly missed.

Arthur has an enviable athletic record but it is not his performances alone which won our respect and our appreciation. Equally important was his friendliness, his willingness to share his expertise, his unfailing cheerfulness and his buoyant enthusiasm. He has left us with many extremely positive memories.

Our thoughts and condolences are with Merle and their family.

We have heard sad news of the death of two of our members:

Leslie Cherrington of Kingston-upon Thames.
Tom Radcliffe of Newcastle upon Tyne.
Our condolences go to their families.



left to right. Jock Waddington, Robbie Callister.

23rd Sept was the Isle of Man Veterans End to End annual walking race starting at 8 am at the most Northerly point of the island walking down the Westside to the Sound 40 miles in total 342 took part this year. It was a lovely day lots of serious walkers and many first time walkers, 168 finished the full distance the winner was Robbie Callister he was won the race for the last 6 years. second was Jock Waddington, 3rd was Mark Hemsall 4th was Ray Pitts Robbie beat his own record by One minute this year.

MEDALS TABLE FROM RICCIONE

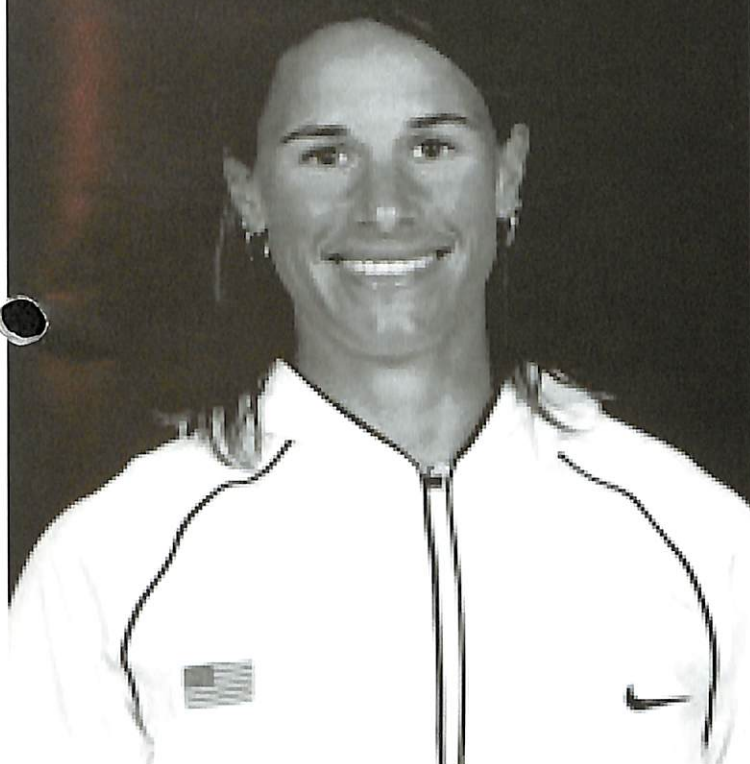
	Gold	Silver	Bronze	Total
1 GERMANY	108	106	101	315
2 ITALY	89	75	55	219
3 USA	82	61	50	193
4 GREAT BRITAIN & N.I.	49	56	48	153
5 AUSTRALIA	27	33	26	186
6 FINLAND	25	20	24	69
7 CANADA	24	12	12	48
8 SPAIN	23	15	21	59
9 BRAZIL	18	14	15	47
10 RUSSIA	17	20	20	57

Scottish Veteran Harriers Club has notified they have a new website: www.scottishmastersathletics.co.uk

WGT Details can also be found on www.midlandmasters.org.uk

Christine Day would like to thank all those people who contributed so generously to the British Heart Foundation, in memory of her husband Jim. £875 was raised

Stacy Dragila, of the USA, now 36. Set at new World W35 Record earlier this year with a 4.50 Pole Vault. Details on USA seasons list.



(EVAA), Gail Kirkman, NZL (OCEANA)
Men: Arthur Thompson, GBR (EVAA), William (Bill) Collins, USA (NCA&C)

European Best Veterans (EBV) 2007 EVAA has selected European Best Veterans (EBV) 2007

Congratulations to these two athletes who are invited to Athens in the end of January 2008. EVAA wants to celebrate a special "EBV" award in Greece together with the inauguration of the EVAA Office Athens.



Best Veteran Woman: Edith Graff, BEL

Born 09:11:1941 (W65). In 2007 she has posted four world records:
- 80 m Hurdles outdoors (14.24/-1.2)
- 60m Hurdles indoors (10.58)
- High Jump indoors (1.31)
- Triple Jump indoors (9.04)

In the WMA Championships in Riccione she won two gold medals and in the European Veteran Championship Indoors in Helsinki, FIN four gold medals. In Triple Jump she is superior to the other veterans in W65.

IAAF-WMA BEST MASTERS 2007

The WMA Best Master Athlete for 2007 has been selected by the WMA Council, from a total of four women and three men nominated by the regions the final selection was as follows:



WOMAN: PHIL RASCHKER USA (NCA&C)
MAN: ANDREW JAMIESON Australia (OCEANA)

Congratulations to these two athletes who are invited to the IAAF Gala on the 26th November.

The other nominees were:
Women: Maria Lande Mathieu, POR (NCA&C), Edith Graf, BEL



Best Veteran Man: Carl-Erik Särndal, SWE

Born 17:07:1937 (M70). In 2007 he has bettered the world record outdoors in High Jump M70 from 1.52 to 1.59.

In the WMA Championships in Riccione he won M70 High Jump with 1.56, 16 centimetres higher than the second man.

In the European Veteran Championship Indoors in Helsinki, FIN he was the oldest competitor in M65 High Jump but nevertheless he won with 1.56. He has dominated High Jump in M65 the last five years with victories in World and European Championships (European Record in M65 with 161).

In 2007 he is superior in High Jump to the other veterans in his age class M70 and has outclassed the old World Record.

The other nominees were:

Women: Christiane Schmalbruch, GER and Jane Horder, GBR

Men: Thomas Zacharias, GER and Segatel Marco, ITA



39-year-old Russian Sprint star, Irina Privalova, has indicated she intends to qualify for Beijing next year.

The World Indoor 60m and 300m record holder plans to focus on the 100m distance for Beijing, while also competing in indoor races at 60m.

Privalova took the 100m bronze medal at the Barcelona Olympics in 1992, and now, 15 years on, she is fairly confident that she is in good enough condition to be a challenge again,

"I'm in full preparation, no health problems, but we will see depending on my results how realistic my plans are."

At 39-years-old, Privalova would still have a nine year advantage over Slovenia's Sprinting Super-Master, Merlene Ottey, who has also not ruled out an appearance in Beijing, a feat that would mark the incredible Slovenian's 8th Olympic Games!

After a disappointing run in Osaka that saw Ottey narrowly miss out on qualification from the first round heats of the 100m, Ottey is not planning an indoor season, but this living testament to the endurance and strength of the human body is still talking positively about her Summer race prospects.

NOTE FROM SALLY GANDEE ► *Could you put a plea for veteran women's performances in (Name, date of birth, event, performance, venue, date set, implement weight if appropriate). She has collected a large number of performances but it is always good to have more, or to have confirmation of those which she does have.*

Sally will be producing a booklet early next year as usual. She has not decided on price yet.

She can be reached by email- sally.gandee@btclick.com or at 4 Westfield Road, Hertford, Herts, SG14 3DJ

An explanation is being sort as to why Niobe Menendez represented Spain in the recent WMA Championships in Italy.

She has in the past represented England in the Commonwealth Games, and she competed in the UK Closed Championships and World Trials last July in Manchester.

WALKERS TEAM GOLD'S IN ITALY

Pictures: Eric Horwill

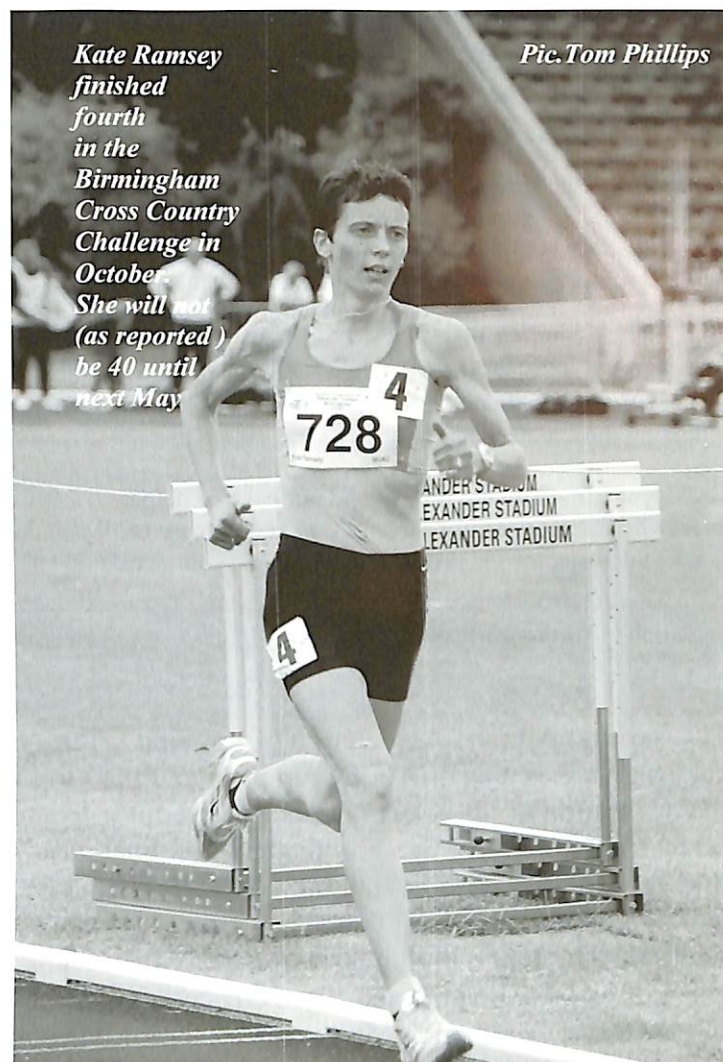


Great Britain won team Gold's W45 team, Toni Boa, Fiona Bishop and Julie Bellfield. M70 team Arthur Thomson, Dave Stevens and John Payn.



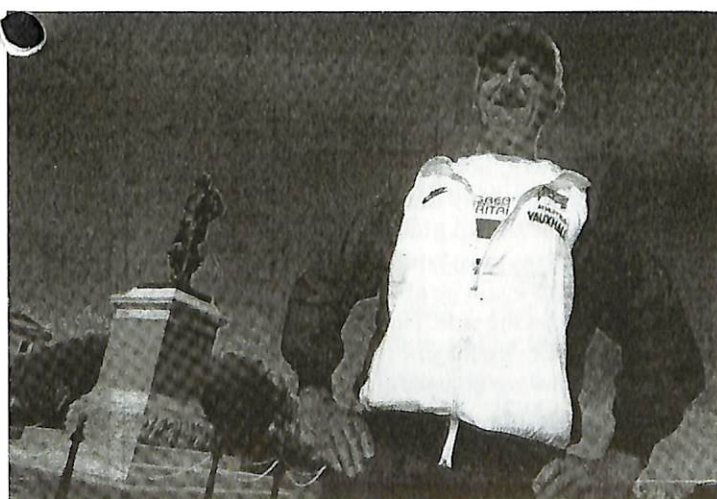
Dietar Massin (EVAA) and
The Major of Ljubljana, discuss
the arrangements for the EVAA
Track and Field
(interesting wallpaper!)

chuffed both with his performance, and of course the time"



Kate Ramsey
finished
fourth
in the
Birmingham
Cross Country
Challenge in
October.
She will not
(as reported)
be 40 until
next May

Pic. Tom Phillips



Ed Shillabeer set a new M65 world best whilst competing in the Netherlands.

His time for the 50k Walk was 5h 31:15.

Interviewed after the race said "he was really

WINSTON THOMAS OUR CHAIRMAN WRITES

2007 has seen the Great Britain and Northern Ireland team successful once again in World and European championship. With so many home competitions, the Interland and the International Cross country, we can say that the Masters movement is the most successful branch of Athletics in the UK, but without the praise and recognition. We of course have the enjoyment, camaraderie, energy, will power and generally the health and fitness to make our sport worthwhile.

Congratulations to all of you who have been able to reach your goals for this season, and to those who have not reached theirs I hope that you can attain them in the coming year, and knowing how we all suffer from injuries remember to "listen to your bodies" and take things one step at a time.

Thanks to all of you for your support in our events this year, Thanks also to all of the officials that have helped to make these events so successful, Technical officials, Organisers, BMAF Secretaries, Club secretaries, and a very big thanks to all of the various bodies that have helped us and our clubs to organise the various meetings.

Our last national meeting this year being the International Cross Country in Northern Ireland, showed that Masters and National Associations can work together and complement each other, whilst with the backing of the Belfast City Council, Northern Ireland Athletic Federation and Northern Ireland Veterans AC were able to host a spectacle worthy of any International Calendar. This held within the backdrop of Stormont the athletes had an excellent day's competition. So a big thanks to NIAF, NIVAC, Belfast City Council, the Mayor of Belfast for his attendance encouragement and wishes to the athletes, and to our most cherished Dame Mary Peters who did us proud with the presentations, and finally to all the athletes and team managers attending the event.

I wish you all within the BMAF and our band of helpers everywhere, a wonderful festive season and success in all you do 2008.

Secretary's Report ***Bridget Cushen***

The Veteran Athletic Association of England is the England arm of the BMAF. Set up in 1992 following the devolution of the Sports Council, its remit is to select England 5-year age group teams for what was then the Home Countries International Cross-County and international walking matches with Ireland, Scotland etc. It had no funds, started off with a blank sheet of paper and some dedicated Officers. Irene Nicholls is Chair, Danny Mullane Treasurer, Philip Lee and Eric Horwill take cross-country and race walking under their BMAF wing and I deal with the correspondence/minutes etc as Secretary and, at the moment, also Road Running Secretary.

Little acorns grow, in this instance, extremely successfully as the VAAE has taken its turn hosting the international cross country and race walks. Unfailingly England come home with the overall team trophy and the lion's share (no pun intended) of the age group titles. Domestically, the VAAE promotes an annual Inter Area 5 and 10k road Challenge incorporated with the BMAF events, and did have an Inter-Club track and field contest for the Peggy Taylor Trophy. This latter event has not taken place for the past two years as there simply was no one prepared to organise it. Hopefully 2008 will see the return of this popular fixture, possibly at Hemel Hempstead, if the seven affiliates are able to get a

team manager to rustle up athletes who are prepared to travel, wear their club's colours and enjoy competing in an inter-counties type of meeting. The VAAE needs a Track & Field Secretary to co-ordinate and build up our domestic calendar as successfully as the international events. If you would like to jump on board, the AGM will be held on 8 March in Birmingham and nominations are now open.

TRACK AND FIELD SECRETARY'S REPORT ***Maurice Doogan***

I will not dwell on 2007 for too long, but it definitely was, as the old football cliché goes – a game of two halves.

The domestic scene much the better, although not without its problems – construction and ill-health, forced us to cancel Outdoor Pentathlon and the Weight Decathlon.

The international scene, which went from the slightly farcical “Skelmersdale” venue in Helsinki through the Interland at “Waterloo – where?” and the Roads of Regensburg to the DISASTER that was Riccione, where I could not comprehend how the Italians [those ruled from Rome] could invent a bath, when they cannot actually run one. An extensive and damning report will shortly be winging its way to WMA and trusting that they learn lessons, but will politicians, ever. Vested interests always come into play, and not a pair of blue shorts in sight.

So, to 2008. Within the fixtures list, you will see that we are back at Lee Valley for the Indoors and at Alexander Stadium for the Outdoors. The Weight Pentathlon and Weight Decathlon are the only events now to be finalised.

On the International scene we have the World Indoors in Clermont-Ferrand, France [please refer to separate report below] and the European Outdoors in Ljubljana, Slovenia, which I will return to in the next edition. I must however add that I would beg all of those traumatised by their experience in Riccione, which included ME, not to give up on the International scene entirely. Take time away to recoup and come back when the alleged leaders of our sport, both at World and European level, realise that athletes must come first, second, third.....and last, and it must never again be about filling empty hotels, with a bit of competition on the side. Hopefully Clermont-Ferrand will be a new start, if not; we may need to borrow a guillotine, to get the problems seriously addressed.

Notwithstanding the above, our main objective this year **MUST BE TO WIN** the Interland. We are back at Ashford this coming year and have two teams to select, so we need four of the best, both male and female athletes in each event, to finally put the French to the sword. To that end I am trying to ensure we have enough funding in place to enable athletes from all over the UK to be able to afford to compete. I will not be able to cover all athletes, but possibly hotel costs for those who cannot get to Ashford and back in the same day.

I would also remind everyone, that although it is a match for M35's and W35's, a M40, M45, W40 etc. will get selected if their times, heights or distances are good enough – performance not age will be the criteria.

The Match has also been fixed to miss the Horwich 5K Championship weekend, so there should be no excuses for the distance wallahs, not to compete.

Be reminded – this is the ONLY event where you are AWARDED a Great Britain Masters Athletics VEST, so watch this space.

***REPORT ON CLERMONT-FERRAND RECCE (The
Ramblings of a Senile (maybe), Grumpy (but not
always), Old Man)***

Arriving in Paris from the now, even quicker Eurostar, when a transport strike is on, was not inducing positive vibes. This especially so, when it required a 6km tramp across Paris, in a light drizzle, to get to the Gare de Lyon, to see what my options were.

However, with some TGV's appearing to at least be leaving for all parts of the compass south, things appear less ominous, although the 17.27 to Clermont-Ferrand listed on the overhead screens was blank in platform number column. Then Jaune 17 appears – I can only see Voie's A to K in front of me, where the is Jaune 17 – heart rate now approaching 200 as it is now 17.20. A Steve Peters recall – focus on the task in hand, to the nth degree. Calmness returns, engaging brain, looking at signage, Voie's are for TGV's, Jaune's are for other trains, my press and the like, they are in the adjacent building. Train still at platform, but would you just know it, my carriage is right at front of train. I have done more kilometres in Paris than I managed at home, in training, last week. Train leaves only 15 minutes late, which being British was the norm at home in British Rail days. The odd hiccup, a big flash and bang, outside of Vichy [another sabotage attempt?], train comes to a halt, but after 20 minutes we are on our way again. We arrive in C-F only 35 minutes later than original schedule. Rather than risk the bus, or tramp to the tramway, I go for broke and get a taxi to the hotel. Charged only €12, which is less than €15 quoted. Heaven, my affair with La Francais has survived even the strike.

Reality dawns the next morning – the new tramway to the Stadium, reconfirm it as my preferred urban transport option [and why am I not surprised, that in the home of Michelin, the tram has rubber wheels]. Then lo and behold on arrival at the

Stadium, it is an Indoor Arena to die for. If this does not work, nothing will.

They have a six lane track, with a warm up area each side. One of these will be lost during the Championship as the stack away seating will be pulled out over one of these areas. These together with other demountable seating will give 1200 seats. All the seating is off a full perimeter gallery, so there is close up viewing for all events, which is completely separate from the competition level. Perfect.

The retained warm up area is 6 lanes wide, alongside the back straight, together with a two lane 420m full perimeter circuit next to it. There is also a very adjacent hall, where the Weight Throws will happen, for additional warm up space. These, together with a 6 lane outside tartan track and adjacent Throws Field, at the other end of the Arena building. Perfect, but what is this, the front doors are locked.

The quirkiness of French Local Government comes to the fore with the Compromise La Francais. It appears a few voters that live across the road from the new, what, €25M Arena, have objected to additional traffic, cars/coaches parking outside, so the side door/office entrance is being in used, apart from when the French National Championships are being held.

Sorry Mr. Godard [Mayor of Clermont-Ferrand – page 8 of Entry Booklet], you have invited us Veterans, who are actually Masters in World terms, to your city. Many will come as Monde Champions and more will leave as such – they do not do side doors [lettre sur le poste].

Whatever – ample facilities competition wise – call room and expanded catering facilities will be in large tent in car park, right outside Arena warm up area. Declaration appears to be the card system, and with a 2 maybe 3 hour declaration period [not the Riccione inverted manana]. I have asked them to look at ensuring full catering is available on site, from mid-morning to early evening at least, to cater for the early starters and afternoon competitors staying on to watch friends etc., in the later to last races of the day. Commonsense reigns.

Onto the Outdoors – Cross Country, Road Walks and Half Marathon. All of these venues are near the far end of the Tramway [Musee d'Art and Montferrand stops] and the courses are all flat as pancakes.

The Cross Country, which is around, mainly football pitches of a Sports complex, will have 2km loops which they are looking to push to 3km, for a 2x3km+1x2km rather than 4x2km race. The course is mainly, good grass plus some dirt, but will take a

shortish spike at the very least. There is an avenue of poplars which will form one side of the course, which has some exposed roots, which will be covered with earth. The course looks good and should not favour the 'little people', as some recent courses have.

The Walks Course is a straight out and back [2km allegedly] next to the main railway line. Very good smooth surface, they are even going to remove the speed bumps.

The Half Marathon Course is an extension of the Walks Course, basically an unused narrow road [two cars wide] for three quarters of the 5km lap. This has long, nearly straight sections of road, with 90 degree bends. However, it is exposed for at least half of it, so if windy – the little people will go hiding. There is a possibility of the lap being extended to 7km, the extra bit I did see, but before I knew it may be part of the course. I recall the terrain as being flat, as it goes up and around the cross country course.

So all venues look very good to superb – the Stadium at one end of the Tramway, 15 minutes from Place de la Jaude [basically centre of town, adjacent to where best restaurants and bars are] plus a 3 minute walk. The Start/Finish of Road courses is an 11 minute [actually 10.48 in the pouring rain] walk from the Montferrand-La Fontaine stop, which is 12 minutes on the tram from Place de Jaude. The cross country course is a lot farther and from the Musee d' Art stop, say 25 minute walk – but they are proposing to lay on shuttle buses between the tram stop and the start of the course on race day.

So athletics wise – all looks good, and I am sure Jerome Bishoffe and his team will follow Percy Hirsch and his Linz Team's superb marker of organisation, in providing World Masters athletes with a worthy stage on which to perform. No problems, only issues that were, and will be resolved

Before I move on to the social bit, I need to dispel the nonsense about Clermont-Ferrand being a dirty, boring, industrial city – cobblers, they are so wrong. The structural engineer in me came to the fore, and my interest in buildings was aroused. Clermont-Ferrand's 'dirty' buildings, which are actually built with the black stone cut from the volcanic hillsides, and in the old town of Clermont with its narrow, cobblestoned, pedestrianised streets, even on a damp, overcast afternoon, still looked stunning. The French, being French also do really, and I mean really, crap buildings, and I did spot the odd one or two. But as always, you only remember 'la femme fantastique', as opposed to the 'le gros homme, dans beret et shell suit', which they do both to perfection.

The city is worthy of a visit for itself and the surrounding mountains, if only to see where a tower block of flats should be built. To view a stark tower block on a hillside, but dominated

by Le Puy de Dome is how it should be, a mere part of the landscape, but adding to it and not overruling it.

That aside, let me finish with the convivial bit, but the no less important side of Masters Athletics, the eating and drinking. This centres mainly on the small area just north of Place de Jaude and west of the 'black' Cathedral. The restaurants, and there appear to be hundreds, tend to be outside of the tramway whilst the lively bars, and as this is also a University City there is a plentiful supply of them, tend to be inside, but not solely. I had a fabulous lunch in one of the better restaurants for not a lot of money, but a less so evening meal. It was pouring with rain, so the detailed exploration of the menu was ignored for the flagged highlights, where the offered 'local specialities' left a bit to be desired. However as this region is betwixt the Bordeaux's and the Burgundy's, I was spoilt for choice, so all was not lost. So with such a collection there are explorations aplenty to look forward to and relish.

So forget Helsinki, and do not even mention Riccione, we need you in Clermont-Ferrand. None of the home nations are going to the European Football Championships, so thankfully we do not have to live through another summer of 'if only'. Team ethic nearly got two of the Celtic nations to those Championships, but it is something British Masters Athletics has had a plenty and why we are going to OUR Worlds by right.

So, not only will you be delighted with Clermont-Ferrand, I think you may well be amazed. Your only problem now is getting reasonable priced accommodation, because it appears the WORLD has already booked, to be there, which, following my visit, comes as no surprise.

Yes, my affair with La Francais continues, and long may it reign, in the Auvergne, Bordeaux, Burgundy and especially in Provence.

'From the couch' a therapist's point of view

**Fiona M. Jacobs, D.C., C.C.S.P., MSc
(Sports Med)**

No I haven't become a psychiatrist - I will leave that to Dr. Steve Peters, but I promised my fellow colleagues that I would put down on paper the view from the other side of the couch and just let you know our thoughts.

We love doing this job, there are many advantages and that is the reason you see us all again and again, but remember to every 'silver lining' there is a cloud and sometimes that is a dark and stormy one! I have worked with athletes of all types since 1989 (Women's World Weight Lifting Championships for the USA team!), internationally (All Africa Games 1991, 1995) and with medical teams of different nationalities and skills. I will tell you now that GBR Masters and the British Masters Medical Services are far and away the nicest group of people to work with! We have the best therapists in the UK and we are the envy of the World Masters with our current organization.

The medical support system of the British Veteran Athletic Federation (remember them!) began before my time, where athletes chose to donate money and a single physio/masseur, who followed the athletes, when he could, to help where he could. Back in 1991, Alyson Wreford had been treating a Veteran athlete who was mightily impressed with the approach, and Barbara Dunsford contacted a local chiropractor, Frederica Collingwood, (some of you may remember her), and persuaded her that attendance at a championship treating Masters Athletes could be fun - and so chiropractors got involved. Initially, we came to the national championships paying our own expenses, but Winston continued Barbara's work, squirreling money, accommodation and flights from where he could for the international championships and, where he couldn't, the chiropractors paid their own way.

The BVAFA paid the expenses of the chiro for the first time at the World Championships in Buffalo and later a masseur was included in the team, (coincidentally the European Championships in Cesenatico, Italy). This was an informal arrangement and it became more and more difficult to get therapists to commit to the time with little or no notice - yes, there was an occasion when a chiropractor got only 2 weeks notice of a definite flight and accommodation. When the world Championships were planned for Brisbane, it became obvious that to finance these flights and accommodation there would need to be a more organized approach - Australia was just too far away to 'wing it'. It was at this time that Steve Peters and Carole Filer stepped in to found **British Masters Medical Services** and put the provision of medical services on a more formal footing. Steve, Carole and I undertake to organize the search for therapists, hotels and flights to provide you, the athlete, with the service you receive today.

This is a NON-PROFIT making organization, which is run by people who do not take a salary! There appears to be contingent of athletes who seem to think that there are vast profits to be made from the tiny amount they pay each championship. I will repeat this again and again. as there seems to be some misconception - the therapists **DO NOT GET PAID**, they volunteer their services for **NOTHING**.

The amounts are kept small because this is an 'insurance' against injury - not a right to treatment!!! This is a principle that seems to be forgotten by many and, as such, we had investigate the '4 treatment' rule. We are not there to

provide cheap treatment for chronic problems, we are there for the acute injuries primarily and the excuse that, "I didn't expect to be injured so I didn't pay" just doesn't wash any more. Do you insure your car? You don't expect to have an accident? Do you insure your house against flooding? You don't expect the whole of the year's rain to fall in June. So why do you not 'insure' yourself against injury?!! It's cheap, simple and you have access to therapists who have been checked and approved (by the BMMS) and who speak "excellent English" (except for the odd regional accent), and also have experience and an interest in the athletes they are treating.

The second major misconception seems to be that the BMMS are provided by the BMAF and, therefore, can be accessed by all of the British team; this is not true. BMMS has the support of the BMAF, but is independent and run by unpaid volunteers. Now that Carole deals with the overseas entries for the BMAF she can notify every entrant of the service that BMMS can supply, but it is the responsibility of each individual to decide whether they wish to sign up for the service and pay the small fee to cover themselves in case of injury, or risk not paying it, and using the services of the host nation should they become injured. This is the choice of the individual and no other and, in general, as Carole will testify, approximately one-third of the entrants of each international championship will do so.

The remaining two thirds have to take 'potluck'. There have been occasions where we have allowed individuals to pay a premium at the event, but this is dependent on the number of therapists, the number signed up to the service, and the number of injuries that occur amongst those individuals, and this cannot be guaranteed at every championship.

This year in Riccione, we were understaffed, as two individuals were unable to come with us due to a family commitment and a hospital appointment. The normal calculation is generally accepted as one therapist to 25 athletes, so with two chiropractors, one 'full-time' masseur and two 'part-time' masseurs, the maximum numbers should have been 125 athletes. With the addition of 4 medical students (with one treatment bench between them), I suggested to Carole to stretch it to an absolute maximum of 175, however because she admitted every cheque that arrived before the 17th August, we ended up (to my horror) with 185!

This puts the pressure on the therapists. We were there every day of competition for a minimum of 8 hours and often 10! I admit that an athlete works hard at a competition, especially if they are a multi-eventer, but they do not compete all day, every day of competition. We are, after all, human, and do get tired, so by the end of ten days of competition the therapists need a break, not complaints.

We seem to get more complaints than ever. Is this because so much is expected of us? Are we victims of our success? I don't know. Are we biased towards the sprinters? Do we have favourites? I thought I had better crunch some numbers to find out. Of the 186 athletes

signed I split them into three – sprinters (400m or less), middle/long distance (800m and above including walkers) and throwers/jumpers and multi-eventers (all the rest). Where an individual had entered more than one event they were placed in the category which fulfilled the majority of their events. Of the 185, 38 did not have treatment (20.5%); the remainder had an average of 2.47 treatments each so each treatment cost and average of £12.15 – which I think you can say is 'dirt cheap'! 43.6% were 'sprinters', 33.1% were 'middle/long distance', and of the remainder, 22.3% were the 'throwers/jumpers/multi's'. The 'sprinters' took 48.3% of the treatments, the 'middle/long distance' took 30.1% of the treatments and the 'jumpers/throwers/multi's' took 21.5% of the treatments.

This figure are very close to the percentage split, but, yes, there is a slight bias towards the sprinters, but is this surprising as the event is explosive by nature and so may be expected to cause more injuries? On the other hand, do long/middle distance runners require the more time consuming massage treatments that can take up to 40 mins, whereas a simple ankle strapping can take less than 5 mins? My records do not show how long each treatment took and I don't propose to spend any more time with the statistics!! Also, I am informed that, percentage wise, based on the total number of competitors, more entries were received for the sprint events.

As to the final question - do I have favourites? You bet I do, I will happily admit it and I am not ashamed of it. And who are they? – Those that use the service as it was designed to be used, those that treat us as human beings not slaves and, most of all, those that come and say "thank you" every time!

STORIES FROM THE WORLD CHAMPIONSHIPS -JEANNE COCKER

There were a dozen of us went as officials from the UK and about the same number from the USA with a handful from other countries. As well as the Italians, of course.

It started with a parade of athletes to an arena on the beach with a variety of interesting performers. The parade was led by the "tax police" which was emblazoned on their fluorescent jackets!

Now this is the calm, warm season on the Adriatic coast but on the first day we got drowned and blown away. There was so much debris from the storm we had to postpone the cross-country. The second day we got wet and blown away again. I was on the track lap recording the 5000m Walk. The wind took everything – DQ boards, lap counter, lapboard and bell, etc. At another track the high jump bed did somersaults.

Back to the lap counter. Athletes wear a chip (as we do in major road races and inter-counties cross country) and an electronic scoreboard shows "laps to go" displayed against the competitor number. There were cries of "what's my number" in various languages from competitors seeing the board for the first time. It was wonderful provided (a) it didn't fail as in the M45 10000m

or (b) the ambulance didn't back into it as it did in the 10k road walk!

The officials were in a hotel which faced the sea at the front (and the railway at the back). It claimed to be 4 stars but the general appearance was less. We heard that it had gone into liquidation and been bought by Romanians. The cleaners were Romanian and kept the place spotless.

They fed us superbly. Breakfast from 06:00 for those of us on the early shift - most of us for most days for the 07:00 bus - depositing us at three different stadia. Dinner was at 19:30 with 2 pasta dishes and an ENORMOUS selection of everything else all beautifully prepared and presented then lovely Italian desserts and fresh fruit (not forgetting the wine). Some nights we returned at midnight, still to a sumptuous spread.

We were put into teams of 4 labelled A to Z and allocated to a set of events. For some events two, sometimes three, teams were put together. I was in a track team and most days we had very few gaps in our "shift". Perhaps the most concentrated effort was eleven 5000m races. As one race finished and we were collating the result the next race was waiting on the track. Lap recording was done in pairs, usually with people speaking the same language. For one event I was the only English speaker so I was paired with an Italian who knew the numbers in English (my Italian is almost non-existent). As the races got exciting and more difficult he would lapse into Italian!

Language is a problem but not between the British and the Americans, surely. Wrong! At dinner each evening we would catch up on what everybody had been doing for the day. One of the Americans declared she had been "shagging the shot". The Brits fell off their chairs! I think the word we would use is "retrieving"

Perhaps the most difficult task was recording the 1500m. 15 in a race with four-figure numbers. You cannot physically write down 60 figures (4 x 15) in the time it takes them to cross the line! We tried writing the last two figures only but it was surprising how many duplicates there were in one race. We tried using leg numbers but athletes are generally careless about putting them on securely (women are better than men!) don't realise how important they are in all races not run in lanes. My final task was directing (Italian) traffic for the marathon.

It was my most difficult task in finding out what I had to do. I was number 29 on the list with 40 beside my name (this transpired to be position 40 on the marathon map). First task, find your team leader and stick to him like glue. I had sussed out the course in advance which was just as well. We were taken by bus to our marshalling point but abandoned at the end and left to find our own way home. I had to stop traffic from a side road (with one crash barrier and a red flag) then turn them left on the wrong side of the road when there were gaps. Now not speaking Italian was probably an advantage as I suspect some of the answers I got were rather rude. In fact, it was quite like home. I think next time I am a marshal I will talk to the drivers in French.

Veteran Association of England

Irene Nicholls reports that England are to host the 2009 International Cross Country, and a series of exploratory visits to prospective venues have been made. Following her visits she has been pleased to meet various Clubs and she would like to thank all concerned for their help. She hopes that the selected venue will be announced in December.

It is also hoped to reinstate the Inter Area Cub Track and Field Challenge for 2008; offers are being sort to host this valuable fixture. **(We have a provisional date of the 9th of August, with a possible venue of Watford)**

In addition to the 5k and 10k Road events, an England v Ireland Race Walk will take place in London next April.

The Association's AGM will be held in next March, and nominations for Track & Field and Road Secretaries would be appreciated.

The association have also to consider the name of the organisation, and Clubs are urged to gauge the the views of their committees.

Coach Training Courses – You asked for them!

General

Normally when qualifying as a coach it is necessary to attend a level one course over one weekend and then be assessed a few weeks later. The level one qualification allows you to coach under the supervision of another coach who has higher qualifications. To be recognised as a fully qualified coach you then have to take level two by attending another course. This level allows you to focus on the specific event(s) you wish to coach. Currently the total cost for level one plus level two is £100.

Much of the provision of training courses is due to change in July 2008 when England Athletics and the Welsh AA become merged into UKCC.

When athletes replied to the questionnaire in *Masters Athletics* many said they would like to get involved in coaching but lacked qualifications. Well, now here is your chance to remove that obstacle.

England Athletics and the Welsh AA have agreed to run weekends combining level one and level two for experienced Master Athletes over one weekend.

These merged coach training weekends will only cost £140

2008 Dates

The Welsh AA* will run a combined coach training weekend on March 29th and 30th at the **UWIC** sports centre in Cardiff. That course will provide level one training and then focus on throws and jumps for the specialist level two coach award.

England Athletics * will run a combined coach training weekend on April 12th and 13th at the Alexandra Stadium in Birmingham. That course will provide level one training, and then focus on sprints/ longer track races for the specialist level two award.

*Both courses will require trainee coaches to be assessed a few weeks after their courses have been completed.

The maximum number of trainee places on each course is twenty. So, it is first come first served. However, if there is a large demand, or if these dates prove difficult for some people, both England Athletics and Welsh AA have said they will run further courses. (Both already run regular courses at levels one and two if that seems to be more suitable to some people.)

Extra funding possibilities. Many *County Sports Partnership* organisations are providing training subsidies for people who want to take up coaching; so are individual clubs. Try asking your own county or club for details. This could save you many, many pounds.

Extra information Full details will be posted on the Midland Masters Website www.midlandmasters.org.uk in January. Additionally it is possible to contact Tony Crocker at tcrocker@uwic.ac.uk

11th August BMAF 30k Walk Championships, Sutton Park

1, Mark Williams M40-1 2:45:56; 2 Steve Arnold M40-2 2:55:06; 3, John Constandinou M35-1 3:19:20; 4, Mark Byrne M45-1 3:24:04; 5, Tony Collins M60-1 3:26:08; 6, Peter Stapleford M70-1 3:32:58; 7, David Fall M60-2 3:39:12; 8, Bernie Haycock M70-2 3:50:43; 9, John Borgars M60-3 3:58:39; 10, Sarah Lightman W35 4:04:02; 11, John Sturgess M65 4:08:45;

10th September BMAF 10k Road Walk Championships, Abbey Park, Leicester

1, Andy Penn M40-1 48:03; 2, Mark Williams M40-2 48:48; 3, Nick Silvester M50-1 49:09; 4, Dwayne Butterly M40-3 51:18; 5, Trevor Jones M50-2 52:42; 6, Philip Williams M40-4 55:48; 7, John Hall M55-1 52:55; 8, Diane Bradley W45-1 56:46; 9, Jill Eve W40-1 59:40; 10, Mark Culshaw M40-5 60:34; 11, John Constandinou M35 60:35; 12, Ann Bellchambers W50-1 60:42; 13, Mark Wall M50-3 61:11; 14, Colin Vesty M40-6 61:24; 15, Dennis Myers M65-1 62:01; 16, Maureen Noel W40-2 62:49; 17/18 Sue Davies W35-1 & Bob Austin M50-1 64:13; 19, George Smolinski M55-2 64:48; 20, David Fall M50-2 66:39; 21, Peter Stapleford M70-1 66:58; 22, Gary MacDonald M45-1 67:25; 23, Mizzy Marshall W45-2 67:49; 24, Peter Howard M65-2 67:53; 25, Jo Miles W50-2 68:00; 26, Sue Rey W45-3 68:13; 27, Martin Oldfield M65-3 70:32; 28, Jill Langford W65-1 70:34; 29, Julian Barnett M45-2 71:04; 30, Sarah Lightman W35-2 72:11; 31, Eric Horwill M70-2 72:53; 32, Pam Ficken W65-2 80:29; TEAM: Men -1, Leicester WC 3:09:33; 2, Birchfield 3:20:19; Women -Leicester 3:20:04;

23rd September BMAF 10,000 Metres Track Walk, Brierley Hill

1, Dwayne Butterley M40-1 51:52; 2 John Constandinou M35-1 59:57; 3, Dave Manning M55-1 60:18; 4, Mark Wall M50-1 60:54; 5, Sean Pender IRL Guest M50 63:19; 6, Ron Powell M70-1 66:33; 7, Peter Stapleford M70-2 68:05; 8, Sue Rey W45-1 69:08; 9, Sarah Lightman W35-1 70:38; 10, Bernie Hercock M70-3 72:44; 11, Keith Batten M60 76:28; 12, Gordon Chapman M75 77:44; NB: Beryl Chapman 41:46 @ 5k

29th September THROWS FEST 2007- Stoke-on-Trent

RESULTS.

ONE-HANDED-HAMMER.: W45-Wendy Dunsford 14.53; W50-Pat Higgins 14.25; W70-Barbara Dunsford 7.67; M40-David Burrell 23.60; M45-1 Graham Middleton 22.10; 2 Martin Roberts 18.55; M50- 1 Mike Small 25.60; 2 Clive Howell 21.35; 3 David Maggs 18.93; M55-John Wild 19.91; M60-Richard Jegou 21.70; M70- 1 Hugh Richardson 31.37; 2 Ian Miller 30.56; 3 Brian Sumner 22.92; M75: Graham Roberts 15.48; TEAMS: M40- Burrell/Small/Middleton 71.30; M45: Middleton /Small/Howell 69.05; M50: Howell/Small/Wild 66.86; M70: Richardson /Sumner /Miller 84.85;

GREEK DISCUS. W45: Wendy Dunsford 15.72; **W50:** Pat Higgins 14.02; **W70:** Barbara Dunsford 7.47; **M40:** David Burrell 17.01; **M45:** 1 Graham Middleton 17.09; 2 Martin Roberts 12.00; **M50:** 1 Mike Small 23.64; 2 David Maggs 18.07; 3 Clive Howell 16.32; **M55:** John Wild 19.56; **M60:** 1 Richard Jegou 19.99; 2 Chris Street 16.49; **M70:** 1 Hugh Richardson 18.41; 2 Ian Miller 17.94; **M75:** Graham Roberts 10.68; **TEAMS:** **M40:** Burrell/Middleton/M.Roberts 46.10; **M50:** Maggs/Small/Wild 61.90; **M70:** Richardson/Miller/G.Roberts 47.02; **SLINGBALL: W45:** Wendy Dunsford 28.78; **W50:** Pat Higgins 16.50; **W70:** Barbara Dunsford 12.78; **M40:** David Burrell 50.60; **M45:** Graham Middleton 47.23; **M50:** Martin Roberts 42.90; **M55:** 1 Mike Small 51.50; 2 David Maggs 40.72; 3 Clive Howell 39.90; **M60:** John Wild 42.45; **M70:** Ian Miller 40.09; **M75:** Graham Roberts 22.12; **TEAMS:** **M40:** Burrell/Middleton/Small 149.33; **M45:** Middleton/M.Roberts/Small 141.63; **M50:** Maggs/Small/Wild 134.67; **HEAVY WEIGHT TRI-ATHLON: W45:** Wendy Dunsford 19.41+15.04+10.46 =44.91; **W50:** Pat Higgins 17.31+12.35+09.70=39.36; **W70:** Barbara Dunsford 09.04+06.01+05.07=20.12; **M40:** David Burrell 18.34+14.89+10.85=44.08; **M45:** 1 Martin Roberts 17.27+14.16+09.84=41.27; 2 Russell Payne MMAC 14.52+13.83+10.81=39.16; **M50:** 1 Mike Small 23.62+20.04+17.28=60.94; 2 Clive Howell 21.15+15.81+13.87=50.83; 3 David Maggs 20.72+15.30+13.06=49.08; **M55:** John Wild 19.53+15.96+13.00=48.49; **M60:** 1 Barry Hawkesworth 23.35+19.31+15.92=58.58; 2 Richard Jegou 20.58+17.17+12.60=50.35; **M70:** 1 Brian Sumner 27.28+19.08+13.45=59.81; 2 Ian Miller 27.88+19.40+15.30=62.58; **M75:** Graham Roberts 13.60+12.08+09.73=35.41; **TEAMS:** **M40:** Burrell/M.Roberts/Payne 124.51; **M50:** Maggs/Howell/Small 160.85; **M70:** Sumner/Miller/G.Roberts 157.80; **IRON SLINGBALL TRI-ATHLON: W45:** Wendy Dunsford 25.18+23.99+21.21 =70.38; **W50:** Pat Higgins 17.28+18.08+14.50=49.86; **W70:** Barbara Dunsford 11.55+09.35+08.27=29.17; **M40:** David Burrell 53.00+48.36+41.19=142.55; **M45:** Martin Roberts 43.40+38.52+32.10=114.02; **M50:** 1 Mike Small 51.54+49.90+44.17=145.61; 2 David Maggs 44.20+40.75+34.20=119.15; 3 Clive Howell 39.25+33.68+30.46=103.39; **M55:** John Wild 44.46+39.84+31.88=116.18; **M60:** Chris Street 23.32+22.28+21.81=67.41; **M70:** Ian Miller 38.59+36.59+30.56=105.74; **M75:** Graham Roberts 20.25+19.72+18.78=58.75; **TEAMS:** **M40:** Burrell/Small/Maggs 407.31; **M45:** M.Roberts/Small/Maggs 378.78; **M50:** Maggs/Small/Wild 380.94; **M55:** Wild/Street/Miller 289.33; **M60:** Street/Miller/G.Roberts 231.90; **KUGEL-SCHOCKEN:- (Standing Throws): W45:** Wendy Dunsford 16.43; **W50:** Pat Higgins 15.00; **W70:** Barbara Dunsford 08.77; **(Free Style): M40:** David Burrell 16.48; **M45:** Martin Roberts 14.01; **M50:** 1 Mike Small 28.03; 2 Clive Howell 19.51; 3 David Maggs 17.31; **M55:** John Wild 21.64; **(Standing Throws) M60:** Chris Street 15.05; **M60:** 1 Barry Hawkesworth 22.25; 2 Richard Jegou 17.39; **M70:** 1 Hugh Richardson 22.76; 2 Ian Miller 20.93; 3 Brian Sumner 19.12; **M75:** Graham Roberts 13.12; **TEAMS:** **M50:** Howell/Small/Wild 69.18; **M60:** Street/Jegou/Hawkesworth 54.69; **M70:** Sumner/Richardson/Miller 62.81; **56lb. STAND (SLING):- W45:** Wendy Dunsford 4.53; **W50:** Pat Higgins 3.78; **M40:** David Burrell 4.99; **M45:** Martin Roberts 4.01; **M50:** 1 Mike Small 6.19; 2 David Maggs 4.32; 3 Clive Howell 4.17; **M55:** John Wild 4.45; **M60:** 1 Barry Hawkesworth 6.14; 2 Chris Street 4.32; **M70:** 1 Hugh Richardson 5.77; 2 Ian Miller 5.68; 3 Brian Sumner 4.54; **M75:** Graham Roberts 3.15; **TEAMS:** **M40:** Burrell/Small/Wild 15.63; **M45:** M.Roberts/Small/Wild 14.65; **M50:** Maggs/Small/Wild 14.96; **M60:** Hawkesworth/Richardson/Miller 17.59; **M70:** Richardson/Sumner/Miller 15.99; **CLUB(GRENADE):- W45:** Wendy Dunsford 17.04; **W50:** Pat Higgins 25.93; **W70:** Barbara Dunsford 10.29; **M40:** David Burrell 42.67; **M45:** Martin Roberts 28.39; **M50:** 1 Mike Small 50.58; 2 David Maggs 45.01; 3 Clive Howell 36.74; **M55:** John Wild 47.71; **M60:** 1 Barry Hawkesworth 48.30; 2 Chris Street 33.80; **M70:** 1 Hugh Richardson 39.02; 2 Ian Miller 28.11; **M75:** Graham Roberts 18.24; **TEAMS:** **M40:** Burrell/Small/Wild 140.96; **M45:** M.Roberts/Small/Wild 126.68; **M50:** Maggs/Small/Wild 143.30; **M60:** Hawkesworth/Street/Richardson 121.12; **M70:** Richardson/Miller/G.Roberts 85.37; **56lb. PUTT: W45:** Wendy Dunsford 4.29; **W50:** Pat Higgins 3.50; **M40:** David Burrell 3.69; **M45:** Martin Roberts 3.64; **M50:** 1 Mike Small 4.41; 2 Clive Howell 3.60; 3 David Maggs 3.36; **M55:** John Wild 4.20; **M60:** 1 Barry Hawkesworth 6.59; 2 Richard Jegou 6.51; **M70:** Ian Miller 5.18; **M75:** Graham Roberts 2.64; **TEAMS:** **M40:** Burrell/Small/Wild 12.30; **M45:** Roberts/Small/Wild 12.25; **M50:** Howell/Wild/Small 12.21; **M60:** Jegou/Hawkesworth/Miller 18.28; **HAMMER: W45:** Wendy Dunsford 28.42; **W50:** Pat Higgins 29.96; **W70:** Barbara Dunsford 18.01; **M40:** David Burrell 40.25; **M45:** 1 Russell Payne MMAC 46.08; 2 Martin Roberts 40.88; 3 Graham Middleton 37.91; **M50:** 1 Mike Small 44.89; 2 David Maggs 42.30; 3 Clive Howell 38.43; **M55:** John Wild 37.53; **M60:** Barry Hawkesworth 46.29; **M70:** 1 Brian Sumner 39.14; 2 Ian Miller 36.41; **M75:** Graham Roberts 23.19;

7th OCTOBER MMAC 10k CHAMPIONSHIPS
Merrill & Shelton Striders 10k Classic

M40: 1 Colin Palmer Notts AC 33:22; 2 Paul Newton Redhill RR 34:57; 3 Mark Yates Redhill RR 36:04; 4 John Knibb Derby AC 36:08; 5 Nigel Cobb Redhill RR 36:58; 6 Martin McHale Redhill RR 37:48; 7 Andrew McNeill Long Eaton RC --NTG; **M45:** 1 Russell Parkin Derby AC 36:20; 2 David Wilde Derby AC 73:47; **M50:** M2603 Peter Ivens Hleanor RC --; **M55:** 1 Des Martin OWLS AC 38:06; 2 Mick Smedley Derby AC 39:40; 3 Adrian Lloyd Serpentine AC 44:31; **M60:** 1 Derek Poole Holme Pierrepont RC 41:19; 2 Philip Tolley Burton AC 44:50; 3 John Butler Stratford-Upon-Avon AC 56:40; **M65:** 1 Michael Butterly Derby AC 52:47; 2 Michael Stanley MMAC 54:43; 3 Colin McCall MMAC 54:57; **M70:** Harry Franklin Wye Valley Runners --; **M75:** Ronald Coates MMAC 65:41; **W40:**

1 Sharon Orridge Long Eaton RC 38:11; 2 Paula Parkin Derby AC 47:15; **W45:** Jill Burke Hleanor RC (not eligible for team) 39:39; **W55:** 1 Sandy Urro MMAC 42:10; 2 Ann Ford Redhill RR 42:30; 3 Lesley Griffin Birstall RC 43:21; **W60:** 1 Val Naylor Sutton-In-Ashfield AC 43:38; 2 Sandra Poole Holme Pierrepont RC 49:40;

SVHC Half Marathon Champs - Clydebank

1 R.Rogerson, M46, 1, 01:18:43; 2 P.Thompson, M50, 1:19:12; 2, 3 F.Yeoman, M60, 1:22:35; 4 M.Hetherington, W40 1:25:22; 5 G.Montgomery, M45 1:26:43; 6 A.Maclachlan, M45, 1:28:09; 7 H.Curran, M55, 1:32:43; 8 A.McCaffrey, W35 1:33:34; 9 M.McChord, F45 1:34:20; 10 S.Addison, F40, 1:36:15; 11 J.Fellowes, F50 1:37:58; 12 A.Shaw, M70 1:39:15; 13 E.McLafferty, F55 1:40:59; 14 M.Rowe, M45, 1:42:27; 15 J.Sofley, M55, 1:43:13; 16 A.Stewart, F40, 1:43:59; 17 G.Inglis, M65, 1:47:05; 18 W.McBrinn, M75, 1:51:08; 19 P.White, M50, 1:52:45; 20 S.McLean, M70, 1:56:22; 21 I.Hamilton, M60, 2:15:38; 22 W.Hamill, M70 2:16:25; 23 S.Campbell, M65, 2:27:43;

13th October The 81st ENFIELD OPEN SEVEN Queen Elizabeth Stadium

1 Scott Davis Ilford AC 55.21; 2 Nick Silvester (M50) 56.15; 3 Jim Ball (M40) 56.50; 4 Trevor Jones (M50) 58.43; 7 Phil Williams (45) 61.14; 8 John Hall (M55) 62.54; 9 Arthur Thomson (M70) 64.14; 10 Mark Byrne (M45) 64.15; 11 Steve Allen (M45) 65.24; 14 Ron Penfold (M65) 65.47; 15 Dave Sharpe (M50) 65.54; 16 Mark Culshaw (M40) 66.00; 17 Amos Seddon (M65) 66.26; 18 Ollie Brown (M50) 66.30; 19 Andy Cox (M45) 67.00; 20 Alan Ellam (M50) 68.06; 21 Jill Eve (W40) 68.10; 22 Mike Harran (M65) 68.55; 23 Paul King (M55) 69.02; 24 Kevin Marshall (M45) 70.00; 25 Anne Belchambers (W50) 70.01; 26 Maureen Noel (W40) 70.32; 27 Bob Dobson (M60) 70.36; 28 Gary MacDonald (M50) 70.40; 29 Stephen Holliday (M50) 70.41; 30 Ken Ballam (M65) 71.48; 31 Jon May (M55) 71.50; 32 Ron Powell (M70) 72.37; 33 Dave Stevens (M70) 73.19; 34 Nolan Simmons (M65) 73.33; 35 Fiona Bishop (W45) 74.12; 36 Alan O'Rawe (M65) 74.13; 37 Cath Duhig (W50) 74.27; 38 Peter Crane (M60) 74.29; 39 Lol Dordoy (M50) (Ilford AC) 76.23; 40 Mick Barnbrook (M60) 76.42; 41 Brian Sturt (M65) 77.11; 42 Peter Howard (M65) 77.14; 43 Dave Hoben (M55) 78.40; 44 Bernie Hercock (M70) 78.41; 45 Francious (W55) 81.05;

21st October 2007- Andy Forbes Memorial 10K Track Race, Coatbridge.

1. R.Rogerson, 35.58, M45; 2. F.Mathieson, 36.05, W45; 3. A.Simpson, 36.48, F35; 4. S.Waugh, 39.20, M55; 5. J.Rowley, 39.36, M60; 6. S.McCrae, 39.43, M60; 7. P.Cartwright, 40.02, M65; 8. H.Curran, 40.23, M55; 9. A.McCaffrey, 41.17, F35; 10. G.Mathieson, 41.28, M45; 11. H.Watson, 42.02, M60; 12. D.Fairweather, 42.14, M60; 13. R.Daly, 43.54, M65; 14. A.Shaw, 43.55, M70; 15. S.Cullen, 44.07, M50; 16. A.Stewart, 44.15, F40; 17. L.Nicol, 44.34, M70; 18. L.Pearson, 46.33, M60; 19. G.McDonald, 46.45, M50; 20. G.Inglis, 48.55, M65; 21. G.Tate, 49.16, M65; 22. T.O'Reilly, 49.35, M75; 23. S.McLean, 51.28, M70; 24. I.Hamilton, 52.12, M60; 25. H.McGinlay, 63.10, M80;

28th October EVAC 10 MILE Championship (in conjunction with The Fenland 10)

1, 57:18 David Reed St Ed M45-1; 2, 59:29 Malcolm Tuff Ryst M40-1; 3, 1:1:16 Geoffrey Tomlinson Gt Ben M45-2; 4, 1:1:43 Kevin Youngs Nk Gaz M55-1; 5, 1:04:01 Richard Blake Gt Yar M55-2; 6, 1:04:52 John Chapman Stopsley M45-3; 7, 1:05:15 Eamonn Dorling Thorney M50-1; 8, 1:06:29 Clive Jones Gt Ben M50-2; 9, 1:07:16 Mark Chaplin C&C M45-4; 10, 1:07:33 Robert Sargent Loughton AC M50-3; 11, 1:08:21 Dean Houlton Nene V M40-2; 12, 1:08:53 Neil Lovesey Bedford H M50-4; 13, 1:08:56 Debbie Bryant Biggles W35-1; 14, 1:08:59 Peter Harris Ely M55-3; 15, 1:09:15 Terry Quigley NNBR M60-1; 16, 1:11:11 Paul Firmsage Ryst M50-5; 17, 1:11:37 Gerald Meah C&C M50-6; 18, 1:12:08 Mick Dakin EVAC M50-7; 19, 1:12:12 Robert Price St Ed M65-1; 20, 1:12:58 Alex Downie C&C M55-4; 21, 1:13:31 Annie Bradbury Ryst W45-1; 22, 1:13:52 Nigel Bush Biggles M55-5; 23, 1:14:22 Mark Ross Gt Ben M45-5; 24, 1:15:46 Chris Milnes Ryst M50-8; 25, 1:15:54 Bob Hudson Hunts AC M60-2; 26, 1:16:07 Gary Eldred Gt Ben M50-9; 27, 1:17:06 Geoffrey Hayward NNBR M65-2; 28, 1:17:08 Terry Fone Eye R M60-3; 29, 1:18:24 Rachel Roberts Ely W35-2; 30, 1:19:03 Tony Cotton Hunts AC M65-3; 31, 1:19:12 Carwin James W.Nk M45-6 32, 1:19:34 Carole Spong GYRR W60-1; 33, 1:20:14 Edward Morris Thorney M65-4; 34, 1:20:36 Fiona Murphy C&C W40-1; 35, 1:21:26 Terry Braverman New J M60-4; 36, 1:22:17 Eric Fraser NNBR M65-5; 37, 1:22:34 Brenda Kinch NNBR W60-2; 38, 1:25:52 Andrea Osborne NNBR W50-1; 39, 1:33:54 Sarah Moston EVAC W40-2; 40, 1:36:29 Gillian Hart Ryst W50-2; 41, 1:42:18 Albert Spong GYRR M65-6; 42, 1:42:26 Gillian Holmes Fenland W50-3; 43, 1:45:42 Helen Sewell Ryst W60; 44, 1:52:46 Fred Uff Fram Flyers M70-1;

17th November MMTG (LSW) HAMMER PENTATHLON CHAMPIONSHIPS

1, Martin Roberts M45 220.23m; 2 Barry Hawkesworth M60 214.76m; 3 Graham Middleton M45 201.71m; 4 Brian Sumner M70 185.99m; 5 Hugh Richardson 180.68m; 6 Peter Duckers M65 152.96m; 7 Graham Roberts M75 128.19m; 8 Pat Higgins W50 127.82m; 9 Chris Street M60 78.74;

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Production: Hastings Printing Company, Drury Lane, St. Leonards-on-Sea, East Sussex TN38 9BJ.
Subscription Rates: £10 per annum (four issues) free to members of affiliated clubs.

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MASTERS ATHLETICS CHRISTMAS 2007

DATE 2007	EVENT	VENUE	DETAILS
16 th December	SVHC Xmas Handicap	Lochinch	1330
	SCVAC XC Championships	Reigate Priory Park	Ann Bath 07751 308105
22 nd December	VAC Cross Country	Wimbledon	14:30 Bob Belmore 01428 654749
30 th December	OLD FATHER TYME 5 Mile	Llandaff, Cardiff	1pm see Les Croupiers website.
2008			
14 th January	BMAF HALF MARATHON	BATH	With Bath HM
19 th January	VAC Cross Country Championships	Wimbledon	14:30 Bob Belmore 01428 654749
20 th January	MMAC Cross Country Championships	Perry Barr	
3 rd February	MMAC Handicap	Chelmsley Wood	
9 th February	SCVAC Indoor Championships	Lee Valley	
10 th February	MMTG (LSW) Strongest Man / Women, Light and Heavy Weight Triathlon		www.mmtg.org.uk
10 th February	BMAF INDOOR PENTATHLON	Lee Valley, London	With the EVAC Indoor Championships
16 th February	SVHC Indoor Championships	Kelvin Hall, Glasgow	
	VAC Cross Country	Wimbledon	Bob Belmore 01428 654749
17 th February	NVAC Cross Country Championships	Victoria Park, Warrington	
23-24 th Feb	BMAF INDOOR CHAMPIONSHIPS with full outdoor throws	Lee Valley, LONDON	Entry form in this issue
8/9 th March	BMAF / DELEGATES MEETING	BIRMINGHAM	
16 th March	BMAF Marathon Championships	Bath	
17-22 nd March	WMA Indoor Championships	Clermont-Ferrand FRA	<p>CLERMONT-FERRAND 17-22 March 2008</p> <p>All details are on the BMAF web site under fixtures. www.bmaf.org.uk. Should you have any problems downloading information, then please contact me, tel: 07929 752093; email c.filer@uea.ac.uk and I will do this for you and post out. Please note that the closing date is FRIDAY 11 JANUARY and this will be strictly adhered to by the local organising committee!</p> <p>However, I am away over Christmas and the New Year and I would very much appreciate it if you could get your entry to me by 22 December if at all possible.</p> <p>Many thanks. Carole Filer</p>
29 th March	BMAF XC	Banbury	Entry for this edition
12 th April	British 56lb Championship		www.mmtg.org.uk
20 th April	MMAC Road relays	Sutton Park	AGM follows.
29 th April	SVHC Marathon	Lochaber	Entries close 31/1/08
17 th May	BMAF Road Relays	Sutton Park	
	MMTG Weight Pentathlon		www.mmtg.org.uk
25 th May	BMAF Outdoor Pentathlon 10,000 metres and 10,000 Walk	Horspath, Oxford	Note : 10,000 metres run removed from Birmingham
1 st June	SCVAC Track & Field Championships	Ashford	
8 th June	MMAC Track & Field Championships	Solihull	Entry form will be on website guests welcome!
14 th June	Interland (GB v France v Belgium)	Ashford	
21 st June	John Howell Memorial Meeting, British (LSW) Throwers Decathlon Championships		www.mmtg.org.uk
21 st June	SVHC Track & Field	TBC	
21/22 nd June	Decathlon / Heptathlon (GB v USA)	Missouri, USA	Talk to Bruce Charles for details
21/22 nd June	GB v USA Decathlon / Heptathlon	University of Southern Missouri	Bruce Charles 01235 211532
22 nd June	BMAF 5k & 5k Walk Championships	Horwich	WITH THE HORWICH CARNIVAL RACES
28 th June	EVAA Mountain Running Championships	Lenzerheide, SUI	
28/29 th June	BMAF CHAMPIONSHIPS	BIRMINGHAM	ADVERT WILL BE IN SPRING EDITION
6 th July	WMAA T & Field Championships	New Stadium, Cardiff	
23 rd July-3 th August	EVAA T&F Championships	Ljubljana SLO	
9 th August	Inter Area		Provision date venue tba
16 th August	MMTG Heavy Weight Pentathlon & One Handed Hammer		www.mmtg.org.uk
29 th Aug-7 th Sept	European Masters Games	Malmo, SWE	

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6 th Sept	WMA/WMRA World Mountain Running Championships	Dolni Morava, Czech republic	
6 th September	MMTG Hammer Decathlon Champs		www.mmtg.org.uk
13/14 th September	BMAF DECATHLON/ HEPTATHLON CHAMPIONSHIPS	Horspath Stadium, Oxford	Bruce Charles 01235 211532
27 th September	MMTG Throws Fest		www.mmtg.org.uk
15 th November	MMTG Hammer Pentathlon		www.mmtg.org.uk
15 th November	BRITISH & IRISH INTERNATIONAL XC	Singleton Park, Swansea	
6 th December 2009	MMTG Christmas Weight Pentathlon		www.mmtg.org.uk
26-29 th March	EVAA Indoor Championships	Ancona ITA	
29-31 st May	EVAA Non Stadia	Aarhus DEN	
28 th July-8 th August	WMA T&F Championships	Lahti FIN	
10-18 th Oct	World Masters Games	Sydney, Aus	
2010			
8 th -18 th July	EVAA Stadium Championships	Nyiregyhaza, Hun	
2011			
7 th -17 th July	WMA Championships	Sacramento, USA	

Dates listed above in certain circumstances may change so check latest available information prior to making advanced bookings.



21ST NATIONAL OPEN MASTERS ROAD RELAY CHAMPIONSHIPS

SATURDAY, 17 MAY, 2008 AT SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council
Open to all Affiliated clubs

Promoted by Midland Masters A. C. for the British Masters Athletic Federation
Championships will be held over a traffic-free three-mile course

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

Medals to first three teams and three fastest individuals in each championship

ENTRIES CLOSE ON 19 APRIL. Entries from B teams will **not** be accepted.

Entry form and other details from: Mr DENIS WITHERS, 2 MIDGLEY DRIVE,
SUTTON COLDFIELD, B74 2TW (PLEASE INCLUDE 9" x 4" S.A.E.)

Entry forms will be available for download shortly from:
www.midlandmasters.org.uk
www.bvaf.org.uk

MASTERS ATHLETICS CHRISTMAS 2007

Event	World	European	British	World	European	British
60 M						
MW 35	6.51	6.51	6.51	7.01	7.17	7.60 7.51 Clova Cou
MW 40	6.81	6.81	6.93	7.17	7.17	8.04 8.0 ht
MW 45	7.02	7.18	7.18	7.30	8.06	8.14
MW 50	7.20	7.30	7.35	8.05	8.25	8.25
MW 55	7.34	7.51	7.53	8.53	8.53	8.64
MW 60	7.66	7.66	7.76	8.68	8.68	8.68
MW 65	7.80	8.04	8.17	9.03	9.29	9.40
MW 70	8.20	8.22	8.47	9.72	9.72	9.98
MW 75	8.62	8.62	8.80	10.86	10.86	11.53
MW 80	8.88	9.17	9.94	11.52	11.66	12.43
MW85	9.78	9.78	11.07	12.57	12.57	14.67
MW90	11.47	11.47	18.37	-	-	-
MW95	16.96	-	-	-	-	-
MW100	27.29	-	-	-	-	-
200 Metres						
MW35	20.59 20.45 Fredericks	20.59	20.59	23.04	23.04	25.29 24.22 Clova Court Birmingham 4/2/96
MW40	21.94	21.94	22.37	25.29	25.29	25.99
MW45	22.57	22.76	22.76	26.06	26.07	26.36
MW50	22.99	23.22	23.22	26.52	27.01	27.95
MW55	23.36	24.42	24.42	28.16	28.16	28.71
MW60	25.10	25.24	25.25	28.94	29.16	29.16
MW65	25.59	25.59	26.41	30.63	31.46	32.0 31.46
MW70	27.11	27.40	27.40	33.11	33.11	33.11
MW75	28.98	28.98	30.01	40.13	40.13	41.70
MW80	31.86	32.36	34.00	45.16	45.16	-
MW85	34.42	34.42	43.31	51.80	51.80	-
MW90	41.74	41.47	-	-	-	-
MW95	66.78	-	-	-	-	-
400 Metres						
MW35	47.45	47.45	49.99	51.99	51.99	57.17
MW40	48.96	48.96	49.99	56.82	56.82	59.05
MW45	49.89	51.48	51.48	59.16	59.86	59.86
MW50	52.72	52.96	52.96	61.38	62.18	62.56
MW55	53.20	54.51	56.20	66.82	66.82	66.82
MW60	55.62	55.70	58.84	70.15	70.15	72.46
MW65	56.63	56.63	63.55	71.89	73.97	80.15
MW70	61.31	64.12	67.96	81.63	83.25	86.22
MW75	66.28	68.65	78.88	1:41.15	1:53.86	2:11.60
MW80	75.58	77.97	1:31.39	2:15.67		
MW85	85.14	89.26		2:30.53		
MW90	1:44.93	1:50.06				
800 Metres						
MW35	1:49.79 1:45.96 dos Santos BRA	1:48.92	1:55.63	1:57.37	1:58.37	2:12.87 2:10.06 Gowry Retchakan B'ham 4:02:98
MW 40	1:48.81	1:55.32	1:55.63	2:01.59	2:01.59	2:14.09
MW 45	1:56.29	1:57.32	1:57.32	2:18.16	2:19.7	2:19.7
MW 50	1:59.99	2:00.53	2:00.53	2:25.28	2:25.28	2:25.28
MW 55	2:08.15	2:08.15	2:08.15	2:31.73	2:34.33	2:34.33
MW 60	2:14.42	2:18.50	2:16.9	2:40.28	2:40.28	2:40.28
MW65	2:16.80	2:24.82	2:24.81	2:47.75	2:47.75	2:59.35
MW 70	2:20.45	2:34.2	2:34.2	3:14.00	3:16.59	

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MW 75	2:32.47	2:42.35	2:43.35	3:31.94	3:31.94	
MW 80	3:08.88	3:08.88	3:48.41	5:16.53		
MW 85	3:30.95	3:30.95		5:59.98		
1500 M'trs						
MW35	3:37.40 3:34.77 Tanui KEN	3:37.40	3:54.61	4:03.08 3:59.98 Jacobs	4:03.61	4:33.35 4:29.06 Christa Salt Ludwigshafen GER 20/01/01
MW 40	3:45.3	3:45.3	3:57.16	4:05.19	4:05.19	4:39.99
MW 45	4:02.48	4:02.48	4:03.69	4:41.67	4:40.48	4:44.0
MW 50	4:09.98	4:09.98	4:12.67	4:51.68	4:51.68	4:51.68
MW 55	4:26.7	4:27.01	4:27.01	5:07.30	5:07.30	5:08.69
MW 60	4:37.80	4:37.80	4:37.80	5:22.50	5:22.50	5:22.50
MW 65	4:47.11	4:53.03	4:53.02	5:57.1	6:03.01	6:03.01
MW 70	5:12.22	5:13.1	5:13.1	6:26.65	6:26.65	6:50.6
MW 75	5:20.04	5:37.28	5:42.26	6:47.04	6:47.04	8:39.73
MW 80	6:19.34	6:19.34	7:21.57	9:12.97	10:11.33	
MW85	7:18.32	7:18.32	8:41.47			
MW90	14:29.4	14:29.4				
3000 m'trs						
MW35	7:40.68 7:39.76 Bitok KEN	7:40.68	8:20.16	8:39.14	8:43.49	9:32.93 9:16.89 Zahara Hyde-Peters B'ham 22/01/00.
MW40	8:09.13	8:09.13	8:20.16	9:02.83	9:02.83	9:52.84
MW45	8:34.58	8:34.58	8:45.19	9:11.67	9:11.67	10:00.05
MW50	8:49.37	8:49.37	8:49.37	10:17.53	10:17.53	10:17.53
MW55	8:58.7	8:58.7	9:23.43	10:35.76	11:00.10	11:06.13
MW60	9:43.88	9:43.88	9:43.88	11:35.90	11:35.90	11:35.90
MW65	10:11.60	10:17.02	10:32.28	12:30.03	12:30.03	13:09.42
MW70	10:52.40	10:56.69	11:08.49	14:01.97	13:27.8	14:13.7
MW75	11:17.21	12:12.76	12:12.72	15:43.66	15:50.01	20:30.32
MW80	13:30.77	14:10.79	14:10.79	19:34.97		
MW85	16:41.3	17:29.09		25:57.92		
MW90	23:12.34	24:51.75				
60 Hurdles						
MW35	7.40 7.37 Tony Dees USA	7.40	7.40	8.02 7.74 Devers USA	8.02	8.20 8.18 Court Paris 7/03/97
MW 40	7.85	7.85	8.28	8.71 8.55	8.55	8.88 (8.8h) 8.55 Clova Court Birmingham 28/01/01
MW 45	8.18	8.51	8.86	8.79	8.79	9.13
MW 50	8.47	8.71	8.92	9.38	9.75	10.02
MW 55	8.63	9.04	9.09	9.84	10.24	10.24
MW 60	8.85	9.00	9.63	10.04	10.43	11.24
MW 65	9.57	9.60	9.91	10.58	10.58	12.43
MW 70	9.89	10.06	10.06	11.37	11.37	
MW 75	10.09	11.16	13.9	15.40	15.40	
MW 80	11.10	11.65	16.41			
MW 85	13.16	13.16	16.06			
3000 Walk						
MW35	11:09.40	11:08.0	11:58.49	12:28.76 12:28.32 Rohl USA	12:28.76	13:52.12
MW 40	12:25.80	12:25.80	12:55.56	12:33.1	12:33.1	15:59.69 14:56.61 Brenda Lupton B'ham 26/2/95
MW 45	12:21.55	12:21.55	13:03.3	14:35.7	14:35.7	15:52.71
MW 50	12:34.9	13:04.13 (12:55.3p)	13:06.0	15:04.35	15:11.2	16:23.78
MW 55	13:09.0	13:53.5	14:11.2	15:58.47	15:58.47	16:57.81
MW 60	14:22.23	14:29.4	15:00.1	15:59.53	15:59.53	17:27.9

MASTERS ATHLETICS CHRISTMAS 2007

MW 65	15:29.7	15:28.8 (14:46.4 p)	15:32.58	17:38.4	17:32.0	17:38.4
MW 70	15:39.27	15:35.4	15:39.27	18:26.5	19:24.57 (17:38.10 p)	18:23.0
MW 75	17:02.20	17:02.20	17:02.20	20:50.01	21:12.2	21:12.2
MW 80	17:41.4	17:41.4	17:41.4	21:34.4	21:34.4	
MW 85	22:29.58	22:42.03	21:13.8	27:11.02	27:42.6	
High Jump						
MW35	2.27 2.30 Charles Austin USA	2.27	2.25	2.00 This should be 1.95 only 34 when achieved	1.95	1.71 Julia Bennett 1.81
MW 40	2.10	2.02	1.90	1.72	1.70	1.69
MW 45	2.04	1.93	1.78	1.60	1.57	1.57
MW 50	2.00	2.00	1.71	1.55	1.55	1.40
MW 55	1.81	1.84	1.65	1.48	1.48	1.36
MW 60	1.73	1.73	1.60	1.37	1.37	1.30
MW 65	1.62	1.62	1.56	1.31	1.31	1.25
MW 70	1.49	1.49	1.48	1.20	1.20	1.18
MW 75	1.40	1.40	1.20	1.15	1.15	0.88
MW 80	1.31	1.31	1.04	0.96	0.96	
MW 85	1.19	1.19	0.97	0.89	0.80	
M90	1.06	1.00				
M95	0.86					
Pole Vault						
MW35	5.88	5.70	4.70	4.25	4.25	3.80
MW 40	5.20	5.05	4.53	3.60	3.60	3.20
MW 45	4.90	4.77	4.33	3.36	3.36	3.00
MW 50	4.71	4.63	4.20	3.06	2.95	2.95
MW 55	4.10	4.05 (4.06p)	3.80	2.81	2.81	2.00
MW 60	3.96	3.60	3.60	3.01	2.55	2.00
MW65	3.45	3.45	3.30	2.89	2.40	
MW70	3.20	3.20	3.20	2.11	1.90	
MW75	2.90	2.70	2.20	1.80	1.40	
MW80	2.75	2.50	1.80	1.40		
MW85	2.44	1.90				
MW90	1.82	1.60				
Long Jump						
MW35	7.98 8.01 Larry Myricks USA	7.98	7.87	6.86	6.86	5.40 6.13 Kim Rothman 10/02/02 Cardift
MW 40	7.52	7.52	7.52	5.87	5.87	5.78 5.86 Kim Rothman 30/1/05
MW 45	6.97	6.97	6.40	5.75	5.36	5.12
MW50	6.50	6.50	5.91	5.00	4.84	4.86
MW55	6.34	6.34	5.78	4.79	4.66	4.09
MW 60	5.80	5.80	5.35	4.58	4.58	3.94
MW 65	5.31	5.30	4.77	4.16	4.06	3.87
MW 70	5.22	5.22	4.21	3.60	3.88	3.10
MW 75	4.68	4.70	4.03	3.45	3.60	2.71
MW 80	4.05	4.05	2.49	2.74	2.74	2.04
MW 85	3.60	3.60	2.22	1.91	1.64	1.64
MW 90	3.15	2.96				
Triple Jump						
MW35	17.44	17.44	17.44	14.44	14.44	11.49 13.49 Ashia Hansen
MW 40	16.08	14.94	14.47	12.14	12.14	11.14
MW 45	14.82	14.70	13.55	11.08	11.08	10.65

MASTERS ATHLETICS CHRISTMAS 2007

MW 50	13.72	13.72	12.74	10.69	10.69	9.82
MW 55	13.35	13.35	12.45	9.40	9.40	8.90
MW 60	12.53	12.53	11.93	9.45	9.45	8.35
MW 65	11.61	11.61	10.09	9.04	9.04	8.19
MW 70	10.54	10.54	9.25	7.99	7.99	6.83
MW75	9.40	9.40	8.33	7.07	7.07	5.17
MW80	8.65	8.46		5.57	4.27	4.38
MW85	7.39	7.39		3.61	3.61	3.61
MW90	6.52	6.52				
Shot Put						
MW35	20.93	20.93	20.85 Mark Proctor Kings Lynn 25/1/98	21.47	21.47	13.45 18.72 Judy Oakes
MW40	20.07	19.48	16.18	19.16	19.16	13.75 18.42 Judy Oakes Valencia 28/2/98
MW 45	20.40	20.40	13.83	14.88	14.88	11.54
MW 50	16.65	16.24	16.01	14.06	14.07	12.48
MW 55	15.74	15.57	14.73	12.61	12.61	12.09
MW 60	16.57	16.83	13.81	12.54	12.54	11.97
MW 65	15.15	15.29	12.51	12.00	12.00	11.75
MW 70	15.39	14.64	11.93	9.83	9.83	9.79
MW 75	13.66	13.66	9.74	7.96	7.96	
MW 80	12.02	12.02	7.33	6.60	6.60	4.36
MW 85	10.90	10.90	5.19	5.81	5.29	3.72
MW 90	8.44	8.44	5.10	4.08	4.08	
MW95	6.18	4.53				
MW100	3.52					
WEIGHT						
MW35	23.86	18.14		15.00	15.00	10.31
MW40	22.56	18.55	17.32	17.12	13.89	11.03
MW45	19.58	14.52		15.97	12.20	
MW50	21.03	19.67		15.42	12.37	8.93
MW55	19.70	17.08	16.00	14.99	13.90	
MW60	22.82	19.03	15.06	17.57	17.57	
MW65	19.12	19.12		14.72	14.72	13.87
MW70	19.64	18.33		10.20	10.20	
MW75	16.84	16.84	11.27	9.54	9.54	
MW80	15.70	15.70		7.06	6.19	
MW85	11.52	11.52		7.82		
MW90	10.98	9.52		5.45		
MW100	5.10					
PENTATHLON						
MW35	3770	3822		4029	4114	
MW40	3977	3834		4060	4060	4060
MW45	4062	4023		4376	4297	
MW50	4256	4101		4302	4299	
MW55	4313	4103		4739	4349	
MW60	4546	4546		4844	3889	
MW65	4454	4141		4630	4669	
MW70	4151	4151		4918	4906	
MW75	4061	3553		3960		
MW80	4096	4226				
MW85	3755	3356				

MASTERS ATHLETICS CHRISTMAS 2007

MASTERS TRACK WALK RANKINGS 2007.

2000 Metres:

M35: 1 John Constandinou 10.19.2; 2 Andy Ruffel 14.16.1; 3 Simon Swift 15.01.1;
M40: 1 Mark Williams 8.15.85; 2 Jim Ball 9.01.2; 3 Steve Arnold 9.18.6; 4 Phil Williams 9.49.5; 5 Tim Watt 10.00.0; 6 Stuart Beard 10.03.0;
M45: 1 Steve Uttley 9.47.9; 2 Ian Statter 10.54.6; 3 Rob Elliott 10.57.0; 4 Gary Macdonald 11.17.9; 5 Dale Martin 11.28.9; 6 Steve Allen 11.31.1;
M50: 1 Nick Silvester 9.17.0; 2 Peter Williams 9.35.6; 3 Chris Hobbs 9.37.9; 4 Steve Uttley 9.50.4; 5 Graham Chapman 9.55.2; 6 Rod Dunn 10.23.0;
M55: 1 Dave Henley 10.51.4; 2 Derek Patterson 10.56.2; 3 Dave Manning 11.03.5; 4 Steve Harris 11.07.8; 5 Peter Boszko 11.14.5; 6 Don Powell 11.42.1;
M60: 1 Colin Turner 10.38.9; 2 Shaun Lightman 10.54.4; 3 Peter Hannell 11.00.7; 4 Alan Emmott 11.09.2; 5 Bob Austin 11.21.7; 6 Graham Ayre 11.29.8;
M65: 1 Micky Harran 10.23.8; 2 Amos Seddon 10.58.8; 3 Ron Penfold 11.07.2; 4 Alan Smallwood 11.21.3; 5 Denis Myers 11.24.7; 6 Roger Osgood 11.29.2;
M70: 1 Arthur Thomson 10.26.5; 2 Dave Stevens 12.11.2; 3 Ron Powell 12.22.9; 4 Peter Morris 13.13.4; 5 Ron Purkiss 13.30.9; 6 Eric Horwill 13.42.8;
M75: 1 Gordon Chapman 13.42.9; 2 Ron Smith 14.44.2;
M80: 1 Ron Hale 16.39.8; 2 Jack Fitzgerald 17.35.9;
W35: 1 Verity Snook 10.00.9; 2 Sharon Tonks 10.16.1; 3 Jeanette Malin 11.31.4; 4 Julie Bellfield 11.34.1; 5 Gabrielle Brooks 11.53.8; 6 Val Carter 12.17.6;
W40: 1 Jill Eve 10.54.9; 2 Ruth Jackson 12.23.2; 3 J Harmer 12.39.9; 4 Cristine Pates 12.50.1; 5 Gina Lodowski 12.57.6; 6 Pam Rayment 13.13.9;
W45: 1 Toni Boa 10.22.7; 2 Karen Davies 11.58.6; 3 Fiona Bishop 12.20.1; 4 Liz Blackie 12.25.5; 5 Marian Grace 12.28.2; 6 Trish Garner 12.51.6;
W50: 1 Ann Wheeler 10.45.7; 2 Joan Lennon 11.29.9; 3 Sheila Owen 11.31.3; 4 Cath Duhig 11.56.1; 5 Celia Pardoe 12.02.3; 6 Chrissie Brooks 12.14.9;
W55: 1 Liz Neville 12.10.2; 2 Margaret Emmott 12.19.0; 3 Ann Rollins 12.19.7; 4 Noel Blatchford 12.41.1; 5 Jan Farmer 12.43.8; 6 Margaret Balch 12.49.8;
W60: 1 Carol Birch 12.40.3; 2 Dorothy Johnstone 12.55.9; 3 Rose Druckes 13.09.0; 4 Barbara Parkinson 13.16.0; 5 Brenda Harvey 13.20.4; 6 Dot Fellows 13.28.9;
W65: 1 Jill Langford 13.14.02; 2 Gill Woodland 15.59.6; 3 A Dukes 16.35.6;
W70: 1 Pam Horwill 14.21.4; 2 Ursula Duckworth 14.52.0; 3 Beryl Chapman 15.33.4;

3000 Metres:

M35: 1 Paul Evenett 14.27.5; 2 Dave Mackey 18.55.4; 3 Mark Cawte 19.49.1;
M40: 1 Mark Williams 12.30.0; 2 Andy Penn 13.13.4; 3 Jim Ball 13.51.7; 4 Phil Williams 14.30.49; 5 Steve Arnold 14.30.63; 6 Dwayne Butterley 14.33.91;
M45: 1 Peter Kaneen 13.30.12; 2 Steve Uttley 15.12.0; 3 Stephen Walker 15.23.4; 4 Rob Elliott 15.32.0; 5 Steve Allen 16.06.0; 6 Mark Byrne 16.27.5;
M50: 1 Nick Silvester 13.59.51; 2 Trevor Jones 14.54.8; 3 Chris Hobbs 15.09.0; 4 Steve Uttley 15.09.0; 5 Graham Chapman 15.11.4; 6 Laurence Dordoy 15.44.3;
M55: 1 John Hall 15.30.6; 2 Dave Kates 15.34.2; 3 Carl Lawton 16.18.09; 4 Terry Bates 16.34.0; 5 Dave Manning 16.51.0; 6 Peter Boszko 17.06.45;
M60: 1 Peter Hannell 16.24.0; 2 Alan Callow 16.40.6; 3 Shaun Lightman 16.54.0; 4 Bob Austin 17.22.7; 5 Tony Collins 17.33.0; 6 Chris Flint 17.43.8;
M65: 1 Micky Harran 16.24.0; 2 Amos Seddon 16.31.9; 3 Ron Penfold 16.32.1; 4 Ken Ballam 17.33.4; 5 Denis Myers 17.48.0; 6 Roger Osgood 18.12.5;
M70: 1 Arthur Thomson 15.37.3; 2 Dave Stevens 17.45.2; 3 Ron Powell 17.48.19; 4 James Ireland 18.00.0; 5 Pete Stapleford 19.09.01; 6 Bernie Hercock 20.10.22;
M75: 1 Doug Fotheringham 18.59.72; 2 John May 21.31.3; 3 Gordon Chapman 22.01.78; 4 Geoff Dowling 22.32.0; 5 Harvey Jaquest 24.26.0;
M80: 1 Karl Abolins 22.00.48; 2 Jack Fitzgerald 27.00.0;
W35: 1 Verity Snook 14.44.8; 2 Estle Viljoen 14.48.96; 3 Jo Hesketh 15.56.6; 4 Julie Bellfield 17.45.6; 5 Cheryl Sacks 21.56.0;
W40: 1 Sarah Sowerby 16.21.1; 2 Jill Eve 17.00.6; 3 Jenny Elliott 17.34.0; 4 Maureen Noel 17.57.09; 5 Lisa Motley 18.13.7; 6 Gina Lodowski 18.52.9;
W45: 1 Diane Bradley 15.51.18; 2 Toni Boa 15.56.48; 3 Marie Jackson 16.13.3; 4 Fiona Bishop 18.38.1; 5 Sue Rey 20.04.0; 6 Jayne Le Noury 20.26.0;

W50: 1 Ann Wheeler 16.17.38; 2 Anne Belchambers 17.21.9; 3 Heather Fenton 18.24.1;
W55: 1 Noel Blatchford 19.26.5; 2 Sue Dewar 21.43.4; 3 Barbara Eldin 22.45.3;
W60: 1 Rose Druckes 20.40.0; 2 Sue Dewar 21.43.4; 3 Barbara Eldin 22.45.3;
W65: 1 Jill Langford 20.05.3;
W70: 1 Maureen Spelman 19.49.67; 2 Beryl Chapman 24.18.72;

5000 Metres:

M35: 1 Paul Evenett 23.20.97; 2 Chris Cale 28.50.6;
M40: 1 Mark Williams 21.46.9; 2 Jim Ball 23.31.0; 3 Michael George 24.22.5; 4 Steve Arnold 25.15.0; 5 Phil Williams 25.26.54; 6 Dwayne Butterley 26.15.06;
M45: 1 Peter Kaneen 22.55.0; 2 Steve Allen 26.21.6; 3 Mark Byrne 28.24.0; 4 Paul Hayden 30.48.0; 5 Neale Smith 32.19.0; 6 Kevin Le Noury 32.32.0;
M50: 1 Nick Silvester 23.46.48; 2 Chris Hobbs 25.55.0; 3 Steve Uttley 26.09.0; 4 Rod Dunn 27.01.0; 5 Geoff Richardson 27.14.0; 6 Mark Wall 28.37.0;
M55: 1 John Hall 25.58.7; 2 Terry Bates 26.15.0; 3 Dave Manning 28.07.0; 4 Lyn Atterbury 28.55.0; 5 Mick Graham 33.46.8; 6 Dave Ainsworth 35.29.4;
M60: 1 Peter Hannell 29.22.0; 2 Peter Hodgkinson 29.55.7; 3 Les Scrivens 30.57.19; 4 Dave Hurst 31.11.6; 5 Mick Barnbrook 32.49.2; 6 Bill Sutherland 36.46.1;
M65: 1 Ed Shillabeer 27.54.0; 2 Ron Penfold 29.37.0; 3 Ken Ballam 30.26.2; 4 John Whyte 31.23.29; 5 Alan O'Rawe 32.00.3; 6 Nolan Simmons 32.13.7;
M70: 1 Arthur Thomson 27.10.9; 2 Dave Stevens 31.13.6; 3 Pete Stapleford 32.27.6; 4 Dave Mace 34.41.6; 5 Eric Horwill 35.23.55; 6 Ken Livermore 36.30.95;
M75: 1 Doug Fotheringham 33.11.98; 2 Gordon Chapman 38.53.0;
M80: 1 Karl Abolins 38.03.3; 2 Harvey Jaquest 43.24.5;
W35: 1 Estle Viljoen 25.03.84; 2 Verity Snook 25.35.6; 3 Julie Bellfield 30.29.5; 4 Karen Sheppard 37.27.0;
W40: 1 Lisa Kehler 23.53.0; 2 Niobe Menendez 25.14.91; 3 Jill Eve 28.22.0; 4 Sarah Sowerby 28.25.0;
W45: 1 Marie Jackson 27.28.8; 2 Diane Bradley 27.58.0; 3 Toni Boa 27.59.8; 4 Karen Davies 31.07.0; 5 Fiona Bishop 31.48.3; 6 Sue Rey 33.24.0;
W50: 1 Ann Wheeler 27.32.0; 2 Anne Belchambers 29.46.0; 3 Cath Duhig 31.42.3; 4 Kim Howard 33.14.3; 5 Carol Bates 34.18.0;
W55: 1 Françoise Fernandez 35.21.7;
W60: 1 Rose Druckes 34.58.0; **W65:** 1 Jill Langford 33.46.0; 2 Pam Ficken 38.44.0;
W70: 1 Maureen Spelman 33.08.8; 2 Beryl Chapman 41.01.0;

10000 Metres:

M35: 1 John Constandinou 59.57.00;
M40: 1 Mark Williams 46.31.0; 2 Dwayne Butterley 51.52.0; 3 Steve Arnold 53.11.0; 4 Mark Culshaw 60.00.2; 5 Colin Vesty 68.08.0; 6 Mark Cleator 72.25.1;
M45: 1 Peter Kaneen 47.59.5; 2 Steve Uttley 53.51.8; 3 Steve Allen 57.13.5; 4 Gary Macdonald 63.08.0; 5 Paul Hayden 67.11.0; 6 Kevin Le Noury 68.15.0;
M50: 1 Steve Uttley 54.41.9; 2 Dave Sharpe 57.49.8; 3 Laurence Dordoy 58.51.1; 4 Mark Wall 60.54.0; 5 Sean Pender 63.18.0; 6 Alan Kinvig 67.53.8;
M55: 1 Terry Bates 53.39.0; 2 Richard Emsley 56.50.0; 3 Dave Manning 60.18.0; 4 Paul King 61.44.8; 5 Peter Boszko 63.09.0; 6 Jon May 63.21.4;
M60: 1 Chris Berwick 56.34.0; 2 Alan Callow 58.57.2; 3 Peter Hannell 59.40.0; 4 John Killick 61.29.0; 5 Bob Dobson 62.29.2; 6 Tony Collins 63.28.0;
M65: 1 Ron Penfold 56.46.1; 2 Micky Harran 59.21.9; 3 Alan O'Rawe 68.18.8; 4 Mick Le Sauvage 70.09.0;
M70: 1 Arthur Thomson 53.56.7; 2 Ron Powell 61.56.6; 3 Dave Stevens 63.43.0; 4 Pete Stapleford 68.05.0; 5 Bernie Hercock 70.10.8; 6 Ken Livermore 72.44.3;
M75: 1 Doug Fotheringham 67.51.2; 2 John May 73.50.6; 3 Gordon Chapman 77.44.0;
W35: 1 Estle Viljoen 51.48.6; 2 Sarah Lightman 70.38.0;
W40: 1 Maureen Noel 62.44.9;
W45: 1 Marie Jackson 56.29.2; 2 Sue Rey 69.08.0; 3 Jayne Le Noury 71.46.0; 4 Kath Colquitt 72.04.6;
W50: 1 Heather Fenton 65.29.0; 2 Kim Howard 69.01.8; 3 Carol Bates 72.25.0;
W60: Rose Druckes 73.24.0;

Please Note - M75 5000 Metres Track Walk (Riccione - 6th September)

Doug Fotheringham 29.40.60; Both Doug and John walked a lap short John May 37.51.40; so Doug informs me

BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 29th MARCH 2008

(under UKA rules, permit applied for)

at Warriner School, Banbury, Oxfordshire

Organised by SCVAC and Oxford City A.C.

OPEN to ALL MASTERS

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

RACE 1 6km WOMEN (all ages) and MEN over 70 12.00
RACE 2 8km MEN 50 - 69 12.45
RACE 3 8km MEN 35 - 49 14.00

ENTRY FEES Members of a Veteran Club £7.00

All other competitors who must include proof of age £9.00
e.g. photocopy of birth certificate, driving licence, passport etc

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

BMAF Team Awards for the first three teams, M35 -39 (3 to count)

M40-49, (4 to count), M50-59, M60-69, W35 - 44, W45 - 54, W 55 + (three to count)

BMAF Championship competitors in M 40-49, M50-59, M60-69, W 45-54, W 55+ who wish to count for M35-39, M40-49, M50-59, W35-44 and W45-54 teams instead of their own age group, **must declare on the entry form.** NB Runners in age category M50+ who wish to down age to M40-49 age group team **MUST** run in race 3 Men 35-49 in order to qualify for the team event.

SAE (9x6) required for race number, confirmation and travel directions. Send completed entry form to: **BMAF XC Championships c/o Race Director, 61, St. Mary's Road, Long Ditton, Surbiton, Surrey KT6 5HB**

Cheques made payable to: **SCVAC**

Closing Date : 10th March, 2008

Entries will not be accepted after this date. **No entries on the day.** Confirmation will be sent out after closing date.

BMAF 2008 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on **29th March 2008**. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

Surname _____ First name _____ M/F _____

Age on 29/3/2008 _____ D.O.B. _____ Age Group _____

Address _____

Post Code _____

Email address _____

First Claim UKA club _____

BMAF Club _____ Membership No. _____

YOUNGER TEAM DECLARATION M 35-39, M40-49, M50-59, W35-44, W45-54

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

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



BMAF Open Indoor Track & Field Championships & Winter Throws Championships

Lee Valley Athletics Centre, Enfield, Middlesex.

Saturday/Sunday 23rd-24th February 2008

(Under UKA/IAAF/WMA Rules)

FIRST EVENT 9.30am

SAT: 60m, 400m, 1500m, 60mH, Long Jump, High Jump(W/M55+), Pole Vault(W/M60+), plus Hammer, Shot and Weight for Women/M65+ and Discus and Javelin for M35 – M60

SUN: 200m, 800m, 3000m, 3000mWalk, Triple Jump, High Jump(M35-M50), Pole Vault(M35 – M55), plus Hammer, Shot and Weight for M35-M60 and Discus and Javelin for Women/M65+

Provisional Timetable/Hotel Accommodation details will be posted on website: (www.bmaf.org.uk)

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

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

MALE ☐

FEMALE ☐

Please use capital letters

Surname _____ First Name _____

Address [IN FULL] _____

Postcode _____

Date of Birth _____ Age Group for Event _____

Telephone No. Home _____ Work _____

E-mail Address [PLEASE CONFIRM] _____

BMAF Affiliated Club: EVAC ☐ IoMVAC ☐ MMAC ☐ NVAC ☐ NIVAC ☐ SCVAC ☐ SWVAC ☐

SVHC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please only tick ONE "PAID UP" CLUB)

Membership Number _____

***** **FOR NON-AFFILIATED AND OVERSEA'S ATHLETES ONLY** *****

I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details [A MUST FOR EACH CHAMPIONSHIP]

Non-Affiliated – UKA Club [Member of] _____ or Oversea's Entry – Country _____

EVENT

PB2006/07

EVENT

PB2006/07

Payment enclosed for Entry fees as follows:

First Event	£18.00 for NON BMAF Affiliated Member	£ _____
	£15.00 for BMAF Affiliated Member	£ _____
Each subsequent Event	£6.00	£ _____
Overseas Entries	in lieu of stamps on AE [£0.50]	£ _____
TOTAL		£ _____

[SAE Essential for Confirmation of Entry (not by phone)/NO RECORDED DELIVERIES ACCEPTED]

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

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2008 Indoor Track & Field Championships and Winter Throws

Signed _____

Date _____

[BEFORE SIGNING PLEASE ENSURE YOU HAVE SUPPLIED ALL REQUIRED DETAILS – IF NOT, REJECTION]

Entries close Thursday 7th FEBRUARY 2008

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

[PLEASE NOTE: ATHLETES INSTRUCTIONS WILL NOT BE POSTED UNTIL 16th FEBRUARY 2008]

Algarve Challenge November 2007

Words & Pictures : Steve Smythe

British Masters athletes dominated the second Algarve Challenge. The open event saw wins for Telford's Dave Mansbridge and Dulwich Runners' Clare Elms who easily beat the opposition in the Overall event and the four varied and exciting races in five days that were held in perfect weather.

The setting, Monte Gordo and Vila Real San Antonio, is host to one of the most popular winter training venues in Europe and it has long flat sandy beaches, trails through the Algarve National Forest and a well conditioned all weather track with good indoor facilities too.



The races making up the Challenge are a 8K cross-country (on a course familiar to those who ran the cross country relays in the 2005 European Masters Non stadia Championships), an one mile track race, a 6.5K beach race after a days rest, the Challenge runners joined 500 runners on the start line in Vila Real San Antonio for the tough 10 mile journey across the Guadiana Bridge to Ayamonte in Spain for the classic X Milhas do Guadiana.

Mansbridge came out on top in the Overall Challenge by over 9 minutes, winning the three Challenge races comfortably and then finishing second Vet in the 10 mile which boasted a strong international field (the Kenyan Kipruto won in 48:12). He timed 1:54:03 for his 20 mile total over the week.



The winning Dulwich Womens Team-Clare Elms, Lis Pritchard, Ros Tabor & Teresa Gaillard de Laubenque

Elms was even more dominant in the women's race with her 2:03:17, and her best result came in the Mile where she pushed Mansbridge for three laps and was rewarded with a personal best of 5:04.9, which strengthened her hold on the number one spot in the UK Masters rankings for the event.

Elms, who won the W40 British Masters titles over 800m, 1500m and 5000m, already, topped the UK W40 rankings over 3000m (9:59.7) and 5000m (17:30.0) in her first track season. She finished third overall and first Veteran in the 10 mile behind two Russians though struggled in the heat and ran 62:04.

Other notable Veterans performances in the week came from Martyn Rouse who finished third man overall and dominated the M60 categories in both the Challenge (2:08:28) and the 10 mile where he ran 63:31 while another M60 Martin Miller (2:23:09) made the top 10 overall while Harry Clayton was first M70 overall (2:47:16).

Though she didn't compete in the overall Challenge, former W55 British Marathon record holder Ros Tabor was third overall in the Beach Race and then won the award for first Over 45 in the 10 mile with 71:42 from her Dulwich team-mate and fellow W55 Lis Pritchard in 72:55.

The 10 mile race, which next year will be from Spain to Portugal, gives you your time overall position and category position within seconds of finishing on a piece of paper and all runners get a quality t-shirt, medal, free drinks, and well stocked goody bag with food and fruit etc while all Challenge competitors received a specially Challenge designed t-shirt, bag, and medal.

The Challenge should also continue to grow in coming years, but if you can't make the whole week, it is possible just to take in the 10 mile and it is also possible to go to the area through the winter and make use of the superb trails and runs. The British team used it as a holding camp as long ago as the 1999 World Championships in Seville and the facilities and running routes have greatly improved in recent years.

Anyone interested in taking part in the 2008 Algarve Challenge, or the X Milhas do Guadiana, or in getting winter or spring training details, should contact Track and Field Tours (01277 354 377) <http://www.trackandfield.co.uk> or e-mail tfours@aol.com



Men

1 Dave Mansbridge (Telf, M40) 1:54:03; 2 Steve Smythe (Dulw, M45) 2:03:10; 3 Martyn Rouse (Inv EK, M60) 2:08:28

Women

1 Clare Elms (Dulw, W40) 2:03:17; 2 Lourdes Miccoli (BRAZIL , W60) 2:47:48; 3 Claudia Maruoka (BRAZIL , W45) 2:58:14

Other British Masters competitors

Stephen Livett (M40) 2:20:54; Martin Miller (M60) 2:23:09; Alan Davidson (M60) 2:28:06; Cliff Hyde (M50) 2:32:38; Stephen Edwards (M50) 2:34:10; Harry Clayton (M70) 2:47:16; David Brooks (M60) 2:52:25; Stephanie Burchill (W50) 3:01:17; Dennis Williams (M60) 3:01:39; Barry Hopper (M60) 3:06:10; Michael Hindle (M60) 3:07:47; Janice Hindle (W60) 3:07:49; Alastair Jackson (M60) 3:10:22; Jo Hewett (W35) 3:27:06

LEEK HALF MARATHON-BMAF CHAMPIONSHIPS AUGUST 26th 2007 -

Words -Mel James Pictures -Jeremy Hemming

After a cold start the morning remained cloudy and overcast. This tough moorland course enticed nearly 100 entrants to our championships, with 81 finishers.

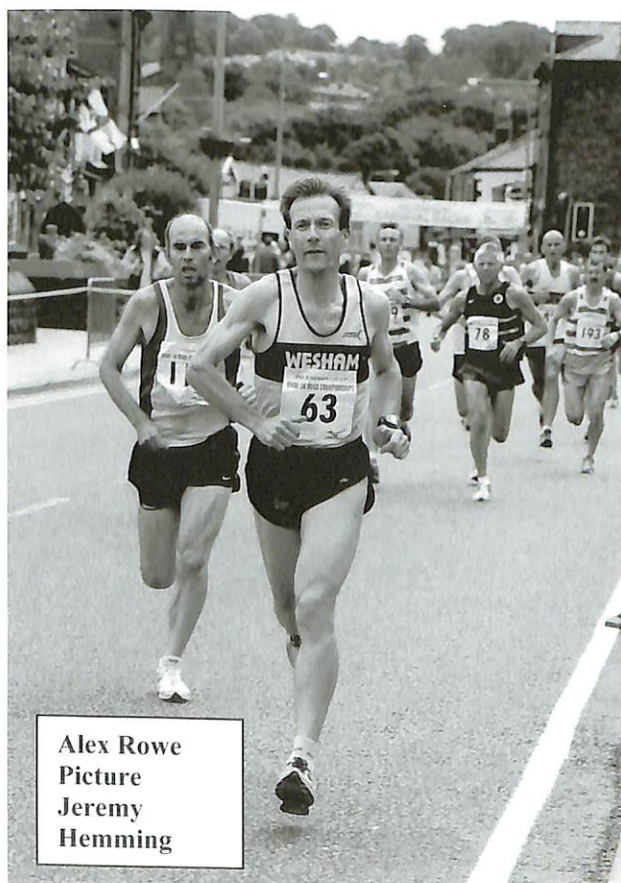
With only 4 finishers in the Male 0/35, it is still a thinly contested section. A 0/40 Male Andy McNeill, from Long Eaton, led the race home in a time of 1h-15m -20s.

In the Women's section a 0/40 also led the field; Therese Wooley from the Centurion R/Running Club crossed the line in a time of 1h -25m-04s. I would like to thank Mick Hall, and all the Staffs Moorland Club for hosting us, and organising a successful and reasonably priced race.



Stewart McDonald 2nd in the Half Marathon
Shown here in the ECCU Championships.

MEN: 1, Andy McNeill M40- 1 L Eaton 1:15:20; 2, Stewart McDonald M40- 2 Bing 1:15:34; 3, Andy Wilton M45-1 Staffs Moor 1:15:37; 4, Aherne Lee 1:15:37; 5, Alexander Rowe M50- 1 Wesham 1:17:06; 6, Gareth Briggs M35-1 Staffs Moor 1:17:45; 7 Gary Pendlebury M50-2 Wesham 1:18:35; 8, Malcolm Fowler M40- 4 Wilmslow 1:18:49; 9, Martin Farran M45-2 Leeds 1:18:58; 10, Kevin Lilley M45- 3 Sheff RC 1:19:09; 11, Ken Moss M55-1 NVAC 1:19:27; 12, Tom McGaff M50-3 Wilmslow 1:20:08; 13 Stuart Parrott M40-5 Wilmslow 1:20:26; 14, Keith Boardman M45- 4 Falkirk VH 1:21:03; 15, Malcolm Eustance M45-5 Tipton 1:21:26; 16, Pete Martin M45-6 Staffs Moor 1:22:24; 17, Paul Light M45-7 Staffs Moor 1:22:36; 18 Jim Pendrill M35-2 Wilmslow 1:22:48; 19, David Owen M40- 6 Staffs Moor 1:23:08; 20, Nigel Grant M40- 7 Penny Lane 1:23:10; 21, Steve Davies M45-8 Mansfield 1:23:35; 22, Richard Jenkin M45-9 Hillingdon 1:24:18; 23, Graham Taylor M40-8 Wilmslow 1:24:20; 24, Philip Bailey M55-2 Liverpool 1:26:00; 25, Simon Dunn M45-10 Trentham 1:26:28; 26, Ken Bloor M45-11 Trentham 1:27:17; 27, Dale Colclough M45-12 Staffs Moor 1:27:33; 28, Eddie Lee M40-9 Chesterfield 1:28:07; 29, Howard Jefferey M50- 4 Otley 1:28:14; 30, Alan Hudson M55-3 Wesham 1:28:56; 31, Kelvin Amos M45-13 Cheadle 1:29:00; 32, David Newman M45-14 Hillingdon 1:29:24; 33, Johnathan Whillock M40-10 Staffs Moor 1:29:38; 34, Robert Mottram-Jones M45-15 Veg C & AC 1:30:05; 35, Stan Winterton M60-1 Trentham 1:30:24; 36, John Clements M60- 2 Stone MM 1:32:02; 37, David Beattie M60- 3 Crawley 1:32:28; 38, Mike Cunningham M60-4 Manchester 1:32:51; 39, Andrew Green M55- 4 Keighley & C 1:33:10; 40, Terry Lonergan M55-5 Ilkley 1:33:20; 41, David Nutton M40-11 Buxton 1:36:03; 42 Brian Russell M60-5 Dudley K 1:37:08; 43, Steve Chell M50-5 Trentham 1:37:28; 44, Kevin Dillon M50-6 Manchester 1:38:15; 45, Martin White M55-6 Huncote 1:39:25; 46, Alan Peers M65-1 Spectrum 1:40:28; 47, Adrian Lloyd M55-7 Serpentine 1:42:33; 48, Alan Lewis M65-2 Trentham 1:44:40; 49, Russell Mabbett M40-12 Wesham 1:44:52; 50, Bill Atkinson M70- 1 NVAC 1:45:29; 51, Mark Hughes M50-7 Trentham 1:45:56; 52, Mark Armstrong M50- 8 Staffs Moor 1:46:40; 53, David Naylor M70- 2 WMAA 1:46:49; 54, Martin Stirna M50-9 South Cheshire 1:47:02; 55, Richard Green M35-3 1:47:12; 56, Brian Fozard M70-3 Wakefield 1:47:55; 57, Rob Kilner M35-4 Pudsey 1:47:57; 58, Philip Leaver M50-10 Wesham 1:48:13; 59, Peter Downs M45-16 Chorley 1:50:53; 60, Gerald Davies M65-3 Stone MM 1:52:10; 61, Michael Oliver M45-17 Stratford Upon Avon 1:52:46; 62, Peter Cooke M45-18 Wesham 1:53:26; 63, Alan Smith M70-4 3m Gorseinon 1:54:21; 64, Bill Whitworth M65-4 Stafford 1:55:40; 65, Mervyn Huggins M75-1 MMAC 1:58:04; 66, Iain Fortune M60- 6 Spectrum 2:00:10; 67, Andrew Williams M40-13 Road Runners 2:01:49; 68, John Riley M65- 5 NVAC 2:07:12; 69, Kio Vejani M65-6 Lingfield 2:21:22;



Alex Rowe
Picture
Jeremy
Hemming

TEAM RESULTS

1. Staffs Moorlands AC 42 (Andy Wilton, Gareth Briggs, Pete Martin, Paul Newman); 2. Wilmslow RC 51 (Malcolm Fowler, Tom McGaff, Stuart Parrott, Jim Pendrill); 3. Wesham AC 93 (Alexander Rowe, Gary Pendlebury, Alan Hudson, Russell Mabbett);

BMAF Champs over 40 : 1. Staffs Moorlands AC 39 (Andy Wilton, Pete Martin, Paul Light, David Owen); **BMAF Champs over 50** : 1. Wesham AC 27 (Alexander Rowe, Gary Pendlebury, Alan Hudson, Philip Leaver);

WOMEN: 1. Theresa Wooley W40-1 Centurion 1:25:04; 2. Catherine Newman W45-1 Exmouth 1:26:42; 3. Yvonne Wyke W35-1 Wigan 1:27:02; 4. Julia Myatt W40-2 Newcastle-Staffs 1:27:08; 5. Angela Allen W35-2 Horwich 1:27:42; 6. Ruth Watchorn-Rice W40-3 Cheadle 1:28:15; 7. Jacqueline Massey W40-4 Mansfield 1:32:07; 8. Kate Sutton W45-2 Wilmslow 1:40:04; 9. Kathleen Hoyer W45-3 Wesham 1:50:52; 10. Grace Hough W55-1 Telford 1:57:59; 11. Pamela McEntee W45-4 Wolverhampton & Bilston 2:07:44; 12. Shelia Symonds W70 Brodysynni 2:52:57;

**BMAF Marathon Championship-
New Forest – 16th September 2007**

Words-Christopher Potter

Pictures-Paul Pocock

**www.imageextra.net 01425
613609**

The British Masters Marathon Championship was held in conjunction with the New Forest Marathon at New Milton, the marathon was well organised and provided exciting marathon to watch. The weather was almost ideal for marathon running.

Just 27 masters ticked the box on the entry form, and of these 18 finished.

Mark Hargreaves (M45 - Bournemouth Runner/SWVAC) was **First home** in a time of 2:38:30. Picking up the Winner's Trophy and the M45 Gold Medal.

Only M40 in the Championship was Paul Rose (M40 – Yeovil Town RRC/SWVAC) in 2:58:29 (11th Overall).

M50 Gold Medal was won by Henry Szwinto (New Forest Runner/SWVAC) in 2:53:37 (5th Overall), Picking up the Race M50 Trophy and the Gold Medal.
Walter Hill (Crawley AC/SCVAC) in 3:13:22 (24th Overall), followed home by team mate Jeremy Carmichael (Crawley AC/SWVAC) in 3:21:31 (41st Overall), Stephen Chell (Trentham RC/MVAC) in 3:35:56 (94th Overall)

The only M55 was Dauí Cowx (Cranleigh Tortoise & Hare SCVAC) in 3:36:55 (96th Overall).
The M60 Gold Medal was won by Phillip Howells (Tewkesbury AC/SWVAC) 3:40:05, (111th Overall), Neil Middleton (Trentham RC/Midland Master AC) was 2nd in 3:45:56 (136th Overall), David Phillips (Massey-Ferguson RC/ MVAC) 4:47:42 (386th Overall).
M65 Gold Medal was won by Peter Mander (Launceston RR/SWVAC) in 4:10:08, (259th Overall), Peter was followed home by Peter Gaze (Bournemouth AC/SWVAC) in 4:28:09 (331st Overall). Kio Vejdani (Lingfield RC/SCVAC) in 4:40:10. (421st Overall).

Edmond Simpson (Folkestone RC/VAC) was the only M70 in the Championship and finished in 3:47:12 (144th Overall).

Only 4 Ladies contested the Masters Marathon Championship.

Jenny Moloney (Royal Manor of Portland/SWVAC) was the winner of the W45 in 3:38:11 (100th Overall).

Joy Radford (Winchester & District AC/SWVAC) was the winner of the F50 in 3:57:46 (197th Overall).

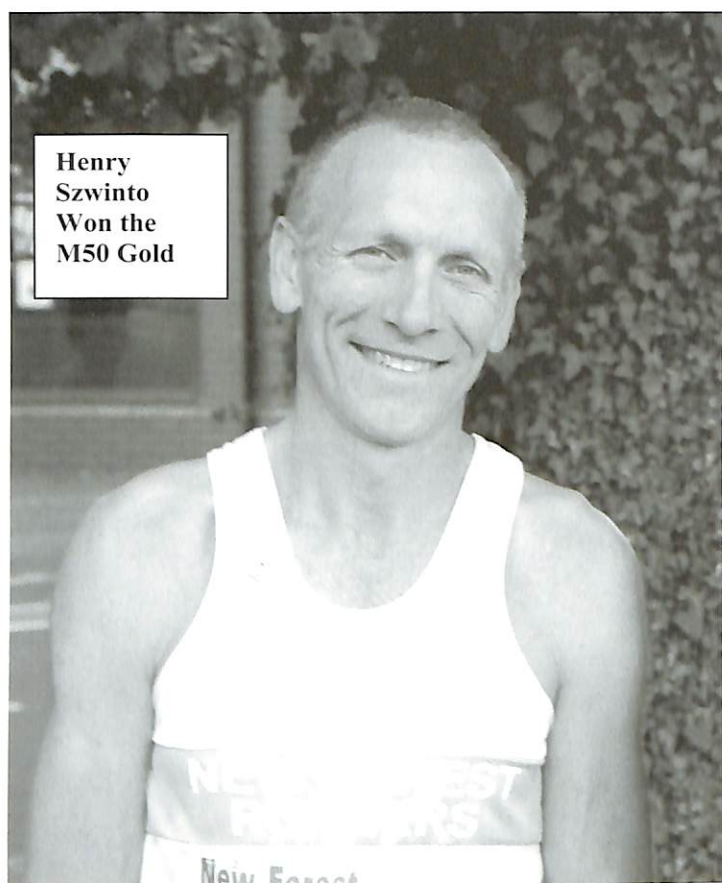
Barbara Law (Great Bentley RC/ EVAC) was the winner of the F60 in 4:27:44 (329th Overall).

Patricia Seabrook F65 (Finch Coasters/ SCVAC) was the winner of the F65 in 5:27:17 (435th Overall).



Mark Hargreaves was first home

A Quote from Henry Szwinto, Vet 50 Gold Medal winner :-
A good Marathon, but my running did not go to plan, Blisters & Cramp slowed me down in the last 3 miles.
But the weather and condition were great for marathon running.



Henry Szwinto Won the M50 Gold

1, M45, Mark Hargreaves, Bournemouth 2:38:30; 2, M50, Henry Szwinto, New Forest Runners, 2:53:37; 3, M40, Paul Rose, Yeovil 2:58:59; 4, M50, Walter Hill, Crawley 3:13:22; 5, M50, Jeremy Carmichael, Crawley 3:21:34; 6, M50, Stephen Chell, Trentham RC, 3:35:56; 7, M55, Dai Cowx, Cranleigh Tortoise & Hare, 3:36:55; 8, W45, Jenny Moloney, Royal Manor of Portland AC, 3:38:11; 9, M60, Phillip Howells, Tewkesbury AC, 3:40:14; 10, M60, Neil Middleton, Trentham RC, 3:45:56; 11, M70, Edmond Simpson, Folkestone RC, 3:47:12; 12, W50, Joy Radford, Winchester & Dist AC, 3:57:46; 13, M65, Peter Mander, Launceston RR, 4:10:08; 14, W60, Barbara Law, Great Bentley RC, 4:27:44; 15, M65, Peter Gaze, Bournemouth AC, 4:28:21; 16, M60, David Phillips, Massey-Ferguson RC, 4:47:42; 17, M65, Kio Vajdani, Lingfield RC, 5:09:10; 18, W65, Patricia Seabrook, Finch Coasters, 5:27:32;

Anne Luke 0/50 (SWVAC) 37m-57s. The Most Notable Performance of the Day was **Steve Charlton (VAC)** Smashing the **British 0/80 Best** by almost 2 mins, in the Fantastic Time of **45m -04s**. In the Team Competition, Bridgend o/35, Bristol o/40, Birmingham Rowheath o/50, Bingley Harriers o/60 secured Gold. The Ladies Section o/35 was won by Presteigne Pacers, with Bro Dysynni o/55s also taking Gold. My Thanks to the Maldwyn Harriers Club for hosting this Masters Only Road Race which attracted nearly 200 entrants.



Daniel Moore overall race winner
Picture -Tom Morris

BMAF - 10k Championships at Newtown 30th September 2007

Words: Mel James

Pictures: Jeremy Hemming

Once again an older age group led the race, Daniel Moore (Bristol & West A/C) 0/45 crossed the line in the excellent time of 32m.20s. Cheralyn Evans W45 (Telford A/C) won the womens section in a time of 36m.49s. There were many notable performances on this fast 2 lap Course. The First Three 0/40 and 0/45 Men all broke 33 mins. Frankie Barton 0/50 ran under 34 mins for Gold, and Harry Mathews 0/60 beat Gareth Jones by 20secs, both going under 37 mins. In the 0/70 section Harold Dobson ran 40 minutes exactly. Notable times in the Womens Section were Sue Becconsall 0/45 close on the heels of the winner (37m-04) and

1, Daniel Moore, MMAC, M45-1, 32:20; 2, Darran Hiscox, Bridgend M35-1, 32:24; 3, Martin Broadhead, NVAC, M40-1, 32:28; 4, Mick O'Doherty, SWVAC, M45-2, 32:35; 5, Alee Woods, MMAC, M40-2, 32:42; 6, Rob Hand, VAA -NE M45-3, 32:46; 7, Dave Kesterton, MMAC, M40-3, 32:50; 8, Lee Aherne, WMAA, M40-4 33:03; 9, Andrew Hussey, MMAC, M40-5, 33:08; 10, Henryk Piotrowski, MMAC, M40-6, 33:22; 11, Dennis Walmsley, MMAC, M45-4 33:26; 12, Frankie Barton, Scottish Veteran Harriers, M50-1, 33:40; 13, Richard Drage, SWVAC, M45-5, 33:42; 14, Alex Rowe, NVAC, M50-2, 33:55; 15, Steve Marklew, MMAC, M40-7, 34:00; 16, Malcolm Eustace, MMAC, M45-6 34:13; 17, David Davies, WMAA, M50-3 35:07; 18, Neil Hardee, WMAA, M40-8, 35:12; 19, Mark Tankard, Oxford City AC, M40-9, 35:16; 20, Philip Kendrick, WMAA, M45-7 35:31; 21, Stephen Ward, Tipton Harriers AC, M40-10, 35:35; 22, Jeremy Hogan, SWVAC, M45-8, 35:48; 23, Leslie Lock, SWVAC, M55-1, 35:52; 24, Maurice Collins, Liverpool Running Club, M40-11, 36:07; 25, Richard Gray, MMAC, M45-9 36:09; 26, Tony Hinchley, MMAC, M45-10 36:13; 27, Desmond Michael, SCVAC, M55-2, 36:15; 28, Dean Houlton, EVAC, M40-12, 36:20; 29, Harry Matthews, VAA-NE, M60-1, 36:24; 30, Kevin Spare, MMAC, M50-4, 36:30; 31, Evan Cook, NVAC, M55-3, 36:31; 32, Peter Davies, Bridgend AC, M50-5 36:33; 33, Richard Jones, Telford AC, 44, M, M40-13, 36:35; 34, Edward Davies, Maldwyn Harriers, M50-6 36:37; 35, Gareth Jones, VAC, M60-2, 36:44; 36, Charlie Dickinson, VAC, M55-4 36:47; 37, Cheralyn Evans, MMAC, W45-1, 36:49; 38, Phil Bailey, NVAC, M55-5, 36:57; 39, Haydn Jones, Maldwyn Harriers, M45-11 37:01; 40, John Exley, SVAC, M55-6, 37:02; 41, Jim Rothman,

MMAC, M45-12 37:03; **42, Sue Beconsall, NVAC, W45-2, 37:04**; 43, Kelvin Amos, MMAC, M45-13 37:05;



Sharon Orridge
third woman in
the race, picture
Jeremy Hemming

44, Sharon Orridge, MMAC, W40-1 37:12; 45, Ian Barnes, SWVAC, M60-3, 37:12; 46, Colin Mattock, MMAC, M55-7, 37:17; 47, Mark Paviour, WMAA, M45-14 37:21; 48, Trevor McGill, M45-15, 37:25; 49, Clifford Evans, WMAA, M45-16, 37:31; **50, Yvonne Wyke, Wigan Phoenix, W35-1, 37:42**; 51, Gary Irving, Swansea Harriers AC, M45-17, 37:45; 52, Les Haynes, NVAC, M60-4 37:46; 53, Steve Hewett, MMAC, M55-8, 37:48; 54, Stephen Marshall, VAA NE, M50-7, 37:52; 55, William Allan, NVAC, M60-5 37:53; **56, Monica Williamson, MMAC, W45-3, 37:54**; 57, Anne Luke, SWVAC, W50-1, 37:57; 58, Harry Fowler, MMAC, M50-8, 38:00; 59, S P Badgery, VAC, M60-6 38:07; 60, Martin Flowers, MMAC, M50-9 38:11; 61, Jon Embling, Bridgend AC, M50-10 38:17; 62, Billy Taylor, EVAC, M50-11 38:26; 63, Stephen Larcombe, MMAC, M50-12 38:31; **64, Caroline Hewitt, SWVAC, W40-2, 38:32**; 65, Dave Hughes, Bridgend AC, M40-13, 38:34; 66, Steve Couldwell, Birchfield Harriers, M60-7 38:38; 67, John Batchelor, VAC, M65-1, 38:50; 68, Gordon Orme, MMAC, M65-2, 38:52; 69, Bill Layton, Croft Ambrey, M50-13 39:00; 70, Mike Cunningham, NVAC, M60-8, 39:02; 71, Vic Wilson, VAC, M60-9 39:10; 72, Bob Dover, NVAC, M60-10 39:25; **73, Denise Sanders, Telford AC, W40-3 39:26**; 74, Peter Hall, NVAC, M65-3 39:36; **75, Sue Cooper, NVAC, W50-2, 39:37**; 76, Paul Southall, Tipton Harriers AC, M40-14, 39:47; 77, Michael Smith, NVAC, M60-11 39:50; **78, Frances Gill, Neath Harriers AC, W45-4 39:52**; 79, Phillip Llewellyn, WMAA, M60-12 39:56; 80, Harold Dobson, NVAC, M70-1 40:00; **81, Christine Kilkenny, MMAC, W50-3 40:06**; 82, Peter Giles, VAC, M60-13 40:07; 83, Stephen Brown, WMAA, M50-14 40:08; 84, Simon Wiltshire, SWVAC, M35-2, 40:23; 85, Glyn Williams, Presteigne Pacers, M35-3, 40:26; 86, Leighton Gardner, Swansea Harriers AC, M40-15 40:35; 87, Steve Herington, MMAC, M55-9, 40:38; 88, Alan Elsmere, Bromsgrove & Redditch, M60-14 40:40; 89, Graeme Donnan, Les Croupiers RC, M50-15, 40:48; **90, Linda Marson, EVAC, W45-5 40:52**; 91, John Turner, MMAC, M60-15 40:54; 92, Dawn Kenwright, WMAA, W50-4, 41:00; 93, Simon Partridge,

WMAA, M50-16 41:01; **94, Lynn Emmett, EVAC, W35-2, 41:02**; 95, Alan Rich, VAC, M55-10, 41:06; 96, Uku Kumari, Swansea Harriers AC, M55-11 41:11; 97, Fred Gibbs, NVAC, M65-4 41:25; 98, Michael Davies, WMAA, M55-12, 41:28; 99, Walter Ryder, VAA-NE, M70-2 41:31; **100, Susan Davies, WMAA, W40-4, 41:40**; 101, Guy Whitmarsh, Croft Ambrey, M60-16 41:51; **102, Margaret Kenchington, MMAC, W50-5 41:56**; 103, Michael Johnson, VAC, M65-5 42:00; 104, Andy Murray, VAC, M50-17 42:16; 105, Mervyn Thomas, MMAC, M55-13 42:32; **106, Keith Davies, WMAA, M60-17 42:38**; 107, John Perratt, SWVAC, M70-3, 42:45; 108, Bob Anning, M40-16, 42:47;



Sandy Urro
1st W55
Jeremy
Hemming

109, Sandy Urro, MMAC, W55-1, 42:52; **110, Jane Morley, NVAC, W55-2, 43:00**; 111, Brian Gough, WMAA, M65-6 43:02; 112, Kevin Corcoran, WMAA, M45-18, 43:04; 113, Gordon Wiltshire, SWVAC, M70-4, 43:11; 114, Martin Ludford, MVAC, M50-18 43:21; 115, David Spencer, NVAC, M70-5 43:29; **116, Diane Farmer, EVAC, W45-6 43:30**; **117, Chris Rollason, MMAC, W55-3, 43:43**; 118, John Collins, WMAA, M65-7 43:46; **119, Ros Tabor, VAC, W55-4 43:47**; **120, Zina Marchant, SWVAC, W55-5 43:49**; 121, Harry Franklin, MMAC, M70-6 44:00; **122, Val Carter, MMAC, W40-5 44:01**; 123, Adam Kennerly, Presteigne Pacers, M40-17, 44:38; **124, Mandy Evans, Presteigne Pacers, W40-6 45:00**; 125, Steve Charlton, VAC, M80-1, 45:04; 126, E Barber, SWVAC, M70-7 45:06; 127, Rob Williams, Maldwyn Harriers, M50-19 45:28; 128, Dennis Marchant, SWVAC, M55-14, 45:37; **129, Jacky Austin, WMAA, W55-6 45:51**; 130, David Lloyd, Presteigne Pacers, M50-20 46:04; 131, William Valentine, SWVAC, M55-15 47:10; **132, Pauline Rich, VAC, W60-1, 48:10**; **133, Grace Hough, MMAC, W55-7, 48:18**; 134, John Cooper, WMAA, M65-8 49:04; **135, Barbara Owens, Presteigne Pacers, W40-7, 49:33**; 136, William Davies, WMAA, M75-1, 50:05; **137, Christine Lloyd, Swansea Harriers AC, W45-7, 50:24**; **138, Cynthia Cooper, WMAA, W65-1, 50:37**; 139, Nigel Farmer, Marshall Milton Keynes, M40-18 50:43; 140, Mervyn Huggins, MMAC, M75-2, 50:58; **141, Brenda Jones, WMAA, W65-2 52:05**; 142, Kevin Dillon, NVAC, M50-21 54:56; 143, Edmund Scott, Road Running Club of GB, M60-18 56:56; **144, Majorie Griffiths, WMAA, W60-2, 58:10**; **145, Pat Scott, Road Running Club of GB,**

W60-3 61:16; 146, John Duncan, SWVAC/MMAC, M50-22 62:06; 147, Ron Franklin, SCVAC, M75-3, 67:13; 148, Kathy Ling, Wrekin Road Runners, W60-4 69:02; 149, Sheila Symonds, WMAA, W70-1, 70.:06;

BMAF 10 Mile TADLEY

October 13: British Masters 10-mile Road Championships, Tadley, Hampshire

WORDS: Pete Mulholland on a small but perfectly formed Championship.

PICTURES: Ken DeCarlo

Last year in the Veterans AC 10-mile Championship at Epsom, Steve Charlton took a nasty tumble immediately after the start, but then pulled himself together to clock 75min 58sec for an M80 world record.

This time around Charlton stayed on his feet and carved a staggering 93sec off from that time to record 74min 25sec. "It was a good course, but there was plenty of up and down," was Charlton's verdict on the twisting one lap route of the Hampshire countryside.

"That was my first ten-miler since Epsom," said Charlton who admits to a weekly training schedule of just 20 miles.

There was a markedly low turn-out of British Masters contestants with just 45 contesting the championship compared to 188 last year and it was the M50s who stole the show with six of them finishing within the first 11 runners home.

First M50 home was Tim Hughes who wasn't entered for the championship, the M50 gold medal going to Brian Gardner who ran well to finish ahead of runner-up Alex Rowe, winner of three British Masters track titles this year and a bronze medal in the World Masters marathon. "My back went into a spasm last week," admitted Rowe. "It gave me a bit of gyp but I took it on before Brian (Gardner) got away on the uphill section."

The M40 runners also fared well, the first three home, led by George Hide, all finishing in the leading nine runners as Mark Tankard and Tim Grose finished second and third. A more than pleased athlete was M55 Des Michael, a regular high placer in domestic Masters Championships. "No pressure today," he admitted. "I have heard that I've been selected for England," he added, referring to the Cross Country International, "so I can relax. "That wasn't a PB course," Michael said after his winning run in 59min 41sec," but I thought my sub-60 days were over."

Since turning 60 in May of last year, Gareth Jones has been collecting British Masters titles like they are going out of fashion and today added another to defend his title in 61min 48sec. "I went well for the first few miles, running under 6-minute pace, but then my legs reminded me that this was my fourth

championship race in 16 days" Jones said. After half way I slowed on the hills, and suffered from a stiffening ankle." As well as a glut of championship races, Jones must be one of the busiest masters on the circuit with this being his 33rd race over track or road this year, and that doesn't include relays!

The M65 category saw a battle between the Bingley Harrier pairing of Les Haynes held sway over defending champion Fred Gibbs while Bill Davies took the M75 honours. "That was my first ten-mile since last year," admitted Davies, "and I was concerned about getting round."

Arguably the best strength in depth was in the W40 category which saw Tina Oldershaw seeing off a strong challenge from the likes of Michaela McCullum, second British women home in the 2003 Flora London Marathon, and Liz Hartney. "That's my best time for seven years," said an exuberant Oldershaw after leading throughout: her time of 60min 16sec lifting her to fourth in this year's W40 rankings. McCullum (60min 51sec) and Hartney (61min 04sec) are now shown at fifth and sixth respectively in those same rankings.

Having turned 40 in May of this year, Oldershaw confirmed her current status when winning the senior 10-mile title in the Kent County Championships just seven days earlier.

As if to confirm the power of the W40 field, Andrea Dennison, a former winner of this championship, had to settle for sixth place this time around.

In defending her British Masters title, Brenda Jones, the current W65 Welsh Champion over the distance, showed remarkable consistency by finishing in 86min 39sec, just one second faster than last year.

BRITISH MASTERS MEDAL WINNERS

M40: 1 George Hide 57:15; 2 Mark Tankard 58:14; 3 Tim Grose 58:33

M45: 1 Brian Colella 63:32.

M50: 1 Brian Gardner 56:24; 2 Alex Rowe 56:55; 3 Brian G 57:21.

M55: 1 Des Michael 59:41; 2 Peter Dellar 62:35; 3 Phil Johnson 63:32.

M60: 1 Gareth Jones 61:48; 2 Malcolm Pillar 65:25; 3 Edwin Evans 70:39.

M65: 1 Les Haynes 62:54; 2 Fred Gibbs 67:20; 3 Keith Scudamore 67:34.

M75: 1 William Davies 82:12; 2 Mervyn Huggins 84:00

M80: 1 Steve Charlton 74:25

W35: 1 Karen Rushton 61:53.

W40: 1 Tina Oldershaw 60:16; 2 Michaela McCullum 60:51; 2 Liz Hartney 61:04.

W45: 1 Katherine Jones 65:44; 2 Carol Bowker 66:32; 3 Carol Morgan 82:37

W50: 1 Lorraine Daglish 75:34

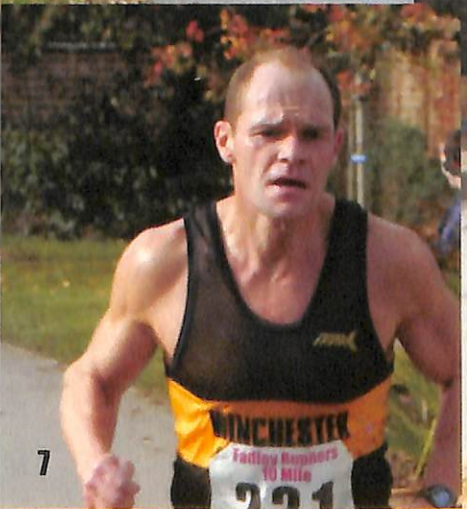
W55: 1 Christine Egglestone 76:40

W65: 1 Brenda Jones 86:39

TEAMS

M40: Oxford City

W40: 1 Reading Road Runners; 2 Winchester & District AC



- 1 STEVE CHARLTON NEW WORLD BEST M80
- 2 GARETH JONES FIRST M60
- 3 KATHERINE JONES FIRST W45
- 4 BRIAN GARDNER THE RACE WINNER
- 5 DES MICHAEL FIRST M55
- 6 TINA OLDERSHAW FASTEST WOMAN
- 7 GEORGE HIDE FIRST M40

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