

# **MASTERS**

## **ATHLETICS**

**SUMMER 2008**  
**NUMBER 84**

**BRITISH**  
**MASTERS ATHLETIC**  
**FEDERATION**

### **Ed Warner on Masters**

**Olympics the  
Shropshire connection**

**TRAINING FOR MASTERS**  
**by Conrad Phillips.**

**INTERLAND TRIUMPH**

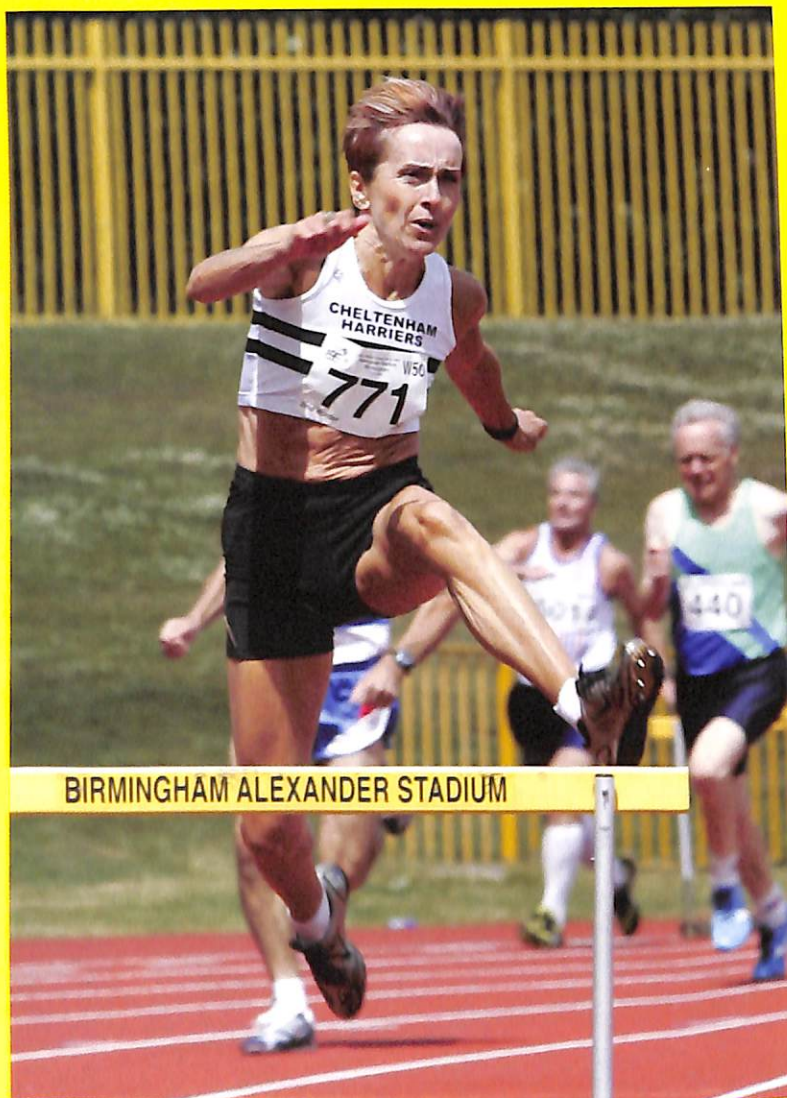
**AGM, BIRMINGHAM**

**ALL OF OUR CHAMPIONSHIPS**



*Michelle Thomas in the  
4x400 metres in the Interland at Ashford  
pic. Lesley Richardson*



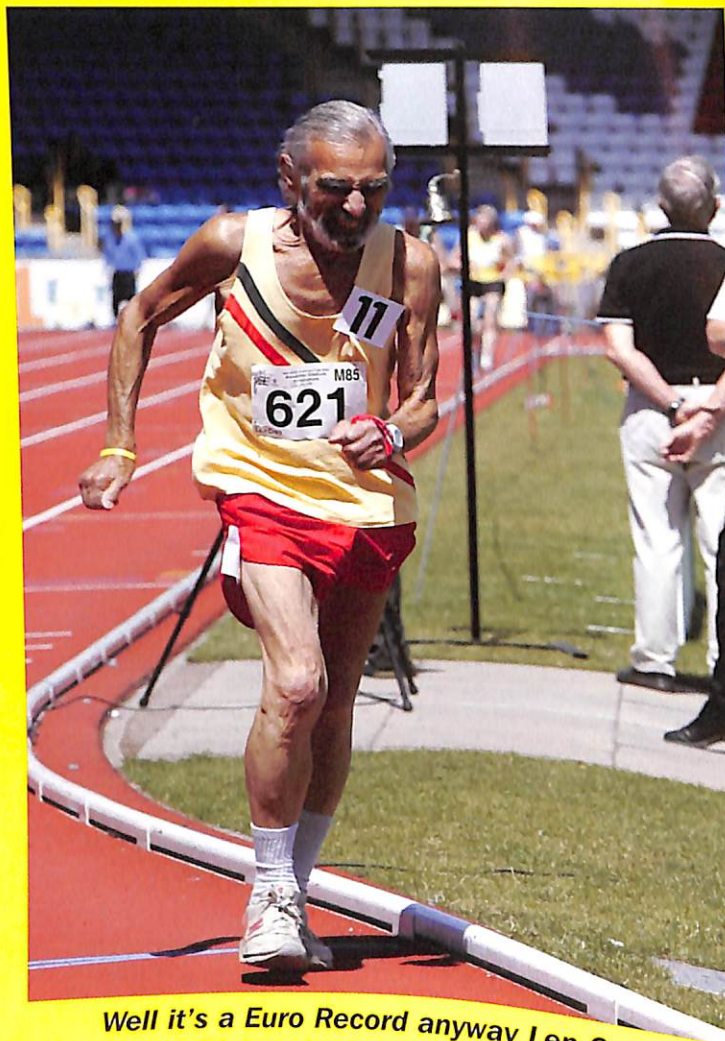


BIRMINGHAM ALEXANDER STADIUM

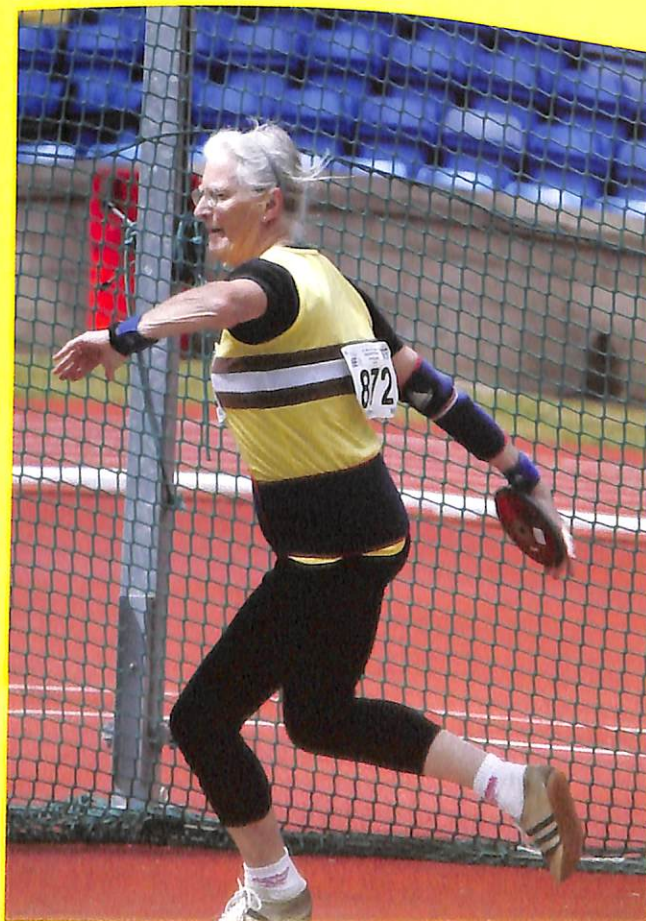
*Jane Horder is close to her World Record but sets CBP  
Picture Lesley Richardson*



*It's a great new World Record for Howard Moscroft  
Picture Tom Phillips*



*Well it's a Euro Record anyway Len Creo  
Picture Lesley Richardson*



*Rosemary Chrimes sets another World Record  
40 years after her W35 Record.  
Picture-Lesley Richardson*



# MASTERS ATHLETICS

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#### May:

£ 125► Nigel Wray ( Who kindly donates his prize to Masters Athletics.

£ 10 ► Mary Wixey, Miss M. O'Leary, Jack Braughton, Joe Jewel, John Swannell,

We wish to thank : Nigel Wray

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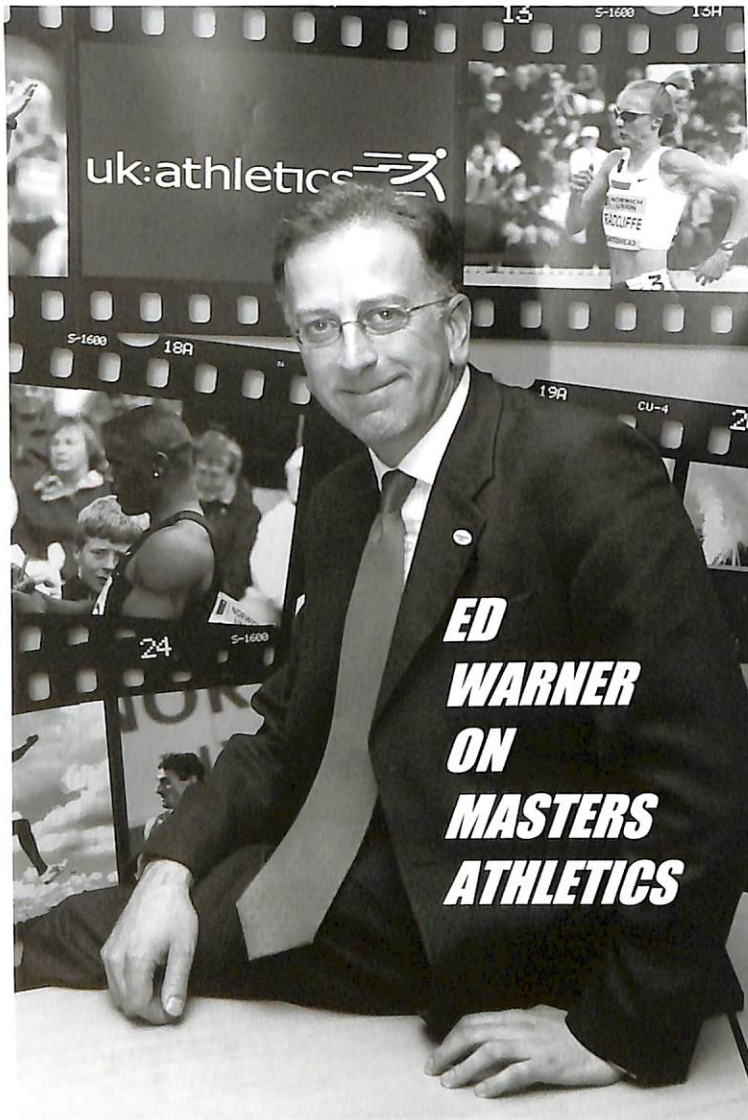
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Solihull, 9.1.07. EDMOND WARNER, Chairman of UK Athletics.  
photograph by Mark Shearman.

"When are you going to do something for British masters?" This has been a regular question since I became Chairman of UKA eighteen months ago, not least from Jason Henderson, editor of Athletics Weekly, who has wanted me to address the issue in one of my Official Line columns for him. Far better, though, to answer Brian Owens parallel challenge here in Masters Athletics.

As someone who didn't take up running until the age of 38, and who now always checks his M40 ranking after a road or cross country race, I have a great deal of empathy for the passion of athletes of, let's say, a certain age. It may be a little late for Paul Dickenson to teach me the Hammer, but I'm delighted that there is a vibrant community of athletes across track and field and not just in mass participation road races.

It may surprise you to know, however, that the subject of masters athletics has only arisen in a couple of UKA board meetings in my time in charge – and then only fleetingly. BMAF may be affiliated to UK Athletics, but it is not directly our charge. Rather, it is a sister organisation with its own governance structure. Like any sibling relationship, we want it to be healthy and to prosper, but we're certainly not going to presume to interfere in its decisions.

UKA's role in athletics is to provide a strategic framework for the sport (locking into the European and international governing bodies) and, assisted by public funding, to produce the best possible elite team performance with a particular emphasis on the Olympic cycle.

Most of our funding is either tied to this elite performance mandate, or is earmarked for specific development or competition programmes (in part negotiated with our sponsors who have their own ambitions for the money they invest through us). Not surprisingly, most of these programmes have a focus on youth, in part because this feeds into the elite pool of athletes.

Just as we don't invest directly into athletics clubs (and nor do the Home Country federations – neither they nor we have either the money or the remit), nor do we into BMAF or its affiliated clubs. However, that does not mean we don't want to see BMAF succeed. We do.

To that end, we have for some time provided support in kind, such as physio, to British teams at master's championships. More recently and more importantly, though, Niels de Vos and I have had meetings with BMAF committee members to see what assistance we can give from our commercial department to help them in strengthening both BMAF's profile and its finances.

Generating publicity for master's success in the national press is, frankly, a long shot. It is hard enough – drugs issues aside – to secure column inches for our elite team in the face of the media's football obsession. While this makes commercial income harder to come by, it is by no means impossible.

The challenge for BMAF is to organise itself to make the most of its assets – the body of committed members, many of whom represent their country with great success. At present, I feel, BMAF isn't yet in the best position to help itself.

There are examples of conventional clubs becoming more financially astute – such as Birchfield Harriers with their backing from Aga and their recent drive to bring in new sponsors to support athlete development ahead of 2012. BMAF needs to think in a similar way. That needn't mean the loss of the current kinship that exists within the Federation, but could improve the experience of athletes and ensure the future health of the organisation. I look forward to continued dialogue between UKA and BMAF to do what we can to ensure the continued success of Britain's masters.

### BMAF 2008 AGM CHAIRMAN REPORT

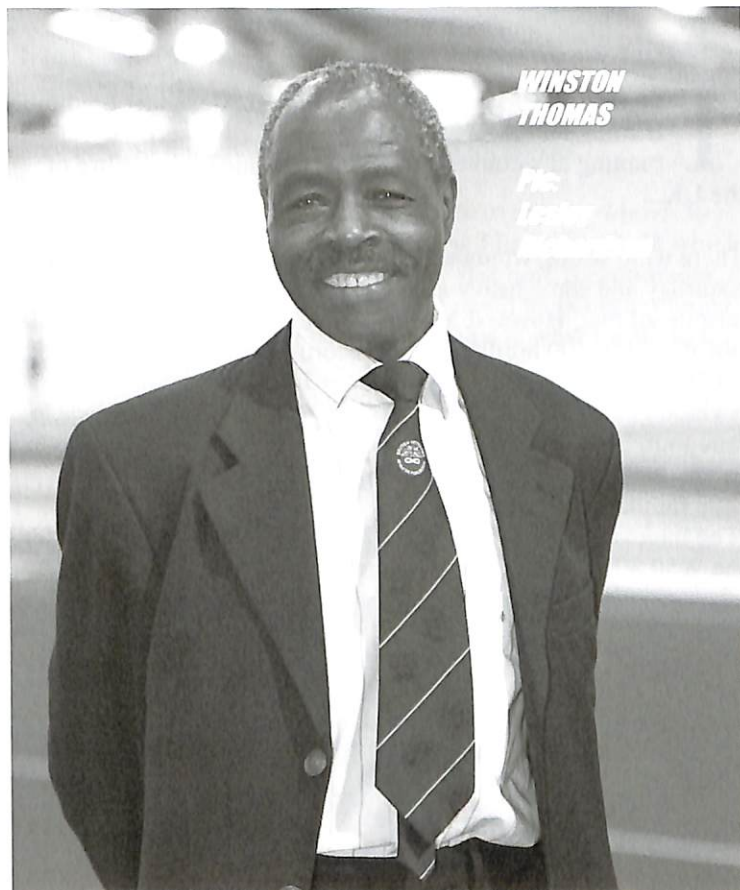
2007 and 2008 was overall a successful year for BMAF members home and abroad.

I have to say that the International W.M.A Championships in Riccione and the Indoor version in Clermont-Ferrand had many problems with organisation and facilities. This made the championships less than acceptable for competitors from all Countries. Our B.M.A.F Medical team suffered some extraordinarily abusive conduct in Clermont-Ferrand. These



points have been raised with WMA and hopefully we will have changes in the future.

On the domestic scene we have had some very good competition and entries in Track and Field, Road Running, Cross Country and Race Walking. There has been a decline in overall membership of Clubs, this decline effects Athletics in general, and I am pleased to see that the influx of M35's into our ranks has seen a lower level of decline than open athletics.



There have been changes in both UK Athletics and the English Regions. In particular with registration and membership fees, I urge our clubs to get involved with regional developments in their areas and make themselves a part of the various set ups. This will make Masters part of the Sporting future in these regions, and you would be part of the financial set up. The ball is in your court and not that of the B.M.A.F, and I am aware that some clubs have been working on this and have had some success.

B.M.A.F have had talks with UKA's new Chairman Mr Ed Warner, and we have had some frank input from him. I have also had a very fruitful meeting with Mr Neils De Voss. Whilst it is clear that we will not be getting financial support to run our competitions, we have been able to get some aid for medical purposes, and in the future we would hope to increase this contribution. We also have the backing of the UKA and help when asked for in all non financial ways, as can particularly be seen in the anti-doping realm.

One problem that has been ongoing is on the subject of Anti-doping and the position of Neil Griffin who is now free to compete in B.M.A.F Competition but not International Competition. I have to stress once again, that UK Athletics are the federated body for Athletics Anti-Doping and all anti-doping

matters must go through them, and to W.M.A as the I.A.A.F body for Masters Athletics, not the Sports Council. B.M.A.F is an affiliate of W.M.A and follow their Rules, which are arbitrary to the I.A.A.F Rules. As an affiliated body we follow these rules, and are able to challenge them at the bi-annual General Assembly as we did in 2007, and whilst these matters were not discussed the W.M.A. General Assembly, new anti-doping guidelines have been drawn up by W.M.A and will come into force in 2009.

There are several problems that we have encountered in the past year stemming from B.M.A.F Track and Field, and Citizenship of athletes competing in International Masters Competitions. The rules for citizenship are made by W.M.A. and are clearly set out in the W.M.A Constitution. This is not a B.M.A.F ruling. B.M.A.F has made representations to W.M.A which have been accepted, and put into in their new constitution. The track and field matters have been dealt with by an appointed committee and our legal advisor.

In September there will be the E.M.G.A .masters Games in Sweden, please take note that these games are not under W.M.A or I.A.A.F rules and therefore B.M.A.F will not support these Games in any way, and therefore will not sanction any athletes taking part.

In 2011 the I.M.G.A are planning to have Masters Games in Sheffield and B.M.A.F. have declined from backing the "Athletics" in the Games, so should Sheffield be awarded these games both B.M.A.F. and U.K.A. will not sanction the Athletics. Generally it is required that the Affiliated body for each sport supports the bid for these games, and other sports have also declined their support.

We will be looking at the possibility of a World indoor Championship in Birmingham in 2012, and an outdoor championship in 2013 or 2014, there are several venues available but transport and accommodation are causes for concern.

At home several members of the master's family have passed away in the past year, they will all be missed by many of us, and I am sure that you will all share with me in sending our deepest condolences.

Finally, I have to thank all members of the Executive and the Committees for the work and effort over the past year. To Tony Bowman who was the Vice Chairman until November a big thank you for his period of duty on the B.M.A.F, and thanks to Carole Filer for her work as the Overseas Coordinator in the past four years, she has done a splendid job. We will be looking to appoint someone to replace Carole within the next few weeks. As usual a big thank you to all that attend these AGM's. Also the Athletes officials and organisers that make our Championships as successful as they are.

Once again, I wish you all health, fitness, success and the ability to achieve your goals, see you all somewhere, sometime during the next year.

### **AGM 2008 Birmingham.**

All Executive Officers, including the President Paul Dickenson and ex President, Keith Whitaker, were present at a crowded



meeting in the Hospitality Suite in the Alexander Stadium, Birmingham, on 5 July.

In his Report, the President said that he is currently on medication for high blood pressure. Should he compete at master's international level and should he be drug tested, he would fail. He finds this very sad as he has no intention to cheat. Some of our members are in the same situation. Something must be done about this for us older athletes.

There was applause for the Championships organiser, Maurice Doogan, for the excellent Track & Field meetings he puts on; for the Honorary Secretary for her work during the year and for the Editor of Masters Athletics. Apologies from the Road Running Secretary for problems with results, particularly in the half marathon, and from the Cross County Secretary for the delay in finalising team results. Race Organiser's guidelines to be reviewed. Eric Horwill reported that this will be his final year as Race Walking Secretary. Mike Wrenn from the Road Relays Organising committee reported a disappointingly low return of completed forms issued to all participating clubs this year proposing that the Men's teams be in 10-year age groups commencing from M35-44. 18 clubs voted against this change, 8 in favour. In response to a question from the floor on whether we should continue to use Picketts Lock for the Indoor where it is claimed that there is an uneven surface on the final bend, Maurice Doogan said it is the only 6-lane track that we can get.

A proposal that the Executive should meet at least four times per year, was carried.

A proposal to sever the application procedure for issuing Therapeutic Use Exemption Certificates through UK Athletics caused a heated debate. It was withdrawn after Maurice Doogan submitted an amendment

"On the establishment of an independent panel of Physicians, to form a Therapeutic Use Exemption Committee to act as the National Anti-Doping Organisation for British Masters Athletics. and on its authorisation by WADA to act as such. All TUE submissions by British Masters Athletes will be forwarded to the same, in lieu of WMA's Anti-Doping Officer." This was voted on and carried.

The Executive will now have to hold further discussions with UKA and lobby World Masters Athletics at their General Assembly in Lathi next year. WMA will publish their new Guidelines in January 2009.

The Re-election of Officers caused further dissent after a proposal from the floor that all outgoing Officers be re-elected en bloc was challenged. With less than 10 minutes left before the stadium was locked, the proposal went through.

Arthur Kimber, Southern Counties VAC, was elected to fill the vacant Vice Chair, Policy & International Affairs position, and it was announced that Carole Filer, Overseas Entries Co-Coordinator, was not now seeking re-election. The Executive will announce her successor in September.

BRIDGET CUSHEN.

## BRITISH MASTERS AT ALEXANDER STADIUM 4th & 6th of July

WORDS -ALASTAIR AITKEN  
PICTURES-LESLEY RICHARDSON  
TOM PHILLIPS

The British Masters Championships at Alexander Stadium, Birmingham, were a great success for the second year running at a conveniently placed venue in the centre of the UK..

There were strong winds which effected the track times on the Saturday and some heavy showers on the Sunday. However, despite all that, **Howard Moscrop**, defied the elements to break his own M50 400 hurdles World record of 57.68, with a time of 56.56. Moscrop, a maths teacher at St Josephs School, Swindon had run 57.7 in April, told me straight after his race in lane four " The wind was horrible to the first hurdle and as soon as you came off the seventh it was very strong. I had to save a little bit that is for sure."

The interesting thing is Howard Moscrop coaches **Jane Horder**, the W50 300 hurdles World record holder and double World Champion in Riccione, who won the 300 hurdles in 46.86 at this meeting.

Regarding the World record at Alexander Stadium **Howard Moscrop** added ' It was 15 strides to the first three, a couple of 14's, 15 to eighth into the teeth of the wind with two 16's."

When **Rosemary Chrimes**, the 1970 Commonwealth discus gold medallist, appears at the British Masters there is certain to be fireworks and one is never disappointed as she achieved two World Bests for W75 with 8.58 in the shot and 26.82 with the discus although, one must point out, Rosemary threw the discus 8.95 at Solihull on the 6th of June. Brian Owen one of the announcers at the meeting and Editor of *Masters Athletics* said "40 years ago in May, Rosemary threw 58.02 for the discus in the 'Old' Alexander stadium a quarter of a mile away from the present venue, still the W35 Record."

I would like to make comment on the oldest and youngest competing at the British Masters for several reasons. Sylvester Stein, the oldest man competing at 87, who had a heart bi-pass 20 years ago and was World veterans 200m Champion in his 50's, ran 21.5 for the 100 on the Saturday and Mary Wixey, 86, was the oldest in the women's category and pointed out ' I met someone here who competed in the English schools when I was teaching her 40 years ago.'

It was interesting to see the improvement in some of the M35 age standards Greg Smith's 400 (51.63); Mark Turner's 800 (1:56.87) and Julian Emery's 5000 (15:45.76) all useful club standards. The former name Greg Smith had a viewpoint worth listening to regarding the controversy of whether Masters Men should start as young as 35 or 40"

"Modern trends show people are working longer hours. People have family commitments. It is hard competing against 19 and

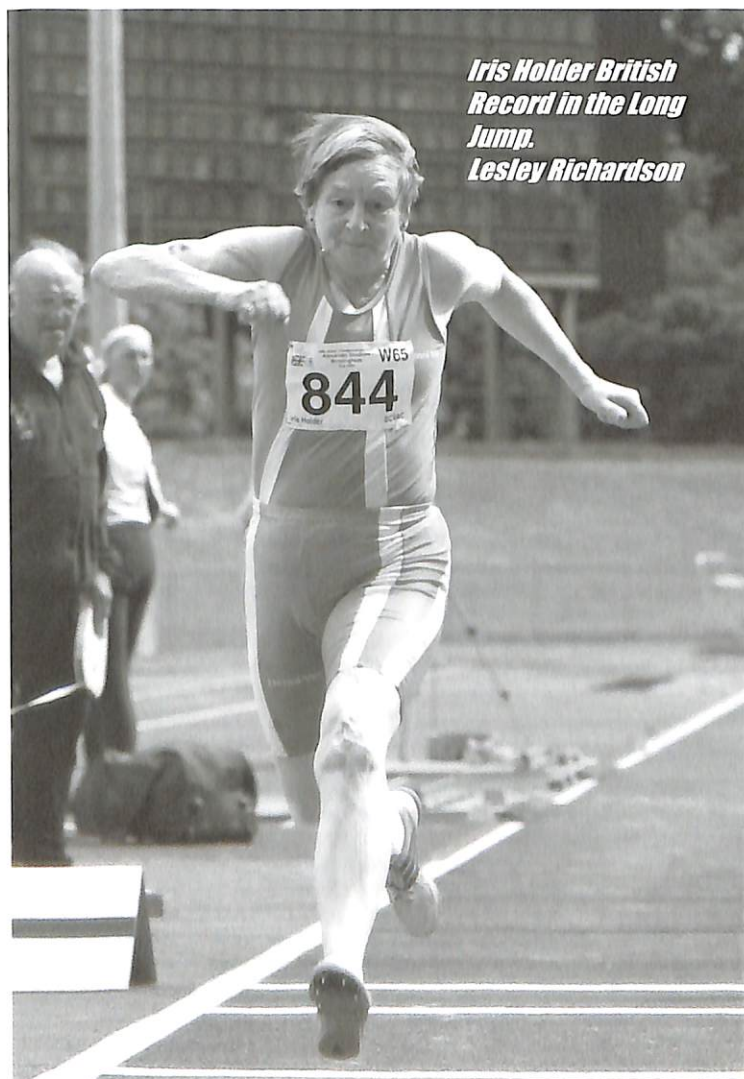


20 year olds. It gives the old guys a certain amount of incentive to stay in the sport. I have started doing a bit of coaching and stuff like that. I might not have been motivated to do so; I can see why purists don't like it. I think it is a good thing though" Darren Scott nails the point in further. Scott won the 100/200 over 35 at 39! "I have not lost a race over 200 since 2005. I am looking forward to breaking the 200 World record M40 indoors which stands at 21.94. I ran 21.62 this year at 39 and so not far off and I got called up for Scotland for a proper international. I was on 'Sky Sports' doing a relay for Scotland'

'It has been a godsend, has Masters Athletics for me. I would have been finished. I have never had 'Age' racing before and, to be able to run in my own age group. It was for me an incentive to carry on a bit longer. As a sprinter it is a lot harder.

Getting an international at 39, that proves to anyone who is 30 it is still possible to represent your country. I have run 21.48 which was in legal conditions, which is a very fast time for most ages. It really keeps me going. It's great fun. I could have been running in the British League but I decided 'No' this is what I want to do.'

Rebecca Hardy came in to veteran athletics at 39 and, although she has done barely six sessions in two years, because of bringing up two young children she won the W35 discus with 35'45 in a devastating deluge on the Sunday and of course felt frozen afterwards but still looks forward to being 40 next year for more Masters Competition.



***Iris Holder British  
Record in the Long  
Jump.  
Lesley Richardson***

Talking of the field events there was an interesting M60 discus to watch on the Saturday afternoon when the M60 Javelin Champion, Mike Hazelwood, who also did a British Weight best of 4551 recently, went into the lead midway through the competition with a personal best of 48.30 but that great competitor Neil Griffin rose to the occasion and threw 49.59 on his very last throw to win the competition.

M50 competitor Malcolm Fenton was a clear winner in the M50 Shot and Discus with 19.32 / 56.44. Rez Cameron (48) did 13.31 in the M45 Triple Jump which was very good. Names like George Cheetham, Trevor Wade, Wally Franklyn, Gordon Daborn, John Hall, Viv Oliver, Paul Oakes, Pat Logan, Allan Williams, Colin Brand, Jaroslav Hanus, Derek Wardle, Barry Ferguson, Doug Fotheringham, Arthur Thomson, Mark Williams, Steve James, Andrew Wetherill, Bill Gentleman and Kermitt Bentham were all out again doing well in Masters Events. Dave Elderfield, won three M50 sprints 100/200/400 and has a son who ran 48.8 for 400 this year.

My favourite one's to watch were Epsom's Terry Bissett, despite back problems, won the 100/200 M55 in very close races and the Flying Scotsman John Ross who made good work of his new M70 age group over 400..

I suppose surprises are always welcome and Mike Field (M70), despite being a good 400m man, had never won a British Masters 100m Championships but he did on the Saturday. He beat the amazing Tony Bowman but one must admit Tony had an abductor strain. Another pleasant surprise was to see Bill Foster back again after being away from Masters Athletics for some time due to a torn Achilles tendon. He won the M50' 5000 in the very respectable time of 15:59.13.

Mike Smith and Peter Cartwright had some intriguing battles in the M65 1500/5000.

Regarding the women's results Iris Holder, Wendy Laing, Nancy Hitchmough, and Vilma Thompson were all excelling in more than one event. Pat Gallagher, Liz Sissons and Pam Jones have a long history in doing well as Master Athletes and the weekend was no exception for them. Clare Elms in the W45 ran a good time of 4:39.19 and Jane Pidgeon looked good again in the W40 2000 steeplechase. The quality of the W50' 100 was very high when Averil McClelland ran 13.47 into a strong wind but was in a close finish with Caroline Powell and Helen Godsell.

Maureen Lewington, who was an excellent International in her day, simply flew down the straight in the 100' W60, well clear of the field, which is amazing when you consider she was virtually written off by a doctor for competing again after surgery on her old athletic injuries.

44 year old Lolita Byfield-Moore, after her 200 win, said she had only been running two years and came into athletics because of her daughter Mika who is running 12.4 as an under 17 girl. Kirstin King (46) the 100/200 W45 winner had two kids and came back again into athletics at 42. She made the WAAA final as a 28 year old in the last year of Cosford.

Caroline Powell was impressive over 400 but then she was once ranked 32nd in the UK over 400. She has had four children in the meantime and I thought the breaks may have done her good for longevity in the sport.



# MASTERS ATHLETICS SUMMER 2008

Irie Hill's 3.60 Pole Vault at 39 was an excellent mark; she is looking forward to moving into the next age group next year, where she will go for the World Record which is the same as Sunday's performance.

## 100:

**M35 FINAL B (-1.5):** 1.Draco Mkpa SCVAC 11.88; 2.Darren Ward OPEN 12.01; 3.Ben Radcliffe SCVAC 12.27; 4.Julian Smith SCVAC 12.61; **FINAL A (-3.4):** 1.Darren Scott SCVAC 11.33; 2.Derek Morgan SWVAC 11.55; 3.Michael Culshaw NVAC 11.88; 4.Tim Barton OPEN 12.04; 5.Martin White MMAC 12.07; 6.Scott Dorset SCVAC 12.48;  
**M40 Ht1 (-1.2):** 1.Anthony Leigh MMAC 11.46; 2.Chris Millard WMAA 11.48; 3.Dalton Powell MMAC 11.69; 4.Claude Peter-Thomas NVAC 11.72; 5.Raphael Smith MMAC 12.22; 6.Kevin Nicholson VAA-NE 12.30; 7.Nick Rawcliffe NVAC 12.30; **H 2 (-2.2):** 1.Will MacGee SCVAC 11.64; 2.Rohan Samuel SCVAC 11.78; 3.Andy Lewis SCVAC 11.84; 4.Paul Donaghy VAA-NE 11.84; 5.Lincoln Campbell SCVAC 12.11; 6.Barrington King SCVAC 12.43; 7.Michael Astell SVHC 12.69; 8.Leeroy Golding NVAC 12.83; **FINAL (-1.0)** 1.Chris Millard WMAA 11.55; 2.Rohan Samuel SCVAC 11.58; 3.Will MacGee SCVAC 11.61; 4.Dalton Powell MMAC 11.74; 5.Anthony Leigh MMAC 11.77; 6.Paul Donaghy VAA-NE 11.84; 7.Claude Peter-Thomas NVAC 12.17; 8.Andy Lewis SCVAC 12.42;  
**M45: Ht 1 (-3.1):** 1.Glen Reddington SCVAC 12.38; 2.Christopher Ashmore MMAC 12.48; 3.Shaun Davy MMAC 12.75; 4.Andrew Kinnear NVAC 12.81; 5.Malcolm Bramhall EVAC 12.83; 6.Mark Heffernan SCVAC 13.07; 7.Allan Leiper SCVAC 13.12; 8.Gary Myles MMAC 13.22; **H 2 (-2.9):** 1.Pat Logan SCVAC 11.91; 2.Paul Williams OPEN 12.14; 3.John Shepherd VAC 12.25; 4.John Wright NVAC 12.33; 5.Martin Weetman MMAC 12.46; 6.John Statham MMAC 12.47; 7.Nick Grocock SCVAC 12.49; 8.Ronnie Hunter SVHC 12.54; **FINAL (-4.3)** 1.Pat Logan SCVAC 11.98; 2.Paul Williams OPEN 12.24; 3.Glen Reddington SCVAC 12.43; 4.John Shepherd VAC 12.52; 5.Christopher Ashmore MMAC 12.53; 6.John Wright NVAC 12.63; 7.Martin Weetman MMAC 12.73; 8.Shaun Davy MMAC 12.88;  
**M50: Ht 1 (-1.1):** 1.David Elderfield VAC 12.31; 2.Rob Cawson MMAC 12.54; 3.Brendan Moran IRL (G) 12.79; 4.Alastair Duncan SCVAC 12.87; 5.Ian Scholes NVAC 13.07; 6.Clement Leon SCVAC 13.30; 7.Roderick Davies SCVAC 13.64; **Ht 2 (-3.4)** 1.Peter Hickey NVAC 12.17; 2.Clement Bartley SCVAC 12.48; 3.Tom Phillips SCVAC 12.62; 4.Brian Matthews VAC 13.20; 5.Dennis Minn SCVAC 13.55; 6.Ken Jackson SWVAC 13.62; (**FINAL**): 1.David Elderfield VAC 12.25; 2.Clement Bartley SCVAC 12.53; 3.Peter Hickey NVAC 12.59; 4.Rob Cawson MMAC 12.76; 5.Alastair Duncan SCVAC 12.87; 6.Tom Phillips SCVAC 12.98; 7.Brendan Moran IRL (G) 13.39; 8.Ian Scholes NVAC 13.44;  
**M55: FINAL B (-1.5):** 1.Tim Carter SCVAC 13.78; 2.Tom Clinton IRL (G) 13.79; 3.Geoffrey Kitchener VAC 13.88; 4.Dennis Wallington SCVAC 14.11; (**FINAL A -1.4**): 1.Walwyn Franklyn SCVAC 12.26; 2.Viv Oliver MMAC 12.46; 3.David Whitehead EVAC 13.05; 4.John McGarry SVHC 13.21; 5.Alan Baxter MMAC 13.53; 6.Brian Williamson WMAA 13.73;  
**M60: (-1.3)** 1.Terry Bissett SCVAC 13.62; 2.Victor Novell SCVAC 13.62; 3.Mike Clerihew SVHC 13.65; 4.Leslie Wood VAC 14.04; 5.Peter Wright MMAC 14.89; 6.Richard Coates OPEN 14.99; 7.David Whittaker VAC 15.26; **M65 (-2.0)** 1.Conrad Phillips MMAC 13.64; 2.Patrick Forbes IRL (G) 13.94; 3.Charles Isetts VAC 14.07; 4.Peter Rowell VAA-NE 14.39; 5.Philip Johnson EVAC 14.44; 6.Allan Long VAC 14.51; 7.Anthony Treacher SCVAC 14.63; 8.Carl Sheldon SCVAC 14.71; 9.Albert Gay AUS (G) 15.48; 10.Bob Hancock EVAC 15.54;  
**M70 (-2.9):** 1.Colin Field SCVAC 14.63; 2.Tony Bowman NVAC 15.22; 3.John Godbeer VAC 16.60; 4.Malcolm Schofield NVAC 16.68;  
**M75 (-3.4):** 1.George Cheetham MMAC 15.6; 2.Jack Thackray AUS (G) 16.7; 3.Peter Field SCVAC 16.9; 4.Hubert Daniels WMAA 16.9;  
**M85** Sylvester Stein VAC 21.5;  
**W35 (-1.7):** 1.Gia Skervin MMAC 13.23; 2.Sharon Trush NVAC 13.25; 3.Wendy Andrews NVAC 14.06; 4.Gurdeep De-Meis SCVAC 15.10; 5.Katy Williams MMAC 15.25;  
**W40 (-3.6):** 1.Kay Reynolds SCVAC 13.57; 2.Lolita Byfield-Moore WMAA 13.60; 3.Angela Bates SCVAC 14.07;  
**W45 (-1.1)** 1.Kirstin King SCVAC 13.35; 2.Sandra McDonald MMAC 14.09; 3.Gaye Clarke EVAC 14.35; 4.Denise Timmis EVAC 14.50;  
**W50 (-1.3):** 1.Averil McClelland NVAC 13.47; 2.Caroline Powell SWVAC 13.80; 3.Helen Godsell SCVAC 13.85; 4.Joan Trimble SCVAC 14.62; 5.Pauline Gerner MMAC 14.79; 6.Christine Salvary SCVAC 15.77; 7.Christine Young SCVAC 15.82; 8.Gillian Gray MMAC 16.80;  
**W55 (-0.8):** 1.Joylyn SaundersMullin SCVAC 14.22; 2.Anne Nelson SCVAC 15.43; 3.Moira West OPEN 15.76; 4.Cathy Lyon-Green MMAC 17.94; 5.Joylyn SaundersMullin SCVAC 14.22; 6.Anne Nelson SCVAC 15.43; 7.Moira West OPEN 15.76; 8.Cathy Lyon-Green MMAC 17.94;  
**W60 (-0.7):** 1.Maureen Lewington MMAC 15.17; 2.Patricia Oakes SCVAC 18.57;

**W65 (-0.7):** 1.Iris Holder SCVAC 17.43; 2.Mollie Mills MMAC 17.46;  
**W70 (-0.7)** 1.Dorothy Fraser EVAC 18.01; 2.Joan Burns SCVAC 19.81;

## 200

**M35 FINAL B (-3.1):** 1.Draco Mkpa SCVAC 24.00; 2.Martin White MMAC 24.27; 3.Darren Ward OPEN 24.49; 4.Julian Smith SCVAC 26.14; **FINAL A (-2.1):** 1.Darren Scott SCVAC 22.43; 2.Mark Dunwell MMAC 22.74; 3.Jim Tipper MMAC 22.86; 4.Michael Culshaw NVAC 24.42; 5.Michael Peacock SCVAC 25.81;  
**M40 Ht 1 (-3.6):** 1.Anthony Leigh MMAC 24.46; 2.Dalton Powell MMAC 24.47; 3.Paul Donaghy VAA-NE 24.57; 4.Raphael Smith MMAC 25.66; 5.Lance Croft EVAC 26.38; 6.Lincoln Campbell SCVAC 26.60; **Ht 2 (-2.4):** 1.Will MacGee SCVAC 23.62; 2.Chris Millard WMAA 24.98; 3.Malcolm McPhail NVAC 25.40; 4.Leeroy Golding NVAC 25.80; 5.Eli Barnett OPEN 26.35; **FINAL (-0.4):** 1.Will MacGee SCVAC 23.04; 2.Chris Millard WMAA 23.18; 3.Dalton Powell MMAC 23.27; 4.Anthony Leigh MMAC 23.39; 5.Paul Donaghy VAA-NE 24.10; 6.Raphael Smith MMAC 24.96; 7.Leeroy Golding NVAC 25.54; 8.Malcolm McPhail NVAC 30.58;  
**M45 Ht 1 (-1.8):** 1.Pat Logan SCVAC 25.12; 2.Nick Grocock SCVAC 25.29; 3.John Wright NVAC 25.43; 4.Christopher Ashmore MMAC 25.54; 5.Andrew Kinnear NVAC 25.70; 6.Paul Guest SWVAC 26.60; 7.Michael May VAC 28.50; **Ht 2 (-1.1):** 1.Paul Williams OPEN 25.01; 2.Glen Reddington SCVAC 25.07; 3.Neil Tunstall SWVAC 25.28; 4.John Statham MMAC 25.48; 5.Malcolm Bramhall EVAC 25.55; 6.Paul Tereve MMAC 26.57; **FINAL (-1.2)** 1.Pat Logan SCVAC 24.15; 2.Glen Reddington SCVAC 24.74; 3.Paul Williams OPEN 24.75; 4.Christopher Ashmore MMAC 24.82; 5.John Wright NVAC 24.98; 6.Nick Grocock SCVAC 25.18; 7.Neil Tunstall SWVAC 25.21; 8.John Statham MMAC 25.54;  
**M50 FINAL B (-3.9):** 1.Ian Scholes NVAC 26.65; 2.Clive Pengelly SWVAC 26.68; 3.Craig Douglas SVHC 26.98; 4.Clement Leon SCVAC 27.12; 5.Roderick Davies SCVAC 27.86; **FINAL A (-3.4):** 1.David Elderfield VAC 24.64; 2.Peter Hickey NVAC 25.06; 3.Alastair Duncan SCVAC 25.56; 4.Ian Broadhurst NVAC 26.08; 5.Rob Cawson MMAC 26.44; 6.Tom Phillips SCVAC 26.53;  
**M55 (-3.3):** 1.Viv Oliver MMAC 25.51; 2.Douglas Lucas VAC 26.39; 3.John McGarry SVHC 27.16; 4.Tony Wells EVAC 28.70; 5.Tom Clinton IRL (G) 28.99;  
**M60 (-0.6):** 1.Terry Bissett SCVAC 27.30; 2.Derek Wardle VAC 27.72; 3.Mike Clerihew SVHC 27.78; 4.Victor Novell SCVAC 27.82; 5.Andrew Webb VAA-NE 30.30; 6.David Whittaker VAC 30.44;  
**M65 (-0.6):** 1.Patrick Forbes IRL (G) 28.65; 2.Charles Isetts VAC 28.81; 3.Barry Ferguson VAC 29.73; 4.Carl Sheldon SCVAC 30.25; 5.Philip Johnson EVAC 31.14; 6.Eric Jones VAC 32.14;  
**M70 FINAL (-0.9):** 1.John Ross SVHC 29.54; 2.Alan Carter EVAC 29.92; 3.Tony Bowman NVAC 30.26; 4.Colin Field SCVAC 30.66; 5.Malcolm Schofield NVAC 32.70;  
**M75 (-0.7):** 1.George Cheetham MMAC 32.36; 2.Jack Thackray AUS (G) 34.37; 3.Geoffrey Feast VAC 34.62; 4.Peter Field SCVAC 35.37; 5.Hubert Daniels WMAA 35.91;  
**W35 (-0.6):** 1.Sharon Trush NVAC 26.80; 2.Melanie Brown EVAC 27.44; 3.Amanda Wale NVAC 28.68; 4.Deborah Doherty SCVAC 29.66; 5.Gurdeep De-Meis SCVAC 31.06;  
**W40** 1.Lolita Byfield-Moore WMAA 27.6; 2.Fiona Palmer MMAC 28.2; 3.Kim Heffernan SCVAC 28.2; 4.Angela Bates SCVAC 28.8; 5.Melina Healy SCVAC 31.8;  
**W45 FINAL (-1.4):** 1.Kirstin King SCVAC 27.30; 2.Jayne Rasmussen OPEN 27.54; 3.Denise Timmis EVAC 29.67; 4.Angela Beadnall VAA-NE 29.67; 5.Lesley Willis MMAC 29.68;  
**W50 (-2.7):** 1.Averil McClelland NVAC 27.5; 2.Helen Godsell SCVAC 28.8; 3.Joan Trimble SCVAC 30.5; 4.Carol Alker OPEN 31.9; 5.Christine Young SCVAC 32.8; 6.Christine Salvary SCVAC 33.3; 7.Gillian Gray MMAC 35.3;  
**W55 (-1.3):** 1.Joylyn SaundersMullin SCVAC 29.35; 2.Anne Nelson SCVAC 31.87; 3.Lyn Ahmet SCVAC 34.64; 4.Cathy Lyon-Green MMAC 38.18;  
**W65 (-3.1):** 1.Iris Holder SCVAC 35.42; 2.Mollie Mills MMAC 36.88; 3.Jackie Charles MMAC 37.06;  
**W70 (-3.1):** 1.Dorothy Fraser EVAC 37.27; 2.Joan Burns SCVAC 41.40;

## 400

**M35:** 1.Greg Smith OPEN 51.63; 2.Marc Turner MMAC 52.24; 3.Mike Toal NVAC 53.09; 4.Martin Rowe OPEN 54.53; 5.Michael Osunsami SCVAC 55.29; 6.Michael Peacock SCVAC 56.08; 7.Richard Holt OPEN 57.19;  
**M40 Ht 1:** 1.Martin Holgate OPEN 54.90; 2.Errol Bryan OPEN 55.28; 3.Paul Donaghy VAA-NE 55.66; 4.Neville Warnke NVAC 55.85; 5.Lance Croft EVAC 56.25; 6.Eli Barnett OPEN 57.42; 7.Brad Evans VAC 58.56; 8.Neil Ridge OPEN 60.03; **Ht 2:** 1.Graham Langham MMAC 55.00; 2.Nigel Keogh OPEN 55.36; 3.Andy Hunt VAC 55.76; 4.Gary Palmer VAC 55.86; 5.Shaun Bond OPEN 56.22; 6.Nick Rawcliffe NVAC 56.50; 7.Geoff Gallagher SCVAC 56.84; 8.Leeroy Golding NVAC 60.55; **FINAL:** 1.Graham Langham MMAC 53.78; 2.Nigel Keogh OPEN 54.03; 3.Martin Holgate OPEN 54.35; 4.Errol Bryan OPEN 55.04; 5.Gary Palmer VAC 55.18; 6.Andy Hunt VAC 56.43; 7.Neville



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Warnke NVAC 56.53; 8. Paul Donaghy VAA-NE 57.95;

**M45 FINAL B** : 1. Robert Grew SWVAC 54.40; 2. Ralph Hyde VAC 55.74; 3. Andrew Kinnear NVAC 57.17; 4. Paul Tereve MMAC 57.95; 5. Michael Cornyn IRL (G) 60.55; **FINAL A** 1. Kermitt Bentham SCVAC 52.34; 2. Jonathan Tilt SCVAC 53.06; 3. Andrew Waddington SWVAC 53.50; 4. Malcolm Bramhall EVAC 55.10; 5. Alex Bryce SVHC 56.37; 6. Tony Noel MMAC 58.64;

**M50 FINAL B** : 1. David Harries WMAA 57.67; 2. Brian Matthews VAC 59.13; 3. Clement Leon SCVAC 60.49; 4. Andrew Hutchinson NVAC 63.33; **FINAL A** 1. David Elderfield VAC 52.30 (CBP); 2. Tennyson James EVAC 55.23; 3. Alastair Duncan SCVAC 55.40; 4. Ian Broadhurst NVAC 57.47;

**M55** : 1. Walwyn Franklyn SCVAC 57.38; 2. David Whitehead EVAC 58.25; 3. Tim Carter SCVAC 62.30; 4. Tony Wells EVAC 65.51;

**M60** : 1. Derek Wardle VAC 61.29; 2. George Hunter SVHC 61.36; 3. John Barrus MMAC 64.49; 4. Chris Lawn EVAC 69.28; 5. Andrew Webb VAA-NE 71.80;

**M65** : 1. Lyndsey Fairbrother SWVAC 64.76; 2. Eric Jones VAC 68.81; 3. John Garber EVAC 72.11;

**M70** : 1. John Ross SVHC 66.77; 2. John Wilson NVAC 70.66; 3. Tony Bowman NVAC 71.56; 4. John Seymour SCVAC 78.28; 5. Malcolm Schofield NVAC 80.73;

**M75** : 1. Jack Thackray AUS (G) 81.89; 2. William Davies WMAA 84.21; 3. Geoffrey Feast VAC 85.93;

**M80** : George Hoperoft SCVAC 110.36;

**W35** : 1. Sharon Trush NVAC 59.11; 2. Melanie Brown EVAC 60.46; 3. Denise Morley EVAC 62.70; 4. Deborah Doherty SCVAC 66.10;

**W40** : 1. Fiona Palmer MMAC 63.49; 2. Alison Collins SCVAC 66.28; 3. Michele Wakefield SCVAC 66.31;

**W45** : 1. Sue Hooper WMAA 65.49; 2. Anita Sampson EVAC 65.57; 3. Jenny Hughes SCVAC 70.12; 4. Alison Armour NVAC 79.16;

**W50** : 1. Caroline Powell SWVAC 62.69; 2. Helen Godsell SCVAC 67.05; 3. Christine Salvary SCVAC 78.36;

**W55** : 1. Joylyn Saunders Mullin SCVAC 67.12; 2. Moira West OPEN 76.35; 3. Sue James SCVAC 81.66;

**W65** : Iris Hornsey EVAC 88.63;

**W70** : 1. Dorothy Fraser EVAC 89.70; 2. Mary Holmes EVAC 92.87;

## 800:

**M35** : 1. Marc Turner MMAC 1-56.87; 2. Lee Jones OPEN 1-58.10; 3. Martin Rowe OPEN 1-59.69; 4. David Reader OPEN 2-02.43;

**M40 Ht 1** : 1. Robert Standley OPEN 2-05.60; 2. Stephen Allen SVHC 2-05.70; 3. Leslie Ball EVAC 2-06.13; 4. Brett Davis WMAA 2-07.89; 5. Adrian Haines OPEN 2-08.43; 6. Nigel Brookes NVAC 2-10.31; 7. Matthew Bland EVAC 2-12.84; **Ht 2** : 1. Gary Burnett OPEN 2-06.09; 2. Simon Anderson SWVAC 2-07.35; 3. Andrew Ronald SVHC 2-08.11; 4. Russell Middleton EVAC 2-09.66; 5. Roger Bradley SWVAC 2-10.74; 6. Tim Smith MMAC 2-13.27; 7. Dennis Rainbow OPEN 2-18.11; **FINAL** : 1. Stephen Allen SVHC 2-02.14; 2. Simon Anderson SWVAC 2-02.66; 3. Leslie Ball EVAC 2-03.11; 4. Robert Standley OPEN 2-03.47; 5. Gary Burnett OPEN 2-03.48; 6. Andrew Ronald SVHC 2-07.05; 7. Brett Davis WMAA 2-11.01; 8. Adrian Haines OPEN 2-12.65;

**M45 FINAL B** : 1. Paul Berrett EVAC 2-10.82; 2. Mark Ashby SCVAC 2-14.76; 3. Steven Dooxey NVAC 2-16.55; 4. Michael Cornyn IRL (G) 2-18.57; **FINAL A** : 1. Sean Price WMAA 2-04.88; 2. Lawrence Mangelshot SCVAC 2-05.60; 3. Rob Andrew MMAC 2-05.66; 4. Steve Smith NVAC 2-07.08; 5. Ivan Pawluk MMAC 2-07.42; 6. Alex Bryce SVHC 2-09.10;

**M50 FINAL** : 1. John Telford SWVAC 2-10.70; 2. Bilal Namani WMAA 2-11.87; 3. John Thomson SVHC 2-12.51; 4. Ray Daniel VAC 2-14.33; 5. Michael Abrahams VAC 2-28.79;

**M55** : 1. Joe Gough IRL (G) 2-12.69; 2. Derek Leitch OPEN 2-14.94; 3. Peter Kennedy VAC 2-15.96; 4. Keith Short MMAC 2-16.94;

**M60** : 1. George Hunter SVHC 2-31.23; 2. Rod Scholes NVAC 2-33.51; 3. Brian Stanage SVHC 2-34.30;

**M65** : 1. John Garber EVAC 2-37.49; 2. John Hodge SCVAC 2-46.25; 3. Michael Duggan IRL (G) 2-48.91; 4. Eric Jones VAC 2-51.02; 5. Roger Head SCVAC 2-59.30;

**M70** : 1. John Wilson NVAC 2-50.93; 2. Peter Dibb NVAC 3-08.15; 3. John Seymour SCVAC 3-15.47; 4. David Carney MMAC 3-15.85; 5. Brian Shave SCVAC 3-40.99;

**M75** : 1. William Davies WMAA 3-27.96; 2. John Cullingham VAC 3-59.33; **M80** : George Hoperoft SCVAC 4-25.56;

**W35** : 21. Denise Morley EVAC 2-27.79; 2. Molly James EVAC 2-28.06; 3. Michelle Hooton MMAC 2-33.85;

**W40** : 1. Angie Alstrachen EVAC 2-28.00; 2. Jane Pidgeon MMAC 2-33.30; 3. Alison Collins SCVAC 2-41.59;

**W45** : 1. Lesley Willis MMAC 2-34.99; 2. Sharyn Ramage SVHC 2-35.57; 3. Anita Sampson EVAC 2-38.52; 4. Caroline Lawless SVHC 2-38.90; 5. Jenny Hughes SCVAC 2-42.32; 6. Alison Armour NVAC 2-59.68;

**W50** : 1. Joan Howe NVAC 2-33.18; 2. Violet Blair SVHC 2-41.80; 3. Jane Searle SCVAC 2-44.38;

**W55** : 1. Nancy Hitchmough MMAC 2-37.29; 2. Liz Bowers SVHC 2-50.75; 3. Joyce Barrus MMAC 2-51.38; 4. Sue James SCVAC 3-03.67;

**W60** : Pat Gallagher WMAA 2-49.33;

**W65** : Iris Hornsey EVAC 3-22.47;

**W70** : Mary Holmes EVAC 3-36.22;

## 1500 :

**M35** : 1. Chris McQ-Wright SCVAC 4-11.52; 2. David Reader OPEN 4-12.07; 3. Jon Thorpe OPEN 4-13.87; 4. Julian Emery OPEN 4-14.57; 5. Steve Hallas NVAC 4-25.21;

**M40** : 1. Simon Anderson SWVAC 4-07.87; 2. Tommy Brannon VAA-NE 4-09.11; 3. Matthew Bland EVAC 4-10.39; 4. Leslie Ball EVAC 4-11.58; 5. Ian Wetherall NVAC 4-13.27; 6. Jonathan Grix MMAC 4-16.93; 7. Andrew Ronald SVHC 4-22.75; 8. Tim Grose OPEN 4-25.64; 9. Marius Kwint OPEN 4-27.63;

**M45** : 1. Daniel Moore MMAC 4-16.74; 2. Rob Andrew MMAC 4-17.77; 3. Alex Bryce SVHC 4-23.26; 4. Paul Berrett EVAC 4-24.12; 5. Mike Cadman MMAC 4-25.52; 6. Philip Crane WMAA 4-27.02; 7. Mark Ashby SCVAC 4-32.11; 8. Mike Robbins WMAA 4-32.93; 9. Steven Dooxey NVAC 4-34.31; 10. Paul Hopes NVAC 4-36.07; 11. Kevin Steed EVAC 4-36.13; 12. Dave Stanfield SWVAC 4-44.88; 13. Stephen Gorrill NVAC 4-58.30;

**M50** : 1. Andrew Wetherill MMAC 4-30.75; 2. Chris Pedder NVAC 4-32.66; 3. Alex Rowe NVAC 4-36.36; 4. Fred Pidgeon MMAC 4-54.00; 5. Alan Newman SCVAC 4-56.27; 6. Michael Abrahams VAC 5-07.15; 7. Rob Sargent EVAC 5-34.86; 8. Kevin Dillon NVAC 6-55.13;

**M55** : 1. Kevin Archer SCVAC 4-29.96; 2. David Oxland MMAC 4-36.33; 3. Derek Leitch OPEN 4-36.56; 4. Peter Kennedy VAC 4-41.16; 5. Patrick Timmons IRL (G) 4-48.59; 6. Michael Mann VAC 4-49.54; 7. Archie Jenkins SVHC 4-51.07;

**M60** : 1. Brian Stanage SVHC 4-59.18; 2. Peter Hamilton SCVAC 5-01.77; 3. Gareth Jones VAC 5-04.80; 4. Mick Smedley MMAC 5-08.80;

**M65** : 1. Michael Smith NVAC 5-04.13; 2. Pete Cartwright SVHC 5-04.98; 3. John Garber EVAC 5-26.18; 4. Gordon Orme MMAC 5-27.31; 5. Alan Peers NVAC 5-41.99; 6. Michael Duggan IRL (G) 5-45.40; 7. Eric Jones VAC 6-03.62;

**M70** : 1. Edmond Simpson VAC 6-01.52; 2. Brian Shave SCVAC 6-52.86; **M75** : 1. William Davies WMAA 6-48.04; 2. John Cullingham VAC 8-18.51;

**W35** : 1. Claire Forbes EVAC 4-38.70; 2. Jennie Butler OPEN 4-53.50; 3. Clare McKeown NVAC 5-01.04; 4. Molly James EVAC 5-05.57; 5. Sarah Wells VAC 5-15.73;

**W40** : 1. Clare Elms VAC 4-39.19; 2. Karen Hazlitt SCVAC 4-42.15; 3. Bernadine Pritchett VAC 4-46.11; 4. Nichola Atkins VAC 5-51.28; 5. Tracey Gibson NVAC 6-04.42;

**W45** : 1. Clare Pauzers VAC 4-55.29; 2. Sharyn Ramage SVHC 5-26.79; 3. Caroline Lawless SVHC 5-31.33; 4. Lynne Marr SVHC 5-45.71; 5. Alison Armour NVAC 6-02.41; 6. Pamela Iannella OPEN 6-06.06;

**W50** : 1. Joan Howe NVAC 5-20.54; 2. Elisabeth Batty SCVAC 5-46.30; **W55** : 1. Nancy Hitchmough MMAC 5-17.28; 2. Jane Waterhouse SVHC 5-29.31; 3. Ros Tabor VAC 5-34.04; 4. Liz Bowers SVHC 5-34.29; 5. Joyce Barrus MMAC 5-47.89; 6. Sue James SCVAC 6-02.02; 7. Susan Barnett EVAC 6-19.48;

**W60** : Pat Gallagher WMAA 5-40.32;

**W65** : 1. Cecilia Morrison VAC 6-04.98 (CBP); 2. Johanna Jay IoMVAC 6-07.34;

**W70** : Pamela Jones SCVAC 6-54.16;

## 5000

**M35** : 1. Julian Emery OPEN 15-45.76; 2. Steve Hallas NVAC 16-07.88; 3. Emerson Combstock OPEN 16-38.32;

**M40** : 1. Gary Hope MMAC 15-56.44; 2. Stewart MacDonald NVAC 15-58.39; 3. Sean Beard EVAC 16-19.26; 4. Andrew Hussey MMAC 16-23.93; 5. Tim Grose OPEN 16-24.87; 6. Sammy Rashid NVAC 16-51.96;

**M45** : 1. Bill Foster SCVAC 15-59.13; 2. Mike Cadman MMAC 16-09.68; 3. Sean McCormack WMAA 17-00.77; 4. Peter Crane WMAA 17-06.72; 5. Dave Talbot MMAC 17-42.06; 6. Colin Oxlade SCVAC 18-15.53;

**M50** : 1. Andrew Wetherill MMAC 16-14.37; 2. Alex Rowe NVAC 16-55.68; 3. Chris Henry NVAC 17-51.92; 4. Keith McLellan EVAC 18-03.34; 5. Alan Newman SCVAC 18-25.26; 6. Rob Sargent EVAC 20-28.28;

**M55** : 1. David Oxland MMAC 17-22.24; 2. Richard Grant SCVAC 17-48.47; 3. Michael Mann VAC 17-58.98; 4. Archie Jenkins SVHC 18-17.55; 5. Desmond Michael SCVAC 18-36.72; 6. Stephen Knight VAC 19-17.75;

**M60** : 1. Gareth Jones VAC 18-21.33; 2. Charles Dickinson VAC 18-31.18; 3. William Mullett OPEN 18-37.63; 4. Mick Smedley MMAC 19-20.64; 5. Russell Williams OPEN 20-12.08; 6. Andrew Johnson MMAC 20-34.09;

**M65** : 1. Michael Smith NVAC 18-45.20; 2. Pete Cartwright SVHC 18-46.18; 3. John Batchelor VAC 18-59.24; 4. Gordon Orme MMAC 19-37.38; 5. Fred Gibbs NVAC 20-08.80; 6. Alan Peers NVAC 21-42.77;

**M70** : 1. Steve James NVAC 20-43.16; 2. John Collins WMAA 21-16.92; 3. Edmond Simpson VAC 21-33.52; 4. Brian Shave SCVAC 24-53.35;

**M75** : William Davies WMAA 24-35.34;

**M80** : Ron Franklin SCVAC 33-49.62;

**W40** : 1. Nichola Atkins VAC 21-33.52; 2. Tracey Gibson NVAC 22-39.04;

**W45** : 1. Fiona Matheson SVHC 18-02.17; 2. Sian Monahan MMAC 18-45.71;



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3.Lynne Marr SVHC 21-13.62; 4.Pamela Iannella OPEN 22-24.33;  
**W50:** Vivian McConnell SWVAC 19-30.51;  
**W55:** 1.Christine Kilkenny MMAC 19-55.96; 2.Ros Tabor VAC 20-34.87; 3.Jane Georgiou VAC 21-16.26; 4.Margaret Moody VAC 21-25.62;  
**W60:** 1.Pauline Rich VAC 22-51.26; 2.June Johnson MMAC 23-42.69;  
**W65:** 1.Cecilia Morrison VAC 22-24.43; 2.Betty Stracey EVAC 26-20.00;  
 3.Bridget Cushen VAC 29-19.50;  
**W70:** Pamela Jones SCVAC 24-38.46;

## 3000W

**M40:** Mark Williams MMAC 12-59.85;  
**M45:** Phillip Williams WMAA 14-57.52;  
**M50:** 1.Nick Silvester SCVAC 14-12.91; 2.Mark Wall EVAC 15-28.66;  
**M55:** 1.John Hall VAC 14-59.23; 2.Sea Pender IRL (G) 18-29.70; 3.John Crahan NVAC 20-41.02;  
**M65:** 1.Amos Seddon SCVAC 17-50.16; 2.Peter Howard EVAC 19-05.94;  
 3.John Whyte VAC 19-13.04;  
**M70:** 1.Arthur Thomson VAC 16-23.22; 2.David Stevens VAC 18-10.71;  
 3.Norbert Will NIVAC 18-18.23; 4.Ron Powell SCVAC 18-45.47; 5.John Collins WMAA 19-47.16; 6.Colin-Peter Stapleford MMAC 19-47.54;  
**M75:** 1.Douglas Fotheringham VAC 19-39.89; 2.Eric Horwill MMAC 20-59.40;  
**M80:** 1.Karl Abolins MMAC 22-55.75; 2.Harvey Jaquest VAC 24-53.56;  
**M85:** 1.Len Creo MMAC 21-07.41 (**British Record**);  
**W35:** Julie Bellfield MMAC 18-29.86;  
**W40:** Maureen Noel VAC 17-54.82;  
**W45:** 1.Diane Bradley VAC 16-23.10; 2.Toni Boa MMAC 16-59.76; 3.Helen Middleton EVAC 17-45.47; 4.Patricia Garner MMAC 18-22.81; 5.Fiona Bishop VAC 18-32.22; 6.Anne Gormley IRL (G) 19-13.36;  
**W50:** 1.Ann Wheeler MMAC 17-33.97; 2.Sue Rey EVAC 19-56.77;  
**W60:** Ann Lewis SCVAC 20-52.59;  
**W65:** Jill Langford MMAC 20-05.54;  
**W70:** Maureen Spelman VAC 20-20.15;  
**W75:** Beryl Chapman MMAC 27-19.32 (**British Record**);

## 5000W:

**M40:** Mark Williams MMAC 22-26.14;  
**M50:** Mark Wall EVAC 26-25.94;  
**M55:** 1.Sea Pender IRL (G) 30-56.20; 2.Stephen Holliday VAC 33-40.34;  
**M60:** 1.Les Scrivens MMAC 31-34.45; 2.David Hurst SWVAC 31-49.18;  
**M65:** John Whyte VAC 32-10.50;  
**M70:** 1.Arthur Thomson VAC 27-26.81; 2.David Stevens VAC 30-59.54; 3.Ron Powell SCVAC 31-20.12; 4.Norbert Will NIVAC 31-30.40; 5.Colin-Peter Stapleford MMAC 33-08.16; 6.Bernard Herecock VAC 34-28.38;  
**M75:** Eric Horwill MMAC 35-49.82;  
**M85:** Len Creo MMAC 35-53.79 (**By some strange circumstance this is better than the European Record, but not the British**);  
**W35:** Julie Bellfield MMAC 31-16.69;  
**W45:** 1.Diane Bradley VAC 27-21.99; 2.Helen Middleton EVAC 29-45.14;  
 3.Fiona Bishop VAC 31-43.35; 4.Anne Gormley IRL (G) 33-00.30;  
**W50:** Sue Rey EVAC 33-28.32;

## 3000 SC:

**M35:** Emerson Combstock OPEN 10-52.07;  
**M40:** 1.Colin Palmer MMAC 9-58.08; 2.Paul Spowage EVAC 10-30.28; 3.Geran Hughes WMAA 10-56.67; 4.Andrew Del Nevo SCVAC 11-29.70;  
**M45:** 1.Paul Lemmon VAC 10-45.72; 2.Michael Peters OPEN 11-16.30; 3.Philip York SWVAC 11-46.37; 4.Colin Oxlade SCVAC 11-53.65;  
**M50:** Tim Soutar OPEN 11-20.08;  
**W40:** Jane Pidgeon MMAC 7-39.77;  
**W50:** Joan Howe NVAC 9-23.69;  
**W55:** Anne Darby SWVAC 9-52.00 (**British Record**);  
**W70:** Anne Martin EVAC 10-49.22 (**World Record**);

## 110H:

**M40:** (+1.3): 1.Claude Peter-Thomas NVAC 15.88; 2.Jon Franklin EVAC 18.02; 3.Nick Rawcliffe NVAC 20.26;  
**M45:** (+1.3): 1.Glen Reddington SCVAC 16.72; 2.Gary Myles MMAC 21.31;

## 100H:

**M50:** (-1.1): 1.Tennyson James EVAC 15.41; 2.Brian Slaughter SCVAC 16.76; 3.Clive Pengelly SWVAC 16.85; 4.Kenneth Moncrieff SVHC 20.64; 5.Simon Pugh NVAC 21.17;  
**M55:** (-1.1): 1.Tony Wells EVAC 16.14;  
**M60:** (-2.9): John Charlton NVAC 16.50;  
**M65:** (-2.9): 1.Barry Ferguson VAC 18.20; 2.Albert Gay AUS (G) 20.73;

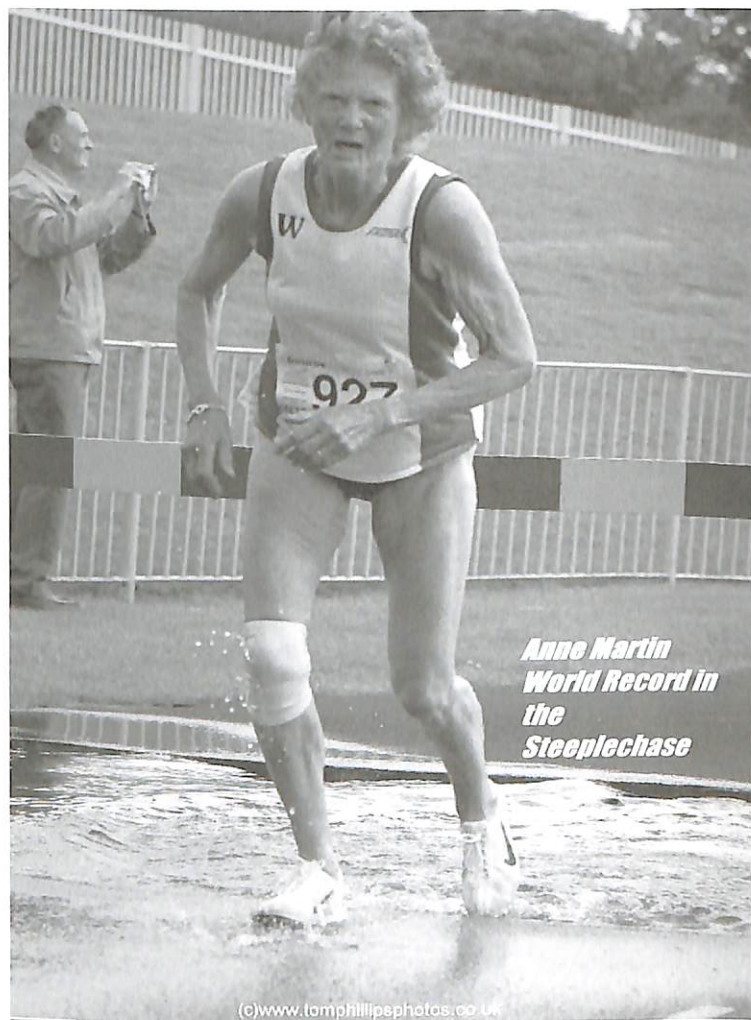
## 80H:

**M70:** (-1.4): Tony Bowman NVAC 14.87;  
**M75:** (-1.4): 1.Gordon Daborn EVAC 18.65 (**CBP**);

**W40:** (-1.8): 1.Kay Reynolds SCVAC 12.13; 2.Kim Heffernan SCVAC 14.20;  
**W45:** (-1.8): 1.Wendy Laing NVAC 12.94; 2.Sally Stagles EVAC 13.27; 3.Hazel Barker NVAC 14.50; 4.Mary Barrett IRL (G) 15.78; 5.Gaye Clarke EVAC 16.37;  
**W55:** (-1.4): Emily McMahon SCVAC 16.42;  
**W65:** (-1.4): 1.Jackie Charles MMAC 17.63;

## 400H:

**M35:** Richard Holt OPEN 59.28;  
**M40:** 1.Glenn Gray SCVAC 57.79; 2.Jon Franklin EVAC 62.80; 3.Andy Hunt VAC 63.31; 4.Nick Rawcliffe NVAC 66.69;  
**M45:** 1.Jonathan Tilt SCVAC 58.68; 2.Danny Hodge SCVAC 63.22; 3.Paul Edwards MMAC 68.28;  
**M50:** 1.Howard Moscrop SWVAC 56.56 (**WORLD RECORD**); 2.Ian Broadhurst NVAC 62.60; 3.Tennyson James EVAC 62.75; 4.Brian Slaughter SCVAC 65.25; 5.Simon Pugh NVAC 77.15;  
**M55:** 1.Tony Wells EVAC 70.43; 2.Geoffrey Kitchener VAC 72.67; 400m Hurdles



**W35:** Deborah Doherty SCVAC 72.42;  
**W40:** 1.Kim Heffernan SCVAC 67.84; 2.Angie Alstrachen EVAC 68.12;  
**W45:** Sally Stagles EVAC 74.76;

## 300H:

**M60:** 1.Derek Wardle VAC 50.67; 2.Andrew Webb VAA-NE 52.09; 3.Lawrie Dunn MMAC 52.58;  
**M65:** 1.Barry Ferguson VAC 51.79; 2.Albert Gay AUS (G) 55.70;  
**M75:** Gordon Daborn EVAC 71.61;  
**W50:** Jane Horder MMAC 46.86 (**CBP**);

## Long Jump

**M35:** 1.John Munroe SCVAC 6.64bp +4.0; 2.Steve Lake SCVAC 6.47 +2.5;  
 3.Keven Rixon SCVAC 5.89 +3.1; 4.Ben Radcliffe SCVAC 5.75 +1.9; 5.Alec Taylor EVAC 5.59 +3.1;  
**M40:** 1.Ian Allen SWVAC 6.51 +2.7; 2.Andy Lewis SCVAC 6.33 +2.1;  
 3.Claude Peter-Thomas NVAC 6.10 +4.0; 4.Leeroy Golding NVAC 4.83 +3.7;  
**M45:** 1.Masakitsu Kondo SCVAC 6.13 +4.4; 2.John Shepherd VAC 6.11 +5.1;



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3.Christopher Ashmore MMAC 5.50 +4.5; 4.Paul Guest SWVAC 5.27 +2.6;  
**M50:** 1.Trevor Wade SCVAC 5.84 +5.8; 2.John Mayor EVAC 5.82 +1.6; 3.Ken Jackson SWVAC 5.43 +6.0; 4.Mario Lapka SWVAC 5.23 +2.4; 5.Clement Leon SCVAC 4.86 +5.1; 6.Roderick Davies SCVAC 4.66 +0.5; 7.David Blunt SCVAC 4.65 +3.2;

**M55:** 1.Paul Oakes SCVAC 5.20 +4.3; 2.David Folgate EVAC 4.93 +3.3; 3.Brian Williamson WMAA 4.73 +3.5; 4.Dennis Wallington SCVAC 4.52 +4.3; **M60:** 1.Mike Clerihew SVHC 5.14 +3.8; 2.Kristian Lundby MMAC 4.63 +3.3; 3.Leslie Wood VAC 4.53 +2.6; 4.Edward Wagner NVAC 3.88 +3.0; **M65:** 1.Anthony Treacher SCVAC 4.63 +1.9; 2.Albert Gay AUS (G) 4.51 +2.1; 3.Collin Green MMAC 4.32 +2.0; 4.Padraig Maye IRL (G) 4.15 +3.2; 5.Robert Ruff SCVAC 4.10 +1.9; 6.Bob Hancock EVAC 4.09 +4.0; 7.Allan Long VAC 3.92 +1.8;

**M70:** 1.Colin Shafto NVAC 4.18 +1.7; 2.Michael Collins SCVAC 3.49 +1.0; **M75:** 1.Geoffrey Feast VAC 3.33 +1.9; 2.Bill Morrow MMAC 2.20 +2.9; **W35:** 1.Natasha Brunning SCVAC 5.00 +4.1; 2.Amanda Wale NVAC 4.68 +3.0; **W40:** 1.Imeta Barauskiene SCVAC 5.28 +4.0; 2.Michelle Hazell OPEN 4.89 +3.2;

**W45:** 1.Wendy Laing NVAC 4.94 +4.5; 2.Denise Timmis EVAC 4.70 +3.1; 3.Gaye Clarke EVAC 4.41 +1.9;

**W50:** 1.Carol Filer EVAC 4.82; 2.Christine Young SCVAC 4.16; 3.Pauline Gerner MMAC 3.89; 4.Pat Higgins MMAC 3.44;

**W55:** 1.Emily McMahon SCVAC 3.97; 2.Cathy Lyon-Green MMAC 3.01; 3.Linda Harrison SCVAC 2.53;

**W60:** 1.Patricia Oakes SCVAC 3.16; 2.Daphne Marler SCVAC 2.43;

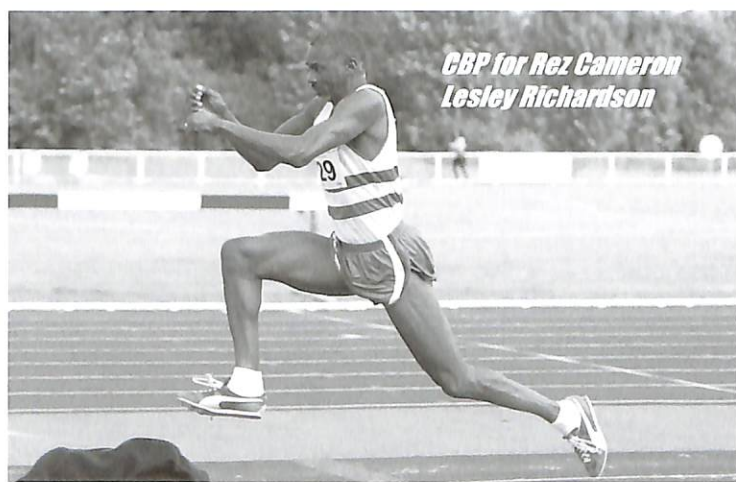
**W65:** 1.Iris Holder SCVAC 3.72 (**British Record**); 2.Jackie Charles MMAC 3.39;

**W85:** 1.Mary Wixey SWVAC 1.69 (CBP) +2.0;

## Triple Jump

**M35:** 1.Ian Bridgeman SCVAC 12.67 +2.4; 2.Steve Lake SCVAC 12.51 +1.6;

**M40:** 21.Paul Ralph SCVAC 13.21 +2.0; 2.Adrian Haines OPEN 11.46 +2.9; 3.Leeroy Golding NVAC 10.60 +1.8;



**M45:** 1.Rez Cameron SCVAC 13.31(CBP) +0.8; 2.David Dixon VAA-NE 12.14 +1.3; 3.Paul Guest SWVAC 10.53 +1.1; 4.Dave Shields WMAA 10.44 +2.0;

**M50:** 21.Albert Earle MMAC 12.08 +2.7; 2.Trevor Wade SCVAC 11.41 +3.4; 3.John Mayor EVAC 11.09 +2.6; 4.Clement Leon SCVAC 10.54 +2.1; 5.David Blunt SCVAC 10.06 +1.7;

**M55:** 1.David Folgate EVAC 11.13 +2.1; 2.Paul Oakes SCVAC 10.38 +2.5; 3.William Lonsdale SVHC 10.05 +2.8;

**M60:** 1.Mike Clerihew SVHC 10.19 +2.1; 2.Allan Cheers SCVAC 9.94 +2.8; 3.Kristian Lundby MMAC 9.88 +0.8; 4.Leslie Wood VAC 8.86 +1.0; 5.Edward Wagner NVAC 7.36 -1.4;

**M65:** 1.Padraig Maye IRL (G) 9.32 +2.8; 2.Collin Green MMAC 9.22 +2.0; 3.Norman Rice VAC 8.79 +0.6; 4.Anthony Treacher SCVAC 8.63 +3.0;

**M70:** 1.Tony Crocker MMAC 8.89 +0.8; 2.Michael Collins SCVAC 7.97 +1.7; **W35:** 1.Natasha Brunning SCVAC 10.03; 2.Rebecca Redding OPEN 9.93;

**W40:** 1.Imeta Barauskiene SCVAC 11.06; 2.Jo Isbill EVAC 8.13;

**W45:** 1.Gaye Clarke EVAC 8.88; 2.Lesley Willis MMAC 8.84;

**W50:** 1.Lucy Moore-Fox VAC 8.75 -0.1; 2.Pat Higgins MMAC 7.08 -0.1; **W55:** 1.Lyn Ahmet SCVAC 7.35 +0.2; 2.Cathy Lyon-Green MMAC 6.49 -0.4;

3.Linda Harrison SCVAC 5.54 +0.9;

**W60:** 1.Patricia Oakes SCVAC 7.11 +2.6; 2.Daphne Marler SCVAC 5.52 +3.0;

**W65:** 1.Iris Holder SCVAC 7.67 (**British Record**); +1.0; 2.Jackie Charles MMAC 7.52 +1.5;

**W70:** Anne Martin EVAC 6.55 +1.5;

## High Jump

**M35:** 1.Alec Taylor EVAC 1.70 (CBP); 2.Ian Bridgeman SCVAC 1.65;

**M40:** Ian Allen SWVAC 1.75;

**M45:** 1.Andrew Waddington SWVAC 1.75; 2.John Perkins SWVAC 1.70;

**M50:** 1.John Mayor EVAC 1.60; 2.Trevor Wade SCVAC 1.55; 3.Kenneth Moncrieff SVHC 1.50; 4.David Blunt SCVAC 1.50; 5.Clement Leon SCVAC 1.45; 6.Colin Hague SWVAC 1.40;

**M55:** 1.Mick Goodall VAC 1.40; 2.William Lonsdale SVHC 1.30;

**M60:** Edward Wagner NVAC 1.30;

**M65:** 1.Bob Hancock EVAC 1.36; 2.Collin Green MMAC 1.33; 3.Jim O'Shea IRL (G) 1.30; 4.James Sloan SVHC 1.24;

**M70:** 1.Tony Crocker MMAC 1.40; 2.Colin Shafto NVAC 1.21;

**W35:** Natasha Brunning SCVAC 1.45;

**W40:** 1.Imeta Barauskiene SCVAC 1.50;

**W45:** 1.Wendy Laing NVAC 1.55 (CBP); 2.Hazel Barker NVAC 1.35; 3.Mary Barrett IRL (G) 1.25;

**W50:** 1.Carol Filer EVAC 1.35 (+CBP); 2.Lucy Moore-Fox VAC 1.30;

**W55:** Pam Garvey MMAC 1.30;

**W75:** Rosemary Chrimes MMAC 1.15 (**British Record**);

## Pole Vault

**M35:** Ben Radcliffe SCVAC 3.40; ;

**M40:** 1.Andrew Wilkinson MMAC 3.20; 2.Alan Easey VAC 3.20;

**M45:** 11.John Andrews SCVAC 3.80; 2=Steven West OPEN 3.20; 2=Wayne Martin SCVAC 3.20;

**M50:** 1.David Blunt SCVAC 3.40; 2.Martin Davies SWVAC 3.30; 3.John Taylor NVAC 3.20; 4.Brian Slaughter SCVAC 3.10; 5.Greg Murrow MMAC 3.00;

**M55:** 1.Allan Williams SCVAC 3.51bp; 2.Mick Goodall VAC 3.30; 3.Paul Oakes SCVAC 2.90;

**M60:** 1.John Bradley MMAC 3.00;

**M65:** 1.Brian Harlick SCVAC 2.60; 2.Albert Gay AUS (G) 2.40;

**W35:** 1.Irie Hill MMAC 3.60; 2.Natasha Brunning SCVAC 2.90; 3.Tracey Morris MMAC 2.70; ;

**W40:** Jo Isbill EVAC 2.50;

**W55:** Sue Yeomans SCVAC 2.50 (CBP);

## Shot Putt

**M35:** 1.Mark Leitch VAC 14.38; 2.Damian Crawford OPEN 10.88; 3.Ricky Rasmussen EVAC 9.59; 4.Paul Smith MMAC 8.87;

**M40:** 1.John Nicholls NVAC 14.85; 2.Tetsuro Sawaki OPEN 10.94; 3.David Brown NVAC 10.31;

**M45:** 1.Simon Armstrong OPEN 12.65; 2.Guy Perryman SCVAC 12.56;

3.Anthony Tipping SCVAC 11.43; 4.Darren Gibson NVAC 9.23;

**M50:** 1.Michael Small SWVAC 13.85; 2.David Abernethy NVAC 13.16;

3.Malcolm Pell MMAC 11.69; 4.Kenneth Moncrieff SVHC 9.57; 5.John Birkett SVHC 9.34; 6.David Maggs WMAA 8.53; 7.Michael Bale SCVAC 8.25; 8.Clive Howell MMAC 8.10;

**M55:** 1.Anthony Richards SCVAC 11.73; 2.Terry Lalley MMAC 11.22;

3.William Renshaw NVAC 9.91; 4.John Wild VAA-NE 9.65; 5.Tim

SaundersMullin SCVAC 9.52; 6.Philip Bramford EVAC 8.95;

**M60:** 1.Neil Griffin SCVAC 13.16; 2.David Myerscough NVAC 12.65;

3.Michael Hazlewood NVAC 11.92; 4.Peter Virgo VAC 11.22; 5.Barry Hawksworth MMAC 10.36; 6.Richard Jegou MMAC 10.25; 7.David Kuester VAC 10.06; 8.Godfrey Leak EVAC 10.03;

**M65:** 1.Garry Negus SCVAC 10.76; 2.Norman Rice VAC 10.38; 3.James Sloan SVHC 10.30; 4.John Gilbert SCVAC 9.59; 5.William Gentleman NVAC 9.49;

6.Bob Hancock EVAC 9.48;

**M70:** 1.Ian Miller EVAC 11.03; 2.Gordon Hickey VAC 10.10; 3.Brian Sumner

MMAC 9.98; 4.Robin Sykes SVHC 8.80; 5.Jhalman Singh MMAC 8.23;

**M75:** 1.Jaroslav Hanus SCVAC 8.32; 2.Peter Barber SCVAC 6.90; 3.James

Christie SVHC 4.75;

**M80:** Derek Harper WMAA 7.91 (**British Record**); ;

**M85:** Leslie D'Arcy NVAC 7.70;

**W35:** 1.Natasha Mighty OPEN 10.75; 2.Camilla Thrush VAC 10.48; 3.Sue Lawrence SCVAC 10.31; 4.Jo Wade SCVAC 8.90; 5.Catherine Alford WMAA 8.62;

**W40:** 1.Priscilla O'Sullivan IRL (G) 9.62; 2.Karen Llewellyn WMAA 8.33;

3.Janet Smith SCVAC 8.06; 4.Maureen Glanton IRL (G) 7.61;

**W45:** 1.Claire Cameron SVHC 9.55; 2.Mary Barrett IRL (G) 9.55; 3.Alison

George MMAC 9.53; 4.Wendy Laing NVAC 9.16; 5.Hazel Barker NVAC 9.09;

6.Julie Wilson SCVAC 8.82; 7.Marion Loveridge MMAC 6.92;

**W50:** 1.Jennifer Ibbitson NVAC 10.21; 2.Gwen Bird SCVAC 10.19; 3.Lucy

Moore-Fox VAC 9.42; 4.Jenny Piercy VAC 7.76;

**W55:** 1.Vilma Thompson SCVAC 10.20; 2.Mo Pearson SWVAC 8.84;

**W60:** 11.Elizabeth Sissons VAC 9.20; 2.Barbara Terry SCVAC 8.66; 3.Anthea Bramford EVAC 6.45; 4.Josie Revell NVAC 5.92;

**W70:** Anne Martin EVAC 7.29;

**W75:** Rosemary Chrimes MMAC 8.58;

**W85:** Mary Wixey SWVAC 3.36;



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## Discus :

**M35:** 1.Damian Crawford OPEN 35.89; 2.Darran Askew NVAC 33.48;  
**M40:** 1.Clive Jackson OPEN 41.29; 2.Andy Turner WMAA 39.29; 3.David Brown NVAC 30.86; 4.Leeroy Golding NVAC 30.18;  
**M45:** 1.Simon Armstrong OPEN 39.07; 2.Bob Broadbridge SWVAC 36.91; 3.Allan Leiper SCVAC 35.18; 4.Paul Young VAA-NE 31.42; 5.Darren Gibson NVAC 29.40; 6.Dave Shields WMAA 21.70;  
**M50:** 1.David Abernethy NVAC 49.94; 2.Michael Small SWVAC 45.63; 3.Richard Healey SCVAC 43.67; 4.Jacek Drzewiecki SCVAC 39.86; 5.David Maggs WMAA 31.81; 6.Clive Pengelly SWVAC 30.34; 7.Kenneth Moncrieff SVHC 29.87; 8.Clive Howell MMAC 29.04; 9.Michael Bale SCVAC 26.62; 10.John Birkett SVHC 20.55;  
**M55:** 1.John Wild VAA-NE 38.38; 2.Terry Lalley MMAC 36.91; 3.Anthony Richards SCVAC 36.86; 4.William Renshaw NVAC 36.39; 5.Peter Todd NVAC 33.04; 6.Philip Bramford EVAC 32.29; 7.Paul Oakes SCVAC 31.67; 8.Allan Webb SWVAC 24.38; 9.Tim SaundersMullin SCVAC 23.85;  
**M60:** 1.Neil Griffin SCVAC 49.59; 2.Michael Hazlewood NVAC 48.30; 3.David Myerscough NVAC 40.77; 4.Peter Virgo VAC 39.40; 5.Godfrey Leak EVAC 38.28; 6.Kevin Sheppard OPEN 38.26; 7.Barry Hawksworth MMAC 38.10; 8.David Webster EVAC 35.77; 9.David Kuester VAC 32.67; 10.Richard Jegou MMAC 32.25; 11.David Palmer OPEN 29.39;  
**M65:** 1.James Sloan SVHC 38.18; 2.Grayham Smith NVAC 37.20; 3.William Gentleman NVAC 34.35; 4.Brian Harlick SCVAC 34.32; 5.Bob Hancock EVAC 33.97; 6.George Eccles SWVAC 33.09; 7.Jack Kee EVAC 31.99; 8.Patsy Conboy IRL (G) 28.56; 9.John Gilbert SCVAC 26.27;  
**M70:** 1.Colin Brand SCVAC 33.25; 2.Robin Sykes SVHC 28.95; 3.Gordon Hickey VAC 28.26; 4.Hamilton Thomas SCVAC 28.24;  
**M75:** 1.Peter Barber SCVAC 24.52; 2.Jaroslav Hanus SCVAC 24.51; 3.Ian Briggs SCVAC 18.50; 4.James Christie SVHC 13.77;  
**M85:** Leslie D'Arcy NVAC 17.00;  
**W35:** 1.Rebecca Hardy OPEN 35.45; 2.Sue Lawrence SCVAC 31.12; 3.Jo Wade SCVAC 30.60; 4.Camilla Thrush VAC 30.59; 5.Catherine Alford WMAA 24.15;  
**W40:** 1.Angela Mitchell SCVAC 35.83; 2.Janet Smith SCVAC 30.67; 3.Maureen Glanton IRL (G) 30.59; 4.Helen Daniel VAC 28.32; 5.Karen Llewellyn WMAA 24.22; 6.Priscilla O'Sullivan IRL (G) 21.74;  
**W45:** 1.Jenny Cooper MMAC 34.77; 2.Claire Cameron SVHC 34.62; 3.Julie Wilson SCVAC 27.61; 4.Mary Barrett IRL (G) 25.56; 5.Anne Goad SCVAC 24.21;  
**W50:** Gwen Bird SCVAC 35.68bp;  
**W55:** 1.Vilma Thompson SCVAC 23.65; 2.Mo Pearson SWVAC 23.05;  
**W60:** 1.Barbara Terry SCVAC 21.75; 2.Elizabeth Sissons VAC 19.31; 3.Anthea Bramford EVAC 17.10;  
**W75:** Rosemary Chrimes MMAC 26.82 (WORLD RECORD);  
**W85:** Mary Wixey SWVAC 8.53;

## Javelin

**M35** 11.Damian Crawford OPEN 54.80br; 2.Darran Askew NVAC 38.49; 3.Michael Peacock SCVAC 38.46;  
**M40:** 1.Lee Peters MMAC 52.97; 2.Jeremy Tigar SCVAC 44.25; 3.Stephen Greening MMAC 43.03;  
**M45:** 1.Kevin Murch MMAC 52.90; 2.Allan Leiper SCVAC 38.08; 3.Andrew Waddington SWVAC 37.01; 4.Geoffrey Van klaveren WMAA 36.31;  
**M50:** 1.Glyn Amos OPEN 52.52; 2.Stephen Langdon OPEN 50.15; 3.Clement Bartley SCVAC 46.27; 4.Malcolm Pell MMAC 44.85; 5.David Maggs WMAA 30.65; 6.Kenneth Moncrieff SVHC 28.30; 7.Clive Howell MMAC 23.05; 8.Michael Bale SCVAC 22.50;  
**M55:** 1.Paul Oakes SCVAC 39.65; 2.Christopher Arnold SCVAC 38.96; 3.Anthony Richards SCVAC 36.73; 4.Philip Bramford EVAC 35.53; 5.Peter Todd NVAC 33.58; 6.John Wild VAA-NE 32.23; 7.Allan Webb SWVAC 31.06; 8.Tim SaundersMullin SCVAC 22.44;  
**M60:** 1.Michael Hazlewood NVAC 45.57; 2.Kevin Sheppard OPEN 39.79; 3.Ken MacKenzie SCVAC 38.92; 4.Kristian Lundby MMAC 38.77; 5.Barry Hawksworth MMAC 37.12; 6.David Kuester VAC 35.72; 7.Phil Owen MMAC 34.88; 8.Brian Yeomans SCVAC 30.79;  
**M65:** 1.George Eccles SWVAC 35.16; 2.David Price MMAC 32.34; 3.James Sloan SVHC 30.75; 4.John Gilbert SCVAC 27.68;  
**M70:** 1.Colin Brand SCVAC 38.69bp; 2.Vic Adcock SCVAC 36.62; 3.John Ross SVHC 31.30; 4.Gordon Hickey VAC 27.53; 5.Robin Sykes SVHC 21.29; 6.Jhalman Singh MMAC 21.21;  
**M75:** 1.Gordon Daborn EVAC 23.52; 2.James Christie SVHC 11.97;  
**M85:** Leslie D'Arcy NVAC 15.23;  
**W35:** 1.Jo Wade SCVAC 31.70; 2.Sue Lawrence SCVAC 31.09; 3.Karen Addis MMAC 29.81; 4.Amanda Wale NVAC 25.54;  
**W40:** 1.Karen Llewellyn WMAA 19.87; 2.Maureen Glanton IRL (G) 19.48;  
**W45:** 1.Anne Goad SCVAC 28.27; 2.Julie Wilson SCVAC 27.69; 3.Mary Barrett IRL (G) 23.05; 4.Hazel Barker NVAC 19.45;  
**W55:** Joylyn SaundersMullin SCVAC 26.71;  
**W60:** 1.Elizabeth Sissons VAC 21.84; 2.Barbara Terry SCVAC 17.79; 3.Patricia Oakes SCVAC 16.65; 4.Josie Revell NVAC 16.31;

**W70:** Mary Holmes EVAC 14.44;

## Hammer

**M35:** 1.Wayne Powell MMAC 57.18; 2.Graham Holder WMAA 53.98; 3.Ricky Rasmussen EVAC 34.66; 4.Paul Smith MMAC 23.55;  
**M40:** 1.John Pearson MMAC 60.07; 2.Steve Whyte EVAC 54.15; 3.Steven Sammut VAC 53.81; 4.David Brown NVAC 27.83;  
**M45:** 1.Russell Payne MMAC 46.17; 2.Nigel Winchcombe EVAC 45.88; 3.Martin Roberts MMAC 42.92; 4.Anthony Tipping SCVAC 36.51; 5.Simon Armstrong OPEN 36.45; 6.Darren Gibson NVAC 30.39;  
**M50:** 1.Malcolm Fenton EVAC 56.44; 2.David Abernethy NVAC 43.32; 3.David Maggs WMAA 41.39; 4.Clive Howell MMAC 39.33; 5.Michael Bale SCVAC 33.17; 6.John Birkett SVHC 19.60;  
**M55:** 1.Terry Lalley MMAC 42.93; 2.Clive Thomson SCVAC 36.86; 3.John Wild VAA-NE 36.60; 4.Tim Needham EVAC 31.69; 5.Philip Bramford EVAC 27.35;  
**M60:** 1.Barry Hawksworth MMAC 44.12; 2.Michael Hazlewood NVAC 40.08; 3.Godfrey Leak EVAC 31.59; 4.David Kuester VAC 29.61; 5.Richard Jegou MMAC 29.06;  
**M65:** 1.William Gentleman NVAC 45.05; 2.Jack Kee EVAC 41.79; 3.Garry Negus SCVAC 37.32; 4.John Gilbert SCVAC 33.30; 5.Patsy Conboy IRL (G) 29.29;  
**M70:** 1.Hamilton Thomas SCVAC 35.84; 2.Brian Sumner MMAC 35.82; 3.Ian Miller EVAC 35.12; 4.Gordon Hickey VAC 24.21;  
**M75:** 1.Peter Barber SCVAC 36.03(CBP); 2.Jaroslav Hanus SCVAC 30.32; 3.Graham Roberts MMAC 20.70;  
**M80:** 1.William Kingsbury WMAA 24.95(CBP); 2.Derek Harper WMAA 23.35;  
**M85:** Leslie D'Arcy NVAC 20.85 (CBP); ;  
**W35:** 1.Camilla Thrush VAC 38.22; 2.Sue Lawrence SCVAC 35.50; 3.Catherine Alford WMAA 28.19; 4.Jo Wade SCVAC 26.09;  
**W40:** 1.Joanne Davison SCVAC 48.00br; 2.Janet Smith SCVAC 40.64; 3.Priscilla O'Sullivan IRL (G) 28.38; 4.Karen Llewellyn WMAA 27.64;  
**W45:** 1.Marion Loveridge MMAC 36.82; 2.Jenny Cooper MMAC 35.79; 3.Julie Wilson SCVAC 31.84; 4.Claire Cameron SVHC 29.39;  
**W50:** 1.Jennifer Ibbitson NVAC 39.98; 2.Brenda Russell EVAC 33.03; 3.Jenny Piercy VAC 29.04; 4.Pat Higgins MMAC 28.64; 5.Lucy Moore-Fox VAC 24.15;  
**W55:** 1.Vilma Thompson SCVAC 29.05; 2.Linda Harrison SCVAC 20.14;  
**W60:** 1.Rosemary Hutton VAC 31.29; 2.Elizabeth Sissons VAC 29.13; 3.Barbara Terry SCVAC 26.19; 4.Anthea Bramford EVAC 24.33; 5.Josie Revell NVAC 20.35;  
**W70:** 1.Anne Martin EVAC 19.08; 2.Dorothy Fraser EVAC 17.42;

## WEIGHT

**M35:** 1.Ricky Rasmussen EVAC 11.24; 2.Paul Smith MMAC 6.95;  
**M40:** 1.John Pearson MMAC 17.94 (CBP); 2.David Brown NVAC 9.63; 3.David Glendower SCVAC 8.24;  
**M45:** 1.Russell Payne MMAC 13.11; 2.Guy Perryman SCVAC 12.40; 3.Martin Roberts MMAC 11.11; 4.Anthony Tipping SCVAC 10.90;  
**M50:** 1.Malcolm Fenton EVAC 19.32bp; 2.Michael Small SWVAC 16.11; 3.David Abernethy NVAC 15.72; 4.Clive Howell MMAC 14.36; 5.David Maggs WMAA 13.85; 6.Michael Bale SCVAC 12.11;  
**M55:** 1.Terry Lalley MMAC 14.46; 2.John Wild VAA-NE 13.15; 3.Clive Thomson SCVAC 12.43; 4.William Renshaw NVAC 10.90; 5.Tim SaundersMullin SCVAC 10.55; 6.Philip Bramford EVAC 9.16;  
**M60:** 1.Barry Hawksworth MMAC 17.01; 2.Michael Hazlewood NVAC 15.86; 3.Godfrey Leak EVAC 13.61; 4.David Kuester VAC 13.44; 5.Richard Jegou MMAC 11.99;  
**M65:** 1.William Gentleman NVAC 15.22; 2.Jack Kee EVAC 15.01; 3.Garry Negus SCVAC 13.76; 4.Patsy Conboy IRL (G) 12.48;  
**M70:** 1.Hamilton Thomas SCVAC 15.96; 2.Ian Miller EVAC 14.63; 3.Brian Sumner MMAC 12.42; 4.Gordon Hickey VAC 11.65;  
**M75:** 1.Peter Barber SCVAC 13.37 (British Record); 2.Graham Roberts MMAC 9.05;  
**M80:** 1.William Kingsbury WMAA 10.15 (CBP); 2.Derek Harper WMAA 8.78;  
**M85:** Leslie D'Arcy NVAC 7.45;  
**W35:** 1.Camilla Thrush VAC 11.29; 2.Sue Lawrence SCVAC 9.45; 3.Catherine Alford WMAA 8.64;  
**W40:** 1.Janet Smith SCVAC 14.23(CBP); 2.Priscilla O'Sullivan IRL (G) 9.52; 3.Karen Llewellyn WMAA 8.74; 4.Maureen Glanton IRL (G) 6.78;  
**W45:** 1.Julie Wilson SCVAC 10.03; 2.Claire Cameron SVHC 9.38; 3.Alison George MMAC 7.79;  
**W50:** 1.Jennifer Ibbitson NVAC 12.68; 2.Brenda Russell EVAC 10.58; 3.Jenny Piercy VAC 9.50; 4.Pat Higgins MMAC 9.42;  
**W55:** 1.Vilma Thompson SCVAC 10.71; 2.Linda Harrison SCVAC 7.40;  
**W60:** 1.Elizabeth Sissons VAC 12.57 (CBP); 2.Barbara Terry SCVAC 11.28; 3.Rosemary Hutton VAC 10.43; 4.Anthea Bramford EVAC 9.21;

Results: Sports Computer Services 0114 2301381



## ***Peter Galbraith King 1919-2008***

Peter King, former veteran distance runner competing in the South, has died in Carlisle aged 88, after a very, very long illness. He was a man of great determination, yet always able to be relaxed, modest about his achievements and well informed.

A very notable thing about his life was that he was ready to try everything - and did. After his 10 marathons, innumerable half marathons and 10-milers he also turned to walking, doing the Pennine and Lakeland fells and back-packing over the Himalayas as well as setting up an age-related record for fastest time on the 40-mile Osmotherly to Ravenscar walk.

After that he was on to cycle racing, into gliding from 1967 becoming Glider Chairman 1979-1982. In his retirement he motor-biked around the world, to Sydney (London to Australia via the Khyber Pass), across Europe and right round Sicily.

A man looking for challenges! Not that he wasn't in addition up for many things in his family and business life. Yes, ten children and a great number of grand-children.

When war broke out he immediately enlisted as an AB in Royal Navy destroyers, before long promoted - as lieutenant in a cruiser and an aircraft carrier.

Peacetime saw him running the family stationery business "Galbraith King & Co". This developed in size as a litho printing business to a staff of 60 in a new City factory. It is hard to see in that rather eccentric sportsman, the eminently respectable bowler-hatted businessman that did the daily calls.

He sold out in 1968 and retired in 1971. After retirement he remained faithful to the printing trade, as treasurer of the Court of his livery company, the Stationers' Company, from 1980 to 1994.

It was in the 1990s that he first became aware that he was a victim of Parkinson's, and as the years wore on he became less and less able to look after himself and entered a nursing home; where he was reported to be quite heroic during the pain and suffering.

Notwithstanding, this was a life lived to the full.

***Sylvester Stein***

**The following Candidates have been put forward for the E.V.A.A. Council-**

**Dieter Massin, Esa Kaihlajärvi, Jean Thomas, Nicola Maggio, Robert Minting & Ton Peters**

## ***British Masters cross-country Champions talking to Alastair Aitken straight after their wins at Banbury on the 29th of March.***

### ***ROB WHALLEY (b 11.2.68)***

**Q. Having been competing amongst the top-class in the country all the time, it must become easier when you are able to run freely out at the front all the way, as you did in the British Masters?**

A. "Absolutely. I completely agree. When you are running free at your best there is a sort of sadistic enjoyment. Every step you try to run harder and push something further. Even though I was in front of the other guys by a reasonable amount I still tried to run harder and get the best out of myself. That is what I have always tried to do and that is why it has kept me quite near the front in races."

**Q. Besides having run in the World cross country championships something I have noted you have run well in the National 12 stage road relays.**

A. "I have always seemed to have got fit at that time of year. I can remember beating Bashir Hussein the first time I ran the first leg. Bristol & West always put me on the 3rd or 4th so, I could then pull through and that is what I enjoy doing, chasing people. I run at my best when I force people to run at my pace rather than at their pace"

**Q. This year you were 35th in the National and 34th in the Inter-Counties and World Trial.**

A. "I was sick at Christmas and it has taken me a long time to recover and it took a lot out of me. I had a couple weeks off training hard"

**Q. 'Your coach Mike Down seems a great boon to you.**

A. Absolutely. He is always telling me to get out and train. He could tell I needed to go easy for a couple of weeks after my illness even though I wanted to push myself. Even after all my years running it was Mike who knew what to say.

Mike had said I needed to wait. A lot of people could listen to his advice. He does not get the rewards but he does not seek them, just enjoys the pleasure of athletes running well."

**Q What brought you into athletics?**

A. "When I was 11 in school in Marlborough and it was the first time I did a cross-country. I found I was quite good at it and was not any hardship for me."

### ***NIKKI NEALON (b 27.2.68)***

**Q. In the British Masters when did you make your move?**

A. "We came round for the start of the second lap, which was about half-way and someone shouted out there were seven of us in a group. I thought there were too many and I did not want to risk it and pushed on and nobody really came with me which surprised me"

**Q. The previous weekend you led all the way in the World Masters Half-Marathon Championships in France (79.08) so, did that effect your run?**

A. "I had been just out of the medals in the cross country in the World Masters and then ran really well in the half marathon so, I



was not quite sure how I was going to run in the British Masters but once I got going it was alright'

**Nikki Nealon has two young children and has taken a year off her teaching work and looks back at her athletics so far:-**

'I started running at school at the age of seven and did make the first three in the County as a youngster but it was not till 1997 I actually started running better. I got a few international vests as a late senior (*She ran 27.27 for 5 miles on the road in 1999*).

**Q. What was your most satisfying performance then?**

A. "My first World Masters at San Sebastian when I won the 10,000m on the track (35.45.54-2005). I had never experienced anything like it, and then to actually win was fantastic."

**Q. Where do you train?**

A "On the road, sometimes on the country. I do reps and interval work in my training"

**BRIAN RUSHWORTH HAS BEEN IN THE FIRST THREE IN THE 40-49 AGE GROUP IN THE BRITISH MASTERS CROSS-COUNTRY FOR SIX YEARS**

**Q-What makes him still have those steely qualities as a competitor having run for so many years?**

A- "I just enjoy running on all surfaces. I love cross-country running and I look forward to the British Masters cross country championships and, my goal this year was to be in the first three 40-50 year olds and I have kind of achieved that.

**Q-Was the biggest satisfaction in Brian's career making the World cross country championships then?**

A- "Winning the Inter-Counties, the Northern, and the British 10k road championships when I was 35. Even coming third at Banbury. It gets even more special because it is harder to achieve. Another year, as you get older is a pretty long time and you can lose a hell of a lot of your fitness. You are hoping to be as strong as you were the year before. Barry Royden won last year but now he has had a bad year. However, he must have been in half descent shape as he would not have travelled up to compete in the race.

**Q-Was it a big turning point for Brian Rushworth when he stopped working in the docks and became a teacher?**

'I worked in the ship yards when I first started running. You just fit in your running, no matter what you do. You just get on with it. I have always been a hard trainer but a very sensible one as well. I would not like to think I did anywhere near as much as I used to when I was in the best form of my life quite a few years ago. I train like a 40 year old, sensibly I like to think. Once upon a time I would not dream of having a day off where as now I have every Friday off. I need to I think. I prefer to race and I am never a high mileage man anyway. Average 60-65 miles a week and I like to race quite often."

**BUD BALDARO IS THE UK ATHLETICS' ENDURANCE COACH AND HEADS ATHLETIC COACH AT BIRMINGHAM UNIVERSITY**

He ran just inside 50 minutes for 10 miles on the road and made the British Universities and Midland teams. At the London Marathon Exhibition he looked back on his life in athletics so far and his biggest athletics memory.

"Probably the Dudley to Bridgenorth. It was on a par with the London to Brighton relay. It was one of those relays that sadly

declined in the age of lots and lots of cars. It was a fantastic event over 55 miles. It was a lovely event and started at the Tipton Club House, ran through Dudley to Bridgenorth and back to Tipton.

He added "I got into coaching too early and did a marathon far too late in my career. I got involved with the kids coaching and advising Tony Milosorov at an early age. I took 60-70 kids to the Gwent League for three years and was looking after the family as well."

## MEDAL TABLE WMA INDOORS 2008

<b>1.Germany</b>	<b>99</b>	<b>89</b>	<b>71</b>	<b>259</b>
<b>2.France</b>	<b>77</b>	<b>62</b>	<b>54</b>	<b>193</b>
<b>3.GBR</b>	<b>37</b>	<b>38</b>	<b>52</b>	<b>127</b>
<b>4.USA</b>	<b>44</b>	<b>27</b>	<b>14</b>	<b>88</b>
<b>5.SPAIN</b>	<b>25</b>	<b>31</b>	<b>32</b>	<b>88</b>
<b>6.ITALY</b>	<b>24</b>	<b>22</b>	<b>27</b>	<b>73</b>
<b>7.RUSSIA</b>	<b>21</b>	<b>22</b>	<b>16</b>	<b>59</b>
<b>8. FINLAND</b>	<b>18</b>	<b>10</b>	<b>9</b>	<b>37</b>
<b>9..SWEDEN</b>	<b>11</b>	<b>6</b>	<b>10</b>	<b>27</b>
<b>10.BELGIUM</b>	<b>14</b>	<b>5</b>	<b>6</b>	<b>25</b>

## NEW UK MASTERS RECORDS

*Donna Fraser has won medals in the European Champions, European Cup and Commonwealth Games, perhaps her best performance was 4<sup>th</sup> in the 2000 Olympics, when she was narrowly beaten by Katherine Merry.*

*Donna joined the Masters ranks on the 7<sup>th</sup> November last year and so far set British Records W35 as follows:*

100 metres: 11.65 Biberach, GER 28<sup>th</sup> June 2008  
200 metres: 23.38 Los Angeles, USA 26<sup>th</sup> April 2008.  
400 metres: 53.33 Celle Ligure, FRA 24<sup>th</sup> June 2008.

*36 year old Ashia Hansen also broke the W35 Triple Record with a new best of 13.31 in Hania, GRE on the 7<sup>th</sup> of June.*

*UK Record Holder Nick Buckfield moved into the M35 Division on the 5<sup>th</sup> June, and celebrated with a new M35 record of 5.20 two days later.*

**JOHN ROSS** set a new M70 Record in the SVNC Championships at Pitreave, his time for 400 Metres was 64.82.



## TOP MARKS FROM THE WORLD

2008 has seen some great performances from over 35's in the World Scene; let me list some of them.

Perhaps even some of the Masters Statisticians might even check the IAAF lists and ratify them as World Records? I live in hope!

### Editor

#### Women:

100: Chryste Gaines USA 11.13 (1.2);  
10000: Dulce Maria Rodriguez MEX 31:39.20;  
100H: Irina Lenskiy ISR 13.07;  
400H: Melinda Sallins USA 56.39;  
HJ: Romery Rifka MEX 1.92;  
PV: Stacey Dragila 4.70 (Irie told me about this World Record)  
LJ: Olena Shekhovtsova 6.36;  
TJ: Yamile Aldama SUD 14.36 (-1.6);  
SP: Irina Khudovoshkina RUS 18.92;  
DT: Nicoleta Grasu ROU 66.51;  
HT: Sviatlana Sudak TUR 70.28;  
JT: Steffi Nerius GER 65.71;

#### Men:

100: Nobuharu Asahara JPN 10.17 (0.6);  
200: Christopher Williams JAM 20.20 (1.7) (would be a World Record according to WMA site, but Linford Christie ran 20.11)  
1500/5000: Alberto Garcia ESP 3:39.50 / 13:37.37;  
10000: Haile Gebrselassie 26:51.20 (M35 World Record);  
3000SC: Eliseo Martin ESP 8:30.76;  
110H: Allen Johnson USA 13.32;  
400H: Danny McFarlane JAM 48.58 (World M35 Record);  
HJ: Dragutin Topic SRB 2.27 (equals His M35 World Record held jointly with Charles Austin);  
PV: Derek Myles USA 5.80;  
LJ: Vladimir Malyavin RUS 8.05;  
TJ: Charles Friedrex GER 16.93;  
SP: Dragan Pevic SRB 19.22;  
DT: Virgilius Alekna LTU 71.25;  
HT: Nicola Vizzoni ITA 78.15;  
JT: Sergey Makarov RUS 83.44;

*I heard today the 2<sup>nd</sup> July of the loss of one of Midland Masters original first claim members.*

*John Quantrell was President in the years 2001-2, and supported the Club travelling many miles to meetings throughout the Country.*

*Our thoughts go to Brenda and the family.*



## Ajit Singh Kalirai MBE 1927-2008

We are sorry to announce the death of Ajit Kalirai on Monday May 19th. He was awarded his MBE in 2002 for his services to the community and to Masters Athletics.

The Jim Thorpe Medal (Bronze and embossed with multi-events) which would be awarded to best age-graded UK Decathlete each year. Was last seen after being handed back by Allan Leiper at Oxford B.M.A.F Decathlon champs last year. Anyone knowing of its whereabouts please contact **Dr Julian Kennedy j.kennedy403@ntlworld.com 07845-076983.**

Jack Fitzgerald (BVAFA Secretary 1978-82) was tucked snugly under his duvet when he was woken at 1.00 am by crashing masonry. Scrambling over the debris, guided by the night sky, he discovered that the ceiling and part of the roof of his ex-Council flat had collapsed in on him with charred tiles ripping through furniture and missing his sleeping 86-year old body by centimetres. A crash of that magnitude would have been enough to kill most Over Eighties, but not the fit master athlete. The ex-RAF man just shrugged it off with "I thought I was back in the bloom'n London blitz again", he laughed.



## VAA of ENGLAND

*England will host the 2009 International Cross Country and the Isle of Man will promote the event. The Inter Area Track and Field will be back this year, and will be held at Hemel Hempstead on the 10<sup>th</sup> of August.*

*Delegates agreed that there was strong support for a change of name to Masters Athletic Association of England. This will go as a formal proposal to the 2009 AGM.*

*Officers for 2008 are: Chair- Irene Nicholls; Secretary –Bridget Cushen; Treasurer-Danny Mullane ; Cross Country-Phil Lee; Track & Field-Arthur Kimber; Race Walking-Eric Horwill.*

## MASTERS ON TALK SPORT

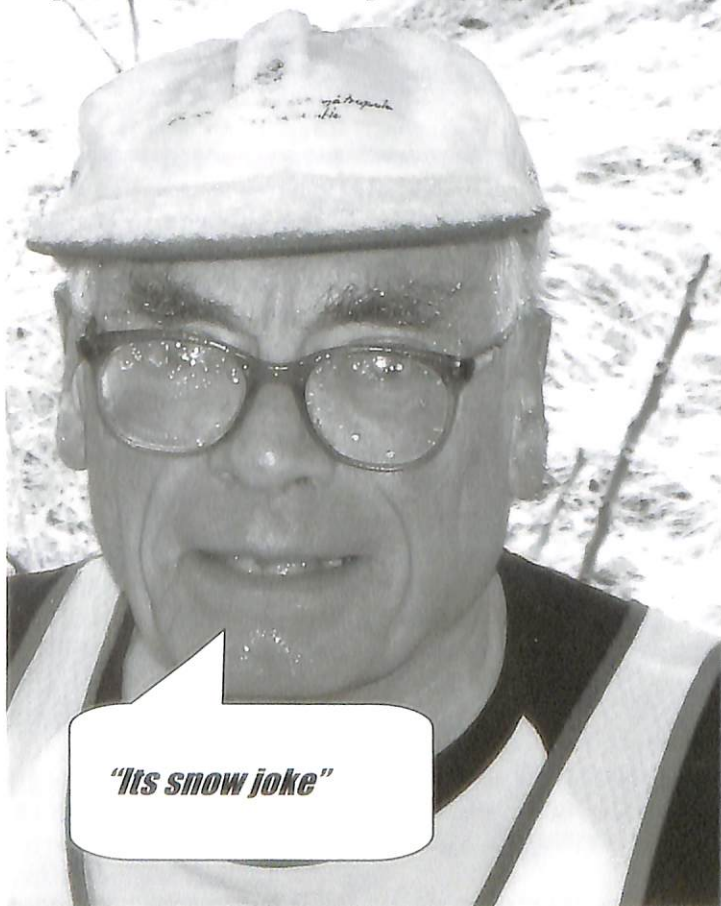
You won't have heard it because you were competing, but we were on the Andy Goldstein Show on Talk Sport Radio on Saturday the 5<sup>th</sup> July, during the Track and Field Championships.

Just glimmers in the hard world of publicity but add it to BBC-WM and Radio Gold.

It's a start !

EDITOR.

*Conditions idéales pour la marche de course à Clermont-Ferrand.  
picture Eric Horwill by Arthur Thomson*



## BRITISH ATHLETICS 2008

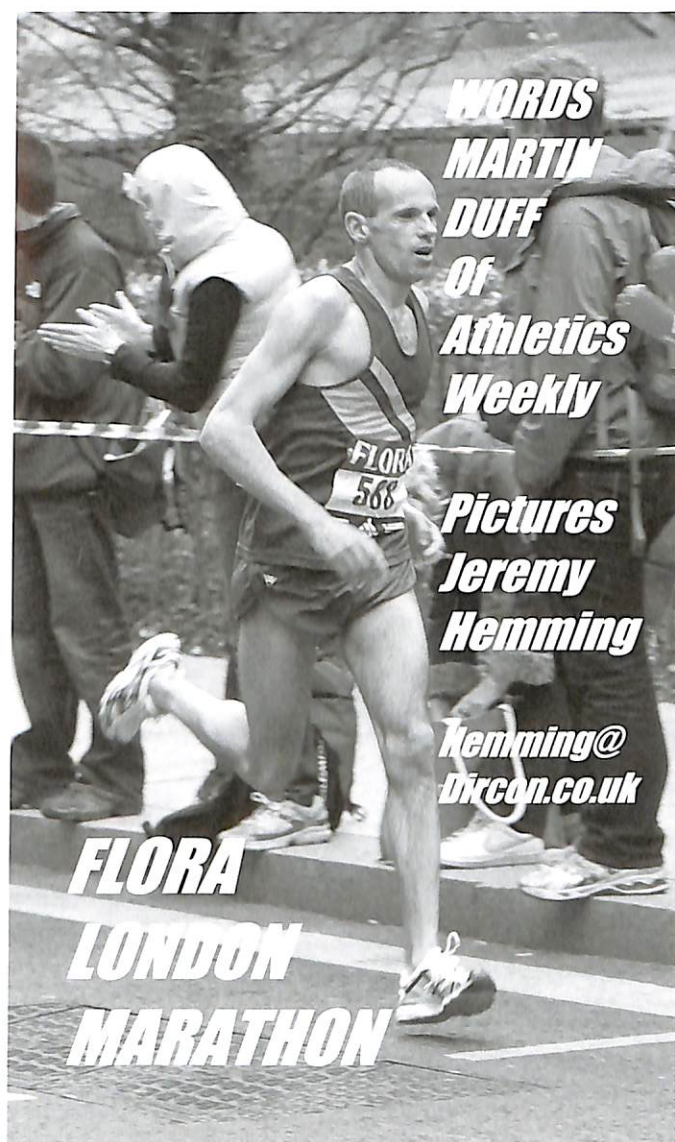
Statistical review of 2007  
compiled by the National  
Union of Track Statisticians

Editors: Rob Whittingham & Peter Matthews



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**T**he top British masters runners were Hayley Haining and Darran Bilton as veterans dominated the front of the elite women's race.

In only her second race at the distance 35-year-old Irina Mikitenko ran away from Svetlana Zakharova in the closing stages for a W35 1.2. "I was in such good shape I knew I could do it," Mikitenko told the London Marathon website but her time of 2:24:14 was nearly three minutes slower than Ludmilla Petrova's London veteran's best time.

Zakharova was competing in only her second race since giving birth about a year ago but her time secured a Russian team spot in the Beijing Olympics. That was Haining's aim too but she could not quite reel in her non-master compatriot Liz Yelling, winding up fifth master as Ludmilla Petrova and Constantina Dita also finished ahead.

Haining knocked more than a minute from her previous best with 2:29:18 in 12th overall. At one point she got within 13 seconds of Liz Yelling and a possible Beijing Olympic berth but it was not to be, despite again achieving the "A" selection standard.

Elsewhere the rest of the British W35s were well down with Adele Salt next, just under 2:50.

Top W40 Liz Hartney came home in 2:49:24, despite slowing in the wind and rain from 21 miles. The Reading Roadrunner told Athletics Weekly: "my legs were beginning to cramp and I slowed from 6:24 splits to 6:50 then 7:00 as I really died in the last miles but I kept on trying. We turned into the rain and wind at about 21-22 miles and I started to feel rough."

Sarah Gee, who broke through to take the National Masters cross-country silver medal, was close behind and Hartney said: "I thought she may have been closing." Darran Bilton repeated his triumph of 12 months earlier, just a week after anchoring Leeds City home to victory in the Northern 12-stage road relay. He ran 2:25:10, in 2007, but improved to 2:23:49 this year and passed long time masters leaders, Jason Simpson and then Dominic Bannister, who turned 40 on April 1st. Both tired dramatically in the closing stages after going through halfway in under 70 minutes more than two minutes clear of Bilton.

Ian Crampton was over five minutes faster in retaining his M45 title in 2:30:40, while last year's W45 winner Vicky Perry moved up to take W50 gold this time with 2:55:08.

British Masters Cross-Country champion Angela Copson proved that her victory at Banbury two weeks earlier was no fluke as her 3:16:54 took nearly seven minutes from Ann Chapman's 1996 best also set in London and finished 16 minutes clear of the next over 60 woman.

Carole Spong is a former W60 winner but here moved up to take the W65 group from Sue Lambert in 3:38:29. Her time was just three minutes outside Jose Waller's 20-year-old British best. Also close to a record was Iva Barr's W80 time of 5:50:45.

**M40:** 1 D Bilton (Leeds) 2:23:49; 2 D Bannister (SB) 2:28:52; 3 B Murphy (Liv PS) 2:29:00; 4 H Zietsman 2:30:30; 5 M Smith (Bourt) 2:31:24; 6 J Simpson (S Lon) 2:31:38; 7 C Cilia 2:31:58; 8 P Critchlow (Beau L) 2:32:30; 9 M Croasdale (RN) 2:32:31; 10 D Connor (Ripley) 2:33:35; 11 C Southam (Stilt) 2:34:48; 12 O Thunegard (SWE) 2:35:13; 13 K Joseph (SUI) 2:35:37; 14 A Lockey (Bourt) 2:35:39; 15 P Darbyshire (Wig P) 2:36:05; 16 G McLean (NZL) 2:36:24; 17 A McNeil (L Eaton) 2:36:38; 18 A Jackson (SB) 2:37:24; 19 G Hide (Win) 2:37:52; 20 B Royden (Inv EK) 2:37:55; 21 N Baker (Denm) 2:37:59; 22 P Waterson (Morp) 2:38:15; 23 G Knight (Bost) 2:39:06; 24 D Lang (Ips J) 2:40:14; 25 M Woodman (RRC) 2:40:39; 26 M Dooley (Army) 2:40:46; 27 C Hollinshead (Staff) 2:40:58; 28 P Waby (D&S) 2:41:00; 29 R Bellamy (NYMAC) 2:41:03; 30 N Thompson (Lyth) 2:41:09; 31 P Todd (B'fleet) 2:41:12; 32 P Bleach (Ports) 2:41:23; 33 J Ferraro (Lon H) 2:41:32; 34 N Martyn (High) 2:41:36; 35 D Henni (FRA) 2:41:36; 36 R Downs (Wilm) 2:41:48; 37 P McGeever (AFD) 2:42:16; 38 A Collins (S Lon) 2:43:02; 39 S Marklew (RSC) 2:43:06; 40 D McCarter 2:43:15; 41 G Taylor (Giff) 2:43:15; 42 R Gornall (Stroud) 2:43:33; 43 L Gozzoli (ITA) 2:43:52; 44 A Hope (Sev) 2:43:54; 45 C Lound (Dulw R) 2:44:03; 46 B Svines (NOR) 2:44:09; 47 P Rose (Yeo) 2:44:22; 48 F Dudbridge (THH) 2:44:30; 49 P Mitchell (S Lon) 2:44:31; 50 B Cruikshank (Fife) 2:44:42;

**M45:** 1 I Crampton (Durh) 2:30:40; 2 D Walmsley (Bourt) 2:35:28; 3 D Brown (Chilt) 2:36:06; 4 R Adams (Ports J) 2:36:34; 5 N Rackham (Metros) 2:36:55; 6 I MacDougall (Bourt) 2:39:35; 7 M Hatton (S Chesh) 2:40:00; 8 D Child (Kent) 2:42:26; 9 S Link (Stour) 2:43:56; 10 G Dixon (Morp) 2:44:03; 11 H Van Zyl (Abing A) 2:44:20; 12 N Kinsey (B&B) 2:44:35; 13 J Clark 2:44:35; 14 A Abrah (Lon H) 2:44:37; 15 G Dixon (Camb) 2:44:33; 16 M Sheehan (Foyle V) 2:44:47; 17 K Ploner (ITA) 2:44:53; 18 S Cunningham (N Der) 2:45:55; 19 M Halvey (Rane) 2:45:58; 20 C Richards (Cleve) 2:46:06; 21 M Lane (Rane) 2:46:18; 22 A Bass (Serp) 2:46:30; 23 E De-Poorter (FRA) 2:46:48; 24 A Hartley (Elsw) 2:46:59; 25 B Berntsen (NOR) 2:47:10; 26 J Robertson (Der) 2:47:39; 27 G Stephens 2:47:41; 28 P Walters (Trots) 2:47:42; 29 J Kay (Fife) 2:47:48; 30 C Finill (Harrow) 2:48:18; 31 K Joules (F Hull) 2:48:55; 32 S McMyler (Salf) 2:49:16; 33 D Walmsley (Manch) 2:49:18; 34 T Zarako (R&Z) 2:49:24; 35 K Boardman (Falk) 2:49:30; 36 G Wilton (Farn R) 2:49:44; 37 P Kendrick (Brecon) 2:49:57; 38 S Keywood (Lon) 2:50:05; 39 D Breen (Giff) 2:50:11; 40 K Shelton-Smith 2:50:18; 41 G Butcher (Deal Tr) 2:50:24; 42 M Davis (Newq RR) 2:50:41; 43 S Mortimer (Wimb) 2:51:00; 44 R Cole (L iv) 2:51:46; 45 D Williams 2:51:59; 46 I Meadowcroft (Head RR) 2:52:14; 47 M Gooding



(Read RR) 2:52:25; 48 P Bosson 2:52:45; 49 K Purvis 2:52:59; 50 V Dude (Craw) 2:53:01;



*Ian Crampton*

**M50:** 1 G Stevens (NZL/Serp) 2:32:26; 2 G Payne (G Eliot) 2:37:46; 3 D McGregor (Serp) 2:40:04; 4 S Smythe (Dulw R) 2:43:40; 5 T Dixon (Oxf C) 2:43:50; 6 M Bale (NOR) 2:45:57; 7 M Bridgeland (Chelm) 2:46:59; 8 K Buxton (Wirr) 2:48:00; 9 I De Bruyne 2:48:13; 10 M Koehler (AUT) 2:48:48; 11 J Goodland (GWR) 2:49:02; 12 D Briscoe (And) 2:50:20; 13 M Bond (Col H) 2:50:20; 14 S Davies (Mansf) 2:50:30; 15 S Marshall (Durh) 2:50:21; 16 T Clough (Leeds) 2:51:00; 17 A Butler (Thrift) 2:51:17; 18 A Rowe (Wesh) 2:51:29; 19 P Gardelli (ITA) 2:52:08; 20 S Shaw (Edgworth) 2:52:17; 21 C Price Swint) 2:52:39; 22 D Rusch (GER) 2:52:57; 23 G Reid 2:53:15; 24 N Sirs (Exe) 2:53:33; 25 R Stanier (Tip) 2:53:59; 26 J Dooley (Handy X) 2:54:09; 27 R Reyes (CHN) 2:54:28; 28 N Cooper (Shelt) 2:54:40; 29 R Harrison (Mil K) 2:55:02; 30 R Wilson 2:56:10; 31 H Nagai (JPN) 2:56:16; 32 M Smith (Yeo) 2:56:42; 33 K Rybka (GER) 2:57:54; 34 J Trotter 2:57:55; 35 A Pedro (ESP) 2:58:09; 36 I Wilson (Rane) 2:58:11; 37 G McClure (Abbey) 2:58:21; 38 S Moffatt (Howgill) 2:58:27; 39 F Lynch (R Rose) 2:58:38; 40 G McPherson (M Aber) 2:59:08; 41 C Loizou (Dulw R) 2:59:27; 42 R Darbyshire (Salf) 2:59:36; 43 K Rootjes (NED) 2:59:36; 44 D Scott (Work) 2:59:44; 45 K Hill 2:59:49; 46 P Morley (Prest) 2:59:49; 47 S Colbourne (Sphinx) 3:00:14; 48 J Bateman (Rip) 3:00:15; 49 R Barker (Denby) 3:00:47; 50 A Sprules (Frome) 3:00:47

**M55:** 1 C Steptoe (VoA) 2:45:10; 2 J Hiscox (P'pridd) 2:45:55; 3 P Redden (R'side) 2:47:45; 4 B Wilson (Ludlow) 2:50:26; 5 J Thorsell (SWE) 2:54:50; 6 S Richardson (Pock) 2:56:52; 7 R Thomas 2:58:00; 8 R Booth (Shelt) 2:58:19; 9 P Douglass (Staff) 2:58:21; 10 A Purdy (Eye) 2:59:02; 11 D Worcester (Chich R) 2:59:03; 12 M Warwick (Rhay) 2:59:21; 13 W Curran (B'mena) 3:00:48; 14 T Robertshaw (TRA) 3:01:48; 15 J Bateman (RRC) 3:01:55; 16 R Hill (Ips J) 3:02:05; 17 J Zielinski (New J) 3:04:43; 18 C Moody (Harl RC) 3:05:14; 19 M McKenna (Dallam) 3:06:04; 20 C Skerratt (Bigg) 3:06:18; 21 M Beattie (Plym) 3:06:36; 22 J Price (Liv RC) 3:07:14; 23 M Kestle (Newq RR) 3:08:56; 24 R Vialls (Bark) 3:09:09; 25 D Wintle (GWR) 3:09:25; 26 I Slater (Poole R) 3:09:37; 27 R Batterham (W Chesh) 3:09:45; 28 A Mansi (Hill) 3:10:18; 29 J Brown (FVS) 3:10:24; 30 P Pugh 3:10:44; 31 K Heidelberger (GfR) 3:11:07; 32 J Brough (Stroud) 3:11:38; 33 C Russell (Mansf) 3:11:42; 34 I Grimsdale 3:12:17; 35 R Flesher (Vall St) 3:12:30; 36 P Shaw (Rip) 3:12:41; 37 P Watkinson (Bev) 3:12:42; 38 A Watts (Wilm) 3:12:49; 39 G Tucker (Rei P) 3:12:53; 40 E Taylor 3:13:18; 41 C Abram 3:13:25; 42 H Sloan (Shelt) 3:13:25; 43 G Le Good (Wit) 3:14:04; 44 P Rayner (W'stock) 3:14:23; 45 R Dolan (G G'pik) 3:14:30; 46 I Davies 3:14:39; 47 J Tennant (Harl RC) 3:14:41; 48 G Smith (E&F) 3:15:07; 49 C Corcoran (Leeds) 3:15:27; 50 I Dart (Plym) 3:15:57;

**M60:** 1 U Bodmer (GER) 2:54:03; 2 A Ozane (FRA) 2:59:12; 3 S Badgery (HW) 2:59:38; 4 A Appleby (Prest) 3:02:35; 5 V Schiavottello (ITA) 3:03:42; 6 P Sarson (Staff) 3:05:41; 7 T Lewis (Durs) 3:05:43; 8 I Graham (B'mth) 3:06:02; 9 R Scott (Kilb) 3:06:39; 10 W Clews (B'end) 3:08:18; 11 M Anson 3:08:39; 12 M Walker (S'port W) 3:08:37; 13 B Hayes (NNBR) 3:09:00; 14 P Del-Vecchio (FRA) 3:09:42; 15 P Lockett (Newq RR) 3:09:54; 16 C Thornton (Tyne) 3:12:02; 17 P Menard 3:12:13; 18 A Norman (Nun) 3:13:03; 19 J Liptrot (Almost) 3:13:35; 20 G Dingley (Burt) 3:14:12; 21 G Hawkins (Durs) 3:14:26; 22 M Ford (Chelt) 3:14:28; 23 J Belouqui (ESP) 3:15:16; 24 S Mann (Herts P) 3:15:20; 25 P McDonald 3:15:49; 26 D Beattie (Craw) 3:15:51; 27 D Alsop (Fal) 3:16:04; 28 R Everard (Pitsea) 3:16:39; 29 P Jenkins (Read RR) 3:17:40; 30 J Johnson (Chelt) 3:19:14; 31 F Hughes (Liv RC) 3:19:36; 32 F Watt (L Buzz) 3:19:54; 33 G Ridsdale 3:21:36; 34 B Cooke (Burn J) 3:21:43; 35 A Payne (E Hull) 3:23:31; 36 P Simpson (Liv) 3:32:45; 37 J Brown 3:23:12; 38 N Griffiths (Spect) 3:23:21; 39 V Bartrop (100 Mara) 3:24:05; 40 M Casey (Barns) 3:25:02

**M65:** 1 K Burgess (Alt) 3:13:06; 2 M Howells (Sospan) 3:23:32; 3 B Whitworth (Staff) 3:24:02; 4 J Kane (Win) 3:24:51; 5 D Williams (Eryri) 3:25:20; 6 B Burgin (Hali) 3:27:41; 7 J Butcher (Datch) 3:29:37; 8 J Pairman 3:30:37; 9 P Dobbs (Thurr) 3:31:54; 10 A Staniland (SinA) 3:33:12; 11 S Barracchia (ITA) 3:33:33; 12 A Bye (Skyrac) 3:33:54; 13 A Bent (Brack F) 3:34:03; 14 D Crook (Rotary) 3:34:03; 15 B Cradden (B'brook) 3:35:12; 16 A Hurley (Fleet) 3:36:38; 17 M Byworth (Scun) 3:39:20; 18 M Clarke (North RR) 3:41:02; 19 M Bassi (FRA) 3:41:27; 20 M Simmonds (Ryst) 3:42:20

**M70:** 1 B Newell (Scun) 3:14:06; 2 G Oliver (100km) 3:32:25; 3 M Coupe (Nailsea) 3:41:51; 4 G Brown (Liv) 3:43:19; 5 R Griffin (Camb U) 3:43:44; 6 H Newton (Macc) 3:52:30; 7 D Holdstock (Fitt) 3:57:39; 8 A Cotton (BRJ Hunt) 3:57:41; 9 J Prudham (J&H) 4:01:15; 10 P Brook (Stroud) 4:02:25

**M75:** 1 B Campbell (Mid M) 3:49:51; 2 R Walsh (BWF) 4:00:10; 3 J Cleverly (N Elth) 4:12:38; 4 R Gee (Soton RC) 4:12:50; 5 J Gray (Felth) 4:13:11; 6 A Morton (Bro D) 4:20:43; 7 B Emmerson (Leam) 4:32:50; 8 K Bingley (Ack) 4:38:50; 9 S Starbrook (R'mede) 4:46:02; 10 G Wintle 4:55:18

**M80:** 1 H Turner (Mid M) 5:20:20; 2 J Bryant (March) 5:50:37; 3 A Knibbs 6:19:40; 4 P Freedman (Hav 90) 6:31:59; 5 N Gould 7:14:27; 6 R Blois (S'end) 7:31:17

**NB:** K Clarke crossed the line first in this group but appeared not to have gone around the Isle of Dogs, as his chip was not recorded as having done so. He had previously been banned from the race for allegedly similar infringements in several previous years. His times in other races have now been erased from the record books.

**W35:** 1 I Mikitenko (GER) 2:24:14; 2 S Zakharova (RUS) 2:24:39; 3 L Petrova (RUS) 2:26:45; 4 C Dita (ROM) 2:27:45; 5 H Haining (Kilb) 2:29:18; 6 A Salt (Trenth) 2:48:23; 7 R Briggs (Tun W) 2:50:20; 8 A Howe (Lon H) 2:51:02; 9 S Swan (Lon H) 2:52:55; 10 E Gooderham (Malv) 2:54:51; 11 T Fawcett (Sale) 2:55:00; 12 Z Pike HW) 2:56:26; 13 K Whigham (Woott RR) 2:58:40; 14 S Urwin-Mann (T Bath) 2:58:51; 15 R Fok (Harw) 2:59:39; 16 M Jesson (North RR) 3:00:27; 17 J Knowles (Carn) 3:01:05; 18 C Phillips (Swan) 3:01:47; 19 S Reynolds (Chilt) 3:02:32; 20 J Dickens (Stone) 3:02:36; 21 D Hillman (Corn) 3:03:01; 22 C Hill 3:03:38; 23 K Farquhar (Holm) 3:03:48; 24 L Mawer (Bing) 3:03:06; 24 V Gevrey (FRA) 3:04:31; 25 E McKie (St Alb) 3:06:14; 26 C Imrie (Serp) 3:06:35; 27 J Dumbrell (Bexhill) 3:06:39; 28 N Neal (Belg) 3:07:23; 29 L Davis (Handy X) 3:09:05; 30 C Hale (Gard CR) 3:09:07; 31 K De Fuenten (L'down) 3:09:24; 32 AN Other 3:09:49; 33 C Betmead (BWF) 3:10:10; 34 T Gaillard De Laubenque (Dulw R) 3:10:30; 35 A Berrill (Slea) 3:10:38; 36 T Bailey 3:10:54; 37 M Warden (Dews) 3:11:38; 38 C Bedells 3:11:45; 39 J Swift (WRN) 3:12:00; 40 A Small 3:12:09; 41 N Wiggett 3:12:30; 42 J Rowe (Vets) 3:12:31; 43 P Stephens (Weston) 3:12:45; 44 C Jones (Spect) 3:13:07; 45 S McGuire (Cant) 3:13:17; 46 E Davis 3:13:17; 47 F Clarke 3:13:41; 48 K O'Connor (Rane) 3:13:56; 49 J Hesketh (Steyn) 3:13:57; 50 S Dixon (Glaxo) 3:14:03

**W40:** 1 L Hartney (Read RR) 2:49:24; S Gee (Read RR) 2:51:16; 3 A Thomas (Trots) 2:55:16; 4 S Baker (R&N) 2:57:28; 5 D Steer (St Alb) 2:58:38; 6 K Parsiegla (GER) 2:59:11; 7 J Moore (Wells) 3:00:13; 8 S Wood (DMV) 3:00:14; 9 R Barker (Saffron) 3:00:31; 10 A Dennison (Bing) 3:01:02; 11 S Hawkins (Inv EK) 3:01:45; 12 W Urban (Torbay) 3:02:23; 13 L Ringham (Avon VR) 3:03:21; 14 A Sedman (Belle V) 3:03:26; 15 T Oldershaw (Padd W) 3:03:56; 16 N Nealon (Hunc) 3:04:26; 17 J Carter (Cumb FR) 3:04:52; 18 S Watson 3:05:07; 19 K Wood (Stock) 3:05:55; 20 A Critchlow (Lon H) 3:05:56; 21 S Roberts (Ingli) 3:06:46; 22 G Murdoch (Carn) 3:08:17; 23 A Hall (Torbay) 3:08:20; 24 A Dennison (Over) 3:08:24; 25 E Patrick 3:08:50; 26 R Watchorn-Rice (Cheadle) 3:08:57; 27 P Adams (RMP) 3:09:13; 28 K Masson (C&C) 3:09:26; 29 S Martin (Newq RR) 3:09:29; 30 H Evans (RRC) 3:10:24; 31 T Taylor (Tun W) 3:10:31; 32 M Wall (Linfield) 3:10:47; 33 T Clemmensen (Leam) 3:11:10; 34 K Wright (Strat) 3:11:11; 35 C A Davies (P'pridd) 3:12:52; 36 S Gannon (Ware) 3:13:53; 37 J Hatton (Macc) 3:14:13; 38 M McLachlan 3:14:17; 39 J Campion (Vale R) 3:14:19; 40 Y Scarrott (Werr) 3:14:24; 41 J Jones (Wig P) 3:15:02; 42 D Chapman 3:15:17; 43 V Swingle (Shrop) 3:15:27; 44 J Dalzell (Mil K) 3:15:32; 45 R Johnson (Malvern) 3:15:45; 46 M Hollinshead (Dews) 3:15:47; 47 S Bignell (Holme P) 3:15:50; 48 P Major (S Lon) 3:15:51; 49 J Deegan (Ach) 3:16:41; 50 T Hempal (Belper) 3:16:58





Hayley Haining

**W45:** 1 D Parfitt (NNBR) 2:58:25; 2 T Woolley (Cent) 3:00:12; 3 T Sculley (Orion) 3:00:23; 4 L Whaley (Read RR) 3:00:07; 5 J Burke (Heanor) 3:05:01; 6 J France (Holm) 3:05:40; 7 A Herold (Aldridge) 3:06:36; 8 E Coombs 3:06:55; 9 C Pauzers Herne H) 3:07:42; 10 F Shenton (Elvet) 3:07:44; 11 T Johnson (Dews) 3:09:13; 12 D Hier (Warm) 3:09:47; 13 F Ross-Russell (Salis) 3:11:22; 14 A Hehn 3:11:28; 15 F Nairn (Hadd) 3:12:58; 16 C McCarthy (Ack) 3:13:10; 17 R Bales (B&R) 3:13:58; 18 W Boon (Les C) 3:14:25; 19 F Skidmore (Dews) 3:14:26; 20 A Brownhill (W4H) 3:14:40; 21 J Palmer (B'fleet) 3:14:45; 22 J Jarvis (Osw) 3:15:00; 23 S Gardner (Vict) 3:15:18; 24 Y McGarry 3:15:20; 25 C Janey 3:15:29; 26 A Stewart-Power (Read RR) 3:15:32; 27 T Curl (Norw RR) 3:16:29; 28 H Cawthorne (Red RR) 3:16:42; 29 C Hewitt (Wrex) 3:16:48; 30 A Davidson (DMV) 3:18:12; 31 D Disney (Erewash) 3:18:19; 32 T Robson (W'bury) 3:19:37; 33 M Bowen-Rees (Trots) 3:19:45; 34 S Wolanski (Head RR) 3:20:08; 35 S Cook (Thame) 3:20:16; 36 J James (Slea) 3:20:46; 37 J Armstrong (B&H) 3:20:52; 38 T Prior (Abing A) 3:20:55; 39 P Milne (Kinross) 3:21:18; 40 D Rhodes (Alt) 3:21:44; 41 R Copp (N For) 3:21:53; 42 E Gannon 3:22:33; 43 E Dudley 3:22:52; 44 J Cruse (Wesh) 3:23:00; 45 R Wilson (Stone) 3:23:53; 46 C Ferguson (St Alb) 3:24:11; 47 C Heycock 3:24:58; 48 M Tavener (Vale R) 3:25:15; 49 J Noad (M'head) 3:25:24; 50 J Bradshaw 3:25:27

**W50:** 1 V Perry (Alt) 2:55:08; 2 S Gilbert (T Soton) 3:04:17; 3 J Laws (Barn) 3:08:05; 4 S Edwardsdottir (ISL) 3:12:03; 5 E Christie (Bella) 3:13:13; 6 B Nordin (Ilf) 3:13:59; 7 H Lambert (NSP) 3:13:22; 8 D Rosseboom (NED) 3:16:32; 9 S Spong (Hav 90) 3:19:11; 10 C Hemsworth (Falm) 3:19:34; 11 B Ralph (Chilt) 3:19:56; 12 K Fowler (S Dev) 3:21:43; 13 K Kilbride 3:24:43; 14 G Driscoll (Dunst) 3:25:00; 15 L Chapman (Garscube) 3:26:18; 16 T Frost (WRN) 3:27:01; 17 M Anderson (S'haven) 3:27:09; 18 A Hovden (NOR) 3:27:13; 19 S Cheung 3:28:50; 20 G Harrison (T Spirit) 3:29:05; 21 J Binns (WSEH) 3:29:22; 22 R Duschl (SUI) 3:30:04; 23 C Young (Blythe) 3:30:34; 24 S Colquhoun (Tad) 3:32:01; 25 J Clarke (Stour) 3:32:19; 26 P Curtis (Hogweed) 3:33:11; 27 V Rullino (ITA) 3:33:31; 28 J Bremner (Tamar) 3:33:43; 29 M Williams (Cent) 3:34:06; 30 P Wilson (Abing A) 3:34:10; 31 P Parker (Cumb) 3:34:39; 32 S Fearn (R&N) 3:35:14; 33 U Von Knobloch 3:35:19; 34 E Witjes (NED) 3:35:24; 35 F Visser (NED) 3:35:24; 36 D Gipp (Ely) 3:36:17; 37 E Johansen (SWE) 3:36:31; 38 A Carlin (R&N) 3:36:34; 39 J Brown (Ryde) 3:36:48; 40 C Clarke (Shephed) 3:36:59; 41 S Green (Eg H) 3:37:09; 42 A Sanders-Rees (Morn) 3:37:15;

43 J Barrow-Green (Vic P) 3:37:24; 44 O Wohanka 3:37:43; 45 C Willgoose (Abergele) 3:38:02; 46 J Demming 3:38:06; 47 C Roberts (Myst) 3:38:28; 48 C Hartle (Wimb) 3:38:54; 49 B Hickman 3:39:00; 50 A McDonough (B&B) 3:39:13

**W55:** 1 J Radford (Win) 3:19:30; 2 M Rayner (W4H) 3:20:12; 3 E Neville (Eps O) 3:28:54; 4 J Georghiou (Farn R) 3:29:52; 5 C Horder (B'mth J) 3:32:58; 6 M Moody (Vets) 3:34:41; 7 Y Leeson (Stone) 3:37:05; 8 C Matthews (Ilk) 3:38:09; 9 M Picksley (Steel) 3:41:07; 10 F Delves (Hails) 3:44:56; 11 G Porter (Metros) 3:45:09; 12 C Hargrave (Stone) 3:47:31; 13 J Kilgour (Clare) 3:47:53; 14 F Verrill 3:52:06;



Wicky Perry

15 P Davies (Vale R) 3:52:50; 16 H Allen (Hart) 3:54:06; 17 R Tabor (Dulw R) 3:54:28; 18 C Wadforth (E Hull) 3:55:13; 19 C Egglestone (Ling) 3:55:36; 20 D Bethune (Olney) 3:56:19; 21 S Dinsdale (WC Hull) 3:56:22; 22 P Lucas 3:56:43; 23 E Hoffmann (LUX) 3:56:49; 24 M Metcalf (Knives) 3:56:58; 25 P Fenelon (Goole) 3:58:10; 26 M Dieudonne (FRA) 3:58:19; 27 L Clappett (Thurr) 3:59:06; 28 L McAskil (BA) 3:59:24; 29 S Kimura (JPN) 4:00:37; 30 M Hemsworth (Hay H) 4:01:03

**W60:** 1 A Copson (R&N) 3:16:54; 2 K Williamson (Eynsh) 3:32:59; 3 S Gibson (Darl) 3:34:21; 4 C Morgan (Shrop) 3:49:59; 5 N Smith (B'burn) 3:51:46; 6 P Schaerer 3:52:01; 7 H Webber (Salis) 3:54:33; 8 P Moss 3:58:50; 9 G Jackson (Chep) 3:59:46; 10 E Robinson (Ripley) 4:00:41; 11 S Bayliss 4:03:39; 12 M Stoneman (T Bath) 4:03:59; 13 M Clements (Salis) 4:04:09; 14 M Rea (Hay H) 4:05:46; 15 D Stares (Read RR) 4:06:35; 16 S Garner (Ling) 4:07:04; 17 B Walker 4:08:57; 18 S Alves De Sousa (S'hurst) 4:08:59; 19 G Little (Plumstead) 4:11:15; 20 D Welch 4:12:59

**W65:** 1 C Spong (G Yar RR) 3:38:29; 2 S Lambert (Serp) 3:58:35; 3 M Lenaghan (C'gate) 4:11:54; 4 J Jenkins (N For) 4:12:18; 5 S Soar 4:17:41; 6 M Nobles (Read RR) 4:22:15; 7 P Carroll (Tamar) 4:30:43; 8 N Van Den Broek (NED) 4:31:18; 9 R Armstrong (Done) 4:33:51; 10 J Bell (B'hill) 4:36:09  
**W70:** 1 E Draper (Gard CR) 4:18:25; 2 C O'Reagan (R'mede) 4:18:32; 3 K Garnett (CleM) 4:42:08; 4 D Hathaway (Colt) 4:44:40; 5 M Hosono (JPN) 4:49:55; 6 G Gorman (Seun) 5:27:37; 7 R Anderson 5:39:23; 8 G Watt 5:45:52; 9 C Parsons 5:56:21; 10 S Cannell 5:56:34

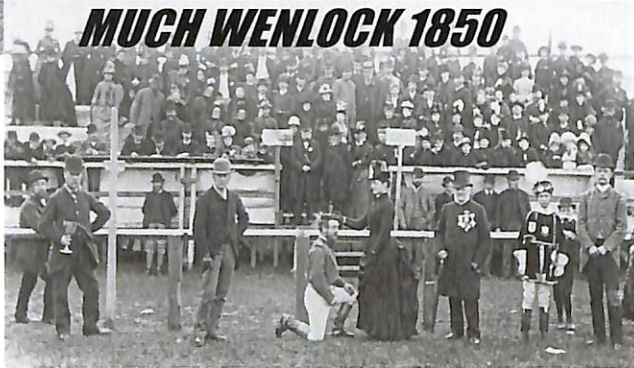
**W80:** 1 I Bari (Bed H) 5:50:45.



# ATHENS 1896



## MUCH WENLOCK 1850



Many people believe that the start of the modern Olympic movement was in Athens in 1896. However, the movement really owes its existence to a certain Dr. William Penny Brookes (born 1809) the town doctor of Much Wenlock in Shropshire. Who founded the Wenlock Olympic Society in 1850, and proceeded to hold a series of annual games from that year onwards.

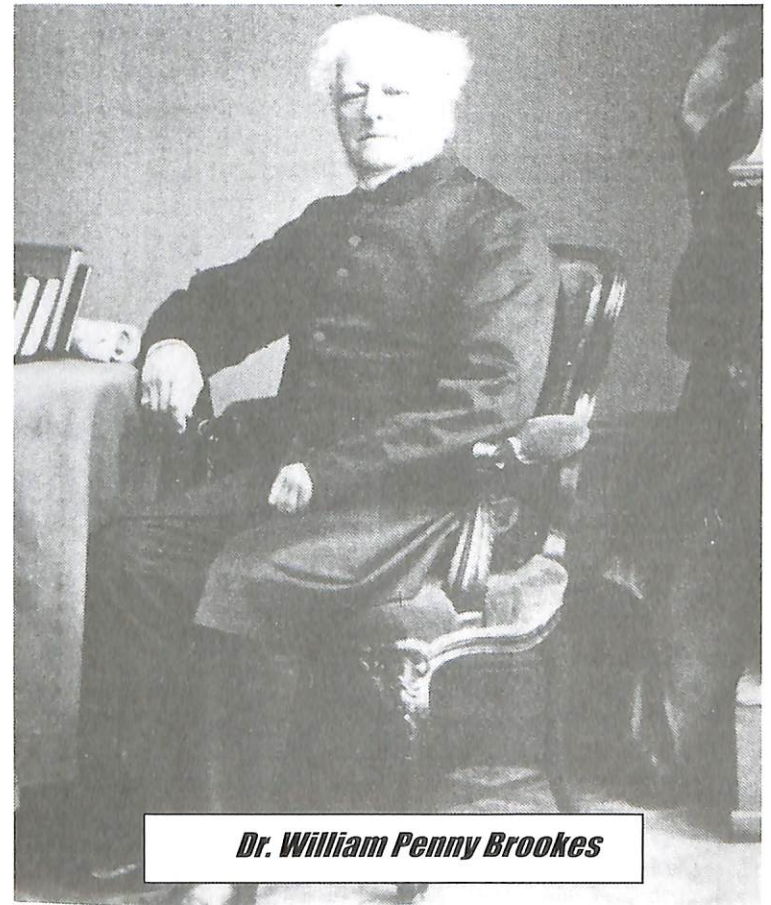
Brookes was active in athletic and physical organizations throughout his life and was a member of the national Olympian association which was formed in 1865. The modern Olympic connection was made in 1890, when the true founder of the modern games Baron Pierre De Coubertin, visited the Wenlock games.

The Baron wrote enthusiastically in his periodical "La Revue Athletique" in December of that year: "And of the Olympic games which modern Greece has not yet revived, is not a Greek to whom one is indebted but rather to Dr. W.P. Brookes (now aged 82)..... Still actively, vigorously organizing and animating them..... Athletics doesn't count many partisans as convinced as W.P. BROOKES".

Dr. Brookes pursued his aims of athleticism both Nationally and Internationally, and in 1859 a prize of £10.00 was sent by the Wenlock society to games held in Athens and the winner of these games being made an honorary member of the Wenlock Olympian Society.

In 1881 it was reported by the Greek newspaper "Clio" that Dr. Brookes was endeavouring to organize an international Olympic Festival to be held in Athens. The Greek embassy in London responded well to the idea of reinstating a modern Olympic games in Greece.

The dream came to fruition on the 6<sup>th</sup> of April 1896 when 60,000 people packed into the splendid marble stadium in Athens. The vast crowd was in a state of great excitement and pride as King George the first of Greece declared the Games open. Thousands more spectators climbed the hills which overlooked the open stadium, but were determined to see the start of the games for nothing.



**Dr. William Penny Brookes**

Dr. Brookes magnificent obsession had therefore been achieved, unfortunately however Dr. Brookes died the preceding December, and could not witness the magnificent event.

So what were the 1850 Wenlock Games all about, well they were closer to the old rustic Country sports than the modern Olympiad. The first games included football, cricket, an old women's race for a pound of tea (a good prize in those days, and could this be the start of Masters Athletics), a blindfold, and a wheelbarrow race. The programme changed in



character, and in the 1870 more modern events began to appear in the program. Track and field events both flat and hurdles, putting the 32lb Stone, Hammer, High and Long jump and even the pole vault (the pole was balanced and climbed then).



**1896 Olympic Pole Vault won by Bill Hoyt (USA) 3.30**

The day of the Games was accompanied by much pageantry, started by a speech from BROOKES outside Much Wenlock's principle Inn the Gaskell arms. The victors of the events were presented with a OliveCrowns, elaborate medals and were read odes.

The famous Pentathlon was first introduced in 1868, with a prize of a silver medal valued at £14.00. The event in those days were: climbing a 55 ft rope, a running high leap, putting the 35 pound stone, running long leap and a foot race. The most famous winner of the event was Harold Langley, who represented Great Britain in the 1924 Olympic Games alongside Harold Abrahams and Eric Liddell (Chariots of Fire and all that ! ).

The games were revived in a 1950 following the Second World War marking the Centenary of the original games. The games continued intermittently and after a gap of several years were revived in the queen's jubilee year of 1977. Whilst in the 1980 special games was held to mark the founding of the Amateur Athletic Association.

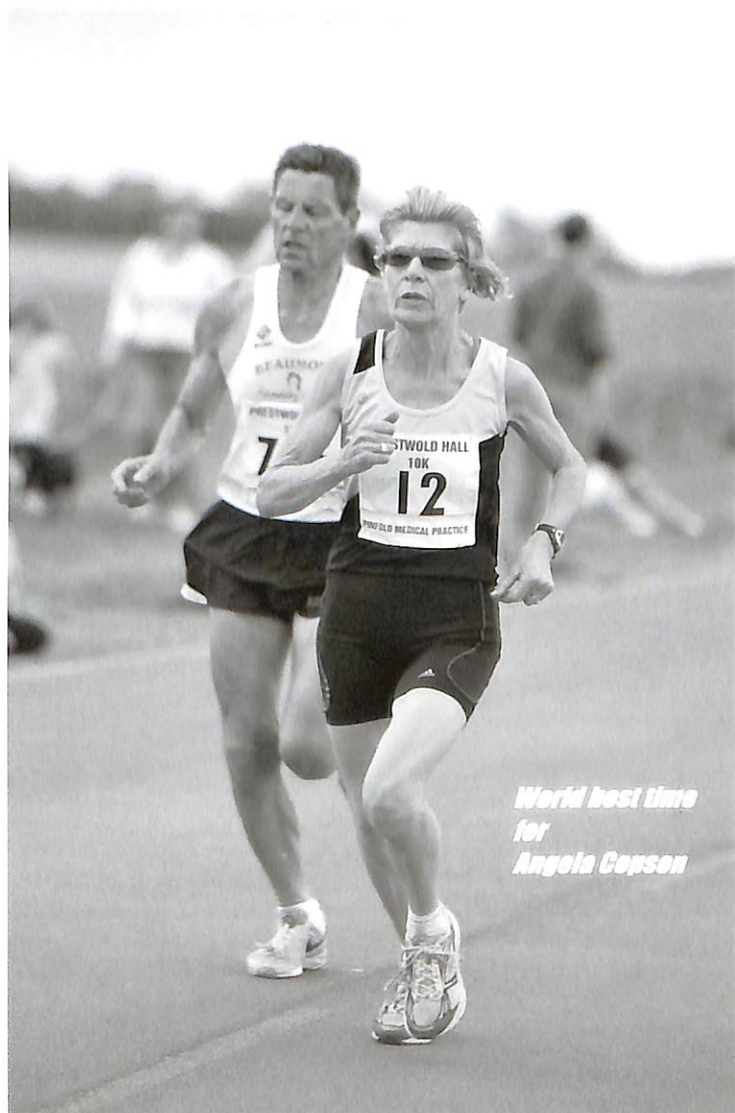
In 1990 the society celebrated the centenary of the visit of Baron de Corberertin , with the Baron's grandnephew Geoffrey de Navacelle present. The guest of honor was the president of the British Olympic Association her Royal Highness the Princess Royal .

The early games were held on the racecourse at Much Wenlock, and are still held today at the local high school in the Shropshire town and are always held during the second week of July. Today's programme includes a full range of track and field events including the famous Wenlock pentathlon based on the Olympic pentathlon as is the BMAF pentathlon.

## **THE EMERSON GROUP BMAF 5k HORWICH, 22<sup>nd</sup> JUNE**

**Words from Mel James  
PICTURES Jeremy Hemming**

**T**he gale force winds on this three lap course did not deter our top British Masters from producing excellent performances.



**World best time  
for  
Angela Copson**



Top performance of the day went to Angela Copson ( Rugby and Northampton) in the Womens 0/60 age group. Angela shaved three seconds off Carol Wolstenholme's World Best ( set at here last year ) coming home in 19m- 24s

The consistant Steve James ( Southport Waterloo AC ) also set a new course record in the 0/70 age group finishing in 20m-43s. Overall there were some close finishes for Gold and Silver in the Womens 0/40 section, Melanie James ( Bournville Harriers ) held off Julie Cook ( Salford Harriers ) for Gold by 4 secs. in 18m-08s. Closest of the day was the duel between Susan Finch ( City of Glasgow ) and Helen Burrell ( Redhill Road Runners ) in the 0/45 section, both given the time of 18m-43s. With Susan receiving Gold.

The Men's section also produced some close finishes. In the 0/40's , overall race winner in a time of 15m-43s Gerry O'Neill ( Salford Harriers) held off Dave Kesterton ( Halesowen A.C. ) by 6 secs. and George Thompson ( Border Harriers ) held off



Jon Cordingley ( Bingley Harriers ) by 5 secs in the 0/50 section , finishing in 16m-02s. A fantastic days racing in less than ideal conditions. With 182 athletes competing from an original entry of 248, shows that Masters Athletics remains a highly competitive section of UK Athletics.

## BMAF 5k — FINAL RESULTS

1 Gerry O'Neill M40-1 Salford Harriers 15:43; 2 Dave Kesterton M40-2 Halesowen AC 15:49; 3 Rob Hand M45-1 Durham City Harriers 15:58; 4 Martin Broadhead M40-3 Hallamshire Harriers 16:00; 5 Paul Ward M40-4 Telford AC 16:02; 6 George

Thompson M50-1 Border Harriers 16:02; 7 Jon Cordingley M50-2 Bingley Harriers 16:07; 8 Rob Sheen M45-2 Leicester Corinthian AC 16:10; 9 Stewart Macdonald M40-5 Bingley Harriers 16:12; 10 John Convery M45-3 Bingley Harriers 16:14; 11 Phil Hall M45-4 Clayton-Le-Moors 16:15; 12 Kev Lilley M45-5 Sheffield RC 16:15; 13 Ian Wetherall M40-6 Sale Harriers 16:17; 14 Roger Alsop M40-7 Herne Hill Harriers 16:19; 15 James Jackson M40-8 Salford Harriers 16:24; 16 Andrew Stubbs M40-9 Clayton-Le-Moors 16:24; 17 Joey Parkinson M40-10 Liverpool Harriers & AC 16:28; 18 Steve Hallas Preston Harriers M35-1 16:32; 19 Mark Aspinall M45-6 Clayton-Le-Moors 16:35; 20 Dean Furniss M40-11 Hallamshire Harriers 16:42; 21 Andrew Hussey M40-12 Cheltenham Harriers 16:46; 22 Malcolm Eustace M45-7 Tipton Harriers 16:58; 23 Paul Simons M40-13 Salford Harriers 16:59; 24 Doug Ross M40-14 Mansfield Harriers 17:00; 25 Gary Pendlebury M50-3 Wesham Rr 17:01; 26 Andrew Goodair Askern M35-2 District RC 17:01; 27 Peter Thompson M45-8 Nene Valley Harriers 17:02; 28 Martin Farran M45-9 Leeds City AC 17:03; 29 Mike Robbins M45-10 Wrexham AAC 17:05; 30 Brian Green M50-4 Oxford City 17:08; 31 Carl Price M50-5 Swinton RC 17:08; 32 Gary Wilson M40-15 Preston Harriers 17:10; 33 David Oxland M55-1 Notts AC 17:12; 34 Simon Johnson M40-16 Bingley Harriers 17:14; 35 Alex Rowe M50-6 Wesham Rr 17:17; 36 Russell Parkin M45-11 Derby AC 17:19; 37 Mark Brown M45-12 Clayton-Le-Moors 17:21; 38 Dave Talbot M45-13 Telford AC 17:22; 39 Rachel Jones W35-1 Salford Harriers 17:24; 40 Christian Shaw M35-3 Askern District RC 17:25; 41 Terence Toseland Kettering Town Harriers 17:27; 42 Steven Doney M45-14 Swinton RC 17:30; 43 David Nuttall M45-15 Rotherham Harriers 17:30; 44 Jonathan Hughes M50-7 Lincoln Wellington 17:36; 45 Graham Ratcliffe M50-8 Wirral AC 17:37; 46 Craig Sabin M45-16 Leicester Corinthian AC 17:38; 47 Paul Collingwood Askern District RC 17:44; 48 Ricky South M45-17 Holmfirth Harriers 17:47; 49 Steve James M45-18 Bournville Harriers 17:49; 50 Steve White M60-1 Elswick Harriers 17:56; 51 Kevin Hesketh M50-9 Preston Harriers 18:00; 52 Martin Horbury M45-19 Leeds City AC 18:02; 53 Philip Huxley M50-10 Oxford City 18:04; 54 Richard Grant M55-2 Oxford City 18:06; 55 Melanie James W40-1 Bournville Harriers 18:08; 56 Mike Quinn M50-11 Sheffield RC 18:09; 57 Tony McCarthy M45-20 Warrington AC 18:10; 58 Julie Cook W40-2 Salford Harriers 18:12; 59 Simon Martin M55-3 Veterans AC 18:15; 60 Martin Ford M60-2 Cheltenham & County Harriers 18:18; 61 Alan Hudson M55-4 Wesham Rr 18:21; 62 Aden Ball Askern District RC 18:21; 63 Roy Treadwell M60-3 Oxford City 18:22; 64 Mark McNally M60-4 Elswick Harriers 18:22; 65 Marc Teasey M40-17 Ilkley Harriers 18:23; 66 Mark Iley M45-21 Ilkley Harriers 18:25; 67 Amanda Oddie W40-3 Ilkley Harriers 18:27; 68 Shaun Jordan M55-5 Bingley Harriers 18:29; 69 Gareth Jones M60-5 Oxford City 18:32; 70 Mick Smedley M60-6 Derby AC 18:33; 71 Mervyn Ward M50-12 Warrington AC 18:35; 72 Stewart Thorp M55-6 Oxford City 18:37; 73 Susan Finch W45-1 City Of Glasgow 18:43; 74 Helen Burrell W45-2 Redhill Rr 18:43; 75 David Constance M45-22 Cannock & Stafford AC 18:44; 76 Paul Freeman M45-23 Wolds Veteran RC 18:45; 77 Geoff Cumber M60-7 Halifax Harriers AC 18:46; 78 Pete Cartwright M65-1 Clydesdale Harriers 18:47; 79 Trevor Rayner M45-24 Wesham Rr 18:49; 80 Nick Holliday M50-13 Stroud 18:51; 81 Archie Jenkins M55-7 Ron Hill Cambuslang Harriers 18:54; 82 Fred Pidgeon M50-14 Notts AC 18:55; 83 Jane Pidgeon W40-4 Notts AC 18:57; 84 Alan Newman M50-15 Paddock Wood AC 18:59; 85 Yvonne Wyke W40-5 Wigan Phoenix 18:59; 86 Howard Jeffrey M50-16 Otley AC 19:00; 87 Dawn Gibbs W50-1 York Acorn 19:01; 88 Bev Jenkins W35-2 Salford Harriers 19:01; 89 Steven Green M55-8 Wolds Veteran RC 19:02; 90 Sarah Cumber W35-3 Halifax Harriers AC 19:03; 91 Mike Wakefield M55-9 Salford Harriers 19:04; 92 Brian Campbell M60-8 Clydesdale Harriers 19:05; 93 Tony Davies M55-10 Aldershot 19:07; 94 Barry Peatfield M60-9 Wesham Rr 19:09; 95 Michael Smith M65-2 Bingley Harriers 19:10; 96 Daphne Ellmore W55-1 Wolds Veteran RC 19:12; 97 William Allan M60-10 Tadcaster Harriers 19:14; 98 Les Haynes M65-3 Bingley Harriers 19:16; 99 John Batchelor M65-4 Ilford AC 19:17; 100 Gary Coulam M45-25 Wolds Veteran RC 19:18; 101 Robert Young M60-11 Clydesdale Harriers 19:19; 102 Sarah Jarvis W35-4 Ilkley Harriers 19:21; 103 Nigel Cook M45-26 Rotherham Harriers 19:22; 104 Angela Copson W60-1 Rugby & Northampton 19:24; 105 Carolyn Robbins W45-3 Blackpool Wyre & Fylde 19:26; 106 Andrea Dennison W45-4 Bingley Harriers & AC 19:28; 107 Alison Bennett W45-5 Ilkley Harriers 19:30; 108 Henry Heaviesides M50-17 Ilkley Harriers 19:33; 109 Andrew Duffy M45-27 Burnden Rr 19:35; 110 Bob Dover M60-12 Bingley Harriers 19:37; 111 Stan Curran M60-13 Salford Harriers 19:39; 112 Christine Kilkenny W55-2 Cannock & Stafford AC 19:41; 113 Gerry Bell M55-11 Bingley Harriers 19:43; 114 Susan Cooper W50-2 Southport Waterloo AC 19:45; 115 Timothy Rainey M40-18 Sale Harriers 19:47; 116 Rob Sargent M50-18 Loughton AC 19:50; 117 Stephen Burrowes M45-28 Unattached 19:54; 118 Chris Lomax M40-19 Swinton RC 19:58; 119 Peter Leviston M55-12 Barrow & Furness Striders AC 20:03; 120 Gordon Orme M65-5 Birchfield Harriers 20:09; 121 Carol Wolstenholme W60-2 Hallamshire Harriers 20:10; 122 William Johnstone M55-13 Border Harriers 20:11; 123 Roderick Graham M45-29 Rossendale Harriers & AC 20:12; 124 Fred Gibbs M65-6 Bingley Harriers 20:14; 125 Steve Connolly M55-14 Swindon Harriers 20:16; 126 Brian Cook M55-15 Chester-Le-Street 20:18; 127 John Turner M60-14 Stratford Upon Avon AC 20:21; 128 Marian Hesketh W50-3 Preston Harriers 20:31; 129 Pete Bland M60-15 Horwich Rmi 20:40; 130 Steve James M70-1 Southport Waterloo AC 20:43; 131 Jane Morley W55-3 Hull Achilles 20:56; 132 Lynne Marr W45-6 Springburn Harriers 20:57; 133 Dave Gibson M65-7 Aldershot 20:58; 134 Andrea Smith W40-6 Blackpool Wyre & Fylde 21:00; 135 Roger Wilson M65-8 Stratford Upon Avon AC 21:07; 136 John Shirley M60-16 Barnet & District AC 21:14; 137 Lynne Whitaker W45-7 Romsey Rr 21:15; 138 Jane Clarke W35-5 Lincoln Wellington 21:16; 139 Liz Bowers W55-4 City Of Portsmouth 21:18; 140 Garry Armitage M40-20 Unattached 21:22; 141 Peter



Morgan M65- 9 Folkestone RC 21:27; 142 David Spencer M70 -2 Barrow & Furness Striders AC 21:29; 143 Jenny Tinkler W45- 8 Chester-Le-Street & District A 21:31; 144 Walter McCaskey M70- 3 Edinburgh AC 21:34; 145 Caroline Cotterell W35- 6 Stroud & District 21:35; 146 Gwyneth Hueter W50 -4 Oxford City AC 21:36; 147 Alan Peers M65- 10 Spectrum Striders 21:41; 148 Karen Faloan W60 -3 Southport Waterloo AC 22:00; 149 Edmond Simpson M70 4 Folkestone RC 22:01; 150 George Parrington M60 -17 Lancaster & Morecambe AC 22:09; 151 Paula Parkin W40- 7 Derby AC 22:17; 152 James Lambe M40 -21 Sale Harriers 22:22; 153 Dot Fellows W60- 4 Cannock & Stafford AC 22:26; 154 Christine Rollason W55 -5 Cannock & Stafford AC 22:29; 155 Dianne Priestley W55- 6 Kendal AAC 22:32; 156 Denise Wakefield W50- 5 Horwich Rmi 22:35; 157 Tracey Gibson W40 -8 Wolds Veteran RC 22:46; 158 John Smithurst M70- 5 Bingley Harriers 22:49; 159 Sue James W55- 7 Paddock Wood AC 22:59; 160 Dennis Williams M60 -18 Hercules Wimbledon 23:04; 161 Stephen Charlton M80 -1 Virgin Active Road Runners 23:05; 162 Pauline Rich W60- 5 Serpentine RC 23:36; 163 Carole Miller W40 -9 Unattached 23:45; 164 Audrey Foster W55- 8 Horwich Rmi 24:14; 165 Joanne Aplin W35 -7 Salford Harriers 24:25; 166 Sidney Sacks M65 -11 Salford Harriers 24:50; 167 Gordon Hollerin M50-19 Unattached 24:55; 168 David Cowgill M65 -12 Holmfirth Harriers 25:00; 169 Brenda Jones W65- 1 Bro Dysynni AC 25:16; 170 Susan Green W55- 9 Wolds Veteran RC 25:26; 171 Derek Howarth M75- 1 Leigh Harriers & AC 25:34; 172 Bryan Rogers M75-2 Northern Vets AC 25:51; 173 David Baron M70- 6 Northern Vets AC 26:00; 174 Pauline Smith W55 -10 Bingley Harriers & AC 26:08; 175 Jill Dearden W35- 8 Unattached 26:19; 176 James Rhodes M65- 13 Radcliffe AC 26:45; 177 Maureen Shirley W60 -6 Barnet & District AC 27:16; 178 Kevin Dillon M50- 20 Manchester Harriers 27:39; 179 Darren Gibson M45 -30 Wolds Veteran RC 27:43; 180 Lola Smal W70 -1 Horwich Rmi 32:25; 181 Ron Franklin M80 -2 Barnet & District AC 34:28; 182 Sheila Symonds W75-1 Bro Dysynni AC 37:04;

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

**BMAF 5k - Men over 35 — TEAM RESULTS**

Askern District RC 1:10:31;

**BMAF 5k - Men over 40 — TEAM RESULTS**

1 Bingley Harriers 1:05:47; 2 Clayton-Le-Moors 1:06:35 ; 3 Salford Harriers 1:08:10; i

**BMAF 5k - Men over 50 — TEAM RESULTS**

1 Wesham Rr 52:39 ; 2 Oxford City 53:18;

**BMAF 5k - Men over 60 — TEAM RESULTS**

1 Clydesdale Harriers 57:11 ; 2 Bingley Harriers 58:03 ; B

**BMAF 5k - Ladies over 35 — TEAM RESULTS**

1 Salford Harriers 54:37; 2 Ilkley Harriers 57:18 ; 3 Wolds Veteran RC 1:07:24;

**BMAF 5k - Ladies over 55 — TEAM RESULTS**

1 Cannock & Stafford AC 1:04:36 —

**Results Service by G.J. Fecitt (SportSoft) /www.race-results.co.uk**

**5k Walk Results:**

**Women:** 1 Ann Wheeler W50-1 29:30; 2 Hazel Fairhurst W40-1 30:39; 3 Fiona Bishop W45-1 31:10; 4 Pat Evans W55-1 33:27; 5 Sue Rey W50-2 33:47;

**Men:** 1 Mark Williams M40-1 22:50; 2 Mark Wall M50-1 27:33; 3 Rod dunn M55-1 27:55; 4 Greg Smith M55-2 28:28; 5 Dave Evans M60-1 29:09; 6 Sean McMullen IRL M60 29:20; 7 David Crompton M40-2 29:35; 8 Stephen Sargent M60-2 31:28; 9 James Munn M70-1 31:57; 10, Stephen Walker M50-2 33:25; 11 John Payn M70-2 33:39; 12 Martin Yates M60-3 33:42; 13 Eric Horwill M75-1 36:07; 14 Edwin Grocock M80-1 37:40; 15 Geoff Dowling M75-2 40:23; 16 Victor Murray M80-2 42:10;

**Team:** Lancashire Walking Club 87:12;

## **PRESTWOLD HALL 10K , BMAF CHAMPIONSHIP, LOUGHBOROUGH, 29<sup>th</sup> JUNE**

**Words Mel James  
Pictures Jeremy Hemming**

The 10k Championships were organised by the local club Barrow Runners and hosted by the Midland Masters; the race also incorporated the Inter-area match and the Midland Masters Championships.

The course consisted of two circuits of an airfield perimeter, with a lap of the village of Hoton in between. With the strong wind and the exposure of the course, record breaking attempts would be at a premium.

There were some very good attempts though; closest was Val Naylor (44.24) who was just four seconds shy of Myfanwy Loudens' 0/65 best set in 1999. Angela Copson was thirty six seconds short of Carol Wolstenholme's 0/60 best of 40.12, set at Rothwell last April, and Daphne Ellmore ran thirty eight seconds over her own 0/55 best. In the Mens section, the evergreen Stephen Charlton (45.17) was only thirteen seconds outside his own 0/80 best set in Newtown last year.

Records aside, there were some close battles for medals with Paul Ward (32.50) just holding off Steve Platts for Gold by four seconds in the 0/40 age group. In the next age group 0/45, there was another close finish for the medals with Rob Hand (32.51) just eight seconds ahead of Bill Foster. Jon Cordingley an over 50 didn't let them have it all their own way finishing in an excellent 32.57. With just nine seconds between all five athletes, what a battle. In the 0/65 section Les Haynes finished twenty one seconds ahead of John Batchelor for Gold. Closest finishes in the Women's section were Liz Hartney twenty eight behind Nicki Nealon in the 0/40s and Wendy Joy thirty one behind Lesley Whiley in the 0/45s.

In the Team Sections, Reading Road Runners won the 0/35s with L. Hartney, L. Whiley and C. Bowker, and Bro Dysynni won the 0/55s with B. Jones, M. Griffiths and S. Symonds the scorers.

The Mens 0/40 section was won by Nene Valley Harriers with S. Beard, P. Thompson, I. Aunger and C. Clarke the scorers. Silver went to Redhill Road Runners, P. Newton, N. Cobb, C. Grayson and M. McHale.

In the 0/50s Gold went to Bingley Harriers, J. Cordingley, P. Pyrah and G. Bell. Oxford City took Silver with R. Grant, R. Treadwell and S. Thorpe. Bingley Harriers also took Gold in the 0/60s with L. Haynes, B. Dover and F. Gibbs, with Dudley Kingswinford taking Silver with M. Pillar, B. Russell and T. Williams.

With 132 Finishers in our Championships, this was another successful event and I would like to thank our hosts for such a well organised day.



**BMAF Men 35-39:**

1-32:03 GRIME, Ian Newham & Essex Beagles;

**BMAF Men 40-44**

1-32:50 WARD, Paul Wrekin Road Runners MMAC ; 2-32:54 PLATTS, Steve OWLS AC MMAC ; 3-33:15 HOPE, Gary Severn MMAC; 4-33:28 MURPHY, Bernie Liverpool Pembroke NVAC ; 5-33:31 MACDONALD, Stewart Bingley Harriers NVAC ; 6-33:47 HUSSEY, Andrew Cheltenham Harriers MMAC;

**BMAF Men 45-49**

1-32:51 HAND, Rob Durham City VAA-NE ; 2-32:59 FOSTER, Bill Blackheath SCVAC ; 3-33:14 CADMAN, Mike MMAC; 4-33:52 SHEEN, Rob Leicester WMAA; 5-34:47 THOMPSON, Peter Nene Valley EVAC ; 6-35:05 AUNGER, Ian Nene Valley EVAC;

**BMAF Men 50-54**

1-32:57 CORDINGLEY, Jon Bingley Harriers NVAC ; 2-34:17 WETHERILL, Andrew Redhill RR MMAC; 3-34:27 WILSON, Gregory Telford MMAC; 4-34:54 COX, Dave Woodford Green VAC ; 5-34:55 ROWE, Alex Wesham RR NVAC; 6-36:23 McLELLAN, Keith Luton EVAC;

**BMAF Men 55-59**

1-35:51 OWEN, Stanley Nene Valley EVAC; 2-36:30 RHIMES, Godfrey City of Portsmouth SCVAC ; 3-36:59 GRANT, Richard Oxford City SCVAC; 4-38:00 THORP, Stewart Oxford City SCVAC ; 5-38:29 MICHAEL, Desmond Barnet SCVAC; 6-39:09 BELL, Gerry Bingley NVAC ;

**BMAF Men 60-64**

1-37:11 TREADWELL, Roy Oxford City SCVAC; 2-38:01 FORD, Martin Cheltenham & County MMAC; 3-38:14 BARNES, Ian PoolSWVA; 4-39:15 ALLAN, William Tadcaster NVAC; 5-39:21 HORTON, Leslie Nuneaton MMAC ; 6-39:30 PILLAR, Malcolm Dudley Kings MMAC;

**BMAF Men 65-69**

1- 39:04 HAYNES, Les Bingley NVAC ; 2 -39:25 BATCHELOR, John Ilford VAC ; 3 -40:36 ORME, Gordon Birchfield MMAC; 4 -41:27 SCUDAMORE, Keith Burnham SCVAC; 5- 41:34 GIBBS, Fred Bingley NVAC; 6 -41:48 JOHNSON, Michael Thames HH VAC;

**BMAF Men 70-74**

1-43:59 McCASKEY, Walter Edinburgh SVHC ; 2-45:15 OLIVER, Geoff Hinckley MMAC; 3-45:52 CASHMORE, Richard Royal Sutton Coldfield MMAC ; 4-53:18 BUTTERLY, Michael Derby MMAC; 5-53:53 LOTT, Peter West End Runners MMAC; 6-56:32 MOORE, Russell SCVAC ;

**BMAF Men 75-79**

1-48:58 BALL, Malcolm North Norfolk EVAC;

**BMAF Men 80-84**

1 45:17 CHARLTON, Stephen Vets AC ;

**BMAF Ladies 35-39**

1-41:06 HOLT, Saba Reading VAC ;

**BMAF Ladies 40-44**

1-36:21 NEALON, Nicki Huncote MMAC; 2 -36:49 HARTNEY, Liz Reading R R VAC; 3 -RUSHTON, Karen Southampton RC SWVAC ; 4 -38:15 WYKE, Yvonne Wigan P NVAC; 5-38:29 RAMSEY, Kate Barrow R MMAC; 6 -38:32 JAMES, Melanie ;

**BMAF Ladies 45-49**

1-39:10 WHILEY, Lesley Reading RR VAC ; 2-39:41 JOY, Wendy Beaumont MMAC ; 3-39:43 BOWKER, Carol Reading R R VAC; 4-40:21 DENNISON, Andrea Bingley NVAC ; 5 -40:25 BURKE, Jill Heanor MMAC; 6 -44:18 FARMER, Diane Milton Keynes EVAC ;

**BMAF Ladies 50-54**

1-43:38 MORTON, Kathryn Stroud MMAC; 2-44:28 GARNIER, Anna Thames HH SCVAC ;

**BMAF Ladies 55-59**

1 -39:16 ELLMORE, Daphne Wolds Vets NVAC ; 2-41:54 FORD, Ann Redhill RR MMAC; 3-42:13 MORLEY, Jane Hull Achilles NVAC; 4-43:28 MARCHANT, Zina Team Bath SWVAC; 5-43:46 GRIFFIN, Lesley Birstall RC MMAC; 6-53:24 GREEN, Susan Wolds Vet NVAC;

**BMAF Ladies 60-64**

1 -40:48 COPSON, Angela Rugby & N MMAC; 2-45:54 FELLOWS, Dot Cannock & S MMAC; 3-49:38 JOHNSON, June Leamington MMAC ; 4-55:44 MASON, Joan Kenilworth MMAC; 5-59:19 GRIFFITHS, Marjorie Bro Dysynni WMAA;



*Ian Grime overall winner*



*Stan Owen  
winner in the M55*



## BMAF Ladies 65-69

1-44:24 NAYLOR, Val Sutton-in-Ashfield MMAC; 2-51:53 JONES, Brenda Bro Dysynni WMAA; 3-53:39 ARMSTRONG, Rosemary Doncaster NVAC;

## BMAF Ladies 70-74

1-49:44 JONES, Pamela Ilford SCVAC; 2-53:01 MARTIN, Anne Wymondham EVAC;

## BMAF Ladies 75-79

1-1:17:06 SYMONDS, Sheila Bro Dysynni;

## Provisional Result of the BMAF M35-49 team competition.

1 Nene Valley harriers 2:19:08; 2 Redhill Road Runners 2:27:00;

## Provisional Result of the BMAF M50-59 team competition.

1 Bingley Harriers 1:48:55; 2 Oxford City

## Provisional Result of the BMAF M60+ team competition.

1 Bingley Harriers 2:00:22; 2 Dudley Kingswinford RC 2:07:20;

## Provisional Result of the BMAF Ladies 35-44 team competition.

Reading Road Runners 1:57:44 ;Totals

## Over 55:

Bro Dysynni

## RESULT INTER AREA CHALLENGE:

1 MMAC 28 points; 2 NVAC 17; 3 VAC 10; 4 EVAC 9; 5 SCVAC 6; 6 WMAA 4;



Ann Ford 2nd W55

## MMAC: Results:

M40: P Ward; M45: M Cadman; M50: A Wetherill; M55: B Phillips; M60: M Ford; M65: G Orme; M70: G Oliver; W40: N Nealon; W45: W Joy; W50: K Moreton; W55: A Ford; W60: A Copson; W65: V Naylor;

Teams: M40: Red Hill; M60: Dudley Kingswinford;

## 5th April MCAA 12 & 6 Stage Road Relays - Masters 6 state Relay Sutton Park, Birmingham.

1 Redhill Rr 2:05:33 ( Andy Tarry (1) 27:47; Simon Nash (1) 17:23; Clive Greyson (2) 17:43; Andy Wetherill (2) 29:26; Mark Yates (2) 16:40; Paul Newton (1) 16:34) ; 2 Telford Ac 2:06:47 ( Greg Wilson (5) 29:35, Rick Hailey (3) 16:47, Peter Plant (3) 17:03, Paul Ward (3) 28:56, Dave Mansbridge (1) 16:14, C Lancaster (2) 18:12; 3 Tipton H 'A' 2:07:54 ( H Piotrowski (7) 30: R Hunter (6) 17:14, S Ward (5) 17:28, M Hager (4) 28:59, A Cooper (4) 17:27, P Rogers (3) 16:28 ) ; 4 Leicester Coritanian 'A' 2:10:37 ( Rob Sheen (4) 29:18; Craig Sabin (4) 17:14, Joe on (4) 17:45, Andy Hart (5) 31:33, John Grindly (5) 16:59, Richard Mason (4) 17:48, 5 Wolverhampton & Bilston Master 'A' 2:13:30 ( David Smith (6) 30:15, Darren Edwards (7) 18:05, Jamie Bird (8) 18:24, Nigel Share (7) 31:52, Paul Tabor (7) 17:57, Ian Grindley (5) 16:57 ) ; 6 Gloucester Ac 2:14:05 ( Dom Malsom (9) 31:03, Jeremy Mower (8) 17:42, Lee Smith (7) 17:31, D Gresswell (6) 31:18, Ian Summers (6) 17:37, Arthur Daley (6) 18:54 ) ; 7 City Of Stoke 2:15:06 ( Andy Allen (3) 29:14, Gary Castry (2) 16:32, John Danaway (1) 16:57, Brian Cole (1) 29:27, Mark Kinch (3) 17:37, George Cooper (7) 25:19 ) ; 8 Staffordshire Moorlands 2:20:44 ( Dale Colclough (11) 33:48, Robin Britton (11) 19:40, Antony Jones (11) 17:48, Dave Allen (10) 32:21, Pete Martin (9) 20:18, Paul Crutchley (8) 16:49 ) ; 9 Dudley & Stourbridge 2:21:51 ( Ian Furness (2) 27:55, Mark Staves (5) 19:17, Eric Smith (6) 18:20, Dave Eades (9) 37:48, Fred Homer (8) 20:01, Ivan Dawes (9) 18:30 ) ; 10 Birchfield 2:28:04 ( Windel Simpson (10) 32:14, S Couldwell (9) 18:37, Gordon Orme (9) 19:03, M Wilkinson (11) 35:41, Barry Roberts (10) 18:48, Robin Davies (10) 23:41 ) ; 11 Mansfield Harriers 2:28:09 ( Steve Davies (12) 34:21, Alan Maddocks (12) 19:33, Keith Mellor (12) 21:01, Trevor Hiscox (12) 34:51, Bob Scott (12) 19:26, Tim Raynor (11) 18:57 ) ; 12 West Bromwich H 2:29:16 ( Gurmeh Dehl (8) 30:58, Paul Jameson (10) 20:23, Gary Clifton (10) 19:31, Karl Moore (8) 32:08, James Stott (11) 24:39, Patrick Powell (12) 21:37 ) ; 13 Stafford H 2:34:20 ( M Mountford (13) 36:02, Mark Bentley (13) 20:36, Edwin Smith (14) 21:16, Paul Douglas (13) 34:05, Steve Turner (13) 20:29, Dave Preece (13) 21:52 ) ; 14 Notts Ac 'A' 2:37:48 ( Ken Allen (14) 37:16, Ian Colledge (15) 21:59, John Noble (13) 18:26, Chris Rischer (15) 39:47, Fred Pidgeon (14) 18:40, Richard Rudd (14) 21:40 ) ; 15 Sutton In Ashfield H & Ac 2:50:00 ( C Jones (17) 39:16, Michael Davis (16) 20:39, Andrew Thomas (17) 23:12, Alan Dickens (16) 39:49, Kenneth Hensby (16) 23:42, Alan Pemberton (15) 23:22 ) ; 16 Sparkhill H 2:50:44 ( C Fentiman (18) 39:50, Barry Crowley (17) 21:32, Mick Edwards (16) 21:27, Mark Arnold (17) 40:22, M Millicheap (15) 22:37, Gavin Kidman (16) 24:56; Incomplete Teams: Wolverhampton & Bilston 'B' ( Peter Stark (15) 38:09, Andy Munford (14) 20:27 Paul Carroll (15) 20:09, Rob Challinor (14) 37:27 ) ; Leicester Coritanian 'B' Bill Winter (16) 39:10;

Fastest long legs 1 Andy Tarry RedhillRRM 27:47; 2 Ian Furness Dudley&S M 27:55; 3 Paul Ward TelfordACM 28:56; 4 M Hager Tipton H M A 28:59; 5 Andy Allen City Of St 29:14; 6 Rob Sheen Leicester A 29:18; Fastest short legs 1 Dave Mansbridge TelfordACM 16:14; 2 P Rogers Tipton H M A 16:28; 3 Gary Castry City Of St 16:32; 4 Paul Newton RedhillRRM 16:34; 5 Mark Yates RedhillRRM 16:40; 6 Rick Hailey TelfordACM 16:47;

## 12th April British 56lb Throws Championships, Stoke

Competitor	Age	Putt	Sling	Hammer	Hammer With turn
Pat Higgins	W50	3.34	3.98	4.95	4.40
Joe Nagle (Guest)	M35	4.29	4.76	4.85	4.39
Gary Jennings	M35	4.87	5.32	7.85	5.11
David Burrell	M40	4.11	5.55	7.36	6.39
Martin Roberts	M45	3.64	4.50	6.74	5.44
Clive Howell	M50	3.63	4.14	6.75	5.42
Terry Lalley	M55	4.27	4.68	4.25	5.20
Martin Kelly (Guest)	M60	5.10	5.71	8.45	7.92
Paul Jennings	M60	4.18	5.60	6.58	7.04
Chris Street	M60	4.80	5.23	5.66	5.56
Peter Duckers	M65	5.33	6.45	10.31	8.45
Ian Miller	M70	5.14	6.60	8.81	9.57
Eddie Mulcahy (G)	M75	4.14	7.79	7.26	7.82
Graham Roberts	M75	2.65	3.55	4.18	4.32

Competitor	Age	Stand for Height	Triathlon	Pentathlon
Pat Higgins	W50	2.90	12.69	19.57
Joe Nagle (Guest)	M35	2.90	13.53	21.19
Gary Jennings	M35	3.20	17.83	26.35
David Burrell	M40	3.20	17.86	26.61



## MASTERS ATHLETICS SUMMER 2008

<b>Martin Roberts</b>	<b>M45</b>	<b>2.70</b>	<b>15.82</b>	<b>23.02</b>
<b>Clive Howell</b>	<b>M50</b>	<b>2.45</b>	<b>17.38</b>	<b>24.63</b>
<b>Terry Lalley</b>	<b>M55</b>	<b>2.90</b>	<b>15.09</b>	<b>23.43</b>
<b>Martin Kelly (Guest)</b>	<b>M60</b>	<b>3.70</b>	<b>21.47</b>	<b>30.88</b>
<b>Paul Jennings</b>	<b>M60</b>	<b>3.50</b>	<b>17.80</b>	<b>26.90</b>
<b>Chris Street</b>	<b>M60</b>	<b>3.20</b>	<b>16.02</b>	<b>24.45</b>
<b>Peter Duckers</b>	<b>M65</b>	<b>4.20</b>	<b>24.09</b>	<b>34.70</b>
<b>Ian Miller</b>	<b>M70</b>	<b>3.70</b>	<b>23.52</b>	<b>33.82</b>
<b>Eddie Mulcahy (G)</b>	<b>M75</b>	<b>4.55</b>	<b>19.22</b>	<b>31.56</b>
<b>Graham Roberts</b>	<b>M75</b>		<b>11.15</b>	

### 16<sup>TH</sup> APRIL, NORTHERN VETERANS T&F LEAGUE, CLECKHEATON

**100: (R1):** 1. M40 N.Rawcliffe Hyndburne 12.3; 2. M45 J.Wright Chorley 12.7; 3. M40 L.Golding Pendle 12.9; 4. M40 J.Linaker Burnley 13.3; 5. M40 I.Hadley Rochdale 13.8; **(R2):** 1. M40 C.Hopes B'pool 14.1; 2. M70 T.Bowman Leeds City 14.7; 3. M45 S.Pugh Rotherham 14.7; 4. M55 D.Walker Guest 14.7; 5. ?? A.Plumb 17.2; **(R3):** 1. W35 S.Griffiths Wakefield 15.8; 2. W40 S.Howarth Trafford 16.5; 3. W50 T.Whittle Bingley 18.5; 4. W50 S.Pickersgill Longwood 18.7; 5. W45 L.Hickey Trafford 19.0; 6. W65 S.Bolland Spennorth 23.5; **200: (R1):** 1. M40 N.Rawcliffe Hyndburne 25.4; 2. M45 J.Wright Chorley 25.8; 3. M45 S.Push Rotherham 29.6; 4. M70 T.Bowman Leeds 30.5; 5. M70 J.Wilson Brad/Aird 32.9; 6. M50 K.Dillon Manch'rH 36.8; **(R2):** 1. W35 S.Griffiths Wakefield 31.0; 2. W40 S.Howarth Trafford 34.1; 3. W45 L.Hickey Trafford 40.4; **400:** 1. M40 J.Linaker Burnley 59.2; 2. M40 L.Golding Pendle 60.8; 3. M55 T.Wright Longwood 71.0; 4. M70 J.Wilson Brad/Aird 72.6; 5. M70 T.Bowman Leeds City 73.2; 6. M45 R.Ellis Holmfirth 78.4; 7. W45 K.Winrow Lanes/More 79.4; 8. M70 P.Dibb Longwood 90.3; **800:** 1. M35 J.Gallagher Spennorth 2.14.5; 2. M45 J.Convery Bingley 2.17.7; 3. M40 S.MacDonald Bingley 2.20.0; 4. M50 A.Rowe Wesham 2.21.6; 5. W35 S.Griffiths Wakefield 2.26.8; 6. M50 P.Christie Burnden 2.27.9; 7. M60 R.Scholes Barnsley 2.37.8; 8. M50 M.Bates Wesham 2.42.0; 9. M45 R.Ellis Holmfirth 2.48.0; 10. W45 K.Winrow L&Mocam 3.00.9; 11. W45 L.Hickey Trafford 3.04.1; 12. M70 P.Dibb Longwood 3.06.7; 13. M65 T.Finch N.V.A.C. 3.29.9; **1500:** 1. M40 S.MacDonald Bingley 4.45.7; 2. M45 K.McGhee Spennorth 4.48.4; 3. M45 P.Hope B'pool 4.49.6; 4. M50 A.Rowe Wesham 4.51.4; 5. M45 R.Hutton B'pool 4.55.8; 6. M50 M.Bates Wesham 5.15.6; 7. W35 S.Marshall Wakefield 5.21.0; 8. M60 R.Scholes Barnsley 5.38.3; 9. M45 R.Ellis Holmfirth 6.16.5; **3000:** 1. M40 S.MacDonald Bingley 9.37.8; 2. M45 J.Convery Bingley 9.41.5; 3. M45 K.McGhee Spennorth 10.06.8; 4. M50 A.Rowe Wesham 10.07.8; 5. M35 K.Ogden Spennorth 10.23.3; 6. M45 S.Doxey Swinton 10.28.7; 7. M55 T.Wright Longwood 10.46.9; 8. M50 M.Bates Wesham 10.54.1; 9. M50 P.Christie Burnden 11.21.3; 10. M60 N.Robson Bingley 11.32.6; 11. M40 C.Jacobs Spennorth 11.40.7; 12. M55 F.Reddington Spennorth 12.08.0; 13. W45 J.Carter Spennorth 13.19.2; 14. M45 R.Ellis Holmfirth 13.54.7; 15. W45 K.Mitchell Longwood 13.59.5; 16. M70 M.Howe Sale 13.59.7; 17. M65 T.Finch N.V.A.C. 14.31.1; **LJ:** 1. W35 J.Binks Ripon 4.36; 2. M45 I.Haliday Rochdale 4.17; 3. W50 J.Ibbotson Spennorth 3.08; 4. M60 M.Linaker Burnley 2.95; 5. M70 P.Dibb L'wood 2.53; 6. W65 S.Bolland Spennorth 2.31; **JT: MEN:** 1. M45 A.Marriot L'wood 37.12; 2. M60 M.Linaker Burnley 27.82; 3. ? A.Plumb Guest 27.35; 4. M35 M.Harrison Leeds 26.96; 5. M55 J.Edwards Burnley 19.22; **WOMEN:** 1. W35 J.Binks Ripon 26.79; 2. W50 J.Ibbotson Spennorth 26.50; 3. W50 S.Pickersgill L'wood 16.72; 4. W65 S.Bolland Spennorth 12.56; 5. W35 L.Ridsdale Wakefield 10.65; **HJ:** 1. M40 S.Linsell Leeds 1.70; 2. W35 J.Binks Ripon 1.35; 3. W50 J.Ibbotson Spennorth 1.20; **SP: WOMEN:** 1. W50 J.Ibbotson Spennorth 10.42; 2. W35 J.Binks Ripon 7.94; 3. W50 S.Pickersgill L'wood 6.57; 4. W55 L.Ridsdale Wakefield 6.26; 5. W65 S.Bolland Spennorth 5.56; **MEN:** 1. M45 A.Marriot L'wood 10.62; 2. M35 C.Allan Oldham/R 9.28; 3. ? A.Plumb Guest 8.91; 4. M35 M.Harrison Leeds 8.48; 5. M60 C.Robinson Guest 8.37; 6. M55 J.Edwards Burnley 8.33; 7. M85 L.Darcy Wakefield 8.15; 8. M70 G.Firth N.V.A.C. 7.90; 9. M70 P.Dibb L'wood 6.61; 10. M60 M.Linaker Burnley 6.61; 11. M65 J.Lunn Leeds 5.73;

### 20<sup>TH</sup> APRIL MMAC ROAD RELAY & WALK, SUTTON PARK

#### 4 STAGE:

**M35: 1 Tipton 65:48** (Dean Hill 16.10, Mark Wright 16.17, Steve Ward 17.00, Paul Rogers 16.21); **2 Bournville H 66:28** (John Grix 16.26, Andy Crawford 17.38, Dean Parker 16.04, Rob Andrew 16.20); **3 Leicester C 66:56** (Rob Sheen 15.44, Craig Sabin 17.04, Richard Mason 16.58, Dave Pearce 17.10); **4 Tipton B 69:30** (Chris Flavell 17.07, Lawrence Heathcock 17.23, Andy Cooper 17.47, Malcolm Eustace 18.52); **5 Halesowen 70:08** (Dave Kesterton 15.22, Nick Price 17.00, Rob Weaver 18.54, Richard Guest 18.52); **6 Birmingham Rowheath 71:02** (Paddy Allaway 16.44, Richard Gray 16.34, Toby Gosnell 17.40, Richard Carney 19.59); **7 Bournville B 72:31** (Mike Berry 18.02, Sean Rose 17.12, Steve James 17.39, Phil Dakin 19.38); **8 Halesowen B 76:52** (Barry Thompson 19.24, Stuart Towson 20.33, Paul Butler 19.43, Mark Hadley 17.52); **9 Derby 77:48** (Duncan Williams 18.35, Chris Toplass 17.09, Damon Chambers 18.14, Karl Petch 23.50); **10 Bournville C**

**80:12** (Daniel Wilson 18:30, Steve Hopkins 20:49, Terry Doherty 20:01, Geoff Meadows 20:52); **11 West Bromwich 86:53** (Gary Clifton 18:33, Steve Jeavons 25:24, Dave Edge 23:19, Malcolm Parr 19:37; **Imcomplete: Tipton C** (Andy Williams 20:02, Ray Stanier 25:41, Rich Brittain 18:05);

#### 3 STAGE:

**M50: 1 Birchfield 53:59** (Peter Parker 17:16, Derek Donaghy 17:12, Gordon Orme 53:59); **2 Derby A 54:10** (Kevin Spare 17:36, Malcolm Edwards 18:07, Ray McDonald 18:27); **3 OWLS 57:18** (John Mason 19:30, Des Martin 18:21, Les Chesterton 19:27); **4 Birmingham Rowheath 57:38** (Harry Fowler 18:22, John Llewellyn 19:19, Martin Ludford 19:57); **5 Tipton 58:21** (Alan Grice 17:54, Glen Cox 19:03, Keith Best 21:24); **6 Derby B 58:25** (Chris Rosling 20:07, Mick Smedley 18:28, Mick Lindsay 19:50); **7 West Bromwich 64:18** (Bob Meek 20:45, Stan Hawes 22:14, Patrick Powell 21:19); **8 Brichfield B 64:34** (Don Field 20:22, Brian Worthington 20:20, John Adams 23:52); **9 Derby C 68:17** (Keith Donald 19:32, Stuart Tattersall 22:44, Mick Butterley 26:01); **M60: Stratford on Avon 64:01** (Roger Wilson 21:51, Peter Law 22:17, John Turner 19:53); **W35: 1 Bournville 62:00** (Margaret Kenchington 19:36, Yvonne Wallis 20:09, Helen Owen 22:15); **2 Centurion 64:20** (Theresa Wooley 18:52, Lorna Gold 24:53, Sharon Townlwy 20:35); **3 Corby 65:26** (Timea Latinovics 20:56, Catherin Oram 23:11, Trudi Pike 21:19); **W45: 1 Cannock & Stafford 63:02** (Chris Rollason 22:55, Chris Kilkenny 19:18, Dot Fellows 21:45); **2 Leamington 66:59** (Susie Tawney 20:41, Helen Howells 22:35, Kathy Sampson 23:43); **Composite Teams: 1 Halesowen 61:51** (Claire Fielden 22:55, Paul Allen 20:12, Barry Meir 18:44); **2 The A Team 64:45** (Adrian Lloyd 19:50, Michael Elwell 22:56, Dick Willingale 21:59); **3 Birchfield 73:35** (Jim Griffiths 24:34, Barry Roberts 23:26, Mike Staley 25:35);

**WALK:** 1 Mark Williams 23:46; 2 John Constandinou 27:10; 3 Les Scriven 32:12; 4 Zita McDonald 33:01; 5 Gordon Chapman 35:27; **HANDICAP:** 1 McDonald 39:31; 2 Constandinou 40:10; 3 Scriven 40:12; 4 Chapman 40:27; 5 Williams 41:16;

### 4<sup>th</sup> May, ENGLAND v IRELAND WALK INTERNATIONAL, Victoria Park, London.

#### Men 3k

1 Nick Silvester (M50) Aldershot, Farnham & District A.C. 14:09 85.4%;  
2 Bobby King (M60) Dunboyne Harriers 14:35 93.2%; 3 Philip Williams (M45) Enfield & Haringey A.C. 14:39 79.5%; 4 Jim Ball (M45) Steyning A.C. 14:45 79.0%;  
5 Mark Wall (M50) Leicester Walking Club 15:36 78.3%;  
6 Chris Hobbs (M50) Medway & Maidstone A.C. 15:43 79.0%; 7 Dave Sharpe (M50) Ilford A.C. 17:13 72.7%; 8 Mike Harran (M65) Surrey Walking Club 17:34 81.4%; 9 Gary MacDonald (M50) Ashford A.C. 18:29 65.5%; 10 Stephen Holliday (M55) Medway & Maidstone A.C. 18:36 70.3%;  
11 Alan O'Rawe (M65) Ilford A.C. 18:37 75.3%; 12 Norbert Will (M70) Ballymena & Antrim A.C. 18:51 80.5%; 13 Ron Powell (M70) Enfield & Haringey A.C. 19:02 77.8%; 14 Eric Horwill (M75) Dudley & Stourbridge Harriers 20:41 75.1%; 15 Bernie Hercok (M70) Enfield & Haringey A.C. 20:44 71.6%; 16 John May (M75) London Vidarians Walking Club 21:47 72.4%; 17 Ken Livermore (M750) Enfield & Haringey A.C. 21:54 70.9%;  
**Patrick Murphy (M45) Castleisland Race Walking Club DQ**

#### Women 3k

1 Diane Bradley (W45) Tonbridge A.C. 16:03 81.0%; 2 Helen Middleton (W45) Leicester Walking Club 17:40 73.7%; 3 Anne Gormley (W45) Donore Harriers 19:14 67.7%; 4 Marie Marshall (W45) Wolverhampton & Bilston A.C. 19:19 67.9%; 5 Jill Langford (W65) Wolverhampton & Bilston A.C. 20:29 80.4%; 6 Sue Rey (W50) Leicester Walking Club 20:37 65.8%; 7 Ann Lewis (W60) Aldershot, Farnham & District A.C. 20:49 71.1%; 8 Sheila Champion (W70) Sportsworld R.C. 25:43 68.6%;

#### Match Result

(Average of best four percentage scores per side)

England 82.2% Ireland 77.5%

### 14<sup>th</sup> May, Midland Veterans League South Division Meeting 1, Birmingham

#### MEN:

**100: M35:** 1<sup>st</sup> D Hansen (Spark) 12.2 2<sup>nd</sup> J Ubhoo (Birch) 12.4 3<sup>rd</sup> M Bennett (Wore) 12.5; **M40:** 1<sup>st</sup> A Priest (Droit) 12.4 2<sup>nd</sup> P Fearon (Mid M) 13.2 3<sup>rd</sup> S Fountain (Wore) 13.6; **M60:** 1<sup>st</sup> L Oldfield (Wore) 14.1 2<sup>nd</sup> A Mellett (Mid M) 14.8 3<sup>rd</sup> T Crocker (Droit) 15.1;  
**2000W: M40:** 1<sup>st</sup> W Nock (Hales) 9.53.2 2<sup>nd</sup> G Jones (D&S) 11.57.0 3<sup>rd</sup> D Fall (Birch) 12.25.1; **M60:** 1<sup>st</sup> D Winter (Spark) 12.57.7 2<sup>nd</sup> J Fenton (Birch) 13.27.5 3<sup>rd</sup> B Griffiths 14.06.6;  
**400: M35:** 1<sup>st</sup> R McWilliam (Birch) 53.7 2<sup>nd</sup> R Hyde (Hales) 55.3 3<sup>rd</sup> R White (Wore) 55.7; **M40:** 1<sup>st</sup> A Priest 57.1 2<sup>nd</sup> W Miles (Wore) 61.0 3<sup>rd</sup> A N Other (Spark) 63.3; **M50:** 1<sup>st</sup> S Hallion (Wore) 61.4 2<sup>nd</sup> A Checketts (Droit) 66.2 3<sup>rd</sup> P Parker (Birch) 68.4;



## MASTERS ATHLETICS SUMMER 2008

**1500:** M35: 1<sup>st</sup> R Andrew (Mid M) 4.18.9 2<sup>nd</sup> I Pawluck (Worc) 4.21.4 3<sup>rd</sup> R McWilliam 4.27.5; M40: 1<sup>st</sup> D Kesterton (Hales) 4.25.6 2<sup>nd</sup> J Grix (Mid M) 4.30.0 3<sup>rd</sup> M Morley (Birch) 4.31.4; M60: 1<sup>st</sup> G Orme (Birch) 5.31.9 2<sup>nd</sup> M Monaghan (Worc) 5.38.5 3<sup>rd</sup> L Woods (Hales) 6.42.4;  
**4x200:** 1<sup>st</sup> Worc 1.48.9 2<sup>nd</sup> Birch 1.50.0 3<sup>rd</sup> Spark 1.55.9;  
**HT:** M60 - 1<sup>st</sup> M Jones (B&R) 22.70m 2<sup>nd</sup> G Roberts (Spark) 17.39m 3<sup>rd</sup> R King (Worc) 16.43m;  
**SP:** M60-1<sup>st</sup> M Jones 9.12m 2<sup>nd</sup> R Day (D&S) 8.49m 3<sup>rd</sup> C Street 8.24m ;  
**HJ:** M35-1<sup>st</sup> D Hanson 1.50m 2<sup>nd</sup> A Priest 1.35m 3<sup>rd</sup> M Deakin (Hales) 1.30m;  
**M50:** 1<sup>st</sup> T Crocker 1.30m 2<sup>nd</sup> B Wareing (Spark) 1.25m 3<sup>rd</sup> R Davies 1.10m ;  
**JT:** M35: 1<sup>st</sup> R Hyde 36.41m 2<sup>nd</sup> D Sharp (D&S) 28.07m 3<sup>rd</sup> P Goddard 27.66m ;  
**TJ:** M40-1<sup>st</sup> D Hanson 10.83m 2<sup>nd</sup> S Fountain 10.02m 3<sup>rd</sup> P Rogers (Birch) 9.26m;  
**Match Score** 1<sup>st</sup> Worcester 116; 2<sup>nd</sup> Birchfield 110; 3<sup>rd</sup> Sparkhill 92;  
 4<sup>th</sup> Halesowen 88; 5<sup>th</sup> Droitwich 65; 6<sup>th</sup> Midland M 54; 7<sup>th</sup> Dudley & Stourbridge 44;  
 8<sup>th</sup> Bromsgrove & Redditch 19;

### WOMEN:

**100: (W35):** 1<sup>st</sup> J Buckley (Hales) 14.1 2<sup>nd</sup> J Rogers (Birch) 14.2 3<sup>rd</sup> P Gerner (B&R) 14.8; (W45): 1<sup>st</sup> J Thomas (Birch) 14.3 2<sup>nd</sup> E Restorick (D&S) 15.3 3<sup>rd</sup> R Townsend-Hope (Worc) 16.8;  
**2000W: (W35):** 1<sup>st</sup> S Tonks (B&R) 10.22.4 2<sup>nd</sup> J Malin (B&R) 12.06.3 3<sup>rd</sup> K Davies (Birch) 12.36.7 ;  
**400: (W35):** 1<sup>st</sup> D Walters 66.1 2<sup>nd</sup> A N Other (Hales) 69.1 3<sup>rd</sup> V Carter (Birch) & S Evans (Spark) 72.0; (W50): 1<sup>st</sup> N Hitchmough (D&S) 72.0 2<sup>nd</sup> R Townsend-Hope 75.7 3<sup>rd</sup> R Brownlie 88.8;  
**1500: (W35):** 1<sup>st</sup> D Walters (Birch) 4.37.0 2<sup>nd</sup> R Cook (Birch) 5.19.4; 3<sup>rd</sup> S Evans 5.29.0 (W45): 1<sup>st</sup> N Hitchmough 5.29.5 2<sup>nd</sup> D Hodson (Worc) 6.24.9 3<sup>rd</sup> A Haywood (Birch) 6.30.3 ;  
**4x200:** 1<sup>st</sup> Birchfield 2.01.9 2<sup>nd</sup> Worcester 2.21.0 3<sup>rd</sup> Sparkhill 2.26.0 ;  
**HJ: (W35):** 1<sup>st</sup> J Buckley 1.50m 2<sup>nd</sup> D Walters 1.15m 3<sup>rd</sup> S White 1.15m; (W45): 1<sup>st</sup> D Elmhurst (Worc) 1.15m 2<sup>nd</sup> R Chrimes (Hales) 1.10m 3<sup>rd</sup> K Davies 1.10m;  
**SHOT: (W45):** 1<sup>st</sup> R Chrimes 8.05m 2<sup>nd</sup> L Orbell (Birch) 7.97m 3<sup>rd</sup> M Ehrenberg 4.45m; (W35): 1<sup>st</sup> J Buckley 7.49m 2<sup>nd</sup> S Evans 6.31m 3<sup>rd</sup> L Laxton 6.23m  
**Meeting Result:** 1<sup>st</sup> Birchfield 111; 2<sup>nd</sup> Sparkhill 88; 3<sup>rd</sup> Bromsgrove & Redditch 83; 4<sup>th</sup> Worcester 74; 5<sup>th</sup> Halesowen 61; 6<sup>th</sup> Dudley & Stourbridge 31;

### 17<sup>th</sup> May, MMTG PENTATHLON, SUTTON COLDFIELD

AGE	NAME	HT	SP	DT	JT	WT	PTS
W50	Pat Higgins	27.76	7.41	11.60	16.27	9.08	2235
M35	Mark Wiseman	38.50	15.05	50.83	45.49	14.79	3464
M45	1 <sup>st</sup> Chris Privett	45.60	10.54	33.18	36.38	13.41	3180
	2 <sup>nd</sup> Graham Middleton	36.03	9.75	31.74	23.15	11.65	2559
	3 <sup>rd</sup> Martin Roberts	44.46	8.69	25.90	20.62	10.68	2424
M50	1 <sup>st</sup> David Maggs	42.27	8.91	32.24	29.92	12.80	2779
	2 <sup>nd</sup> Clive Howell	32.91	9.23	28.14	22.76	15.01	2553
	3 <sup>rd</sup> Adrian Courtenay	23.93	8.69	24.40	19.03	9.44	1856
M55	Bill Renshaw	29.80	9.95	31.64	17.78	10.42	2525
M60	1 <sup>st</sup> Barry Hawkesworth	45.07	11.36	34.36	35.23	15.99	3830
	2 <sup>nd</sup> David Kuester	29.07	10.45	26.90	36.27	12.27	2998
	3 <sup>rd</sup> Richard Jegou	30.13	10.76	30.83	21.12	12.56	2827
	4 <sup>th</sup> Chris Street	17.13	8.65	28.42	18.00	8.56	1993
M65	Peter Duckers	32.82	9.85	28.14	26.34	12.37	3297
M70	1 <sup>st</sup> Ian Miller	34.52	10.95	28.26	22.31	14.41	3549
	2 <sup>nd</sup> Brian Sumner	35.20	10.28	25.71	24.88	12.89	3391
M75	Graham Roberts	22.30	5.83	13.59	12.22	9.11	2132

### 19 MAY 2008 VETERANS LEAGUE - WESTERN DIVISION, HORSPATH, OXFORD

#### WOMEN:

**2000W: (W35)** 1-Marie Carrick AAAC 13.41.7; 2-Rose Webb RAC 14.20.0; 3-S Christie WRR 15.22.0; (W50) : 1-Noel Blatchford AAAC 12.43.4; 2-Gill Woodland RAC 15.33.4; 3-Liz Harkness NEW 16.22.0; **Non-Scorer:** Patsy Clarke (V60) SARWFL 16.15.7; **200M - (W35 - A):** 1-Kay Reynolds RAC 27.6; 2-Kerry Scudder NEW 30.2; 3-Lucy Garrod AAAC 32.8; (W35 - B) : 1- Gwyneth Hueter RAC 33.8; 2-Caroline Tuttle NEW 34.2; 3-Sammy Egerton AAAC 34.7; (W50) : 1-Sarah Fowler NEW 34.4; 2-Trish Wilson AAAC 35.0; 3-Lyn Ahmet RAC 35.3; (W60) : 1-Sue Lowry READ 34.7; 2-Jackie Charles RAC 36.7; 3-Noel Blatchford AAAC 43.5; **Non-Scorer:** Guadeep De-Mera (V35) BANH 31.1; **800M-(W35 - A):** 1-Sue Francis READ 2.29.6; 2-Bev Hall NEW 2.52.2; 3-Lucy Garrod AAAC 2.59.9; (W35 - B): 1 -Debbie Taylor READ 2.36.3; 2-Angela Baxter NEW 3.17.2; 3-S

Christie WRR 3.25.4; (W50) : 1-J Binns WSEH 2.32.8; 2-Gwyneth Hueter RAC 2.49.6; 3-Fowler 3.01.0; **3000: (W35 - A)** 1-N Gomm WRR 10.53.8; 2-Sue Francis READ 11.24.0; 3-Sarah Matthews AAAC 12.16.9; (W35 - B) : 1-Jeanette Ashton WRR 13.22.4; 2-Julia Wiblin AAAC 13.30.7; 3-Angela Baxter NEW 14.53.5; (W50): 1-Hueter 12.38.7; 2-Trish Wilson AAAC 12.54.8; 3-J Le Good WRR 14.24.7; **4 x 400M RELAY:** 1-Radley AC 5.11.3; 2-Abingdon Amblers AC 5.14.4; 3-Witney Road Runners 5.24.6; **Discus - (W35):** 1-Julie Wilson READ 29.25; 2-Jacqui Cherry RAC 28.73; (W50) : 1-Viv Branch RAC 16.89; **Non-Scorer:** 1-Natasha Mighty (V35) RAC 23.53; **Triple Jump (W35) :** 1-Sarah Rudd NEW 8.30; 2-Jackie Charles RAC 7.70; (W50) : Lyn Ahmet RAC 7.58 ; **Shot Put - (W35) :** 1-Mighty 10.03; 2-Wilson 9.62; 3-Bev Hall NEW 5.95; (W50) Dianne Mitchell AAAC 6.87; (W60) : Jackie Charles 6.76; **MATCH POINTS:** 1-Abingdon Amblers AC 127; 2-Radley AC 119; 3-Newbury AC 109

### MEN-

**2000W: (M35)** 1-Simon Johnson READ 11.12.2; 2-Pete Stepney AAAC 12.34.3; 3-John Spurway RAC 13.41.1; (M50) : 1-Graham Chapman OCAC 10.37.7; 2-Ray Stevens READ 12.42.7; 3-Nick Gough AAAC 12.44.7; **200: (M35 - A):** 1-S Dorset WSEH 23.8; 2-Darren Ward RAC 24.0; 3-Gareth Davies OCAC 25.1; (M35 - B) : 1-Danny Hodge WSEH 26.3; 2-Tim Osman OCAC 26.8; 3-Mike Cottam RAC 27.6; (M50) : 1-Alistair Duncan RAC 25.1; 2-Rod Davies WSEH 27.1; 3-R Stocking WRR 29.5; (M60) : 1-Derek Wardle WSEH 27.4; 2-Paul Jennings AAAC 33.4; 3-Bruce Charles OCAC 35.4; **Non-Scorers:** 1-Charlie Sutton (V50) OCAC 26.5; 2-Manuel Stone (V50) OCAC 27.5; 3-Neil Druce (V40) WHH 27.9; **800M -M35 -A** 1-Save Overton OCAC 2.10.5; 2-Save Bond READ 2.11.3; 3-Dave Bosley AAAC 2.14.1; **M35 - B** 1-Roger Bradley OCAC 2.13.6; 2-P Kennedy WSEH 2.16.7; 3-Kent Dixon AAAC 2.25.2; (M50) : 1-Trevor Dixon OCAC 2.23.6; 2-M Hill WSEH 2.24.3; 3-G Le Good WRR 2.40.4; **Non-Scorers:** 1-Simon Atkins (V40) WHH 2.36.2; 2-Neil Druce (V40) WHH 2.36.2; 3-Manuel Stone (V50) OCAC 3.04.6; **4 x 400M RELAY** 1-Oxford City AC 3.56.9; 2-Radley AC 4.13.8; 3-Abingdon Amblers AC 4.15.5; **Javelin - M35:** 1-Charlie Sutton OCAC 33.59; 2-Gary Jennings AAAC 31.09; 3-Mick Cottam RAC 25.56; (M50) : 1-Ron Jones AAAC 32.96; 2-Dave Kuester OCAC 32.02; 3-Mike Miles WRR 26.13; **Non-Scorers:** 1-Paul Jennings (V50) AAAC 28.36; 2-John Peake (V40) WEHH 25.72; **Triple Jump - (M35) :** 1-Gareth Davies OCAC 12.70; 2-Charlie Batts WRR 9.95; 3-Kent Dixon AAAC 8.39; (M50) : 1-Alistair Duncan RAC 9.92; 2-Wardle 9.71; 3-Richard Stocking WRR 7.62; **Pole Vault - (M35) :** 1-Dave Roberts AAAC 2.30; (M50) : Stocking 2.20; **Discus - (M35)** 1-Guy Perryman READ 35.29; 2-Jennings 34.58; 3-Richard Hart OCAC 24.77; (M50) : 1-Jones 31.89; 2-Duncan 27.15; 3-Mike Bale WYC 24.80 ; (M60) : 1-Dave Kuester OCAC 33.03; 2-Richard Jegou RAC 29.48; 3- Jennings 24.59; **Non-Scorers** John Peake (V40) WHH 24.96; **MATCH POINTS:** 1-Oxford City AC 128; 2- Abingdon Amblers AC 113; 3-Radley AC 87;

### V.A.A.- N.E.TRACK & FIELD League Monkton.

**1500 : (M.60)** 1. Eccleston S. Houghton 5.39.7; 2 Potter A. N.E.V.A.C.6.47.9; (M.65): 1 Harvey R.Newton Aycl 5.34.6; 2 Donaghy P.North Sh.Poly 6.16.5; 3 Hampson J.Durham City 6.28.4; (M.70+) 1 Checkley R.Heaton 6.53.3; 2 Appleby E.Heaton 7.13.5; (W.40): Ratchiff C. Durham City 5.25.5; (W.45) Marr L. Tynedale 5.43.9; (W.50): Lorraine M. Birtley 5.51.2;  
**LJ: (M.40):** 1 Robertson B.North Sh.Poly 4.93; 2 Robinson D.Jarr.& Hebb 4.51 ; (M.45): Evans J.Houghton 5.05; (M.50) Readman A. Houghton 4.60;  
 2 Hewitson G. Crook 4.46; (M.65): Butler D. Jarr. & Hebb.4.44 ; (W.40): Taylor J.Birtley 3.06; (W.45): 1 White S.Tynedale 3.94; 2 Archibold J. Heaton 3.73; (W.50) Lorraine 3.08;  
**HJ: (M.40):** Robertson B.1.60;  
**WT: (M.40):** Hudson S.Gateshead 10.48; (M.50): Maggs D.Gateshead 13.23; (M.55): Wild J.Rich. & Zet.13.73; (M.60) : Hudson T.Jarr. & Hebb 13.03;  
**DT: (M40)** 1 Young P.Midd.& Clev 31.12; 2 Hudson 20.55; (M45): 1 Pearson S. Houghton 15.42; (M.50) Maggs 32.04; (M.55) : Wild 37.98; (M.60): Hudson 37.76; Routledge G.Heaton 18.64; (M.75+): Laidler R.Sunderland 13.29;  
**JT: (M40):** 1 McCluskey P.Jarr.& Hebb 27.98; 2 Hudson 27.53; 3 Young 23.34; (M.45): 1 Taylor V.Birtley 30.73 ; (M.50): Maggs 27.99; (M.55): Wild 33.45; (M.60) Hudson 30.29; (M.75+): Laidler 21.03; (W.35) Hodgson J. Durham City 18.58; (W.45): Partridge K.Crook 20.85; (W.50): Lorraine Birtley 14.02;

### 24<sup>th</sup> May, Surrey Masters Championships, Kingsmeadow.

#### M35:

**100 (+3.5):** 1 Draco Mkpa K&P 11.6 (CBP); 2 Michael Peacock SC Vets 12.2; **200 (-1.9):** 1 Mkpa 24.3 (CBP); 2 Peacock 25.1; **400:** Martin Rowe Croy 53.5 (CBP); **800:** 1 Rowe 1:59.9 (CBP); 2 Jaran Finn Serp 2:10.8; **LJ:** Neil Lincoln R&SB 5.91; **TJ:** Lincoln 11.77 (-CBP); **SP:** 1 Mark Leitch Vets AC 14.60 (CBP); **DT:** 1 Leitch 31.85 (CBP); 2 Andy Briggs R&SB 28.41; 3 Matt O'Hare SoC 21.51; **HT:** Gavin Cook TVH 47.66; **JT:** 1 Leitch 44.69 (CBP); 2 Briggs 33.36; 3 O'Hare 30.75;  
**M40:**  
**100 (+3.5):** 1 Mark Cook G&G 12.6; 2 Simon Baird Serp 12.8. **200 (-1.9):**



## MASTERS ATHLETICS SUMMER 2008

1 Cook 26.3; 2 Eric Campbell Croy 32.5; **400**: 1 Ian Groome St Mary's 57.2; 2 Neil Ridge E&E 61.8; 3 Campbell 70.3; **800**: 1 Groome 2:07.1; 2 Stephen McDuell Vets AC 2:18.6; 3 Mark Livingstone HW 2:29.1; **1500**: McDuell 4:56.2; **5000**: Peter Lee 17:34.9; **HJ**: 1 Mark Roach Poole, gst 1.58; 2 Mitch Hunt C'ley 1.30; **PV**: John Andrews E&E 4.00 (CBP); **LJ**: Hunt 4.31; **SP**: 1 Robert Lowe K&P 7.56; 2 Eric Campbell Croy 5.91; **DT**: 1 David Lipscomb Serp, gst 25.82; 2 Lowe 18.75; **JT**: 1 Lowe29.85; 2 Hunt 23.90;

### **M45:**

**100m (+1.2)**: 1 Glen Reddington WSEH 12.2; 2 Clarence Riley Croy 12.2; 3 Gavin Olsson DMV 12.7; **200m (-1.9)**: 1 Riley 26.0; 2 Mark Butler E&E 26.4; **400**: 1 Mark Baker HW 55.9; 2 Riley 57.4; 3 Butler 57.9; 4 Mike May 68.1; **800**: 1 Noel Hall Vets AC 2:10.6; **1500**: Vic Maughn HHH 4:31.0; **5000**: 1 John McCawley C'ley 17:43.2; 2 Tony Harran HHH 18:09.5; 3 Colin Oxlade Croy 18:19.4; **110mH (+2.0)**: Reddington 16.5 (CBP); **LJ**: 1 Gavin Olsson DMV 4.89; 2 Clarence Riley Croy 4.79; **TJ**: Akin Oyederan HHH, gst 13.01; **DT**: Geoff Van Klaveren 19.48; **HT**: Chris Privett 45.31; **JT**: Van Klaveren 36.09; **3000W**: Tony Harran HHH 18:47.8;

### **M50:**

**100m (-1.7)**: 1 John Browne Chelm, gst 12.5; 2 Paul Williams Kent 19.1; **200 (+1.2)**: 1 Browne 25.5; **800**: 1 Kevin Archer Reig P 2:16.9; 2 Hugh Saxby HW 2:21.0; 3 Barry Attwell SLH 2:25.8; **1500**: 1 Archer 4:46.5; 2 Steve Newton HW 4:52.2; 3 Hugh Saxby HW 4:54.2; **5000**: 1 Jerry Carmell Reig P 18:41.4; 2 Alan Dolton SoC 20:37.3; 3 Elias Aviles HW, gst 21:38.6; **HJ**: David Blunt 1.55 (=CBP); **PV**: Blunt 3.40 (=CBP); **LJ**: 1 Martin Griffiths Wok 5.24; 2 Saxby 4.89; 3 Blunt 4.53; **TJ**: 1 Blunt 9.79; 2 Statter 8.99; **SP**: 1 Mike Small Exeter 13.86; 2 Nigel Hooker G&G 11.35; **DT**: Small 42.91; **HT**: 1 Small 44.56; 2 Hooker 39.76; **JT**: Small 42.04; **3000W**: 1 Ian Statter SyWC 16:56.3;

### **M55:**

**100m (-1.7)**: 1 Ray Watkins BasMH, gst 12.5; 2 Tim Carter Vets AC 12.7 **200m (+1.2)**: 1 Watkins 25.4; 2 Carter 27.6; **400**: Carter 62.8; **800**: Batten 2:28.5; **1500**: 1 Stuart Littlewood HW 5:33.8; 2 Cliff Hyde Serp 5:35.4; **5000**: 1 Stephen Knight HHH 19:14.7; 2 Littlewood 19:52.0; 3 Keith Hylands HW 19:57.4; **SP**: Tony Richards Croy 11.61; **DT**: Richards 30.85; **HT**: Kevin Shepherd Walton 28.47; **JT**: 1 Joe Eastwood Walton 37.30; 2 Richards 37.24; 3 Sheppard 32.21; **3000W**: 1 David Hoben SyWC 20:08.7; 2 Keith Walker E&E 20:09.8;

### **M60:**

**100m (+1.4)**: 1 Ken Smeeth E&E, gst 13.3; 2 Roy White St Mary's 14.6; 3 David Whittaker E&E 14.8; **200m (+3.3)**: 1 Smeeth 27.5; 2 Terry Bissett E&E 27.6; 3 Derek Wardle Vets AC 27.7; **400**: Wardle 63.1; **800**: Ian Dunn DMV 2:31.3; **1500**: 1 Dunn 5:17.7; 2 Dennis Williams HW 5:50.8; 3 Alan Davidson Has B 6:02.4; **5000**: 1 Steve Badgery HW 17:43.5 (CBP); 2 Davidson 21:48.0; 3 Mike Kortenray HW 21:53.3; **3000H**: Wardle 50.2; **HJ**: Roy White St Mary's 1.30 (CBP); **SP**: 1 Michael Ferne SC Vets 11.37; 2 John Gilbert InvEK, gst 10.43; 3 Robin Roach Walton 9.53; **DT**: 1 Ferne 42.64 (CBP); 2 Gilbert 32.26; 3 Roach 30.62; **HT**: 1 Chris Mellaish Camb H 46.33; 2 Ken Prior E&E 41.57; 3 Gilbert 34.83; **JT**: 1 Roy White St Mary's 32.36; 2 John Gilbert InvEK, gst 28.90; **3000W**: Carl Lawton 16:50.3;

### **M65**

**100m (-1.4)**: 1 Charles Isetts K&P 14.3 (CBP); 2 Kevin Burnett SoC 18.8; 3 Tom Pollak HW 19.0; **200m (+3.3)**: 1 Isetts 28.9 (CBP); 2 John Garber HHH 33.2; 3 Burnett 36.5; **400/800/1500**: Garber 80.4 / 2:50.4 / 5:41.0; **3000H**: 1 Barry Ferguson Camb H, gst 54.9; 2 David Barrington K&P 58.2; **HJ**: 1 Brian Harlick E&E 1.25 (CBP); 2 Allan Long HHH 1.15; **LJ**: 1 Long 3.95 (CBP); 2 Pollak 3.25; **TJ**: 1 John Webster HW 7.36 (CBP); **PV**: 1 Harlick 2.40; 2 Webster 1.90; **SP**: 1 Harlick 8.09; 2 Burnett 6.41; 3 Pollak 6.36; **DT**: 1 Harlick 32.89; 2 Burnett 20.43; **HT**: 1 Webster 32.85; 2 Harlick 26.52; **JT**: 1 Webster 27.36; 2 Harlick 25.90; **3000W**: Peter Hannell SyWC 17:45.6;

### **M70:**

**800/1500**: Brian Shave HHH 3:34.6 / 7:07.5; **5000**: 1 Michael Harran HHH 23:14.5; 2 Shave 25:58.8; **HT**: Hamilton Thomas Lewes, gst 36.57; **3000W**: Michael Harran HHH/SyWC 17:20.7 (CBP);

### **M75:**

**100m (-1.4) / 200 (-0.7) / 80H (+2.0) / 300H / JT**: Gordon Daborn Vets AC 17.2 / 38.1 80.1 (CBP) / 21.6 (CBP) / 25.59 (CBP); **400 / 800**: Ken Crooke Croy 111.8 / 4:26.1 (CBP); **DT**: Ian Briggs R&SB 21.71; **3000W**: John May Lon Vids 21:31.6;

### **M80:**

**800 / 1500**: Harry Tempan DMV 3:15.5 (CBP); 6:37.5 (CBP); **M85**: **3000W**: Jack Fitzgerald Sutton & D 27:23.0 (CBP);

### **W35:**

**100m (-0.4) / LJ / TJ**: 1 Joanne Regan Walton 14.2 4.58 9.38; **800**: Louise Ionescu DMV 2:31.8; **5000**: Jane Sheard WSEH 18:43.6; **SP / DT / HT**: Camilla Thrush K&P 10.45 / 30.79 / 37.39; 2 Odette Butson Vets AC 29.02;

**W40: 100m (-0.4)**: Anna Campbell Croy 14.8; **200 (-0.5)**: 1 Campbell 32.0; 2 Melina Healy B&B 32.6; **5000**: 1 Pippa Major SLH 20:37.3; 2 Sarah Allen HHH 23:15.1; **HJ / LJ**: 1 Ali Hunt C'ley 1.20 3.49; **SP**: Diane Ingham C'ley 5.88; **DT**: 1 Ali Hunt C'ley 17.84; 2 Ingham 16.05; **HT**: Ingham 16.15; **JT**: Campbell Croy 23.94;

### **W45:**

**1500**: 1 Clare Pauzers HHH 4:57.9 (CBP); 2 Janet Ray DMV 5:22.0; **5000 / 3000W**: Fiona Bishop Woking 25:03.5 18:48.4; **LJ**: Angela Griffiths E&E, gst 4.50; **TJ**: Kim Thornton Croy 7.20;

### **W50**

**100m (-0.4) / 200 (-0.5)**: Joan Trimble K&P 14.6 31.1; **Shot**: 1 Jenny Piercy E&E

8.03; 2 Barbara Macanas HHH 7.32; 3 Laura White C'ley 6.36; **DT**: 1 Macanas 19.46; 2 Piercy 17.82; 3 White 15.50; **HT**: 1 Piercy 30.84; 2 Macanas 26.00; **JT**: 1 Macanas 17.14; 2 Piercy 16.90; **3000W**: White 21:09.7;

### **W55:**

**100m (-0.4) / 200 (-0.5)**: Anne Nelson E&E 15.7 / 33.1; **LJ / TJ**: Linda Harrison Croy 2.51 / 5.54; **SP**: 1 Vilma Thompson Belg 10.06; 2 Denise Holman C'ley 6.55; **DT**: Vilma Thompson 24.34 (CBP); **HT**: 1 Thompson 27.73; 2 Holman 21.08; 3 Harrison 20.22; **JT**: 1 Thompson 22.85; 2 Holman 17.95; 3 Harrison 12.90;

### **W60:**

**SP / DT / HT / JT**: Liz Sissons E&E 9.68 / 20.83 / 28.97 / 24.93;

### **W65:**

**100m (-0.4) / LJ**: Iris Holder Woking 17.0 (CBP) / 3.55 (CBP);

## Results by Pete Mulholland petehwac@aol.com 020 8761 4308

### *1<sup>st</sup> JUNE SCVAC Track & Field Championships, Julie Rose Stadium, Ashford.*

#### **100:**

**M40**: 1.Rohan Samuel 11.56, 2.Ben Radcliffe 12.23, 3.Barrington King 12.32; **M45**: 1.Glen Reddington 12.14, 2. John Shepherd 12.18, 3. Kermit Bentham 12.22; **M50**: 1.John Browne 12.52, 2. Tom Phillips 12.56, 3. Alan Harrison 13.20; **M55**: 1.Ray Watkins 12.64, 2. Geoff Kitchener 13.49, 3.Tim Carter 13.51; **M65**: 1.Charles Isetts 14.09; **M70** -1.Colin Field 14.34, 2. Alan Carter 14.40 **M75** -1.Peter Field 16.38, 2.David Hamilton 18.68; **W35**-1.Gurdeep 15.10; ( **W45** -1.Yvonne Salmon 14.06, 2. Lynn Talbert 14.38; **W50**-1.Helen Godsall 13.68, 2.Joan Trimble 14.90, 3.Christine Salvary 16.09; **W55**-1.Joylin Saunders-Mullins 14.23 2.Anne Nelson 15.53; **W60** 1.Sue Lowry 16.76 2. Pat Oakes 17.87; **W65**-1.Iris Holder 16.79;

#### **200:**

**M40**-1.Keith Palmer 25.23 2. Lance Croft (G) 25.48 3.Barrington King 26.56; **M45** -1.John Shepherd 24.91 2.Robert Allen 25.43 3.Michael May 27.99; **M50** -1.Tom Phillips 25.40, 2. Alan Harrison 26.10, 3.John Browne 26.20; ( **M55**-1.Ray Watkins 25.8 2.Tim Carter 27.3 3.Geoff Kitchener 27.7; **M65**-1.Charles Isetts; **M70** -1.Alan Carter 29.45 2.Colin Field 30.18; **M75**-1.Peter Field 35.08; **W35**-1.Debbie Doherty 29.64 2.Gurdeep 31.61; **W45**-1.Yvonne Salmon 28.29 2.Lynn Talbert 29.16 3.Jenny Hughes 32.03; **W50**-1.Helen Godsall 28.70 2.Joan Trimble 30.81 3.Christine Salvary 32.87; **W55**-1.Anne Nelson 32.50; **W60**-1.Sue Lowry 34.90 2.Pat Oakes 39.28; **W65**-1.Iris Holder 35.85 2.Jackie Charles 36.85

#### **400:**

**M40**-1.Kermit Bentham 52.66 2.Lance Croft (G) 56.40 3. Geoff Gallagher 57.06; **M50**-1.Alan Harrison 58.36 2.Stuart Condie 60.74 3. Eddie Costley 61.99; **M55**-1.Tim Carter 61.74 2. Julian Spencer - Wood 62.19; **W35**-1.Debbie Doherty 65.39; **W45**-1.Jenny Hughes 63.47; **W55**-1.Joylin Saunders-Mullins 67.65; **W60**-1.Sue Lowry 82.45; **M80**-1.George Hopcroft 111.04;

#### **800:**

**M40**-1.Roger Braley 2:14.71 2.Geoff Gallagher 2:17.39 3.Bob Fursey 2:28.34 5.Ian Mackett 2:40.20; **M50**-1.Kevin Archer 2:16.48 2.Gary MacDonald 3:07.56; **M55**-1.Ken Daniel 2:19.91 2. Julian Spencer-Wood 2:21.67; **M60**-1.Peter Hamilton 2:37.65; **W45**-1.Jenny Hughes 2:44.00 2. Elisabeth McBatty 2:50.00; **M65**-1.Tony Merritt 3:42.1; **M75**-1.David Hamilton 3:21.1; **M80**-1.George Hopcroft 4:09.6;

#### **1500m**

**M40**-1.Phil Crane (G) 4:27.00 2. Colin Oxlade 5:04.24; **M50** -1.Kevin Archer 4:34.39 2.Ray Marriott 4:35.16; **M55**-1.Ken Daniel 4:49.86 2.Julian Spencer-Wood 5:08.90; **M60**-1.Peter Hamilton 5:13.90; **M65**-1.Tony Merritt 7:01.56; **M70**-1.Pat Heffernan 6:36.53; **W50**-1.Elizabeth McBatty 5:40.06;

#### **SPRINT HURDLES:**

**M40**-1.Andy Lewis 15.68 2.Glen Reddington 16.58; ( **M60**)-1.Barry Ferguson 17.31 **M50**-2. Brian Slaughter 17.79; **W45**-1.Gaye Clark 12.83; **W65** Jackie Charles 18.18;

#### **3000W:**

Gary Macdonald M50 18.14.14;

#### **5000:**

**M40**-1.Bob Fursey 17:46.08 2.Colin Oxlade 17:53.25 3.Adrian Moody 18:57.18; **M50**.Nigel Burnell 19:03.81; **M55** Ivon Whitmore 20:29.88; **M65** Tony Merritt 24:23.49; **M70** Patrick Heffernan 23:37.51; **M80** Ron Hale 29:27.01; **W55** Pat Halstead 21:04.96;

#### **3000H:**

**M60**-Barry Ferguson 51.65

#### **400H:**

1.Brian Slaughter M50 65.22 2.Debbie Doherty W35 74.47 3. Geoff Kitchener M55 77.78;

#### **Discus**

**M40** -1. David Lipscomb 26.42 **M45** 2. Allan Leiper 33.67; **M50** 1.Jacek Drzewiecki 37.86, 2.Brian Slaughter 36.62, 3. Bob Hammond 29.63; **M55** 1. Tony Richards 34.42; **M65**-1.Garry Negus 23.61; **M70**-1. Hamilton Thomas 29.15, 2. Norman Fullick 19.38; **M75** -1. Jaroslav Hanus 26.01 2. Peter Barber 25.27; 3. Ian Briggs 22.80; **W35**-1. Sue Lawrence 33.09, 2. Camilla Thrush 31.42; **W45**-1. Julie Wilson 29.57; **W50**-1. Gwen Bird 31.49, 2. Sigrid Roberts 16.58 **W55** -1. Linda Harrison 13.31; **W60** Barbara Terry 21.52;



## Shot

**W35-1.** Sue Lawrence 10.48 **2.** Camilla Thrush 9.98; **W45-1.** Julie Wilson 9.08; **W50-1.** Gwen Bird 10.20 **2.** Sigrid Roberts 6.29; **W60-1.** Elizabeth Sissons 9.65 **2.** Barbara Terry 8.76; **M40** Stuart Earl 9.36 ; (**M45**)-1. Albert Johnson 2. Allan Leiper 11.83; **M50-1.** Brian Slaughter 10.73 **2.** Bob Hammond 9.79 **3.** Jacek Drzewiecki 9.20; **M55-1.** Tony Richards 10.93 **2.** Tim Saunders-Mullins 9.28; **M60-1.** John Gilbert 9.63; **M65-1.** Garry Negus 10.82; **M70-1.** Hamilton Thomas 9.20 **2.** Norman Fullick 6.81; **M75-1.** Jaroslav Hanus 8.36 **2.** Peter Barber 7.13

## Hammer

**W35-1.** Camilla Thrush 36.97 **2.** Sue Lawrence 35.04; **W45-1.** Julie Wilson 32.54 **2.** Gaye Clarke 25.09; **W50-1.** Sigrid Roberts 28.43; **W55-1.** Linda Harrison 19.08; **W60-1.** Elizabeth Sissons 29.42 **2.** Barbara Terry 25.27 **3.** Stella Bacon 18.48; **M45-1.** Chris Privett 43.79 **2.** Guy Perryman 37.41; **M50-1.** Brian Slaughter 38.48 **2.** Michael Bale 35.23; **M55-1.** Clive Thomson 34.91 **2.** Tim Saunders-Mullins 30.48; **M60-1.** Chris Melluish 43.58 **2.** John Gilbert 31.58; **M65-1.** Garry Negus 36.10; **M70-1.** Hamilton Thomas 33.33 **2.** Norman Fullick 18.29; **M75-1.** Pete Barber 36.73;

## Javelin

**W35-1.** Sue Lawrence 29.17 **2.** Deborah Doherty 27.32; **W45-1.** Julie Wilson 23.92; **W50-1.** Sigrid Roberts 12.44; **W55-1.** Joylin Saunders-Mullins 21.64; **W60-1.** Liz Sissons 24.78 **2.** Stella Bacon 23.98 **3.** Barbara Terry 17.30 ; **M40-1.** Jeremy Tigar 45.94 ; **2.** Stuart Earl 38.08; **M45-1.** Stephen Rouault 37.68 **2.** Alber Johnson 36.14; **M50-1.** Brian Slaughter 36.09 **2.** Michael Bale 21.74; **M55-1.** Paul Oakes 40.33; **2.** Tony Richards 35.90 **3.** Joe Eastwood 34.57 ; **M60-1.** Brian Yeomans 32.12 **2.** John Gilbert 27.68; **M65-1.** Ashley Fox 33.43; **M70-1.** Vic Adcock 37.03 **2.** Norman Fullick 17.61;

## Long Jump

**W40-1.** Imeta Barauskiene 5.29 **2.** Meryl Austin 4.47; **W55-1.** Sue Yeomans 3.89; **2.** Linda Harrison 2.55; **W60-1.** Pat Oakes 3.04 **2.** Daphne Marler 2.09; **W65-1.** Iris Holder 3.65; **M35-1.** John Munroe 6.45 **2.** Neil Lincoln 5.86 **3.** Ben Radcliffe 5.77; **M45-1.** Masaktsu Kondo 6.10 **2.** Steve Langford 5.13; **M50-1.** Trevor Wade 5.11 **2.** Roderick Davies 4.72; **M55-1.** Dennis Wallington 4.48; **M65-1.** Robert Ruff 3.97;

## High Jump

**M40-1.** Stuart Earl 1.45; **M50-1.** Trevor Wade 1.55 **2.** Brian Slaughter 1.45 ; **M55-1.** Geoff Kitchener 1.25; **W40-1.** Imeta Barauskiene 1.55; **W60-1.** Pat Oakes 1.05;

## Triple Jump

**M35-1.** Neil Lincoln 11.33; **M40-1.** Stuart Earl 10.22; **M45-1.** Rez Cameron 12.19 **2.** Steve Langford 10.44; **M55-1.** Ian Edwards 8.45; **M65-1.** Robert Ruff 8.07; **W40-1.** Imeta Barauskiene 10.72 **2.** Meryl Austin 9.68; **W55-1.** Susan Yeomans 8.40 **2.** Linda Harrison 5.49; **W60-1.** Pat Oakes 6.70 **2.** Daphne Marler 5.11; **W65-1.** Iris Holder 7.82; **2.** Jackie Charles 7.64;

## Pole Vault

**M35-1.** Ben Radcliffe 3.30; **M55-1.** Nick Phipps 3.20; **W55-1.** Susan Yeoman 2.60;

## June 2nd. 2008. NEVAA League 2 Monkton

**3000:** **M70:** E. Appleby Heaton 14.25.1; **W.35:** 1 K. Waugh Chester-le-Str. 10.08.3; **2.** V. Thompson Jarr. & Hebb. 12.23.3 ; **W.40:** K. Davis North Sh. Poly 12.14.6; **W.45:** L. Marr Tynedale 11.57.4; **W.50:** H Lambert North Sh. Poly 11.29.8;

**800:** **M.35:** 1 J. Allison Crook 2.16.7 ; **2.** F. Turner Durham City 2.17.5; **3.** J. Moore Heaton 2.18.6; **M.40:** 1 A. MacDonald Morpeth 2.23.8; **2.** J. Gray Bill. Marsh House 2.28.7; **3.** P. Inskip Heaton 2.46.8; **M.45:** 1 G. Harden Sunderland 2.11.8; **2.** B. Bailes Birtley 2.16.0; **3.** C. Hassell N.E.V.A.C 2.22.3; **M.50:** 1 G. Hewitson Crook 2.28.3; **2.** G. Pemberton N.E.V.A.C 2.31.4; **3.** F. Gill North Sh. Poly 2.54.1; **M.55:** 1 A. Jenkins Morpeth 2.34.9; **2.** W. Farquharson Bill. Marsh House 2.48.1; **3.** T. Baty Heaton 2.51.2; **M.60:** 1 T. Whitfield North Sh. Poly 2.57.4; **2.** B. Brown Durham City 3.04.1; **3.** A. Potter N.E.V.A.C 3.27.3; **M.65:** 1 R. Harvey Newton Aycl. 2.43.1; **2.** P. Donaghy North Sh. Poly 3.03.9; **3.** J. Hampson Durham City 3.08.0; **M.70+:** 1 R. Checkley Heaton 3.21.4; **2.** E. Appleby Heaton 3.34.7; **W.40:** K. Davis North Sh. Poly 2.54.6; **W.45:** L. Marr Tynedale 2.58.1; **W.50:** L. Miller North Sh. Poly 2.41.8; **2.** H. Lambert North Sh. Poly 2.44.1; **3.** M. Lorraine Birtley 2.49.1;

**SHOT:** **M.35:** M Gibson Heaton 6.64; **M.40:** 1 P. Young Midd. & Clev. 8.37; **2.** S. Hudson Gateshead 7.58; **M.50:** D. Maggs Gateshead 8.88; **M.55:** J. Wild Rich. & Zet. 9.64 ; **M.60:** T. Hudson Jarr. & Hebb 10.91; **2.** G. Routledge Heaton 6.94; **M.70+:** R. Laidler Sunderland 7.63; **W.40:** M. Crawford Heaton 7.63;

**JAVELIN:** **M.40:** P. McCluskey Jarr. & Hebb 25.98; **2.** D. Robinson Jarr. & Hebb 25.63; **3.** S. Hudson Gateshead 22.56; **M.45:** V. Taylor Birtley 31.29; **M.50:** D. Maggs Gateshead 33.02; **M.55:** J. Wild Rich. & Zet 33.42; **M.60:** T. Hudson Jarr. & Hebb 27.97; **M.65:** D. Butler Jarr. & Hebb 20.47; **M.70+:** R. Laidler Sunderland 20.21; **W.35:** J. Hodgson Durham City 18.15; **W.40:** M. Crawford Heaton 26.56; **W.45:** K. Partridge Crook 19.21

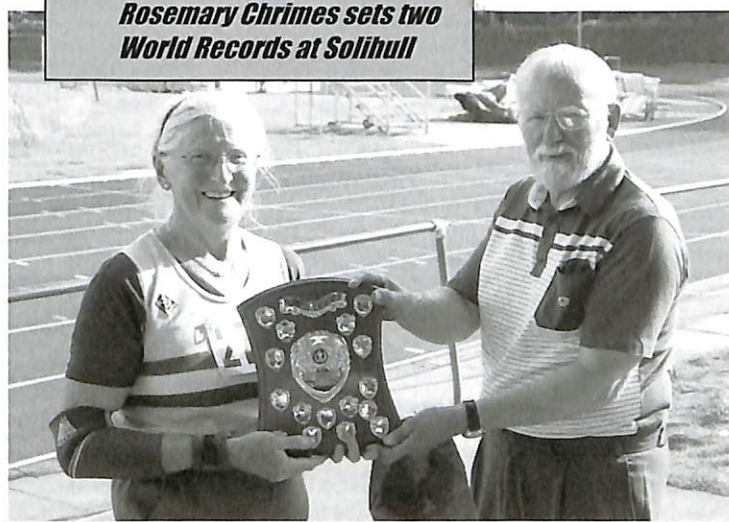
**HAMMER:** **M.40:** S. Hudson Gateshead 33.90; **2.** P. Young Midd. & Clev. 22.68; **M.50:** D. Maggs Gateshead 42.01; **M.55:** J. Wild Rich. & Zet. 37.95; **M.60:** T. Hudson Jarr. & Hebb 36.40; **2.** G. Routledge Heaton 16.59; **M.70+:** R. Laidler Sunderland 16.80; **W.50:** M. Lorraine Birtley 14.88;

**TRIPLE JUMP:** **M.45:** D. Dixon Tynedale 11.65; **2.** C. Hassell N.E.V.A.C 9.51; **M.50:** G. Hewitson Crook 9.00; **W.40:** J. Taylor Birtley 6.42; **W.45:** S. White Tynedale 8.28; **W.50:** M. Lorraine Birtley 6.74

## 8th JUNE MMAC CHAMPIONSHIPS, SOLIHULL.

**100:** (**W35**): 1 Gia Skervin 13.4; **2.** Katy Williams 15.3; (**W40**): Fiona Meldrum 14.8; (**W45**): 1 W Dunn (Gst) 13.7; **2.** J Thomas 14.2; **3.** L Willis 14.4; (**W50**): 1 P Gerner 14.4; **2.** G Gray 16.4; **3.** C Oram 18.1; (**W55**): 1 Cathy Lyon-Green 16.9; **2.** V Kirkland 16.9; (**W60**): 1 M Lewington 14.7 (CBP); (**W65**): M Mills 16.8; (**W75**): Rosemary Chrimes 18.3 (CBP); (**M35**): 1 Jim Tipper 11.2 (CBP); **2.** Martin White 11.5; (**M40**): 1 Dalton Powell 11.5 (=CBP); **2.** Raphael Smith 12.0; **3.** Mark Wise 13.5; (**M45**): 1 P Logan (Gst) 11.7; **2.** Andrew Priest 11.9; **3.** Christopher Ashmore 12.1; (**M50**): 1 Cecil Moven 12.2; **2.** Clement Bartley 12.3; **3.** Robert Cawson 12.4; (**M55**): 1 V iv Oliver 12.4; **2.** Alan Baxter 13.3; **3.** John Moore 13.6; (**M60**): 1 John barrus 14.0; **2.** Malcolm Baxter 14.1; **3.** Peter Wright 14.4; (**M65**): 1 Conrad Phillips 13.2 (=CBP); **2.** Barrie Hughes 14.6; **3.** David Hoare 14.6; (**M70**): 1 Alan Mellett 14.4; **2.** David Burton 14.5; **3.** John Evans 15.7; (**M75**): 1 George Cheetham 15.2; **2.** Norman Carter 19.8; **3.** Bill Morrow 21.00;

## Rosemary Chrimes sets two World Records at Solihull



**200:** (**W35**): 1 Cindy Parry 29.6; **2.** Christine Hawker 30.0; **3.** Katy Williams 32.6; (**W40**): Fiona Meldrum 30.1; (**W45**): 1 W Dunn (Gst) 27.9; **2.** Angelas Kelly (Gst) 30.3; **2.** Wendy Laing (Gst) 28.8; **3.** L Willis 29.2; (**W50**): 1 G Gray 34.7; **2.** C Oram 36.9; (**W55**): Cathy Lyon-Green 35.5; (**W60**): M Lewington 31.0 (CBP); (**W65**): M Mills 36.7; (**M35**): 1 Jim Tipper 22.6 (CBP); **2.** Martin White 23.6; (**M40**): 1 Dalton Powell 23.4; **2.** Raphael Smith 24.9; **3.** David Hood 26.7; (**M45**): 1 P Logan (Gst) 23.7; **2.** Christopher Ashmore 24.4; **3.** Phil McWilliam (Gst) 24.5; (**M50**): 1 Cecil Moven 25.0; **2.** Robert Cawson 25.2; **3.** Clement Bartley 26.0; (**M55**): 1 V iv Oliver 24.6; **2.** Alan Baxter 27.5; (**M60**): 1 Lawrence Oldfield 27.9; **2.** John Barrus 28.3; **3.** Malcolm Baxter 28.5; (**M65**): 1 Barrie Hughes 30.4; **2.** David Hoare 31.3; (**M70**): 1 Alan Mellett 29.9; **2.** Tony Bowman 31.0; **3.** David Carney 37.5; (**M75**): 1 George Cheetham 32.2; **2.** Bill Morrow 51.0;

**400:** (**W35**): Cindy Parry 65.8; (**W40**): Fiona Palmer 62.0 (CBP); (**W50**): Jane Horder 62.3 (CBP); (**M35**): 1 Michael Gardiner 50.4 (CBP); **2.** Martin White 54.1; **3.** Paul Tasker 55.6; (**M40**): 1 Shaun Ainge 57.2; **2.** David Hood 59.3; **3.** Mark Wise 60.9; (**M45**): 1 Tony Noel 54.2; **2.** Andrew Kinnear 55.2; **3.** Andrew Priest 55.5; (**M50**): 1 Tony Foster 61.2; **2.** Wilson Paterson 63.6; **3.** Kevin Sammons (Gst) 75.0; (**M55**): 1 Stewart Halion 61.9; **2.** Alan Maddocks 62.9; **3.** Geoffrey Trueman 64.5; (**M60**): 1 Derek Wardle 61.8; **2.** Lawrence Oldfield 64.6; **3.** Rod Scholes 66.5; (**M70**): Tony Bowman 72.2; (**M75**): Tom Clowry 80.4;

**800:** (**W35**): Michelle Hooton 2:31.4; (**W40**): Timea Latinovics (Gst) 2:36.8; (**W45**): Lesley Willis 2:43.4; (**W50**): Catherine Oram 3:17.8; (**W55**): 1 Nancy Hitchmough 2:38.0; **2.** Joyce Barrus 2:49.6; (**W60**): Pat Gallagher (Gst) 2:46.8; ; (**M35**): Dave Ashworth 2:12.8; (**M45**): 1 Ivan Pawluk 2:07.6; **2.** Kevin Pye 2:11.5; **3.** Paul Hopes (Gst) 2:13.6; (**M50**): Fred Pidgeon 2:22.6; (**M55**): 1 David Oxland 2:16.9; **2.** Keith Short 2:17.0; **3.** Stewart Halion 2:19.9; (**M60**): 1 Derek Wardle 2:26.1; **2.** Rod Scholes 2:28.2; (**M65**): 1 Reg Phipps 2:31.2; **2.** Mike Duggan 2:50.4; (**M70**): Geoff Oliver 3:12.1;

**1500:** (**W40**): Jane Pidgeon 5:14.8; (**W55**): 1 Nacy Hitchmough 5:24.0; **2.** Joyce Barrus 6:04.7; (**W60**): 1 Angela Copson 5:28.7 (**British Record**); **2.** Pat Gallagher 5:40.8; (**W70**): Maddalene Sloan 8:30.4 (CBP); (**M40**): Jonathon Grix 4:24.5; (**M45**): 1 Philip Crane 4:25.5; **2.** Ivan Pawluk 4:29.1; (**M50**): 1 Fred Pidgeon 5:08.8; **2.** Denis Daly 5:19.2; (**M55**): Christopher Ryan 5:32.5; (**M60**): Mick Smedley 5:26.6; (**M65**): Mike Duggan 5:48.0; (**M70**): 1 Geoff Oliver 6:34.9; **2.** David Carney 6:37.1; (**M75**): Charlie Sloan 6:53.9;

**5000:** (**W55**): Christine Kilkenny 19:56.7 (CBP); (**W60**): 1 Angela Copson 20:06.7 (CBP); **2.** June Johnson 23:49.6; (**M40**): 1 A Hussey 16:12.3; **2.** S marklew 16:23.5; (**M45**): 1 Mike Cadman 16:04.9; **2.** Rob Sheen 16:06.0; **3.** D Talbot 17:22.0; (**M55**): Peter Banks 19:13.0; (**M60**): 1 Mick Smedley 19:05.4; **2.** Andrew Johnson 23:49.6; (**M65**): Roger Wilson 20:48.0; (**M70**): Geoff Oliver 22:17.0;

**5000W:** (**W35**): Julie Bellfield 32:05.6; (**W45**): 1 Tony Boa 30:07.3; **2.** Helen Middleton 30:22.5; (**M40**): Mark Williams 22:42.2; (**M55**): Rod Dunn 28:22.3;



(M60): Les Scrivens 31.46.7; (M65): Glyn Jones 31.36.9; (M70): Peter Stapleford 34.10.5; (M75): Eric Horwill 36.44.3; (M80): Karl Abolins 39.24.0; (M85): Len Creo 36.57.4; (M90): Wendy Laing 13.1 (CBP); 2 Lesley Willis 15.7; (W65): Jackie Charles 17.0 (CBP);

**100H:** (M55): Tony Wells 16.8 (CBP);

**110H:** (M45): 1 Gary Myles 17.6; 2 Paul Edwards 19.4; 3 Marc Flannery 20.3;

**400H:** (M45): Paul Edwards 64.9; (M55): Tony Wells 71.0;

**HJ:** (W40): Fiona Yeomans 1.26; (W55): Pam Garvey 1.26; (W65): Jackie Charles 1.11; (W75): Rosemary Chrimes 1.14 (**British Record**); (M40):

1 Shaun Ainge 1.60; 2 Stephen Webb 1.40; (M45): Marc Flannery 1.50;

(M50): 1 Paul Hayden 1.45; 2 Paul Askew 1.35; (M60): 1 Lawrie Dunn 1.35; 2

Kristian Lundby 1.30; (M65): Colin Green 1.40; (M70): Tony Crocker 1.40;

(M75): Norman Carter 1.15 (=CBP);

**PV:** (M40): Andrew Wilkinson 3.30; 2 Nick Walker 3.30; (M45): Marc Flannery

2.50; (M60): John Bradley 3.00;

**LJ:** (W35): Cindy Parry 3.46; (W45): Lesley Willis 4.34; (W50): 1 Polly Gerner

3.48; 2 Pat Higgins 3.33; (W55): 1 Cathy Lyon-Green 3.32; 2 Viv Kirkland 3.01;

(W65): Jackie Charles 3.27; (M35): Neil Skelding 5.52; (M40): Stephen Webb 4.27;

(M45): 1 Marc Flannery 5.46; 2 Christopher Ashmore 5.30; 3 Charlie Batts 5.25;

(M50): 1 Albert St.Clair Earle 5.16; 2 Paul Hayden 4.61; 3 Paul Askew 4.18; (M55):

Geoffrey Trueman 3.72; (M60): Kristian Lundby 4.54; (M65): Colin Green 4.52;

(M70): David Burton 3.96; 2 Jhalman Singh 3.23; (M75): 1 Norman Carter 2.59;

2 Bill Morrow 2.28;

**TJ:** (W35): Christine Hawker 8.51 (CBP); (W40): Fiona Meldrum 8.19; (W45):

Lesley Willis 9.33 (CBP); (W50): Pat Higgins 7.35; (W55): Cathy Lyon-Green 2.52;

(W65): Jackie Charles 2.66; (M40): Stephen Webb 9.55; (M45): Charlie Batts 10.51;

(M50): 1 Albert St.Clair Earle 11.48; 2 Paul Hayden 9.46; 3 Paul Askew 8.80;

(M60): Kristian Lundby 9.47; (M65): Colin Green 9.29; (M70): John Evans 8.10;

(M75): Bill Morrow 4.20;

**SP:** (W35): 1 Lorraine Garvey 9.54; 2 Judith Buckley 7.61; (W45): 1 Alison George

9.54 (CBP); 2 Marion Loveridge 7.53; (W50): Pat Huggins 7.28; **W55:**

Cathy Lyon-Green 6.41; **W60:** 1 Maureen Lewington 8.03; 2 Laiane Mee 6.03;

3 Carol Rafferty 5.84; **W65:** Jackie Charles 6.80; **W75:** Rosemary Chrimes 8.95

(**World Record**); (M35): Paul Smith 9.20 (CBP); (M40): Nick Walker 9.85; (M45):

1 David Sharp 11.87; 2 Mark Flannery 9.94; 3 Steve Wooley 9.03; (M50): 1

Malcolm Pell 11.09; 2 Clive Howell 9.62; 3 Ray McAvoy 9.03; **M55:**

1 Tony Richards 11.07; 2 Terry Lalley 10.87; 3 Roy Stevenson 10.72; (M60):

1 Barry Hawkesworth 10.80; 2 Richard Jegou 10.47; 3 Terry Cole 9.62; (M65):

**1 Mike Jones** 9.67; 2 Peter Duckers 9.64; 3 John Love 8.02; (M70): 1 Brian Sumner

10.47 (CBP); 2 Jhalman Singh 9.04; 3 David Burton 8.22; (M75): 1 Keith Dutton

8.44; 2 Graham Roberts 5.70; 3 Eric Horwill 4.98;

**DT:** (W45): Jenny Cooper 33.56; **W60:** 1 Carol Rafferty 13.99; Elaine Mee 13.28;

(W75): Rosemary Chrimes 25.73 (**World Record**); (M35): Paul Smith 23.16;

(M40): Nick Walker 30.96; (M45): 1 Steve Wooley 30.61; 2 Mark Flannery 29.09;

3 Martin Roberts 23.25; (M50): 1 Ray McAvoy 30.29; 2 Clive Howell 26.27; (M55)

1 Tony Richards 35.73; 2 Terry Lalley 35.13; 3 Bill Renshaw 35.05; (M60): 1 Barry

Hawkesworth 34.31; 2 R Richards 33.68; 3 Phil Owen 32.90; (M65): **1 Mike Jones**

29.36; 2 Peter Duckers 26.85; 3 John Love 25.90; (M70): 1 Brian Sumner 25.83;

2 Dave Burton 23.22; 3 Jhalman Singh 21.83; (M75): 1 Graham Roberts 19.99; 2

Norman Carter 20.43; 3 Eric Horwill 15.29;

**HT:** (W35): Lorraine Garvey 31.21 (CBP); (W45): 1 Jenny Cooper 35.06 (CBP);

2 Marion Loveridge 29.43; (W50): Pat Huggins 27.87; **W55:** 1 Mary Harding 23.57;

2 V Kirkland 21.09; **W60:** Elaine Mee 17.36; (M35): Paul Smith 22.97; (M40):

John Pearson 59.58 (CBP); (M45): Martin Roberts 40.96; (M50): 1 Clive Howell

39.39; 2 John Birkett 20.19; (M55): 1 Terry Lalley 41.38; 2 Roy Stevenson 29.40;

3 Bill Renshaw 28.72; (M60): 1 Barry Hawkesworth 46.47 (CBP); 2 Richard Jegou

29.24; (M65): **1 Peter Duckers** 32.08; 2 Mike Jones 22.55; (M70): 1 Brian Sumner

37.61 (CBP); (M75): 1 Graham Roberts 22.26; 2 Eric Horwill 14.36; **M85:** Bill

Robinson 11.16 (CBP);

**JT:** (W35): Karen Addis 29.06; (W45): Wendy Laing 26.76; (W50): Pat Huggins

15.39; **W60:** Carol Rafferty 17.57; (M35): Lee Peters 53.53; (M45): Steve Wooley

36.02; (M50): **1 Clement Bartley** 46.98 (CBP); 2 Malcolm Pell 43.69; **M55:** 1 Roy

Stevenson 28.77; 2 2 Terry Lalley 27.34; (M60): 1 Kristian Lundby 37.16; 2 Barry

Hawkesworth 35.88; 3 Phil Owen 34.87; (M65): 1 David Price 30.22; 2 Peter

Duckers 29.28; 3 Bruce Charles 23.50; (M70): 1 Brian Sumner 25.67; 2 David

Burton 25.12; (M75): Keith Dutton 19.34;

## 12<sup>th</sup> June 2008, Midland Veterans Track & Field League South Division Meeting 2 Redditch

**M35 800m:** 1- R White (Worc) 2:07.9; 2- R McWilliam (Birch) 2:11.0; 3- J Grix (MMAC) 2:12.0; **3000m:** 1- I Pawluk 9:28.2; 2- R McWilliam 9:37.5; 3- P Finnegan (Spark) 10:11.2; **4 x 400m:** 1- Worc 4:01.1; 2- Spark 4:11.5; 3- Birch 4:11.7; **Shot** 1- M Flannery 10.20m; 2- P Fearon 8.19m; 3- M Jones 7.74m

**M40 (200m)** 1- D Hanson (Spark) 25.5; 2- P Fearon (MMAC) 26.8; 3- S Fountain (Worc) 27.0; (**2000W**): 1- W Nock (Hales) 10:08.3; 2- J Barnett (Birch) 12:13.2; 3- C Harris (D&St) 12:34.8; **800m** 1- I Pawluk (Worc) 2:08.1; 2- M Morley (Birch) 2:08.7; 3- P Reeves (Spark) 2:24.9; **3000m** 1- M Cadman (MMAC) 9:16.8; 2- R Gray (Droit) 9:42.8; 3- R Rawlins 10:05.1; **Javelin** 1- P Goddard (Worc) 30.67m; 2- P Anderson (B&R) 23.24m; 3- P McLean (Hales) 21.22m; **High Jump** 1- D Hanson 1.50m; 2- M Flannery (Worc) 1.45m; 3- I Crocker 1.40; **M50 (200)** 1- S Halion

(Worc) 28.7; 2- B Wareing (Spark) 29.5; 3- A Checketts (Droit) 30.4; **2000W:** 1- L Scrivens (Worc) 12.18.9; 2- D Winter 12.47.6; 3- J Fenton (Birch) 12.56.6; **800m** 1- S Halion 2.24.7; 2- R Mills (Spark) 2.36.2; 3- J Hill (Hales) 2.36.4; **Long Jump** 1- P Goddard 4.19m; 2- B Wareing 4.15m; 3- M Endicott 3.65m; **Discus** 1- M Jones 25.59m; 2- M Taylor (Worc) 22.47m; 3- C Street 20.00;

**M60 (200)** 1- L Oldfield (Worc) 28.1; 2- T Crocker (Droit) 30.7; 3- A Elsmere (B&R) 34.6; **3000m** 1- P Allen (Hales) 11.17.5; 2- A Elsmere 11.38.3; 3- M Monaghan (Worc) 11.40.8; **Javelin** 1- L Woods 25.32m; 2- R King (Worc) 23.41m; 3- M Jones (B&R) 19.57m;

**Meeting Result** 1 Worcester 130; 2 Birchfield 93; 3 Halesowen 89;

**W35 200m:** 1- J Buckley (Hales) 28.6; 2- J Rogers (Birch) 29.6; 3- P Gerner (B&R) 31.2; **2000W:** 1- J Bellfield (Hales) 11.58.0; 2- K Davies (Birch) 12.38.3; 3- Y Al Dafary (B&R) 14.04.2; **800m** 1- D Walters (Birch) 2.19.0; 2- S Evans (Spark) 2.43.6; 3- S Spencer (Hales) 2.45.6; (**B**): V Carter (Birch) 2.49.2; **3000m** 1- D Walters 9.55.3; 2- S Evans 11.21.4; 3- J Parsons (B&R) 12.29.9; (**B**): R Cook (Birch) 11.10.2; **4 x 400m** 1- Birch 4.40.1; 2- Hales 4.57.9; 3- Worc 5.24.4; **Triple Jump** 1- J Rogers 8.47m; 2- J Buckley 7.58m; 3- J Wakelam (B&R) 7.38m; **Javelin** 1- J Rogers 24.15m; 2- J Wakelam 20.60m; 3- J Smallwood 17.26; **W45 200m** 1- J McLean (Hales) 30.3; 2- A Haywood (Birch) 31.5; 3- E Resterick (D&St) 31.8; **3000m** 1- S Spencer 12.06.0; 2- M Ehrenberg 14.20.6; 3- A Haywood 14.34.0;

**Triple Jump** 1- K Davies 6.47m; 2- R Brownlie 6.19m; 3- J Smallwood (Hales) 5.77m; **W50 2000W:** 1- Z McDonald (Birch) 12.20.3; 2- G Millicheep 14.33.9; 3- P Horwill (D&St) 15.12.0; **800m** 1- N Hitchmough (D&St) 2.42.9; 2- R Townsend-Hope 2.57.3; 3- M Ehrenberg (Spark) 3.32.1; **High Jump** 1- R Brownlie 1.10m; 2- G Millicheep 1.10m; 3- R Townsend-Hope 1.05m; **Match Result** 1- Birchfield 99; 2- Bromsgrove & Redditch 89; 3- Sparkhill 81;

## 15th June 2008 SWVAC 22nd Track & Field Championships

**100m - M35:** 1 Hundley-Appleton Justin 12.2; 2 Travers-Griffin Nigel 12.6; **M40:** Bennett Mike 12.5; **M45:** 1 Leonard Nick 12.7; 2 Richardson David 13.53; 3 Ni'man Mufeed 13.6; **M50:** 1 Broadhurst Ian 12.5; 2 Costley Eddie 13.1; 3 Jackson Ken 13.4; **M55:** 1 Applegate Mike 13.6; 2 Waddington Stephen 15.1; **M60:** 1 Novell Victor 13.4 Cbp; 2 Faulkner Anthony 14.8; 3 Clarke Pete 16.9; **M65:** 1 Kingston Norris 15.2; 2 Turner Les 17.4; **M70:** 1 Morris Peter 17.3; 2 Thorpe Dennis 17.4; **W35:** 1 Gribble Tamzin 13.5; 2 Frank Clare 15.6; **W45:** Hooper Sue 14.2; **W50:** Argent Fiona 15.3; **W60:** 1 Bovell Val 17.8 cbp; 2 Hutton Rosemary 18.5; **W70:** Burns Joan 19.0;

**200m - M35:** 1 Hundley-Appleton Justin 24.6; 2 Travers-Griffin Nigel 25.3; **M40:** 1 Bennett Mike 25.3; **M45:** 1 Turnstall Neil 24.7; 2 Grew Robert 24.9; 3 Leonard Nick 25.9; **M50:** 1 Broadhurst Ian 24.9 cbp; 2 Bannan Mark 26.1; 3 Harries David 26.5; **M55:** 1 Minting Bob 27.3; 2 Applegate Mike 28.3; 3 Waddington Stephen 32.0; **M60:** 1 Novell Victor 28.1 cbp; 2 Clarke Pete 35.6; 3 Kingston Norris 31.9; **W35:** Gribble Tamzin 29.0; **W45:** Hooper Sue 28.7; **W50:** Argent Fiona 31.7; **W70:** Burns Joan 41.0;

**400m - M40:** Anderson Simon 02:03.3; **M45:** 1 Stanfield David 2:24.5; 2 Barlow David 2:31.1; 3 Richardson David 2:34.7; **M50:** Telford John 2:07.6 cbp; **M55:** 1 Minting Bob 2:11.2; 2 Hemming Roger 2:41.4; 3 Carpenter Michael 2:47.6; **M60:** 1 Lewis Raymond 2:47.5; **M70:** 1 Barber Eric 3:27.1; 2 Perratt John 2:52.5; 3 Carney David 3:07.4; **M75:** Davies William J. 3:17.8; **W40:** Steven Caroline 2:22.2 cbp; **W55:** Kershaw Jill 3:13.1;

**1500m - M40:** 1 Anderson Simon 4:26.2; **M45:** 1 Stanfield David 4:51.8; 2 Richardson David 5:30.1; 3 Barlow David 5:50.5; **M50:** Ashford Raymond 4:45.1; **M70:** Perratt John 5:53.5; **M75:** Davies William J 6:48.0; **W55:** Marchant Zina 6:06.3; **W60:** Gallagher Patricia 5:32.3 cbp;

**5000m - M50:** King David 20:04.0; **M55:** 1 Snow Ian 20:12.1; 2 Hemming Roger 20:51.4; 3 Valentine William 22:07.7; **M60:** Hamilton Peter 18:16.0 cbp; **M65:** 1 Woodcock Chris 20:57.5; **M70:** 1 Perratt John 20:14.9 cbp; 2 Barber Eric 26:32.4; **W55:** Marchant Zina 21:08.0;

**10000m - M40:** 1 Hogg Gerry 34:16.7; 2 Feighan Mike 35:18.8; 3 Allen Mick 49:33.8; **M70:** Barber Eric 47:12.3;

**110H:** M45: Turnstall Neil 16.6 cbp;

**100H:** M50: Pengelly Clive 16.1 cbp; **M65:** Loten Brian 21.9;

**80H:** W40: Brett Jacky 12.4 cbp; **W35:** Gribble Tamzin 18.7; **W50:** Argent Fiona 16.2;

**300m Hurdles - M60:** Clarke Pete 72.0;

**High Jump - M40:** Allen Ian 1.78 cbp; **M45:** Perkins John 1.65; **M50:** 1 Hague Colin 1.42; 2 Ashford Raymond 1.50; **M55:** Waddington Stephen 1.26; **W35:** Gribble Tamzin 1.35;

**Pole Vault - M65:** Loten Brian 2.20;

**Long Jump - M40:** Allen Ian 5.98; **M45:** Batts Charlie 4.92; **M50:** 1 Ashford Raymond 4.92; 2 Jackson Ken 5.05; **M65:** 1 Loten Brian 3.84; 2 Rees John 3.17; **M70:** Morris Pete 3.05; **W35:** Gribble Tamzin 4.18; **W85:** Wixey Mary 1.74;



## MASTERS ATHLETICS SUMMER 2008

**Triple Jump** - W35 Gribble Tamzin 9.33; W85: Wixey Mary 3.28 ; M45: Batts Charlie 10.27; M65: Loten Brian 8.43; M70: Evans John 8.39 cbp;  
**Shot** - W35: Frank Clare 7.09; W40 Brett Jacky 8.76;- W45: George Alison 9.51; W55 Pearson Mo 8.88; W60: Bovell Val 7.45; W85: Wixey Mary 3.29; M35: Travers-Griffin Nigel 9.93; M45: Grew Robert 8.89; M50: Small Michael 14.14 cbp; 2 Hague Colin 8.24; M60: Faulkner Anthony 8.88; 2 Clarke Pete 7.31; M65: 1 Legg Bill 9.44; 2 Loten Brian 9.00; 3 Eccles George 7.74;  
**Discus** - W55: Pearson Mo 23.95; W60: Bovell Val 20.59; W85: Wixey Mary 8.48 cbp; M40: Murkin Robert 22.27; M50: Small Michael 45.17; 2 Pengelly Clive 31.01; M55: Webb Allan 21.96; M60: Clarke Pete 25.23; M65: 1 Eccles George 31.32; 2 Legg Bill 29.97; 3 Loten Brian 29.30;

**Hammer** - M55 Webb Allan 22.95; M60: 1 Faulkner Anthony 29.70; 2 Clarke Pete 18.18; M65: Eccles George 20.04 ; W45: George Alison 27.35; W60: 1.Hutton Rosemary 32.89 CBP;2.Bovell Val 28.95;

**Javelin** - M50: Ashford Raymond 31.88; M55: Webb Allan 26.75; M65: Loten Brian 31.02; 2 Eccles George 35.87; W45: George Alison 18.56; W60: Bovell Val 17.64; W85: Wixey Mary 7.24 CBP;

**Pentathlon Ladies:** Wale Amanda 1766;

**Pentathlon Men:** 1 Ashford Raymond 3028; 2 Clarke Pete 1862; 3 Loten Brian 2672;

### 16<sup>th</sup> June, VETERANS LEAGUE - WESTERN DIVISION, TILSLEY PARK, ABINGDON

#### WOMEN :

100: (W35-A): 1-Kay Reynolds RAC 13.2; 2-Michelle Hazell WRR 14.4; 3-K Scudder NEW 14.5; (W35-B): 1-Isobel Miller RAC 15.6; 2-A Baxter NEW 16.5; 3-Jeanette Ashton WRR 16.6; (W50): 1-Lyn Ahmet RAC 16.5; 2-S Fowler NEW 16.5; 3-Sue Lowry (V60) READ 17.1; **Non-Scorers:** 1-Adi Kam (V40) RAC 15.3; 2-Siobhan Manning (V45) RAC 17.0; **400: (W35 A):** 1-Reynolds 65.6; 2-Susan Francis READ 67.6; 3-D Smale WSEH 72.1; (W35 - B): 1-J Binns WSEH 69.5; 2-Sam Egerton AAAC 76.5; 3-Jeanette Ashton WRR 80.9; (W50): 1-Paula Fudge WSEH 74.8; 2-Gwyneth Hueter RAC 76.2; 3-S Fowler NEW 77.4; (W60): 1-Sue Lowry READ 81.0; 2-Liz Harkness NEW 93.9; 3-Rose Webb RAC 96.2; **Non-Scorers:** 1-Isobel Miller (V45) RAC 78.4; **1500M - (W35 - A)** 1-Francis 5.00.8; 2-J Binns 5.11.3; 3-Sarah Matthews AAAC 5.42.5; (W35-B): 1-Debbie Taylor READ 5.11.4; 2-Smale 5.18.3; 3-Julia Wiblin AAAC 6.12.5; (W50): 1-Fudge 5.20.0; 2- Hueter 5.52.7; 3-Fowler 5.57.6; (W60): 1-P Siddons WSEH 7.05.2; 2- Harkness 7.16.8; 3-Noel Blatchford AAAC 7.29.1; **MEDLEY RELAY:** 1-Radley AC 5.12.6; 2-Abingdon Amblers AC 5.14.5; 3- Newbury AC 5.39.3; **HT: (W35A):** Adeline Kam RAC 29.84; (W50): 1-Viv Branch RAC 19.83; 2-Diane Mitchell AAAC 17.45; (W60): 1-Blatchford 19.84; 2-Stella Bacon READ 18.01; 3-Gill Woodland RAC 13.39; **HJ: (W35)** 1-Reynolds 1.40; 2-Sarah Rudd NEW 1.35; 3-Matthews 1.25; (W50): 1-Jeanette Ashton WRR 1.15; **Non-Scorer** Louise Oliver 1.20; **LJ: (W35):** 1-Hazell 4.66; 2-Rudd 3.74; 3-Hueter 3.57; (W50): 1-Lyn Ahmet RAC 3.50; 2-Fowler 3.02; 3-Judith Le Good WRR 3.01; (W60): 1-Harkness 2.92; 2-Blatchford 2.73; 3-Gill Woodland RAC 2.63; **JT (W35):** 1-Reynolds 27.22; (W50): 1-Stella Bacon READ 20.56; **Non-Scorer:** 1-Bacon (V60) 24.13; 2 Louise Oliver U/A 22.77; **MATCH POINTS SCORE:** 1-Radley AC 147; 2-Newbury AC 131; 3-Abingdon Amblers AC 122;

#### MEN:

100: (M35-A) 1-Darren Ward RAC 11.8; 2-Tony Palman-Brown OCAC 12.6; 3-Adrian Walley AAAC 13.0; (M35 -B): 1-Mark Bristow OCAC 13.1; 2-Mick Cottam RAC 13.4; 3-Save Pomeroy AAAC 13.5; ( M50): 1-D Elderfield NEW 11.7; 2-Alastair Duncan RAC 12.2; 3-Walley Franklin READ 12.3; **400: (M35A):** 1-Save Overton OCAC 56.0; 3-Jonathan Grogan READ 56.2; **400: (M35 -B)** 1-Gareth Davies OCAC 56.3; 2-Dave Roberts AAAC 63.0; 3-John Spurway RAC 71.0; (M50): 1-Elderfield 53.0; 2-Duncan RAC 56.0; 3-Chris Padmore OCAC 57.2; (M60) 1-Mike Shipway WRR 72.3; 2-Gareth Jones OCAC 74.4; 3-Ray Stevens READ 75.7; **Non-Scorers:** 1-Manuel Stone (V50) OCAC 61.7; 2-Neil Druce (V40) WHH 63.7; 3-Mark Bristow (V40) OCAC 65.1; **1500: (M35-A):** 1-Overton 4.18.9; 2-P Kennedy WSEH 4.36.2; 3-Tony Lock WRR 4.54.5; (M35 - B): 1-John Lisiewicz OCAC 4.35.4; 2-S Arscott WSEH 4.50.0; 3-Ronnie Sutherland AAAC 5.17.2; (M50): 1-Trevor Dixon OCAC 4.55.1; 2-M Hill WSEH 5.10.2; 3-Graham Le Good WRR 5.21.3; (M60): 1-Jones 5.15.3; 2-Shipway 5.20.5; 3-Thornton Greenland AAAC 5.25.5; **5000: (M35-A):** 1-Julian Richardson OCAC 16.39.0; 2-Tony Lock WRR 18.03.4; 3-Roger Thetford AAAC 18.30.0; (M35- B): 1-Trevor Dixon OCAC 18.14.2; 2-Kent Dixon AAAC 19.20.2; 3-Mick Cottam RAC 19.52.1; ( M50): 1-Brian Green OCAC 16.41.1; 2-John Peerless AAAC 19.32.8; 3-Graham Le Good WRR 19.58.8; **Non-Scorers** Jones (V60) OCAC 18.19.8; **MEDLEY RELAY:** 1-Oxford City AC 3.58.6; 2-Abingdon Amblers AC 4.10.2; 3-Radley AC 4.21.2; **HJ: (M35)** 1-Palman-Brown 1.40; 2- Pete Stepney AAAC 1.40; 3-Mick Cottam RAC 1.30; ( M50): 1-Alastair Duncan RAC 1.45; 2-Bruce Hendrie OCAC 1.30; 3-Derek Wardle WSEH 1.25; **Non-Scorer:** 1-John Peake (V40) WHH 1.48; **SP(M35):** 1-Gary Jennings AAAC 10.83; 2-Paul Waknell RAC 8.20; (M50): 1-Ron Jones AAAC 10.02; 2-Alex Ahmet RAC 9.36; 3-Charlie Sutton OCAC 8.71; (M60): 1-Dick Jegou RAC 10.18; 2-Dave Kuester OCAC 9.88; 3-Paul Jennings AAAC 7.74; **Non-Scorers:** 1-Save Pomeroy (V35) AAAC 8.42; **HT: (M35)** : 1-Jennings 46.98;

2-Paul Waknell RAC 22.04; (M50): 1-Mike Bale WYC 32.41; 2- Jones 30.71; 3- Jegou 27.25; **Non-Scorers:** 1-Paul Jennings (V60) AAAC 30.93; 2-Liviu Boboc (V60) AAAC 27.5; **LJ: (W35)** 1-Gareth Davies OCAC 5.71; 2-Pete Stepney AAAC 4.82; 3-Darren Ward RAC 4.41; (M50) 1-Rod Davies WSEH 4.82; 2-Duncan 4.68; 3 Hendrie 4.15; **MATCH POINTS SCORE:** 1-Oxford City AC 171; 2-Abingdon Amblers AC 140; 3-Radley AC 136;

### V.A.A.- N.E.TRACK & FIELD League 3 Monkton

**1500: (M35)** 1 Turner F.Durham City 4:37.3; 2 Allison J. Crook 4:40.1; 3 Hulley M. Bill.Marsh House 5:26.7; (M.40) 1 Hemy V. North Sh.Poly 4:36.2; 3 Inskip P Heaton 5:27.9; (M.45) :1 Harden G.Sunderland 4:35.1;2 Arthur G. South Sh.4:46.5; 3 Bailes B. Birtley 4:48.2; (M.50): 1 Mallen M. Crook 4:50.8; 2 Hewitson G. Crook 5:04.3; 3 Thirlaway M. Gateshead 5:06.9; (M55): 1 Jenkins A. Morpeth 4:54.2; 2 Wright D. Heaton 5:33.6; 3 Farquharson W. Bill.Marsh House 5:34.7; (M.60): 1 White S Elswick 4:56.0; 2 Eccleston S.Houghton 5:38.1; 3 Potter A.N.E.V.A.C 6:47.1; (M.65): 1 Hampson J. Durham City 6:18.0; 2 Donaghy P.North Sh.Poly 6:19.9; 3 Foote-Wood C Crook 7:57.9; (M.70+) 1 Appleby E.Heaton 7:07.1; (W.35): 1 Waugh K.Chester-le-Str 4:45.4; 2 Thompson V.Jarr.& Hebb 6:04.4; (W.40): Ratcliff C. Durham City 5:14.7; (W.45): Marr L.Tynedale 5:41.9; 2 Matthews K.Elswick 5:52.2; **WT: (M.40):** Hudson S.Gateshead 10.59; ( M.60) Hudson T.Jarr.& Hebb.13.86; **SP(M40):** Hudson 7.76; (M.45): Taylor V. Birtley 7.26; (M.50): 1 Lonsdale K. Crook 9.69; 2 Maggs D.Gateshead 9.01; 3 Gill F. North Sh.Poly 8.57; ( M.60): Hudson 11.73; (M.70+) Laidler R.Sunderland 8.13; ( W.40): Crawford M.Heaton 7.52; **DT: (M40):** 1 Coates P.Durham City 28.14; 2 Hudson 21.84; 3 Young P. Midd.& Clev. 29.75; (M.50): 1 Maggs 30.09; 2 Gill 22.04; ( M.55 ) : 1 Wild J.Rich.& Zet 38.36; 2 Lonsdale 27.06; ( M.60 ) : Hudson T. 38.64; 2 Routledge G. Heaton 20.04;( M.65): 1 Hampson J.Durham City 23.18; ( M.70+) Laidler 16.36; (W.40) Crawford 11.60; **LJ: (M.40):** 1 Coates 5.57; 2 Robertson B.North Sh.Poly 4.92; ( M.45): 1 Taylor V. Birtley 4.53; 2 McAnany N. Morpeth 4.50; ( M.50): 1 Readman A. Houghton 4.77; 2 Hewitson G.Crook 4.39; ( M.65 ) : 1 Butler D Jarr.& Hebb.4.36; (W.40): 1 Taylor J. Birtley 3.16; (W.45): 1 Archibold J. Heaton 4.12; 2 White S.Tynedale 3.85;

## MASTERS 3000 METRES INDOOR WALK RANKINGS 2008

#### MALE:

(M35) John Constandinou 15.53.41;  
(M40) Mark Williams 12.56.51; (M45) John Ryan 23.25.27;  
( M50 ) : 1 Nick Silvester 13.26.54; 2 Trevor Jones 14.18.93; 3 Mark Wall 15.21.33; 4 Dave Sharpe 16.40.20; 5 Gary MacDonald 18.05.23; 6 Sean Pender 18.36.61;  
( M55 ) : 1 John Hall 14.46.54; 2 Dave Kates 16.22.77; 3 Dave Ainsworth 21.12.70; 4 Dave Hoben 21.39.70;  
( M60 ) : Colin Turner 16.05.56;  
( M65 ) : 1 Amos Seddon 16.43.60; 2 Ron Penfold 16.44.51; 3 Ed Shillabeer 17.27.30; 4 Alan O'Rawe 19.10.02; 5 Peter Howard 19.36.73; 6 Brian Sturt 19.41.10;  
( M70 ) : 1 Arthur Thomson 15.52.30; 2 Ron Powell 18.44.92; 3 Bernie Hervcock 21.08.50; 4 Eric Horwill 21.13.80;  
( M75 ) : Ken Livermore 21.47.82;  
( M85 ) : Len Creo 21.16.29;

#### FEMALE:

( W40 ) : Sue Davies 18.45.11;  
( W45 ) : 1 Toni Boa 15.15.74; 2 Helen Middleton 17.45.79; 3 Fiona Bishop 19.00.41; 4 Sue Rey 19.57.36;  
( W50 ) Ann Wheeler 16.46.27;  
W70: 1 Maureen Spelman 20.11.59; 2 Val Case 27.09.00 ;

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## MASTERS ATHLETICS SUMMER 2008

DATE 2008	EVENT	VENUE	DETAILS
16 <sup>th</sup> July	NVAC Track & field League	Cleckheaton	
23 <sup>rd</sup> July- 3 <sup>th</sup> August	EVAA T&F Championships	Ljubljana SLO	
10 <sup>th</sup> August	VAA of England Inter Area Challenge	HEMEL HEMSTEAD	Clubs to contact Irenne Nicholls to enter.
10 <sup>th</sup> August	IOM Marathon & Half Marathon	IOM	<a href="http://www.iomvac.co.uk">www.iomvac.co.uk</a>
13 <sup>th</sup> August	NVAC Track & field League	Ashton-under-Lyne	
16 <sup>th</sup> August	MMTG Heavy Weight Pentathlon & One Handed Hammer		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
17 <sup>th</sup> August	NVAC Monthly Run	Clow Bridge, Burnley	
6 <sup>th</sup> Sept	WMA/WMRA World Mountain Running Championships	Dolni Morava, Czech republic	
6 <sup>th</sup> September	MMTG Hammer Decathlon Champs		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
7 <sup>th</sup> September	NVAC Monthly run	Edgeworth	
13/14 <sup>th</sup> September	BMAF DECATHLON/HEPTATHLON CHAMPIONSHIPS	Horspath Stadium, Oxford	Bruce Charles 01235 211532
14 <sup>th</sup> September	BMAF 10 Mile Tynedale Jelly Tea 10	Hexham / Ovingham	
	MMAC 10 Mile	Nuneaton	
21 <sup>st</sup> September	BMAF Marathon	Anglesey	
27 <sup>th</sup> September	MMTG Throws Fest		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
28 <sup>th</sup> September	NVAC T&F Championships	Hyndburn	
4 <sup>th</sup> October	BMAF XC RELAYS	Mansfield	Entries on website or from Race Director, 28 VALE CLOSE, MANSFIELD, NOTTS, NG18 4HR
12 <sup>th</sup> October	NVAC 10 mile Championships	St. Annes	
1/2 <sup>nd</sup> November	BMAF Executive & Delagates Meeting	Birmingham	
2 <sup>nd</sup> November	NVAC Monthly run	Leigh	Plus AGM
15 <sup>th</sup> November	MMTG Hammer Pentathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
15 <sup>th</sup> November	BRITISH & IRISH INTERNATIONAL XC	Singleton Park, Swansea	
6 <sup>th</sup> December	MMTG Christmas Weight Pentathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
7 <sup>th</sup> December	NVAC XMAS Handicap	Irlam	
	MMAC Christmas Handicap	TBC	
<b>2009</b>			
31 <sup>st</sup> Jan/ 1 <sup>st</sup> Feb	BMAF Indoor Heptathlon	Kelvin Hall,Glasgow	TBC
15 <sup>th</sup> February	SCVAC / EVAC Indoor Champs	Lee Valley	TBC
22 <sup>nd</sup> February	BMAF Indoor Pentathlon	Lee Valley	With VAC TBC.
7/8 <sup>th</sup> March	BMAF Indoor Championships	Lee Valley	Advert in Winter Edition Masters Athletics
21 <sup>st</sup> March	BMAF XC Championships	Ruthin	
25-29 <sup>th</sup> March	EVAA Indoor Championships	Ancona ITA	
17 <sup>th</sup> May	BMAF 10 Mile	WIMBOURNE	
29-31 <sup>st</sup> May	EVAA Non Stadia	Aarhus DEN	
28 <sup>th</sup> July- 8 <sup>th</sup> August	WMA T&F Championships	Lahti FIN	
<b>2010</b>			
8 <sup>th</sup> -18 <sup>th</sup> July	EVAA Stadium Championships	Nyiregyhaza, Hun	
<b>2011</b>			
7 <sup>th</sup> -17 <sup>th</sup> July	WMA Championships	Sacramento,USA	

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

**OVERSEAS CHAMPIONSHIPS**-Please refer to the BMAF web site (fixtures): [www.bmaf.org.uk](http://www.bmaf.org.uk)  
All details will be posted on this as and when information is available.



## **BMAF ROAD RELAYS**

### **Sutton Park, 17<sup>th</sup> May.**



**Words – Martin Duff of Athletics Weekly**

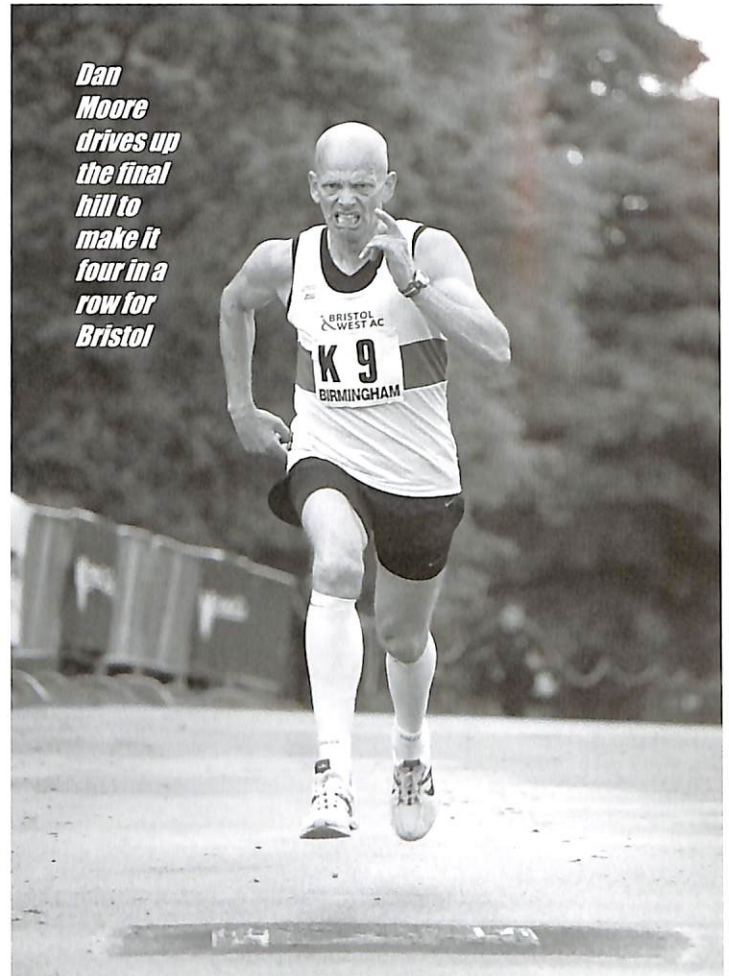
**Pictures – Jeremy Hemming**

Sutton Park again hosted the premier road event of the Masters calendar in this, the 21st running of the event that began in 1988 at Tring. Bristol & West, the course record holders for the main race, the 8-stage M40 event, made it four wins in a row, as Birchfield and Reading Road runners retained their W35 and W45 titles respectively while there were new winners in the other age groups.

The conditions were generally good for road running, although there were a few showers throughout the day. There were big margins of victory for some of the winning teams and this seemed to point to the difficulties that some clubs had in finding a quorum. Herne Hill, runners-up to Bristol for the last couple of years, had to back out a day before the race and M50 holders Telford were also scuppered when Tony Power was a late withdrawal.

Bristol fielded a balanced squad and, although they were held over the first half, they gained five minutes in the second, to win by a massive margin. Mick O'Doherty just took them to the front of the field at the half-distance and their stalwarts Martin Hula, Phil Parry and Dan Moore rounded it off for them. Their race was again run in conjunction with the M35 4-stage event, where North Shields Poly won gold after two second places in the first two events for this group.

**Dan Moore drives up the final hill to make it four in a row for Bristol**



Ian Twaddle anchored them home and then said: "it gives a bit more motivation (to run as masters) as it gets hard running against the kids." However their event was once again poorly supported and calls into question the BMAF policy of having Masters starting at 35. There was also yet another vote among clubs on changing the age groups to M35-44, M45-54 etc but this appeared to be met with only patchy support.

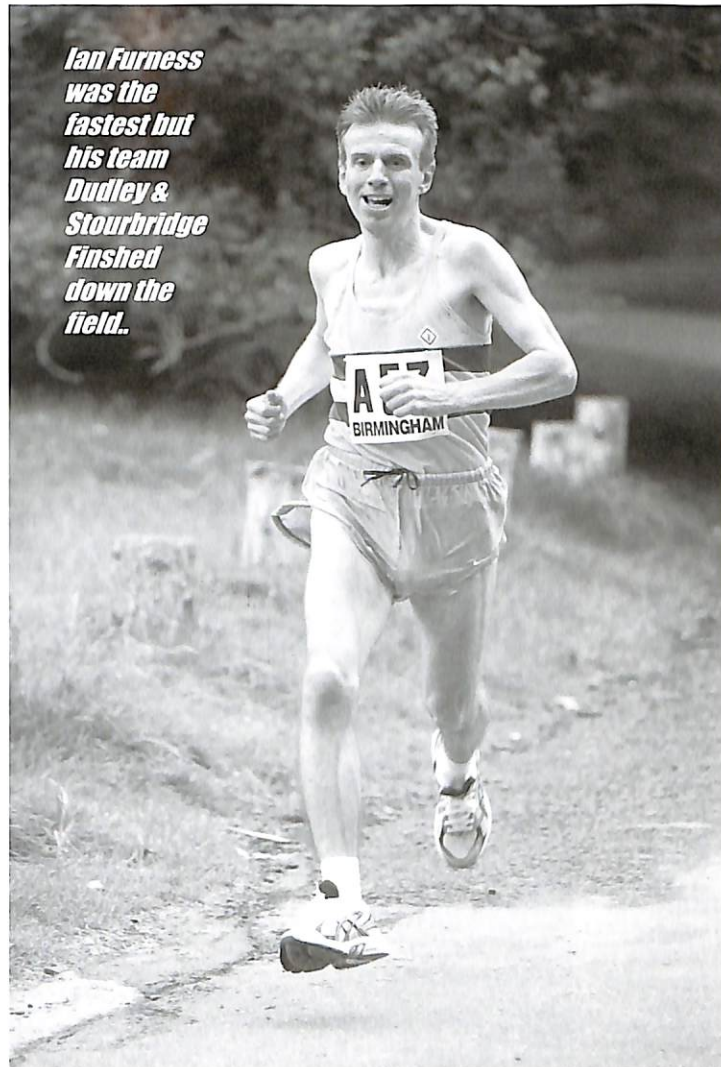
O'Doherty, for his part, was certainly motivated as he sprinted up the final hill just ahead of the M35 winners as he finished his fourth leg ahead of their last one:

"I wanted to beat them to prove a point," he said after moving up from sixth overall on his leg with a 15:01 effort. O'Doherty's point was that that M35s should not be classed as Masters but, if they are, then keep them in a separate age category.

Phil Makepeace, with 14:54 on the fifth leg briefly led for Leicester Coritanian before they wound up with surprise silver medals. "Most of our team has been together for 30 years," said Makepeace after handing over to Joey Masterson.



Greg Wilson took holders Telford into the lead on the third stage of the M50 race with the group's second fastest time of 15:54 *en-route* to what most thought would be a repeat victory but as one of their number said: "Tony Power let us down." So their challenge petered out.



***Ian Furness  
was the  
fastest but  
his team  
Dudley &  
Stourbridge  
Finished  
down the  
field..***

Ian Furness for Dudley had 'won' the opening leg in a useful 15:16, as Wesham Road Runners were always in the top three before going on for a surprise victory over six times champions Oxford. Furness was pleased with his effort and said: "I would have liked to have done 15:10 as I ran 15:13 last year, but doing it on your own was hard. I hung back then went off uphill," said the 50-year-old.

Oxford's Brian Green had taken the lead on the final lap by the Jamboree Stone but Gary Pendlebury had other ideas for Wesham. He closed down the advantage and went ahead by Keeper's Pool to give Wesham their first ever National title.

"We were never any good in the 40's race and I only started running when I was 39," said

Pendlebury. "I played football but broke my leg; I wish I had taken up running when I was 15!"

Oxford were also surprised in the M60 race as Elswick came good thanks to solid runs from Steve White, Mark McNally and Harry Matthews, who were always well ahead.

Royal Sutton Coldfield had Richard Cashmore to thank for their first ever team title in this group as the 70-year-old collected his own first individual National medal with a fastest lap.



***Debbie Walters  
Brings in  
Birchfield  
in the W35 event.***

Dulwich Runners' Clare Elms led on the first leg of the W35 four-stage event with a fastest of the day time of 16:32, a minute clear of Birchfield's Amanda Dalkins.



Andrea Pickup, Amanda Smith and Debbie Walters then went right away for the holders to give them victory by over two minutes.

"I enjoyed it and am really pleased to get (team) silver and it makes it worthwhile as it's quite a long day," said Elms whose time was 10 seconds better than Walters' effort. "It's really hard when you are in front," said 39-year-old Walters who added: "we had three of the same team who won last year." With 55-year-old former senior international Ann Ford in their team, Redhill Road Runners took third.

W45 winners Reading Roadrunners were anchored home by another long time international Marina Stedman, who said after securing gold: "I looked round and saw the Blackpool girl (Bev Wright) catching me up." However her perception was wrong as she built on her team's lead for an eventual 35 seconds winning margin at the end of their three-lap race.

Stedman ran 17:58 but Jo Thompson was quicker with 17:48 for Team Bath, who led the group on the first leg. Dulwich Runners took the W55 class after early leaders Wolds Vets only had two runners and failed to finish a team. Their Daphne Elmore had 'won' the opening leg 'race' with 18:21 on the first stage, over a minute clear of Dulwich's Lis Pritchard and Bath's Zina Marchant. Barbara Brown kept Wolds in front on lap two before Ros Tabor saw Dulwich home for the gold medals, an improvement on their 2007 silvers.

#### Women 35-44 Team Results

**1 Birchfield Harriers 1h09.56m** ( Amanda Dalkins 17.30m, Rachel Cook 18.28m+2, Amanda W-Smith 17.16m+7, Debbie Walters 16.42m+5 ); **2 Dulwich Runners AC 1h12.32m** ( Clare Elms 16.32m, Andrea Pickup 18.16m+7, T G-d-Laubenque 18.57m+3, Ola Balme 18.47m+2 ); **3 Redhill Road Runners 1h13.48m** ( Carolyn Hay 17.51m, Sharon Smith 18.10m+7, Ann Ford 19.36m+7, Helen Burrell 18.11m+9 ); **4 Holmfirth Harriers 1h16.46m** ( Kath Farquhar 17.55m, Helen Pettit 20.15m+11, Rachel Mellor 19.35m+1, Jacqui France 19.01m+16 ); **5 Blackheath & Bromley 1h16.59m** ( Jennie Butler 18.04m, Jane Bradshaw 18.22m+6, Bridget Davey 19.31m+5, Carolyn Baldock 21.02m+5 ); **6 Blackpool Wyre & Fylde AC 1h17.35m** ( Caroline Betmead 18.00m, Tanya Ashworth 19.48m+5, Andrea Smith 20.12m+5, Gail Ellershaw 19.35m+12 ); **7 Telford AC 1h17.50m** ( Lisa Blaggdon 21.16m, Denise Sanders 19.33m+22, Julie Kirby 18.53m+14, Cheryl Evans 18.08m+22 ); **8 Team Bath AC 1h19.03m** ( Sarah Unwin-Mann 17.38m, Heather Weavill 21.04m+21, Tracey Halliday 20.59m+7, Jenny Carter 19.22m+20 ); **9 Les Croupiers RC 1h21.06m** ( Joy Daniels 19.17m, Jude Cassam 21.04m+1, Yvonne Bullen 21.10m+1, Libby O'Duffy 19.35m+23 ); **10 Wolds Veterans RC 1h22.25m** ( Tracey Gibson 20.53m, Mary Craig 20.32m+9, Cheryl Baker 20.39m+9, Susan Taylor 20.21m+25 ); **11 Trafford Athletics 1h22.37m** ( Alison Drasdo 19.13m, Linda Gabriel 21.33m+7, Lucy Hickey 21.29m+1, Sally Howarth 20.22m+25 ); **12 Clayton-le-Moors Harriers 1h24.51m** ( Tracy Mitchell 18.56m, Anna Kelly 19.01m+12, Donna Scott 23.48m+24, Lorna Balmer 23.06m+18 ); **13 Sparkhill Harriers 1h25.12m** ( Sian Evans 19.59m, Liz Blake 20.56m+0, Clare Scott 21.36m+1, Carol Austin 22.41m+25 ); **14 Reading Road Runners 1h25.28m** ( Jackie Copitch 19.08m, Toni McQueen 21.17m+4, Tin Wilson 23.19m+16, Tracy Jenkins 21.44m+31 ); **15 Clevedon AC 1h28.42m** ( Paula Hall 21.04m, Vicki Shaw 22.02m+0, Dawn Barcham 23.54m+3, Shara Durnell 21.42m+36 ); **16 Corby AC 1h29.17m** ( Timea Lationics 21.11m, Claire Goodall 21.13m+5, Lorraine Kent 23.02m+2, Catherine Oram 23.51m+32 ); **17 Middleton Harriers 1h32.36m** ( Kyrinda H-Moore 22.46m, Shirley Pennells 22.58m+6, Jenny Poole 24.04m+6, Julie Kennedy 22.48m+37 );

#### Incomplete Teams:

**Liverpool Harriers & AC** ( Marina Ali 19.40m ); **North Shields Polytechnic** ( Pauline Hemy 24.02m, Jane Gierdmo 25.32m+4 ); **Sheffield Running Club**

( Debbie Richards 17.49m ); **Tipton Harriers** ( Kate Haley 22.10m, Sally-Anne Bains 18.13m+35 );

#### Fastest

##### Legs:

1 Clare Elms  
16.32m;  
2 Debbie Walters  
16.42m;  
3 Amanda W-Smith  
17.16m;  
4 Amanda Dalkins  
17.30m;  
5 Sarah Unwin-Mann  
17.38m;  
6 Debbie Richards  
17.49m;  
7 Carolyn Hay 17.51m;  
8 Kath Farquhar  
17.55m;  
9 Caroline Betmead  
18.00m;  
10 Jennie Butler  
18.04m;

#### Women 45-

##### 54 Team

##### Results

**1 Reading Road Runners 55.29m**  
( Anne S-Power 18.41m, Carol Bowker 18.50m+14, Marina Stedman 17.58m+4 );  
**2 Blackpool Wyre & Fylde AC 56.04m**

( Carolyn Robbins 18.10m, Chris O'Connor 19.26m+1, Bev Wright 18.28m+1 );  
**3 North Shields Polytechnic 1h00.16m** ( Lesley Miller 20.01m, Helen Morris 21.11m+1, Heather Lambert 19.04m+16 ); **4 Les Croupiers RC 1h00.58m**  
( Gill Kellam 20.57m, Wendy Boon 20.22m+12, Jane Coker 19.39m+14 );  
**5 Holmfirth Harriers 1h02.30m** ( Lesley Ewart 19.47m, Yvette Arthur 22.04m+11, Karen Sinkinson 20.39m+8 ); **6 Team Bath AC 1h02.37m** ( Jo Thompson 17.48m, Lyndsy Dow 22.26m+32, Lynda Keepen 22.23m+13 ); **7 Beverley AC 1h02.44m**  
( Judith Battersby 20.11m, Helen Storr 21.13m+1, Moira Armstrong 21.20m+1 );  
**8 Blackheath & Bromley 1h06.52m** ( Annie McDonough 22.05m, Anne Cilia 22.04m+5, Heather Symmons 22.43m+7 ); **9 Doncaster AC 1h09.53m**  
( Chris T-Sleaman 24.17m, L Kirkpatrick 24.04m+7, Dawn Fletcher 21.32m+10 );  
**Incomplete Teams:**  
**Horwich Harriers** ( Denise Wakefield 21.19m, Audrey Foster 22.45m+2 );  
**Wigan Phoenix** ( Kath Charnock 18.58m, Jayne Taylor 19.12m+9 );  
**Fastest Legs:**  
1 Jo Thompson 17.48m; 2 Marina Stedman 17.58m; 3 Carolyn Robbins 18.10m;  
4 Bev Wright 18.28m; 5 Anne S-Power 18.41m; 6 Carol Bowker 18.50m; 7 Kath Charnock 18.58m; 8 Heather Lambert 19.04m; 9 Jayne Taylor 19.12m; 10 Chris O'Connor 19.26m;

#### Women 55+ Team Results

**1 Dulwich Harriers 1h01.14m** ( Lis Pritchard 19.49m, Claire Stewart 20.50m+5, Ros Tabor 20.35m+30 ); **2 Les Croupiers RC 1h07.13m** ( Edwina Turner 21.58m, Sue Neal 23.36m+2, Ann James 21.39m+7 ); **3 Clayton-le-Moors**





## MASTERS ATHLETICS SUMMER 2008

**Harriers 1h11.38m** ( Gail Brierley 22.27m, Karin Goss 25.03m+2, Marion Wilkinson 24.08m+5 ) ; **4 Middleton Harriers 1h14.02m** ( Carole Bowness 23.34m, Ruth Hare 23.53m+8, Chris Eckersley 26.35m+2 ) ;

### Incomplete Teams:

**Hull Achilles** ( Jane Morley 20.13m ) ; **Team Bath AC** ( Zina Marchant 19.54m )  
**Wolds Veteran RC** ( Daphne Ellmore 18.21m, Barbara Brown 20.50m+11);

### Fastest Legs:

1 Daphne Ellmore 18.21m; 2 Lis Pritchard 19.49m; 3 Zina Marchant 19.54m;  
4 Jane Morley 20.13m; 5 Ros Tabor 20.35m; 6 Barbara Brown 20.50m; 6 Claire Stewart 20.50m;

### Men 35-39 Team Results

**1 North Shields Polytechnic 1h03.22m** ( Terry West 15.10m, Tommy Brannon 15.52m+2, Vaughan Hemy 17.04m+3, Iain Twaddle 15.16m+2 ) ; **2 Holmfirth Harriers 1h06.17m** ( Sean McCaffrey 16.51m, Dave Watson 15.00m+28, Chris Beadle 17.37m+5, Gary Graham 16.49m+2 ) ; **3 Birchfield Harriers 1h06.30m** ( Marc Turner 15.19m, Gerry Timmins 18.20m+23, Andrew Swearman 16.18m+10, Mike Morley 16.33m+5 ) ; **4 Les Croupiers RC 1h06.37m** ( Matt Townsend 17.11m, Dave Williams 15.54m+20, Phil George 17.43m+6, Phil Cook 15.49m+12 )  
**5 Preston Harriers 1h06.51m** ( Steve Hallas 15.30m, Jason Worden 16.44m+4, Rob Hunt 16.46m+4, Greg O'Brien 17.51m+9 ) ; **6 Clevedon AC 1h07.49m** ( Julien Emery 14.47m, Andrew Shaw 17.31m+14, Kit Stokes 18.14m+10, Paul Wilson 17.17m+2 ) ; **7 Team Bath AC 1h08.22m** ( Dave Coales 16.42m, Steve Rose 16.28m+11, Frank Checchia 17.24m+3, Nick Shearn 17.48m+0 ) ; **8 Nuneaton Harriers 1h10.58m** ( Chris Talbot 16.28m, Mark Treadwell 17.43m+9, Fred Heath 20.03m+6, Eric Fowler 16.44m+8 ) ;

### Incomplete Teams

**Bournville Harriers** ( Dean Parker 15.34m, Oliver Hindle 18.01m+15, Geoff Meadows 18.40m+8 ) ; **Clayton Le Moors** ( Gary Shaw 15.36m, Kieran Mitchell 18.08m+17 ) ; **Dudley & Stourbridge H** ( Paul Waby 15.32m, Mark Staves 18.21m+23, Eric Smith 17.44m+1 ) ; **Leicester Coritanian AC** ( Phil Hands 17.26m ) ; **Mansfield Harriers & AC** ( John Wood 18.59m, Peter O'Mara 19.50m+1, Alan Crewe 20.38m+2 ) ; **Wolverhampton & Bilston** ( Tony McArthur 17.20m, Paul Tabor 17.12m+5, Sean Morgan 16.50m+9 ) ;

### Fastest Legs:

1 Julien Emery 14.47m; 2 Dave Watson 15.00m, 3 Terry West 15.10m; 4 Iain Twaddle 15.16m; 5 Marc Turner 15.19m; 6 Steve Hallas 15.30m; 7 Paul Waby 15.32m; 8 Dean Parker 15.34m; 9 Gary Shaw 15.36m; 10 Phil Cook 15.49m;

### Men 40-49 Team Results

**1 Bristol & West AC 2h05.28m** ( Jerry Hogan 16.40m, Alec Woods 15.11m+26, John Duncan 16.26m+1, Mick O'Doherty 15.01m+5, Andrew Harrison 15.47m+1, Martin Hula 15.43m+1, Philip Parry 15.12m+0, Dan Moore 15.28m+0 ) ;  
**2 Leicester Coritanian AC 2h10.33m** ( Rob Sheen 15.18m, Craig Sabin 16.44m+7, Dave Pearce 16.14m+7, Dave Mills 15.32m+2, Phil Makepeace 14.54m+2, Joe Masterson 17.36m+1, Robin Brookes 17.26m+0, John Grindley 16.49m+0 ) ;  
**3 Clayton-le-Moors Harriers 2h10.59m** ( Andy Stubbs 15.36m, Mark Aspinall 16.07m+9, Phil Hall 15.37m+4, Tony Chew 16.32m+3, John Roche 16.11m+0, Mark Brown 17.20m+1, Gary Wilkinson 16.51m+0, Paul Shackleton 16.45m+0 ) ;  
**4 Tipton Harriers 2h11.26m** ( Mark Wright 15.55m, Ray Stanier 17.01m+1, Malcolm Eustace 16.33m+7, Richard Hunter 16.55m+2, Mike Hagar 15.29m+5, Steve Ward 16.33m+2, Paul Rogers 16.02m+1, Mark Farnell 16.58m+0 ) ;  
**5 Redhill Road Runners 2h12.20m** Alan Smith 15.04m, Simon Nash 16.49m+7, Clive Grayson 17.05m+1, Martyn McHale 17.49m+10, Andrew Wetherill 15.42m+10, Nigel Cobb 16.47m+0, Mark Yates 16.26m+3, Paul Newton 16.38m )  
**6 Neath Harriers 2h12.48m** ( Steve Williams 17.25m, Steve Evans 17.23m+3, Peter Crane 16.51m+9, Lee Sandham 16.51m+5, Paul Talbot 15.52m+17, Phil Crane 16.34m+2, Paul Griffiths 16.09m+2, Paul Richards 15.43m+2 ) ; **7 Bedford & County AC 2h13.39m** ( Richard Powell 15.26m, Jim McMahon 16.11m+5, Steve Herring 15.55m+1, Dave Cheshire 16.21m+3, Alan Turnbull 15.48m+2, Malcolm Cowley 18.36m+1, Jon Roots 18.13m+2, Andy Blair 17.09m+1 ) ;  
**8 Rotherham Harriers & AC 2h14.14m** ( John Comrie 17.06m, Peter Shaw 16.54m+4, Raul Ruddleston 15.59m+15, Pete Mirreles 16.27m+7, Nigel Brookes 16.44m+3, Dave Nuttall 16.57m+1, Howard Darwin 17.39m+0, Mark Ruddleston 16.28m+1 ) ; **9 North Belfast Harriers 2h14.25m** ( Brendan Dumigan 16.06m, Eddie Burns 16.27m+4, Tommy Huchs 15.50m+13, Neil Carty 15.55m+1, John Patience 17.11m+0, Greg Luke 17.07m+0, Franky Davidson 18.22m+1, Davy Wright 17.27m+2 ) ; **10 Telford AC 2h15.42m** ( John Saunders 16.38m, Paul Ward 15.22m+21, Steve Needs 18.16m+11, Dave Talbot 16.48m+1, Steve Jones 17.30m+4, Colin Lancaster 17.46m+0, Dave Mansbridge 15.58m+4, Paul Williams 17.24m+2 ) ; **11 Oxford City AC 2h16.48m** ( J Richardson 16.04m, Steve Overton 15.46m+17, Heine van Zyl 17.09m+3, John Lisiewicz 17.05m+0, Andy Gleeson 18.24m+5, Allan Matthews 18.44m+5, Tim Osman 18.17m+0, Steve Male 15.19m+8 ) ; **12 Wirral AC 2h16.58m** ( Kevin Buxton 17.00m, David Norman 16.45m+4, Desmond Melvor 17.38m+1, Gary Brooks 17.06m+4, Anthony Devoy 17.17m+8, Paul Frodsham 17.22m+2, Gra Radcliffe 17.31m+1, Peter Scarrett 16.19m+5 ) ; **13 Morpeth Harriers 2h17.14m** ( Paul Waterston 15.48m, Phil Walker 15.59m+15, Les Atkinson 16.08m+1, Gavin Bayne 17.28m+5, Gordon Dixon 17.19m+1, Alan Hyde 18.44m+2, Ian Corner 18.05m+2, Ali MacDonald 17.52m+0 ) ; **14 Sunderland Harriers 2h17.58m** ( Tom Doughty 15.19m, Paul Merrison 15.59m+5, George Harden 18.37m+15, Brian Rushworth 14.42m+10, Dave Ellis 16.39m+2, Paul Redman 17.27m+2, Norman Younger 19.22m+3, Geoff Armstrong 19.53m+4 ) ; **15 Team Bath AC 2h18.27m** ( Paul Synott 15.59m, Stuart Curtis 16.31m+3, Dean Keepen 16.36m+6, Steve Hale 17.10m+2, Alex Dix

18.10m+3, Tom Hutchinson 17.12m+1, Paul Newman 17.56m+2, Roy Hayward 18.53m+1 ) ; **16 Salford Harriers 2h18.54m** ( Dave Lockett 15.28m, Dave Townsend 17.00m+8, Paul Simons 16.36m+6, Mark Seed 18.12m+10, Mark Ediker 17.57m+3, Paul Birkett 17.00m+3, James Jackson 16.00m+4, Stephen Jones 20.41m+5 ) ; **17 Wolverhampton & Bilston 2h19.01m** ( Ian Pincher 18.15m, Dave Smith 16.04m+10, Nigel Share 16.02m+16, Ian Grindley 16.21m+5, Kevin Walker 17.50m+2, Neil Bradley 17.17m+1, John Birch 18.47m+2, Paul Bedworth 18.25m+1 ) ; **18 Clevedon AC 2h19.38m** ( Stuart Hancock 17.12m, Nicholas Page 16.27m+13, Paul Bird 16.53m+6, Andrew Heyes 17.23m+0, Clive Richards 17.04m+7, Nigel Charman 17.30m+0, Michael Richards 19.18m+3, Stephen Hollier 17.51m+2 ) ; **19 Bridgend AC 2h20.14m** ( Tim Lewis 16.00m, Dave Hughes 18.05m+14, Gareth Davies 16.43m+9, Jeff Thomas 17.33m+2, Peter Davies 17.07m+6, Huw Roberts 18.01m+1, Gareth Hardiman 17.58m+2, Steve Brace 18.47m+1 ) **20 Reading Road Runners 2h22.19m** ( Mike Gooding 16.40m, Peter Ake 17.02m+1, Colin Cottrell 18.07m+4, Kevin Jones 18.26m+1, Dwayne S-Power 17.11m+11, Chris Mason 17.47m+1, Gavin Rennie 18.35m+0, Kevin Varney 18.31m+2 ) ; **21 Halesowen A & CC 2h22.44m** ( Kevin Monk 17.07m, Dave Kesterton 14.54m+29, Stuart Geggie 17.44m+4, Chris Cleary 18.03m+7, Richard Guest 19.57m+2, Bill Nock 16.03m+3, Steve Millington 20.25m+2, Andrew Nock 18.31m+2 ) ; **22 Mansfield Harriers & AC 2h23.29m** ( Doug Ross 16.12m, Tim Raynor 18.21m+15, Dave Peet 19.30m+0, Rob Smith 17.33m+5, Steve Grainger 16.43m+9, Pete Stafford 16.55m+4, Steve Davies 18.12m+2, Trevor Hiscox 20.03m+1 ) ; **23 Derby AC 2h23.53m** ( John Knibb 16.44m, Russell Parkin 16.38m+8, John Robertson 16.34m+9, Clive Toplass 16.37m+3, James Ward 16.45m+4, Gary Fallon 18.30m+2, Andrew Zobell 18.07m+2, Karl Petch 23.58m+8 ) ; **24 Stroud & District AC 2h24.11m** ( Lee Christmas 16.24m, Danny Baker 19.05m+18, Chris Brown 17.47m+8, Andrew Furley 20.20m+3, Dave Stanton 17.08m+11, Dave Shubert 18.04m+1, Phil Manning 17.31m+3, Alan Pitt 17.52m+1, **25 North Derbyshire RC 2h26.12m** Steve Leverton 16.33m, Stu Cunningham 16.45m+3, Paul Street 17.57m+4, Steve Bennett 18.16m+1, John Cannon 18.20m+5, Ian Lilley 18.51m+0, Kevin Loftus 19.23m+2, Colin Sinnott 20.07m+1 ) ; **26 Blackpool Wyre & Fylde AC 2h26.27m** ( Phil Leybourne 15.14m, Stuart Williams 16.59m+9, Trevor Uttley 17.36m+3, Graham Davies 18.36m+11, Tony Codling 18.50m+6, Gary Johnston 19.20m+4, Dave Robson 20.09m+1, Terry Bradshaw 19.43m+0 ) ; **27 Birmingham Rowheath 2h27.30m** ( Richard Gray 16.11m, Andy Kenchington 16.16m+9, Harry Fowler 18.40m+13, John Llewellyn 18.41m+3, Martin Ludford 19.40m+4, Richard Carney 19.27m+1, Mark Edwards 19.30m+2, Rob Andrews 19.05m+0 ) ; **28 Dudley Kingswinford RC 2h28.23m** ( Kevin Duckworth 17.10m, Steven Bartley 18.44m+5, Andy Richards 18.13m+4, Gary Bonner 17.55m+5, Keith Bate 19.17m+7, Tom Wilkinson 19.11m+0, Mark Homer 19.38m+2, Graham Dews 18.15m+0 ) ; **29 Sparkhill Harriers 2h30.11m** ( Patrick Finnegan 17.19m, Nick Stringer 17.07m+5, Peter Reeves 19.21m+0, Derek Gothard 19.27m+0, Andy Carroll 18.45m+8, Craig Hinks 19.15m+0, Barry O'Neil 19.43m+2, Phil Bellamy 19.14m+0 ) ; **30 North Shields Polytechnic 2h39.43m** ( Paul Hughes 19.21m, Michael Fenwick 20.19m+2, Steve Clark 18.32m+4, Dave Hall 20.19m+5, Neal Hedley 22.31m+6, Alan Watt 18.51m+2, Chris Walker 18.01m+3, Harry Norman 21.49m+0 ) ; **31 Wesham RR & AC 2h42.21m** ( Alan Glasgow 19.16m, Trevor Rayner 18.09m+4, Mark Midgley 19.20m+3, C Linkinson 22.21m+2, Phil Leaver 21.44m+8, John Bertenshaw 19.25m+0, Russell Mabbett 22.55m+3, Barry Peatfield 19.11m+0 ) ;

### Incomplete Teams:

**Blackheath & Bromley** ( Roy Smith 16.36m, Mark Ellison 17.58m+12, **Bournville Harriers** ( Rob Andrew 15.40m, Steve James 16.53m+2, Daniel Wilson 17.58m+4, Andrew Wheeler 18.29m+7, Phil Dakin 18.48m+5, Steve Hopkins 20.06m+2 ) ; **Liverpool Harriers & AC** ( Jo Parkinson 15.33m, Paul Towers 17.37m+12, Paul Hutchings 20.07m+14, Keith Hatton 19.09m+0, Mark Helm 19.51m+6, Gordon Brown 22.11m+0 ) ; **Nene Valley Harriers** ( Sean Beard 15.41m ) ; **Newport Harriers** ( Neil Hardee 15.38m, Brett Davis 17.39m+9 ) ; **Royal Sutton Coldfield AC** ( John Dardis 17.04m, Stephen Larcombe 17.54m+6, Martin Jones 18.58m+4, Steve Marklew 16.18m+7, Tony Hinchley 17.03m+11, Paul Kenney 19.02m+2 ) ; **West Bromwich Harriers** ( Malcom Carr 18.28m, Gary Clifton 19.15m+1, Neil Munroe 19.04m+3, Phil Colver 22.32m+2, Dave Jones 21.23m+10, Patrick Powell 22.08m+2);

### Fastest Legs:

1 Brian Rushworth 14.42m; 2 Dave Kesterton & Phil Makepeace 14.54m; 4 Mick O'Doherty 15.01m; 5 Alan Smith 15.04m; 6 Alec Woods 15.11m; 7 Philip Parry 15.12m; 8 Phil Leybourne 15.14m; 9 Rob Sheen 15.18m; 10 Tom Doughty & Steve Male 15.19m;

### Men 50-59 Team Results

**1 Wesham Road Runners & AC 1h43.02m** ( Alan Hudson 17.15m, Alex Rowe 16.29m+13, John Collier 17.32m+1, Derek Buckley 17.55m+0, Martin Bates 17.37m+0, Gary Pendlebury 16.14m+2 ) ; **2 Oxford City AC 1h43.20m** ( Trevor Dixon 16.24m, Stewart Thorp 17.45m+0, Dave Hartwell 17.38m+1, Richard Grant 17.39m+1, Phil Huxley 16.50m+3, Brian Green 17.04m+0 ) ;  
**3 South London Harriers 1h44.18m** ( Clive Edgington 17.18m, Ian Kitchen 17.10m+10, John Quintance 18.01m+0, Ray Marriott 15.58m+5, Barry Attwell 17.11m+0, Francis Upeott 18.40m+2 ) ; **4 Barnet & District AC 1h44.40m** ( Des Michael 17.26m, Tony Cousins 18.06m+3, Jonathan Kilsby 17.24m+4, Liam O'Hare 17.39m+3, Peter Ellis 17.05m+2, Dave Wilcock 17.00m+1 ) ; **5 Sheffield Running Club 1h46.14m** ( Malcolm Taylor 18.26m, Paul Blakeney 18.33m+14, Nick Duggan 17.43m+6, Mike Levery 17.44m+9, Mike Quinn 17.21m+5, Sid Cordle 16.25m+2 ) ; **6 Blackheath & Bromley 1h46.55m** ( Tim Soutar 16.28m,



Ken Daniel 17.43m+0, Cliff Keen 17.03m+2, Con Griffin 18.08m-2, Paul Ross-Davies 18.14m+0, Andy Laws 19.19m-2 ) ; **7 Preston Harriers 1h47.39m** ( Dave Barker 16.43m, Phil Walsh 17.41m+2, Steve Clayton 18.14m-2, Graham Bailey 19.10m+3, Alan Appleby 18.07m+2, Kevin Hesketh 17.44m+1 ) ; **8 Ron Hill Cambuslang 1h48.00m** ( Tom McPake 18.48m, Freddy Connor 19.07m+10, Frankie Barton 16.00m+18, Archie Jenkins 17.43m+8, Jim Zapple 18.23m+0, Frank Hurley 17.59m+1 ) ; **9 Dulwich Runners 1h48.23m** ( Steve Smythe 16.39m, Steve Williams 17.50m-1, Neville Webb 17.50m+2, Chris Loizou 18.33m-3, Colin Frith 19.16m-2, Mike Mann 18.15m+1 ) ; **10 North Belfast Harriers 1h49.49m** ( Derek Donaghy 17.00m, Jim Newbury 19.41m-15, Brian Stewart 18.57m-2, Greg McClure 18.34m+9, Matt Shields 16.37m+7, Desi Martin 19.00m+1 ) ; **11 Southampton RC 1h50.42m** ( Ian Richardson 17.27m, Neil Hotson 18.00m+5, Martyn West 18.09m-1, Terry Sinclair 18.41m+3, Keith Taylor 19.00m-1, Dave Carter 19.25m+1 ) ; **12 Derby AC 1h50.47m** ( Kevin Spare 17.07m, Malcolm Edwards 17.26m+3, Ray McDonald 18.12m-1, Chris Rosling 19.49m-5, Keith Donald 19.39m+1, Mick Smedley 18.34m+1 ) ; **13 Clayton-le-Moors Harriers 1h51.15m** ( Alan Clarkson 19.17m, Roger Brewster 17.04m+35, Steve Green 18.15m+3, Alan Clarkson 19.03m+3, Jeff Pickup 18.53m+2, Michael Green 18.43m+1 ) ; **14 Team Bath AC 1h52.37m** ( Dave Gunstone 17.54m, Nigel Gibbons 19.24m-1, Paul King 18.41m-2, Clive Beer 19.30m+10, Geoff Davis 18.37m+5, Nick Polestrone 18.31m+1 ) ; **15 Salford Harriers 1h53.12m** ( Tom Daniels 20.04m, Ian Johnson 19.17m+17, Russ Derbyshire 17.50m+17, Ronnie Warrender 19.46m+12, Stan Curran 18.42m+5, Mike Wakefield 17.33m+3, **16 Neath Harriers 1h54.01m** Dickie Bowen 18.59m, Phil Bamsey 19.52m+5, Jeff Rees 19.54m+2, Bob Bamsey 18.33m+17, Howard Carpenter 18.19m+9, David Davies 18.24m+1 ) ; **17 Holmfirth Harriers 1h54.31m** ( John Ewart 16.55m, Kevin Yewlett 18.41m-7, Ian Moore 19.02m+4, Gary Armitage 18.00m+5, Andy Hambleton 23.21m-4, Rob Kersey 18.32m+2 ) ; **18 Halesowen A & CC 1h56.21m** ( John Hill 17.46m, Alastair Grant 19.50m-8, Paul Butler 18.19m+3, Barry Meir 20.16m+7, Paul Allen 19.03m+5, Maurice Endacott 21.07m-2 ) ; **19 Thames Hare & Hounds 1h58.06m** ( Richard Turner 17.08m, Peter Blair-Fish 20.54m-25, Rhodri Davies 19.04m+3, Chris Nicholson 23.03m+2, Michael Farmery 17.55m+11, Paul Whitlock 20.02m+2 ) ; **20 Garden City Runners 1h58.08m** ( Ste Livingstone 16.11m, David Edwards 18.33m-7, Michael Wise 23.54m-32, Steve Williams 20.36m+11, Steve Rutton 21.15m+7, Keith McLellan 17.39m+3 ) ; **21 North Shields Polytechnic 1h58.46m** ( John Brettell 21.48m, Ian Richardson 19.06m+24, Keith Allan 19.52m+12, Dave Morris 19.14m+23, John Brown 19.32m+9, Chris Wescomb 19.14m+1 ) ; **22 Dudley & Stourbridge H 2h01.42m** ( Ian Furness 15.16m, Ivan Dawes 18.23m+0, Dave Eades 19.42m-11, Jim Brown 21.01m-7, Rob Mulgrue 26.35m-5, Geoff Fullwood 20.45m+2 ) ; **23 Tipton Harriers 2h02.10m** ( Glen Cox 18.21m, Keith Best 20.28m-6, Alan Grice 17.54m+12, Graham Smith 25.15m-5, Stan Jones 20.45m+9, Jeff Taylor 19.27m ) ; **24 Bournville Harriers 2h03.49m** ( Martin Foster 20.18m, Terry Doherty 21.48m-2, Colin Cartland 19.45m+17, Terry Doherty 19.35m+25, Edwin Hartley 19.51m+11, Barrie Roberts 22.32m+1 ) ; **25 Liverpool Harriers & AC 2h05.30m** ( Tom Vallance 20.14m, Darryl Soden 17.51m+34, Patrick Henley 21.29m-9, Graham Howell 21.14m+13, Mike Carney 20.39m+8, Clive Rigby 24.03m+1 ) ; **26 Wolverhampton & Bilston 2h06.02m** ( Rob Challinor 19.36m, David Guest 20.01m+6, John Brown 23.52m-19, Mark Cotterill 19.58m+33, Frank Burrows 23.04m+12, Peter Stark 19.31m+3 ) ; **27 Birchfield Harriers 2h13.03m** ( Brian Worthington 20.26m, Peter Parker 17.09m+48, Peter Lawton 20.06m-7, Brendan White 22.42m+4, Tony Molloy 22.05m+6, John Adams 30.35m+0 ) ;

## Incomplete Teams:

**Doncaster AC** ( Mick Page 16.45m, Kev Lincoln 18.55m-9, Kev Newman 19.47m-7, Paul Ashcroft 21.38m-1, Dave Grayson 20.29m+5 ) ; **Herts Phoenix AC** ( Pete Fitzpatrick 18.12m, Peter Williams 20.34m-9, Jim Davis 22.08m-12, John Steed 22.26m+15 ) ; **Nuneaton Harriers** ( Neville Bates 21.00m, Geoff Hudson 22.57m-2, Roger Farndon 23.34m+2 ) ; **Stroud & District AC** ( Geoffrey Trueman 19.28m, Andrew Hammond 23.21m-23, Colin O-Harris 19.34m+17 ) ; **Telford AC** ( Malcolm Dawes 18.20m, Rick Hailey 16.25m+27, Greg Wilson 15.54m+9, Simon Dawes 18.12m-1, Ian Stanton 19.16m-4 ) ;

## Fastest Legs:

1 Ian Furness 15.16m; 2 Greg Wilson 15.54; 3 Ray Marriott 15.58m; 4 Frankie Barton 16.00m; 5 Ste Livingstone 16.11m; 6 Gary Pendlebury 16.14m; 7 Trevor Dixon 16.24m; 8 Rick Hailey 16.25m; 9 Tim Soutar 16.28m; 10 Alex Rowe 16.29m

## Men 60-69 Team Results

**1 Elswick Harriers 52.40m** ( Steve White 17.13m, Mark McNally 17.34m+3, Harry Matthews 17.53m+3 ) ; **2 Oxford City AC 53.26m** ( Roy Treadwell 17.29m, Dave Parsons 18.05m+4, Gareth Jones 17.52m+2 ) ; **3 Rotherham Harriers & AC 53.46m** ( Terry Hawley 17.40m, Male Palfreyman 18.26m+2, Bob Tintinger 17.40m+4 ) ; **4 Clydesdale Harriers 54.36m** ( Pete Cartwright 18.09m, Brian Campbell 18.14m+9, Bobby Young 18.13m-5 ) ; **5 Nuneaton Harriers 55.00m** ( Tony Norman 17.12m, Les Horton 19.02m-8, Colin Turner 18.46m-1 ) ; **6 Bingley Harriers & AC 55.04m** ( Bob Dover 18.19m, Mike Smith 18.26m+10, Les Haynes 18.19m+3 ) ; **7 Hardley Runners 56.55m** ( Mick Anglim 18.38m, Jack Hutchison 20.36m-9, Malcolm Renyard 17.41m+18 ) ; **8 Herts Phoenix AC 57.30m** ( Richard Melvern 18.16m, Richard Bloom 19.27m+2, Stuart Mann 19.47m-3 ) ; **9 Altrincham & District AC 58.04m** ( Ken Burgess 19.04m, Derek Walton 20.03m-4, Robbie McGall 18.57m-8 ) ; **10 Team Bath AC 58.42m** ( David Rose 18.54m, Keith Jones 20.16m-2, Pat Rogers 19.32m+7 ) ; **11 Dudley Kingwinford RC 58.51m** ( Malcolm Pillar 18.46m, Tom Williams 20.50m-10, Brian Russell

19.15m+10 ) ; **12 Barnet & District AC 58.54m** ( Nick Bingham 19.08m, John Shirley 19.56m+7, John Owen 19.50m+2 ) ; **13 Wolverhampton & Bilston 59.02m** ( Glen Lock 19.03m, Derrick Vaughan 19.35m+10, Derek Harding 20.24m-5 ) ; **14 Thames Hare & Hounds 59.39m** ( Robin Dickson 21.22m, Michael Johnson 19.46m+21, Henk Altmann 18.31m+20 ) ; **15 Birchfield Harriers 59.50m** ( Steve Couldwell 18.05m, Barry Roberts 22.37m-30, Gordon Orme 19.08m+10 ) ; **16 Liverpool Harriers & AC 59.50m** ( Billy Hargreaves 19.07m, Peter Simpson 19.56m+7, Frank Davies 20.47m-6 ) ; **17 Exmouth Harriers 1h01.33m** ( Roger Rowe 18.53m, Jim Wyatt 22.54m-28, Duncan Linklater 19.46m+15 ) ; **18 Salford Harriers 1h01.56m** ( Rowland Bowness 20.16m, Bob Towell 20.28m+12, Sid Sacks 21.12m+0 ) ; **19 Clevedon AC 1h02.16m** ( Michael Horwood 22.10m, Jim Cahill 20.29m+12, Malcolm Roberts 19.37m+17 ) ; **20 Les Croupiers RC 1h02.59m** ( Jeff Aston 20.17m, Gary Hyatt 21.16m+2, Mel James 21.26m+2 ) ; **21 Wesham Road Runners & AC 1h03.10m** ( Barry Peatfield 18.23m, Mike Walsh 22.30m-25, Dave Young 22.17m-7 ) ; **22 Bedford & County AC 1h03.27m** ( Brian Webb 20.36m, Dave Stubbs 21.28m+2, Bob Thompson 21.23m+4 ) ; **23 Clayton-le-Moors Harriers 1h04.05m** ( Dave Scott 20.24m, C Clutterbuck 21.57m-2, Richard Lawson 21.44m+3 ) ; **24 Blackpool Wyre & Fylde AC 1h04.51m** ( Reg Smallbone 20.15m, Bob Massey 21.43m-3, John Bradley 22.53m-1 ) ; **25 Spectrum Striders RC 1h05.47m** ( Alan Peers 20.38m, John Dooley 22.00m-1, Ian Fortune 23.09m+2 ) ; **26 Blackheath & Bromley 1h11.09m** ( Terry Brightwell 23.32m, Ian Wilson 22.25m+8, Mick Gasson 25.12m+4 ) ; **27 Reading Road Runners 1h13.39m** ( Philip Scott 23.27m, Carl Woffingham 26.24m-1, John Chilton 23.48m+9 ) ;

## Incomplete Teams:

**Royal Sutton Coldfield AC** ( Reg Phipps 19.38m, Roy Humpherson 19.54m+9 ) ; **Southampton RC** ( Richie Pearson 19.20m ) ;

## Fastest Legs:

1 Tony Norman 17.12m; 2 Steve White 17.13m; 3 Roy Treadwell 17.29m; 4 Mark McNally 17.34m; 5 Terry Hawley 17.40m; 6 Bob Tintinger 17.40m; 7 Malcolm Renyard 17.41m; 8 Gareth Jones 17.52m; 9 Harry Matthews 17.53m; 10 Steve Couldwell & Dave Parsons 18.05m;

## Men over 70 Team Results

**1 Royal Sutton Coldfield AC 1h10.03m** ( Richard Cashmore 21.17m, John Hughes 23.47m-1, Bunny Kydd 24.59m+2 ) ; **2 Barnet & District AC 1h15.23m** ( Ron Higgs 23.31m, John Rowe 24.56m+2, Tom Horne 26.56m+5 ) ; **3 Birchfield Harriers 1h18.59m** ( Brian Dawson 24.39m, Wilf Morgan 23.31m+9, John Summerton 30.49m+2 ) ;

## Fastest Legs:

1 Richard Cashmore 21.17m; 2 Ron Higgs 23.31m; 2 Wilf Morgan 23.31m; 4 John Hughes 23.47m; 5 Brian Dawson 24.39m; 6 John Rowe 24.56m;

# ***Sprint Training for Masters or "Get Stronger!"***

## ***Conrad Phillips: UKA Senior (L4) Coach. BWLA Instructor. Former GB Team Coach.***

"You're not strong enough" are words I have used to every single athlete I have ever coached- and athletes I have coached have been to World, European, World Student and Olympic Championships (and won medals at all but Olympics).

A few years ago I spent some time in hospital. When I came home I could get from my bed to the shower only with the help of my son. As I recovered I used more and more weight training, started running again and eventually became interested in competing.

I'll give a few tips, as requested by OUR Editor and then return to the main theme at the end.\*



Remember Bill Marlowe's "Coaching S's": Strength (and there are many types of strength) Speed, Stamina, Skills, Suppleness and Sychology as it applies to you and your event.

DO:

**Know the purpose of your session before you start. Is it to gain Speed? To gain Stamina? To relax and freshen up for a race?**

DON'T:

**Say "What shall we do tonight, lads?" when you get to the track or gym.**

DO:

**Use free weights and not machines.**

DON'T:

**(1) Never bench press alone! Always use a spotter.**

DO:

**Remember that Suppleness reduces with age (making stretching an important component of your training)**

DON'T:

**Stretch too much before competition or training.**

DO

**Remember that agility declines with age**

DON'T

**Be afraid to try different types of training; too much of the same thing will cause motor-stereotypes and over use/repetitive-strain injuries: variety is the spice of sprinting!**

DO

**Use free weights; hurdle chopping; running drills WITH ANKLE WEIGHTS; punch bag; speed ball; cycling on the road or static exercise-bike; sledge and tyre dragging; free weights; medicine ball; soft grass to warm up; free weights; training exercises from other sports (especially SAQ from Rugby football and circuit training from boxing); two-ball catch with your children and grandchildren; dance or aerobics classes; mini-circuits (painful but very effective!), skipping; oh, yes- and free weights!**

DON'T

**Train through an injury: if you have a repertoire of training techniques and methods if/when you get injured, you'll be able to rest the injury but keep training the rest of you!**

DO

**Remember the link between a strong upper body and fast powerful legs is the strength of your mid-section, so use back, oblique's and abdominal strengthening work throughout: you can even incorporate some 'core stability' training. Having said that, make certain that all your drills and exercises are done with good posture: long waist, tall neck, shoulders down and back, pelvis tucked under (ask a good ballet teacher about the "First Position").**

\* Use many different exercises and remember that you are a sprinter not a weight lifter or body builder- your

aim is to get stronger all over- so the 'three sets of ten', for example, may not be appropriate- especially if you do use many exercises; Greg Dunson and all the other athletes I coach use as many as twenty different resistance exercises in a weights session- but usually one set only- and if we can do twelve reps of an exercise then it's too easy and we increase the load. For runners I do not advocate squats or dead lifts because: one mistake and you've killed your back or your knees!

Throwers of course must use squats and the Olympic lifts but don't you attempt Olympic lifts unless you are taught the correct technique by a **BWLA** qualified coach. For runners: weights for upper body only: use ankle weights and resistance running for the legs.

Use the multi-joint exercises illustrated in preference to single joint exercises if you are pressed for time.



**Bench press**



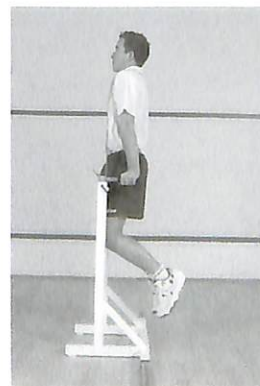
**One hand row**



**Pull ups/chins**



**Alternate dumbbell press**



**Dips**



**Upright rowing**





**High knee**



**Heel pick up**



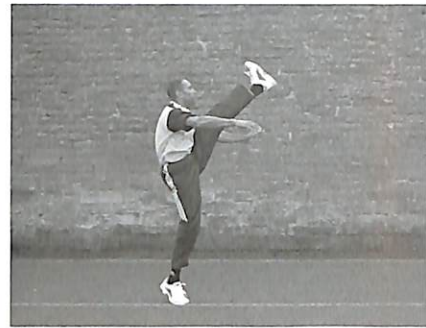
**Side steps**



**High skipping**

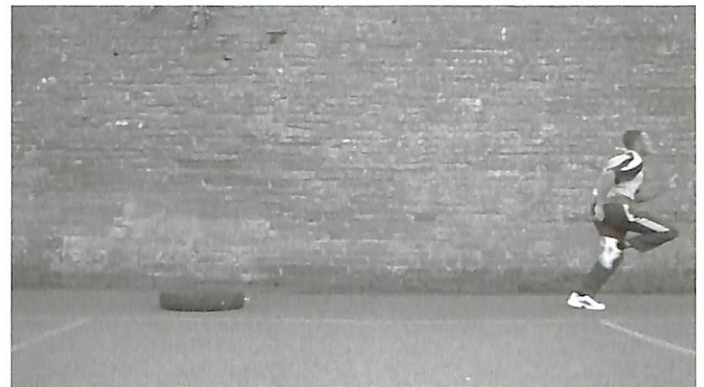


**Bounding**



**Leg raises**

*Begin with 1Kg ankle weights (any more and you'll be training for something else, any less and you won't build up the strength). Do each drill once only and for NO more than 10m. Build up over many weeks until you can do each drill for 30m. Do not actually RUN in a/wts. Do the drills every running session you do throughout the year- don't use the a/wts in a week before competition. Persons who weigh less than 50kg would probably be better off using ½ Kg wts.*



*Tyre dragging – no more than 12Kg, even for big strong people.*

*Start with only a minute of skipping on the first day you try it- and increase the amount by one minute increments as the days go by- otherwise you'll damage your calf muscles and Achilles tendons- and they take a LONG time to heal! Teach yourself lots of different rhythms, speeds, steps and tricks- even if it takes you months to learn.*

Please note that there are literally hundreds more Suppleness, Skill and Strength exercises- far more than I can include in this article. I therefore suggest that you read

<u>Title</u>	<u>Author(s)</u>	<u>Publisher</u>
Rugby for Real	Chris Sherryn and Conrad Phillips	A & C Black
Tennis for Real	Chris Sherryn and Conrad Phillips	A & C Black
Jump Rope Training	Buddy Lee	Human Kinetics
The Great Dumbbell Handbook	Michael Jespersen/Andre Potvin	Productive Fitness Products



# INTERLAND (GBRvFRAvBEL) Ashford, 21<sup>st</sup> JUNE

WORDS –EDITOR

PICTURES LESLEY RICHARDSON (WWW.RIKKO2PHOTO.CO.UK)



**G**reat Britain and Northern Ireland secured a famous victory at Ashford, in at the annual Interland challenge.

Maurice Doogan this year enjoyed a favourable response and assembled a strong team that included two Commonwealth Games Medalists in the squad.

The men's team dominated the sprints with Darren Scott winning both. Britain filled the first four places in the 100 metres and the first three in the 200.

The French and Belgians had the upper hand in the men's middle distance races, with a Marc Turner getting very close in the 800 and Peter Barker securing a fine second at 1500.

The hurdles gave France victories, whilst World Record Pentathlon holder Andy Lewis, and Claude Peter Thomas came in second and third. In at the 400 hurdles Glenn Gray, Neil Tunstall and Jon Tilt finished in positions second to fourth.

In the throws Great Britain won four of the five events. Mark Wiseman winning the Discus with 51.80, and the Shot with 15.19. The Midland Counties Hammer champion John Pearson was a winner in the weight with 17.80, and Simon Bennett did likewise with 64.79 in the javelin.

Andy Lewis was our only winner in the jumps with a windy

6.78 in the long jump.

Then came the icing on the cake with the British winning both relays, in the shorter relay the British squad of the Darren Scott, Mark Dunwell, Jim Tipper & Tony Leigh set a new world record of 42.51 seconds, beating the time set by the United States of America.

With the men winning their match by 10 points the women had to do better, and indeed they did.

Kay Reynolds was a winner in the 100 metres and the 100 metres Hurdles.

Nina Anderson won both the 400 and 800 metres, with Brits in second and third in both races.

Birchfield's Debbie Walters secured good wins at 1500 and 3000 metres, and Nicki Nealon ran third at 5000.

Michelle Thomas who won a silver at the Kuala Lumpur Commonwealth Games (1<sup>st</sup> Leg 4x400 Metres), continues her winning form this season with a win over 400 Hurdles and also anchored in the relay squad.

The Throws victors came from across the Channel, but great second places were achieved by Janet Smith (WT), Jo Davidson (HT) and Linda Rawlins (JT).



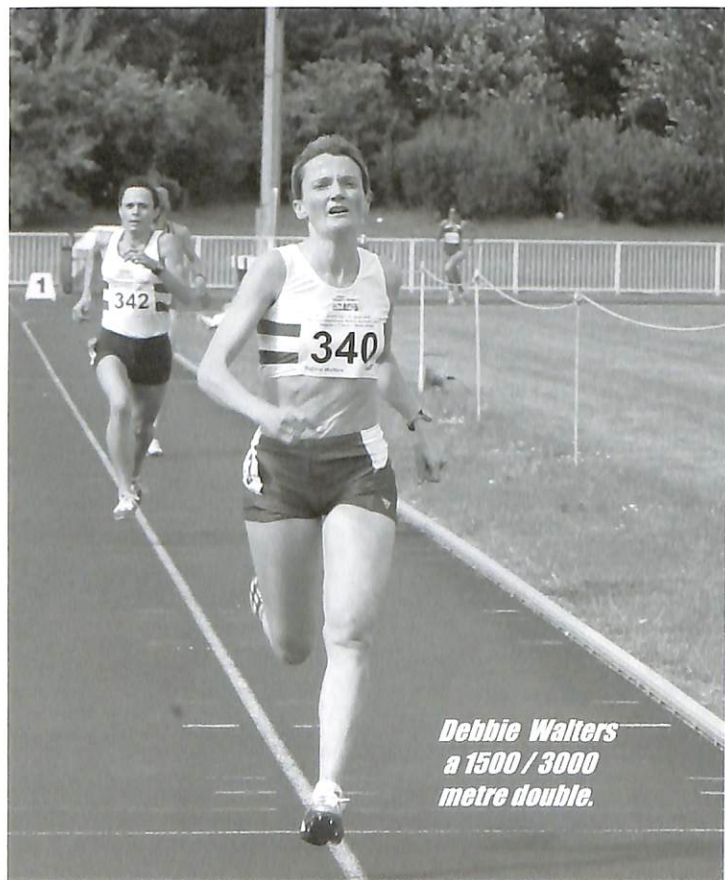
Whilst Jumps victories came from Imeta Barauskiene (LJ), Ayamba Akim (HJ) and Manchester Commonwealth Games Bronze Irie Hill who moves into the W40 for next year's indoors.

Great Britain won both relays and finished the match with 16 points to spare, and the thinkable has happened with a victory in the match.

Could this be the start of something big! So if anyone out there has an idea how we could get finance to cover it how about a

## EUROPEAN SUPER CUP FOR MASTERS.

*Correspondence to your Editor PLEASE!*

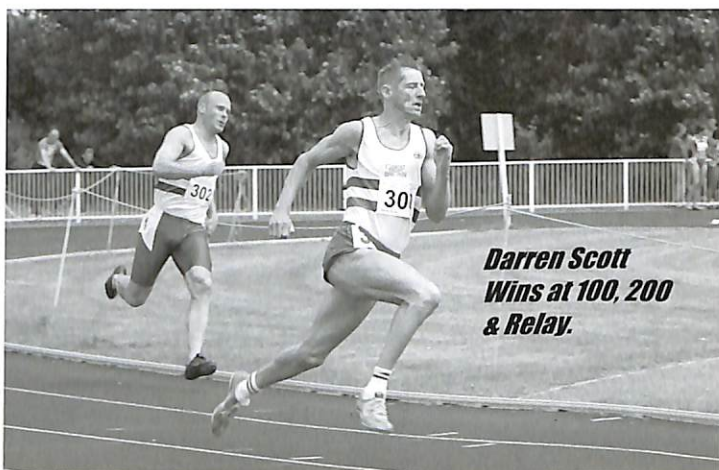


**Debbie Walters**  
a 1500/3000  
metre double.

### MEN:

**100:** (-3.7): 1 Darren Scott GBR 11.31; 2 Mark Dunwell GBR 11.45; 3 Derek Morgan GBA 11.75; 4 Rohan Samuel GBA 11.88; 5 Jean-Luc Baralle FRA 11.98; 6 Philippe Corre FRA 12.41; 7 Johan Pieroni BEL 12.58; 8 Jean-Louis Cabay BEL 12.59; **200m** (-2.7): 1 Darren Scott GBR 22.06; 2 Jim Tipper GBR 23.02; 3 Chris Millard GBA 23.60; 4 Mario De-Moor BEL 23.79; 5 Dalton Powell GBA 23.91; 6 Frédéric Duclouel FRA 23.93; 7 Marc Pottiez BEL 24.44; 8 Antonio Alberto FRA 25.23; **400:** 1 Michael Gardiner GBR 51.74; 2 Greg Smith GBR 51.87; 3 Pascal Moutel FRA 52.07; 4 Kermitt Benthall GBA 52.75; 5 Frank Dawyndt BEL 52.92; 6 Sylvain Risal FRA 53.87; 7 Martin Holgate GBA 54.44; 8 Eric Chrispeels BEL 55.09; **800:** 1 Emmanuel Chereau FRA 1.59.37; 2 Marc Turner GBR 1.59.39; 3 Steve Baldock GBA 2.00.12; 4 Jurgen Van-Lent BEL 2.00.77; 5 Rob Andrew GBA 2.02.20; 6 Mike Toal GBR 2.03.00; 7 Bruno Haemmerer FRA 2.03.27; 8 Didier Collin BEL 2.05.76; **1500:** 1 Hassane Zouhal FRA 4.05.04; 2 Peter Barker GBR 4.07.93; 3 Andy Inghelbrecht BEL 4.08.78; 4 John Scott GBA 4.11.91; 5 Tom Brannon GBR 4.12.70; 6 Eric Dupont FRA 4.14.50; 7 Matthew Bland GBA 4.16.48; 8 Frits De-Baets BEL 4.20.48; **3000:** 1 Peter Vocht De BEL 8.50.99; 2 Christophe Looius FRA 8.51.99; 3 Noredine Khezzane FRA 8.52.59; 4 David Hellinx BEL 8.52.95; 5 Ben Pavior GBR 8.54.18; 6 Dan Moore GBR 9.00.59; 7 Jon Grix GBA 9.19.13; 8 Paul Spowage GBA 9.30.05; **5000:** 1 Stefan Van-Den-broek BEL 14.54.67; 2 Sylvain Cossin FRA 15.20.90; 3 Barry Roydon GBA 15.27.77; 4 Juan-Jesus Martinez FRA 15.30.17; 5 Andy Little GBR 15.57.16; 6 Peter Tallents GBR 16.12.26; 7 Marc Bultmeck BEL 16.29.70; 8 Julian Critchlow GBA

16.30.24 **110H** (-2.1): 1 Patrice Legrand FRA 15.52; 2 Andy Lewis GBR 15.87; 3 Claude Peter-Thomas GBA 16.13; 4 Marin Garrigues FRA 16.33; 5 Glen Reddington GBA 16.73; 6 Serge Beckers BEL 17.34; 7 Jos Jacobs BEL 17.97; **400H:** 1 Patrice Legrand FRA 56.00; 2 Glenn Gray GBR 57.46; 3 Neil Tunstall GBR 58.09; 4 Jon Tilt GBA 58.51; 5 Yannick Le-Mouel FRA 58.93; 6 Peter Benedickter GBA 59.78; 7 Herman Vandeveld BEL 1.01.73; 8 Jos Jacobs BEL 1.03.44; 8 Chris Ireland GBA 10.30.27; **3000m SC:** 1 Jean-Philippe Pierrat FRA 9.36.18; 2 Christophe Le-Bihan FRA 9.41.44; 3 Colin Palmer GBR 9.42.97; 4 Der Hoeven Marc Van BEL 9.48.29; 5 El-Mkabl-el-idrissi BEL 9.52.36; 6 Steve Norris GBR 9.54.53; 7 Keith Newton GBA 10.11.70; **5000W:** 1 Alfredo Galicia FRA 22.02.1; 2 Philippe Bonneau FRA 22.23.2; 3 Mark Williams GBR 22.36.3; 4 Nick Silvester GBR 24.07.2; 5 Jim Ball GBA 24.11.8; 6 Dirk Bogaert BEL 25.06.1; 7 Phil Williams GBA 25.33.8; 8 Pierre Gabriels BEL 30.52.5;



**Darren Scott**  
Wins at 100, 200  
& Relay.

**Weight:** 1 John Pearson GBR 17.80; 2 Bernard Reibel FRA 17.53; 3 Walter De-Wyngaert BEL 17.13; 4 Steve Whyte GBR 17.13; 5 Steve Sammutt GBA 16.35; 6 Malcolm Fenton GBA 13.70; 7 Thierry Didier FRA 12.29; 8 Peter Gieghase BEL 12.24; **Discus:** 1 Mark Wiseman GBR 51.80; 2 Sandor Katona FRA 46.17; 3 J. Van-Den-branden BEL 45.20; 4 Rob Earle GBR 42.37; 5 Jean-Yves Millet FRA 41.90; 6 Andy Turner GBA 40.73; 7 Matthew Allison GBA 40.73; 8 Patrick Mesotten BEL 40.55; **Hammer:** 1 Bernard Reibel FRA 64.13; 2 Walter De-Wyngaert BEL 62.21; 3 Steve Whyte GBR 59.56; 4 John Pearson GBR 59.43; 5 Steve Sammutt GBA 57.90; 6 Malcolm Fenton GBA 50.01; 7 Thierry Didier FRA 44.62; 8 Peter Gieghase BEL 43.79; **Javelin:** 1 Simon Bennett GBR 64.79; 2 Matthew Allison GBA 58.85; 3 Eric Demmerle FRA 58.74; 4 Jacques Jacquelin FRA 58.60; 5 Trevor Ratcliffe GBR 57.14; 6 Dirk Van-Der-aert BEL 56.28; 7 Lee Peters GBA 55.46; 8 Patrick Mesotten BEL 38.12; **Shot:** 1 Mark Wiseman GBR 15.19; 2 John Nicholls GBR 14.63; 3 Mark Leitch GBA 14.60; 4 Andy Turner GBA 13.57; 5 Rudi Wils BEL 13.39; 6 J. Van-Den-branden BEL 12.83; 7 Jean-Yves Millet FRA 12.79; 8 Sandor Katona FRA 11.03; **LJ:** 1 Andy Lewis GBR 6.78w ( 6.59+1.8 ); 2 John Munroe GBR 6.65+1.7; 3 Laurent Saviard FRA 6.59+1.8; 4 Bruno Monnerais FRA 6.46w; 5 Steve Lake GBA 6.31+1.8; 6 Dirk Ledegen BEL 6.06+2.0; 7 Claude Peter-Thomas GBA 6.04w; 8 Guy Riske BEL 5.99w ( 5.90+2.0 ); **TJ:** 1 Bruno Monnerais FRA 14.08+1.4; 2 Paul Ralph GBR 13.80w ( 13.61+1.2 ); 3 André Briscan FRA 13.63w ( 13.59+2.0 ); 4 Jan Van-Elzacker BEL 13.45w; 5 Keith Newton GBR 13.43w; 6 Steve Lake GBA 13.13w; 7 Rez Cameron GBA 12.94+1.4; 8 Danny Pollet BEL 10.86w; **HJ:** 1 Christophe Fontaney FRA 1.94; 2 Patrice Legrand FRA 1.91; 3 Ian Allen GBR 1.85; 4 Steve Linsell GBR 1.80; 5 Jan Lehouck BEL 1.75; 6 Didier Feron BEL 1.75; 7 Alec Taylor GBA 1.70; 8 David Blunt GBA 1.50; **PV:** 1 Dirk Ledegen BEL 4.30; 2 Marc Spony FRA 4.20; 3 Roland Elias BEL 4.20; 4 Christian Rose FRA 4.00; 5 Simon Eastwood GBA 3.80; 6 Wayne Martin GBR & David Blunt GBA 3.30; **4x100:** 1 GBR 42.51 ( Darren Scott, Mark Dunwell, Jim Tipper, Anthony Leigh ); 2 GBA 43.94 ( Derek Morgan, Rohan Samuel, Chris Millard, Dalton Powell ); 3 FRA 45.56; 4 BEL 46.75; **4x400:** 1 GBR 3.30.21 ( Greg Smith, Michael Gardiner, Darren Scott, Mike Toal ); 2 FRA 3.30.77; 3 BEL 3.32.76; **MATCH:** 1 Great Britain A 249.5; 2 France 239; 3 Belgium 150; 4 Great Britain B 148.5;

### WOMEN:

**100 (-2.6):** 1 Kay Reynolds GBR 13.15; 2 Nicole Barilly FRA 13.19; 3 Maryvonne Icarre FRA 13.25; 4 Kirstin King GBA 13.32; 5 Ilse Peetermans BEL 13.77; 6 Lolita Byfield Moore GBA 13.83; 7 Véronique Du-Bois BEL 13.85; 8 Averil McClelland GBR 13.90; **200 (-2.6):** 1 Maryvonne Icarre FRA 26.63; 2 Nicole Barilly FRA 26.77; 3 Sharon Trusch GBR 27.11; 4 Kirstin King GBA 27.40; 5 Averil McClelland



GBR 27.68; 6 Julie Money GBA 28.38; 7 Saskia Dejonghe BEL 28.63; 8 Mieke De-Ceuninck BEL 34.37;

**400:** 1 Nina Anderson GBR 58.22; 2 Sally Read Cayton GBR 1.00.15; 3 Melanie Brown GBA 1.01.14; 4 Désirée Henry FRA 1.01.41; 5 Maryam Amellal BEL 1.02.27; 6 Caroline Powell GBA 1.02.51; 7 Dolorès Hachotte FRA 1.02.67; 8 Hilde Lievens BEL 1.07.10;

**800:** 1 Nina Anderson GBR 2.17.25; 2 Sally Read Cayton GBR 2.17.52; 3 Claire Forbes GBA 2.20.35; 4 Catherine Bailleul FRA 2.21.14; 5 Hélène Victor FRA 2.21.75; 6 Ann Moyaert BEL 2.25.82; 7 Inge Adam BEL 2.26.93; 8 Denise Morley GBA 2.31.07;

**1500:** 1 Debbie Walters GBR 4.34.27 2 Corinne Debaets BEL 4.44.71; 3 Sybille Phelippeau FRA 4.45.15; 4 Claire Forbes GBA 4.47.05; 5 Karen Hargrave FRA 4.48.75; 6 Bernadine Pritchett GBR 4.49.49; 7 Clare Pauzer GBA 4.51.74; 8 M-Laurence Worou BEL 5.15.26 **3000:** 1 Debbie Walters GBR 9.54.87; 2 Clare Elms GBR 9.58.13; 3 Nathalie Loubele BEL 9.59.81; 4 Rosario Gangloff FRA 10.14.42; 5 Sylvie Parmentier FRA 10.26.75; 6 Els Van-Hooydonck BEL 10.33.87; 7 Clare Pauzer GBA 11.12.58;

**5000:** 1 Z. Graziani-Koulou FRA 17.19.47; 2 V. Van Droogenbroeck BEL 17.26.68; 3 Nicki Nealon GBR 17.29.29; 4 Marie-Pierre Hoffman FRA 17.38.38; 5 Andrea Pickup GBR 18.56.40; 6 Gudrun Koppen BEL 19.24.68; 7 Molly James GBA 19.30.71; 8 T. Gaillard De Laube GBA 20.20.50; **100H (-3.8):** 1 Kay Reynolds GBR 15.39; 2 Amanda Wale GBR 17.02; 3 Danièle Denisty BEL 17.26; 4 Pascale Wolff FRA 17.67; 5 Joanne Binks GBA 17.92; 6 Pétra Bajeat FRA 18.81; 7 Gaye Clarke GBA 19.22;

8 H. Vanhorenbeeck BEL 19.30; 4 Jane Horder GBA 1.06.57; **400H:** 1 Michelle Thomas GBR 1.02.23; 2 Corinn Pierre-Joseph FRA 1.04.36; 3 Kim Heffernan GBR 1.06.32; 5 Dolorès Hachotte FRA 1.08.26; 6 Angie Alstrachen GBA 1.09.12; 7 Caroline De-Geyter BEL 1.14.80; 8 Veerle De-Wolf BEL 1.17.82; 3

**000W:** 1 Nadine Mazuir FRA 15.00.84; 2 Sylvie Chartier FRA 15.05.57; 3 Diane Bradley GBR 15.14.52; 4 Estle Viljeon GBR 15.32.23; 5 Myriam Nicolas BEL 16.42.87; 6 Toni Boa GBA 16.46.20; 7 Helen Middleton GBA 17.24.7; 8 Frieda De-Wolf BEL 19.40.63;

**Weight:** 1 Claudine Cacaut FRA 14.48; 2 Janet Smith GBR 14.38; 3 Kathleen De-Wolf BEL 12.49; 4 Jennifer Ibbitson GBR 11.82; 5 Camilla Thrush GBA 11.77; 6 Muriel Dumoulin FRA 11.73; 7 Julie Wilson GBA 11.59; 8 Ingrid Vos BEL 11.17;

**DT:** 1 Sylvie Margry FRA 43.93; 2 Karin Larnoe BEL 39.61; 3 Greet Meulemeester BEL 38.91; 4 Gwen Bird GBR 36.5; 5 Sue Lawrence GBR 35.66; 6 Shirley Quinn GBA 32.53; 7 Jessy Ferrere FRA 32.13; 8 Helen Daniel GBA 31.76

**HT:** 1 Claudine Cacaut FRA 48.10; 2 Jo Davidson GBR 47.63; 3 Janet Smith GBR 45.30; 4 Muriel Dumoulin FRA 44.75; 5 Paula Petty GBA 41.08; 6 Kathleen De-Wolf BEL 40.07; 7 Marina Semenova GBA 39.66; 8 Ingrid Vos BEL 33.24;

**JT:** 1 Jacqueline Domon FRA 38.69; 2 Linda Rawlins GBR 36.11; 3 Jo Wade GBA 35.18; 4 Annik Van-Eynde BEL 33.37; 5 Catherine Seillac FRA 33.32; 6 Caroline Garrett GBR 32.73; 7 Hilde Muls BEL 30.52; 8 Joanne Binks GBA 26.81;

**SP:** 1 Greet Meulemeester BEL 11.91; 2 Jessy Ferrere FRA 11.71; 3 Sylvie Margry FRA 11.45; 4 Karin Larnoe BEL 11.24; 5 Natasha Mighty GBR 10.77; 6 Sue Lawrence GBR 10.67; 7 Camilla Thrush GBA 9.72; 8 Jo Wade GBA 8.94 **LJ:** 1 Pétra Bajeat FRA 5.48w; 2 Imeta Barauskiene GBR 5.34w (5.20+2.0); 3 Catherine Seillac FRA 5.09w; 4 Danièle Denisty BEL 5.09w (4.87+1.5); 5 Lieve Clauwaert BEL 4.95w (4.87+1.5); 6 Meryl Austin GBR 4.74w (4.50+1.8);

**TJ:** 1 Imeta Barauskiene GBR 11.14w; 2 Catherine Seillac FRA 10.97w; (10.31+1.6); 3 Sonja Paesen BEL 10.58w; 4 Désirée Henry FRA 10.42w; 5 Meryl Austin GBR 9.93NW1 (9.64+2.0); 6 Hilda Bottin BEL 9.90w;

**HJ:** 1 Ayamba Akim GBR 1.70; 2 Irie Hill GBR 1.55; 3 Isabelle Giraud FRA & Pétra Bajeat FRA 1.50; 5 Cathérine Engen BEL 1.50; 6 Caroline Maertens BEL 1.35;

**PV:** 1 Irie Hill GBR 3.30; 2 Pascale Wolff FRA 3.10; 3 Sophie Zubiolo BEL 3.10; 4 Véronique Du-Bois BEL & Jennifer Ibbitson GBR 2.90; 6 Nathali Grellou-Lido FRA 2.70; 7 Jo Isbell GBA 2.60;

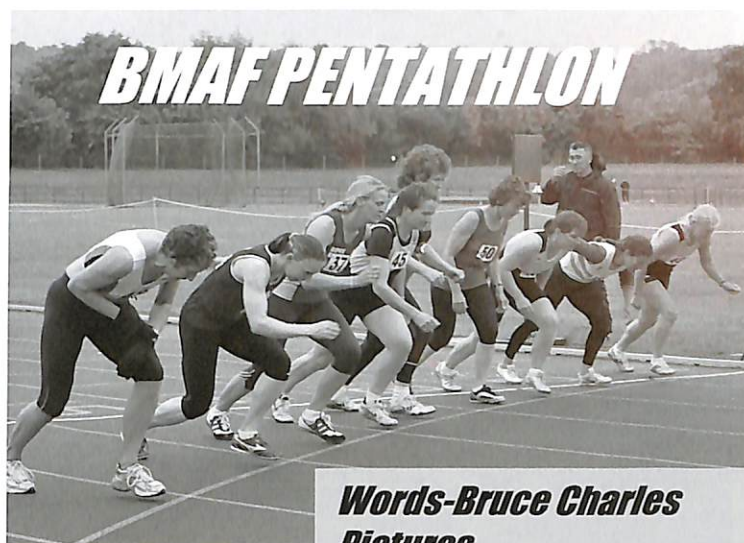
**4x100:** 1 GBR 50.86 (Kay Reynolds, Averil McClelland, Sharon Trusch, Amanda Wale); 2 FRA 52.36; 3 BEL 52.68;

**4x400:** 1 GBR 3.55.65 (Nina Anderson, Sally Read Cayton, Sharon Trusch, Michelle Thomas); 2 GBA 4.04.54 (Melanie Brown, Caroline Powell, Angie Alstrachen, Jane Horder); 3 FRA 4.05.14; 4 BEL 4.21.78;

**MATCH:** 1 GBR 253.5; 2 FRA 237; 3 BEL 152.5; 4 GBB 98;

**MATCH COMBINED:** 1 Great Britain A 503; 2 France 476; 3 Belgium 302.5; 4 Great Britain B 246.5;

Results by [www.Resultsbox.co.uk](http://www.Resultsbox.co.uk)



**25<sup>th</sup> May, Oxford.**

**Words-Bruce Charles  
Pictures  
Jeremy Hemming**

The outdoor Pentathlon was revived this year using the Horspath Stadium at Oxford which is rapidly becoming the home of BMAF Combined Events.

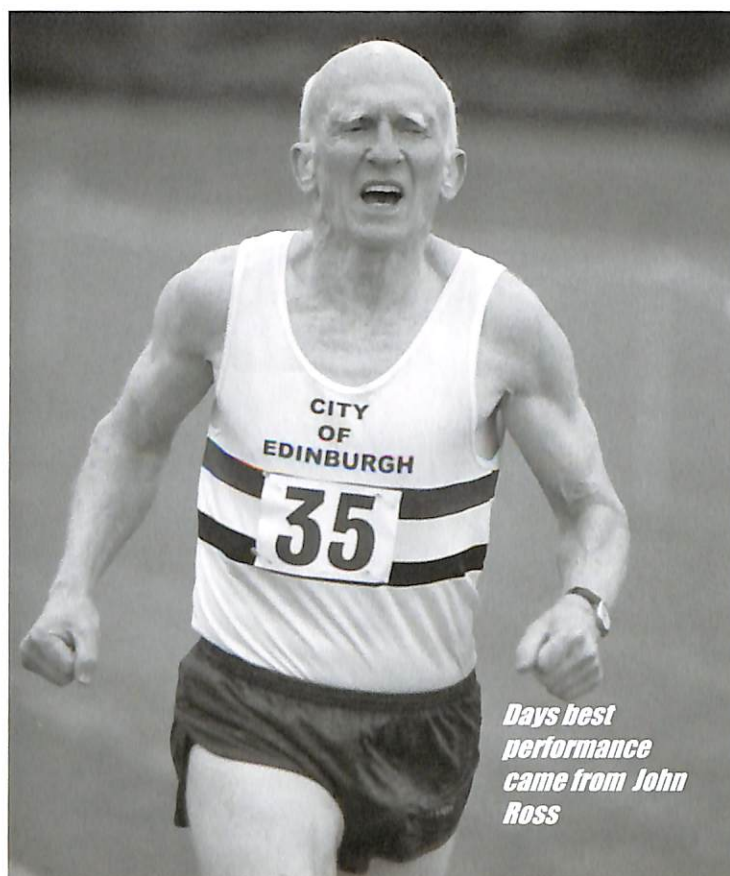
Despite a wet, cold and windy day the turnout, particularly from the men, was excellent as were a number of the performances. On the female side Gaye Clarke (3052 points) and Jackie Charles (3483 points) were outstanding with Jackie just failing to break the British W65 record which should certainly have been possible in better conditions.



**AMANDA  
WALE  
WON  
THE  
W35  
EVENT  
WITH  
2788  
POINTS.**

Other good performances came from the ever consistent Amanda Wale in winning W35 with 2778 and Lesley Willis with 2916 in finishing runner up to Gaye Clarke in the Women 45.





*Days best performance came from John Ross*

Best male performance came as so often in the past from John Ross in winning M70 with 3635 points. Being the highest points score of the day this earned John the splendid new Tony Rawlinson Pentathlon Trophy. Other athletes to beat the 3000 barrier were Mike Clerihew with 3354 in M60 and a delighted Lawrie Dunn in finishing second to Mike with 3035 points.

Brian Slaughter continued his domination of the M50 class with 3416 points whilst Andy Waddington on his own in M45 nevertheless produced two outstanding individual performances with a 24.4 200m and a 4-45.86 1500m in his total of 3312.

Despite the weather the atmosphere between athletes and officials was as always in combined events something special.

### Results:

**W35:** 1 Amanda Wale 2778 ( 16.00, 1.30, 9.52, 4.58, 2:43.09 ); 2 Joanne Binks 2258 ( 17.70; 1.39, 8.16, 4.20, 3:05.99 ); **W40:** Christine Hawker 2094 ( 15.20, 1.12, 6.41, 3.72, 2:59.55 ); **W45:** 1 Gaye Clarke 3052 ( 12.60, 1.27, 6.96, 4.35, 3:23.90 ); 2 Lesley Willis 2916 (15.60, 1.24, 6.83, 4.20, 2:43.44 ); **W50:** Fiona Argent 2471 ( 16.18, 1.12, 6.00, 3.66, 3:06.36 ); **W55:** Sally Hine 2239 ( 17.77, 1.09, 6.02, 3.23, 3:35.39 ); **W60:** Pat Oakes 2409 ( 18.42, 1.06, 7.30, 3.12, 4:34.73 ); **W65:** Jackie Charles 3483 ( 17.49, 1.09, 6.52, 3.32, 3:56.93 ); **M35:** 1 Troy Kennedy 2730 ( 5.80, 37.81, 25.46, 31.70, 5:06.10 ); 2 Darren Askew 2008 ( 4.78, 35.65, 25.88, 30.51, 6:40.74 ); 3 Steven Spiers 1897 ( 5.01, 25.23, 25.28, 18.20, 5:51.79 ); **M40:** 1 Richard Buckingham 2697 ( 5.67, 34.11, 25.58, 37.80, 6:17.42 ); 2 Alan Easey 2202 ( 5.23, 23.44, 26.06, 20.89, 5:42.89 ); 3 John Peake 2084 ( 4.40, 27.06, 28.68, 24.70, 5:16.16 ); **M45:** Andrew Waddington 3312 ( 5.59, 35.40, 24.24, 22.73, 4:45.86 ); **M50:** 1 Brian Slaughter 3416 ( 5.12, 37.68, 26.00, 37.68, 5:21.20 ); 2 Alastair Duncan 2922 ( 4.91, 24.49, 24.60, 27.00, 5:40.24 ); 3 Brian Matthews 2762 ( 4.73, 26.61, 26.62, 25.45, 5:29.70 ); 4 Tony Foster 2650 ( 4.08, 30.82, 26.87, 19.08, 5:08.51 ); 5 Ian Harding 2474 ( 4.56, 35.97, 28.81, 28.70, 6:36.14 ); 6 Geoff Miller 2453 ( 5.05, 27.42, 28.06, 28.83, 6:49.50 ); 7 Peter Morgan 1869 ( 4.12, 23.59, 29.75, 20.48, 6:46.21 ); 8 Ray McAvoy 1727 ( 4.27, 30.80, dnf, 30.05, 6:31.18 ); **M55:** Ian Reeve 2988 ( 4.86, 30.96, 27.52, 24.97, 6:01.10 ); dnf Ian Sissons 358

( 3.63, -, -, -, ); **M60:** 1 Mike Clerihew 3354 ( 5.01, 32.44, 27.81, 26.69, 6:09.07 ); 2 Lawrie Dunn 3035 ( 4.43, 28.57, 29.25, 27.35, 5:57.36 ); 3 Kristain Lundby 2868 ( 4.56, 34.40, 31.98, 30.00, 6:42.92 ); **M65:** 1 Brian Loten 2433 ( 3.69, 31.89, 36.30, 26.87, 7:22.55 ); 2 John Clark 1571 ( 3.51, 20.53, 38.62, 20.89, 8:58.28 ); 3 Bruce Charles 1396 ( 2.70, 22.46, 39.22, 21.77, 8:49.75 ); **M70:** 1 John Ross 3635 ( 3.85, 32.33, 29.39, 27.56, 6:17.67 ); 2 Dave Burton 2825 ( 3.94, 18.32, 31.47, 23.76, 7:10.99 ); 3 Tony Bowman 2633 ( 3.91, 24.41, 33.52, 23.24, 8:02.35 );

# The following results must remain provisional as there was some confusion over race one 10,000 metres run.

I understand the referee is looking at the video to attempt to resolve the situation.



*Steve Male fastest Man*

### 10000:

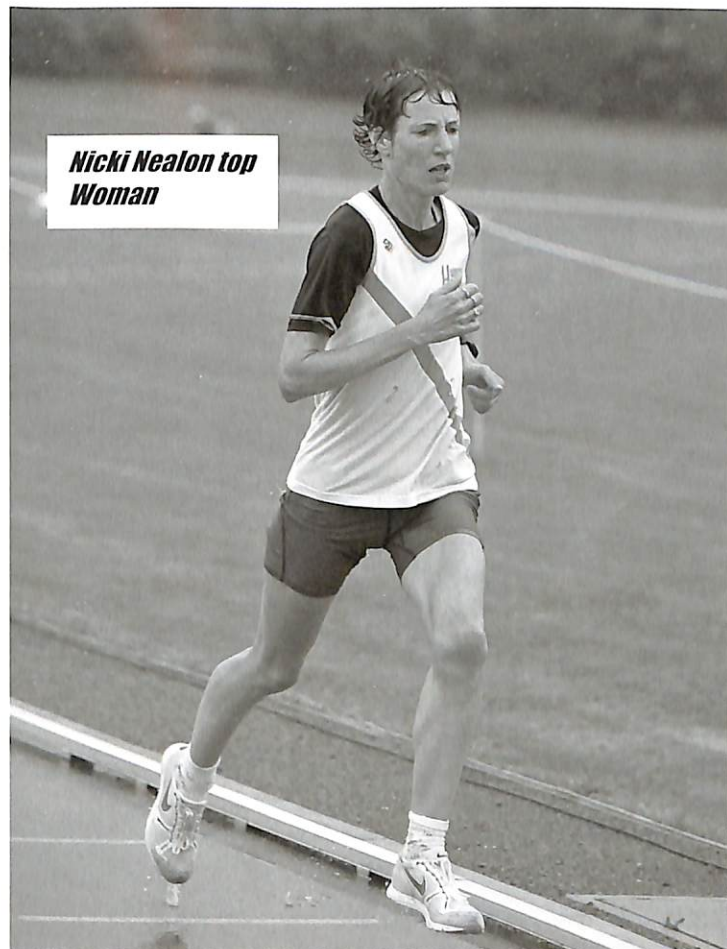
**M35:** 1 Gary Hope 33:33.51; 2 Steve Hallas 33:49.39; **M40:** 1 Stephen Male 32:35.74; 2 Ian Johnson 33:00.85; 3 Andrew Hussey 33:28.55; 4 Alex Hope 33:56.25; 5 Sammy Rahid 34:09.87; 6 Andrew Rolt 37:22.84; 7 Alan Roberts 40:25.60; **M45:** 1 Paul Lemmon 34:22.90; 2 David Bowker 36:43.06; 3 Richard Jenkin 36:50.86; **M50:** 1 Dave Cox 34:53.24; 2 Michael Bridgeland 35:19.58; 3 Alex Rowe 35:44.47; 4 Alan Dent 36:51.72; 5 Richard Grant 37:29.17; 6 Rob Sargent 40:51.51; **M55:** 1 Peter Russell 36:20.64; 2 David Oxland 37:02.70; 3 Archie Jenkins 37:05.08; 4 Peter Kennedy 37:13.93; 5 Stewart Thorp 38:22.59; 6 Gerry Hall 39:29.32; 7 Tony Davies 40:30.55; **M60:** 1 Gareth Jones 38:23.38; 2 Mick Smedley 39:12.38; 3 Russell Williams 41:02.59; 4 John Oldfield 44:48.07; 5 Dennis Williams 46:01.38; 6 Ken Black 50:40.80; **M65:** 1 Michael Smith 38:39.67; 2 John Batchelor 39:26.42; 3 Ken Buckle 41:15.12; 4 Michael Johnson 41:26.14; 5 Roger Wilson 43:13.75; 6 Fred Gibbs 43:46.46; 7 Christopher Woodcock 44:47.01; **M70:** Edmond Simpson 45:41.00; **M75:** 1 Brian Campbell 47:20.30; 2 Derek Howarth 50:12.67; 3 William Davies 52:12.03; 4 Arthur Walsham 61:26.16; **M80:** 1 Stephen Charlton 50:02.59; 2 Ron Franklin 61:38.03; **W35:** 1 Teresa Gailard 41:47.90; 2 Jenni van Deelan 43:32.16; **W40:** 1 Nicki Nealon 36:49.14; 2 Karen Rushton 38:12.08; 3 Helen Smethurst 41:19.70; **W45:** 1 Andrea Dennison 40:11.60; 2 Lynne Marr 43:25.02; **W50:** Susan Cooper 41:09.22; **W55:** 1 Jane Georghiou 43:49.87; 2 Ros Tabor 44:01.30; 3 Lesley Griffin 45:14.80; 4 Angela Bent 47:53.80; **W60:** June Johnson 49:04.37; **W65:** Bridget Cushen 54:52.53; **W70:** Pamela Jones 55:55.57;

**10000W:** **M40:** Mark Williams 46:00.00; **M50:** 1 Nick Silvester 50:20.10; 2 Trevor Jones 53:36.80; 3 Mark Wall 56:48.40; **M55:** John Hall 53:58.80; **M60:** 1 Christopher Bent 61:00.40; 2 Bob Austin 65:25.30; **M65:** 1 Alan O'Rawe 65:34.00; 2 Brian Sturt 68:15.40; 3 Peter Howard 70:30.30;



# MASTERS ATHLETICS SUMMER 2008

**M70:** 1 Ron Powell 64:20.40; 2 David Stevens 65:50.00; 3 Bernie Herlock 72:35.60; **M75:** 1 Eric Horwill 72:42.20; 2 Ken Livermore 74:08.20; **W45:** 1 Helen Middleton 61:19.00; 2 Fiona Bishop 64:59.30; **W50:** 1 Ann Wheeler 60:17.30; 2 Ann Belchambers 62:43.50; 3 Sue Rray 71:24.00;



## BMAF WEIGHT PENTATHLON, MILTON KEYNES-15<sup>th</sup> JUNE

Age Group	Name	HT	SP	DT	JT	WT	TOTAL
<b>W35</b> 1	Camilla Thrush	37.02	10.09	30.81	23.75	11.61	2972
2	Sue Lawrence	37.27	10.30	26.89	28.87	9.76	2867
3	Catherine Alford	27.55	9.00	21.62	15.25	8.86	2111
4	Odette Butson	28.36	6.48	20.88	8.43	8.30	1779
<b>W40</b> 1	Janet Smith	42.88	8.54	32.55	19.94	12.91	3486
2	Catherine Goddard	29.44	9.08	24.36	21.59	9.77	2727
3	Karen Llewellyn	26.22	8.19	23.94	18.01	8.43	2370
<b>W45</b> 1	Julie Wilson	31.36	9.11	29.16	25.01	10.94	3519
2	Claire Camerom	29.67	9.61	33.64	13.57	9.70	3222
<b>W50</b> 1	Jennifer Ibbison	41.16	10.42	27.98	26.85	12.19	3788
2	Brenda Russell	31.33	7.20	21.52	12.25	11.05	2598
3	Sigrid Roberts	30.41	6.65	18.72	12.88	9.39	2344
4	Jane Goatcher	23.95	7.81	17.49	18.33	8.27	2296
5	Jenny Piercy	26.59	7.78	18.84	16.57	7.13	2267

<b>W55</b>	Linda Harrison	19.46	5.25	13.82	13.40	7.70	1918
<b>W60</b> 1	Elizabeth Sissons	29.40	9.88	20.03	25.47	12.48	3893
2	Barbara Terry	26.15	8.81	20.72	15.61	10.39	3190
3	Anthea Bramford	25.16	6.42	17.34	13.32	10.29	2706
<b>W70</b>	Barbara Dunsford	18.11	5.20	9.16	8.67	6.29	2246
<b>M35</b> 1	Mark Wiseman	41.51	15.05	49.22	44.14	13.88	3404
2	Ricky Rasmusser	34.10	9.60	26.19	34.40	10.07	2121
<b>M40</b> 1	Steve Whyte	54.32	14.25	42.02	42.53	16.60	3769
2	Steven Sammut	57.33	11.56	35.77	41.20	15.61	3443
3	David Burrell	40.00	10.84	36.05	39.02	12.69	2875
<b>M45</b> 1	Bob Broadbridge	36.84	11.78	37.10	35.51	13.06	3137
2	Chris Privett	43.30	9.94	32.40	33.79	13.41	3032
3	Anthony Tipping	38.68	10.79	34.55	38.48	11.30	2987
4	Stephen O'Neill	29.29	11.31	28.74	30.01	8.10	2359
<b>M50</b> 1	Brian Slaughter	38.90	11.46	34.96	35.85	13.07	3074
2	David Maggs	38.83	8.88	29.94	31.63	13.28	2728
3	Mike Bale	34.60	8.52	26.53	22.19	13.04	2368
4	Clive Howell	0.00	9.39	25.43	21.21	13.00	1869
5	Mike Burling	20.06	7.60	23.10	18.10	8.63	1617
6	Jim Lawrence	22.60	6.82	17.31	14.11	8.56	1430
<b>M55</b> 1	Terry Lalley	44.46	10.88	34.21	25.25	14.18	3375
2	John Wild	37.48	9.86	38.05	33.77	12.49	3288
3	William Renshaw	30.28	10.08	33.89	22.30	11.30	2743
4	Phil Bramford	25.55	9.51	32.91	29.61	10.03	2640
5	Tim Saunders-Mullins	32.26	9.74	24.46	21.55	10.43	2479
<b>M60</b> 1	Michael Hazelwood	45.27	13.04	47.09	48.20	15.99	4551
2	Neil Griffin	42.39	12.02	47.22	32.39	15.51	4022
3	Barry Hawksworth	46.08	10.48	36.77	34.36	16.52	3855
4	Chris Melliush	45.25	9.04	30.59	17.82	16.20	3212
5	David Kuester	31.67	10.00	30.47	34.59	12.86	3104
6	Liviu Laurentiu G	25.74	10.61	36.12	31.49	11.74	3003
7	John Gilbert	34.31	9.64	32.61	28.93	11.75	2990
8	Godfrey Leak	28.45	9.94	37.31	21.09	13.25	2915
9	Richard Jegou	29.42	10.84	29.80	17.92	10.70	2607
<b>M65</b> 1	Jack Kee	43.34	8.94	29.65	24.12	15.29	3692
2	William Gentleman	42.54	9.86	31.24	20.98	13.93	3620
3	James Sloan	20.80	9.82	36.28	31.35	10.40	3170
<b>M70</b> 1	Colin Brand	33.32	10.71	35.63	36.33	12.08	3900
2	Ian Miller	31.79	11.65	29.20	23.92	14.62	3616
3	Hamilton Thomas	36.21	9.08	27.53	22.56	15.97	3547
4	Brian Sumner	36.48	10.24	24.39	22.92	11.83	3257
5	Gordon Hickey	20.88	10.21	26.22	25.28	10.13	2828
6	Norman Fullick	18.11	7.31	19.78	16.73	6.22	1849
<b>M75</b> 1	Peter Barber	34.37	7.34	24.05	14.48	14.24	3476
2	Jaroslav Hanus	28.14	8.58	24.64	16.61	9.55	3076
3	Phillip McEvoy	35.19	6.16	25.05	10.02	10.95	3024
4	Douglas Birch	18.26	5.43	14.11	9.40	7.28	1759
<b>M80</b>	Bill Kingsbury	24.43	5.71	14.03	0.00	10.44	2467



# St. Mary's Richmond Athletic Club

## 22<sup>nd</sup> MASTERS & OPEN MEETING

INCLUDING MALE PRE-MASTERS 35-39 AGE GROUP

On Sunday 14<sup>th</sup> September 2008

at St. Mary's College, Waldegrave Road, Twickenham, Middx. TW1 4SX

[www.smrac.org.uk](http://www.smrac.org.uk)

All events open to all athletes over 11 years of age, except **throws events** which are for **Masters and pre-Masters only**. Medals awarded to winners (where 3 or more athletes in age group).

**ENTRY FEE: £3:00 PER EVENT - £3:50 ON THE DAY**

<u>TRACK</u>		<u>FIELD</u>	
1.00	100m M & W	10.30	Hammer M35-59 & Women
1.30	800m M & W		Pole Vault M & W & Open
2.00	400m M & W	11.15	High Jump M & W & Open
2.30	1500m M & W	11.30	Shot M35-59 & W
3.00	200m M & W		Hammer M60+
3.30	3000m M & W	12.45	Long Jump M & W Open
		1.00	Javelin M & W 35+
		2.00	M60+ Shot
			Discus M 35-59 & W
		2.45	Triple Jump M & W Open
		3.00	Discus M60+ & W

Entry Form can be downloaded on [www.smrac.org.uk](http://www.smrac.org.uk) or contact John Curtin, 6 Silverdale Drive, Sunbury-on-Thames, Middx. TW16 6HD Tel: 01932 787658 Email: [jcbuying@btinternet.com](mailto:jcbuying@btinternet.com)

## Manchester Harriers & A.C. present the: **Joe Moran Memorial Masters Track & Field Meeting** **Wednesday September 17<sup>th</sup> 2008, 6.30pm to 9pm.** **At Sportcity, Manchester.**

Track Events: 800m, 100m, 3000m, 200m, 1500, 400m. Field Events: Javelin, High Jump, Long Jump, Shot Putt.

**ENTRY FEE: £3 for FOUR events**

Winners Medals will be awarded to the first three finishers in each category:

Male/Female -35, 40, 45, 50, 55, 60, 65, 70, 75.

Joe was a very well known sprinter with Manchester Harriers & A.C. for over 60 years, who died in April 2006.

He won Medals in World, European and British Masters Championships..

Please send your entry slip to

George Lawson, 29, Hylton Drive, Cheadle Hulme, Cheadle, Cheshire, SK8 7DH ).

Cheques payable to: MANCHESTER HARRIES & A.C.

Entry form for : Joe Moran Memorial Masters T&F-September 17 2008.

Name.....Age on 17<sup>th</sup> Sept.....M/Female.....

Address.....

.....Phone.....

Club.....Date.....

Signed.....

Please collect your competition number on the night.





## Throw Offer



**ADIDAS HAMMER DISCUS** throwing shoe, colour blue, available in sizes 9, 9½, 12, 13, 14 and 15 USUAL £140.00 **OFFER £60.00**

## Throw



**ADIDAS THROWSTAR** 915398 For hammer, discus and shot, wrap around sole aids the spinning technique and give good grip in the circle, UK sizes 5-14½ inc half sizes **£59.99**



**NIKE ZOOM SD 2** The consummate shoe for the thrower who uses rotational and/or glide technique, UK sizes 4-13 including half plus full size 14 USUAL £55.00 **OFFER £50.00**



**NIKE ZOOM ROTATIONAL IV** For the advanced shot put, discus, hammer and 35lbs thrower, technically advanced throwing shoe UK sizes 3-13, 14, 15 USUAL £70 **OFFER £63**



**ADIDAS ADISTAR SHOT** 132765 Colour silver/black/carrot **£69.99**



**REEBOK JW FOSTER GLIDE** UK sizes 8, 8½, 9, 9½ and 10 USUAL £70.00 **OFFER £45.00**

## High Jump



**NIKE ZOOM HIGH JUMP** For advanced and competitive high jumper wants support in a lightweight package UK sizes 4-13, 14 USUAL £70 **OFFER £60**



**ADISTAR HIGH JUMP** 132970 Colour silver/black/carrot **£79.99**

## Distance



**ADIDAS BOSTON LD** 915417 Great new lightweight distance spike with extra flexible forefoot spike plate, UK sizes 5-12 including half sizes **£59.99**



**ADIDAS COSMOS MD** 358939 Great general purpose spike with stability and support in the fore, mid and rear foot, UK sizes 3½-6½ inc half **£33.99** UK 7-13½ inc half **£39.99**



**ADIDAS LIGHTNIN BOLT** 915309 Great general purpose spike with cushioning and supportive upper with additional reinforcements, UK sizes 13½-6½ including half sizes **£29.99**



**SAUCONY VELOCITY 2 DISTANCE SPIKE** Versatile light weight spike, UK sizes 6-13 including half USUAL £39.99 **OFFER £36.00**



**ADIDAS HEATSTAR MD** Heatstar is a lightweight distance spike for 400m and longer plus 400m hurdles, UK 5-12 inc half **£54.99**



**ADIDAS TITAN LD** 358940 Very light general purpose spike with great cushioning, UK sizes 4-6½ including half sizes **£37.99** UK sizes 7-12 inc half **£44.99**



**MIZUNO OSAKA DISTANCE SPIKE** Benefits from an integrated outside spike plate which ensures lightweight flexibility, available in UK sizes 4, 7, 7½, 9 and 11 USUAL £60.00 **NOW £30**



**PUMA COMPLETE HARAMBEE II** Minimalist lightweight distance spike. Weight 170gm **£65**

## Compression Socks



**NIKE DRI FIT COMPRESSION SOCKS** Knee high, anatomical lightweight, sizes 6-8, 8-12, 12-15 **£13.00**  
 State shoe size with order



**1000 MILE COMPRESSION SOCKS** Reduces build-up of lactic acid, increases blood circulation and preventing muscle oscillation, minimises muscle fatigue and soreness, enabling faster muscle recovery. Arch and ankle bracing for extra support, sizes S, M, L and XL **£13.00**



**Masters Team Wear**

**MENS MASTERS VEST** available in sizes S M L XL **£15**  
**MENS MASTERS SHORTS** Sizes S M L and XL **£11.95**  
**LADIES MASTERS VEST** available in sizes 10 12 14 16 **£15**  
**LADIES MASTERS SHORTS** sizes 10 12 14 and 16 **£11.95**

**ALL MASTERS KIT IS AVAILABLE ONLINE AT**  
[www.bournesports.com](http://www.bournesports.com)  
 Click on "TOP BRANDS" and then click on "GB Masters".

## Nike Offers



**NIKE SUPERFLYER FLAT** Only available in sizes 4½ & 5½ USUAL £59.99 **OFFER £15.00**



**NIKE SUPERFLY SPIKE** Zip up front, available in size 9 only USUAL £69.99 **OFFER £39.99**

## Triple Jump



**ADIDAS ADISTAR TRIPLE JUMP** 114928 Colour Silver/black/carrot **£79.99** Colour blue/silver (Model not illustrated) **£79.99**

**Grip for Vault and Throws**  
**MUELLER STICKUM GRIP POWDER** Contains rosin in convenient powder form for fast no-mess application. Gives an improved grip. Warmth of hand activates tackiness **£7.00**

## Sprint



**NIKE ZOOM MAXCAT II** For the serious sprinter, ultimate in lightweight and flexibility, UK sizes 4-13 inc half sizes plus full 14 USUAL £75.00 **OFFER £65.00**



**SAUCONY CRESCENT SPRINT SPIKE Mens** For power and speed, upper designed to lock the foot onto the platform helping convert power output into speed, UK sizes 6-13 including half sizes USUAL £39.99 **OFFER £36**



**ADIDAS HEATSTAR SPRINT** 669805 The Heatstar Sprint spike for 100m, 200m, 400m and also ideal for the sprint hurdles, UK sizes 5-12 inc half **£54.99**



**ADIDAS METEOR SPRINT** 048471 Sprint spike for 100m, 200m and the sprint hurdles, UK sizes 4-6½ inc half **£39.99** UK sizes 7-13½ inc half sizes **£49.99**



**REEBOK BISLETT SPRINT** Available in UK 6, 6½, 7½, 9, 10, 11 USUAL £80 **OFFER £50.00**



**PUMA COMPLETE THESEUS** 100m and 200m sprint spike. Soft and comfortable leather upper, supportive lace wrap system, new and modern spike plate. Weight 185gms **£85.00**

## Sprint



**NIKE ZOOM SUPERFLY R2** Designed, developed and tested with the world's fastest sprinters, with a supportive lock down, UK 4-13 inc half and 14 USUAL £90.00 **OFFER £80**



**ADIDAS DEMOLISHER 2** Carrot/black/silver **£79.99**

## Sprint Offer



**ADIDAS DEMOLISHER SPRINT SPIKE** BLUE sizes 5½, 9, 10, 10½, 11, 11½, 12 and 12½ USUAL £80.00 **OFFER £50.00**



**ADIDAS JUMPSTAR** 915396 This is a great new all-round shoe for long jump, triple jump and also the pole vault, UK sizes 5-13½ inc half sizes **£59.99**



**NIKE ZOOM PV II** For use in both practice and competition, UK 4-13 inc half plus 14 USUAL £70 **OFFER £63**



**REEBOK FOSTER LONG JUMP/POLE VAULT** UK 6, 7½, 9, 10, USUAL £70.00 **OFFER £35**



**ADIDAS ADISTAR LONG JUMP** 117507 Colour silver/black/carrot **£79.99**



**ADIDAS ADISTAR JAVELIN** 044209 Master blue, sizes 4, 4½, 5 **OFFER £25.00** Also available in sizes 7, 8, 8½, 9 and 9½ USUAL £89.99 **OFFER £40.00**

## Javelin



**ADIDAS ADISTAR JAVELIN** 116752 Colour silver/carrot, UK sizes 4, 4½, **OFFER £25.00** Sizes 6½-11½ including half sizes plus 12½, 14 USUAL £89.99 **OFFER £45.00**

## Accessories

**REPLACEMENT SPIKES** 6mm, 7mm, 9mm, 12mm, 15mm **£2.50 a set or 3 for £5**  
**MUELLER JUMPERS/ RUNNERS' KNEE STRAP** The ideal relief for patella tendonitis caused by running. One size fits all **£9.99**



WGT sport Limited



Supporting the **British Masters Athletic Federation** Events Programme

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2009

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Ljubljana, Slovenia

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**European Veterans Indoor Championships**

Ancona, Italy

**November 15th, 2008**

**British & Irish Cross Country International**

Swansea, Wales

**May 29th - 31st, 2009**

**European Veterans Non Stadia Championships**

Aarhus, Denmark

**July 28th - August 8th, 2009**

**World Masters Track & Field Championships**

Lahti, Finland

#### WGT SPORT LIMITED

WGT Sport Limited is proud to be the official travel agent/operator for the British Masters Athletic Federation.

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#### WHY USE WGT SPORT?

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**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:

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**For further information and booking forms for specific competitions, please visit [www.bvaf.org.uk](http://www.bvaf.org.uk) where booking forms can be downloaded directly.**