

MASTERS ATHLETICS

British
Masters Athletic
Federation



**SPRING 2008
NUMBER 83**

**MEDALS GALORE
IN WORLD INDOORS
IN CLERMONT-FERRAND**

**BMAF INDOORS AT
LEE VALLEY**

**CROSS COUNTRY FROM
A MUDDY BANBURY**

**NEWS, VIEWS &
STATISTICS FROM THE
WONDERFUL WORLD OF
MASTERS ATHLETICS**

**ANDREW LEWIS WINS
THE PENTATHLON WITH
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IN CLERMONT-FERRAND**



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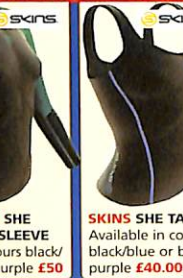


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Items for inclusion in the "Summer Edition" to reach the editor by the 16th June 2008.

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We wish to thank :
Nigel Wray for his generous donation.

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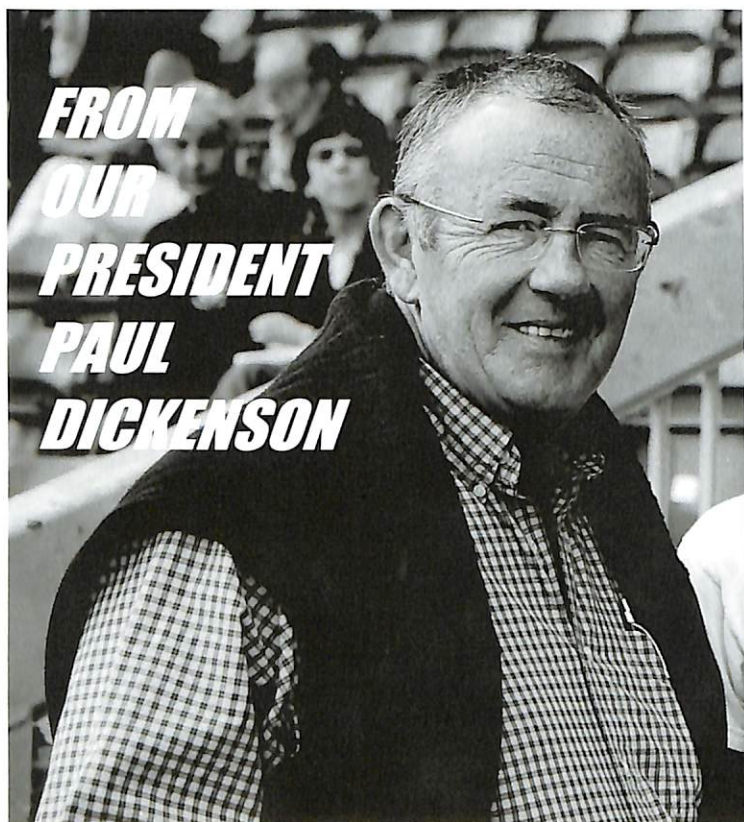
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**PICTURES IN THE
LAST EDITION OF
Masters Athletics
Were provided by
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**FROM
OUR
PRESIDENT
PAUL
DICKENSON**

Let me congratulate all the athletes who competed with distinction in Clermont Ferrand recently. The sheer volume of medals is to be applauded as was the quality of performances as was the quality support from administrators and officials. As an ailing Master myself, who finds it difficult if not impossible at times to venture out during a typical British winter and spring in order to train for the coming season I genuinely marvel at the levels of performance in view of the quantity and quality of training I know it takes to reach such heights!

In a recent Athletics Weekly I was intrigued to read an article concerning the current 'double act' of Warner and de Vos. It was essentially asking for tolerance and an end to unwarranted criticism of U.K.A. I am sure we agree with the sentiment in order for the sport to grow in stature but for me the jury is still out on the current performance and delivery. Athletics is a most complex sport! Anyone who has tried to organise a Coaching clinic, track and field meeting, and Road Race or Cross Country fixture would surely not disagree.

Worse than that, good coaching at grass roots (not clubs but schools) is virtually non-existent. It is of course grass roots where our next generation of champions and future 'masters' could come from. What is going to happen to a coaching structure which was fragile at best under the guise of U.K.A which has now been abandoned and devolved to England Athletics and the Regions?

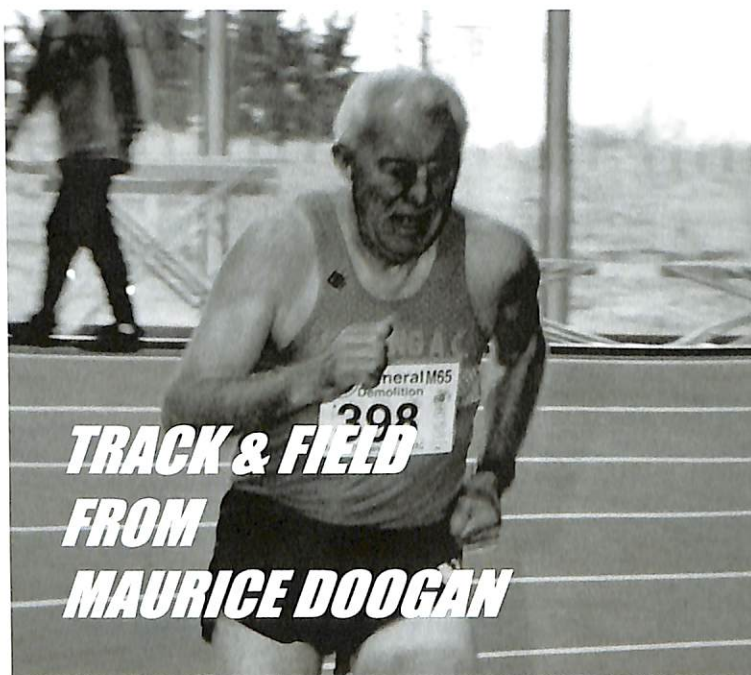
I was recently looking at an old photograph of an 'Esso Young Athletes Easter Course' held at Crystal Palace in 1966. This was for those who had excelled at the English Schools Championships the year before. From the seventy odd athletes in attendance there were only five future stars who made the GB Olympic team and two that are currently still competing aged approximately fifty-eight and there were far too many now deceased!! You may say in that case that not a lot has changed,

but believe me it has! Society has changed, motivations have changed and so has athletics.

I would wish for some additional dialogue between U.K.A and B.M.A.F, not just a chat between one of our officers and the higher echelons of our governing body but a real dialogue with some of our executive which would help them see where some of the real priorities are in the development of our sport way into the future. We have too much expertise in our sport not to be heard and I hope the invitation to talk will come from them!

I still have an uncomfortable feeling about the exposure Masters Athletes have to potential positive drugs tests in view of the lack of willingness of our world governing body to oppose and challenge the I.A.A.F in its unilateral condemnation of any pharmaceutical aid which may be administered by a doctor to preserve quality of life as opposed to enhancing athletic performance. This has to be resolved.

As always, good luck for the future. **Go well.**



**TRACK & FIELD
FROM
MAURICE DOOGAN**

Since our last edition, the dates for the Interland and the Main Outdoors fixtures have had to be changed, the first by the 'discovery' of an earlier booking by Kent Schools and the second by a Throws/Jump Fest at a venue deemed unsuitable for the Throws the year earlier. Neither of these fixtures even had provisional bookings in the Stadium Diaries when I booked them in early October 2007.

The Interland now clashes with the BMAF Horwich 5K weekend, and the Main Outdoors now clashes with a British League weekend. So much for enlightened co-operation, as this is the third year running we have been forced to make late changes to our major championships, after the venues had already been booked by BMAF. The moving of the Outdoors has also compromised the Hotel Deal put in place for Officials/Athletes, as we have had numbers cut back and price hiked. This is the British Grand Prix Weekend.

We have now completed our domestic Indoor Championships, where the numbers for the main indoors were lower than expected. We had extended the throws events, so that there could be a meaningful competition prior to the Winter Throws at the World Indoors, but the

extra events entered by throwers did not make up for fewer track athletes, where some of the events were noticeably depleted. This could not be accounted for by the refusal to accept late entries, but may be partly due to the Hotel Deal falling through, so making accommodation expensive. The numbers for the Indoor Pentathlon were up, to what appears to be a record entry, but the associated EVAC/Open numbers, were down from last year.

As you should know we have taken the 10,000m out of the main outdoors, so we are jiggling the Outdoor programme, with the 5000m now on the Sunday, to allow athletes to do either the 1500 / 800 or 1500/5000 double.

The remainder of the Outdoor Championships are now being progressed, save for the Weight Decathlon.

The Weight Decathlon has been a major issue, probably because of safety issues. Two years ago, we had a massive entry for this 'unofficial' Throws event, which we had included in our Championship programme, to give throwers more competition. However, we have in a way been too successful, and with the numbers involved, it cannot be undertaken in complete safety. Last year we did not have to address the issues, as the organisers, SECTA, had to decline through illness. This year, costs and logistics have caused me to pull the Championship. The requirement of extensions to cages for certain throws, and the necessary hire of these extensions and the implements, make the fixture unviable.

Throwers can now get this competition with the two specialist Throwers Clubs, SECTA and MMTG, so I propose to remove the Weight Decathlon from the BMAF Championship calendar. This removal will however be balanced by the full introduction of Winter Throws to the Indoor Championships, so at least the throwers are not getting their allocation reduced. The Winter Throws are also in events that are all part of the WMA recognised throws events, rather than very specialised events, that are not universal.

Following requests and discussions with Combined Events athletes, I propose to trial the Indoor Heptathlon as a BMAF Championship. Combined eventers are telling me, the Indoor Pentathlon, is not an equitable competition for Decathletes, whereas the Indoor Heptathlon is. Scottish Athletics includes a Masters section in their Indoor Heptathlon Championships, which several athletes south of the border attend. Entrant numbers have declined over the last few years, so we are broaching the subject with Scottish Athletics; about including our Championship within the event.

The World Indoors Jean-Pellez Stadium, Clermont-Ferrand

Firstly, a big thank you to Brian, Eric, Henry, John and Kevin for their never ending assistance, together with special thanks to the Medical Team for their forbearance during exceptional and total unacceptable circumstances.

Does anyone ever learn. W.M.A certainly do not appear to, as they yet again, let the L.O.C ignore their OWN rules, which even on the last day were not totally complied with. Please note, that following the chaos on the Sunday prior to the first day of competition, although I might have thought it, I was not the first one to say, this is making **RICCIONE** LOOK GOOD.

However that being said, as athletes, some of you still do very little to help yourself. I sometimes wonder how some of you ever get to the venues at all.

So let me yet again, reiterate things you must do, to save yourself 'disappointments'.

The first thing you do after registering, unless of course you have arrived so late that you have to DECLARE immediately, is to read the

Competitors Handbook from cover to cover [in fact you should have read it on the web-site before you left home]. From that you will know where to report to, well you would if they had adequate signage, but that is another matter, and at what time, before your competition. Having read the Handbook you will have seen the seeding arrangements, lane draws and progressions – so why did it take two days for inconsistencies to get back to Team Management. We can only address advised problems, as on the first few days we are trying to deal with the obvious problems. Inadequate signage, No Team Declaration Sheets, Shuttle Buses in not advised locations, inadequate warm up facilities, inadequate posting of heat make-up and timings, etc., etc.

However once advised of problems, we do not need to be told by the same athlete of the same problem again and again, no doubt we will have been advised of the same problem by other athletes. Also, when we give you an answer to how the problem has been addressed, even though you [and most of the time US] may not like the answer, it is not going to change by keep repeating the question. I am not a politician, I will not tell you what you may want to hear, you just get the truth, but by this time you may have noted that this grumpy old man has got REALLY grumpy.

As, just thinking about the frustrations the inept [being kind – they may get to Provence] L.O.C heaped upon us, makes me lose the will to live [only saved by the Bordeaux Chateau Cadillac in Brasserie Chez Flo] I will close on a further reiteration of Relay Selection.

Selection will ALWAYS be on the basis of current form in the specific event at the current Championship, although times at earlier Indoor/Outdoor Championships are noted. However, some athletes, which include middle distance runners, may specialise in longer events at the Championships, so are unable to compete in these specific events. If they have done fast times at earlier meetings elsewhere and they are at the top of their form at the current Championships, their times cannot be ignored, especially if the difference is more than two seconds, slow track or whatever. The difference between gold and silver in one relay was 3/100th of a second. Need I say more?

INTERLAND SELECTION CRITERIA

The Interland is a triangular International Match involving France, Belgium and ourselves, where the host country fields two teams, which this year will place at the Julie Rose Stadium in Ashford, Kent on Saturday 21st June 2008. The match is an A and B string affair for virtually all track and field disciplines for M35's and W35's. Older athletes can apply, if you are good enough you will get the nod.

I have been granted funds that will allow me to provide Friday night accommodation for athletes who reside well in excess of 100 miles from Ashford. As this in the vast majority of cases will be athletes from the Scotland/North, Midlands and Wales/ and the far West, the hotel is at Harlow Essex, so that most of you can avoid the M25 and the Dartford Crossing on the Friday night. Dinner, Bed and Breakfast will be provided, but you will be expected to share in twin bedded rooms. The last leg to Ashford will be undertaken on the Saturday morning.

However, apart from the above accommodation, each selected athlete will have to bear their own costs, in travelling to and from Ashford. As the first event, save for two throws events, is not until approximately Noon, people should be able to get there and back in a day, albeit rather a long one for most. The dress code however is mandatory, all athletes are required to compete in the latest British Masters kit supplied by Bourne Sports including the mid blue shorts – if you do not have such kit, or cannot borrow it, then you cannot be considered. You may well be unfunded, but you are representing your country and must therefore dress accordingly.

Selection will be based on current form, with the absolute cut off date being Friday 6th June, although a fair number of selections will need to be made before this, to enable the hotel accommodation to be fully confirmed. This should allow you to have done the County

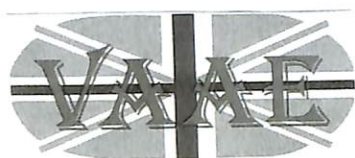
Championships and Senior League fixtures as well as some Masters Area Club Leagues and Championships. If you wish to be selected for this fixture, please forward your full details – NAME, ADDRESS, TELEPHONE NUMBER followed by EVENT(S) and time/height/distance and what competition and where achieved, by E-MAIL/ POST [with an SAE for reply] to me. Add note, if you expect accommodation.

I will endeavour to contact the leading athletes from last year and this year's Indoor season, but I will not 'wet nurse' you, if you think you are in this category you still need to put fingers to keyboard / pen to paper, to ensure you are considered. No one has a divine right to selection, current form will be the ultimate decider, not ranking or age.

Please be reminded, we need four athletes per event, both Men and Women, 2 in GBR and 2 in GBA, with a maximum of two events each plus relays, so there are 156 Slots to fill.

The Weight Throw will be included this year, but we will have to wait awhile before we can include the Women's Steeplechase. As we found in Clermont-Ferrand the French have different ideas on most things, whatever President Sarkozy says.

The full timetable will be forwarded to email able athletes, or posted on the BMAF website, in due course.



VETERAN ATHLETIC ASSOCIATION OF ENGLAND

We are pleased to announce that we shall shortly be issuing invitations to all Masters Area Clubs to take part in our
INTER AREA TRACK & FIELD CHALLENGE

To be held at Dacorum Athletic Track, Hemel Hempstead
On Saturday 10th August 2008. Our hosts will be SCVAC

Please make a note in your diary to reserve the date for this most enjoyable event and contact your local Area Club Team Manager for more details.

Entry Forms may be downloaded from www.bmaf.org.uk

Annual General Meeting

The BMAF AGM will be held on Saturday 5 July at the Alexander Stadium, Birmingham. All members are entitled to attend and to vote. Our Vice Chairman for Policy and International Affairs is not seeking re-election, opening up an opportunity for any member who feels that they would like to be involved in the policy making and leadership of Britain's most successful section of athletics. Further information will be available on our web site or contact the Executive. Your nomination will need to be received by the Honorary Secretary by 4 June and will need two signatures by current members.
Bridget Cushen



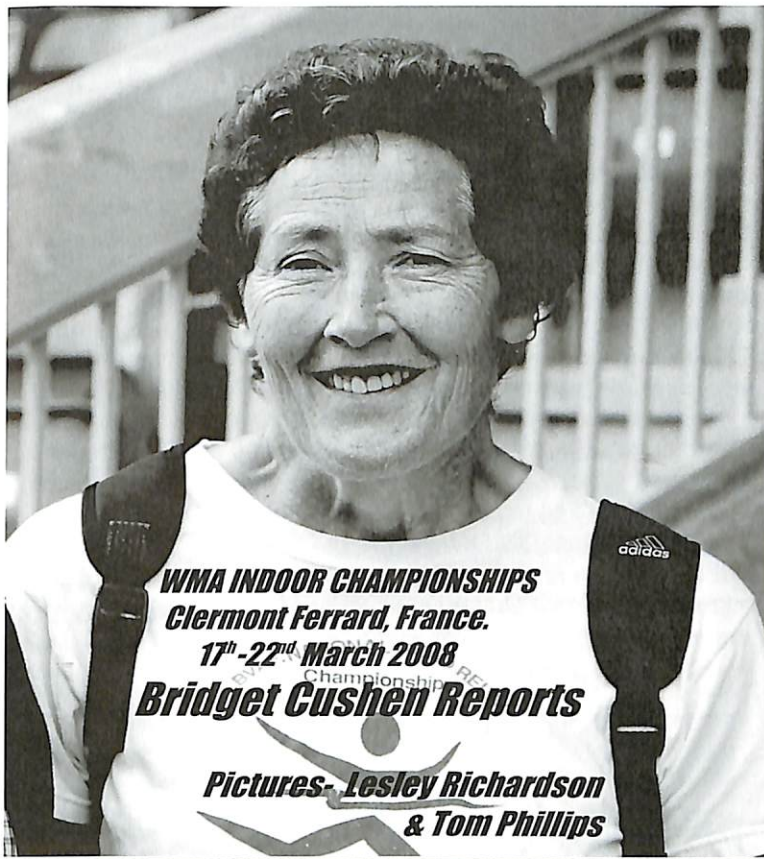
It was great to have as our Guest the Race Walking Associations President during the British Indoors at Lee Valley.

Glyn JONES is seen here presenting to M40 Winner Mark Williams.

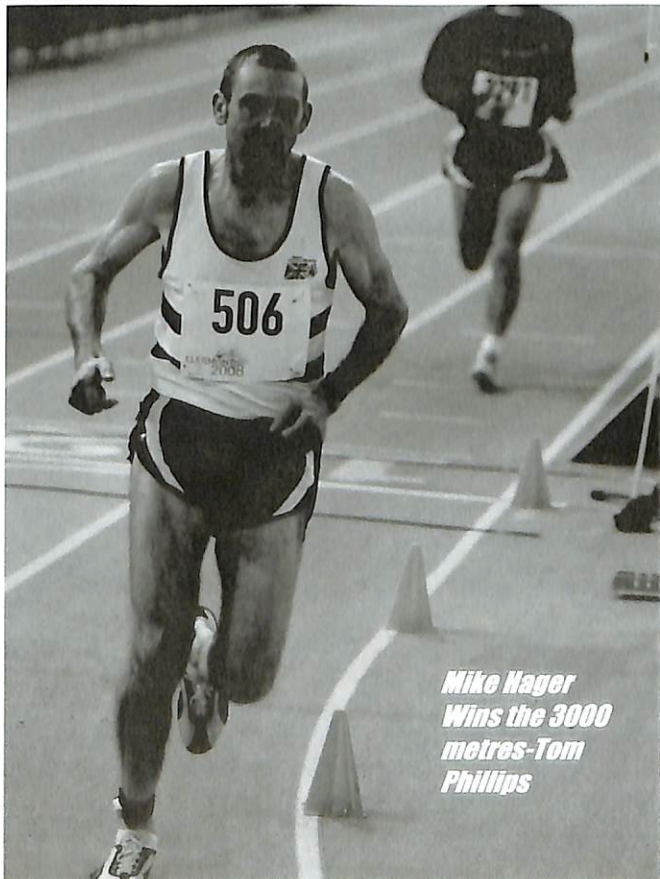
BMAF Open Road Relay Champlonships 17th May 2008

Please note change of contact details due to illness;

Entries should be sent to;
**BMAF Road Relay Championships, 15
Meadow Lane, Alvechurch, Worcs
B48 7LH
Enquiries; Irene Nicholls 0121-4455327 or
email irenenn@aol.com**



It was an early Monday morning start for the 15 W60-plus women and the seven M80+ competitors in the Pentathlon, the first to bat in these Championships, but with a total 3,670 athletes from 65 countries entering 6,852 events, all facilities had to be maximized.



Devotees of cross-country headed out to the circuitous 2k lap, 8km races that were split into five age group races. Where, in dry conditions with a cold wind blowing, Eva Osborne, Betty Stacey and Yvonne Miles put us on the rostrum straight away with W65 team gold. Ilford's Pam Jones got her first individual gold in the W70 category. Individual British medals followed as the races progressed. Running totally isolated in 4th in the W35-49 race was W45 Caisabanda from Ecuador, one of several South Americans entered.

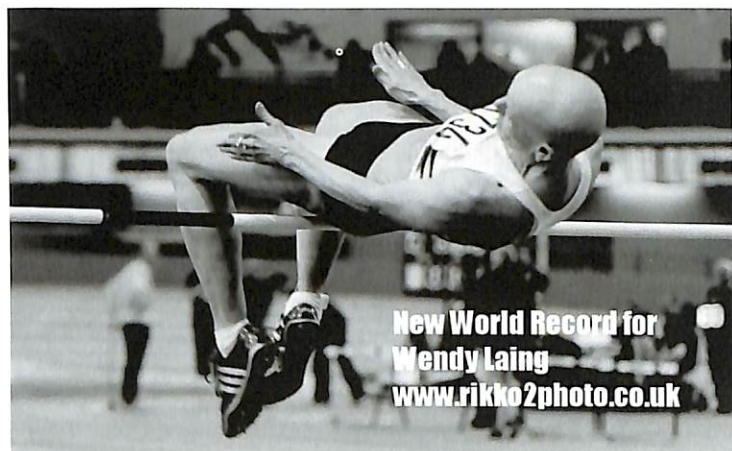
Mike Hager shot into the lead in the combined M55-64 group to defend the title he won in Linz two years ago, stretching further and further away he took the first of his three emphatic individual titles, later adding the 3000m and the half marathon. There were some terrific individual battles in the combined M35-44 race as Algeria, France, Italy and Spain fielded their top men to take on the rest of the world. Ireland was without their top man, Michael Trainor, who sadly has broken an ankle. Frenchman, Pascal Fetizon completed the course running barefooted to get a medal in the M45 race.

Getting back to the stadium, Jenny Brown, absent from the team for sometime due to family bereavement and injury, was back with a bang. Breaking Wendy Laing's 1.61m World high jump record set at the BMAF indoor in February, she cleared 1.62m en route to fourth in the W45 pentathlon. Wendy was quick to reclaim her record however, four days later she raised the W45 bar to a breathtaking 1.63m. The most popular couple in masters athletics, Bruce and Jackie Charles, celebrated their 45th wedding anniversary with Jackie setting a British record score of 3746 points for second in the W65 group and Bruce eighth in his event.

Andrew Lewis (**Front Cover—Lesley Richardson**), one of several new faces in the 286-strong British team, broke the M40 World record of 3977pts that stood to the American Greg Foster since 2004. The South Londoner notched up a magnificent 4,155 score that went largely unnoticed as the arena was such a hive of activity on day two. Eastbourne all rounder, Brian Slaughter came third in the M50 event. The pentathlon remains one of the most popular indoor events, with 47 entries in both the M40 and M45 groups. The spectators were treated to some excellent high jumping and vaulting challenges between top German, French and Swedish men in the younger age groups.

The quarter and semi finals of the 60m dash saw most of the British through, but M45 Patrick Logan appeared to have hit an object and limped away. Wokingham sprinter, Kerstin King, set a W45 British 60m record of 8.07sec. Following that up with third in the 200m behind the blond, bronzed Australian Marie Kay, who blazed around the circuit to set the first of her two new World records, 25.85 and a 56.99sec 400m posting, plus winning the long jump in 5.57m. She broke her own World record of 59.16 set in Linz two years ago, then aged 46. What a time for a W45 400m! What an all-rounder! Also impressive was the Texan Olympian, Bill Collins. He successfully defended his clean sweep in the M55 60m.(when he set a 7.34 world record), 200m and 400m from Linz. Not using blocks, he had hared past the otherwise all British final of Walwyn Franklyn who got the silver. Alasdair Ross, 3rd Viv Oliver 4th and Chris Padmore, before the final bend in the 200m, clocking 23.73. Collins has won over 80 USA national titles, he still has 17 world age group

records to his name having broken over 20 during his master's career. He ran 53.36 in the 400m final chased all the way by Walwyn who ran brilliantly to again lower his British M55 record from 55.93sec, that he set in the BMAF championships in February, to 54.89. The Reading sprinter remains one of the great stalwarts of the team.



There were seven rounds in the M40 800m. The M45 group attracted 63 entries and 27 entered the M35-39, up on previous championships. In tactical finals with up to eleven allowed through, Marc Turner ducked under two minutes for silver in the M35. The M45 proved to be one of the most exciting, won by Borreggio of Spain in 1:59.00. There was a spat between one of the three British finalists and a Frenchman. The French runner should have been disqualified for his aggressive retaliation. John Garber won the M65 in the European in Helsinki last year only to be disqualified for breaking too soon; here he did at least get the bronze. Bernadine Pritchett hit the decks on the final bend when challenging for the W35 title. Surrey athlete, Sally Read-Cayton got a W40 silver behind the French woman, Aknin, but the Swede Karin Wahlstedt just out dipped Sonia Armitage to snatch the W45 race in 2:23.55 to 2:23.93sec. Pat Gallagher had an easy win in the W60 category and Ann Martin set a British record, 3.34.87 in the W70 race.

Curiously, for a country noted for its gastronomy, it was very difficult to find a restaurant opened late or at the weekend and many competitors had to settle for a Big Mac after a long day in the arena. The catering facilities in the stadium were adequate.

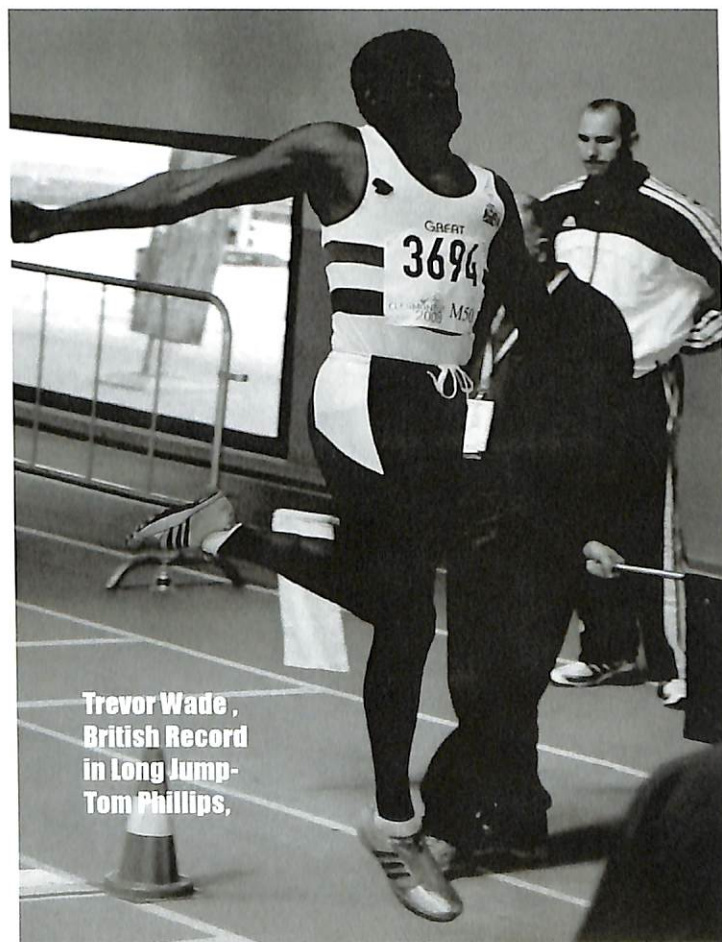
The Arctic weather soon permutated to the high perched volcanic town as daytime temperatures plummeted to 4° creating miserable conditions for the outdoor events on the adjacent track. Nonetheless, the strong men and women of the sport, undeterred by wet snow or biting cold wind, carried on until the Risk Assessment Officer postponed some events. In a crowded programme this creates its own problems, but the men's javelin benefited. Held on the last day in warm sunshine, Trevor Ratcliffe reached 57.77m for gold in the M40.

There were records galore in the women's weight, held on the coldest day – Janet Smith in the W35 group. Jennifer Ibbitson having her best international championships to date. Linda Harrison, Anthia Bamford and Michael Hazlewood all set British age group records. The Berkshire M35 thrower Mark Wiseman, won the M35 discus with a remarkably 55.82m early season throw. Evaun Williams, now into the W70 category, set World

marks in her events. The shot putt was held in a separate indoor building.

The walkers drew the short straw weather-wise on Friday as gale force wind and icy rain forced the road walks to be postponed. Some had booked flights home on Saturday. After their successes indoor, our walkers were again to the fore with Maureen Spelman, Nick Sylvester and Don Thompson all winning their age group and Team Manager Eric Horwill getting a bronze.

There were endless rounds of the 200m where Jane Horder got another British record in the W50 race and Christine Salvary took a nasty fall at the finish in her qualifier. Medals went to Caroline Powell, Ann Bolitho, Sharon Trusch in the W35 group and a gold in the W70 to Dorothy Fraser. Mark Dunwell saw his M35 world title go to his Cheshire teammate Darren Scott, but he held on for bronze. The tall World and European M40 champion, Enrico Saraceni of Italy and the rare appearance of the ex-French international Bruno Dupuy, now in the M45 group, saw some superb sprinting in these categories.



The Dutch Antilles has a total membership of just eight but their sole entry, Freddy Burgos, got the gold in M45 in 8.74 from Glen Reddington, who set a British record of 8.69 in the first round, and the Belgium Army Officer, Serge Beckers, the meeting's Field Event Director! The hurdler who initially won was disqualified after all the others plus some Officials lodged a protest when it was found that he had left the unheated Call-Up tent to carry on warming up by the track and was already

standing by his blocks when the others appeared. Barry Ferguson and Tony Bowman added to their medal tally. With the return to the international fold of the North East sprinter/hurdler, Jocelyn Harwood, it was only a matter of time for the record books to be re-written. She took the European W50 record down to 9.62sec pressed all the way by the in-form Jane Horder. Amanda Wale gave the American Laura Barre a close run in the W35 race and it was a medal at last for Catherine Goddard in the W40. The Swiss all rounder, Christine Mueller still dominates the W45 event and how nice to see Emily McMahon back on the rostrum again.

Clare Elms set a strong pace in the W40 1500 final having already run the cross country and the 3000m. Her legs buckled in the last few strides but she bodily rolled over the line to snatch the bronze. Bernadine Pritchett took the silver behind the Belgium, Nathalie Loubele. Sonia Armitage had the strength to dominate the W45 race in 4:53.71 and Pat Gallagher got the W60 title in 5:49.94. Bashir Hussain, in his terrier-like fashion, tracked the Spanish leader for most of the super-fast M40 final, but it was the Italian Giorgio Litta, who proved the ultimate sprinter, winning in 4:08.31. The American Nolan Shaheed, holds the M55 world record in 4:26.7sec. Here the track was reported as slow and he won in 4:29.57 from David Oxland 4:33.55, Peter Kennedy 6th and Derek Leitch was also a finalist. The strong Spanish entry dominated the 3,000m.



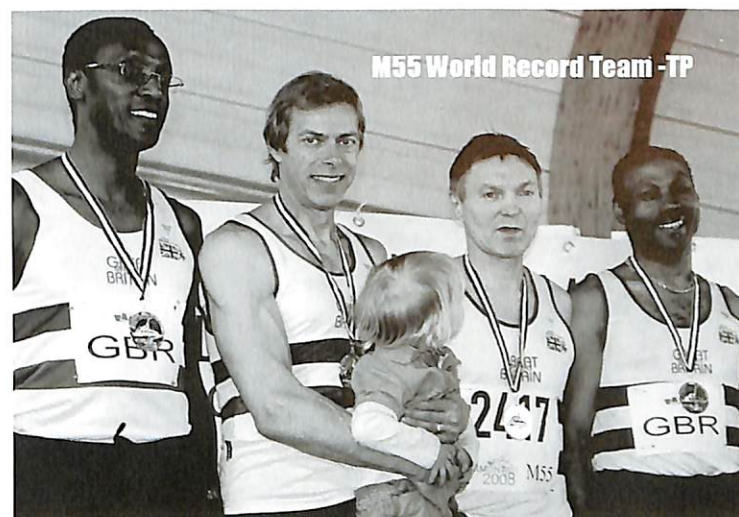
Sally Read-Cayton clashed again with Akinin over the 400m final on the last day. The Frenchwoman set a new world W40 mark of 56.15, but Sally's 57.95 for 3rd is a British record. Caroline Powell's 61.29 takes the Bristolian into the W50 World record book. Jane Horder held on for another medal in 61.69 and Dorothy Fraser got another British W70 record, 83.99sec.

The M55 pole vault has been undergoing a quiet revolution this winter. In January at a meeting in Nevada, the American Jeff Kingstad, cleared 4.11m, weeks later he raised it to 4.12. Simultaneously in Germany, Wolfgang Ritte was pushing the bar up to a staggering 4.20. Kingstad got it back, clearing 4.21. Ritte clears 4.30 the very next day! Wait for the World Masters Indoor to see who is king. Unfortunately the American did not show up and Ritte reclaimed his World record clearing 4.31m.

The 4 x 200m relays brought the Championships to an exciting close with several age group medals. In the absence of our ace sprinter Stephen Peters, the Bedford sprinter Tennyson James

came in along with David Elderfield, Tom Phillips and Ian Broadhurst to win.

Christopher Padmore did likewise in the M55 team of Franklyn, Ross and Viv Oliver to claim a 1.41.47sec age group World record, concluding a very successful British team championships.



60 METRES

W35: 1 Tiziana Bignami ITA 7.89; 5 TRUSCH Sharon 8.29 (8.25qr); **W40:** 1 Renee Henderson USA 7.78; **W45:** 1 Nicole Bartilly FRA 8.08; 2 Kirstin King 8.13 (8.07 (British record qr); (QR): 8.68 LAING Mandy; 8.79 CLARKE Gaye; 9.02 KELLY Angela; **W50:** 1 Jacobs Tilly NED 8.43; (QR): Ed Roe 9.19; Joan Trimble 9.23; Christine Salvary 9.87; Judi Stafford 10.13; **W55:** 1 Ulrike Hiltcher GER 9.01; 2 Emily McMahon 9.13; (QR): 10.82 Gete Howarth; **W60:** 1 Phil Raschker USA 8.93; **W65:** 1 Edith Graft BEL 9.21 (European Record); 6 Ann Bolitho 10.51; **W70:** 1 Dorothy Fraser 10.52; **W75:** Asta Larsson SWE 10.96; **W80:** Johnnie Valien USA 14.05; **W85:** Margarete Struven GER 15.19; **W90:** Ida Keeling USA 31.82 (World Record); **M35:** 1 Hugues Valence FRA 6.97; 3 Mark Dunwell 7.02 (7.00 qr); (QR): 7.21 MACGEE Will; 7.24 MORGAN Derek; 7.36 RICHARDS Matthew; 7.55 DORSET Scott; **M40:** 1 Christian Trjckovski DEN 7.12; 4 Rohan Samuel 7.23 (7.17 qr); 6 Dalton Powell 7.43; (QR): 8.03 PALMER Keith; **M45:** 1 Philippe Claudon FRA 7.30; 4 Patrick Logan 7.34; 8 Glen Reddington 7.55 (7.47 qr) (QR): 7.78 McDONALD Carlton; 7.84 HUNTER Ronnie; 8.39 BATES Robert; 8.44 MAY Michael; 8.39 DOUGLAS-HOME; 8.68 GORT Thomas; **M50:** 1 Val Barnwell USA 7.18 (World Record); 4 Kevin Burgess 7.66 (7.62qr); 8 Tom Phillips 7.89; (QR): 8.20 LEON Clement; 8.28 CURZON David; 8.53 BELL Philip; **M55:** 1 Bill Collins USA 7.39; Viv Oliver 7.55; 3 Walwyn Franklyn 7.72; 4 Alasdair Ross 7.80; 6 Christopher Padmore 7.85 (7.84 qr); (QR): 8.21 WILLIAMSON Brian; 8.86 PERRY Alan; **M60:** Vladimir Vyostok SVK 7.81; **M65:** 1 Stephen Robbins USA 8.06; 6 Anthony Treacher 8.58; 7 Phillip Johnson 8.70; (QR): 9.35 FERGUSON Barry; 8.69 ISEITS Charles; 9.08 SHIELDON Carl; **M70:** 1 Bob Lida USA 8.53; 4 Alan Carter 8.80; 5 Colin Field 8.83; 6 Tony Bowman 8.87 (8.80 qr); **M75:** Wolfgang Reuter GER 9.12; **M80:** 1 Benito Piccirilli ITA 10.28; 6 Frank Copping 14.69; **M85:** Bruno Sobrero ITA 10.38;

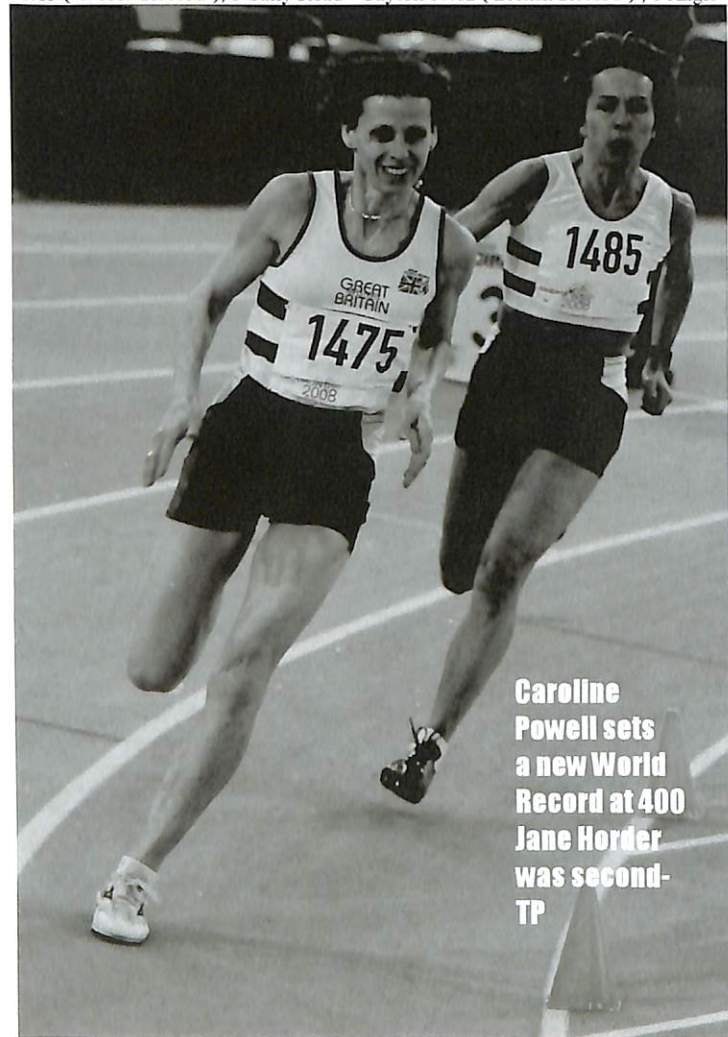
200 METRES

W35: 1 Tiziana Bigami ITA 25.27; 3 Sharon Trusch 26.49 (26.46qr); **W40:** Renee Henderson USA 25.34 QR; Sally Read-Cayton 28.89; **W45:** 1 Marie Kay AUS 25.85; (World Record) 3 Kirstin King 26.44; QR: Angela Kelly 30.31; **W50:** 1 Jane Horder 27.89 (British Record); 3 Caroline Powell 28.16; QR: Ed Roe 30.20; Joan Trimble 31.72; Christine Salvary 31.76; Judi Stafford 34.16; **W55:** Ulrike Hiltcher GER 29.85; **W60:** Phil Raschker 29.42; **W65:** 1 Friderun Kuemmerle-Valk GER 33.34; 3 Ann Bolitho 36.59; **W70:** Dorothy Fraser 35.49; **W75:** Rosemarie Kreiskott GER 40.94; **M35:** 1 Darren Scott 21.62; 3 Mark Dunwell 22.26; QR: Scott Dorset 24.04; **M40:** Enrico Saraceni ITA 22.14; QR: Dalton Powell 24.15; **M45:** Bruno Duphy FRA 23.31 (23.30 qr); QR: Rez Cameron 24.50; Carlton McDonald 24.62; John Shepherd 24.71; Nick Grocock 24.64; Patrick Bass 24.96; Ronnie Hunter 25.50; Andy Gannaway 26.50; Thomas Gort 27.96; Michael May 28.00; **M50:** 1 Val Barnwell USA 23.82; 4 Ian Broadhurst 25.21; 6 Tom Phillips 26.22 (25.55 qr); QR: Craig Douglas 26.19; Philip Bell 26.38; Clement Leon 26.62; Clive Pengelly 27.62; Roy Buchanan 28.12; David Curzon 29.77; **M55:** 1 Bill Collins USA 23.73; 2 Walwyn Franklyn 24.67; 3 Alasdair Ross 24.71; 4 Viv Oliver 25.02 (24.59qr); 5 Christopher Padmore 25.52 (25.24 qr); QR: Brian Williamson 27.24; Ramsay Sloss 27.99; Alan Perry 30.83; **M60:** Charles Allie USA 24.95 (World Record); **M65:**

1 Guido Muller GER 27.24; 6 Anthony Treacher 28.46 (27.81 qr); (QR): Charles Isetts 28.49; Phillip Johnson 30.45; Carl Sheldon 31.32; Barry Ferguson 31.73; **M70:** 1 Bob Lida USA 27.24; 2 Tony Bowman 29.07; 3 Alan Carter 29.16 (29.07 qr); **QR:** Colin Field 29.72; John Evans 33.46; **M75:** Manfred Konopka GER 31.01; **M80:** 1 Gerhard Herbst GER 36.18; 4 Frank Copping 52.08; **M85:** Bruno Sobrero ITA 38.01;

400 METRES

W35: 1 Lisa Daley USA 57.95; 2 Sharon Trusch 58.00; **W40:** 1 Barbara Aknin FRA 56.15 (World Record); 3 Sally Read -Cayton 57.82 (British Record); 6 Angie



Caroline Powell sets a new World Record at 400 Jane Horder was second-TP

Alstrachen 63.71 (62.13 qr); **W45:** 1 Marie Kay AUS 56.99 (World Record); 2 Dolores Hachotte FRA 59.30 (European Record); **W50:** 1 Caroline Powell 61.29 (World Record); 2 Jane Horder 61.69; **W55:** Ulrike Hiltcher GER 67.98; **W60:** Ulla Littenheim SWE 70.14 (World Record); **W65:** Marie Michelsohn USA 76.26; **W70:** 1 Jeanne Daprano USA 82.21; 2 Dorothy Fraser 83.99 (British Record); **M35:** Richard Janssens NED 50.77; **M40:** Enrico Saraceni ITA 48.95 (World Record); **QR:** Lance Croft 56.60; Keith Palmer 56.87; **M45:** 1 Stefan Malewski GER 51.00; 5 Kermit Bentham 53.89 (53.34 qr); **QR:** Alex Bryce 54.61; Nick Grocock 54.65; Derek Watson 55.21; Andy Gannaway 57.58; Kevin Pye 58.87; Michael 63.80; Michael May 64.39; **M50:** 1 Dave Elderfield 52.72; 4 Tennyson James 56.29; **QR:** Craig Douglas 59.18; Clement Leon 59.54; Phillip Bell 60.88; **M55:** 1 Bill Collins USA 53.36; 2 Walwyn Franklyn 54.89 (British Record); 4 Christopher Padmore 56.70; **M60:** Jose Romero ESP 58.31; **M65:** 1 Guido Muller GER 57.67; 3 Anthony Treacher 62.46 (British Record); **M70:** 1 Mack Stewart USA 64.56; 3 Alan Carter 69.06; 4 John Wilson 69.56; **M75:** Wolfgang Reuter GER 88.33; **M80:** 1 Gerhard Herbst GER 88.33; 4 Frank Copping 202.80; **M85:** Emiel Pauwels BEL 155.65;

800 METRES

W35: Annette Weiss GER 2:24.47; **W40:** 1 Barbara Aknin FRA 2:14.80; 2 Sally Read-Cayton 2:16.55; (QR): 2:19.60 PRITCHETT Bernadine; **W45:** 1 Karin Wahlstedt SWE 2:23.55; 2 Sonia Armitage 2:23.93; (QR): 2:29.09 HEATH Sarah ; **W50:** 1 Aurora Perez ESP 2:25.28 (= European Record); 5 Joan Howe 2:34.03; 6 Carole Smith 2:38.88; 7 Joyce Barrus 2:53.70; **W55:** Kathryn Martin USA 2:39.09; **W60:** Pat Gallagher 2:55.75; **W65:** 1 Marie-Louise Michelohn USA 3:02.71; 5 Eva

Osborne 3:29.20; **W70:** 1 Jeanne Daprano USA 3:17.14; 3 Anne Martin 3:34.87 (British Record); **M35:** 1 Joel Gomez FRA 1:58.99; 2 Marc Turner 1:59.61; 6 Andrew Burles 2:01.43; **M40:** 1 Jose Suarez ESP 2:00.61; 5 Stephen Allen 2:03.22; (QR): 2:03.64 BRANNON Thomas ; **M45:** 1 Jesus Borrego ESP 1:59.00; 7 BRYCE Alex 2:05.07 (2:04.86qr); 8 James MacDonald 2:05.17; 10 Sean Price 2:10.02 (2:05.77 qr); (QR): 2:06.81 TOOGOOD Stephen; 2:07.03 Stephen Smith; 2:07.44 SMITH Ian ; 2:08.18; HARDEN George ; 2:09.91 WATSON Derek ; 2:10.03 GANAWAY Andy ; 2:12.46 STARRS Gerard ; 2:24.30 CONROY John ; 2:28.22 BROWN Michael; **M50:** 1 Pierre Faucheur FRA 2:06.64; 3 Bilal Namani 2:09.56; 8 Kevin Archer 2:13.84; (QR): 2:56.27 WORTHINGTON Brian ; **M55:** 1 Nolan Shaheed USA 2:09.12; 2 Joe Gough IRL 2:11.14; 3 Derek Leitch 2:12.05; 7 Keith Short 2:16.55; **M60:** Kevin Solomon AUS 2:18.64 (QR): 2:40.72 LEWIS Ray; **M65:** 1 Miguel Diaz ESP 2:26.84; 3 John Garber 2:36.44; 5 John Newcombe 2:41.61; **M70:** 1 Mack Stewart USA 2:40.54; 6 Arthur Kimber 2:49.82; 9 John Wilson 2:57.13; **M75:** Ari Valdemarsson NOR 3:03.65; **M80:** 1 Akhmet Straziev RUS 3:16.99; 3 Frank Copping 5:00.27; **M85:** Emiel Pauwels BEL 4:37.53;

1500 METRES

W35: Irina Lyamina RUS 4:52.89; **W40:** 1 Nathalie Loubele BEL 4:39.58; 2 Bernadine Pritchett 4:40.41; 3 Clare Elms 4:42.97; 7 Susan Ridley 4:58.07; **W45:** 1 Sonia Armitage 4:53.71 ; 5 Sarah Heath 5:19.23; 7 Susie Tawney 5:23.63; **W50:** 1 Aurora Perez ESP 4:51.65 (World record); 3 John Howe 5:13.11; 6 Laura Mahady 5:17.19; 8 Joyce Barrus 5:52.51; **W55:** Kathryn Martin USA 5:11.05; **W60:** Pat Gallagher 5:49.94; **W65:** 1 Lydia Ritter GER 6:29.72; 3 Eva Osborne 6:55.25; **W70:** Elfrieda Hodapp GER 6:42.34; **W80:** Ruth Angelis GER 11:53.87; **M35:** Victor Navarro ESP 4:12.15; **QR:** Steve Hallas 4:22.90; **M40:** 1 Giorgio Gennari Litta ITA 4:08.31; 4 Bashir Hussain 4:10.22; 5 Thomas Brannon 4:14.67; (QR) Martin Gibbs 5:04.34; **M45:** 1 Jesus Borrego ESP 4:02.24 (European Record); 5 Alex Bryce 4:20.81; 8 George Harden 4:24.02 (4:22.35qr) 11 Stephen Smith 4:42.92 (4:25.63qr); (QR) Craig Sabin 4:52.06; Kevin Pye 4:57.79; **M50:** 1 Pierre Faucheur FRA 4:23.82; 8 Kevin Archer 4:33.14 ; (QR:) Brian Worthington 5:57.92; **M55:** 1 Nolan Shaheed USA 4:29.57; 2 David Oxland 4:33.55; 6 Peter Kennedy 4:39.41; 7 Derek Leitch 4:44.37 (4:43.61qr); 11 Keith Short 4:53.89 (4:52.88 qr); **M60:** Alexander Tsukanov RUS 4:56.66; **QR:** Neil Robson 5:26.65; **M65:** 1 Miguel Diaz ESP 5:04.57; 3 Rod Churcher 5:24.28; 5 John Garber 5:26.97; **M70:** 1 Anatoliy Prisyazhnyuk UKR 5:21.30; 7 Arthur Kimber 5:52.74; **M75:** Jan Buchar CZE 6:16.46; **M80:** Akhmet Straziev RUS 6:43.11; **M85:** Emiel Pauwels BEL 9:13.07;

3000 METRES:

W35: Maria Belmonte ESP 10:04.28; **W40:** 1 Samia Soltane ITA 9:53.38; 3 Clare Elms 9:54.86; 4 Bernadine Pritchett 10:08.73; 5 Susan Ridley 10:14.73; 6 Nicki Nealon 10:15.48; **W45:** 1 Susan Finch 10:30.84; 8 Sussie Tawney 11:40.02; **W50:** 1 Aurora Perez ESP 10:42.94; 3 Laura Mahady 11:14.77; 12 Joyce Barrus 14:03.13; **W55:** 1 Kathryn Martin USA 11:05.92; 6 Lesley Griffin 12:26.41; **W60:** 1 Marie Decoray FRA 11:35.78 (World Record); 3 Pat Gallagher 12:16.17; 6 Pauline Rich 13:07.97; **W65:** 1 Gudrun Fleetwood SWE 13:35.44 ; 4 Eve Osborne 14:38.79; 5 Betty Stracey 15:26.16; **W70:** 1 Elfriede Hodapp GER 13:58.91; 2 Pamela Jones 14:38.14; **W75:** Kati Eickhorst GER 15:53.27; **W80:** Ruth Angelis GER 24:33.55; **M35:** Jose Del Nogal ESP 8:48.26; 12 Steve Hallas 9:12.73; 21 Andrew Goodair 9:40.62; **M40:** 1 Mohamed Zouak ESP 8:26.75; 5 Bashir Hussain 8:54.81; 28 Alan Roberts 11:38.05; **M45:** 1 Jesus Borrego ESP 8:51.89; 9 Stephen Smith 9:28.74; 19 Stephen Smythe 10:12.52; 23 Michael Barron 10:22.19; 24 Phillip York 10:26.62; **M50:** Cesar Perez ESP 9:07.46; 26 Brian Worthington 12:13.10; **M55:** Michael Hager 9:40.68; **M60:** 1 Patrick Roussel FRA 9:57.90; 7 Peter Hamilton 10:54.37; 12 Neil Robson 11:13.60; 15 Richard Evans 11:25.57; 21 Danny Mullane 13:36.64; 24 Kenneth Black 14:08.64; **M65:** 1 Peter Sandery AUS 10:39.33; 5 Rod Churcher 11:27.76; **M70:** Anatoliy Prisyazhnyuk UKR 11:09.23; **M75:** Jan Buchar CZE 13:22.53; **M80:** 1 Akhmet Siraziev RUS 14:02.05 (European Record); 5 Ron Franklin 19:42.68; **M85:** Emiel Pauwels BEL 19:59.68;

60 HURDLES

W35: 1 Laura Barre USA 9.56; 2 Amanda Wale 9.66; **W40:** 1 Andrea Thirtey GER 8.92; 3 Catherine Goddard 9.51; **W45:** 1 Christine Mueller SUI 8.90; 4 Manndy Laing 9.27; 6 Gaye Clarke 9.47.8 Hazel Barker 9.99 (9.98 qr); **W50:** 1 Jocelyn Harwood 9.62 (European Record); 2 Jane Horder 9.88 (9.85 qr); (QR): Carole Filer 11.03; **W55:** 1 Emily McMahon 10.61; 4 Grete Howarth 13.94; **W60:** Phil Raschker USA 10.38; **W65:** 1 Edith Graff BEL 10.69; 3 Jackie Charles 12.67; **M35:** 1 Don Drummond USA 7.93; 3 Joe Appiah 8.18; **M40:** Fausto Frigerio ITA 8.51; **M45:** 1 Alfred Burgos AHO 8.74; 2 Glen Reddington 8.76 (8.69 British Record qr); 4: Des Wilkinson 8.98; **M50:** 1 Herbert Kremer AUT 9.74; 2 Tennyson James 9.16; 6 Roy Buchanan 9.90 (9.87 qr) 7 Chve Pengelly 10.24 (9.75 qr); **QR:** Brian Slaughter 9.61; **M55:** James Brown USA 9.09; **M60:** Dieter Tisch GER 9.17; **M65:** 1 Jan Soderstrom SWE 9.49; 2 Barry Ferguson 9.68 ; **M70:** 1 Ioannis Bellos GRE 10.28; 2 Tony Bowman 10.34; **M75:** Pavel Tosnar CZE 11.21 ; **M80:** Karri Wichmann FIN 13.69; **M85:** Bruno Sobrero ITA 14.28;

3000 WALK

W35: Hanne Liland GER 15:00.98; **W40:** Nicole Best GER 14:10.41 ; **W45:** Nadine Mazuir FRA 15:25.84 ; **W50:** Dominique Alvernhe FRA 15:28.36; **W55:** Maria Silva Fernandes POR 15:56.34 (World Record); **W60:** Suzanne Ioyer FRA 17:28.85; **W65:** Pirjo Karetie FIN 18:50.60; **W70:** 1 Josette Sommer FRA 20:08.24;

2 Maureen Spelman 20:11.59; **W80:** Olena Shub UKR 28:27.34; **M35:** Juan Porras ESP 12:41.01; **M40:** Alfredo Galicia FRA 13:04.28; **M45:** Guadalupe De Los Angeles MEX 12:50.10; **M50:** Nick Silvester 13:42.61; **M55:** 1 Fabio Ruzzier SLO 13:51.56; 4 John Hall 14:58.73; **M60:** 1 Jean Masselin FRA 14:48.59; 4 Colin Turner 16:05.56; **M65:** 1 Karl Degener GER 15:53.43; 3 Ronald Penfold 16:44.51; 5 Edmund Shillabeer 17:27.30; 12 Alan O'Rawe 19:10.02; **M70:** 1 Arthur Thomson 16:09.24; **M75:** 1 Robert Fine USA 20:03.73; 4 Eric Horwill 21:26.70; 7 John May 22:19.03; **M80:** Gerhard Herbst 21:43.09; **M85:** 1 Lino Tadei ITA 24:25.90; 2 Jack Fitzgerald 28:15.99;

HIGH JUMP

W35: Roberta Bugarini ITA 1.80; **W40:** Elena Semashko RUS 1.63; 11 Catherine Goddard 1.39; **W45:** 1 Wendy Laing 1.63 (World Record); 2 Jenny Brown 1.60; 7 Hazel Barker 1.39; 11 Janice Hardcastle 1.33; **W50:** 1 Lucinda Moore-Fox IRL 1.39; **W55:** Verena Bugger GER 1.27; **W60:** Phil Raschker USA 1.38 (World Record); **W65:** Edith Gaff BEL 1.21; **W70:** Christel Donley USA 1.12; **W75:** Christa Happ GER 1.12; **W80:** Christiane Wippersteg GER 0.91; **W85:** Margarete Struven GER 0.85 (European Record); **M35:** Jan-erik Wanhainen SWE 2.05; **M40:** 1 Christophe Fontaney FRA 1.96; 3 Steven Linsell 1.90; 11 Ian Allen 1.72; **M45:** Marco Segatel ITA 1.95 (European Record); **M50:** 1 Bruce McBarnette USA 1.90; 14 Clemment Leon 1.51; **M55:** 1 Leonardo Habegger SUI 1.72; **M60:** Jaroslav Hanus CZE 1.57; **M65:** Bernhard Stierle GER 1.54; **M70:** 1 Carl Samdal SWE 1.58 (World Record); 2 Tony Crocker 1.45; **M75:** Pavel Tosnar CZE 1.36; **M80:** Nils Nevrup SWE 1.27; **M85:** Emmerich Zensch GER 1.18; **W90:** Klaus Langer 0.97; :



POLE VAULT

W35: 1 Sandrine Toulouse FRA 3.90; 5 Ire Hill 3.40; **W40:** Isabelle Giraud FRA 3.15; **W45:** Carla Forcellini ITA 3.30; **W50:** Jennifer Ibbitson 2.90; **W55:** Ute Ritte GER 2.71; **W60:** Karin Foerster GER 2.50; **W70:** 1 Dorothy McLennan 1.70; 2 Sheila Champion 1.30; **W75:** Christa Happ 1.50 (European record); **W80:** Johnnye Valien USA 1.10; **M35:** Rodolphe Dodier FRA 4.50; **M40:** 1 Jean Tailhardat FRA 4.70; 7 Simon Eastwood 3.80; **M45:** Franck Presigny FRA 4.20; **M50:** 1 Erno Mako HUN 4.00; 5 Allan Williams 3.80; 8 David Blunt 3.40; 11 Brian Slaughter 3.00; **M55:** 1 Wolfgang Ritte 4.31 (World Record); 3 Nicholas Phipps 3.30; **M60:** 1 John Altendorf USA 3.80; 2 Bogden Markowski GER 3.80 (European Record); **M65:** 1 Hans Lagerqvist SWE 3.22; 9 Brian

Harlick 2.40; **M70:** Walter Muller GER 2.90; **M75:** Hikmet Kandeydi TUR 2.50; **M80:** Karri Wichmann FIN 1.60; **M85:** Emmerich Wichmann FIN 1.80;

LONG JUMP

W35: Natalia Menshenina RUS 5.55; **W40:** Nadine Caster FRA 5.67; **W45:** 1 Marle Kay AUS 5.57; 10 Gaye Clarke 4.50; 11 Janice Hardcastle 4.02; **W50:** 1 Tilly Jacobs NED 4.97; 3 Carole Filer 4.74; **W55:** 1 Waltraud Kraeche GER 4.28; 6 Grete Howarth 3.38; **W60:** Phil Raschker USA 4.31; **W65:** 1 Edith Graff BEL 4.23 (World Record); 3 Jackie Charles 3.31; **W70:** Anne Martin 2.82; **W75:** Rosemarie Kreiskott GER 3.24; **W80:** Johnnye Valien USA 2.11; **W85:** Margarete Struven GER 1.83 (European Record); **M35:** 1 Kader Klouchi FRA 7.13; 6 Joe Appiah 6.63; 8 John Munroe 6.51; **M40:** 1 Roberto Bonvicini ITA 6.65; 15 Donald Brown 5.65; 20 Ian Allen 5.04; **M45:** 1 Greg Petrosian USA 6.60; 5 Masakatsu 6.24; 12 John Shepherd 5.68; **M50:** 1 Trevor Wade 6.01 (British Record); 7 Brian Slaughter 5.19; 8 Clement Leon 4.96; **M55:** Jorge Paez ESP 5.98; **M60:** Pertti Ahomaki FIN 5.63; **M65:** 1 Lamberto Boranga ITA 5.22; 4 Anthony Treacher 4.74; **M70:** 1 Tony Crocker 4.40 (British Record); 10 John Evans 3.30; **M75:** Vladimir Popov RUS 4.44; **M80:** Erhard Dippell GER 3.27; **M85:** Bruno Sobrero ITA 3.06;

TRIPLE JUMP

W35: Caroline Honore FRA 12.73; **W40:** Elisa Neviani ITA 11.53; **W45:** 1 Rosa Escribano ESP 11.01; 3 Manndy Laing 10.49; **W50:** Gisela Seifert GER 9.59; 4 Lucinda Moore-Fox 8.70; **W55:** 1 Marja Metsankya FIN 8.60; 3 Grete Howarth 6.28; 4 Linda Harrison 5.22; **W60:** 1 Phil Raschker USA 9.11; 4 Patricia Oakes 7.54; **W65:** Edith Graff BEL 8.98; 2 Jackie Charles 7.81; **W70:** Anne Martin 6.66; **W75:** Elsa Enarsson SWE 6.52; **W80:** Senni Sopanen FIN 4.89; **M35:** 1 Franek Zio BUR 15.32; 5 Keith Newton 13.64; **M40:** Dmitry Byzov RUS 15.13 (European Record); **M45:** 1 Wolfgang Knabe GER 14.65; 4 Rez Cameron 13.31; **M50:** Daniel Laigre 13.10; **M55:** 1 Jochen Meyer GER 11.91; 8 William Lonsdale 10.41; 10 Brian Williamson 9.46; **M60:** Claus Kreft GER 11.51; **M65:** Bernhard Stierle GER 11.32; **M70:** 1 Vladimir Royman RUS 10.15; 7 John Evans 7.67; **M75:** Vladimir Popov RUS 8.90; **M80:** Rad Levic AUS 6.98; **M85:** Emmerich Zensch AUT 6.13;

SHOT

W35: Katja Will GER 14.10; **W40:** Eha Runne GER 14.10; **W45:** 1 Alexandra Marghieva MOL 12.56; 9 Wendy Dunsford 9.30; 10 Julie Wilson 9.09; **W50:** Helma Teuscher GER 14.02; **W55:** 1 Svetlana Melnikova RUS 13.03 (World Record); 3 Vilma Thompson 11.12; **W60:** 1 Katarina Sporer Tomic CRO 11.53; 15 Anthea Bramford 6.40; **W65:** 1 Karin Illgen GER 10.82; 5 Yvonne Miles 4.65; **W70:** Evaun Williams 10.82 (World Record); **W75:** Rachel Hanssens BEL 7.37; **W80:** Christiane Wippersteg GER 6.80 (World Record); **W90:** Gabre Gabrie ITA 4.73 (Word Record); **M35:** 1 Roland Mandla EST 17.49; 3 Mark Wiseman 15.34; **M40:** 1 Gregorz Pawelski POL 15.77; 2 John Nicholls 15.46; **M45:** 1 Bengt Pettersson SWE 15.36; 6 Guy Perryman 12.58; **M50:** Marian Leskoviansky SLA 14.78; (QR): John Birkett 9.77; Tim Saunders-Mullins 9.54; **M55:** 1 Rauno Mottonen FIN 13.03; 11 Philip Bramford 9.30; **M60:** Patrick Chala FRA 16.61 (European Record); **M65:** Klaus Liedtke GER 13.52; **M70:** Johann Hansen GER 13.78; **M75:** 1 Leo Saarinen FIN 12.31; 4 Clifford Taylor 9.63; 7 Jaroslav Hanus 8.65; **M80:** Karri Wichmann FIN 10.82; **M85:** Valto Makela FIN 9.50; **M90:** Klaus Langer GER 6.76; **M95:** Alfred Proksch AUT 3.87;

WEIGHT

W35: Patrizia Aletta ITA 14.56; **W40:** 1 Claudine Cacaut FRA 14.69 (European Record); 6 Janet Smith 12.25 (British Record); **W45:** Magy Duss SUI 13.50 (European Record); 4 Julie Wilson 10.75; 6 Wendy Dunsford 9.64; **W50:** 1 Jutta Neumann GER 13.18 (European Record); 2 Jennifer Ibbitson 12.96 (British Record); 7 Jennifer Piercy 9.33; **W55:** 1 Annie Bellanger FRA 12.55; 3 Linda Harrison 7.08 (British Record); **W60:** 1 Inge Faldager DEN 16.70 (European Record); 8 Anthea Bramford 9.57 (British Record); **W65:** Gudrun Mellmann GER 14.49; **W70:** Sigrun Kofink GER 11.68 (World Record); **W75:** Rachel Hanssens BEL 8.99; **W80:** Anna Lehtovuori FIN 6.02; **M35:** 1 Martin Gleixner GER 15.69; Mark Wiseman 13.96; **M40:** 1 Bernard Reibel FRA 18.26; 2 Steven Sammut 16.11; **M45:** 1 Jose Velasco ESP 15.20; 8 Guy Perryman 11.61; **M50:** 1 Valiuous Manganas GRE 20.01; 13 Tim Saunders-Mullins 10.53; **M55:** Basle Koen RSA 17.22; 11 Philip Bramford 8.33; **M60:** 1 George Mathews USA 19.12; 3 Ramon Estapina ESP 17.28 (European Record); 4 Michael Hazlewood 16.48 (British Record); **M65:** Klaus Liedtke GER 17.10; **M70:** Peter Speckens GER 17.84; **M75:** Zdenek Benek CZE 15.39; 5 Jaroslav Hanus 10.83; **M80:** Manfred Rittweger 16.04 (World Record); **M85:** Valto Makela FIN 11.84;

PENTATHLON:

W35: 1 Dagmar Burgmann GER 3152; 3 Amanda Wale 3024 (9.75, 1.37, 8.88, 4.91, 2.32.99); **W40:** 1 Danielle Denistry BEL 3737; 5 Catherine Goddard 3115 (9.57, 1.52, 10.54, 4.85, 0); 8 Angie Alstrachen 2829 (10.38,

MASTERS ATHLETICS SPRING 2008

1.22, 7.48, 4.16, 2:35.57); **W45:** 1 Romana Schulz GER 4123 ; 4 Jenny Brown 4001 (10.52, 1.62, 9.00, 4.58, 2:40.20); 5 Hazel Barker 3361 (10.06, 1.45, 9.25, 4.26, 3:19.32); 9 Anne Goad 2658 (11.56, 1.24, 8.44, 4.09, 3:23.55); 10 Susie Tawney 2614 (11.95, 1.18, 6.14, 3.79, 2:43.93); 11 Kay Murphy 2444 (12.34, 1.18, 6.03, 2:55.89); 12 Janice Hardcastle 2270 (11.57, 1.30, 6.50, 4.05, 0) ; **W50:** 1 Rita Hanscom USA 3876 ; 3 **Carole Filer 3746 (10.30, 1.42, 7.33, 4.51, 3:02.76)** ; 7 Fiona Argent 2637 (12.16, 1.18, 6.30, 3.43, 3:01.19); 8 Judi Stafford 2258 (12.98, 1.12, 6.24, 3.26, 3:14.49); **W55:** Waltraud Krehe GER 3107; **W60:** 1 Margaritha Daehler-Stettler SUI 4690 (**European Record**) ; 5 Patricia Oakes 2575 (13.65, 1.09, 7.27, 3.29, 4:41.48); **W65:** 1 Friderun Kuemmerle-Valk GER 4087; 2 **Jackie Charles 3746 (12.29 (British Record) ; 1.12, 6.75, 3.36, 3:49.77); W70:** 1 Leili Kaas EST 4355; **W75:** Ingrid Stotling GER 2741; **M35:** 1 Laurent Claude FRA 3595; 19 Alec Taylor 2582 (10.30, 5.51, 8.40, 1.72, 3:22.42); **M40:** 1 **Andrew Lewis 4155 (World Record) (8.48, 6.76, 12.96, 1.88, 3:11.24)** ; 17 Donald Brown 3043 (8.93, 5.73, 10.72, 1.67, 4:02.02); **M45:** 1 Jean Duez FRA 4062 (=**World Record**) ; 32 Wayne Martin 1905 (10.86, 4.41, 8.08, 1.38, 0) **M50:** 1 Peter Sladek CZE 4107 (**European Record**) ; 3 **Brian Slaughter 3902 (9.59, 5.40, 11.37, 1.51, 3:02.07);** 27 Colin Hague 1906 (12.04, 3.42, 7.82, 1.30, 4:17.96); Neil Fairclough (11.77, 0, 0, 0, 0) ; **M55:** 1 Glen Gentle NED 3893 ; 6 Julian Kennedy 3134 (11.50, 4.44, 9.69, 1.42, 3:35.28); 7 William Lonsdale 2929 (12.74, 4.81, 7.97, 1.45, 3:38.56); **M60:** 1 Valdis Cels LAT 4236 ; 17 Victor Smith 2337 (14.05, 3.62, 8.38, 1.30, 4:04.57); **M65:** 1 Bernhard Stierle GER 4173 (**European Record**) ; 8 Bruce Charles 2506 (13.33, 3.60, 7.62, 1.09, 4:23.53); **M70:** Knut Skramstad NOR 4254 (**World Record**) **M75:** 1 Pavel Tosnar CZE 4419 (**World Record**) ; 6 Clifford Taylor 2651 (14.73, 1.11, 9.03, 5:21.81) ; **M80:** Karri Wichmann FIN 2387;

4x200 METRES

W35: 1 USA 1:49.57; 2 GBR 1:50.66 (Alstrachen, Wale, Goddard, Trusch) ; **W40:** 1 1:49.20 FRA ; 4 2:01.36 GBR (HARDCASTLE, BARKER, ELMS, BROWN); **W45:** 1 GER 1:46.38 (World Record) ; 3 GBR 1:53.57 (Kelly, Laing M, Clarke, King) ; **W50:** 1 GBR 1:59.13 (Trimble, Howe, Powell, Horder) ; **W55:** 1 GER 2:07.56; **W60:** GER 2:26.28; **W65:** 1 GER 2:26.39; 2 GBR 2:30.30 (Fraser, Bolitho, Osborne, Charles); **W70:** GER 2:58.32; **M35:** 1 ITA 1:30.38 (World Record); 6 GBR 1:44.59 (WATSON, GANNAWAY, GORT, NEWTON); **M40:** 1 1:32.70 USA; 5 GBR 1:39.27 (Allen, Croft, Palmer, Reddington); **M45:** 1 FRA 1:34.24 (World Record); 3 GBR 1:37.14 (Grocock, Shepherd, Cameron, Bentham); **M50:** 1 GBR 1:38.77 (Elderfield, James, Phillips, Broadhurst); **M55:** 1 GBR 1:41.47 (World Record) (Franklin, Padmore, Ross, Oliver) ; **M60:** FRA 1:46.42; **M65:** 1 GER 1:50.99; 2 GBR 1:59.54 (Ferguson, Johnson, Sheldon, Isetts); **M70:** 1 GER 1:59.83 ; 2 GBR 2:01.23 (Carter, Evans, Field Colin, Bowman) ; **M75:** 1 GER 2:13.64; 2 GBR 3:21.93 (Taylor, Franklin, Copping, Horwill) ; **M80:** GER 3:01.93;

NON STADIA EVENTS:

8K CROSS COUNTRY

W35-49: 1: 29:15 LOUBELE Nathalie W40 BEL ; 4: 29:53 RIDLEY Susan W40-3 5: 30:02 NEALON Nicki W40-4 ; 19: 34:53 FARMER Diane W45-5 ; **W50 PLUS:** 1: 31:59 MARTIN Kathryn W 55 USA; 8: 34:07 HOWE Joan W50-6 ; 11: 34:24 GEORGHIOU Jane W55-3 ; 13: 35:06 BOWERS Liz W55-4 ; 14: 35:26 SMITH Carole W50-9 ; 18:36:41 GRIFFIN Lesley W55-6 ; 19: 36:42 BARRUS Joyce W50-10 GBR; 29: 39:30 RICH Pauline W60-6 ; 30: 39:30 SLOSS Barbara W55-9 ; 35: 41:35 JONES Pamela W70-1 ; 37: 42:12 OSBORNE Eva W65-4; 40: 42:29 MARTIN Anne W70-2 ; 49: 46:47 STRACEY Betty W65-5 ; 54: 49:48 LIPPITT Anne W50-16 ; 60: 69:16 MILES Yvonne W65-6 GBR; **M35-44:** 1: 24:49 EL GHAZOUANI Mohamed ; M35 FRA: 15: 26:39 HUSSAIN Bashir M40-8 56: 33 24 ROBERTS Alan M40-28; **M45-54:** 1: 25:35 HOPFNER Johann M50 GER: 6: 26:46 BROWN John M45-4 ; 13:27:13 CRITCHLOW Julian M45-10 ; 17: 27:31 GARDNER Brian M50-5 ; 33: 28:48 BARON Michael M45-23 ; 50: 30:43 OXLADE Colin M45-31 ; 56: 31:18 YORK Philip M45-34 GBR; 72: 37:08 WORTHINGTON Brian M50-27 ; **M55-64:** 1: 27:28 HAGER Michael M55 ; 7: 29:42 OXLAND David M55-7 ; 16: 30:48 HAMILTON Peter M60-2; 19:31:12 EVANS Richard M60-4 ; 24: 31:57 APPLEBY Alan M60-6 ; 53: 39:50 MULLANE Danny M60-17 ; 55: 41:44 BLACK Kenneth M60-19 ; **M65 PLUS:** 1: 31:21 LESSING Peter M65 GER ; 8: 35:01 JOHNSON Michael M65-5 ; 42: 58:51 FRANKLIN Ron M80-3; **TEAMS:** **M45:** 3 GBR 1h22:47; **M55:** 6 GBR 1h38:54; **W50:** 2 GBR 1h:46:15; **W55:** 1 GBR 1h46:11; **W65:** 1 2h38:15;

10K ROAD WALK

W35: Hanne Liland NOR 54 52; **W40:** Anne Quenherve FRA 51:03; **W45:** Carmen Booyens RSA 55 14; **W50:** Michele Loubry FRA 55:35; **W55:** Silva Mana Alice POR 53 51; **W60:** Suzanne Loyer FRA 1h 01:02; **W65:** Pirjo Karetie

FIN 1h03:40; **W70:** Maureen Spelman 1h09:56; **W80:** Olena Sub UKR 1h45:10; **M35:** Juan Porras ESP 45:43; **M40:** Alfredo Galicia FRA 46:31; **M45:** Sergio Gutierrez Brenes CRC 46:33; **M50:** Nick Silvester 47:50; **M55:** 1 Fabio Ruzzier SLO 48:31; 7 John Hall 53:34; **M60:** 1 Jean Masselin FRA 52:30; 6 Colin Turner 56:09; **M65:** 1 Karl Degener GER 56:17; 7 Alan O'Rawle 1h07:01; **M70:** Arthur Thomson 55:17; **M75:** 1 Vladimir Kapitonov RUS 1h07:32; 3 Eric Horwill 1h12:28; **M85:** Juhani Karjalainen FIN 1h44:01; **Teams:** **M60:** 3 GBR 2h58:27;

HALF MARATHON

W35: Maria Belmonte ESP 1h20:05; **W40:** Nicki Nealon 1h19:08; **W45:** 1 Dena Parfitt 1h21:42; 2 Danielle Sanderson 1h21:47; 10 Diane Farmer 1:38.19; **W50:** Ann Luke 1h23:14; **W55:** Gisele Lheureux FRA 1h 29:10; 4 Jane Georgiou 1h32:54; 5 Lesley Griffin 1h34:58; **W60:** Claudine Marchadier FRA 1h28:21; 7 Pauline Rich 1h53:11; **W65:** Renate Hofmann GER 1h47:06; **W70:** Odette Maisongrosse FRA 1h52:14; 2 Pamela Jones 1h53:51; 3 Anne Martin 1h57:32; **M35:** Patrice Sue FRA 1h08:49; 23 Andrew Goodair 1h18:53; **M40:** Alexey Korobov RUS 1h08:37; 35 Stefan Sternkopf 1h19:48; 63 Alan Roberts 1h30:08; **M45:** 1 Pascal Fetizon FRA 1h08:55; 14 Stephen Smythe 1h17:39; 19 Michael Baron 1h21:33; 30 Colin Oxlade 1h26:27; 32 Philip York 1h28:01; **M50:** Dominique Chauvelier FRA 1 h08:52; 44 Richard Luke 1h36:50; 50 Brian Worthin gton 1h40:11; **M55:** 1 Michael Hager 1h12:39; 24 Alan Rich 1h35:00; **M60:** Patrick Rousel FRA 1h15:17; 17 John Griffin 1h40:41; 19 Danny Mullane 1h51:10; 20 Kenneth Black 1h54:03; **M65:** Peter Lessing GER 1h22:58; **M70:** Anatoliy Prysyazhnyuk UKR 1h28:20; **M75:** Pierre Dubocs FRA 1h47:07; **M80:** Nikolay Borzykh RUS 2h10:56;

OUTDOOR THROWS:

DISCUS

W35: Bettina Schardt GER 40.56; **W40:** 1 Silke Stolt Ger 42.22; 6 Janet Smith 31.78; **W45:** 1 Alexandra Marghieva MDA 41.38; 11 Wendy Dunsford 27.03; **W50:** 1 Maria Cotolupenco MDA 34.66; 3 Jennifer Ibbitson 28.87; **W55:** Svetlana Melnikova RUS 34.79; **W60:** 11 Katarina Sporer Tosic CRO 29.06; 10 Anthea Bramford 11.89; **W65:** Brunella Del Giudice ITA 25.49; **W70:** Penka Haralmbieva BUL 25.87; **W75:** Ruth Baumann GER 16.72; **W80:** Christiane Wippersteg GER 17.47; **W90:** Gabre Gabriele ITA 11.49 (**European Record**); **M35:** 1 Mark Wiseman 55.82; **M40:** Thomas Lebsa GER 44.26; **M45:** Tom Jensen DEN 43.81; **M50:** 1 Gejza Valent CZE 51.29; 12 Tim Saunders-Mullins 23.89; 14 John Birkett 21.22; **M55:** 1 Lembit Talpsepp EST 42.28; 5 Philip Bramford 34.10; **M60:** 1 Jean Mayer CAN 46.59; 2 Michael Hazlewood 45.44; **M65:** Klaus Liedtke GER 51.96; 7 Brian Harlick 34.25; **M70:** Peter Speckens GER 44.04; **M75:** 1 Zdenek Benek CZE 35.05; 6 Jaroslav Hanus 27.68; **M80:** Horst Vieweg GER 27.79; **M85:** Roger CHazal FRA 18.39; **M90:** Klaus Langer GER 15.41; **M95:** Alfred Proksch AUT 8.51;

HAMMER

W35: Patrizia Aletta ITA 46.74; **W40:** 1 Claudine Cacaut FRA 48.25; 4 Janet Smith 40.62; **W45:** 1 Magy Duss SUI 43.43; 7 Wendy Dunsford 28.88; **W50:** 1 Jennifer Ibbitson 41.12; 6 Jennifer Piercy 30.25; **W55:** 1 Annie Bellanger FRA 45.22; 6 Linda Harrison 21.60; **W60:** 1 Inge Faldager DEN 41.55; 10 Anthea Bramford 19.29; **W65:** 1 Gudrun Mellmann GER 37.04; 6 Yvonne Miles 21.24; **W70:** Evaun Williams 34.35 ; **W75:** Justine Schirmer GER 22.58; **W80:** Anna Lehtovuori FIN 13.35; **M35:** Frederick Kuhn FRA 59.03; **M40:** 1 Bernard Reibel FRA 59.72; 3 Steven Sammut 54.34; **M45:** Stephen Frey GER 52.26; **M50:** 1 Vasillios Manganas GRE 53.88; 14 Tim Saunders-Mullins 30.35; **M55:** 1 Reg Marchant RSA 51.26; 8 Philip Bramford 26.34; **M60:** 1 Jan Roodt RSA 52.29; 6 Michael Hazlewood 46.81; **M65:** Eugen Lohyna SVK 48.18; **M70:** Johann Hansen GER 45.80; **M75:** Zdenek Benek CZE 37.58; 4 Jaroslav Hanus 32.03; **M80:** 1 Manfred Rittweger GER 39.85; 3 Hugh Gallagher IRL 20.15; **M85:** Valto Makela FIN 26.72;

JAVELIN

W35: Despina Stoyrova BUL 32.72; **W40:** Olga Cogilniceanu MOL 38.65; **W45:** Angelika Anton GER 43.13; **W50:** 1 Sonia Ojeda 32.56; 3 Jennifer Ibbitson 27.56; **W55:** 1 Liga Platpire LAT 29.36; 3 Vilma Thompson 23.67; **W60:** 1 Jarmila Klimesova CZE 34.11; 8 Anthea Bramford 14.13; **W65:** Helvi Erikson EST 23.71; **W70:** Evaun Williams 32.19 (**World Record**); **W75:** Lieselotte Leib Ger 20.13; **W80:** Christiane Wippersteg GER 15.59; **W90:** Gabre Gabriele ITA 6.87; **M35:** Eric Demmerle FRA 60.03; **M40:** 1 Trevor Ratcliffe 57.77; **M45:** Giancarlo Ballico 50.52; **M50:** 1 Reinhold Paul GER 56.52; 12 Tim Saunders-Mullins 25.60; **M55:** Walter Kuhndel GER 51.35; 9 Philip Bramford 29.64; **M60:** Helmut Hessert GER 43.88; **M65:** Jose Mendizabel ESP 43.51; **M70:** Michael Drohomirecki POL 40.99; **M75:** Jaakko Yli-Suomi FIN 28.82; **M80:** 1 Karri Wichmann FIN 26.98; 3 Hugh Gallagher IRL 16.01; **M90:** Klaus Langer GER 17.07;

BMAF Open National Track & Field Championships

Alexander Stadium, Walsall Road, Perry Barr, Birmingham.

Sat/Sun 5th-6th July 2008

(Under IAAF/WMA/UKA Rules)

FIRST EVENT 9.30am

SAT: 100m, 400m, 1500m, 80/100/110mH, 300/400mH, 2000/3000m S'chase, Hammer(W), Shot(W), Weight(W), Discus(M), Javelin(M), Long Jump, High Jump(W), Pole Vault(M), 3000m Walk

SUN: 200m, 800m, 5000m, Discus(W), Javelin(W), Hammer(M), Shot(M), Weight(M), Triple Jump, Pole Vault(W), High Jump(M), 5000m Walk

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	PB2007/08

EVENT	PB2007/08

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 Outdoor Track & Field Championships.

Signed _____ Date _____

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

Entries close Thursday 19th JUNE 2008

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

[PLEASE NOTE: ATHLETES INSTRUCTIONS WILL NOT BE POSTED UNTIL 28th JUNE 2008]



"It is with great sadness that we have to announce the passing away of our President, Cesare Beccalli. He died unexpectedly in the early morning hours of December 26, 2007 while at his winter residence in Porto Alegre, Brazil. The WMA family extends their condolences to Cesare's wife Lidia and her family members. WMA has lost a prolific leader who has served the masters athletic movements in a variety of functions over many years."

(WMA - 26.12.2007)

It is with great sadness that I have learned about the death of Keith Dearing from Watford Harriers.

Keith has been the energy behind many competitions in Hertfordshire over the last 20 years including the Watford Open Graded Meetings and the Hertfordshire County Championships.

He has been a great servant of the sport in England and will be much missed.

■ We are sorry to hear of the death from Cancer of William Gardner aged 74, of Harrow, Middlesex.

■ The death of International Eddie Kirkup, formerly a member of N.V.A.C.

■ The death of Peter Bagshaw of Gravesend, Kent.

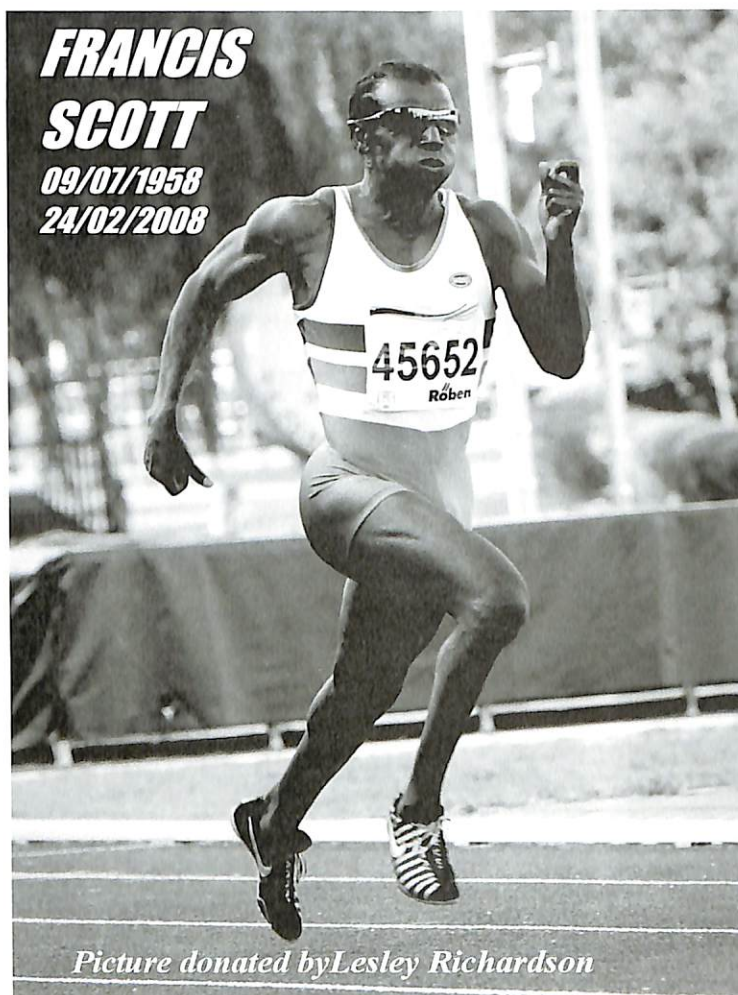
■ TED SABERTON a Life and founder member of EVAC died from heart failure over Easter. He suffered a severe stroke in the early nineties, from which he recovered after

lying unconscious for three days, but was never able to run again. He had just turned seventy when he died.

■ The death of Race Walking's Peter Adams who died peacefully on Thursday the 6th of March.

■ Ernie Warwick who would have been 92 on the 16th February.

■ Last Summer we failed to note the death of that fantastic Race Organiser Doug Morris.



It is with a heavy heart that I am writing to tell you that Francis Scott (Fran) passed away yesterday Sunday 24th February.

Kermit Bentham

Francis had been doing well up until Saturday. We had been training on the track on Wednesday. He was taken ill Saturday night and was admitted to hospital. He had extensive bleeding from the numerous tumour sites on his liver.

He was operated on through the night. By morning he was chatting but the bleeding continued. Throughout Sunday the medical staff tried to stop the bleeding and replace fluids. By mid-afternoon Fran had lost consciousness. He did not regain consciousness and died late on Sunday afternoon.

Maria, his wife, and their eldest daughter were with him. I joined

them. He did not suffer, and it was a relatively quick death. He looked very peaceful and younger than ever.

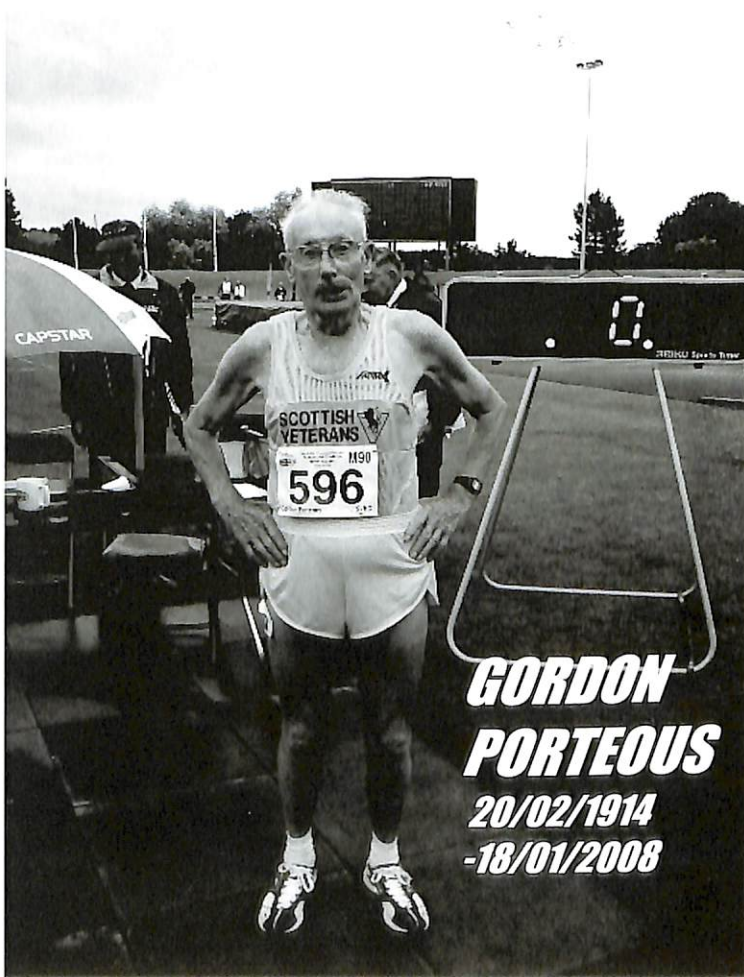
Steve Peters

One of South Africa's greatest athletes, Philip "Flying Phil" Rabinowitz, has died at the age of 104. He first made international headlines in 2004 when he became the fastest 100-year-old to run 100m in a time of 30.86 seconds. He turned 104 just two weeks ago but suffered a stroke last Saturday and was admitted to hospital in Cape Town, where he died on Friday.

He is survived by his daughters, Joyce Kruger and Valerie Smith, five grandchildren and eight great-grandchildren. For years Rabinowitz featured in The Guinness Book of Records as the oldest competitive walker — something he was very proud of. "Every time I run I just feel younger and younger. I'm not quitting any time soon. As long as I can get up in the morning I will run and walk," he said after breaking the world record.

Rabinowitz walked between 20km and 25km every week, drank fresh orange juice every morning, ate fish and chicken and "lots of veggies and three apples a day"

RON FRANKLIN



**GORDON
PORTEOUS**
20/02/1914
-18/01/2008

On Friday 18th January 2008 Gordon Porteous, passed away peacefully in the Royal Alexandra Hospital in Paisley with members of his family at his bedside.

Gordon was born on 20th February 1914 and was from a very early age a very active person, cycling and hiking over the Scottish Highlands, and further afield. He was a founder member of the Glasgow Eagles Cycling Club and along with his two pals Danny and Willie covered many miles on their bikes. On one occasion they were discussing how long they thought it would take them to cycle down to London, a distance of approximately 400 miles, so without too much preparation off they went, arriving in London 2½ days later averaging about 160 miles per full day. After looking around the city they climbed back onto their bikes and set off again, this time for John O'Groats approximately 700 miles away. (No doubt these long cycle rides were laying the foundation of fitness and strength that would lead to success as an athlete in later years).

When Gordon was about 21, his two pals Danny and Willie, who were also members of Maryhill Harriers Club, suggested that he should join the Harriers, and he soon found that not only had he a talent for running, but more important he enjoyed it, and as they say the rest is history. In the 1939 Edinburgh to Glasgow Relay Race, Gordon was running the last leg for Maryhill; Gordon brought Maryhill home in first place. This was the first and only time in the club's history that they were to achieve this honour. In later years Gordon was to achieve even greater honours. He won at least 23 medals at various World and European Veteran Championships in addition to numerous Scottish and British titles. He holds British records over 1500m in the M80, M85 and M90 categories, the M80 3000m (indoors) and the M85 and M90 5000m and 10000m. He holds the European record for the M85 5000m and two World records, the M90 5000m (31.25.45) and the M90 10000m (69.27.5). Gordon's final accolade came in November last year when he won the Glasgow Sports Personality of the Year Award for 2007, and he also won the lifetime achievement award for services to local sporting communities 2007. The awards ceremony was held in the Kelvingrove Museum and was sponsored by the Evening Times newspaper, but unfortunately Gordon was unable to attend the function and it was left to his daughters Allison and Evelyn to collect the awards on his behalf. Gordon's other achievements in our sport were as an official with various clubs. He was a founder member of the Scottish Marathon Club, and would serve on the Committee of the Scottish Veteran Harriers Club from its inauguration and in 1982 was elected as Honorary Treasurer, a post he held for 13 years. From 1995 he was a committee member again for 13 years, and then in 2006 he was elected Honorary President. Gordon also held various posts with Maryhill Harriers whom he joined in 1935 and very quickly was elected as Honorary Treasurer, Club Captain, Auditor, and eventually Honorary President of the club. He was also nominated by the Committee of Maryhill Harriers for consideration for inclusion in the New Years Honours List, but unfortunately time overtook this man of gentle disposition. No doubt someone will come along who will surpass Gordon's achievements, but he will live on in the annals of our sport as a great athlete, and more important he will live on in our hearts as someone whom we were all proud and privileged to have had as a friend and fellow athlete. He was a man of great humanity, humility and dignity and will be greatly missed for he had touched all our hearts.

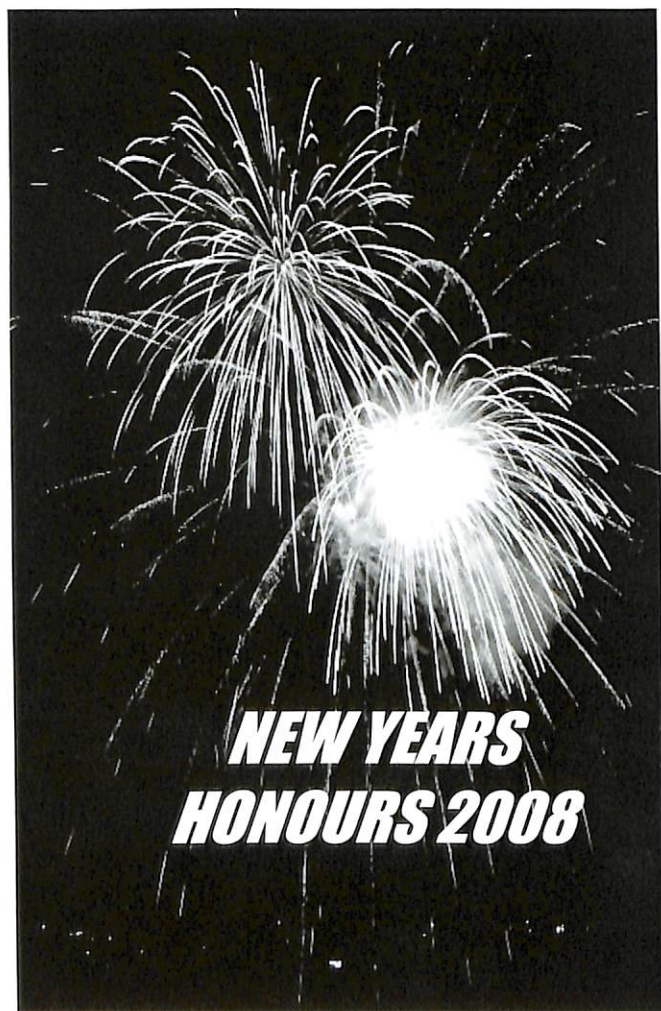
On behalf of Gordon's many friends in Scotland and elsewhere I send our sincere sympathies to his wife Nettie, his daughters Allison, Janette, Sheila, and Evelyn, also sons-in-law and grandsons.

Tom O'Reilly
Springburn Harriers & Scottish Veteran Harriers Club



In our report of the British & Irish International XC we suggested that Walter Ryder represented Scotland.

He of Course ran for **ENGLAND!**



**NEW YEARS
HONOURS 2008**



**Derek
Ibbotson
MBE**



**Maeve Kyle
OBE**



**Brondon
Foster CBE**

MBE Katherine Allenby, former chair British Athletes' Commission, services to sport.

MBE Alexander Naylor, services to athletics.

MBE Eileen Haskins, for services to the community in north Wales and to the Welsh Amateur Athletic Association.

In the End to End race the I.O.M. Vets organised last September, the list of winners 1st was Robbie Callister 2nd was Mark Hemsall, Jock Waddington 3rd and Ray Pitts 4th.

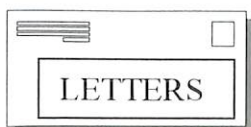
A Bike Ride for Fran

Dear Friends and Fellow Athletes,

We have all heard the very sad news of the death of Francis "Fran" Scott. Those who knew Fran well will have been particularly saddened as we all know what a beautiful person he was. His problems started, as many of us who were there will remember, at the World Championships in Puerto Rico in 2003. Since then, and until the end, he always remained very positive and happy despite his major health problems. Like most of you, I learned very recently that Fran supported the charity "Kidscan". They specialise in helping the treatment and wellbeing of children with cancer. Each year 1 in 650 children will be diagnosed with cancer and some 30% will not survive. I would like to ask you, my fellow athletes, to help me by raising as much as possible for Fran's favoured charity, as a memorial to such a fine person. To this end I ask if you will, please, sponsor me on a very difficult bicycle ride.

As many of you will know I have not been competing recently due to some very bad injuries. However, I have kept myself fit by cycling and, when I tell you that we live in the Peak District, you will realise that this has not been easy. So, at the age of 67, I have entered an event in Cesanatico, scene of the 1998 European Veteran Championships. The Italians call these events "Gran Fondos". The race will take place on 18 May. What I have let myself in for is 130km starting near to the athletics track and, after looping inland to the mountains, finishing on the seafront back in Cesanatico. On the route I will have to negotiate 4 mountains with the steepest section of 1 in 5 on the last mountain. I will have to survive a total of 50km of climbing. I have never ridden anything like this before but I am confident that Fran will inspire me to get round. The last 3 editions have been won by Raimondo Rumsas who finished 3rd overall in the 2002 Tour de France. The closest comparison I can give you is the London Marathon. This event is organised along the same basic lines with four separate start areas which converge after some 2km. There are 11,000 entries but, of course, that is 11,000 on bikes.

If you wish to sponsor me please contact me on michael.garvey@virgin.net or write to me at 169, Boythorpe Road, Chesterfield, S40 2NB. I am hoping to try to raise £500 for the charity and all expenses associated with my efforts will be entirely funded by me. I shall personally acknowledge all sponsorship offers and will produce a list of everyone to present to Fran's wife, Maria, together with the cheque for Kidscan, to enable her to make the presentation.



During a recent training session I was embarking upon my first shot drill of the session - the overhead two handed throw - when a most unfortunate

accident occurred! It was in fact my very first loosening throw and part way through driving the shot upwards I lost my grip on the shot. This resulted in two things happening. firstly, the shot went more upwards than outwards and, secondly, I was catapulted backwards out of control and out of the circle to land unceremoniously on my rear end. As I hit the deck I glanced up

to see the shot returning to earth roughly in the direction of my head!! I managed to carry out some half cocked SAS style commando roll resulting in the shot missing my vital organs and simply glancing my shin on the way down. I jumped to my feet like a scalded cat in a vain attempt to save face and convince any onlookers that this was simply a normal part of my training! However the stifled guffaws of the ten strong middle distance group that were passing slowly on their recovery convinced me that I had failedbadly. With tail firmly between legs I completed my shot session and then with my upcoming indoor pentathlon in mind I carried on to do another hour on long jump and hurdles. On leaving the track I recounted my mishap to the boys on front desk who demanded to know if, "there was a bruise". I said that I didn't know because I hadn't looked at my leg since the incident. On lifting my trackie bottoms we saw that the whole of my sock and most of the front of my trainer was covered in blood. On pulling the sock down a 6cm long and 1cm wide gash down to the bone appeared!! I was given 9 stitches deep into the night and deep into my leg. At gone midnight a most surreal evening came to an end!

Tony Tipping (M45 thrower and multi-eventer)

Dear therapists,

I have been involved in Veterans/Masters athletics now for 10 years plus a previous 24 years in the sport. In that time I, like many others have laid on chiro / physio / massage tables to get rid of injuries, aches and pains caused by participation in a sport I love.

The last 10 years have allowed me the privilege of getting to know a fantastic group of professional people who give up their time, knowledge and expertise hidden away in a tent, under some trees, under a stand, as long as it is a place the athletes can find them, whether this is National, European or World events.

If it were not for these professionals I for one, would not have achieved the success I have. I know I speak for many other athletes who feel the same. I do not mean medals or records, although that is nice, I mean just getting to a semi or a final. Perhaps a last minute strapping, a little 'tweak' here and there because they know how important it is to you to compete.

On occasions at events I have heard people complaining that they can't get an appointment, in all the cases I've heard of, it is athletes who do not want to pay up the relatively trivial amount before they go, hoping it will be 'alright on the day', at our age it rarely is!! So, quite rightly the emphasis is on those who have paid.

Those who have regularly used the excellent service will struggle to find fault in what they have done. How many other countries have the service that these professionals provide, in the main only one?

We all like taking photos at events, I for one when looking back find that in a number of events I have ones which include some of these people, a reminder of what they helped me achieve.

So I, as well as a significant number of masters athletes say thank you, keep up the excellent work, as it is greatly appreciated, and I hope to see you at the British and European Masters this year. (This thank you clearly applies

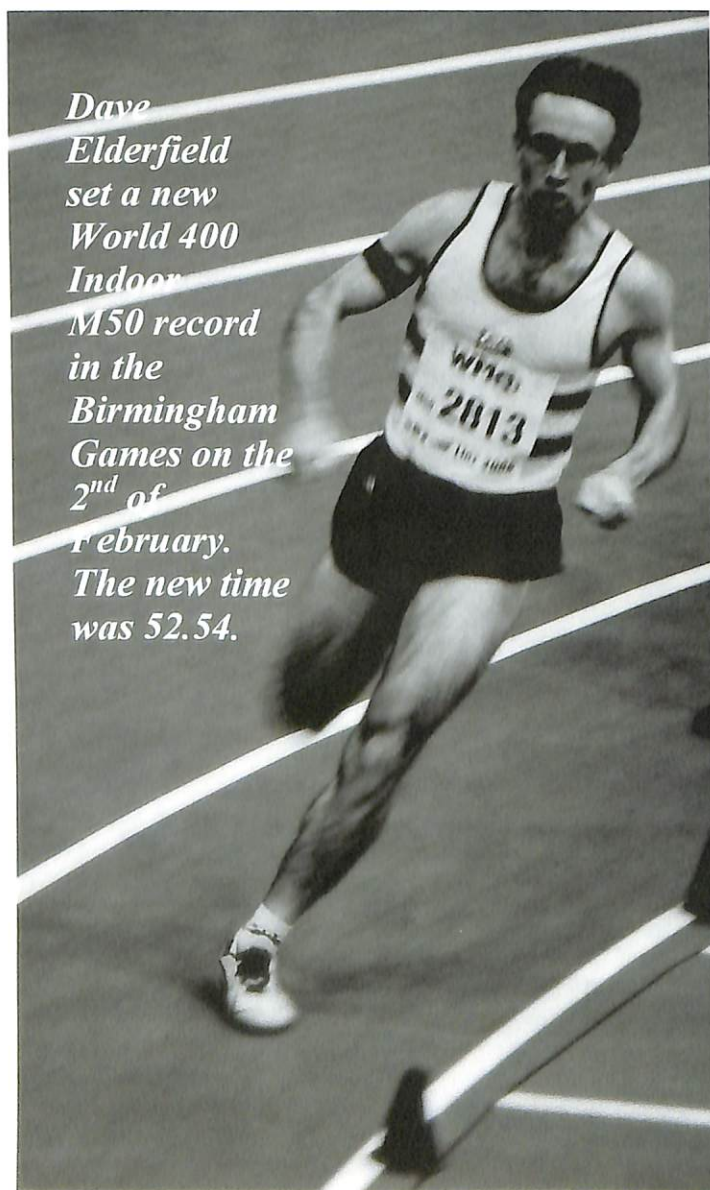
also to the team of colleagues who do the organising of actually getting them to the different events)

Howard Moscrop

The 2007 Veteran Women's Track & Field Ranking book is now ready. It can be obtained from Mrs Sally Gandee at a cost of £3.50 (cheques payable to Mrs S Gandee please) together with an A5 2nd class stamped self addressed envelope. The address to send to is 4 Westfield Road, Hertford, Herts., SG14 3DJ.

Master Athletes dominated the Inter Counties Walks Champions. In the Women's 5k the winner was Verity Snook in 26:24, whilst Sharon Tonks finished third in 26:57 and Dianne Bradley fourth in 27:21.

In the Men's 10k event Nick Silvester won in 47:45 and Mark Williams finished second in 47:48.



Dave Elderfield set a new World 400 Indoor M50 record in the Birmingham Games on the 2nd of February. The new time was 52.54.

Horwich Carnival Races, Sunday June 22nd

**Supporting Bolton Hospice
Races Are Back, Bigger and Better Than Ever**

This year's Horwich Carnival Races day on Sunday June 22nd promises to be bigger and better than ever. In addition to last year's extensive programme there are now even more new events. These include a Community Ride for all, a 2 Mile Hospice Run, elite Mile Running Race and the Railway Sleeper World Championships. To top it all the Penny Farthing racers are back. Indeed, the Carnival Races has something for everyone and is a whole day of running, walking and cycling with many added attractions and unique events. Plus there's all the fun of Carnival Sunday including the parade and Carnival field activities.

The running and walking events include at 11.15am **The Emerson Group British Masters 5K Road Running and Walking Championships**, which attracts veteran athletes from all over the country. The 12.50pm **Nouvelle Horwich Carnival 5K** is open to anyone who is 13 years of age or over on September 1st 2007. This race also incorporates the prestigious **Northern Athletics 5K Road Running Championships**, when individuals and teams will be competing for prestigious Northern medals and awards, and it is also the final event in the five races Horwich Tour. At 2.15pm the **Bluemantle Bolton Hospice Fun Runs** (1 and 2 mile) are open to all ages and include a local Schools' Challenge. At 3.00pm is the **Mizuno Elite Invitational Mile** when it is hoped some cracking times will be set by some of the country's top runners.

For more details on all the events, including entry forms and official Bolton Hospice sponsorship forms, visit www.horwichcarnivalraces.co.uk or for further running event details contact Glyn Woodward on 01257 269814 (Email: chorley@sweatshop.co.uk) or for cycling event details contact Dave Leyland on 01204 417574 (Email: bungosoup@yahoo.co.uk).

TOP MASTERS 2008 INDOOR

Going through the I.A.A.F indoor ranking I have discovered the following very noteworthy performances.

60 Women	7.39	Chryste Gains	W35	USA	New York	8 th Feb
60 Men	6.67	Jeff Laynes	M35	USA	Saskatoon	9 th Feb
800 Women	1:59.48	Maria Mutola	W35	MOZ	Karlsruhe	10 th Feb

1500 Women	4:17.55	Jennifer Toomey	W35	USA	Boston	26 th Jan
3000 Women	9:10.92	Yuliya Vinkurova	W35	RUS	Samara	2 nd Feb
60H Men	7.53	Allen Johnson	M35	USA	Boston	24 th Feb
HJ Men	2.30 =World Record	Dragutin Topic	M35	SRB	Novi Sad	7 th Feb
HJ Men	2.10 =World Record	Dalton Grant	M40	GBR	Banska Bystrica	5 th Feb
HJ Women	1.90	Romary Rifka	W35	MEX	Valencia	8 th Mar
PV Men	5.81 European Record	Tim Lobinger	M35	GER	Stockholm	21 st Feb
PV Men	5.70 World Record	Jeff Hartwigg	M40	USA	Stuttgart	2 nd Feb
PV Women	4.11	Stacey Dragila	W35	USA	Nawpa	26 th Jan
LJ Men	7.81	Bogdon Tudor	M35	ROM	Bucuresti	26 th Jan
TJ Men	16.44	Charles Friedek	M35	GER	Sindelfingen	23 rd Feb
TJ Women	14.47 World Record	Yamile Aldama	W35	SUD	Valencia	8 th Mar
SP Men	20.13	Milan Haborak	M35	SVK	Budapest	16 th Feb
SP Women	17.46	Krystyna Zabawska	W40	POL	Spala	24 th Feb
3000 Walk Women	12:49.68	Rossella Giordano	W35	ITA	Genova	23 rd Feb

	(NR)	Gattuso			
60 Men	7.42	Dylan Menzies	36	Norfolk Island	(QR)
60H Men	7.55	Allen Johnson	37	USA	2 nd Final
HJ Men	2.27	Dragutin Topic	36	Serbia	=6 Final
PV Men	5.70	Tim Lobinger	35	Germany	5 th Final
PV men	5.60 F 5.70 QR	Derek Miles	35	USA	8 th Final
SP Men	19.94	Miran Haborak	35	Slovak Republic	QR
800 Women	2:02.97	Maria Mutola	35	Mozambique	3 rd Final
800 Women	2:05.23	Agnes Samaria	35	Namibia	QR
HJ Women	1.90 (NR)	Romary Rifka	37	Mexico	QR
TJ Women	14.47 World Masters Record	Yamile Aldama	35	Sudan	5 th Final

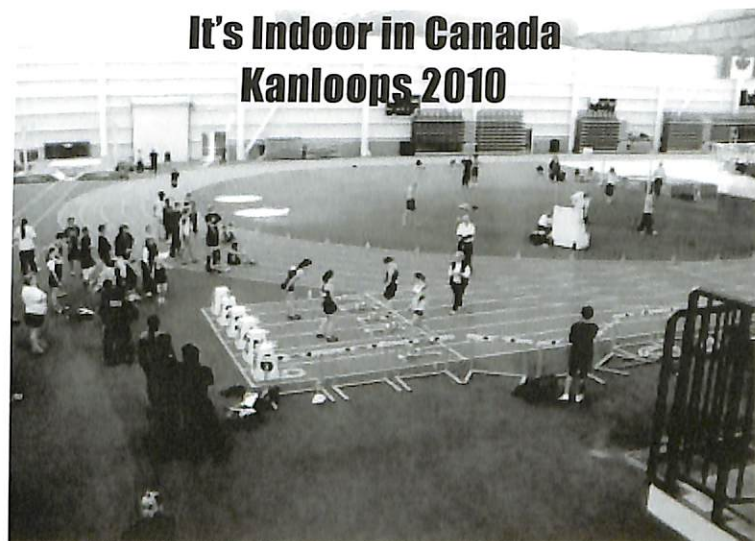
12th IAAF World Indoor Championships
VALENCIA
7-9 March 2008



MASTERS
At IAAF
WORLD
INDOORS
SILVER FOR
JOHNSON
At 37!

Event	Perf.	Name	Age	Country	POS
60 Men	6.94	Sebastien	36	Monaco	(QR)

It's Indoor in Canada Kamloops 2010



The WMA Council has voted to award the 2010 INDOORS CHAMPIONSHIPS to Kamloops, Canada, conditional upon Kamloops providing Council with:

A formal bid presentation to Council will be made on a date to be agreed during the forthcoming 3rd WMA INDOORS CHAMPIONSHIPS in Clermont-Ferrand, between March 20th and 22nd. The Kamloops facilities and infrastructure have been inspected and favourably reported on by a Technical Inspection Team consisting of the WMA Vice-Presidents or their delegates over the weekend of February 15th.

The provisional dates proposed for these Championships are the 1st to the 6th March 2010.

Council therefore has every reason to anticipate that their above-mentioned requirements will be satisfactorily met.

WHERE ARE THEY NOW!

When 9,000 athletes, supporters and enthusiasts mingling together over a 10-day World Masters Track & Field Championships, they are bound to throw up some nostalgia. Seen and heard in Riccione last September:

Did you recognise the woman who finished 10th the W55 heptathlon? She was the 12-year old girl who took the gold medal to Tommy Smith, USA, as he stood on the podium at the 1968 Mexico Olympics after setting a World and Olympic 19.8sec 200m record and with bronze medallist John Carlos, gave the famous black power salute.

Another link to the same Olympics, the great Italian hurdler Eddy Ottoz won the 110yH bronze, his aunt won the W90 discus in Riccione.

Ottavio Missoni, Italy, finished 2nd in the M85 shot; he was a finalist in the 1948 London Olympics 440yds hurdles.

Seven times a member of the Italian international cross country team and 8th in the 1997 IAAF World marathon, Alessandro Di Priamo, finished 5th in the M35 cross country race.

Maria Mathieu Michel who won the W50 400m in a sizzling 57.66sec, represented Puerto Rico in the Olympics.

In his Opening Ceremony speech, The Mayor, Daniele Imola, welcomed the world to his city. Three days later, three international judges responded by showing him a Red Card in the M50 5000m walk!
Linus, alias Pasquale Di Molfetta the Local Radio DJ, dropped out of the M45 marathon at 30km.

Wilma Perkins, Australia, was the first athlete to be randomly selected for a Drug Test. Her husband Stan is Chairman of World Masters Anti Doping Committee.

There was a titanic battle to the finish in the M55 cross country between a Russian, alleged to be the ex-Leader of the Communist Party in his home town, and an Argentinean. The Russian asked the Argi to pose for a photo. Before he did so, the Argentinean got their team mascot, a large statue of the Virgin Mary, to place between the two of them!

Bridget Cushen

It shouldn't happen to a Vet (or even a Master)!

The irrepressible Ron Franklin celebrated his 80th birthday in January. Now down from his de rigueur 120 miles per week to a more human 50, he had a Cold Call offering him a Special Offer on stairlifts. Ron responded instantly: "I was 10th in the 1958 Commonwealth Games running for Wales in Cardiff ... I ran the fastest leg in the ... I have run xxxx marathons and I beat so-and-so. I have just run up the stairs to turn my computer off...." Is this the first time we have heard of a slick Salesman being left totally speechless!



MIDLAND MASTERS ATHLETIC CLUB

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

SUNDAY 8th JUNE 2008

ALL AGE GROUPS; 5 YEAR GROUPS FROM 35; MEN & WOMEN

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

Entry Rules – Medals - Championship medals will be awarded in each 5-year age group as follows:

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

Events

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

Medals ► First 3 MMAC member and guest in each event, subject to above rules.

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



MMAC T&F CHAMPIONSHIPS – Norman Green Sports Centre
Solihull – 8th JUNE 2008

First event will commence at 10:30 am

Name.....Date of Birth.....
Male ☐ Female ☐

Address.....

Telephone No.....

E mail address.....

Age group e.g. M40, W40.

Club.....MMAC No.....

Guest Club/RegionTotal amount enclosed

Event	PB 2007	Event	PB 2007	TJ take off board

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

Entries to: Beverley Matthews, 44 Froxhill Crescent, Brixworth, NN6 9LN
Tel: 07972 289595 Email: beverleymatthews.mmac@yahoo.co.uk

CLOSING DATE: 17TH MAY 2008 - Cheques / P.O. payable to MMAC
PLEASE ENCLOSE **162mm x 229mm (9 X 6) STAMPED ADDRESSED ENVELOPE**

PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED



PRESTWOLD HALL 10K

With kind permission of Prestwold Hall

Race Permit applied for.

Organising Club - Barrow Runners, Leicestershire

Tenon

PINFOLD MEDICAL PRACTICE
LOUGHBOROUGH



Sunday 29th June 2008

The "Flattest 10k in the County!"

Starting at 10.30 a.m. (Race limit 1,000)

Incorporating the B.M.A.F 10k Championship, Leicestershire 10k Championship & L.R.R.L Summer Series)

Plus 1 mile Family Fun Run

Starting at 9.45 a.m. (Entries on the day only)



Entries and results by
SPORT SYSTEMS
www.sportsystems.co.uk

Prestwold Driving Centre, Prestwold Hall, Nr. Loughborough, Leicestershire

ALL ABILITIES WELCOME — (10k ENTRANTS MIN AGE 15)

Held in Support of:- County Air Ambulance

Memento for all 10k race finishers. Goodie Bag for 1 mile finishers. TOILETS, CHANGING, NO SHOWERS. REFRESHMENTS, AMPLE CAR PARKING AVAILABLE

Prize List

Men's and Women's Prizes: 1st £100, 2nd £75, 3rd £50, 4th £30 & 5th £20 Men's and Women's Vet prizes in various categories

supported by **Running Fox Loughborough**

Entries online at www.barrow-runners.fsnet.co.uk

Send your completed entry form with entry fee (£8.00 Affiliated & £10.00 Unaffiliated) NO SAE required! to:-

Prestwold Hall 10K, c/o Sport Systems, Regency House, 61 Walton on the Hill, Tadworth, KT20 7RZ

Make cheques payable to "Barrow Runners"

No postal entries accepted after Wednesday 25th June 2008

NO ENTRIES ON THE DAY FOR 10K RACE.

FUN RUN £2 - Entries on the day only

✂-----

Entry form. Please print legibly. — someone else has to read it!

First Name: _____ Surname: _____

Address: _____ Date of Birth: ____/____/____

Male / Female: _____

Town: _____ Home: _____

County: _____ Mobile: _____

Postcode: _____ Please include full postcode L.R.R.L Number (if applicable) _____

Email: _____

Club: _____ Please use full club name

Masters Area & Club _____

Estimated Time: _____

Fee Enclosed : £ _____

Office use only

I declare that to the best of my knowledge I am medically fit to compete, and that I enter at my own risk and agree that the organisers shall not be liable for any accident, injury, loss or damage resulting from my participation. I agree to abide by UKA Rules. In the case of 10k entrants, I am over 16 years old on the day of the race.

SIGNATURE: _____

DATE: _____



KIRBY & WEST

THE DAIRY ON YOUR DOORSTEP



BRITISH MASTERS CROSS COUNTRY CHAMPIONSHIPS BANBURY 29th of March.



Rob Whalley, winner of the M40 event.

WORDS: Alastair Aitken Reports
PHOTOS: Jeremy Hemming
hemming@dircom.co.uk

Cold rain and powerful winds greeted the record entry of 500 runners for the British Masters cross country championships at Banbury on the 29th of March but, the atmosphere was good as usual for the exciting event.

Rob Whalley, still a formidable competitor at 'National level', set off in the M35-49 race with a commanding lead and never looked like losing the race over the muddy three lap course. Barry Royden, last year's impressive winner at

Mansfield went into second place straight away but a recent loss of form robbed him of being in contention for a place in the first three home, however he did manage an M40 third place.

Second placer Ian Lockett, was having one of his best results to date, not only taking Herne Hill Harriers to team victory but also moving away from the first M35 runner Huw Evans in the closing stages. In fourth place was Brian Rushworth, the M45 victor, who has not been out of the first three M40's in the last six years and, ten years ago won the British 10k road title outright at the age of 35, when there was no Masters M35 category in existence in the UK.

Ian Furness and Robert Atkinson contested the M50 race just ahead of recent triple World Masters Champion Mike Hager, who incidentally took Tipton to team victory. At half way Furness opened up and pulled right away with Hager chasing him home up the finishing straight. Furness, who won the M45 title, last year won the M40 National Vets 5000m back in 1998 in 14.51. Malcolm Reynard was the M55 winner at Banbury.

In the M70 category Steve James, the National Junior cross-country champion 49 years ago, held off a spirited effort by Walter Ryder who was trying to get on terms.

Seven runners were still disputing the lead in the women's race till half way when Nicki Nealon thought there were too many in with a chance, turned on the gas and moved right away from the rest. Sarah Gee, who on Good Friday took four minutes off her 10 mile best at Maidenhead with 59.41 and had been training hard for the London Marathon came home second.

It was good to see ex-international twins Paula Fudge and Ann Ford doing well in the W55 age group and they were encouraged on the side lines by that fantastic road and cross-country runner of the '70 / 80's Berne Ford. Chelmsford won the W35 team title and Reading Road Runners the W45 team award.

Pam Jones who won a silver and bronze in the 'W70' in the recent World Masters Championship, was an English Schools hurdles Champion and 7th in the Senior National once, After her race echoed why we still all like to run "You don't feel right if you don't go for a run. You know that Alastair. You miss it. It's not the same!"

RACE 1 WOMEN ALL AGES AND MEN 70+

1 25.37 Nealon Nicki W40-1; 2 26.01 Gee Sarah W40-2; 3 26.07 Walters Deborah W35-1; 4 26.29 Elms Clare W40-3; 5 26.48 Forbes Claire W35-2; 6 27.02 Becconsall Sue W45-1; 7 27.09 Stedman Marina W45-2; 8 27.13 Hay Carolyn W35-3; 9 27.15 Wint Sue W40; 10 27.23 Moore Jenny W40; 11 27.25 Burrell Helen W40; 12 27.27 Kelling Rosalind W45-3; 13 27.30 Williamson Monica W45; 14 27.43 Gomm Nicola W45; 15 27.45 Dalkin Amanda W35; 16 27.47 Lambert Heather W50-1; 17 27.48 Whaley Leslie W45; 18 27.50 Kennedy Fiona W50-2; 19 27.59 Gibbs Dawn W50-3; 20 28.10 Oakman Annette W35; 21 28.13 Baker Joanne W40; 22 28.17 Monahan Sian W45; 23 28.24 King Wendy W35; 24 28.3 Ray Janet W45; 25 28.33 Pickup Andrea W35; 26 28.35 Robson Stephanie W35; 27 28.37 Emmett Lynn W35; 28 28.38 James Steve M70-1; 29 28.40 Kilkenny Christine W55-1; 30 28.44 James Molly W35; 31 28.47 Galliard De Laubenque Teresa



Nicki Nealon leads Debbie Walters, Claire Forbes & Sarah Gee

W35, 32 28 47 Fudge Paula W55-2; 33 28 48 Francis Susan W35, 34 28 50
 Ryder Walter M70-2; 35 28 58 Wooley Theresa W45, 36 29 02 Balme Ola W40, 37 29 06
 Copson Anglea W60-1; 38 29 10 Ford Anne W55-3; 39 29 17 Marson Lindi W45,
 40 29 24 Copitch Jackie W40, 41 29 27 Wilson Lynn W50, 42 29 33 Forse Penny W55,
 43 29 40 Cooper Susan W50, 44 29 43 Hesketh Marian W50, 45 30 06 Palmer Fiona W40,
 46 30 17 Spencer David M70-3, 47 30 18 Talbot Rosner Victoria W45, 48 30 20 Marchant
 Zina W55, 49 30 20 Whitaker Lynne W45, 50 30 25 Sloane Alison W45, 51 30 47 Bowker
 Carole W45, 52 30 55 Moody Margaret W55, 53 31 06 McCaskey Walter M70, 54 31 14
 Morgan Gillian W45, 55 31 18 Tabor Ros W55, 56 31 21 Batty Elizabeth W50, 57 31 24
 Collins John M70, 58 31 27 James Sue W55, 59 31 31 Fellows Dot W60-2; 60 31 34
 Wiltshire Gordon M70, 61 31 35 Gibson Tracey W40, 62 31 38 Townley Sharon W35,
 63 31 43 Halstead Pat W55, 64 31 51 Taylor Gillian W50, 65 32 04 William Mary W50,
 66 32 09 Richmond Nicola W35, 67 32 11 Knox Sarah W35, 68 32 16 Thompson Margaret
 W50, 69 32 34 Annetts Elizabeth W50, 70 32 54 Hueter Gwyneth W50, 71 32 59 Williams
 Catherine W45, 72 33 18 Turley Helen W50, 73 33 25 Johnstone Kirsty W45, 74 33 26
 Rollason Christine W55, 75 33 35 James Anne W55, 76 33 37 Jay Johanna W65, 77 33 40
 Steed John M70, 78 33 41 Surrey Derek M70, 79 33 48 Evans David M70, 80 33 54
 Gristwood Julia W45, 81 34 07 Atkins Nichola W40, 82 34 43 Willis Lesley W45,
 83 34 54 Palmer Marilyn W55, 84 35 06 Hough Grace W55, 85 35 21 Brown Madalaine
 W50, 86 35 32 Billington William M70, 87 35 40 Bowcott Lesley W60-3; 88 35 40
 Appleby Eric M75-1; 89 35 43 Jones Brenda W65-1; 90 35 45 Jones Pam W70-1;
 91 35 49 Barnett Susan W55, 92 36 06 Rambridge Janice W60, 93 36 10 Howarth Derek
 M75-2; 94 36 12 Blower Carole W45, 95 36 31 Ross Annie W55, 96 36 39 Thomas Peter
 M70, 97 36 55 Morgan Diana W45, 98 37 18 Osborne Eva W65-2, 99 37 19 Hall Carol
 W50, 100 37 32 Neal Sue W55, 101 37 48 Gaffen Zoe W50, 102 37 57 Shave Brian M70,
 103 38 00 Stewart Kathleen W65-3; 104 38 10 Johnson June W60, 105 38 42 Moorekate
 Janice W50, 106 39 34 Mansfield Eila W70-2, 107 40 17 Ferreira Silvia W45, 108 40 22
 Holmes Mary W70-3; 109 40 29 Cullingham John M75-3; 110 40 51 Webb Rose W60,
 111 42 07 Thorpe Dennis M70, 112 43 18 Pym Lesley W55, 113 43 30 Kay Ruth W55,
 114 46 02 Hale Ronald M80-1; 115 46 08 AN OTHER W45, 116 47 50 Mc Keag John
 M85.

RACE 2 MEN 50 - 69

1- 30 11 Furness Ian M50-1; 2 -30 37 Hager Michael M55-1; 3 -30 49
 Atkinson Bob M50-2; 4 -31 13 Gardner Brian M50-3; 5 -31 23 Wetherill
 Andrew M50, 6 -31 33 Wilson Gregory M50, 7 -31 50 Owen Stanley M55-2;
 8 -31 56 Shields Matt M50, 9 -32 25 Duncan John M50, 10 -32 38 Wallis Rick
 M50, 11 -32 52 Smythe Stephen M50, 12 -32 56 Sykes Chris M50, 13 -33 00
 Bridgeland Michael M50, 14 -33 03 Dixon Trevor M50, 15 -33 07 Rowe Alex
 M50, 16 -33 37 Morrison Norman M55-3; 17 -33 46 Neal Peter M50,
 18 -33 48 Wilcock David M50, 19 -33 53 Shaw Peter M50, 20 -33 53 Curran



Chris Kilkenny won the W55's

William M55, 21 -33 59 Hesketh Kevin M50, 22 -34 03 McGeoch Mick M50,
 23 -34 08 Tabor Mick M55, 24 -34 09 Grant Richard M50, 25 -34 12 Hutchison
 Tom M50, 26 -34 13 Griffiths John M50, 27 -34 15 Dodwell Edward M50,
 28 -34 27 Reynard Malcom M60-1; 29 -34 29 Elliot Richard M55, 30 -34 42
 Stanier Ray M50, 31 -34 45 Donaghy Derek M50, 32 -34 51 Michael Desmond
 M55, 33 -34 54 Plested Stephen M55, 34 -34 57 Grice Alan M55, 35 -35 00
 Hunt Simon M50, 36 -35 01 Ranicar Eric M60-2; 37 -35 03 Martin Dessi
 M55, 38 -35 09 Moorhouse Mick M55, 39 -35 12 Youngs Kevin M55, 40 -35 14



Ian Furness winner of Race two

Manley Phil M55; 41 -35.15 **Tintinger Robert M60-3**; 42 -35.16 Newman Alan M50; 43 -35.18 Rhimes Godfrey M50; 44 -35.19 Mann Michael M55 ; 45 -35.20 Johnston Sandy M55; 46 -35.21 Howells Rob M55; 47 -35.22 Sadler Brett M50; 48 -35.23 Park Robert M50; 49 -35.29 Hartwell David M50; 50 -35.32 Binns Peter M60; 51 -35.34 Hooper Ray M50; 52 -35.41 Thorpe Stewart M55; 53 -35.43 Treadwell Roy M60; 54 -35.49 Pascoe Stanley M50; 55 -35.51 Hamilton Peter M60; 56 -35.55 Smedley Mick M60; 57 -35.58 Bell Gerry M55; 58 -35.59 Cousins Tony M55; 59 -35.59 Lang Steve M50; 60 -36.00 Haynes Les M65-1; 61 -36.02 Zapple James M50; 62 -36.04 Gaines Stephen M55; 63 -36.09 Johns Arthur M55; 64 -36.12 **Cartwright Peter M65-2**; 65 -36.12 McLellan Keith M50; 66 -36.13 Allan William M60; 67 -36.15 Young Robert M60; 68 -36.20 Couldwell Stephen M60; 69 -36.21 Anglim Mick M60; 70 -36.24 Foskett Richard M50; 71 -36.30 Ford Martin M60; 72 -36.40 Probin Peter M60; 73 -36.42 Matthews Allan M60; 74 -36.45 Newton Geoff M60; 75 -36.46 Robson Neil M60; 76 -36.48 Melvern Richard M60 ; 77- 37.03 Greenland Thornton M60; 78- 37.07 Eden Geoff M60; 79 -37.17 Dover Bob M60; 80-37.23 **Patton Graham David M65-3**; 81-37.29 Orme Gordon M65; 82-37.30 Exley John M60; 83-37.47 Smith Michael M65; 84-37.53 Beer Clive M50; 85-37.55 Worthington Michael M60; 86-38.02 Campbell Brian M60; 87-38.05 Jefferies Tony M60; 88-38.05 Bailey-Gard Julian M55; 89-38.16 Newton Peter M60; 90-38.19 Thirlaway Malcome M50; 91-38.22 Altmann Henk M65; 92-38.24 Turner John M60; 93-38.29 Rose David M60; 94-38.35 Phillips Mervyn M50; 95-38.40 Ludford Martin M50; 96-38.48 Roberts William M50; 97-38.52 Lands Robert M50; 98-38.55 Hutchison Jack M60; 99-38.57 Wilson Roger M65; 100-38.59 Spragg Mike M60; 101-39.01 Green Paul M50; 102-39.04 Johnson Michael M65; 103-39.06 Mann Stuart M60; 104-39.17 Sargent Robert M50; 105-39.19 Rutland Clive M50; 106-39.22 Johnson Andrew M60; 107-39.29 Marsh Stuart M55; 108-39.32 Bloom Ricard M60; 109-39.35 Falvey John M50; 110-39.38 Grimsdale Martin M50; 111-39.41 Lloyd Adrian M60; 112-39.43 Scudamore Keith M65; 113-40.09 Newberry Jim M55; 114-40.21 Taylor Jeff M60; 115-40.31 Murdock Fred M65; 116-40.35 Farrell David M50; 117-40.52 Buckle Ken M65; 118-40.54 Smith Geoff M60; 119-41.02 Bower Derek M50; 120-41.09 Ryan Christopher M55; 121-41.15 Wingrove Edward M60; 122-41.18

Connolly Steve M55; 123-41.23 Nice Stuart M50; 124-41.32 Blower David M50; 125-41.46 Murray Andy M55; 126-42.06 Peers Alan M65; 127-42.17 Davis Geoff M55; 128-42.29 Mathieson Philip M50; 129-42.36 Austin Anthony M50; 130-42.38 Jewell Dave M60; 131-42.49 Hughes Gareth M60; 132-43.09 Walsh David M60; 133-43.16 Mullis Allen M50; 134-43.16 Sims Eddie M50; 135-43.24 Garber John M65; 136-43.32 Worthington Brian M50; 137-43.50 Hatfield Stephen M60; 138-44.07 Martin Neil M50; 139-44.13 Phillips Tony M60; 140-44.24 Hadlow Edward M60; 141-44.34 Grimsdale Paul M50; 142-44.42 Coleman Richard M50; 143-44.52 Davies Peter M60; 144-45.41 Davies Robin M60; 145-45.44 Gamble Terry M60; 146-46.45 Frain Anthony M60; 147-47.59 Kidman Gavin M65; 148-48.50 Stewart Ronald M65; 149-50.22 Mann Alan M50; 150-50.55 Boon Michael M50; 151-54.03 Dillon Kevin M50; 152-58.09 Routledge George M60; 153-72.15 Gaffen John M50;

RACE 3 MEN 35 - 49 AND M50+ WHO HAVE DOWN AGED TO M40-49 AGE

1, 72, 28.07, Whalley, Robert, M40-1; 2, 48, 29.16, Lockett, Ian, M40-2; 3, 9, 29.22, Evans, Huw, M35-1; 4, 128, 29.44, Rushworth, Brian, M45-1; 5, 62, 30.03, Royden, Barry, M40-3; 6, 12, 30.09, Harris, Richard, M35-2; 7, 115, 30.13, Newton, Keith, M45-2; 8, 51, 30.15, Male, Stephen, M40; 9, 120, 30.25, Parry, Philip, M45-3; 10, 54, 30.3, Murphy, Bernie, M40; 11, 33, 30.31, Cooner, Darren, M40; 12, 49, 30.33, MacDonald, Stewart, M40; 13, 45, 30.37, Kesterton, Dave, M40; 14, 137, 30.42, Whyatt, Mike, M45; 15, 13, 30.44, Hope, Gary, M35-3; 16, 56, 30.47, Platts, Steve, M40; 17, 88, 30.57, Convery, John, M45; 18, 70, 31.02, Turnbull, Alan, M40; 19, 35, 31.04, Doughty, Thomas, M40; 20, 82, 31.09, Aspinall, Mark, M45; 21, 502, 31.2, Palmer, COLIN, M40; 22, 41, 31.21, Hope, Alex, M40; 23, 37, 31.25, Field, Tim, M40; 24, 135, 31.26, Walmsey, Dennis, M45; 25, 14, 31.36, Kenderdine, Tom, M35; 26, 2, 31.41, Blaney, Paul, M35; 27, 503, 31.47, Dobson, Paul, M40; 28, 114, 31.55, Munt, Tom, M45; 29, 61, 31.59, Robinson, David, M40; 30, 27, 32.02, Bleach, Paul, M40; 31, 44, 32.06, Keene, Aaron, M40; 32, 119, 32.12, Overton, Steve, M45; 33, 97, 32.15, Gibbs, Andy, M45; 34, 101, 32.18, Greenwood, Ian, M45; 35, 68, 32.22, Taylor, Gary, M40; 36, 126, 32.24, Ruddleston, Mark, M45; 37, 6, 32.27, Dobson, Paul, M35; 38, 93, 32.29, Farran, Martin, M45; 39, 132, 32.38, Spowage, Paul, M45; 40, 86, 32.4, Bullen, Richard, M45; 41, 103, 32.41, Hetherington, Crispin, M45; 42, 77, 32.43, Wright, Mark, M40; 43, 15, 32.44, Palmer, Robert, M35; 44, 102, 32.46, Gristwood, Bill, M45; 45, 53, 32.47, Morley, Michael, M40; 46, 74, 32.48, Wilkinson, Garry, M40; 47, 80, 32.5, Adams, Ronnie, M45; 48, 112, 32.52, Morrison, Paul, M45; 49, 84, 32.52, Boyle, Mike, M45; 50, 20, 32.57, Toseland, Terence, M35; 51, 131, 33.02, Smith, Peter, M45; 52, 59, 33.06, Richardson, Julian, M40; 53, 127, 33.08, Ruddleston, Paul, M45; 54, 10, 33.09, Fortnam, Simon, M35; 55, 108, 33.09, Keewan, Gary, M45; 56, 7, 33.11, Edmunds, Stephen, M35; 57, 57, 33.15, Piotrowski, Henryk, M40; 58, 38, 33.17, Furness, Dean, M40; 59, 123, 33.19, Rawlins, Russell, M45; 60, 19, 33.23, Still, Stuart, M35; 61, 133, 33.26, Trees, Michael, M45; 62, 124, 33.41, Riley, Darren, M45; 63, 24, 33.43, Wiltshire, Simon, M35; 64, 109, 33.44, Lisiewicz, John, M45; 65, 52, 33.46, Moen, Brendan, M40; 66, 8, 33.48, Edwards, Gareth, M35; 67, 75, 33.52, Williams, Gaizeth, M40; 68, 92, 33.56, Eustace, Malcolm, M45; 69, 18, 33.57, Pritchard, Simon, M35; 70, 31, 33.58, Burns, Eddy, M40; 71, 83, 34, Berrett, Paul, M45; 72, 136, 34.03, Webb, Nigel, M45; 73, 85, 34.05, Brown, Mark, M45; 74, 100, 34.11, Gray, Richard, M45; 75, 125, 34.14, Rothman, Jim, M45; 76, 81, 34.18, Allen, David, M45; 77, 3, 34.21, Braley, Mark, M35; 78, 99, 34.27, Gray, Carey, M45; 79, 116, 34.39, Nuttall, David, M45; 80, 1, 34.49, Barry, Jason, M35; 81, 36, 34.58, Dumigan, Brendan, M40; 82, 107, 35.13, Jones, Robert, M45; 83, 106, 35.16, Johnson, Simon, M45; 84, 5, 35.17, Carroll, Vincent, M35; 85, 122, 35.19, Phelps, Andy, M45; 86, 50, 35.41, McNaughton, Chris, M40; 87, 90, 36.1, Dines, Karl, M45; 88, 73, 36.31, White, Adrian, M40; 89, 117, 36.37, Ocleirigh, Tiarnan, M45; 90, 66, 36.58, Summers, Brian, M40; 91, 96, 37.2, Gannaway, Andy, M45; 92, 43, 37.27, Kellam, Peter, M40; 93, 26, 37.52, Appleby, Rod, M40; 94, 121, 38.12, Perrin, Martin, M45; 95, 129, 38.2, Simpson, David, M45; 96, 138, 38.44, York, Philip, M45; 97, 60, 38.49, Roberts, Alan, M40; 98, 91, 38.57, Egan, Terry, M45; 99, 23, 39.01, Wagstaff, Lee, M35; 100, 65, 39.03, Starr, Robert, M40; 101, 98, 39.04, Gorrill, Stephen, M45; 102, 55, 39.21, Osman, Tim, M40; 103, 130, 39.43, Simpson, Peter, M45; 104, 25, 40.11, Alexander, Stephen, M40; 105, 69, 43.32, Todd, Ian, M40; 106, 39, 53.07, Goldstack, Leon, M40;

MEN'S TEAMS :

MEN 35-39: 1 Severn AC 95:10 ; 2 North Belfast Harriers 98: 41; 3 Luton AC 99:55; **MEN 40-49 :** 1 Herne Hill Harriers 124 :20; 2 Sunderland Harriers 125:50; 3 Oxford City 129:17; 4 Clayton Le Moors Harriers 130: 20; 5 Rotherham Harriers & A C 130: 42; 6 Tipton 132: 00; 7 Les Croupiers 134: 23; **M50-59 :** 1 Tipton 100:16; 2 North Belfast Harriers 101: 44; 3 Oxford City A C 102:41; 4 Les Croupiers 103:31; 5 Ealing Southall & Mddx A C 105: 29; 6 Westbury Harriers 106: 18; 7 Dulwich Runners 109: 57; 8 Team Bath A C 114: 22; 9 City of Portsmouth 114: 36; **MEN 60-69:** 1 Hardy Runners 109:43; 2 Oxford City A C 109:55; 3 Bingley Harriers 110: 30; 4 Clydesdale Harriers 110:29; 5 Thames Hare & Hounds 120:35; 6 Cheltenham & County Harriers 114: 29; 7 Herts Phoenix 115:26; 8 Birchfield Harriers 118:41.

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WOMEN, 35-44: 1 Redhill Road Runners 83: 48; 2 Dulwich Runners 83: 49; 3 Chelmsford A C 84:47; 4 Centurion R C 92: 40; **WOMEN 45-54:** 1 Reading Road Runners 85: 44; 2 Ealing Southall & Mddx A C 88: 31; 3 Rugby & Northampton 96:48; 4 Invincia East Kent 100: 21; **WOMEN, 55-64,** Cannock & Stafford A C.

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MASTERS ATHLETICS SPRING 2008

DATE 2007	EVENT	VENUE	DETAILS
12 th April	British 56lb Championship		www.mmtg.org.uk
13 th April	NVAC 10/5k Paths	Gin Pit, Tyldsley	
	SVHC 10 Mile Road Race Champs	Strathclyde Park	<i>With the Tom Scott 10 mile 11am</i>
18 th April	NVAC Track & field League	Cleckheaton	
20 th April	MMAC Road relays & Walk	Sutton Park	AGM follows.
27 th April	SVHC Marathon	Lochaber	
4 th May	England v Ireland Walks International	London	
7 th May	SVHC 4,8 Mile Road	Coatbridge	7-30pm
11 th May	NVAC 10/5k Paths	Hoodlane, Warrington	
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 plus Club Championships
1 st June	SCVAC Track & Field Championships	Ashford	
8 th June	MMAC Track & Field Championships	Solihull	ADVERT THIS ISSUE
	NVAC 10k Road Championship	Clitheroe	
15 th June	BMAF Weight Pentathlon	Milton Keynes	
	SWVAC Track & Field Championships	Exeter	Peter Fairbank 011202 247076 Email-p.fairbank@ntlworld.com
21 st June	Interland (GB v France v Belgium)	Ashford	
	John Howell Memorial Meeting, British (LSW) Throwers Decathlon Championships		www.mmtg.org.uk
	SVHC Track & Field	TBC	
	NVAC Track & field League	Burnley	
21/22 nd June	GB v USA Decathlon / Heptathlon	University of Southern Missouri	Bruce Charles 01235 211532
22 nd June	BMAF 5k & 5kWalk Championships	Horwich	WITH THE HORWICH CARNIVAL RACES
28 th June	EVAA Mountain Running Championships	Lenzerheide, SUI	
29 th June	BMAF 10k Road Championships	Loughborough	ADVERT THIS ISSUE
5/6 th July	BMAF CHAMPIONSHIPS	BIRMINGHAM	ADVERT WILL BE IN THIS EDITION
6 th July	NVAC 10/5k Paths	Radcliffe	
12 th July	BMAF 10k Road Walk	Enfield	
18 th July	NVAC Track & field League	Cleckheaton	
23 rd July-3 th August	EVAA T&F Championships	Ljubljana SLO	
10 th August	Inter Area	HEMEL HEMSTEAD	
10 th August	IOM Marathon & Half Marathon	IOM	www.iomvac.co.uk
15 th August	NVAC Track & field League	Ashton-under-Lyne	
16 th August	MMTG Heavy Weight Pentathlon & One Handed Hammer		www.mmtg.org.uk
17 th August	NVAC 10/5k Cross Country	Edgeworth	
6 th Sept	WMA/WMRA World Mountain Running Championships	Dolni Morava, Czech republic	
6 th September	MMTG Hammer Decathlon Champs		www.mmtg.org.uk
7 th September	NVAC 10/5k Paths	Rosendale Sailing Club	
13/14 th September	BMAF DECATHLON/ HEPTATHLON CHAMPIONSHIPS	Horspath Stadium, Oxford	Bruce Charles 01235 211532
14 th September	BMAF 10 Mile Tynedale Jelly Tea 10	Hexham / Ovingham	
	MMAC 10 Mile	Nuneaton	
21 st September	BMAF Marathon	Anglesey	
27 th September	MMTG Throws Fest		www.mmtg.org.uk
28 th September	NVAC T&F Championships	Hyndburn	
4 th October	BMAF XC RELAYS	Mansfield	Race Director: 28, Vale Close, Mansfield , Notts, NG18 4HR
12 th October	NVAC 10 mile Championships	St. Annes	
1/2 nd November	BMAF Executive & Delagates Meeting	Birmingham	
2 nd November	NVAC 10/5k Paths	Leigh	Plus AGM
15 th November	MMTG Hammer Pentathlon		www.mmtg.org.uk
15 th November	BRITISH & IRISH INTERNATIONAL XC	Singleton Park, Swansea	
6 th December	MMTG Christmas Weight Pentathlon		www.mmtg.org.uk

MASTERS ATHLETICS SPRING 2008

7 th December	NVAC 10/5k XMAS Handicap	Irlam Town Football Club	
	MMAC Christmas Handicap	TBC	
2009			
31 st Jan/ 1 st Feb	BMAF Indoor Heptathlon	Kelvin Hall	TBC
15 th February	SCVAC / EVAC Indoor Champs	Lee Valley	TBC
22 nd February	BMAF Indoor Pentathlon	Lee Valley	With VAC TBC.
7/8 th March	BMAF Indoor Championships	Lee Valley	
21 st March	BMAF XC Championships	Ruthin	
25-29 th March	EVAA Indoor Championships	Ancona ITA	
17 th May	BMAF 10 Mile	WIMBOURNE	
29-31 st May	EVAA Non Stadia	Aarhus DEN	
28 th July- 8 th August	WMA T&F Championships	Lahti FIN	
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.

RESULTS►RESULTS►RESULTS►

20th JANUARY MIDLAND MASTERS XC, PERRY PARK, BIRMINGHAM

MEN 35 TO 69 (8Km)

1- 29:34 WETHERILL Andrew Red M50; 2- 29:45 HOLLINSHEAD Christopher Staff M40; 3- 29:56 EUSTACE Malcolm Tip M45; 4- 30: 08 WALMSLEY Dennis Bourd M45; 5- 30: 32 SHEEN Rob Leics C M45; 6- 30: 34 WILSON Gregory Tel M50; 7- 30: 35 ROGERS Paul Tip M40; 8- 31:01 KEENE Aaron Tip M40; 9- 31:29 ROBINSON Steve Chelt M50; 10- 31:38 WRIGHT Mark Tip M40; 11- 31:47 JENNINGS Stephen Notts M50; 12- 32:01 PAWLUK Ivan Worcs M40; 13- 32:26 PARKER Peter Bir M50; 14- 32:40 HUGHES Jonathan Linc M50; 15- 32:50 HEATHCOCK Laurence Tip M35; 16- 32:55 COBB Nigel Red M40; 17- 33:19 FLAVELL Christopher Tip M40; 18- 33:23 MATTOCK Colin Tel M55; 19- 33:25 MARTIN Des OWLS M55; 20- 33:33 AMOS Kelvin Ched M45; 21- 33:41 ELLIOTT Richard Kenel M55; 22- 33:55 PIDGEON Fred Notts M50; 23- 33:55 GRICE Alan Tip M55; 24- 33:59 MCHALE Martyn Red M45; 25- 34:21 WAKEMAN Christopher Shrews M45; 26- 35:06 REYSON Clive Red M40; 27- 35:20 COX Glen Tip M50; 28-35:28 WILLIAMS Paul Staffs M M55; 29- 35:30 SMEDLEY Mick Der M55; 30-35:43 ORME Gordon Birch M65; 31-35:51 MONAGHAN Mick Worcs M60; 32-35:54 STATHAM Bob Cov M60; 33- 36:26 THOMAS Mervyn Wye V M55; 34-36:34 PILLAR Malcolm Dudley K M60; 35-36:50 SOUTHALE Paul Tip M40; 36-37:06 GOWER Ian Sphinx M40; 37-37:38 RUSSELL Brian Dudley K M60; 38-38:04 JOHNSON Andrew Leam M60 ; 39-38:49 COLE Martyn Worcs M45; 40-39:14 ROLLASON Vince B&R M55; 41-39:15 LLOYD Adrian Serp M55; 42-39:46 TAYLOR Jeff Tip M55; 43- 40:29 WILLIAMS Thomas Dudley K M60; 44- 41:02 SUDDENS Robin Nun M65; 45- 43:21 DAVIES Peter Bir M60; 46-43:58 COWLEY David Staff M65; 47-44:50 BURNS Derek Massey F M60; 48-44:52 ELWELL Michael Cobra M55; 49-45:43 HUDSON Geoff Nun M65; 50-45:59 FRAIN Anthony Bir M60 ; 51-47:06 BUTTERLY Michael Der M65; 52-47:09 PHILLIPS David Massey F M60; 53-47:13 ROBERTS Barry Bir M65; 54- 48:28 SMITH Graham Tip M60; 55-49:00 GRADY John Massey F M60;

WOMEN & MEN O/70 6Km

1- 24:16 WINT Sue Cov W40; 2-25:29 COPSON Angela Rugby & N W60; 3 25:36 MCKITTRICK Clare Cham W35; 4-25:59 KILKENNY Christine C&S W55; 5-26:10 WOOLLEY Theresa Cent W45; 6-26:15 KENCHINGTON Margaret Bourn W50; 7- 26:37 PIDGEON Jane Notts W40; 8-27:42 RANKLIN Harry Wye V M70; 9-27:46 FELLOWS Dot C&S W60; 10- 28:07 CLARKE Joan Stourb W50; 11-28:43 WILLIAMS Mary Cent W50; 12- 28:59 OLIVER Geoffrey 100k M70; 13- 30:25 BAILEY Les MMAC M70; 14- 30: 30 ROLLASON Christine C&S W55; 15-31:33 PARKINSON Barbara Rugby & N W60; 16- 32 27 JOHNSON June Leam W60; 17-32:58 MORGAN Wilfred Birch M70; 18-33:23 SLOAN Charlie S&SH M75; 19-34:31 ASTON Bill Hales M70; 20-35:26 BOURNE Stanley MMAC M70; 21-38:09 PYMM Lesley Cent W50; 22- 40:10 PARRY Ken Birch M75; 23-41:19 SMITH Ron Worc M75; 24-42:33 COATES Ronald MMAC M75; 2-43:06 SLOAN Magdalene S&SH W65. 26-43:39 SUMMERTON John Birch M70; 27-47:30 LING Kathy Wrekin W60. 28-51:32 POWELL John Spark M70;

TEAMS:

Team Results based upon cumulative time

Men 70+: 1- Midland Masters 108 24; 2- Birchfield 116 47; Women 45+:

1- Cannock & Staffs 84:15; 2- : Centurion 93:02; Men 35: Tipton

Harriers 123 10; Men 50 Tipton 109:01; Men 60: 1- Dudley &

Kingswinford 114 10; 2- Birchfield 125:03; 3-Massey Ferguson 140:59;

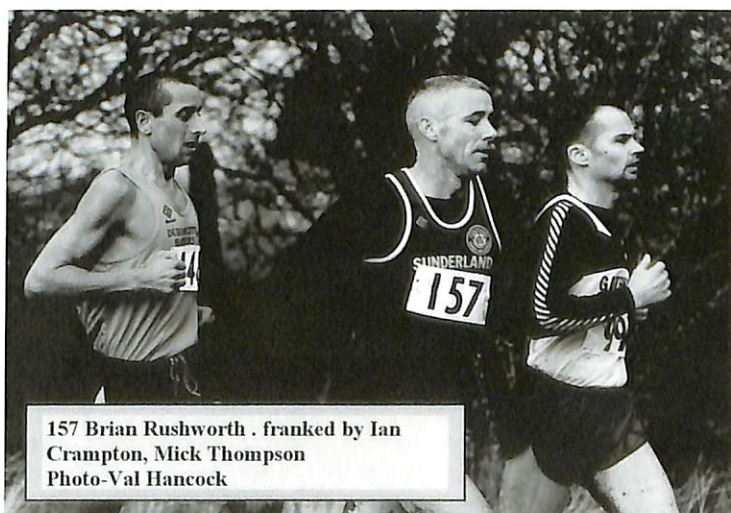
19 JANUARY 2008, VAA-NE CROSS COUNTRY CHAMPIONSHIPS, MIDDLESBROUGH.

RACE 1 - Women and Men 70+

1 D James Elvet Striders W40- 1 19:59; 2 H Robinson Chester-le-St W 45-1 20:29; 3 H Lambert NSP W50-1 20:45; 4 F Shenton Elvet Striders W45- 2 21:12; 5 W Ryder Morpeth M70-1 21:52; 6 D Hales Durham City W35- 1 22:16; 7 S Phillips Darlington W45- 3 22:21; 8 J Tinkler Chester-le-St W45-4 22:25; 9 H Connolly Swaledale RR W45-5 22:45; 10 A Ansell M&C W35- 2 22:58; 11 L Marr Tynedale W 45-6 22:59; 12 S White Tynedale W45-7 23:38; 13 I Barnes Darlington M70- 2 23:43; 14 J Prudham J&H M70-3 23:50; 15 S Gayter New Marske W40-2 23:58; 16 J Young Elvet Striders W55-1 25:15; 17 W Rowell Elvet Striders W55-2 25:56; 18 R Checkley Heaton M70- 4 26:08; 19 E Appleby Heaton M75-1 26:51; 20 B Pinkney South Shields M70-5 26:52; 21 K Stewart NSP W65-1 28:21; 22 B Emmerson Bill Marsh House H M 75- 2 32:32; 23 M Hall Elvet Striders M75- 3 32:42; 24 S Robson Gateshead M70- 6 34:13;

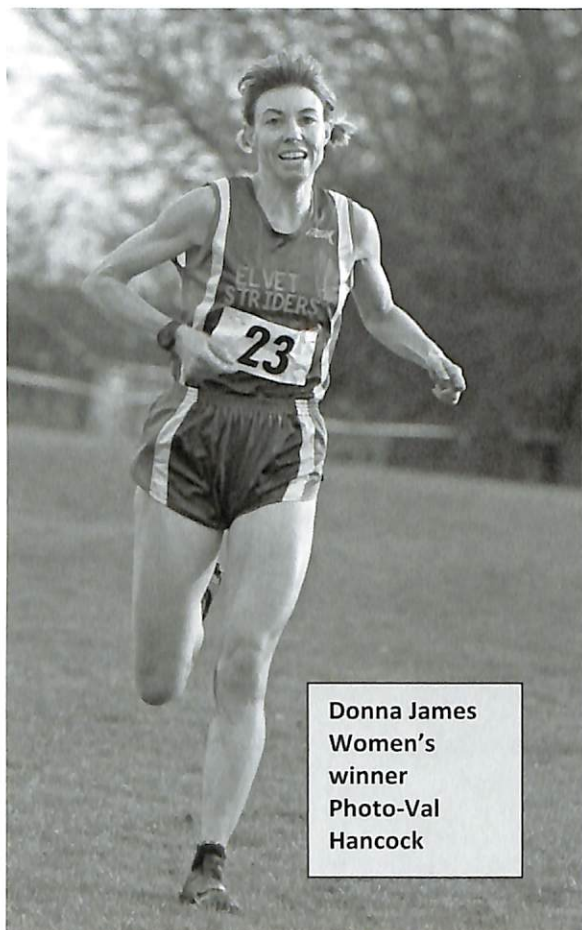
RACE 2-Men 35-69:

1 B Rushworth Sunderland M40-1 35:36; 2 I Crampton Durham City M40- 2 35:54; 3 M Thompson Gateshead M35-1 36:05; 4 M Gamble-Thompson New Marske M40-3 36:31; 5 K Harker Rich & Zet M35-2 37:03; 6 J Blackett NYM M40-1 38:14; 7 K Mackey South Shields M50-1 38:32; 8 S Marshall Durham



157 Brian Rushworth . franked by Ian Crampton, Mick Thompson
Photo-Val Hancock

City M50-2 38:43; 9 T Tait Durham City M40-4 39:00; 10 A Dent Blaydon M50-3 39:10; 11 K Galbraith Hart Burn Rd M40-5 39:13; 12 A Jenkins Morpeth M50-1 39:55; 13 G Armstrong Sunderland M40-2 40:12; 14 E Hayley South Shields M40-3 40:42; 15 K Elliott Sunderland M50-2 41:00; 16 H Matthews Elswick M60-1 41:12; 17 B Saysell M & C M40-4 41:22; 18 K Ayres South Shields M40-5 41:46; 19 T McGrath M & C M40-6 42:14; 20 I Glover NYM M40-6 42:25; 21 E Wilson South Shields M50- 3 42:37; 22 S



Donna James
Women's
winner
Photo-Val
Hancock

Small M & C M35-3 42:54; 23 J Belt NYM M35-4 43:07; 24 T Baker M & C M40-7 43:20; 25 A Rowell Durham City M50-4 43:25; 26 W Farquharson Bill Marsh House H M50-5 46:08; 27 F Strand South Shields M60-1 48:11; 28 G Adamson NSP M506 48:22; 29 J Henderson NEVAC M40-7 48:26; 30 A Mulliss Heaton M50-4 48:48; 31 B Brown Durham City M60-2 49:18; 32 P Whewell NYM M 60-3 50:38; 33 E Whittaker Blackhill Boulders M60-2 52:54; 34 A Potter NEVAC M60-4 53:40; 35 T Slater New Marske M50-7 53:52; 36 M Stephenson South Shields M60-3 54:50; 37 M Lazenby Guest (M&C) 55:40; 38 R Stewart NSP M60-4 58:29; 39 L Gordon Bill Marsh House H M60-5 58:46; 40 A Prest Quakers RC M60-5 63:15; 41 J Harker Durham City M60-6 63:47; 42 P Kelly Birtley M40-9 68:09;

9th February 2008, Scottish Masters XC Championships, Irvine

Women: 1 Lyn Wilson (35) Carnethy HRC 24:15; 2 Susan Ridley (40) Edinburgh AC 25:09; 3 Clare Gemmell (35) Springburn Harriers 25:22; 4 Susan Finch (45) V P-Glasgow 25:34; 5 Allison Simpson (35) Kilmarnock H 25:50; 6 Rhona Bushfield (45) Inverclyde AC 26:00; 7 Rhona Buchan (40) Aberdeen AAC 26:03; 8 Kirsty Husband (40) Garscube H 26:08; 9 Hazel Dean (45) Central AC 26:15; 10 Julia Henderson (35) Helensburgh AAC 26:35; 11 Alison Winship (35) Garscube H 26:37; 12 Ainsley Normand (35) Central AC 26:41; 13 Michelle Hetherington (40) Helensburgh AAC 26:43; 14 Emma Birnie (35) Bellahouston RR 26:44; 15 Sarah Legge (35) Fife AC 27:03; 16 Mairi Stanley (35) Garscube H 27:37; 17 Erica Christie (50) Bellahouston H 27:49; 18 Polly Harrison (35) Central AC 27:54; 19 Shona Donnelly (40) Bellahouston RR 27:57; 20 Sarah Dowling (35) Bellahouston RR 27:58; 21 Marlene Hunter (35) Springburn Harriers 28:06; 22 Jane Waterhouse (55) Central AC 28:16; 23 Anne-Marie Hughes (45) Springburn Harriers 28:26; 24 Annmarie McCaffrey (35) Kirkintilloch Oly 28:30; 25 Yvonne Crilly (45) Livingston & Dist 28:31; 26 Marie McChord (45) Kirkintilloch Oly 28:41; 27 Louise Burt (40) Fife AC 28:53; 28 Helen Morton (45) Irvine AC 29:07; 29 Karen Dobbie (40) Edinburgh AC 29:16; 30 Heather McIntosh (45) Garscube H 29:17; 31 Ada Stewart (40) Kirkintilloch Oly 29:30; 32 Lynne Marr (45) Springburn Harriers 29:41; 33 Fiona Kelsall (35) Central AC 29:55; 34 Beryl Junnier (45) Wee County H 29:58; 35 Deborah MacDonald (45) Hunters Bog T 30:04; 36 Paula Wilson (40) Kilmarnock H 30:06; 37 Jocelyn Scott (50) Fife AC 30:14; 38 Claire Kelly (40) Inverclyde AC 30:25; 39 Sue McDowall (45) Livingston & Dist 30:59; 40 Hazel

Bradley (55) Pitreavie AAC 31:11; 41 Anne Hay (45) Dunbar R C 31:15; 42 Catriona Young Teviotdale Harriers 31:36; 43 Elizabeth McGarry (50) Irvine AC 31:41; 44 Julie Thomson (40) Springburn Harriers 31:52; 45 Hilary Ritchie (45) Fife AC 31:56; 46 Liz Killeen (40) Fife AC 32:01; 47 Shirley MacNab (40) Kirkintilloch Oly 32:05; 48 Sharon Taylor (45) Bellahouston H 32:10; 49 Kim Clark (50) Fife AC 32:14; 50 Caroline Brownlie (35) Springburn Harriers 33:05; 51 Elizabeth McDerment (35) Kilmarnock H 33:17; 52 Pauline McAdam (50) Westerlands CCC 33:26; 53 Kate O'Brien (40) Kilbarchan AAC 33:59; 54 Carrie Ruxton (40) Fife AC 34:05; 55 Alma Imponeti (55) Inverclyde AC 34:23; 56 Mary Miller (45) Irvine AC 34:28; 57 Marion Burns (45) Kilmarnock H 34:46; 58 Carole Melville (65) Fife AC 34:57; 59 Phyllis Lemoncello (60) Fife AC 35:16; 60 Anna Wylie (50) Helensburgh AAC 35:29; 61 Hilda Paton (50) Wee County H 35:31; 62 Donna Inglis (40) Teviotdale Harriers 36:05; 63 Wanda Phillips (45) Kilbarchan AAC 36:40; 64 Carol Mabon (50) Lothian RC 38:00; 65 Ann Millar (65) Fife AC 38:05; 66 Sylvia Grieve (35) Teviotdale Harriers 38:19; 67 Mary Mitchell (60) Fife AC 42:28; 68 Pamela Howat (65) Fife AC 43:49; 69 Jane Askey (65) Fife AC 44:57

Teams

1st Garscube H; 2nd Central AC; 3rd Springburn Harriers; 4th Bellahouston RR; 5th Fife AC; 6th Kirkintilloch Oly; 7th Helensburgh AAC; 8th Kilmarnock H;

Men: 1 Robert Quinn (40) Kilbarchan AAC 32:24; 2 David Millar (35) Irvine AC 32:32; 3 Stephen Wylie (35) Ron Hill Cambus 33:08; 4 Colin Donnelly (45) Ron Hill Cambus 33:18; 5 Kenneth Richmond (35) Bellahouston RR 33:42; 6 Juan Mareque (35) Edinburgh AC 33:51; 7 John Brown (45) Ron Hill Cambus 33:56; 8 David Cavers (40) Teviotdale Harriers 34:01; 9 Kerry Wilson (35) Ron Hill Cambus 34:10; 10 Neil Thin (45) Edinburgh AC 34:16; 11 Greg Hastie (35) Ron Hill Cambus 34:21; 12 Charles Thomson (40) Ron Hill Cambus 34:33; 13 Eddie Tonner (35) Kilmarnock H 34:36; 14 Ian Johnston (35) Shettleston Harriers 34:38; 15 Graham Beal (35) Edinburgh AC 34:46; 16 Brian Gardner (50) Swindon Harriers 34:49; 17 John Matheson (40) Metro Aberdeen 34:52; 18 Alex Allardyce (35) Irvine AC 35:04; 19 Chris Upson (40) Westerlands CCC 35:34; 20 James Snodgrass (40) Kilbarchan AAC 35:40; 21 Andrew Ronald (40) Falkirk Victoria H 35:43; 22 Matthew Strachan (40) Dundee Hawthill 35:47; 23 Desmond Crowe (45) Shettleston Harriers 35:53; 24 Stephen McLoone (45) Greenock Glenpark 35:56; 25 Keith Varney (50) Metro Aberdeen 36:01; 26 Adam Ward (45) Edinburgh AC 36:02; 27 James Austin (40) Clydesdale Harriers 36:07; 28 Denis Williams (45) Shettleston Harriers 36:10; 29 Ian Stewart (50) Carnegie H 36:16; 30 Hugh D. McKay (45) Fife AC 36:26; 31 Craig Grieve (35) Teviotdale Harriers 36:27; 32 Andrew Birnie (35) Bellahouston RR 36:28; 33 Alex Milne (40) Central AC 36:29; 34 Donald Petrie (50) Kilbarchan AAC 36:32; 35 Scott Martin (35) Kilmarnock H 36:33; 36 Martin Duthie (45) Calderglen H 36:34; 37 Robert Taylor (45) Metro Aberdeen 36:37; 38 Scott Kennedy (35) Bellahouston RR 36:40; 39 Lindsay Cunningham (35) Garscube H 36:43; 40 Ian Sills (40) Dunbar R C 36:44; 41 John McMillan (35) Kilbarchan AAC 36:51; 42 John Kennedy (45) Clydesdale Harriers 36:54; 43 Charles Haskett (50) Dundee Hawthill 36:55; 44 Craig Ross (50) Dundee Hawthill 36:57; 45 Jamie Thin (40) Hunters Bog T 37:01; 46 George Irving (40) Irvine AC 37:08; 47 Paul Thompson (50) Helensburgh AC 37:08; 48 Ewan Paterson (55) Moray Road Runners 37:11; 49 Mark Johnson (50) Metro Aberdeen 37:12; 50 Jim Baird (40) Law & District 37:21; 51 Gerard Gaffney (50) Inverclyde AC 37:24; 52 Martin Ferguson (40) Edinburgh AC 37:27; 53 Raymond Jaffray (40) Teviotdale Harriers 37:32; 54 Owen Flage (35) Edinburgh AC 37:36; 55 Stuart Hay (40) Dunbar R C 37:37; 56 Michael McLoone Snr (40) Greenock Glenpark 37:41; 57 Stephen Mason (40) Dundee Hawthill 37:46; 58 Mark Johnston (35) Bellahouston RR 37:49; 59 Peter Morrison (35) Carnegie H 38:00; 60 Alistair Allan (35) Kirkintilloch Oly 38:02; 61 Archie Jenkins (55) Ron Hill Cambus 38:06; 62 George Gilhooly (45) Dunbar R C 38:10; 63 Russell Whittington (35) Bellahouston RR 38:17; 64 Steven King (35) Carnegie H 38:18; 65 Stuart Symington (50) Dunbar R C 38:19; 66 John Duffy (40) Shettleston Harriers 38:21; 67 Leslie Hill (50) Dumfries RC 38:30; 68 Garry Robertson (45) Edinburgh AC 38:32; 69 Ian Berryman (50) Irvine AC 38:34; 70 Peter Carton (50) Shettleston Harriers 38:35; 71 Peter Gallanagh (35) Bellahouston RR 38:38; 72 Graeme Haddow (45) East Kilbride AAC 38:39; 73 Ewan McKay (45) Garscube H 38:39; 74 Peter Simpson (45) Carnegie H 38:43; 75 Daniel McLaughlin (45) Greenock Glenpark 38:46; 76 John Castle (40) Dundee Hawthill 38:47; 77 Frank Boyne (40) Aberdeen AAC 38:49; 78 John Moore (40) Irvine AC 38:50; 79 Brian Craig (45) Irvine AC 38:51; 80 Roger Clark (35) Carnegie H 38:53; 81 Ian Rowland (45) Dunbar R C 38:55; 82 Greig Glendinning (35) Bellahouston RR 38:56; 83 Alistair Macdonald (40) Dundee Hawthill 39:01; 84 Robert McEwan (50) Bellahouston RR 39:04; 85 John Cairns (45) Kilmarnock H 39:09; 86 Ian Johnston (50) Carnegie H 39:11; 87 Stephen Ferguson (50) Perth Road Runners 39:14; 88 Gary Mitchell (40) Kirkintilloch Oly 39:15; 89 Archibald Duncan (60) Pitreavie AAC 39:17; 90 Paul Carroll (35) Clydesdale Harriers 39:25; 91 Daniel Reid (45) Westerlands CCC 39:31; 92 Steven Connell (40) Irvine AC 39:32; 93 Peter Probin (60) Haddington ELP 39:35; 94 Laurence Baker (45) Ayr Seaforth 39:39; 95 David Mewse (55) Kilbarchan AAC 39:43; 96 Derek Phillips (45) Perth Road Runners 39:45; 97 Colin Nichol (40) Teviotdale Harriers 39:48; 98 Robert Wilson (50) Greenock Glenpark 39:52; 99 Ian Beattie (40) Strathearn Harriers 39:53; 100 Alexander Eaglesham (50) Ron Hill Cambus 39:54; 101 Anthony Quinn (50) Bellahouston H 39:56; 102 Steven Hards (45) Kilbarchan AAC 39:58; 103 Connell Drummond (35) Kilmarnock H 40:00; 104 Robert Young (60) Clydesdale Harriers 40:00; 105 Campbell Joss (50) Bellahouston H 40:00; 106 Ron McCraw (45) Ochil Hill Runners 40:05; 107 Robert Hutchison (45) Central AC 40:07; 108 Erwin Losekoot (40) Helensburgh AAC 40:09; 109 David Scott (50) Ochil Hill Runners 40:13; 110 Hugh Buchanan (45) Central AC

40:18; 111 Jim Norton (50) Individual 40:22; 112 Frank Yeoman (60) Dumbarton AAC 40:30; 113 Stephen Borland (50) Dundee Hawkhill 40:40; 114 Hugh Gallagher (50) Giffnock North 40:45; 115 Alex McIndoe (50) Bellahouston RR 40:48; 116 Andrew Rennie (55) Irvine AC 40:56; 117 Pete Cartwright (65) Clydesdale Harriers 40:59; 118 Gordon Colvin (45) East Kilbride AAC 41:01; 119 Brian Howie (55) Edinburgh AC 41:02; 120 Trevor Ridley (50) Ferranti AAC 41:03; 121 Andrew Law (50) Mid Argyll AC 41:07; 122 John Martin (50) Falkirk Victoria H 41:09; 123 Michael McCluskey (45) Individual 41:11; 124 Alan Inglis (35) Teviotdale Harriers 41:14; 125 Scot Hill (40) Calderglen H 41:19; 126 James Sneddon (40) Irvine AC 41:22; 127 William Reid (40) Metro Aberdeen 41:28; 128 David Bell (40) Lothian RC 41:33; 129 James Taylor (40) Garscube H 41:39; 130 Douglas Gunstone (55) Fife AC 41:40; 131 James Rowley (60) Law & District 41:43; 132 Augustine Cairney (50) Clydesdale Harriers 41:44; 133 Alasdair Murray (40) Kilmarnock H 41:49; 134 David Armstrong (50) George Heriots 42:02; 135 Jim Goldie (35) Kilmarnock H 42:08; 136 Robbie McKenzie (45) Carnegie H 42:12; 137 Alister Biggar (35) Teviotdale Harriers; 42:22; 138 Robert Shaw (50) Inverclyde AC 42:24; 139 Alex MacEwen (50) Edinburgh AC 42:34; 140 Harald Bartl (45) Kilmarnock H 42:35; 141 Derek Burgess (45) Ferranti AAC 42:50; 142 Duncan Baker (45) Hunters Bog T 43:02; 143 Charles Martin (45) Troon Tortoises AC 43:05; 144 D.Melville Scobie (60) Fife AC 43:08; 145 Finlay Dowell (45) Irvine AC 43:21; 146 Athole Smith (45) Garscube H 43:23; 147 Lindsay Wilson (50) Garscube H 43:31; 148 Samuel Way (55) Inverclyde AC 43:42; 149 Iain Burke (55) Bellahouston H 43:50; 150 Douglas Robertson (45) Fife AC 43:54; 151 Peter Buchanan (45) Ochil Hill Runners 44:01; 152 Brian J Campbell (60) Clydesdale Harriers 44:06; 153 William Gallacher (55) Edinburgh AC 44:07; 154 Tom McCulloch (55) Ayr Seaforth 44:11; 155 Andrew Griffiths (55) Garscube H 44:11; 156 James White (55) Irvine AC 44:19; 157 Jonathan Whitehead (50) Edinburgh AC 44:24; 158 Joseph McNamee (45) Irvine AC 44:26; 159 Alastair MacFarlane (35) Irvine AC 44:30; 160 Stewart Collins (40) Bellahouston H 44:32; 161 Iain Shaw (40) Ferranti AAC 44:48; 162 John Fulham (35) Carnegie H 45:04; 163 Brian Dunn (50) Ayr Seaforth 45:14; 164 Walter McCaskey (70) Edinburgh AC 45:18; 165 George McGregor (60) Troon Tortoises AC 45:55; 166 James Alexander (45) Lothian RC 46:01; 167 John Denholm (55) Falkirk Victoria H 46:20; 168 Michael Flinn (55) Irvine AC 46:24; 169 Alistair Wylie (50) Helensburgh AAC 46:31; 170 Eric Stevenson (55) Edinburgh AC 46:47; 171 David Mabon (50) Lothian RC 47:05; 172 David Hughes (55) Beith Harriers 47:10; 173 Ian Campbell (40) Hunters Bog T 47:14; 174 David Bunyan (55) Falkirk Victoria H 47:15; 175 Garry Taylor (45) Carnegie H 47:16; 176 Thomas McChord (50) Kirkintilloch Oly 47:23; 177 Phil Smithard (60) Carnegie H 47:46; 178 Peter Rudzinski (55) Clydesdale Harriers 47:50; 179 Chris Clark (55) Fife AC 48:02; 180 Graeme Orr (60) Westerlands CCC 49:07; 181 Gardner Masson (60) Kilbarchan AAC 49:18; 182 George Armstrong (65) Haddington ELP 49:30; 183 Robert Connell (45) Kilbarchan AAC 49:32; 184 Douglas MacGregor (45) Bellahouston RR 49:33; 185 Calum Webster (40) Ayr Seaforth 49:37; 186 John Gavin (55) Ferranti AAC 50:40; 187 Richard Wall (50) Hunters Bog T 50:59; 188 Neil Murdock (60) Metro Aberdeen 51:47; 189 Laurence Pearson (60) Clydesdale Harriers 52:52; 190 Stephen McLean (70) Bellahouston H 53:09; 191 Arnott Kidd (70) Individual 53:52; 192 John Dickson (55) Central AC 54:11; 193 Ian McManus (65) Irvine AC 54:25; 194 James Shaw (70) Ferranti AAC 54:43; 195 Charles Steven (45) Calderglen H 54:49; 196 David Kerr (70) Irvine AC 1:01:03; 197 Owen Light (75) Troon Tortoises AC 1:08:25; 198 William Drysdale (70) Law & District 1:11:16

Teams

1st Ron Hill Campus ; 2nd Edinburgh AC ; 3rd Kilbarchan AAC ; 4th Metro Aberdeen
5th Shettleston Harriers ; 6th Bellahouston RR ; 7th Irvine AC ; 8th Dundee Hawkhill
9th Teviotdale Harriers ; 10th Dunbar R C ;

10 February 2008 EVAC Indoor Champs , Lee Valley Athletics Centre

60m –

R1- 1 Alan Carter M70 **9.0**; **2** Gordon Daborn M75 **10.2**; **3** Dorothy Fraser W70 **10.6**; **4** Frank Copping M80 **15.8**; **R 2-1** Gaye Clarke W45 **8.9**; **2** Chika Aghadiuno W35 **9.1**; **R3- 1** David Roy Whitehead M55 **8.2**; **2** John Moore M55 **8.5**; **3** Christopher Keech M55 **8.6**; **4** Charles Isetts M65 **8.7**; **5** Philip Johnson M65 **9.0**; **6** Andrew Overitt M55 **13.5**; **R 4: 1** Kevin Burgess M50 **7.8**; **2** John Browne M50 **7.9**; **3** Ian Broadhurst M50 **8.2**; **4** Les Percival M50 **8.4**; **5** Eddie Costley Guernsey M50 **8.4**; **R 5- 1** Ricky Huskisson M45 **7.7**; **2** Andy Smith M45 **7.9**; **3** Nick Lauder M35 **7.9**; **4** Tom Gort M45 **8.4**; **R 6-1** Barrington King M40 **7.7**; **2** Keith Palmer M40 **7.9**; **3** Paul Ffrench M40 **8.0**; **4** Lincoln Campbell M40 **8.1**; **5** Paul Harrison M40 **8.3**; **6** Robert Murkin M40 **8.6**;

200m

R 1-1 Sally Reed Clayton W40 **27.8**; **2** Anne Nelson W55 **31.9**; **3** Christine Salvary W50 **32.7**; **4** Dorothy Fraser W70 **37.4**; **R 2-1** Wendy Dunn W45 **28.4**; **2** Chika Aghadiuno W35 **30.4**; **3** Denise Timmis W45 **30.5**; **4** Diane Farmer W45 **33.1**; **R 3-1** Charles Isetts M65 **29.4**; **2** Colin Field M70 **30.6**; **3** Philip Johnson M65 **30.9**; **4** Malcolm Schofield M70 **32.8**; **5** Frank Copping M80 **53.0**;

R 4-1 Terry Bissett M60 **27.6**; **2** David Whittaker M60 **30.3**; **3** Allan Sowden M65 **32.9**; **R 5- 1** Ian Broadhurst M50 **25.6**; **2** David Roy Whitehead M55 **26.8**; **3** John Moore M55 **27.0**; **4** Philip Bell M50 **27.6**; **5** Christopher Keech M55 **28.5**; **R 6-1** Les Percival M50 **27.2**; **2** Eddie Costley M50 **27.3**; **R 7-1** Glen Reddington M45 **24.7**; **2** Ricky Huskisson M45 **25.4**; **3** Andy Smith M45 **25.6**; **4** Ty Holden M45 **27.1**; **5** Michael May VAC M45 **28.2**; **6** Tom Gort M45 **28.4**; **R 8-1** Keith Palmer M40 **25.4**; **2** Nick Lauder M35 **26.0**; **3** John Franklin Woodford Green M40 **26.1**; **4** Lincoln Campbell M40 **26.9**; **5** Mark Wise Open M40 **28.7**;

400m

R 1-1 Alan Carter M70 **75.5**; **2** Malcolm Schofield M70 **82.9**; **3** Iris Hornsey W65 **86.8**; **4** Dorothy Fraser W70 **91.1**; **5** Frank Copping M80 **2:04.8**; **R 2- 1** Euphemia Scott W40 **66.5**; **2** Wendy Dunn W45 **67.7**; **3** John Garber M65 **71.1**; **4** David Whittaker M60 **71.1**; **5** Len Deighton M65 **81.0**; **6** Terry Casey M65 **83.5**; **R 3-1** David Roy Whitehead M55 **59.9**; **2** John Moore M55 **62.5**; **3** Eddie Costley M50 **63.1**; **4** Michael May M45 **69.7**; **R 4-1** Keith Palmer M40 **56.7**; **2** Ricky Huskisson M45 **58.2**; **3** Sally Reed Clayton W40 **59.8**; **4** Mark Wise M40 **61.3**;

800m

R 1-1 Patricia Gallagher W60 **2:57.4**; **2** Susan Barnett W55 **3:08.7**; **3** Iris Hornsey W65 **3:20.6**; **4** Eva Osborne W65 **3:27.1**; **5** Anne Martin W70 **3:35.6**; **R 2-1** Michael Smith M65 **2:34.0**; **2** John Garber M65 **2:44.1**; **3** Diane Farmer W45 **2:53.8**; **R 4-1** Andy Gannaway VAC M45 **2:12.4**; **2** Ivars Licietis M50 **2:15.0**; **3** Clare Elms W40 **2:16.8**; **4** Craig Sabin **2:22.8**; **5** Michael Brown M45 **2:26.6**; **R 5-1** Peter Barker M40 **2:04.1**; **2** Michael Scott M40 **2:13.9**; **3** Dave Ashworth M35 **2:16.0**; **4** Leroy Gould M40 **2:19.9**; **5** Sean Beard M40 **2:21.4**; **1500m- R 1-1** Molly James W35 **5:11.6**; **2** Diane Farmer W45 **5:50.3**; **3** Patricia Gallagher W60 **5:51.4**; **4** Susan Barnett W55 **6:30.3**; **5** Eva Osborne **7:00.3**; **6** Betty Stracey W65 **7:36.1**; **R 2-1** Peter Kennedy M55 **4:39.2**; **2** Keith Short M55 **4:45.4**; **3** Keith McLellan M50 **4:53.5**; **4** John Garber M65 **5:41.1**; **5** Dennis Williams M60 **5:53.5**; **R 3-1** Peter Barker M40 **4:23.5**; **2** Ian Auger M40 **4:34.6**; **3** Michael Scott M40 **4:35.4**; **4** David Bowker M45 **4:37.5**; **5** Sean Beard M40 **4:39.2**; **6** Richard Holland M45 **4:41.3**; **7** Craig Sabin M45 **4:43.0**;

60m Hurdles

1 Gaye Clarke W45 **9.6**; **2** John Franklin M40 **9.5**; **3** Barry Ferguson M65 **10.5**; **4** Gordon Daborn M75 **13.3**;

High Jump

1 Paul Ffrench M40 **1.45**; **2** Ricky Huskisson M45 **1.39**; **3** David Folgate M55 **1.33**;

Pole Vault

1 Simon Eastwood M40 **3.50**; **2** David Blunt M50 **3.40**; **3** Wayne Martin M45 **2.80**; **4** Jo Isbill W40 **2.50**; **5** Alison Duke W40 **2.40**; **6** Theresa Eades W45 **2.10**; **7** Clare St John Coleman W45 **1.60**;

Long Jump

1 Trevor Sinclair M45 **5.47**; **2** Paul Ffrench M40 **5.00**; **3** David Folgate M55 **4.95**; **4** Paul Harrison M40 **4.61**; **5** Denise Timmis W45 **4.34**; **6** Gaye Clarke W45 **4.30**; **7** Clare St John Coleman W45 **3.62**; **8** Anne Martin W70 **2.90**;

Triple Jump

1 Paul Ffrench M40 **11.10**; **2** Paul Harrison M40 **10.19**; **3** David Folgate M55 **10.30**; **4** Jo Isbill W40 **8.16**; **5** Anne Martin W70 **6.90**;

Shot (A):

1 Anthony Richards M55 **11.87**; **2** Stephen O'Neill M45 **11.34**; **3** John Painter M45 **10.98**; **4** Philip Bramford M55 **9.81**; **5** Paul Ffrench M40 **8.88**; **(B)** **1** Ian Miller M70 **11.34**; **2** Richard Jegou M60 **10.88**; **3** Robert Richards M60 **10.57**; **4** Wendy Dunsford W45 **9.38**; **5** Jaroslav Hanus M75 **8.64**; **6** Anthea Bramford W55 **6.66**;

16-17th February SAL Heptathlon Championships, Kelvin Hall

The Kelvin Hall is my favourite indoor arena indoor or out! I have yet to experience Lee Valley and look forward to Clermont-Ferrand in March. Eight masters of varying ages from 40 to 60 started the only UK Masters indoor heptathlon-most of us would like to see it as the standard indoor combined events competition as it is for seniors rather than the pentathlon.

Tom Thorne our Cherokee pastor from the US bravely trundled round the steeply banked track despite his painful arthritic knee but his time gave him zero points.

Brian Slaughter fresh into M50 age group chalked up a new BR following his sterling silver at Riccione last year and his 5315 eclipsed Ty Lewis' old

mark-he did this with a good 60m hurdles and his usual fast 1000m.

Julian Kennedy (M55) was having a below par couple of days but a storming blast lap in the 1000m cheered on by all his family brought him a new PB of 44.18 the silver and the Ian Steedman memorial medal for best Scot.

Ken Lyon for the first time in his career finished a heptathlon for bronze. Nicholas Walker a competent vaulter no heighted at over 3m and learned a valuable lesson-get a low height on the board and go up from there!

Ken Moncrieff in his first competition for over 20 years got a hamstring pull but having been bitten by the combined events bug vowed to be back.

A good time was had by all and the officials and timing were excellent.

Dr Julian Kennedy, SWVAC

HEPT: 1-Brian Slaughter M50 5315 (8.19, 3.20, 11.60, 5.41, 9.65, 1.52, 3:05.72); 2-Julian Kennedy M55 4418 (8.96, 2.70, 9.63, 4.42, 11.24, 1.43, 3:30.03); 3-Kenneth Lyon M45 3896 (8.33, 3.10, 8.61, 5.07, 10.98, 1.43, 3:29.70); 4-Wayne Martin M45 3211 (9.12, 3.10, 8.10, 3.99, 11.05, 1.37, 3:44.77); 5-Nicholas Walker M40 3185 (8.22, nhc, 10.20, 5.30, 10.20, 1.46, 3:43.84); 6-Derek Glasgow M40 3024 (8.22, nhc, 7.06, 4.94, 11.16, 1.49, 3:11.95); 7-Tom Thorn M60 2475 (10.39, 2.20, 8.43, 3.31, 14.81, 1.31, 9:24.03); **PENT:** 1-Janice Hardcastle W45 2660 (11.71, 1.33, 6.72, 3.81, 3:07.87); 2-Fiona Lampkin W35 1778 (11.16, 1.27, 6.10, 3.55, 3:07.29);

16th February SAL MASTERS CHAMPIONSHIPS, Kelvin Hall

60m

M35: 1 Stanley Walker 7.53; 2 Wallace McGowan 7.68; 3 David Gemmell 7.69; **M40:** 1 Tom Nicholson 7.96; 2 Kevin Turner 8.15; **M45:** 1 Alan Crawford 7.76; 2 George Charlton 7.85; 3 Bruce Scott 7.92; **M50:** 1 Eric Smart 7.79; 2 David Phillips 7.94; 3 Eddie Costley 8.45; **M55:** 1 Robert Stevenson Ayr Seaforth AAC M55 8.12; 2 Michael Clerihew 8.38; 3 John McGarry 8.19; **M60:** 1 Trevor Madigan 8.72; 2 Allan MacLeod 8.76; **M65:** 1 John Steede 8.68; 2 James Sloan 9.18; 3 Glen Harrower 10.59; **M70:** Tony Bowman 9.22; **M75:** Stanley Bowers 10.44; **W35:** 1 Kathleen Madigan 8.37; 2 Fiona Davidson Aberdeen 8.46; **W40:** Dorothy Bannerman 8.54; **W45:** 1 Linda Nicholson 8.83; 2 Sandra Mitusch 8.86; 3 Janet Lyon Aberdeen 9.06; **W50:** 1 Joss Harwood 8.78; 2 Pauline Wylde 8.95;

200:

M35: 1 Wallace McGowan 24.15; 2 Geoff Keen 25.18; 3 David Gemmell 26.20; **M40:** 1 Malcolm McPhail 24.89; 2 John Lewis 26.05; 3 Kevin Turner 26.99; **M45:** 1 George Charlton 25.12; 2 Alan Crawford 25.35; 3 Bruce Scott 25.73; **M50:** 1 Eric Smart 24.98; 2 David Phillips 26.31; 3 Eddie Costley 27.39; **M55:** 1 John McGarry 27.52; 2 Michael Clerihew 27.76; **M65:** John Steede 28.95; **M70:** 1 Tony Bowman 30.50; 2 Anthony McManus 36.13; 3 John Erskine 37.49; **M75:** William Russell 39.89; **W35:** Kathleen Madigan 28.50; **W45:** 1 Gillian Docherty 29.34; 2 Sandra Mitusch 29.93; 3 Janet Lyon 30.66;

400m:

M35: Stephen Murray 57.61; **M40:** 1 John Lewis 57.09; 2 Tom Nicholson 58.28; **M45:** 1 Derek Watson 56.34; 2 Craig Douglas 60.65; **M50:** 1 Kevin Carey 60.17; 2 Eddie Costley 60.53; 3 Guy Van Herp 60.89; **M60:** 1 George Hunter 64.54; 2 Patrick Kelly 67.47; **M70:** 1 Tony Bowman 85.00; 2 John Erskine 89.43; 3 Hugo J Fletcher 96.91; **M80:** Hugh McGinlay 99.39; **W45:** Gillian Docherty 71.89;

800:

M35: 1 Stephen Mulrine 2.12.36; **M40:** 1 Stephen Allen 2.11.78; 2 Michael Scott 2.15.99; **M45:** 1 James MacDonald 2.10.61; 2 Derek Watson 2.11.16; 3 Gerard Starrs Unattached 2.16.45; **M50:** 1 Robert Wilson 2.21.02; **M55:** Derek Leitch 2.17.53; William Lonsdale 2.43.94; **M60:** 1 George Hunter 2.30.44; 2 Patrick Kelly 2.33.63; 3 Robert Anderson 2.43.05; **M70:** Hugo J Fletcher 3.52.23; **M80:** Hugh McGinlay 4.06.15; **W45:** Sharyn Ramage 2.40.18; **W50:** Violet Blair 2.42.80;

1500:

M35: 1 David Beagley 4.22.37; 2 Stephen Mulrine 4.30.86; **M40:** 1 Stuart Campbell 4.16.07; 2 Michael Scott 4.27.61; 3 Frank Boyne 4.34.71; **M45:** 1 Alan Murray 4.56.81; 2 Stephen Cullen 5.32.92; **M50:** 1 James Burns 4.48.23; 2 Robert Wilson 4.49.08; 3 Mark Johnson 4.49.93; **M55:** 1 Derek Leitch 4.43.35; 2 Archie Jenkins 4.52.65; **M60:** 1 Colin Youngson 5.23.96; 2 David King M60 5.37.37; **M65:** 1 Pete Cartwright 5.09.88; 2 Ian Leggett 5.58.73; **M75:** William McBrinn 6.46.41; **M80:** Hugh McGinlay 8.01.40; **W40:** Susan Ridley 4.58.55; **W45:** 1 Sharyn Ramage 5.37.91; 2 Lynne Marr 5.46.49; **W50:** Joan Howe 5.27.14;

3000:

M40: 1 Ian Johnston 9.23.85; 2 Martin Duthie 9.45.37; 3 Frank Boyne 10.07.39; **M45:** Declan McCarthy 9.54.06; **M50:** 1 Mark Johnson 10.21.41; 2 Hugh Gallagher 10.36.89; 3 Robert Wilson Greenock 10.38.32; **M55:** Archie Jenkins 10.34.02; **M60:** 1 Robert Young 10.43.75; 2 Colin Youngson 11.14.58; **M65:** Pete Cartwright 10.45.32; **W35:** Catherine Ferry 10.56.20; **W40:** 1 Susan Ridley 10.23.62; **W45:** Lynne Marr 12.16.27; **W50:** Joan Howe 11.44.14

60H:

M50: Roy Buchanan 10.31; **M55:** William Lonsdale 12.92; **M70:** Tony Bowman 10.59; **W35:** Fiona Lampkin 10.85; **W40:** Dorothy Bannerman 9.93; **W45:** Mary Barrett 12.13; **W50:** Joss Harwood 9.83;

HJ:

M45: Iain McEwan 1.55; **M55:** William Lonsdale 1.50; **M60:** Trevor Madigan 1.35; **M65:** James Sloan 1.20; **M70:** John Freebairn 1.10; **W40:** Shona McKinnon 1.30; **W45:** Mary Barrett 1.30;

PV:

W45: Janet Lyon Aberdeen 2.30; **W50:** Jennifer Ibbitson 3.00 (British Record);

LJ:

M50: Ray McAvoy 3.96; **M55:** 1 Robert Stevenson 5.29; 2 Michael Clerihew 4.61; 3 William Lonsdale 4.38; **M65:** John Scott 3.94; **W35:** Fiona Davidson 4.67; 2 Kathleen Madigan 4.14; **W40:** Shona McKinnon 4.03; **W45:** Linda Nicholson 4.31;

TJ:

M55: William Lonsdale 9.83; **M65:** John Scott 8.06; **W35:** 1 Fiona Davidson 10.19; 2 Fiona Lampkin 8.60; **W40:** Shona McKinnon 8.71;

SP:

M35: Fintan McCabe 12.18; **M40:** Gerrard Farrell 10.00; **M50:** 1 John Birkett 9.65; 2 Bob Douglas 8.96; 3 Ray McAvoy 8.95; **M55:** David Abernethy 14.41; **M65:** 1 John Scott 11.06; 2 James Sloan 10.18; **M70:** 1 Ian Miller 11.47; 2 John Freebairn 9.26; **M75:** 1 Keith Dutton 8.26; 2 James Christie 4.94; **W35:** Kathleen Madigan 8.23; **W45:** 1 Claire Cameron 9.85; 2 Mary Barrett 9.02; **W50:** 1 Jennifer Ibbitson 10.56; 2 Gwen McFarlane 8.95;

16th March, BMAF Half Marathon Championships, Bath

Torrential rain all morning, coupled with high winds, made the assembly area (Bath's picturesque cricket arena) ankle deep in mud. It was reminiscent of the famous festival mud scenes at nearby Glastonbury. More problems were to unfold for the athletes. A sudden announcement proclaimed a one hour delay on start time, due to medical and transport reasons, leaving the athletes to find any shelter they could from the adverse conditions.

This was bad news for Martin Rees (Neath AC). He had travelled over from South Wales in an attempt at a Worlds best 0/55 time or even Mike Hager's British best of 70.29s but the conditions put an end to his hopes, finishing in 71.16s. In the 0/60s section there was a terrific battle from the Oxford City trio of Dave Parsons, Gareth Jones and Roy Treadwell finishing in that position with less than a minute separating them. (All under 84 mins) They should be a major force in the relays! Philip Parry (Bristol & West) 0/45 ran a commendable time 69.48s to finish within a minute of 0/40 race leader Andrew Weir (Thames.H&H).

Close finishes were not exclusive to the men! In the Women's 0/40 section Tina Oldershaw (Paddock Wood) just held off Karen Rushton (Southampton) by Four Secs and Wendy Nicholls 0/35 had a tremendous run to win the Gold Medal, finishing within 25 secs. of race leader Grebasse.

The earlier events on the day would not be the only problems our members would endure. The organisers "Running High" were poor hosts of our Championships; their results service for our Championship was abysmal to say the least! There was no pre-print out of BMAF entries and on the day there was no provision for a presentation. Two weeks have passed by and I still await a list of BMAF Championship results from them! (The BMAF results on the Bath Half website are nowhere near accurate). All the results I have compiled are from the open race results and Athletics Weekly. It is not complete and I am still verifying names against membership. SWVAC are completely exonerated as regional hosts, John Perratt and Bill Valentine worked

tirelessly trying to pick up the pieces of a nightmare event for BMAF. It was the athletes who shone on the day though!

Mel James. Road Running Sec.

MEN :

M40: 1 Andrew Weir (Thames H&H) ; 2 Bernard Murphy (Liverpool Pembroke AC); 3 Paul Griffiths (Neath H); **M45:** 1 Philip Parry (Bristol & West AC); 2 Peter Coles (Pontypridd R); 3 Peter Stainer (Shafts. Barnet H.) ; **M50:** 1 Tony Livingston (N.Marske H.); 2 Nigel Arnold (Norfolk Gazelles); 3 John Duncan (Bristol & West AC); **M55:** 1 Martin Rees (Neath H.); 2 Mick Tabor (Les Croupiers RC); 3 Les Lock (Wells City H); **M60:** 1 David Parsons (Oxford CityAC); 2 Gareth Jones (Oxford City AC); 3 Roy Treadwell (Oxford City AC); **M65** Keith Scudamore (Burnham Joggers)

WOMEN:

W35: Wendy Nicholls; **W40:** 1 Tina Oldershaw (Paddock Wood AC); 2 Karen Rushton (Southampton RC); **W45:** 1 Catherine Newman (Exmouth Harriers); 2 Sian Monahan (Bristol & West); **W55:** 1 Ros Tabor (Dulwich AC) 2 Zina Marchant (Bath); 3 Cristine Egglestone (Lingfield AC); **W65:** Brenda Jones (Bro. Dysynni); **W70:** Joan Royal (Dorset Daddlers) ;

30th December , Welsh Masters , Five Miles , Cardiff.

MEN:

M35: G Williams; **M40:** 1 N Hardie; 2 P Griffith; 3 L Ahearne; **M45:** 1 P Coles; 2 P Crane; 3 J Foster; **M50:** 1 D Davies (Spartans); 2 M Tabor; 3 P Davies; **M55:** 1 D Davies (Neath) ; 2 P Bamsey; 3 M Davies; **M60:** 1 C Walters; 2 D Oak; 3 J Aston; **M65:** 1 K Buckle; 2 M Tattersall; **M70:** 1 S Wheeler; 2 B Blandford; 3 A Bladon; **M75:** W Davies; **W50:** 1 M Emmot ; 2 C Dallimore; 3 E Anwen; **W55:** 1 J Austin; 2 M Rowsen; 3 A Donald; **W60:** C Johnson;

MASTERS ROAD WALK RANKINGS 2007

MALE

5K: **M35:** 1 Chris Cale 26.38; 2 John Constandinou 26.57; 3 Andy Boardman 31.45; 4 Steve Norris 33.13; 5 Richard Robb 38.10; **M40:** 1 Mark Williams 22.19; 2 Jim Ball 23.17; 3 Mark Easton 23.48; 4 Chris Cattano 24.00; 5 Michael George 24.04; 6 Jock Waddington 24.54; **M45:** 1 Peter Kaneen 22.45; 2 Steve Uttley 25.41; 3 Rob Elliott 26.55; 4 Steve Allen 26.59; 5 Mark Byrne 27.28; 6 Steve Taylor 27.36 ; **M50:** 1 Nick Silvester 23.04; 2 Trevor Jones 24.57; 3 Chris Hobbs 25.31; 4 Steve Uttley 25.42; 5 Mark Wall 26.46; 6 Rod Dunn 27.07; **M55:** 1 John Hall 24.59; 2 Terry Bates 25.27; 3 Dave Evans 26.03; 4 Richard Emsley 26.34; 5 Dave Kates 27.05; 6 Rod Dunn 27.15; **M60:** 1 Dave Evans 26.01; 2 Tony Taylor 26.19; 3 Colin Turner 26.31; 4 Alan Callow 27.59; 5 Shaun Lightman 28.51; 6 Peter Hannell 29.04; **M65:** 1 Amos Seddon 28.28; 2 Ed Shillabeer 28.37; 3 Ron Penfold 28.58; 4 Micky Harran 29.26; 5 Mike Hinton 29.28; 6 Alan O'Rawe 29.54; **M70:** 1 Arthur Thomson 26.47; 2 James Ireland 30.29; 3 James Munn 31.29; 4 Ron Powell 31.42; 5 Dave Stevens 31.53; 6 John Payn 32.16; **M75:** 1 Doug Fotheringham 31.06; 2 George Chaplin 33.48; 3 Gordon Chapman 34.47; **M80:** 1 Ron Marsden 36.32; 2 Karl Abolins 37.05; 3 Edwin Grocock 37.37; 4 Harvey Jaquest 43.55; 5 Cliff Royle 44.54; 6 Jack Fitzgerald 48.36; **10K:** **M35:** 1 Paul Evenett 47.58; 2 Darrell Stone 51.56; 3 Chris Cale 53.56; 4 John Constandinou 55.38; 5 Graham Jackson 57.25; 6 Mark Hemsall 57.45; **M40:** 1 Mark Williams 44.12; 2 Steve Partington 46.07; 3 Andy Penn 48.03; 4 Jim Ball 48.30; 5 Michael George 49.09; 6 Dwayne Butterley 49.11; **M45:** 1 Peter Kaneen 45.44; 2 Dave Turner 50.24; 3 Sean Hands 51.45; 4 Steve Uttley 53.42; 5 Colin Scott 54.20; 6 Steve Allen 55.29; **M50:** 1 Nick Silvester 49.09; 2 Trevor Jones 52.02; 3 Andy Green 52.49; 4 Steve Uttley 53.11; 5 Chris Hobbs 53.49; 6 Mark Wall 54.42; **M55:** 1 Terry Bates & John Hall 52.55; 3 Tony Malone 54.22; 4 Richard Emsley 55.00; 5 Ian Richards 55.18; 6 Dave Evans 56.02; **M60:** 1 Dave Evans 54.09; 2 Denis Jackson 54.52; 3 Chris Berwick & Colin Turner 54.58; 5 Doug Allan 58.10; 6 Alan Callow 58.50; **M65:** 1 Ron Penfold 56.33; 2 Amos Seddon 57.46; 3 Eric Crompton 59.28; 4 Ed Shillabeer 59.40; 5 Micky Harran 60.11; 6 Tony Collins 60.38; **M70:** 1 Arthur Thomson 54.00; 2 James Ireland 62.11; 3 Ron Powell 62.51; 4 Dave Stevens 63.17; 5 Peter Stapleford 66.10; 6 John Payn 66.20; **M75:** 1 Doug Fotheringham 66.10; 2 John May 73.52; 3 Ken Livermore 77.47; **M80:** 1 Ron Marsden 76.22; 2 Jack Fitzgerald 86.00; 3 Harvey Jaquest 90.16; **20K:** 1 Paul Evenett 1.38.24; 2 John Constandinou 1.57.23; 3 Chris Cale 2.03.40; **M40:** 1 Andy Penn 1.34.40; 2 Mark Williams 1.36.17 ; 3 Michael George 1.43.42; 4 Steve Arnold 1.48.36 ; 5 Phil Williams 1.51.33; 6 Jock Waddington 1.54.26; **M45:** 1 Peter Kaneen 1.36.17; 2 Steve Uttley 1.57.01; 3 Mark Byrne 1.58.50; 4

Vinny Lynch 2.06.57; 5 Steve Allen 2.07.11; 6 Selwyn Callister 2.14.43; **M50:** 1 Nick Silvester 1.47.32; 2 Trevor Jones 1.53.34; 3 Chris Hobbs 1.56.26; 4 Laurence Dordoy 2.00.37; 5 Mark Wall 2.02.56; 6 Steve Uttley 2.04.00; **M55:** 1 John Hall 1.52.20; 2 Terry Bates 1.55.55; 3 David Manning 1.58.37; 4 Dave Kates 1.59.28; 5 Carl Lawton 2.01.06; 6 Paul King 2.03.06; **M60:** 1 Denis Jackson 1.51.37; 2 Chris Berwick 1.54.27; 3 John Paddick 2.02.20; 4 Dave Evans 2.05.43; 5 Tony Collins 2.06.09; 6 Chris Flint 2.07.14; **M65:** 1 Ron Penfold 2.01.46; 2 Ed Shillabeer 2.04.19; 3 Keith French 2.14.51; 4 Mick Le Sauvage 2.17.31; 5 Brian Sturt 2.18.44; 6 Martin Oldfield 2.22.18; **M70:** 1 Arthur Thomson 1.53.26; 2 Ron Powell 2.13.27; 3 Dave Stevens 2.16.07; 4 Peter Stapleford 2.17.49; 5 John Payn 2.18.25; 6 Bernie Hercock 2.22.33; **M75:** 1 Gordon Chapman 2.42.01; **30K:** **M35:** 1 John Constandinou 3.19.20; **M40:** 1 Mark Williams 2.45.56; 2 Steve Arnold 2.55.06; **M45:** 1 Mark Byrne 3.24.04; **M50:** 1 Andy Cox 3.23.17; 2 Gary Macdonald 3.45.00; **M60:** 1 Chris Berwick 3.03.24; 2 Tony Collins 3.26.08; 3 Dave Fall 3.39.12; 4 John Borgars 3.58.39; **M65:** 1 John Sturgess 4.08.45; **M70:** 1 Arthur Thomson 2.59.47; 2 Peter Stapleford 3.32.58; 3 John Payn 3.45.19; 4 Bernie Hercock 3.50.43; 5 Eric Horwill 3.53.56; **M75:** 1 John May 4.03.58; **50K:** **M35:** 1 Graham Jackson 5.43.49; 2 John Constandinou 5.58.53; **M40:** 1 Michael George 5.15.11; 2 Steve Arnold 5.20.40; 3 Martin Fisher 5.36.21; 4 Dave Crompton 5.57.45; 5 Andrew Titley 6.01.31; **M45:** 1 Kevin Marshall 6.17.52; 2 Neale Smith 6.43.08; 3 Gary Macdonald 6.50.19; 4 Julian Barnett 7.29.59; **M50:** 1 Mark Wall 5.51.28; 2 Ian Statter 5.52.42; 3 Parminder Bhatti 6.11.51; 4 Olly Browne 6.12.58; 5 Sean Pender 6.40.25; 6 Dave Hoben 6.53.23; **M55:** 1 Dave Jones 5.37.01; 2 David Manning 5.55.05; 3 Dave Findel-Hawkins 6.10.53; **M60:** 1 John Paddick 5.41.14; 2 Chris Flint 5.48.28; 3 Joe Hardy 5.49.45; 4 Tony Collins 5.52.30; 5 Richard Brown 6.03.14; 6 Bob Austin 6.08.16; **M65:** Ed Shillabeer 5.26.31; **M70:** 1 Arthur Thomson 5.15.41; 2 Bernie Hercock 6.43.00; **100 Miles:** 1 Andrew Titley 21.34.46; 2 Martin Fisher 22.49.20; **M50:** Olly Browne 22.11.41; **M55:** 1 Dave Findel-Hawkins 21.57.13; 2 Ken Watts 23.51.16; **M60:** 1 Chris Flint 21.14.40; 2 Tony Collins 22.58.13;

FEMALE

5K: **W35:** 1 Lisa Kehler 24.41; 2 Estle Viljoen 25.03; 3 Verity Snook 26.33; 4 Sharon Tonks 27.07; 5 Julie Bellfield 30.15; 6 Karen Wears 30.22; **W40:** 1 Lisa Kehler 22.56; 2 Jill Eve 28.56; 3 Maureen Noel 30.11; 4 Jenny Elliott 30.56; 5 Hazel Fairhurst 31.17; 6 Helen Middleton 31.49; **W45:** 1 Diane Bradley 27.21; 2 Toni Boa 27.26; 3 Marie Jackson 27.35; 4 Helen Middleton 29.51; 5 Jane Mooney 30.08; 6 Fiona Bishop 31.35; **W50:** 1 Ann Wheeler 28.48; 2 Anne Belchambers 29.37; 3 Cath Duhig 30.58 ; 4 Ann Irving 32.14; 5 Kim Howard 32.28; 6 Jo Miles 34.00; **W55:** 1 Ann Lewis 31.52; 2 Pat Evans 32.13; 3 Enid Watson 32.34; 4 Sue Barnett 34.23; **W60:** 1 Rose Druckes 34.38; 2 Sarah Goldsmith 36.31; **W65:** 1 Jill Langford 33.59; 2 Brenda Charlton 38.20; 3 Pam Ficken 39.34; **W70:** 1 Maureen Spelman 33.05; 2 Pam Horwill 36.32; 3 Beryl Chapman 36.43; **10K:** **W35:** 1 Estle Viljoen 50.53; 2 Karen Wears 59.07; 3 Julie Bellfield 62.32; 4 Sarah Lightman 69.36; 5 Mandy Whitelegg 69.54; 6 Pauline Clague 74.41; **W40:** 1 Lisa Kehler 48.15; 2 Jill Eve 59.05; 3 Jackie Campbell 59.41; 4 Maureen Noel 61.10; 5 Lisa Motley 61.50; 6 Sue Davies 64.13; **W45:** 1 Marie Jackson 55.46; 2 Diane Bradley 56.46; 3 Toni Boa 61.47; 4 Jane Mooney 62.22; 5 Karen Davies 63.24; 6 Alison Brand 63.46; **W50:** 1 Anne Belchambers 60.42; 2 Cath Duhig 62.35; 3 Ann Irving 63.50; 4 Kim Howard 66.37; 5 Jo Miles 68.00; 6 Kathy Crilley 75.20; **W60:** 1 Rose Druckes 72.52; 2 Sarah Goldsmith 73.53; 3 Hilary Musson 82.02; 4 Liz Adams 84.54 ; **W65:** 1 Jill Langford 70.34; 2 Pam Ficken 78.28; 3 Brenda Charlton 79.01; **W70:** Maureen Spelman 66.55; **20K:** **W35:** 1 Lisa Kehler 1.43.03; 2 Verity Snook 1.57.26; 3 Julie Bellfield 2.13.39; 4 Sarah Lightman 2.23.02; **W40:** 1 Lisa Kehler 1.41.00; 2 Maureen Noel 2.06.22; 3 Lisa Motley 2.13.31; 4 Jill Eve 2.15.05 ; 5 Mairi Maclean 2.22.03; **W45:** 1 Marie Jackson 1.57.20; 2 Jane Mooney 2.07.47; 3 Fiona Bishop 2.14.46; 4 Sue Rey 2.20.32; 5 Jayne Le Noury 2.31.20; 6 Karen Davies 2.37.56; **W 50:** 1 Cath Duhig 2.11.35; 2 Anne Belchambers 2.12.11; 3 Kim Howard 2.17.11; 4 Carol Bates 2.30.20; 5 Jo Miles 2.35.21; **W55:** Serena Queeney 2.36.48; **W60:** 1 Sarah Goldsmith 2.32.02; 2 Rose Druckes 2.42.04; **M70:** Maureen Spelman 2.18.39; **30 K:** **W35:** Sarah Lightman 4.04.02; **50K:** **W40:** 1 Maureen Noel 5.52.02; 2 Hazel Fairhurst 6.53.20; **W45:** 1 Sue Rey 6.19.23; 2 Karen Davies 6.59.17; **W50:** Cath Duhig 6.02.21; **W55:** 1 Serena Queeney 6.54.01; 2 Kathy Crilley 7.39.16; **100 MILES:** **W50:** Cath Duhig 23.28.11; **W65:** Jill Green 23.49.42;

For complete rankings and any additions/amendments please contact:-
Bob Care - 3 Hall Cliffe Crescent, Horbury, Wakefield, WF4 6DF
E-Mail - annicare3@aol.com



I was brought up in Findochty, a small village 3 miles east of Buckie in the North East of Scotland. As a boy, I played football in the summer and football in the winter. It wasn't until I joined the RAF at 17 that I started playing different sports. And I'd been in the RAF three or four years before I started taking running seriously.

I joined the RAF because I'd seen an advert that read, *Travel, See the World and Play Sport!* And for the next 24 years or so that's about all I did. I went on to run 50 marathons, 34 of them run outside of the UK. Four years ago I turned 50. I decided by the time I reached 51 I would become a fun runner. I made a plan which resulted in my best performances in the Scottish and British XC Champs, a silver medal in the European Half Marathon Champs and receiving my medal from Mrs Zatopek, an age group 2nd in my 50th and final marathon in Chicago and my best run for the Scottish vets in the XC International in Cardiff.

Like any other sportsman I dreamed of Olympic Glory, and although I ran at international level, representing both Scotland and GB in the marathon, it wasn't to be. So you can imagine my surprise when, 4 years ago I was asked if I would like to accompany the **Olympic Flame** as a security runner as it made its journey around the world.

It turned out to be a 6 week roller coaster ride. In doing so we visited every city that has hosted the summer Olympic Games and it was the first time the Olympic Flame had been to Africa or South America. The relay would start in Sydney, on the 4th June, the venue for the 2000 Olympic Games, and from there it went to China, Japan, Korea, India, Africa, South, Central and North America, back to Belgium in Europe and 18 countries later the flame would be handed back to the Greeks on the Island of Crete on the 10th July.

Two planes, 747s were prepared at RAF Manston in Kent and on the 1st June I boarded one of them for the journey to Sydney. En route we stopped in past Athens to give the crew a rest before the long trip to Sydney. About half an hour before take off I was given three lit lanterns to safeguard during the journey. **I am now looking after the Olympic Flame!**

A typical day was getting up around 4am, bussed to the airport, fly to the next country, prepare and execute the relay, end of

day tasks, a meal and get to bed hopefully before midnight. Authorities did their best to make life easier for us and everywhere we travelled it was with a police escort. Each day the first torch was lit from a lantern, the last torch lit the cauldron on stage at the end of day celebrations and at the end of the celebrations the flame was put back into the lantern and we were on our way to the next city.

Australian 400m Olympic champion **Cathy Freeman** was the first torchbearer to get the relay underway and it was launched from the Sydney Opera House. Next day we were in Melbourne and the highlight for me was running with **Herb Elliot** around the MCG.

Tokyo, Seoul and Beijing followed. In Beijing the relay was launched on Tiananmen Square and finished in the Emperor's Garden. I had the honour of escorting **Yao Ming** into the Garden. We had three days off during the relay, the first in Beijing and that was spent with a visit to the Great Wall.

The relay in Delhi was a real eye-opener; the poverty I saw is something I will never forget. In Cairo I ran around the Pyramids, and in Cape town, I had the opportunity to run up on Table Mountain. Earlier in the afternoon one of my colleagues ran on Roben Island with **Nelson Mandela**.

Next day we were in Rio and the crowds and the noise were incredible. The crowds were there, not for the Olympic Flame as for the previous relays, but for the first torchbearer – **Pele!** He was very emotional and when passing the flame to the next torchbearer and the tears were streaming down his face. I also got the chance to run with **Ronaldo**.

Next day we were in Mexico City and then it was on to Los Angeles. First torchbearer was **Sylvester Stallone** and the last, someone called **Tom Cruise!**

St Louis was next, and definitely one of my favourite cities. A great atmosphere, laid back on the banks of the Mississippi, and very friendly people. I had the honour that day of meeting **Billy Mills**, winner of the 10,000m in Tokyo in 1964. I was the last security runner that day and had the thrill, of escorting **Jackie Joyner Kersee** to the end of day celebrations.

The next day we were in Atlanta where I ran with **Evander Holyfield** and in New York I started the relay with long jumper **Bob Beamon**.

From Montreal we flew back across the Atlantic to Antwerp in Belgium. Antwerp was very special to me. Not only did I meet 5 times Tour de France winners **Bernard Hinault**, and, as some would say the greatest of all **Eddy Merckx**, I got the opportunity to run with the torch.

Brussels, Amsterdam, Geneva, Lausanne and Paris followed and it was then across the channel to London. As far as my American colleagues were concerned London was my home city and it turned out a great day for me. The relay started on Centre Court Wimbledon, with **Sir Roger Bannister** and **Tim Henman** the first torchbearers. During the course of the day I ran with, **Virginia Wade**, **Lord Coe**, **Roger Black**, **Jonathan Edwards**, **Frank Bruno**, **Chris Boardman**, I ran over Tower Bridge with **Sharron Davies** and I was on the open top bus

with **Sally Gunnell**. The relay finished on the mall with **Sir Steven Redgrave** as the last torchbearer. He lit the cauldron in the company of Rod Stewart and Ozzy Osbourne. But the highlight for me that day was spending some time in the company of **Hazel Irvine**, but as they say, **that's another story!** All I will say is that she is as nice off screen as she appears on it!



From London it was on to Barcelona where I ran with **Fermin Cacho** and **Miguel Indurain**. From Rome we moved on to Munich, Berlin, Stockholm and one of my favourite cities, Helsinki. Finland is steeped in history with regard to long distance running so you can imagine my excitement when I got the chance to meet and run with my hero, 4 times Olympic Gold Medallist, **Lasse Viren**.

Our final cities were Moscow, Kiev, Istanbul, Sofia and Cyprus. Cyprus turned out to be the longest day and the hottest, 117 degrees, due to massive crowds and narrow streets. Next day it was a short relay from Larnaca to the aircraft steps, a short flight to Crete and the flame was handed back to the Greeks.

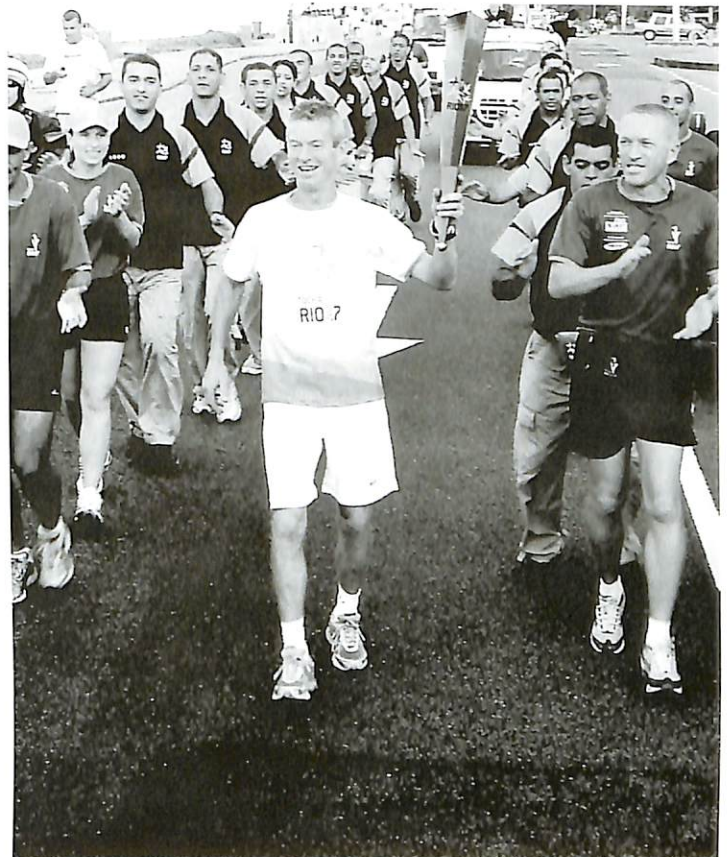
In all, the Flame passed through 27 countries, 34 cities in 35 days. We went to all 5 continents uniting past, present and future host cities of the summer Olympic Games. We flew 50,000 miles, went through 27 time-zones, and used 20 different languages and 19 different currencies.

I took part in what is now a piece of history. I went to some very exciting places, met some very famous people and made a lot of new friends.

Not for a minute did I think I would ever be asked back again to do another relay, and to be honest I always said I wouldn't go again as I thought the experience could never be repeated.

Well, I was asked again and during June and July last year I spent 7 weeks running around Brazil. This time I was escorting the Pan American Flame. We visited 42 cities, each city representing a country taking part and executed more than 50 relays. The relay finished in Rio de J. to coincide with the opening ceremony of the Pan American Games. The Pan American Games are the Americas equivalent of our European Games.

The running team was 6 strong and apart from one other who was also a member of the Olympic Relay Team the other 4 runners were Brazilian. The National Forca is an elite police force operating in all of Brazil's major cities. X amount of their members were seconded to Rio to cover security during the Games and these four were selected from them.



Even in the early days I felt, 'making ends' meet was a struggle for the average Brazilian. About 6 weeks prior to the relay starting, I got two new pair of running shoes. I got them broken in and was confident I would have no problems with my feet during the relay. What my Brazilian colleagues had on their feet I would not have worn to do the garden or wash the car! And I thought to myself, these are guys with decent jobs.

One of the Brazilian runners was leaving the vehicle and he caught his arm on the door and snapped the strap pin on his watch. I had a spare watch which I gave him. He was delighted and I watched him go around showing his friends and again I thought to myself, £19.99p out of Argos, that's nothing to us, but it meant everything to him.

The Relay started in Porto Seguro, a city on the coast about an hours' flight north of Rio, and as we moved further north each day the poverty became more and more apparent. Every day, driving in from the airport we would pass through the poor

areas, and sometimes again during the relay, and what I saw I will never forget. The dwellings were nothing more than the size of my garage, metal grills on all doors and windows to help combat crime, and as we relayed through, the children would run along side and I never yet saw a child wearing a pair of shoes. They were almost always barefoot. Sometimes you saw a pair of flip flops.

The roads were quite often wet and one day in Amazonia the road was wetter than usual. I tip-toed and picked my way through the puddles. Command, in the vehicle behind came on the radio and said, 'S1 don't you like getting your feet wet?' I replied, 'correct me if I'm wrong Sir but we haven't had rain in more than three weeks!'

But in all the 42 cities and 50 plus relays we were greeted with a real carnival atmosphere. Regardless of their 'station' Brazilians love, music, dancing, whistles and firecrackers.

The relay was very much a peoples relay, unlike the Olympic Relay where every day we ran with famous people from all walks of life. In Brazil, I pushed wheelchairs, I pulled wheelchairs, I ran with young children and I ran with the oldest torchbearer, a 93 year old lady who carried the torch unaided for 400mts. I can still see the guy who ran with the torch, unaided, for 400mts, and he had no hands. I had the thrill of going up to the Statue of Christ the Redeemer. We ran a short relay of three torchbearers and the first torchbearer got his chance by being voted the best street sweeper in Rio.

We did have one superstar to carry the torch. It was in a place called Port Alegre and the last torchbearer of the day was a guy called Ronaldinho, and, as the last security runner of the day I had the pleasure of escorting him during his run which ended with us on stage for the end of day celebrations. He is a really nice guy and he offered to sign my running top, and of course, I let him!

The lighting of the cauldron at the end of the opening ceremony was an experience in itself. Unlike the Olympic Relay when the flame was handed back to the Greeks three weeks before the Games started, I was there, trackside, with a job to do, in front of 180,000 people in the Maracana Stadium and when the cauldron was lit the noise was absolutely incredible.

Next day, with the job a success, I was first of the non-Brazilians to leave Rio. Our company totalled about 30 and within that 30 we had our running team of 6. For 6 weeks we worked together, we dined together and we socialised together. Brazil is an amazing country, the Brazilians are amazing people and when I left I felt as though I was leaving my brothers and sisters behind. It was a very emotional experience. Helder, one of the Brazilian runners was too upset to come and say good-bye.

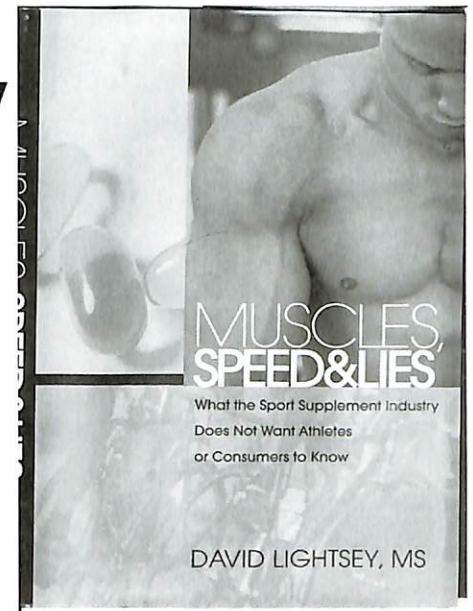
After the Olympic Relay, when asked if I would do it again I always said no because I felt nothing could ever match that experience.

My answer now to that question, is, – everything comes in threes!

***MUSCLES, Speed and Lies –
What the Sport Supplement Industry Does Not Want
Athletes or Consumers to Know.
Author David Lightsey,
Publisher Lyon Press
Pages 211***

Although this book is heavily based on the American sports, food and pharmaceutical supplements industry, (worth about eight billion pounds a year), there is much in it which rings strong warning bells here in Britain. Chapters cover the lies and distortions of the truth presented by companies in order to sell their products, media distortions, vitamins and minerals, anti-oxidants, protein and muscle mass, carbohydrates and water, body composition and weight control. There is a final chapter on practical applications.

***Reviewed
by
Tony
Crocker***



Drugs cheating is rife in the world of sport and evidence shows that adolescents are increasingly taking them either to enhance their performances - because this is what elite athletes do, or because they want to improve their body image. Lightsey points to the many examples of the drugs/supplements industry inventing research reports which they claim prove the effectiveness of their products, distorting genuine research findings for the same purpose, manipulating media presentations and including chemicals which aren't named or tested or shown to be safe. Some supplements are actually known to cause body damage, poorer performances and even death. One fascinating example he gives is that in wrestling it has become normal for every wrestler to take muscle building protein drugs. Wrestlers are 20 times more likely to have died of heart attacks before they are 45 years old than football players. Many of the pharmaceutical names make for heavy reading in places, but reading this book at this moment with the spotlight on Dwain Chambers draws attention to the statement by David Walsh in the Sunday Times ".....but he is no worse than the others."

Should **OUR READERS** want a much fuller copy of my notes from this book I can send it if they email me at tonycrok@aol.com.



Ron was born on the 7th January 1928 in Clapton London, he moved with his family to Mountain Ash, Rhondda Cynan and Taff at the age of 13. Where he attended the local Miskin Secondary School and developed like most Welsh people a strong passion for Rugby. He was quite successful in that sport playing for Aberaman on the wing.

He started his running at the fairly late age of 24, and it was Bernard Baldwin of "Nos Galan" fame, who advertised for members to join the newly formed Mountain Ash Athletic Club in 1952. Ron was the first person to knock Bernard's door, and duly found himself representing his new club in the "News Chronicle" Cardiff to Mountain Ash relay where Mountain Ash finished second to the mighty Tipton Harriers who had just won the famed London to Brighton relay. Ron astonished his teammates by recording the second fastest leg in the event.

He moved down the valley to join Newport Harriers as second claim after chatting with a Welsh International at Pontypridd where he secured three Silvers in the Welsh Y.M.C.A. Championships.

In 1953 he moved to Abergavenny to take up a senior position in the Gas industry. The Chartered Engineer gained his first Welsh Bronze medal in the Welsh Inter Counties for the Mile. Shortly afterwards he gained his first International vest competing for Wales against the A.A.A. in the three miles. The race being won by 1954 Empire Games winner Peter Driver in a Welsh All Comers record of 14 minutes and 10 seconds.

Now based in Monmouthshire Ron represented that County on 19 occasions in the Inter Counties Cross Country championships. A record for the event until Jim Alder achieved his 21st appearance for Northumberland and Durham.

On the track he represented his county at the Inter Counties at London's White City stadium, the site which is now occupied by the B.B.C. The track appearances were over three and six miles. He also ran many times in the Inter Counties 20 mile event.

In those days the Home Country's were allowed to enter individual teams in the International Cross Country Championships such was the strength of the British in this discipline. Ron represented Wales three times in the event being placed inside 53rd, 64th and 73rd.

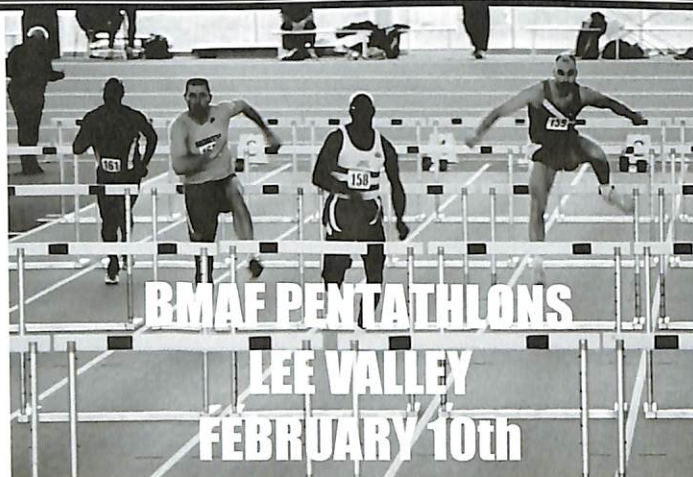
In 1958 he finished 10th in the Empire Games Marathon running for his beloved Wales. Ron finished 10th in 2 hours 31 minutes 24.6 seconds. He would have been faster if an enthusiastic spectator had not showered him with a bucket of water at the halfway mark; this made his Hamstrings cramp up, and perhaps spoilt an even greater performance.

His Welsh career yielded a massive 10 Championships, one at Three miles, four at Six Miles and Five at the Marathon including Championships records of 29:26.4 for Six Miles and 2:26:12.0 for the Marathon. He joined the Tipton Club where he broke all of Jack Holden's Club record with the exception of the 30 Mile.

Perhaps his greatest achievement came in the Polytechnic Marathon in 1962, with a third place in 2:25:06.0 behind the great Ron Hill and Melbourne Olympic Silver medallist Franjo Milhailic.

In the Masters Groups Ron won 12 medals in W.M.A. and F.V.A.A. Championships, and was awarded a special plate to mark his appearances in all WMA Championships.

He now lives in Wood Green in London, and will continue to enjoy his competition in all Masters Events, we wish him a great **80th Year.**



Kay Reynolds



Bruce Charles Richard Jégou

The 2008 Indoor Pentathlon at Lee Valley drew the largest entry yet for the event and even after the 'no shows' the entry on the day was impressive.



Brian Slaughter

The man of the day was Brian Slaughter (M50) with a point's score of 3770 accumulated by excellent performances in all events with pride of place going to a superb 1000 metres in 3-3.5sec.

Andy Waddington produced two outstanding performances to win the M45 event with a 1.75m High Jump and a 2-56sec 1000 m.

It was great to see Dave Cowley back in action after an absence of some years. The old skills were still there however as his winning score of 3539 in the M60 group proved to be the second highest of the day.

Other 3000 points scores were achieved by Andrew Lewis (M35) 3357, Donald Brown (M40) 3034, Alastair Duncan (M50) 3003, Ian Reeve (M55) 3378 and Phil Harris (M60) 3261.

The closest win of the day was the 24 point victory of Roger Bruck over Bruce Charles in the M65 group.

Top lady was Kay Reynolds who amassed 3637 points in winning the W40 event, which included the outstanding hurdles time of 8.8 sec.

Other winners over 3000 points were Hazel Barker (W45) 3166 and Jackie Charles (W65) 3073. It was good to see so many of the ladies groups genuinely contested which clearly demonstrates the benefit of holding the pentathlon as a stand alone event in the excellent facilities of Lee Valley.

RESULTS (Subject to verification)

W35: 1 Amanda Wale 2800 (10.1, 1.30, 8.96, 4.44, 2:32.7); 2 Joanne Regan 2302 (11.1, 1.27, 7.14, 4.64, 2:52.8);

W40: 1 Kay Reynolds 3637 (8.8, 1.51, 9.13, 4.80, 2:39.8); 2 Daniela Di Maggio 2786 (9.9, 1.39, 7.56, 4.03, 2:52.3); 3 Angie Alstrachen 2371 (11.2, 1.15, 7.20, 3.93, 2:38.8);

W45: 1 Hazel Barker 3166 (10.1, 1.45, 8.95, 4.08, 3:23.8); 2 Lesley Willis 2885 (11.8, 1.24, 7.20, 4.18, 2:41.1); 3 Susie Tawney 2543 (11.8, 1.18, 5.96, 3.61, 2:40.5); DNF: Anne Goad 2072 (12.2, 1.21, 7.72, 3.95);

W50: 1 Fiona Argent 2457 (12.2, 1.15, 5.78, 3.31, 3:03.2); 2 Judi Stafford 2353 (13.2, 1.15, 6.17, 3.42, 3:06.5);

W65: Jackie Charles 3073 (13.3, 1.03, 6.53, 2.81, 4:03.3);

M35: 1 Andrew Lewis 3357 (8.6, 6.42, 12.10, 1.75, 3:10.2); 2 Alex Taylor 2257 (10.5, 5.21, 8.02, 1.69, 3:28.9); DNF: Darran Askew 1142 (11.3, 4.46, 11.17, dns, dns);

M40: 1 Donald Brown 3034 (9.0, 5.80, 10.54, 1.60, 3:36.8); 2 Andrew Kennard 2853 (9.8, 5.43, 7.45, 1.54, 3:01.2); 3 Richard Buckingham 2806 (9.8, 5.57, 10.24, 1.63, 3:39.6); 4 Alan Easey 2322 (10.6, 4.84, 7.21, 1.33, 3:07.1); 5 Paul Ffrench 2308 (12.1, 5.01, 8.82, 1.45, 3:09.8); 6 Andy Hunt 2263 (11.0, 4.80, 7.03, 1.36, 3:06.8); 7 Mark Jenkins 2047 (11.0, 4.60, 7.30, 1.30, 3:22.1); DNF: Alex Kruger 1274 (9.4, 5.36, dns, dns, dns);

M45: 1 Andrew Waddington 3483 (10.2, 5.39, 8.38, 1.75, 2:56.0); 2 Philip Flannery 3172 (10.0, 5.51, 10.15, 1.57, 3:29.9); 3 Geoff Powley 2996 (10.8, 4.89, 8.78, 1.57, 3:05.3); 4 Tony Tipping 2561 (11.5, 4.89, 11.11, 1.57, 4:05.1); 5 Karl Eve 2512 (11.0, 4.73, 9.94, 1.54, 4:02.8); 6 Wayne Martin 2048 (11.2, 3.88, 7.82, 1.36, 3:52.0); DNF: Charlie Batts 1901 (11.6, 5.10, 7.52, 1.42, dns);

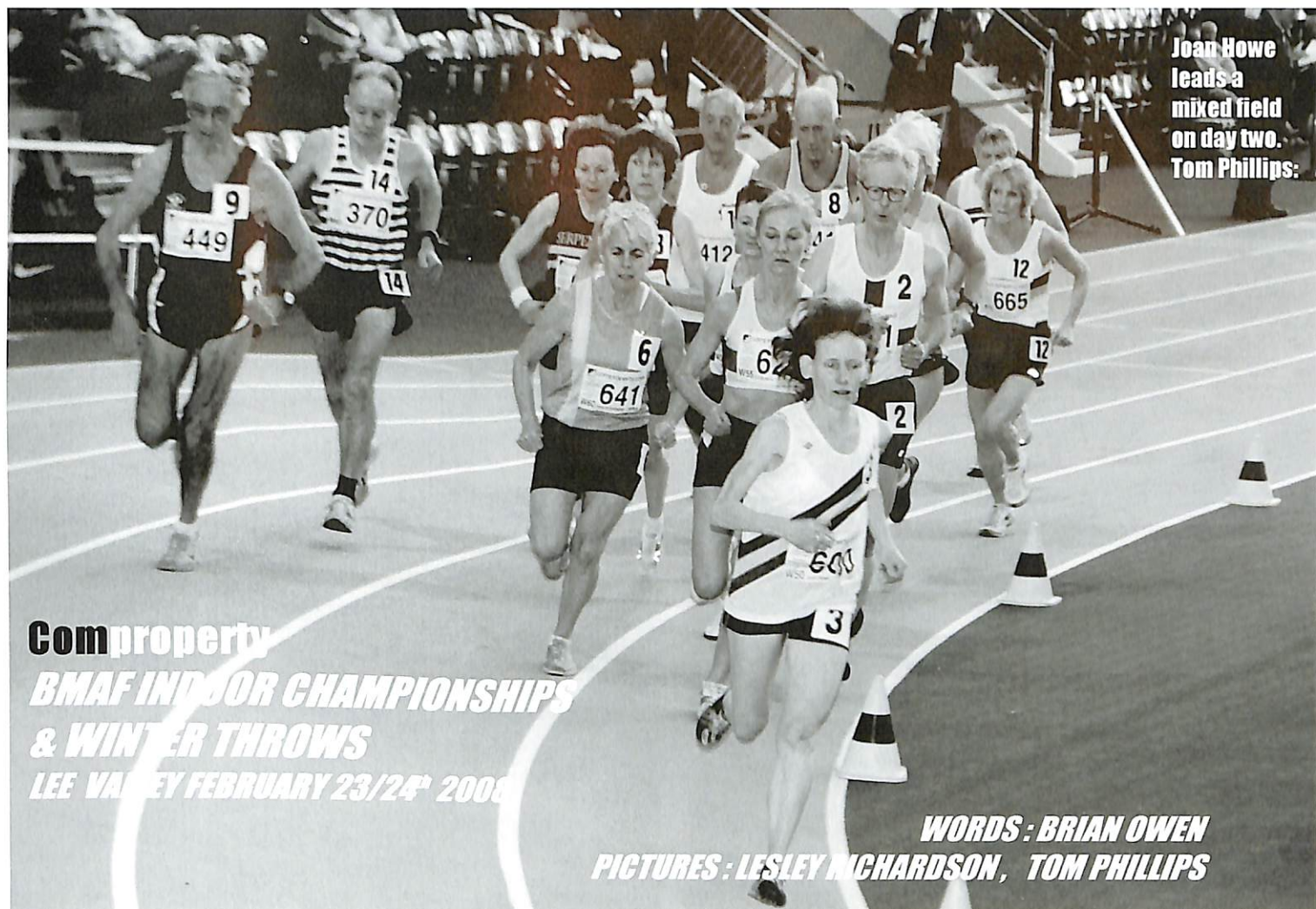
M50: 1 Brian Slaughter 3770 (9.6, 5.18, 12.19, 1.54, 3:03.5); 2 Alastair Duncan 3003 (10.1, 4.64, 8.84, 1.42, 3:20.8); 3 Clement Leon 2564 (12.1, 4.22, 8.21, 1.48, 3:23.9); 4 Tony Foster 2379 (12.2, 4.20, 7.38, 1.24, 3:09.8); DNF: Colin Hague 985 (13.0, 3.82, 7.75, dns, dns);

M55: 1 Ian Reeve 3378 (10.6, 4.60, 8.58, 1.45, 3:19.8); 2 William Lonsdale 2886 (12.4, 4.44, 7.40, 1.45, 3:27.0);

M60: 1 David Cowley 3539 (10.2, 4.52, 9.29, 1.42, 3:36.9); 2 Philip Harris 3261 (10.4, 4.34, 8.98, 1.30, 3:39.3); 3 Lawrie Dunn 2844 (12.1, 4.14, 7.71, 1.33, 3:40.4); 4 Courtney Gunn 2627 (12.5, 3.86, 8.51, 1.36, 4:03.3);

M65: 1 Roger Bruck 2492 (14.3, 3.62, 8.39, 1.30, 4:46.6); 2 Bruce Charles 2466 (13.2, 3.47, 7.42, 1.12, 4:15.8); 3 Dai Vaughan 1269 (22.4, 2.75, 7.63, 1.09, dns);

M70: Tony Bowman 2737 (10.7, 3.08, 7.19, 1.21, 5:01.6);



Joan Howe leads a mixed field on day two. Tom Phillips:

Comproperty
BMAF INDOOR CHAMPIONSHIPS
& WINTER THROWS
LEE VALLEY FEBRUARY 23/24th 2008

WORDS: BRIAN OWEN
PICTURES: LESLEY RICHARDSON, TOM PHILLIPS

Indoor Championship number 25 was an unqualified success with a good entry, expert judging and a meeting that largely ran to time. So who do we thank for this tremendous state of affairs, well the first of our thanks should go to **Maurice Doogan** who programmed everything to perfection? Secondly the team of volunteers who ensured that things went like clockwork, and thirdly the good humour of the competitors who appreciated the hard work of Maurice and his team. You see events just don't happen they are very hard work and require many hours of administration plus hundreds of phone calls!

So who were the movers and shakers in the weekend that saw Four World, Seven European and twenty British Records.

Well Evaun Williams, who has been throwing large lumps of metal around for many years, is now in the Women 70 group. She simply does not look her age and on the weekends form will scoop many International Medals and Records in this new age group. She set two World Records the first in Saturdays Shot where she added 59 centimetres to the record she had set two weeks earlier. Following the Shot record of 10.67, she added a further World record in Sunday's Javelin held in cold conditions in the outdoor arena that backs onto the Indoor facility. Her 31.43 in the Javelin was added to a Discus win with 28.17 which was not a record as the event has in the past featured Rosemary Chimes who as we all know was a former Commonwealth Champion. Also in the throws 80 year old Bill Kingsbury from the Rhondda set British records at Shot and his favourite Hammer.



Wendy Laing W45 was in superb form in the High Jump, which also saw the most welcome return to competition of Jenny Brown.

Wendy cleared a new World Record height of 1.61, whilst not to be outdone Carole Filer cleared 1.47 for a new British Record in the Women 50 group.



Wendy Laing seen here in sprint action.
Pic - www.rikko2photo.co.uk

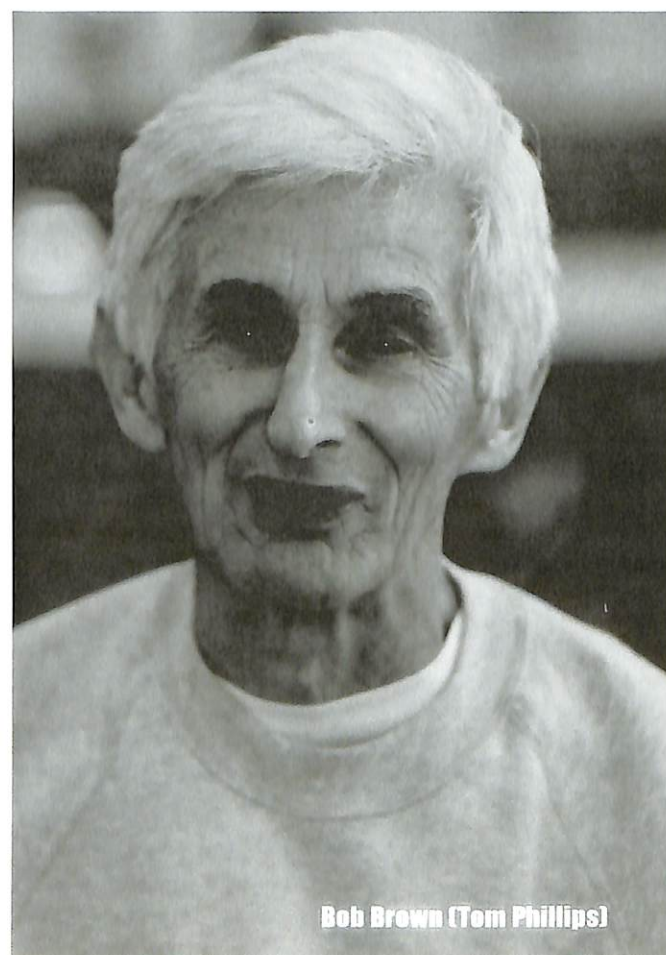
The final World Record came in the 3000 Walk where Len Creo's 21:16.29 was well under American Bill Paterson's 2001 World Record, however the BMAF credits George Mitchell with 21:13.8 set in the BVAF Indoor Championships in Birmingham in 2000 which I remember announcing. Well that's something the stats people have to sort out.

Darrell Maynard stole away from his coaching duties to impress with a win over 200 and 400 metres. His 400 metres was superb as he strove to improve the World Record, he was short of that but the 51.11 was well inside the European Record.

Darrell is involved in coaching the British Disability squad and will act as lead runner to a member of the British Team in Beijing. Also at this distance Walwyn Franklyn, Sally Read-Cayton and Caroline Powell all set British Records.



Darrell Maynard
(Tom Phillips)



Bob Brown (Tom Phillips)

Bob Brown has been breaking records for as long as I can remember and Saturday presented 75 year old Bob with yet another European record adding just one centimetre breaking Martin Kutman's effort with a new best of 2.71.



Egryn Jones (Tom Phillips)

In the youngest group Egryn Jones cleared 4.55, but injured himself in the process and was unable to continue. Egryn is a well known event coach and at present coaches British Record holder Janine Whitlock who contrary to press reports has not retired. Janine will return to the sport during 2008, and will celebrate her 35 Birthday in August, when she could improve on Gabriella Mihalcea's 4.22 World Record.

Joss Harwood is back in competition in the W50 Group and she was an impressive winner in the 60 metres Hurdles. Her winning 9.71 time was also a new European Record. Whilst Glen Reddington and Gordon Daborn set new British records over the sticks.

There were lots of British records set during the weekend. Kirsten King equaled the W45 60 metres with 8.14.

In the Middle Distance there were many fine races with Clare Elms winning by a fraction from Bernadine Pritchett over 1500 metres in a new British W40 record of 4:36.46. That was certainly the tightest of the weekend. Whilst Anne Martin set a new W70 800 best.

Last but certainly not least the venerable Ajitsingh Kalirai set a new M80 Long Jump record.

60 METRES

M35 Ht 1 1. Will MacGee SCVAC 7.28; 2. Matthew Richards SCVAC 7.32; 3. Kwadjo Adjepong OPEN 7.38; 4. Scott Dorset SCVAC 7.58; 5. Nick Lauder EVAC 7.96; Ht 2 1. Royden John OPEN 7.22; 2. Derek Morgan SWVAC 7.23; 3. Tim Barton OPEN 7.31; 4. Martin White MMAC 7.39; 5. Ben Radcliffe SCVAC 7.57; 6. Chris Doggett OPEN 8.71; **FINAL** 1. Matthew Richards 7.19; 2. Derek Morgan 7.20; 3. Royden John 7.21; 4. Kwadjo Adjepong 7.26; 5. Tim Barton 7.29; 6. Will MacGee 7.34; **M40** Ht 1 1. Rohan Samuel SCVAC 7.32; 2. Lincoln Campbell SCVAC 7.58; 3. Barrington King SCVAC 7.65; 4. Eli Barnett OPEN 8.31; 5. Richard Christian OPEN 8.35; Ht 2 1. Antony Leigh MMAC 7.36; 2. Dalton Powell MMAC 7.58; 3. Petros Anastasi EVAC 8.04; 4. Andy Hunt VAC 8.27; 5. Robert Murkin SCVAC 8.57; **FINAL** 1. Rohan Samuel 7.17; 2. Antony Leigh 7.26; 3. Dalton Powell 7.44; 4. Lincoln Campbell 7.47; 5. Barrington King 7.64; **M45** Ht 1 1. Pat Logan SCVAC 7.45; 2. Glen Reddington SCVAC 7.65; 3. John Statham MMAC 7.78; 4. Des Wilkinson EVAC 7.91; 5. Michael May VAC 8.71; 6. Simon Pugh NVAC 9.08; Ht 2 1. Martin Weetman MMAC 7.77; 2. Andy Smith EVAC 7.81; 3. Peter Ilo EVAC 7.86; 4. Ronnie Hunter SVHC 7.90; 5. Douglas Donald MMAC 8.01; 6. Sholto Douglas-Home SCVAC 8.58; Ht 3 1. Robert Allen SCVAC 7.87; 2. Stephen Hendrickson WMAA 7.93; 3. Bruce Scott SVHC 7.96; 4. Christopher Ashmore MMAC 8.04; 5. Tom Gort SCVAC 8.45; Ht 4 1. Masakatsu Kondo SCVAC 7.58; 2. Darrell Maynard WMAA 7.59; 3. Kwei Sankofa SCVAC 7.66; 4. Malcolm Bramhall EVAC 8.00; 5. Andy Woods EVAC 8.06; 6. Michael Vassiliou VAC 8.07; **FINAL B** 1. John Statham 7.66; 2. Andy Smith 7.79; 3. Robert Allen 7.82; **FINAL A** 1. Pat Logan 7.36; 2. Darrell Maynard WMAA 7.50; 3. Glen Reddington 7.54; 4. Masakatsu Kondo 7.64; 5. Kwei Sankofa 7.71; 6. Martin Weetman 7.73; **M50** Ht 1 1. John Browne VAC 7.83; 2. Tom Phillips SCVAC 7.93; 3. John Barclay MMAC 8.00; 4. Les Percival EVAC 8.27; 5. Philip Bell VAC 8.44; 6. Donald Butler VAA-NE 9.05; Ht 2 1. Eric Smart VAA-NE 7.68; 2. Kevin Burgess EVAC 7.83; 3. Rob Cawson MMAC 7.88; 4. Ken Jackson SWVAC 8.22; 5. Roderick Davies SCVAC 8.51; Ht 3 1. Cecil Moven MMAC 7.75; 2. Peter Hickey NVAC 7.76; 3. Stephen Davis SCVAC 8.03; 4. Mario Lapka SWVAC 8.26; 5. Philip Clayton MMAC 8.33; **FINAL** 1. Kevin Burgess EVAC 7.66; 2. Eric Smart VAA-NE 7.66; 3. Cecil Moven MMAC 7.69; 4. Peter Hickey NVAC 7.75; 5. Rob Cawson MMAC 7.79; 6. John Browne VAC 7.86; **M55 FINAL B** 1. Chris Padmore SCVAC 8.02; 2. David Whitehead EVAC 8.13; 3. Peter Wright MMAC 8.75; 4. Alan Perry VAC 8.81; **FINAL A** 1. Viv Oliver MMAC 7.66; 2. Walwyn Franklyn SCVAC 7.75; 3. Alasdair Ross SCVAC 7.79; 4. Ray Watkins SCVAC 8.01; 5. Brian Williamson WMAA 8.43; **M60** 1. Ken Smeeth SCVAC 8.11; 2. Ian Foster EVAC 8.50; 3. Victor Novell SCVAC 8.52; 4. Leslie Wood VAC 8.54; 5. Courtney Gunn EVAC 9.23; 6. David Whittaker VAC 9.46; **M65** Ht 1 1. John Steede SVHC 8.63; 2. Allan Long VAC 8.68; 3. Philip Johnson EVAC 8.72; 4. Carl Sheldon SCVAC 9.05; 5. Allan Sowden SCVAC 9.88; Ht 2 1. Conrad Phillips MMAC 8.34; 2. Charles Isetts VAC 8.60; 3. Michael Morris CAN (G) 8.74; 4. Barry Ferguson VAC 9.19; 5. Eric Jones VAC 9.89; 6. Geoff Hudson MMAC 10.02; **FINAL** 1. Conrad Phillips MMAC 8.44; 2. Charles Isetts VAC 8.52; 3. John Steede SVHC 8.58; 4. Allan Long VAC 8.65; 5. Michael Morris CAN (G) 8.77; **M70** 1. Tony Bowman NVAC 8.82; 2. Colin Field SCVAC 8.83; 3. Alan Carter EVAC 8.87; 4. John Godbeer VAC 10.41; **M75** 1. George Cheetham MMAC 9.44; 2. Hubert Daniels WMAA 10.18; 3. Gordon Daborn EVAC 10.19; 4. Clifford Taylor VAC 10.91; 5. Andrew Blackman SCVAC 10.94; **M80** 1. Ajitsingh Kalirai SCVAC 12.43; 2. Frank Copping EVAC 15.38; **W35** 1. Sharon Trusch NVAC 8.39; 2. Tamin Gribble SWVAC 8.45; 3. Amanda Wale NVAC 8.79; 4. Chika Aghadiuno EVAC 9.03; 5. Sharon Waller EVAC 9.50; **W40 FINAL B** 1. Lolita Byfield-Moore SWVAC 8.44; 2. Yvonne Salmon SCVAC 8.55; 3. Marie Hudson SWVAC 9.28; 4. Michelle Hazell OPEN 10.00; **FINAL A** 1. Julie Money NVAC 8.23; 2. Angie Alstrachen EVAC 8.56; 3. Geraldene Finegan NIVAC 8.68; 4. Euphemia Scott SCVAC 8.70; **Medals** : 1 Money 8.23; 2 Byfield-Moore 8.44; 3 Salmon 8.55; **W45 FINAL B** 1. Wendy Dunn EVAC 8.53; 2. Manndy Laing NVAC 8.66; 3. Angela Fudge VAC 8.74; 4. Lesley Willis MMAC 9.04; 5. Anne Goad SCVAC 9.23; **FINAL A** 1. Kirsten King SCVAC 8.14 (= British Record); 2. Gaye Clarke EVAC 8.78; 3. Denise Timmis EVAC 9.11; **Medals** : 1 King 8.14; 2 Dunn 8.53; 3 Laing 8.66; **W50 FINAL B** 1. Joss Harwood VAA-NE 8.73; 2. Pauline Gerner MMAC 8.94; 3. Carole Filer EVAC 9.02; 4. Gwen Cunningham SCVAC 9.66; **FINAL A** 1. Helen Godsell SCVAC 8.58; 2. Joan Trimble SCVAC 9.15; 3. Fiona Argent SCVAC 9.60; 4. Christine Young SCVAC 9.64; 5. Christine Salvary SCVAC 9.73; **Medals** : 1, Godsell; 2 Harwood; 3 Gerner; **W55** 1. Emily McMahon SCVAC 9.21; 2. Lyn Ahmet SCVAC 10.08; **W65** 1. Mary Axtell SCVAC 10.13; 2. Mollie Mills MMAC 10.42; 3. Ann Bolitho SCVAC 10.54; **W70** 1. Dorothy Fraser EVAC 10.64; 2. Valerie Case SCVAC 15.38;

200 metres

M35 FINAL B 1. Nick Lauder EVAC 25.51; 2. Julian Smith SCVAC 26.55; 3. Constantine Serugo SCVAC 27.16; **FINAL A** 1. Will MacGee SCVAC 23.28; 2. Martin White MMAC 24.09; 3. Scott Dorset SCVAC 24.59; 4. Michael Peacock SCVAC 24.72; **M40** Ht 1 1. Dalton Powell MMAC 24.76; 2. Lincoln Campbell SCVAC 24.91; 3. Keith Palmer EVAC 25.15; 4. Eli Barnett OPEN 26.58; 5. David Robinson VAA-NE 27.10; 6. Robert Murkin SCVAC 28.15; Ht 2 1. Antony Leigh MMAC 24.29; 2. Malcolm McPhail NVAC 25.16; 3. Leeroy Golding NVAC 25.84; 4. Lance Croft EVAC 26.33; 5. Danny Hodge SCVAC 26.56; 6. Richard Christian OPEN 27.46; **FINAL** 1. Antony Leigh MMAC 23.91; 2. Dalton Powell MMAC 23.98; 3. Lincoln Campbell SCVAC 24.32; 4. Malcolm McPhail NVAC 25.31; 5. Leeroy Golding NVAC 29.27; **M45** Ht 1 1. Pat Logan SCVAC 24.21;

MASTERS ATHLETICS SPRING 2008

2. Carlton McDonald MMAC 24.76; 3. Glen Reddington SCVAC 24.82; 4. Christopher Ashmore MMAC 25.63; 5. Andy Woods EVAC 27.12; 6. Michael May VAC 28.31; **Ht 2**: 1. Michael Vassiliou VAC 25.20; 2. John Shepherd VAC 25.23; 3. Stewart Walton MMAC 25.83; 4. Bruce Scott SVHC 26.13; 5. Clifford Warren VAC 26.84; **Ht 3**: 1. Darrell Maynard WMAA 24.29; 2. Barry Morris VAC 24.79; 3. Patrick Bass MMAC 25.15; 4. Andy Smith EVAC 25.23; 5. George Charlton VAA-NE 25.74; 6. Tom Gort SCVAC 28.68; **FINAL**: 1. Darrell Maynard WMAA 23.63; 2. Pat Logan SCVAC 24.05; 3. Glen Reddington SCVAC 24.59; 4. Carlton McDonald MMAC 24.59; 5. Barry Morris VAC 24.95; 6. Michael Vassiliou VAC 30.88; **M50 Ht 1**: 1. Peter Hickey NVAC 24.78; 2. Rob Cawson MMAC 25.57; 3. Tom Phillips SCVAC 25.73; 4. Philip Bell VAC 27.06; 5. Roy Buchanan SVHC 27.53; **Ht 2**: 1. Eric Smart VAA-NE 25.06; 2. Alan Harrison SCVAC 26.18; 3. Les Percival EVAC 26.81; 4. Philip Clayton MMAC 27.10; 5. Roderick Davies SCVAC 27.58; **FINAL**: 1. Eric Smart VAA-NE 24.70; 2. Peter Hickey NVAC 24.78; 3. Rob Cawson MMAC 25.53; 4. Tom Phillips SCVAC 25.82; 5. Les Percival EVAC 27.34; 6. Alan Harrison SCVAC 27.53; **M55 FINAL B**: 1. David Whitehead EVAC 26.68; 2. Tony Wells EVAC 27.20; 3. Brian Williamson WMAA 28.11; 4. Alan Perry VAC 30.47; **FINAL A**: 1. Viv Oliver MMAC 24.73; 2. Chris Padmore SCVAC 26.28; 3. Ray Watkins SCVAC 26.46; 4. Douglas Lucas VAC 26.74; **M60**: 1. Derek Wardle VAC 27.55; 2. Ken Smeeth SCVAC 27.59; 3. Victor Novell SCVAC 27.92; 4. Ian Foster EVAC 28.38; 5. Courtney Gunn EVAC 30.31; 6. David Whittaker VAC 30.40; **M65 FINAL B**: 1. Barry Ferguson VAC 28.91; 2. Philip Johnson EVAC 29.48; 3. Eric Jones VAC 32.20; 4. Allan Sowden SCVAC 32.83; **FINAL A**: 1. Charles Isetts VAC 28.57; 2. John Steede SVHC 28.96; 3. Michael Morris CAN (G) 29.77; 4. Donald Butler VAA-NE 30.13; 5. Carl Sheldon SCVAC 30.24; **Medals**: 1. Isett; 2. Ferguson; 3. Steede; **M70**: 1. Tony Bowman NVAC 29.21; 2. Alan Carter EVAC 29.41; 3. John Evans MMAC 34.13; **M75**: 1. George Cheetham MMAC 32.77; 2. Hubert Daniels WMAA 35.82; 3. Andrew Blackman SCVAC 36.95; **W35**: 1. Sharon Trusch NVAC 27.08; 2. Amanda Wale NVAC 28.49; 3. Deborah Doherty SCVAC 30.14; 4. Chika Aghadiuno EVAC 31.01; **W40**: **FINAL B**: 1. Lolita Byfield-Moore SWVAC 27.93; 2. Jayne Rasmussen OPEN 28.41; 3. Angie Alstrachen EVAC 28.72; **FINAL A**: 1. Julie Money NVAC 27.97; 2. Yvonne Salmon SCVAC 28.12; 3. Euphemia Scott SCVAC 28.64; 4. Gill Tree SCVAC 32.00; **Medals**: 1. Byfield-Moore; 2. Money; 3. Salmon; **W45**: 1. Kirstin King SCVAC 26.90; 2. Carmell Carey IRL (G) 30.25; 3. Angela Kelly SVHC 30.40; **W50 FINAL B**: 1. Joan Trimble SCVAC 31.39; 2. Christine Salvary SCVAC 31.70; 3. Fiona Argent SCVAC 31.88; **FINAL A**: 1. Jane Horder MMAC 28.40; 2. Helen Godsell SCVAC 28.56; 3. Ed Roe SCVAC 30.30; 4. Pauline Gerner MMAC 32.40; **W55**: 1. Lyn Ahmet SCVAC 34.76; 2. Cathy Lyon-Green MMAC 35.94; **W65**: 1. Mary Axtell SCVAC 35.20; 2. Mollie Mills MMAC 37.08; 3. Ann Bolitho SCVAC 37.61; **W70**: Dorothy Fraser EVAC 36.68; **W75**: Brenda Green SCVAC 60.06;

400 metres

M35: 1. Michael Gardiner MMAC 52.59; 2. David Woods SCVAC 53.97; 3. Michael Osunsamu SCVAC 54.03; 4. Richard Holt OPEN 55.30; 5. Michael Peacock SCVAC 55.36; **M40 Ht 1**: 1. Martin Holgate OPEN 54.95; 2. Gary Palmer VAC 56.44; 3. Andy Hunt VAC 57.05; 4. Eddie Bayne OPEN 57.70; 5. Richard Christian OPEN 61.54; **Ht 2**: 1. Antony Babbs EVAC 55.59; 2. Danny Hodge SCVAC 57.38; 3. Alan Easey VAC 58.96; 4. David Robinson VAA-NE 60.34; **Ht 3**: 1. Graham Langham MMAC 55.62; 2. Keith Palmer EVAC 56.11; 3. Lance Croft EVAC 56.83; 4. Leeroy Golding NVAC 58.23; **FINAL**: 1. Graham Langham MMAC 54.38; 2. Martin Holgate OPEN 54.63; 3. Antony Babbs EVAC 54.77; 4. Keith Palmer EVAC 56.10; 5. Gary Palmer VAC 56.70; 6. Lance Croft EVAC 57.04; **M45 Ht 1**: 1. Jonathan Tilt SCVAC 54.86; 2. Malcolm Bramhall EVAC 55.76; 3. Andy Gannaway VAC 57.94; 4. Michael Cornyn IRL (G) 59.76; **Ht 2**: 1. Darrell Maynard WMAA 52.75; 2. Tony Noel MMAC 54.41; 3. Nick Grocock SCVAC 55.12; 4. Neil Tunstall SWVAC 56.36; 5. Ty Holden SCVAC 59.56; **Ht 3**: 1. Stephen Toogood EVAC 54.44; 2. Andrew Waddington SWVAC 54.45; 3. Michael Vassiliou VAC 55.94; 4. Stephen Walsh OPEN 56.19; 5. Clifford Warren VAC 59.79; 6. Simon Pugh NVAC 64.39; **FINAL**: 1. Darrell Maynard WMAA 51.11 (**European Record**); 2. Jonathan Tilt SCVAC 53.77; 3. Tony Noel MMAC 54.43; 4. Andrew Waddington SWVAC 55.13; 5. Nick Grocock SCVAC 56.21; **M50**: 1. Ivars Licietis EVAC 55.75; 2. David Anderson IoMVAC 55.76; 3. Craig Douglas SVHC 59.04; **M55**: 1. Walwyn Franklyn SCVAC 55.93 (**British Record**); 2. Alasdair Ross SCVAC 57.55; 3. David Whitehead EVAC 59.08; 4. Chris Padmore SCVAC 59.38; 5. Tony Wells EVAC 60.70; **M60**: 1. George Hunter SVHC 63.63; 2. Victor Novell SCVAC 67.02; 3. Chris Lawn EVAC 68.72; 4. David Whittaker VAC 70.68; **M65**: 1. John Garber EVAC 68.97; 2. Eric Jones VAC 70.87; **M70**: 1. Alan Carter EVAC 69.97; 2. Bruce Lyons SWVAC 70.15; 3. Tony Bowman NVAC 70.54; 4. Colin Field SCVAC 73.14; **M75**: 1. William Davies WMAA 83.01; 2. Geoffrey Feast VAC 86.53; **M80**: Frank Copping EVAC 123.35; **W35**: 1. Sharon Trusch NVAC 59.38; 2. Denise Morley EVAC 62.56; 3. Tamzin Gribble SWVAC 64.96; 4. Deborah Doherty SCVAC 66.09; **W40**: 1. Sally Read-Cayton VAC 58.88 (**British Record**); 2. Yvonne Salmon SCVAC 63.96; 3. Euphemia Scott SCVAC 64.37; 4. Angie Alstrachen EVAC 64.74; 5. Geraldene Finegan NVAC 64.75; 6. Gill Tree SCVAC 70.18; **W45**: Wendy Dunn EVAC 63.69; **W50**: 1. Caroline Powell SWVAC 62.51 (**British Record**); 2. Jane Horder MMAC 63.35;

W55: Sue James SCVAC 79.10; **W65**: Iris Hornsey EVAC 85.98;

800 metres

M35: 1. Marc Turner MMAC 2-00.71; 2. Chris McQuillen Wrigh OPEN 2-02.17; 3. David Woods SCVAC 2-09.79; 4. Andrew Burles SCVAC 2-11.61; **M40**: **FINAL B**: 1. Roger Bradley SCVAC 2-08.27; 2. Brett Davis WMAA 2-08.37; 3. Nigel Brookes NVAC 2-11.26; 4. Peter Scott OPEN 2-19.22; **FINAL A**: 1. Thomas Brannon VAA-NE 2-06.32; 2. Lawrence Mangelshot OPEN 2-07.02; 3. Antony Babbs EVAC 2-08.91; 4. Michael Scott EVAC 2-11.22; **Medals**: 1. Brannon; 2. Mangelshot; 3. Bradley; **M45**: **Ht 1**: 1. Sean Price WMAA 2-13.11; 2. Mark McLoughlin OPEN 2-13.35; 3. Andy Gannaway VAC 2-13.42; 4. Andrew Cooper MMAC 2-21.71; 5. David Richardson SWVAC 2-29.34; **Ht 2**: 1. Mark Ashby SCVAC 2-16.33; 2. Alex Bryce SVHC 2-17.15; 3. Kevin Pye MMAC 2-18.16; 4. Michael Cornyn IRL (G) 2-20.39; 5. Ian Mackett VAC 2-34.67; **FINAL**: 1. Alex Bryce SVHC 2-06.12; 2. Sean Price WMAA 2-07.25; 3. Andy Gannaway VAC 2-10.84; 4. Mark Ashby SCVAC 2-13.24; 5. Kevin Pye MMAC 2-14.21; 6. Mark McLoughlin OPEN 2-14.96; **M50**: 1. Bilal Namani WMAA 2-12.72; 2. Ray Daniel VAC 2-12.85; 3. David Anderson IoMVAC 2-12.86; 4. Ray Ashford SWVAC 2-14.41; 5. Alan Brown SCVAC 2-17.17; 6. Kevin Archer SCVAC 2-18.23; 7. Alex Rowe NVAC 2-18.80; 8. Brian Worthington MMAC 2-53.02; **M55**: 1. Joe Gough IRL (G) 2-10.58; 2. Derek Leitch OPEN 2-13.56; 3. Keith Short MMAC 2-15.78; 4. Peter Kennedy VAC 2-16.81; 5. Alan Maddocks MMAC 2-23.57; 6. Ed Connolly SCVAC 2-25.71; **M60**: 1. George Hunter SVHC 2-30.51; 2. Jim Munro MMAC 2-36.07; 3. Ray Lewis SCVAC 2-46.08; **M65**: 1. John Garber EVAC 2-36.78; 2. John Newcombe NVAC 2-38.84; 3. Michael Dyer SWVAC 2-45.39; 4. John Hodge SCVAC 2-49.12; 5. Roger Head EVAC 2-50.29; 6. Bruce Charles MMAC 3-10.53; **M70**: 1. Bruce Lyons SWVAC 2-48.00; 2. Arthur Kimber SCVAC 2-51.37; 3. Peter Dibb NVAC 3-01.38; **M75**: William Davies WMAA 3-16.74; **M80**: James Caddy VAA-NE 4-54.52; **W35**: Denise Morley EVAC 2-20.45; **W40**: 1. Clare Elms VAC 2-28.06; 2. Alison Collins SCVAC 2-30.63; **W45**: Sarah Hth SCVAC 2-30.03; **W50**: 1. Joan Howe NVAC 2-40.36; 2. Joyce Barrus MMAC 2-53.40; 3. Fiona Argent SCVAC 2-54.22; **W55**: 1. Sue James SCVAC 3-02.13; 2. Susan Barnett EVAC 3-10.05; **W60**: Patricia Gallagher WMAA 2-52.06; **W65**: Iris Hornsey EVAC 3-21.60; **W70**: Anne Martin EVAC 3-35.20 (**British Record**);

1500 METRES



**Clare Elms
& Bernie
Pritchett
(Tom
Phillips)**

M35: Chris McQuillen Wrigh OPEN 4-13.97; **M40**: 1. Thomas Brannon VAA-NE 4-13.61; 2. Lawrence Mangelshot OPEN 4-23.04; 3. Grant Stenhouse OPEN

4-35.44; 4. Leon Goldsack VAC 6-06.91; **M145**: 1. Alex Bryce SVHC 4-23.00; 2. John Lisiewicz MMAC 4-28.51; 3. Mark Ashby SCVAC 4-31.62; 4. Richard Holland EVAC 4-34.33; 5. David Bowker EVAC 4-39.12; 6. Richard Jenkin VAC 4-41.24; 7. Stephen Smythe VAC 4-42.10; 8. Craig Sabin MMAC 4-43.60; **M50**: 1. Alex Rowe NVAC 4-48.15; 2. Malcolm Martin SCVAC 4-48.34; 3. Fred Pidgeon MMAC 4-53.36; 4. Keith McLellan EVAC 4-53.83; 5. Alan Newman SCVAC 5-05.35; 6. Brian Worthington MMAC 5-44.43; **M55**: 1. David Oxland MMAC 4-30.41; 2. Derek Leitch OPEN 4-35.55; 3. Peter Kennedy VAC 4-35.82; 4. Keith Short MMAC 4-38.84; 5. Stephen Knight VAC 5-02.59; 6. Keith Hylands VAC 5-21.45; 7. Mick Smedley MMAC 5-21.72; **M60**: 1. Peter Hamilton SWVAC 5-02.99; 2. Jim Munro MMAC 5-05.79; 3. Dennis Williams VAC 5-50.34; 4. Sean McMullin IRL (G) 6-00.25; **M65**: 1. John Garber EVAC 5-30.80; 2. Ian Leggett SVHC 5-48.64; **M70**: 1. Arthur Kimber SCVAC 5-50.35; 2. Edmond Simpson VAC 6-04.32; 3. Peter Dibb NVAC 6-18.45; **M75**: 1. William Davies WMAA 6-31.91; 2. Eric Appleby VAA-NE 6-43.73; **M80**: James Caddy VAA-NE 9-29.33; **W35**: 1. Andrea Pickup VAC 5-04.32; 2. Molly James EVAC 5-09.34; **W40**: 1. Clare Elms VAC 4-36.46 (**British Record**); 2. Bernadine Pritchett VAC 4-36.65; 3. Caroline Steven SWVAC 4-57.77; 4. Nicola Atkins VAC 5-57.92; **W45**: 1. Alison Hurford VAC 5-05.92; 2. Sarah Hth SCVAC 5-10.85; 3. Lynne Marr SVHC 5-39.29; 4. Jenny Brown SCVAC 5-42.76; **W50**: 1. Joan Howe NVAC 5-12.39; 2. Joyce Barrus MMAC 5-48.01; 3. Anne Lippitt VAC 6-34.49; **W55**: 1. Ros Tabor VAC 5-43.75; 2. Sue James SCVAC 6-04.79; 3. Susan Barnett EVAC 6-26.35; **W60**: Patricia Gallagher WMAA 5-48.13; **W65**: Betty Stracey EVAC 7-12.55; **W70**: 1. Pamela Jones SCVAC 7-08.56; 2. Anne Martin EVAC 7-11.25;

3000 metres

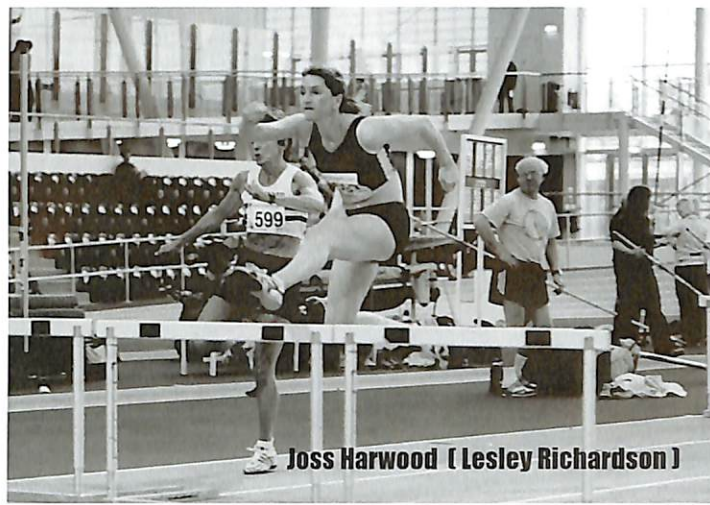
M35: 1. Robert Palmer OPEN 8-50.77; 2. Steve Hallas NVAC 9-22.19; 3. Richard Tomlinson VAC 9-42.09; **M40**: 1. Ian Johnston SCVAC 9-06.88; 2. Paul Spowage EVAC 9-20.78; 3. Leon Goldsack VAC 13-14.21; **M45**: 1. Daniel Moore MMAC 9-09.37; 2. Colin Ridley OPEN 9-22.60; 3. Richard Holland EVAC 9-33.27; 4. Steve Bond SCVAC 9-38.68; 5. David Bowker EVAC 9-49.68; 6. Craig Sabin MMAC 9-57.49; 7. Richard Jenkin VAC 10-14.91; **M50**: 1. Alex Rowe NVAC 9-50.43; 2. Malcolm Martin SCVAC 9-58.28; 3. Alan Brown SCVAC 9-59.98; 4. Keith McLellan EVAC 10-00.71; 5. Alan Dent VAA-NE 10-12.99; 6. Huw Roberts WMAA 10-29.68; 7. Alan Newman SCVAC 10-47.72; 8. Rob Sargent EVAC 11-28.80; 9. Brian Worthington MMAC 12-27.80; **M55**: 1. David Oxland MMAC 9-52.47; 2. Archie Jenkins SVHC 10-28.68; 3. Mick Smedley MMAC 11-42.65; **M60**: 1. Peter Hamilton SWVAC 10-47.57; 2. Russell Williams OPEN 11-30.35; 3. Mike Kortenray VAC 11-56.98; 4. Rod Scholes NVAC 11-57.44; 5. Dennis Williams VAC 12-19.78; 6. Sean McMullin IRL (G) 12-52.30; **M65**: (Hand timing); Fred Gibbs NVAC 11-52.1; **M70**: (Hand timing); 1. Edmond Simpson VAC 12-44.8; 2. Brian Bowering SCVAC 14-48.5; **M75**: (Hand timing); 1. William Davies WMAA 13-46.7; 2. Eric Appleby VAA-NE 14-08.4; **W35**: Andrea Pickup VAC 10-51.35; **W40**: 1. Clare Elms VAC 10-02.93; 2. Bernadine Pritchett VAC 10-05.56; 3. Jane Pidgeon MMAC 11-30.02; 4. Ola Balme VAC 11-37.32; **W45**: 1. Diane Farmer EVAC 11-55.44; 2. Lynne Marr SVHC 12-26.90; **W50**: (Hand timing); 1. Joan Howe NVAC 11-20.7; 2. Anne Lippitt VAC 13-50.3; **W55**: (Hand timing); 1. Ros Tabor VAC 11-49.9; 2. Liz Bowers SVHC 11-59.8; 3. Lesley Griffin MMAC 12-12.4; **W60**: (Hand timing); 1. Patricia Gallagher WMAA 12-10.8; 2. Pauline Rich VAC 13-17.0; **W65**: (Hand timing); Betty Stracey EVAC 15-09.1; **W70**: (Hand timing); Pamela Jones SCVAC 14-28.8;

3000m Walk

M40: Mark Williams MMAC 12-56.61; **M45**: John Ryan VAC 23-25.37; **M50**: 1. Nicholas Silvester SCVAC 13-26.54; 2. Trevor Jones VAC 14-18.93; 3. Mark Wall EVAC 15-21.33; 4. David Sharpe SCVAC 16-46.41; 5. Gary MacDonald SCVAC 18-05.23; 6. Sean Pender IRL (G) 18-36.61; **M55**: 1. John Hall VAC 14-46.54; 2. David Kates VAC 16-22.77; **M60**: Sean McMullin IRL (G) 17-12.08; **M65**: 1. Ronald Penfold VAC 16-55.92; 2. Amos Seddon SCVAC 17-19.02; 3. Peter Howard EVAC 19-36.73; 4. Brian Sturt SCVAC 19-54.76; **M70**: 1. Arthur Thomson VAC 15-55.95; 2. Ron Powell SCVAC 18-44.92; 3. Eric Horwill MMAC 21-13.80; **M75**: Ken Livermore VAC 21-47.82; **M85**: Len Creo MMAC 21-16.29 (**World Record ? George Mirchell was credited with 21:13.8 in Birmingham 2000**); **W40**: 1. Sue Davies SCVAC 18-45.11; 2. Anne Gormley IRL (G) 19-04.89; **W45**: 1. Toni Boa MMAC 17-15.74; 2. Helen Middleton EVAC 18-05.67; 3. Fiona Bishop VAC 19-00.41; 4. Sue Rey MMAC 20-03.30; **W50**: Ann Wheeler MMAC 16-46.27; **W70**: 1. Maureen Spelman VAC 20-15.27; 2. Sheila Champion IRL (G) 26-40.65;

60m Hurdles

M35: Keith Newton SCVAC 9.07; **M40**: 1. Greg Dunson MMAC 8.41; 2. Richard Buckingham VAC 9.69; 3. Jon Franklin EVAC 10.58; 4. Richard Christian OPEN 11.09; **M45**: 1. Glen Reddington SCVAC 8.80 (**British Record**); 2. Des Wilkinson EVAC 8.93; 3. Wayne Martin SCVAC 11.10; 4. Charlie Batts SWVAC 11.72; 5. Simon Pugh NVAC 12.85; **M50**: 1. Roy Buchanan SVHC 9.83; 2. Jovan Djurovic SCVAC 9.98; 3. Ian Willoughby MMAC 10.90; **M55**: 1. Tony Wells EVAC 9.75; 2. William Lonsdale SVHC 12.09; **M60**: 1. Earl Taylor NIVAC 12.01; 2. Tom Thorne USA (G) 13.22; 3. David



Joss Harwood (Lesley Richardson)

Kuester VAC 13.32; **M65**: 1. Barry Ferguson VAC 10.38; 2. Donald Butler VAA-NE 11.52; 3. Brian Ariss MMAC 12.74; **M70**: 1. Tony Bowman NVAC 10.43; 2. Alan Carter EVAC 11.31; **M75**: Gordon Daborn EVAC 12.70 (**British Record**); **W35**: 1. Amanda Wale NVAC 10.01; 2. Tamzin Gribble SWVAC 10.67; 3. Joanne Binks NVAC 10.72; 4. Joanne Wade SCVAC 11.05; **W40**: 1. Geraldene Finegan NIVAC 9.91; 2. Liz McCarthyCoomey IRL (G) 11.43; **W45**: 1. Manndy Laing NVAC 9.31; 2. Gaye Clarke EVAC 9.68; 3. Hazel Barker NVAC 10.06; 4. Jenny Brown SCVAC 10.62; **W50**: 1. Joss Harwood VAA-NE 9.71 (**European Record**); 2. Jane Horder MMAC 9.81; 3. Fiona Argent SCVAC 12.79; **W55**: 1. Emily McMahon SCVAC 10.74; 2. Lyn Ahmet SCVAC 12.69; **W65**: Jackie Charles MMAC 13.01;

High Jump

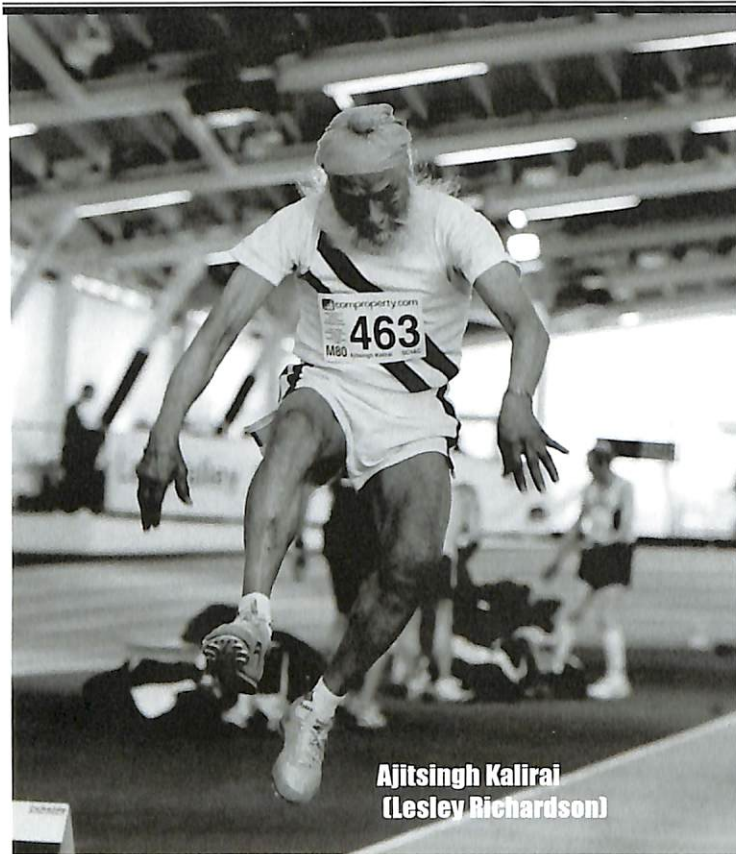
M35: 1. Alec Taylor EVAC 1.70; 2. Mitchell Bellham OPEN 1.65; **M40**: 1. Steve Linsell NVAC 1.80; 2. Ian Allen SWVAC 1.75; 3. Paul Ffrench EVAC 1.45; **M45**: 1. Andrew Waddington SWVAC 1.70; 2. Anthony Tipping SCVAC 1.50; **M50**: 1. David Blunt SCVAC 1.55; 2. Colin Hague SWVAC 1.45; **M55**: William Lonsdale SVHC 1.44; **M60**: 1. Tom Thorne USA (G) 1.26; 2. Earl Taylor NIVAC 1.20; 3. Courtney Gunn EVAC NHC; **M65**: 1. Collin Green MMAC 1.29; 2. John Howe WMAA 1.26; 3. Roger Bruck SCVAC 1.26; 4. James Sloan SVHC 1.26; 5. Brian Harlick SCVAC 1.20; **M70**: 1. Tony Crocker MMAC 1.47; 2. Anthony Bateman SWVAC 1.32; **W40**: 1. Geraldene Finegan NIVAC 1.47; 2. Liz McCarthyCoomey IRL (G) 1.35; **W45**: 1. Wendy Laing NVAC 1.61 (**World Record**); 2. Jenny Brown SCVAC 1.52; 3. Hazel Barker NVAC 1.40; 4. Jan Harcastle EVAC 1.30; 5. Lesley Willis MMAC 1.25; **W50**: 11. Carole Filer EVAC 1.47 (**British Record**); **W60**: Patricia Oakes SCVAC 1.05;

Pole Vault

M35: Egryn Jones OPEN 4.55; **M40**: 1. Glyn Price WMAA 4.00; 2. Simon Eastwood EVAC 3.80; 3. John Andrews SCVAC 3.50; 4. Andrew Wilkinson MMAC 3.30; 5. Richard Waterhouse SCVAC 3.20; 6. Alan Easey VAC 3.00; 7. Robert Peers SCVAC 2.80; **M45**: 1. Wayne Martin SCVAC 3.00; 2. Steven West SWVAC 2.90; **M50**: 1. Allan Williams SCVAC 3.70; 2. David Blunt SCVAC 3.40; 3. Martin Davies SWVAC 2.60; **M55**: 1. Nicholas Phipps SCVAC 3.30; 2. Tony Weston SCVAC 3.00; **M60**: Tom Thorne USA (G) 2.00; **M65**: Brian Harlick SCVAC 2.40; **M75**: Robert Brown MMAC 2.71 (**European Record**); **W40**: 1. Jo Isbill EVAC 2.50; 2. Alison Duke SCVAC 2.40; **W45**: Teresa Eades SCVAC 2.00; **W50**: Jennifer Ibbitson NVAC 2.71; **W70**: Dorothy McLennan IRL (G) 1.60;

Long Jump

M35: 1. Royden John OPEN 6.87; 2. Neil Lincoln SCVAC 5.79; 3. Ben Radcliffe SCVAC 5.63; 4. Mitchell Bellham OPEN 5.47; 5. Alec Taylor EVAC 5.30; **M40**: 1. Donald Brown NVAC 6.17; 2. Ian Allen SWVAC 6.15; 3. Richard Buckingham VAC 5.54; 4. Leeroy Golding NVAC 5.04; 5. David Robinson VAA-NE 4.76; **M45**: 1. Masakatsu Kondo SCVAC 5.99; 2. John Shepherd VAC 5.86; 3. Peter Ilo EVAC 5.54; 4. Andrew Waddington SWVAC 5.52; 5. Charlie Batts SWVAC 5.32; 6. Bruce Scott SVHC 5.03; 7. Christopher Ashmore MMAC 4.78; 8. Dave Shields WMAA 4.68; **M50**: 1. Trevor Wade SCVAC 5.48; 2. Ken Jackson SWVAC 5.07; 3. Mario Lapka SWVAC 4.95; 4. Roderick Davies SCVAC 4.56; **M55**: 1. David Folgate EVAC 4.94; 2. William Lonsdale SVHC 4.86; **M60**: 1. Leslie Wood VAC 4.42; 2. Courtney Gunn EVAC 3.99; 3. Kristian Lundby MMAC 3.69; **M65**: 1. Padraig Maye IRL (G) 4.30; 2. Donald Butler VAA-NE 4.29; 3. Collin Green MMAC 4.14; 4. Robert Ruff SCVAC 3.96; 5. Roger Bruck SCVAC 3.69; **M70**: Michael Collins SCVAC 3.61; **M75**: 11. Geoffrey Feast VAC 3.47; **M80**: Ajitsingh Kalirai SCVAC 2.62 (**British Record**); **W40**: 1. Geraldene Finegan NIVAC 4.63; 2. Joanne Willoughby MMAC 4.47; 3. Marie Hudson SWVAC 4.08; **W45**: 1. Manndy Laing NVAC 4.63; 2. Denise Timmis EVAC 4.43; 3. Gaye Clarke EVAC 4.39; 4. Jenny Brown SCVAC 4.36; 5. Lesley Willis MMAC 4.33; 6. Hazel Barker



Ajitsingh Kalirai
(Leslev Richardson)

NVAC 4.18; 7. Jan Hardcastle EVAC 3.98; **W50** 1. Carole Filer EVAC 4.58; 2. Christine Young SCVAC 3.97; 3. Christine Salvary SCVAC 3.63; 4. Gwen Cunningham SCVAC 3.53; 5. Fiona Argent SCVAC 3.28; **W55** 1. Lyn Ahmet SCVAC 3.59; 2. Cathy Lyon-Green MMAC 3.08; **W60** 1. Patricia Oakes SCVAC 3.11; **W65** Jackie Charles MMAC 3.12; **W70** Anne Martin EVAC 2.93;

Triple Jump

M35 1. Keith Newton SCVAC 13.61; 2. Neil Lincoln SCVAC 11.81; **M40** 1. Paul Ffrench EVAC 11.02; 2. Leeroy Golding NVAC 10.60; 3. Paul Harrison EVAC 10.20; **M45** 1. Jon Evans VAA-NE 12.13; 2. Rez Cameron SCVAC 12.04; 3. Julian Gittens NVAC 11.86; 4. Andrew Waddington SWVAC 11.14; 5. Barry Morris VAC 11.10; 6. Dave Shields WMAA 10.40; **M55** 1. David Folgate EVAC 10.99; 2. William Lonsdale SVHC 9.93; 3. Brian Williamson WMAA 9.64; **M60** Allan Cheers SCVAC 9.61; **M65** 1. Padraig Maye IRL (G) 8.95; 2. Collin Green MMAC 8.86; **M70** 1. Michael Collins SCVAC 8.01; 2. John Evans MMAC 7.37; 3. Colin Sheppard SCVAC 7.15; **M80** Ajitsingh Kalirai SCVAC 5.94 (**British Record**); **W40** Geraldene Finegan NIVAC 10.04; **W55** 1. Lyn Ahmet SCVAC 7.55; 2. Cathy Lyon-Green MMAC 6.89; **W60** Patricia Oakes SCVAC 7.23; **W65** Jackie Charles MMAC 7.31; **W70** Anne Martin EVAC 6.43;

Shot Putt

M40 1. John Nicholls NVAC 14.64; 2. Andrew Turner WMAA 14.08; 3. Steven Sammut VAC 10.90; 4. Paul Ffrench EVAC 8.45; 5. Robert Murkin SCVAC 7.13; **M45** 1. Guy Perryman SCVAC 12.68; 2. Rob Earle EVAC 12.67; 3. Albert Johnson SCVAC 12.54; 4. David Sharp MMAC 12.18; 5. Bob Broadbridge SWVAC 11.77; 6. Anthony Tipping SCVAC 11.62; 7. Allan Leiper SCVAC 11.57; 8. Stephen O'Neill EVAC 11.52; 9. Nigel Wincombe EVAC 10.79; 10. Wayne Martin SCVAC 7.98; **M50** 1. Michael Small SWVAC 14.02; 2. Tim SaundersMullin SCVAC 9.92; 3. John Birkett SVHC 9.77; 4. David Maggs VAA-NE 9.01; 5. Clive Howell MMAC 8.48; 6. Michael Bale SCVAC 8.19; **M55** 1. Anthony Richards SCVAC 11.45; 2. Nigel Hooker OPEN 11.42; 3. Karlis Bricis LAT (G) 9.88; 4. Philip Bramford EVAC 9.43; **M60** 1. Peter Virgo VAC 11.49; 2. Barry Hawksworth MMAC 10.97; 3. Richard Jegou MMAC 10.65; 4. David Kuester VAC 9.88; **M65** 1. Eric Barker SCVAC 11.85; 2. Garry Negus SCVAC 11.60; 3. James Sloan SVHC 10.74; 4. Richard Turner OPEN 9.72; 5. John Howe WMAA 9.64; **M70** 1. Ian Miller EVAC 11.50; 2. Gordon Hickey VAC 10.36; 3. Brian Sumner EVAC 9.77; 4. Hamilton Thomas VAC 9.21; 5. Norman Fullick SCVAC 7.43; **M75** 1. Michael McGarry IRL (G) 10.06; 2. Clifford Taylor VAC 9.23; 3. Jaroslav Hanus SCVAC 8.46; 4. Keith Dutton MMAC 8.45; 5. Peter Barber SCVAC 7.32; **M80** William Kingsbury WMAA 5.78; **W35** 1. Sue Lawrence SCVAC 10.58; 2. Camilla Thrush VAC 10.39; 3. Joanne Wade SCVAC 8.46; 4. Joanne Binks NVAC 8.29; 5. Yvonne Jacobs VAC 6.55; **W40** 1. Geraldene Finegan NIVAC 10.27; 2. Liz McCarthyCoomey IRL (G) 9.46; 3. Karen Llewellyn WMAA 8.47; 4. Janet Smith SCVAC 7.96; **W45** 1. Claire

Cameron SVHC 10.08; 2. Wendy Laing NVAC 9.80; 3. Manndy Laing NVAC 9.48; 4. Wendy Dunsford SCVAC 9.43; 5. Julie Wilson SCVAC 9.43; 6. Hazel Barker NVAC 9.42; 7. Alison George MMAC 9.37; 8. Anne Goad SCVAC 8.46;

W50 1. Jennifer Ibbitson NVAC 10.55; 2. Lucy Moore-Fox VAC 9.65; 3. Jenny Piercy VAC 7.84; 4. Pat Higgins MMAC 6.73; **W55** 1. Vilma Thompson SCVAC 10.90; 2. Mo Pearson SWVAC 9.79; 3. Caroline Marler NVAC 8.97; 4. Anthea Bramford EVAC 6.67; **W60** 1. Elizabeth Sissons VAC 10.30; 2. Barbara Terry SCVAC 9.37; **W65** Yvonne Miles SCVAC 4.87; **W70** 1. Evaun Williams SCVAC 10.67 (**World Record**); **W75** Marie Grant-Stevens SCVAC 5.90 (**British Record**); :

OUT DOOR THROWS

WEIGHT

M40 1. Steven Sammut VAC 16.32; 2. Andrew Turner WMAA 13.25; 3. David Burrell EVAC 11.82; 4. Samuel Moylan SCVAC 9.90; **M45** 1. Rob Earle EVAC 14.79; 2. Chris Privett SCVAC 13.86; 3. Guy Perryman SCVAC 12.93; 4. Russell Payne MMAC 12.88; **M50** 1. Malcolm Fenton EVAC 19.69; 2. Michael Small SWVAC 17.00; 3. Clive Howell MMAC 13.73; 4. David Maggs VAA-NE 13.39; 5. Michael Bale SCVAC 12.27; 6. Tim SaundersMullin SCVAC 9.53; **M55** 1. Karlis Bricis LAT (G) 11.19; 2. Philip Bramford EVAC 9.34; **M60** 1. Barry Hawksworth MMAC 17.24; 2. Christopher Melliush SCVAC 16.19; 3. David Kuester VAC 12.41; 4. Richard Jegou MMAC 10.96; **M65** 1. Eric Barker SCVAC 12.93; 2. Garry Negus SCVAC 12.45; 3. Richard Turner OPEN 10.72; 4. James Sloan SVHC 10.59; 5. John Howe WMAA 9.51; **M70** 1. Hamilton Thomas VAC 14.70; 2. Ian Miller EVAC 13.53; 3. Brian Sumner EVAC 11.08; 4. Norman Fullick SCVAC 7.57; **M75** 1. Peter Barber SCVAC 14.18br; 2. Philip McEvoy NIVAC 11.53; 3. Michael McGarry IRL (G) 10.18; 4. Jaroslav Hanus SCVAC 9.50; **M80** William Kingsbury WMAA 9.71 (**British Record**); **W35** 1. Camilla Thrush VAC 10.53; 2. Yvonne Jacobs VAC 8.40; **W40** 1. Janet Smith SCVAC 11.21; 2. Liz McCarthyCoomey IRL (G) 10.46; **W45** 1. Julie Wilson SCVAC 10.44; 2. Wendy Dunsford SCVAC 8.38; **W50** 1. Jennifer Ibbitson NVAC 13.31; 2. Pat Higgins MMAC 9.83; 3. Jenny Piercy VAC 9.66; **W55** 1. Vilma Thompson SCVAC 11.13; 2. Anthea Bramford EVAC 8.42; **W60** 1. Elizabeth Sissons VAC 11.35; 2. Barbara Terry SCVAC 9.80;

Discus

M40 1. Andrew Turner WMAA 41.41; 2. David Burrell EVAC 33.84; 3. Samuel Moylan SCVAC 27.54; **M45** 1. Rob Earle EVAC 42.39; 2. Graham Middleton MMAC 32.75; 3. Stephen O'Neill EVAC 30.95; 4. Albert Johnson SCVAC 30.84; 5. Wayne Martin SCVAC 28.07; 6. Dave Shields WMAA 23.50; **M50** 1. Clive Howell MMAC 27.30; 2. Tim SaundersMullin SCVAC 22.57; 3. John Birkett SVHC 20.78; **M55** 1. William Renshaw NVAC 34.98; 2. Philip Bramford EVAC 31.60; **M60** 1. Michael Ferne SCVAC 43.40; 2. Barry Hawksworth MMAC 38.26; 3. David Kuester VAC 33.56; 4. David Palmer OPEN 33.18; 5. Richard Jegou MMAC 32.87; 6. Earl Taylor NIVAC 25.36; 7. Kristian Lundby MMAC 20.45; **M65** 1. James Sloan SVHC 40.48; 2. Brian Harlick SCVAC 34.14; **M70** Hamilton Thomas VAC 31.52; **M75** 1. Michael McGarry IRL (G) 32.39; 2. Jaroslav Hanus SCVAC 27.80; 3. Peter Barber SCVAC 27.52; 4. Philip McEvoy NIVAC 24.18; **W35** Sue Lawrence SCVAC 36.25; **W40** 1. Helen Daniel VAC 28.97; 2. Janet Smith SCVAC 27.89; 3. Karen Llewellyn WMAA 25.62; 4. Liz McCarthyCoomey IRL (G) 24.94; **W45** 1. Claire Cameron SVHC 34.35; 2. Julie Wilson SCVAC 28.40; 3. Wendy Dunsford SCVAC 26.86; **W50** 1. Jenny Piercy VAC 18.75; **W55** 21. Anthea Bramford EVAC 11.54; **W60** Elizabeth Sissons VAC 20.85; **W70** Evaun Williams SCVAC 28.17;

Hammer

M40 1. David Burrell EVAC 35.68; 2. Samuel Moylan SCVAC 33.24; **M45** 1. Russell Payne MMAC 48.09; 2. Rob Earle EVAC 46.74; 3. Chris Privett SCVAC 43.22; 4. Martin Roberts MMAC 43.12; 5. Graham Middleton MMAC 38.76; 6. Guy Perryman SCVAC 34.66; 7. Stephen O'Neill EVAC 32.84; **M50** 1. Malcolm Fenton EVAC 49.29; 2. David Maggs VAA-NE 40.24; 3. Clive Howell MMAC 34.77; 4. Michael Bale SCVAC 34.36; 5. Tim SaundersMullin SCVAC 31.02; **M55** 1. Nigel Hooker OPEN 36.79; 2. Karlis Bricis LAT (G) 32.39; 3. Philip Bramford EVAC 24.10; **M60** 1. Christopher Melliush SCVAC 45.46; 2. Barry Hawksworth MMAC 45.10; 3. David Kuester VAC 30.85; 4. Richard Jegou MMAC 29.56; **M65** 1. Garry Negus SCVAC 36.66; 2. Eric Barker SCVAC 34.99; 3. Richard Turner OPEN 29.10; **M70** 1. Ian Miller EVAC 36.73; 2. Brian Sumner EVAC 35.82; 3. Hamilton Thomas VAC 34.97; 4. Norman Fullick SCVAC 23.91; **M75** 1. Philip McEvoy NIVAC 34.66; 2. Peter Barber SCVAC 33.09; 3. Jaroslav Hanus SCVAC 27.76; **M80** William Kingsbury WMAA 24.41 (**British Record**); **W35** 1. Camilla Thrush VAC 34.25; 2. Sue Lawrence SCVAC 33.28; 3. Yvonne Jacobs VAC 28.01; 4. Joanne Wade SCVAC 20.68; **W40** 1. Janet Smith SCVAC 31.17; 2. Liz McCarthyCoomey IRL (G) 30.69; 3. Karen Llewellyn WMAA 25.02; **W45** 1. Julie Wilson SCVAC 30.12; 2. Wendy Dunsford SCVAC 28.55; 3. Claire Cameron SVHC 27.28; 4. Alison George MMAC 23.21; **W50** 1. Jennifer Ibbitson NVAC 35.04; 2. Pat Higgins MMAC 29.30; 3. Jenny Piercy VAC 27.85; **W55** Anthea Bramford EVAC 26.57; **W60** 1. Barbara Terry SCVAC 26.64; 2. Elizabeth Sissons VAC 22.27; **W65** Yvonne Miles SCVAC 19.21; **W70** 1. Evaun Williams SCVAC 35.00 (**British Record**); 2. Valerie Case SCVAC 12.18;

Javelin

M40 1. Trevor Ratcliffe SCVAC 58.16; 2. Lee Peters OPEN 49.47; 3. David Burrell EVAC 39.03; 4. Samuel Moylan SCVAC 37.91; **M45** 1. Albert Johnson SCVAC 34.57; **M50** 1. Clive Howell MMAC 24.53; 2. Tim SaundersMullin SCVAC 23.44; **M55** 1. Joe Eastwood SCVAC 36.53; 2. Philip Bramford EVAC 33.49; **M60** 1. Barry Hawksworth MMAC 39.19; 2. Kristian Lundby MMAC 36.49; 3. David Kuester VAC 31.05; 4. Tom Thorne USA (G) 30.11; 5. Earl Taylor NIVAC 28.20; **M65** 1. James Sloan SVHC 33.02; 2. Brian Harlick SCVAC 26.57; **M75** 1. Clifford Taylor VAC 20.03; 2. Peter Barber SCVAC 11.73; 3. Philip McEvoy NIVAC 11.62; **W40** 1. Geraldene Finegan NIVAC 28.53; 2. Karen Llewellyn WMAA 19.12; **W45** Julie Wilson SCVAC 26.24; **W55** Anthea Bramford EVAC 13.70; **W60** Elizabeth Sissons VAC 24.91; **W70** 21. Evaun Williams SCVAC 31.43 (**World Record**); :



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University of Southern Missouri, USA

March 26th-29th, 2009

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Ancona, Italy

July 23rd - August 3rd, 2008

European Veterans Track & Field Championships

Ljubljana, Slovenia

May 29th - 31st, 2009

European Veterans Non Stadia Championships

Aarhus, Denmark

July 28th - August 8th, 2009

World Masters Track & Field Championships

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- And finally **we are good at what we do!**

Unless otherwise stated, our packages include accommodation; buffet breakfast; daily transportation to and from the stadium; airport transfers (only if you have booked your flights through WGT Sport); taxes; dedicated contacts – UK and event destination; personalised travel documents; exclusive, limited issue of GB Team polo shirt, travel insurance (supplements apply) and the option for single travellers to share a twin room (subject to consent – see booking form).

Your Designated Contact:

Lucy Williams on +44 (0)121 506 9163

or email Lucy at lucy@wgt sport.com



For further information and booking forms for specific competitions, please visit www.bvaf.org.uk where booking forms can be downloaded directly.