

MASTERS ATHLETICS



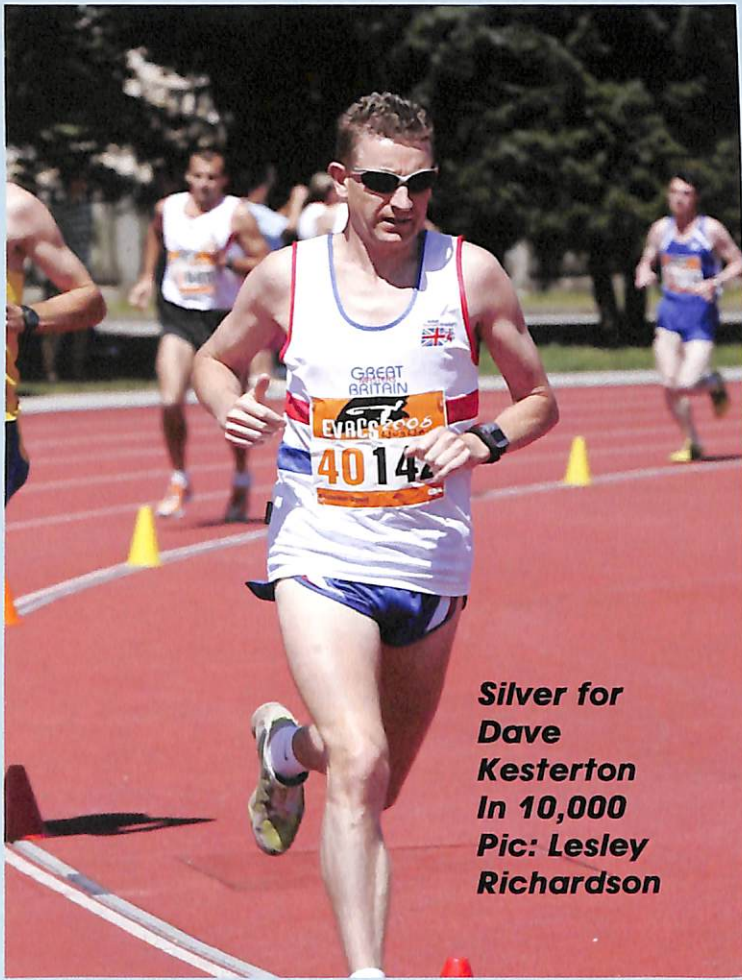
AUTUMN 2008 NUMBER 85

**FOUR
GOLDS
FOR
JOYLYN**

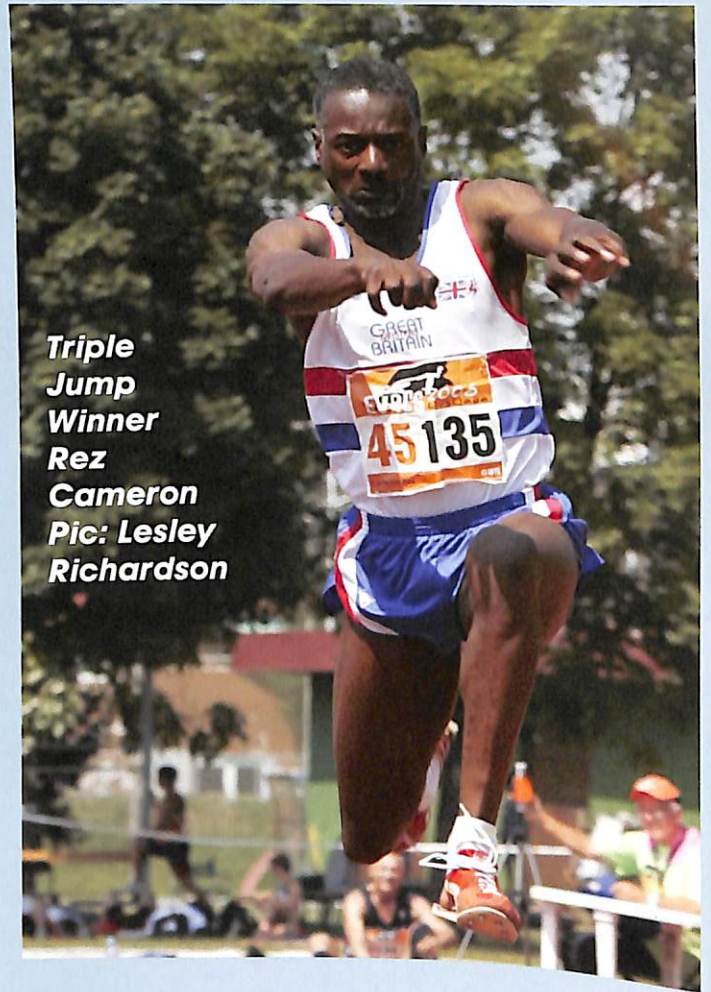


**LJUBLJANA CHAMPIONSHIP SPECIAL
INTER AREA, HEMEL HEMPSTEAD
COMBINED EVENTS, OXFORD**

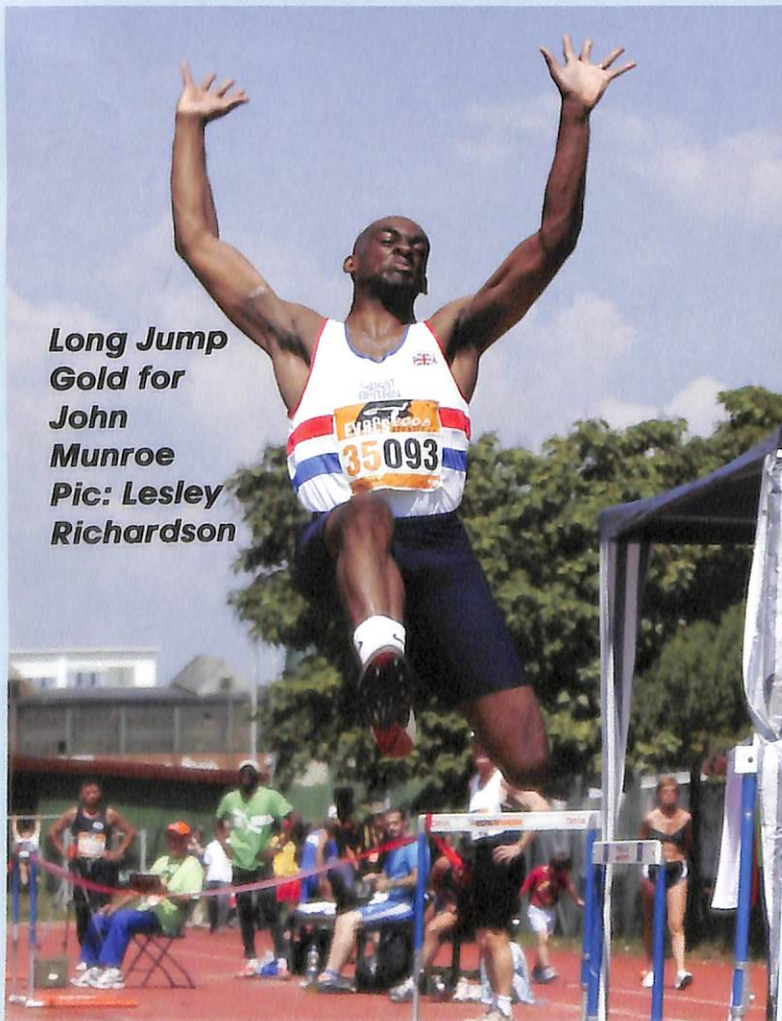
NEWS, VIEWS FROM THE WORLD OF MASTERS ATHLETICS



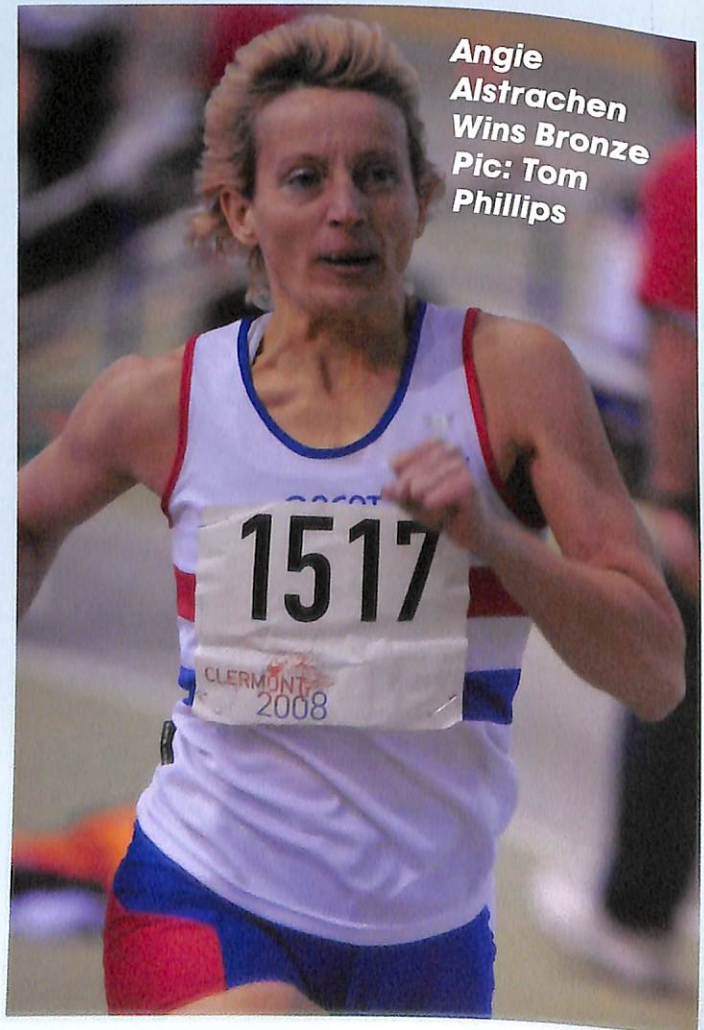
**Silver for
Dave
Kesterton
In 10,000
Pic: Lesley
Richardson**



**Triple
Jump
Winner
Rez
Cameron
Pic: Lesley
Richardson**



**Long Jump
Gold for
John
Munroe
Pic: Lesley
Richardson**



**Angie
Alstrachen
Wins Bronze
Pic: Tom
Phillips**

MASTERS ATHLETICS

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	HALF PAGE: £ 250:00

Items for inclusion in the "Christmas Edition" to reach the editor by the 16th November 2008.

JOIN THE 300 PLUS CLUB

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

Winners in the latest draws were:

JUNE:

£ 125► Catarina Hallden,
£ 10► Mr Claridge, Ken Crook, Carole Derrien,
Austin Fox, Geoff Dowling,

JULY:

£ 125► Malcolm Stewart.
£ 10► Bill Drysdale, Brian Fowler, Jim Leith, Richard Phillips,

AUGUST:

£ 125► Peter Webb.
£ 10 ► Armas Best, Martin Ford, Jim Leith, Tessa Stephenson, Derek Thomas,

We wish to thank : David Roberts,

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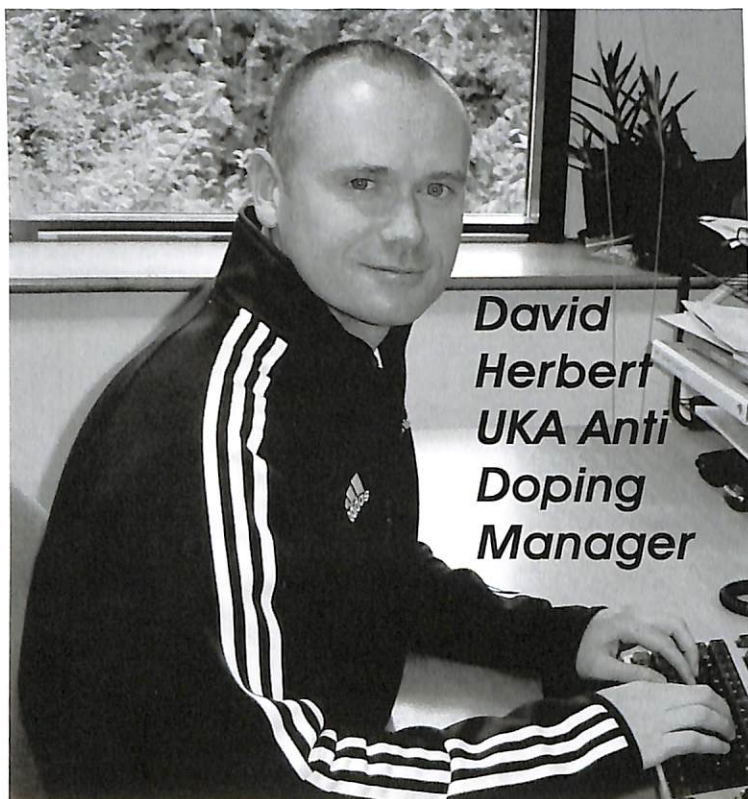
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**David
Herbert
UKA Anti
Doping
Manager**

The misuse of drugs is a serious concern for administrators of all sports, at all levels of competition. Athletics has long been at the forefront of anti-doping campaigning and legislation, with the IAAF one of few Federations supporting the call for a four year ban for first time offences. Here in Britain, UK Athletics (UKA) and UK Sport (UKS) collaborate on a testing programme which is amongst the most comprehensive and rigorous in the world.

Unfortunately one side effect of so rigorous a system is that it means that anti doping rule violations will occur and this can sometimes make our sport look like a sport with more challenging issues than others less keen to root out cheats.

In the UK we have education initiatives to spread the Anti-Doping (AD) message, in-competition testing and full, no notice, out- of competition testing to enforce our desire for clean sport, and effective rules to ensure that rule violations can be disciplined.

All these elements of our programme are essential for protecting our sport. With this in mind, any organization who wishes to test must put this framework in place to ensure that testing is effective and, above all, fair for athletes.

The British Masters Athletics Federation (BMAF) is the national governing body affiliated to World Masters Athletics (WMA) and UKA, as the National Governing body for athletics in the UK, has an important role in supporting it. UKA not only provides AD advice and support to the BMAF but we have also assumed the role, on behalf of the BMAF, of channelling the Therapeutic Use Exemptions (TUEs) to WMA (UKS only authorizes TUEs for athletes in the national testing pool) for British Masters athletes competing internationally.

This administrative support means that not only can we check these applications before they go to WMA but also monitor the response from the WMA to ensure that no applications fall through the net.

For the uninitiated, a TUE is a method whereby an athlete can apply for authorization to use a prohibited substance as part of the treatment of a medical condition. Without this authorization the athlete may be faced with an anti doping rule violation for use of a prohibited substance where this showed up in a sample.

Athletes should check all their medications to ensure that they do not contain a prohibited substance (note that even medication bought over the counter at a chemist, without a prescription, can contain a prohibited substance). In the UK, it is quick and easy to check this using the Drug Information Database (DID), an excellent on line database run by UK Sport. The DID can be found at www.didglobal.com and for those without internet access you can obtain information through the UKS Drug Information Line **0800 5280004**.

If you find that your medication is restricted, and you are intending to compete in an international Championship, you should apply immediately for a TUE. The forms can be found on the BMAF www.bvaf.org.uk and WMA websites www.world-masters-athletics.org and should be submitted to the WMA

Via the AD Department of UKA, using the following contact details:

Anti Doping Department,
UK Athletics,
Central Boulevard,
Blythe Valley Park,
Solihull. B90 8AJ
Tel: 0121 7138466
Fax: 0121 7138451
Email: antidoping@ukathletics.org.uk

The WMA is working to come in to line with IAAF rules and practices and this should be welcomed and encouraged. As the representative of Master's athletes in the UK the BMAF has an important role in lobbying the WMA to ensure that we obtain the highest level possible of standard in testing. We should all stand behind the BMAF and support them in this process.

AGM: WINSTON THOMAS BMAF Chairman Writes

Following on from a very hostile BMAF AGM in July, in which there were some rather mixed and controversial reaction to myself and the motions put to the assembly by members.

For the second year running we had to rush to close the AGM through lack of time, with just a two hour slot on competition Day for the AGM I have to ask two questions:

- 1) Do we need to start the meeting earlier?
- 2) Is it time to change the date and timing of the AGM. So as to hold a specific AGM, and add to it presentations for our best athletes and other trophies, as previously discussed.

Comments please.

Whenever we have controversial issues to discuss it will always happen that we run out of time, and whilst it is democratic to let members speak it becomes difficult to have proper discussions leading hopefully to well informed decisions.

At the AGM a proposal was passed for the set up of a "National Anti-Doping Organization for British Masters Athletes" this would be through UK Sport to be sanctioned by WADA, for those of you that are not conversant with WADA (World Anti-Doping Agency) WADA deals only with International Federations

International Federations sign up to them, and follow their code (IAAF) for World Athletics; UKA for Great Britain come under this code.

We the BMAF are not an International Federation and come under UKA and WMA, and UK Sport who is the WADA accredited Anti-Doping body for all UK Sports, have no remit for Master's Athletics. Therefore the BMAF Council must now deal with the situation and report back to the next AGM, which we shall. In the mean time I will ask athletes competing in International Masters Competitions to take notice of the notes on TUE and Anti-Doping on the BMAF and UKA websites and follow the procedures as they stand for TUE's until a new system is adopted, the old one still stands. Should you fall foul of the system you will be held responsible as set out in the IAAF Anti-Doping guidelines used by WMA.

SOME DEFINITIONS:

WADA Mission & Priorities: *The World Anti-Doping Agency (WADA) is the international independent organization created in 1999 to promote, coordinate, and monitor the fight against doping in sport in all its forms.*

Composed and funded equally by the sports movement and governments of the world, WADA coordinated the development and implementation of the World Anti-Doping Code, the document harmonizing anti-doping policies in all sports and all countries.

Introduction: *Under the World Anti-Doping Code International Sports Federations are required to have out-of-competition testing programs, in addition to in-competition testing.*

Because out-of-competition tests can be conducted anytime, anywhere, and without notice to athletes, they are the most effective means of deterrence and detection of doping and are an important step in strengthening athlete

and public confidence in doping-free sport.

WADA's role in relation to out-of-competition testing is to provide a program that complements the IFs' programs to help them fulfil their responsibility under the Code. WADA never conducts in-competition tests.

WADA contracts with each IF. Tests are conducted by WADA-appointed authorized sample collection authorities, and performed in accordance with the regulations of the relevant IF and the International Standard for Testing. Urine and blood samples are transported to WADA-accredited laboratories for analysis, and all analytical results are sent simultaneously to both the IFs and WADA.

Management of the results, including the adjudication of adverse analytical findings, remains the responsibility of the IF. WADA is never involved in the management of adverse analytical findings. WADA's role is to monitor the sanctioning process followed by the IF or the anti-doping organization involved in the particular case, and to assess it once the process is completed. Should WADA have any concerns about the process or the result, the Agency may exercise its right of appeal to the Court of Arbitration for Sport (CAS).

WADA currently has in place testing agreements with summer and winter Olympic IFs, as well as with the International Paralympic Committee in its capacity as an IF for various sports, and with IFs recognised by the International Olympic Committee (IOC).

WADA's testing program focuses on elite athletes. Test distribution planning places an emphasis on quality and focused testing, concentrating on those regions of the world without extensive testing programs.

In addition, in order to ensure effective testing prior to and during Olympic Games, the Agency participates in a taskforce with the IOC and the Olympic Games Organizing Committee.

MAURICE DOOGAN ON TRACK & FIELD

After an extremely hectic summer, and following a short break from athletics, I have now started to put the championship programme together for 2009. I will therefore attempt to bring you fully up to date as best I can, but not necessarily in order of importance

CHAMPIONSHIPS 2009

Please note BMAF Heptathlon has been withdrawn from Scottish Championship as date moved to 22nd February.

Sunday 22nd February - BMAF Indoor Pentathlon Champs + EVAC and VAC Indoor Champs - Lee Valley.
Sat/Sun 7/8th March - BMAF Indoors and Winter Throws Champs - Lee Valley.

Wed 25th/Sun 29th March - EVAA Indoor Championships
- Ancona, Italy.

Fri 29th/Sun 31st May - EVAA Non-Stadia Championships
- Aarhus, Denmark.

Sat/Sun 4/5th July - BMAF Outdoor Champs - Alexander
Stadium Birmingham.

**[Please Note: This date will not be fully confirmed until
January, so if you book flights you are at risk]**

Tuesday 28th July/Saturday 8th August - WMA Outdoor
Championships - Lahti, Finland.

With the Outdoors, allegedly, firmed up last Monday we will now sort out dates for the Outdoor Pentathlon [incl. 10k Runs/Walks] and Decathlon/Heptathlon at Horspath Road Track, Oxford and Weight Pentathlon hopefully at Milton Keynes. Due to uninsurable concerns the Weight Decathlon has had to be withdrawn from the BMAF Calendar. However this competition is well catered for by both SECTA and MMTG so Throwers should not miss out. We have also now got the Winter Throws Competitions fully embedded into the Indoor Championships so hopefully the 'Interland Front Row' will not feel slighted.

OTHER MATTERS

Before I move on to specific comments on the separate fixtures I need to clarify the TUE issue discussed at the AGM.

The following amended motion was accepted by the AGM, virtually unanimously:

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 Athletes, and on its authorisation by WADA to act as such, all TUE submissions by a British Masters athlete will be forwarded to the same, in lieu of WMA's Anti-Doping Officer.

This was done to ensure that we maintain the momentum we have achieved in trying to get justice for Neil Griffin and others regarding WMA and TUE issues, which basically is a quagmire. We are promised all encompassing changes to the TUE 'rules' in January for acceptance at the General Congress in Lahti in August 2009. We were promised the same following the farce that was the WMA Championships in San Sebastian - we got Riccione and Clermont Ferrand. Sorry, we are not about to hold our breath.

But first things first - in the meantime, until you are advised otherwise, you must still forward your TUE submissions to UKA for forwarding to WMA's Anti-Doping Officer, as laid out earlier in this Magazine.

OUTDOOR PENTATHLON/10K TRACK RUNS/10K TRACK WALKS 25TH MAY

Yes, I got it wrong, I did not allow for 20mm of rain in 3 hours, so got non-waterproof numbers, which disintegrated after five laps, provided paper lap scoring sheets which also did not fully last the course and did not obtain enough officials to officiate the first race in the prevailing conditions.

However, how is it that some experienced athletes, cannot count the number of laps they have run when they have their own watches and a clock, so know how many seconds it has taken them to run a lap and then cannot work out that a 2 minute lap means it is 10 minutes for five laps and 50 minutes for 25 laps. Sorry very simplistic, but you must know if you are up or down on time, for the lap times you have set yourself, which tells you if you have run 25 or more or less. I promise to try to do better, will you?

I also know there were a few whinges about taking the 10K out of the Main Outdoor Championship, but a lot of athletes raised the problem of recovery from the 5K on the Saturday to do a meaningful run in the 10K on the Sunday. The timetable was also becoming unmanageable, something had to be done. So the removal will continue in 2009, but as with all Championships, everything is under constant review.

After a horrendous start, the remainder of the meeting appeared to progress smoothly, apart from the results for the first two races and the lack of those Medal Presentations. I still wait to view the tape for the first race to be able to issue an exact result sheet.

INTERLAND - 21ST JUNE

After six years, we finally achieved our Waterloo, and I did not have to rely on 'wellingtons'.

Putting the [fully funded] French to the sword, with the involvement of the Belgians - was worth all my heart ache and soul searching - allegedly. Do I want to try again next year - the jury is out, but not looking good. Try me after Christmas.

Anyway, well done to the Welly Brigade, especially the Heavies.

MAIN OUTDOORS - 5TH/6TH JULY

There will be a call room next year for both the Indoors and Outdoors - if you do not like that - DO NOT ENTER, AS THERE WILL BE ZERO TOLERANCE.

You are required to register, you are required to declare and you will now be required to report to the CALL ROOM - if you fail to report by the allotted time, as also required at International Championships, for any of the three stages, then no competition.

If you realised how much disruption you cause by failing to register, declare or arrive at the assembly area on time and wandering all over the track and infield, you would surely chastise yourself, but you appear to be oblivious to all of this. I need officials to make these Championships meaningful and to keep returning - I will not allow the championships to descend to the farces that we have witnessed at the recent World and European Championships, which they could very quickly become - Hence the new regime.

However, can I have feedback on the new timetable - Short and Long hurdles on same day etc.; we can see some of the problems but never as clearly as those competing. But no, someone has to start at 0930, so do not ask.

**WEIGHT PENTATHLON - 15TH JUNE AND
DECATHLON/HEPTATHLON - 13TH/14TH SEPTEMBER**

Yippee - what a pleasure combined events championships are, and what camaraderie, such a change from the Indoors and Outdoors, where being focused also now includes being blinkered - I must be getting old.

EUROPEAN CHAMPIONSHIPS - LJUBLJANA

Were these Championships as good as I had hoped or as bad as I had feared - a definite NO to both.

They were less than half as bad as Riccione, but then they only had half the numbers. They were only nearly good, due to being saved by the two tracks being side by side.

The good points - Medal Ceremonies eventually [do not ask Rob S. about his first], pity they occurred during the start of track finals. Closeness of events. The town of Ljubljana and its local food, wine and beer.

The bad points - why does no one learn from the mistakes of earlier Championships, this was a gramophone record on constant replay - the same old failings. Why is it that the Technical Board of Managers arrive at the same time as athletes, trying to rectify failings when it is already too late?

And again the old chestnut, lap counting, but where British athletes knew how many they had done. After numerous attempts I got most of the incorrect results rectified, but some I failed to achieve, especially for Ros Tabor, where I had to cease the pestering as it was starting to affect the addressing of other British queries.

Finally, I was hi-jacked into bring home dozens of uncollected Diplomas, however I am not about to act further as a postman. I will take them to the Indoor and Outdoor Championships for you to sift through and take your own. Do not bother sending SAE it will not happen.

Finally, on reflection, I must put my hand up for failure to properly advise the Relay Squads the exact requirements of Change over's, which cost us medals. I know at least two people were devastated by their involvement in the infringements, but it is me, in the end that must take responsibility for the loss of at least two Team medals. I can only promise to try harder - so at the next Relay Selection meeting please remind me if I fail to fully outline the exact rules and requirements of the Relays.

EUROPEAN INDOORS - ANCONA

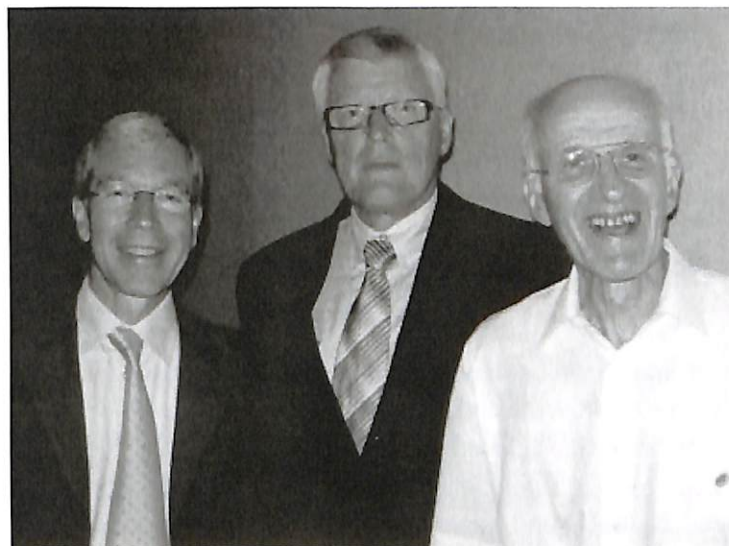
I am due to do a recce of the Athletic and Recreational Facilities in Ancona at the end of November. I will endeavour to get a report included in the next edition of Masters Athletics - if not it will be posted on the BMAF Website.

Ljubljana Diplomas: Copies of these beautifully designed Diplomas (Relays, Steeplechase- covering the final day's competition) have been sent to the Secretary. Send a hard backed 324mm x 229mm (12 x 9inch) SAE 52p stamp, to 156 Mitcham Road, Croydon, Surrey, CRO 3JE. **Email to check only if you have not collected your diploma from the event).**

Welcome Jean Thomas, good bye Pekka Kurki

After ten years as EVAA treasurer Pekka Kurki (FIN) (centre of the photo) handed over his office to Jean Thomas (FRA) (l.). Pekka Kurki could not continue his office as treasurer in accordance to the EVAA constitution. Giuseppe (Peppo) Galfetti took part at this "ceremony". Peppo Galfetti (SUI) (r.) was the first treasurer of EVAA (1978 - 1998) and founder of EVAA as well.

Photo: Wilhelm Köster



EVACS in Ljubljana: all tests = negative

All tests (the most ever in the history of EVAA, incl. the new tests in EPO) of the 16th EVACS have been analysed in Seibersdorf (AUT). The EVAA Doping Officer reported to the Council that all tests have been negative.
Dieter Massin, EVAA-President

Our esteemed Treasurer Danny Herman, has been selected to Team Manage the GB Athletics team for the 18th "Maccabiah Games", to be held in Israel in July 2009.

Danny has been active in Team Management and competition in the Games on many occasions, and is the proud owner of an individual Bronze Medal from 1957 from the 100 metres; he also has gold and silver medals from the 4x100 metres relay from 1961 and 1965. It occurred to us that many of you are involved with UKA Clubs in Coaching and Management roles and may well know of Jewish Senior Athletes over 20 years of age, who would represent Great Britain with credit. Should this be the case please contact.

Danny Herman
dan@thehermans.co.uk or 0161 9412154.

Would all women aged 35 and above please send their best 2008 track & field performances with dates and venues, date of birth and club.

To: Sally Gandee 4 Westfield Road, Hertford, Herts, SG14 3DJ

sally.gandee@talktalkbusiness.net (please note this new email address).

Tony Power of Telford rang to say that far from letting Telford Athletic Club down (**Page 35 Summer Edition**), he was unable to compete on Medical advice.

Notice to WMA Affiliates concerning Bids for 2013 and 2012

Affiliates have been notified that when the deadline for Bids for the 2013 WMA Stadia and the 2012 Indoors Championships closed on 1st September 2008, all that had been received were letters of intention to bid from Porto Alegre (BRA) and Kuala Lumpur (MAL), both in respect of the WMA 2013 Stadia Championships. No interest has as yet been shown in the 2012 Indoors Championships.

Unfortunately also the delivery of letters of intention to bid does not satisfy the minimum requirements for the submission of bids, this despite us having notified these two prospective bidders of the minimum requirements.

In the circumstances your Council has decided, in fairness to these and other prospective bidders that the deadline of 1st September 2008 will now be extended to 30th November 2008, so as to allow them all the opportunity to comply with the minimum bid requirements. In making this decision, Council has undertaken to be proactive and to assist prospective bidders in the completion and timely submission of their bid packages.

Complaints lodged against WMA's management of recent Championships

The WMA Council acknowledges, with much appreciation, the receipt of various complaints on the part of Affiliates and individuals, athletes, team managers and members of the LOC – regarding their dissatisfaction with WMA's handling of recent world championships. Disappointments voiced included technical and general organizational

matters. Rather than addressing each message individually we would like to respond summarily by way of this announcement.

The Council would like to assure our athletic family that we take each and every one of those complaints seriously. During its recent meeting, Council addressed these issues in detail and agreed unanimously that it would, at future WMA events, greatly increase its direct participation and presence with the Organizing Committees.

Plans have been made for a greater pro-active role on the part of Council Members and WMA Committee members in the preparation stages of future Championships, obviously within the budgetary constraints available to our organization. During the running of the Championship we will increase our presence and managerial directives and advice, in the hope of improving the conduct of the championships.

WMA assumes full responsibility for the conduct of the championships; that is part of the contractual arrangements. However, we all should also realize that every Local Organizing Committee is very proud and eager to preserve as much of its decision making independence as it considers appropriate. While WMA tries to anticipate and address those situations in advance, this aspect does create and has in the past created conflict situations which are not easily resolvable at short notice despite promises given to us and best efforts by organizers. Our varied locations and numerous languages do not make this process any easier. In this regard patience and indulgence is needed in addressing and resolving problems.

Managing our championships is no small undertaking. It takes dedication and foresight on the part of many who, almost exclusively, are unpaid volunteers and often remain on duty for long periods of time to serve the interests of our sport.

WMA will continue to strive to present the best championships possible, and we hope to continuously deserve everybody's support in the process.

Revision of Age Grading Tables

WMA has decided to accelerate its periodic modification process of the Age Grading Tables to remove various deficiencies that have developed over several years as a result of new statistical information.

Vice President Stadia, Rex Harvey, after extensive research with experts on the subject and review during the recent Stadia Committee meeting, has announced to solicit assistance to assure timely completion of the modification for final review and approval by Council during its next regular council meeting at the Lahti championships in July 2009, and implementation as of the next possible date, May 1, 2010.



Ljubljana Rocks By Cecilia Morrison

We arrived safely in Ljubljana on 25th July. Earlier in the year I had wondered, after several Left Hamstring incidents whether I would make these Championships. Happily all was well and I did. We were taken to our apartment in the City of Ljubljana, which was on the bank of the river in a lovely old building. The Apartment was great, loads of character and simply furnished in Art Deco, but with all mod cons. The only drawback was

being on the 5th floor there were 94 stairs that had to be climbed every time one returned to the building. We were very impressed with Ljubljana, very pretty Slovene architecture mixed with modern, clean and sophisticated cafes, restaurants, bars and shops. It is a city for the young. A clean city and it felt very safe. We arrived in hot sunshine, which was very welcome. We chilled out for a couple of days before my first event the 1500 metres, I did one recovery run from the journey with 6 x 100 metres strides; this was done along the riverbank.

My big day arrived. I slept well the night before although waking early. We had a bit of a panic earlier in the day believing that I needed two numbers to race in as per the competition rules, but all was well I only needed One. We arrived at the Stadium in plenty of time for my 4.45 pm race. There were in fact three tracks. One for warming up on and two further tracks for racing. I was lucky as both my races were in the main stadium, which had bags of atmosphere. The far side of the stadium was lined with flags from the 50 different countries that were represented by 3,693 competitors.

I warmed up along the road in the shade of the hedges and buildings. I think everybody else was on the warm up track in the sun. I then went to the indoor 100m track and did my strides. All seemed well although I had been struggling with an Right Hip flexor problem after our journey. I showered and changed into my GB gear and sat with my husband to calm and cool down whilst watching some other races. Then it was time to go to the Call Room. It was here that is was here that I was to meet Lydia Ritter who is the World Record Holder for 1500 metres, and who put in a 5.54 mins performance last year. I had no idea what she was capable of now. She did not intimidate me but I held her in high respect. A lovely young journalist, whilst I was waiting to be escorted onto the track, interviewed me.

At last the time came to walk onto the track. It took my breath away as I walked in and viewed the stands which were FULL. I have never raced with such an audience before. The adrenaline started to flow big time. Eventually after a little wait on the trackside, whilst some ladies put on their spikes (not me), we were taken to the start of the 1500. I was aware that in full sun the temperature was pretty high. But I never gave it a thought after this. There was little time for strides. We were all checked to see if we had the right National gear on.

We were all lined up. Lydia was placed half way along the start line and I was second to last on the outside. The gun went and my brain froze with stage fright, my legs reacted but not sure what happened to my brain. I arrived at the inside line just behind Lydia. It could have been a different race if I had made the inside first. I ran on her shoulder for the first 300metres, 1.11 mins. That is fast but it surprisingly felt easy. I stayed on her shoulder for the next two laps, 1.43 then 1.40, so easy. Lydia kept de-accelerating and if I had been positioned directly behind her I could have easily tripped. It was as we were coming to the start of the last lap that my brain at last sprung into action as I could feel the rest of the pack behind me. I can't cope with that, I thought to myself. Time for action. I overtook Lydia and ran for the first time in the race at my own pace. I apparently built up quite a lead,

but not enough, as half way down the home straight I could hear her spikes come thundering along and she overtook me I had started to accelerate but she had the ability to sprint so much faster than me. The result was second place for me by just over a second, I ran the last lap in 1.35 min.

I was not disappointed. I could have run the race differently. It is a new distance to me and I am learning all the time. Lydia has years of experience at 1500 she is also very fast over 400, she ran 77 secs in the Champs. There is no way I can run that fast but I feel I was the stronger competitor and I could have won and will get her next time!!! Many people afterwards told me I looked the least distressed of the competitors in the race. But I am not beating myself up about it. When I went to congratulate Lydia she was hanging onto the gate at the side of the track almost vomiting.

The disappointment came later when I discovered that they had the medal ceremony at 8.30 pm that evening when all notices said that they would be presented at 10.30 the following day. The following day was a track rest day, so we enquired and were told that Weds am would be the presentation. I was cut up about that as you can imagine.

There was to a panic moment when I received a text from my friend in the UK a few days after the race telling me that my name was missing from the result list of the 1500 metres. This took a bit of sorting out but with the help of firstly Bridget and then Maurice's help and that of my husband who boldly walked into a Posh Hotel in Ljubljana and used their pc to look up the results and then get them printed by the receptionist, at which point we legged it down the road.

1. Ritter, Lydia GER 6:08,32;
2. Morrison, Cecilia GBR 6:09, 45;
3. Wolf, Barbara GER 6:19, 94;

5000m Report.

Unlike the night of the 1500 when I slept well, I had little sleep since. There was in fact only 28 hours recovery between the two races. Again I was plagued with Right Hip flexor problem. Walking was not easy. So I didn't do a recovery run between the races but all the walking that had to be done in order to get to the stadium and back got rid of all the Lactic Acid from my legs. Despite feeling tired from lack of sleep I was determined that this wouldn't get me down and my mindset was positive, very positive.

The race was at 8.45 am, so it meant an early start, no problems there. Warmed up around the second racing track. There was a blanket of cloud making it very humid indeed. Legs felt fine. Finished my warm up with some strides and went through the now familiar process of Call Room and then being escorted to track and start of the race. Being so early there were not many people in the stands. We were lined up on the start line and I noticed that the sun was coming through and was starting to be quite hot. I was positioned near the inside of the track and next but one to Joaquina Flores, who I will refer to as Flores from now on. She was my big rival from the Worlds, beating me in both the 5000 and 10000 m's.

The gun went and this time my brain wasn't frozen! I made it to the inside of the track in front of Flores. I pulled her round

the first 200 in quite a fast 50 sec. I then slowed down as to continue at that pace was suicidal for me. Flores soon overtook me and my immediate thought was that I was destined to be a lifetime silver medallist. But then I thought otherwise quite quickly. I decided to let her run with quite a few metres gap between us. There were still a few runners just behind me but I lost them after a couple more laps. I was hoping to lull Flores into a false sense of security by not being on her shoulder. It worked!

On the far side of the track there was a lady who kept calling out to me "well done GB you are doing well". She kept this up every lap. I found out later she was a Irish Lady. I kept running at Flores pace, not particularly easy, maybe because it was hot, maybe because I was suffering from lack of sleep. When there were 4-5 laps to go I started to make a move, not accelerating too fast as that is energy sapping. I gradually moved up alongside her and then at last I got in front and opened up a gap. I am told that she made one effort to come back but she failed. Meanwhile the Irish lady filled me in on each lap with the distance that was between Flores and me. Firstly 5 metres then 10, 15 and finally on the last lap she called out 20 metres .

I knew that I could keep my pace up and could accelerate if necessary. I could and I did. GOLD. At last. I was so very, very pleased.

The race commentator came down from the box to congratulate me and interviewed me on the trackside. He had driven me mad during the race, because until I overtook Flores all I could hear was Flores is a 10000 m Gold medallist and a world record holder etc over and over again. He kept saying something about me, the second placed runner is from GB and N. Ireland but I can't find her name". Well he found it all right when I over-took Flores. Flores I am sure is a lovely lady but she is a pure exhibitionist and likes to be the centre of attention.

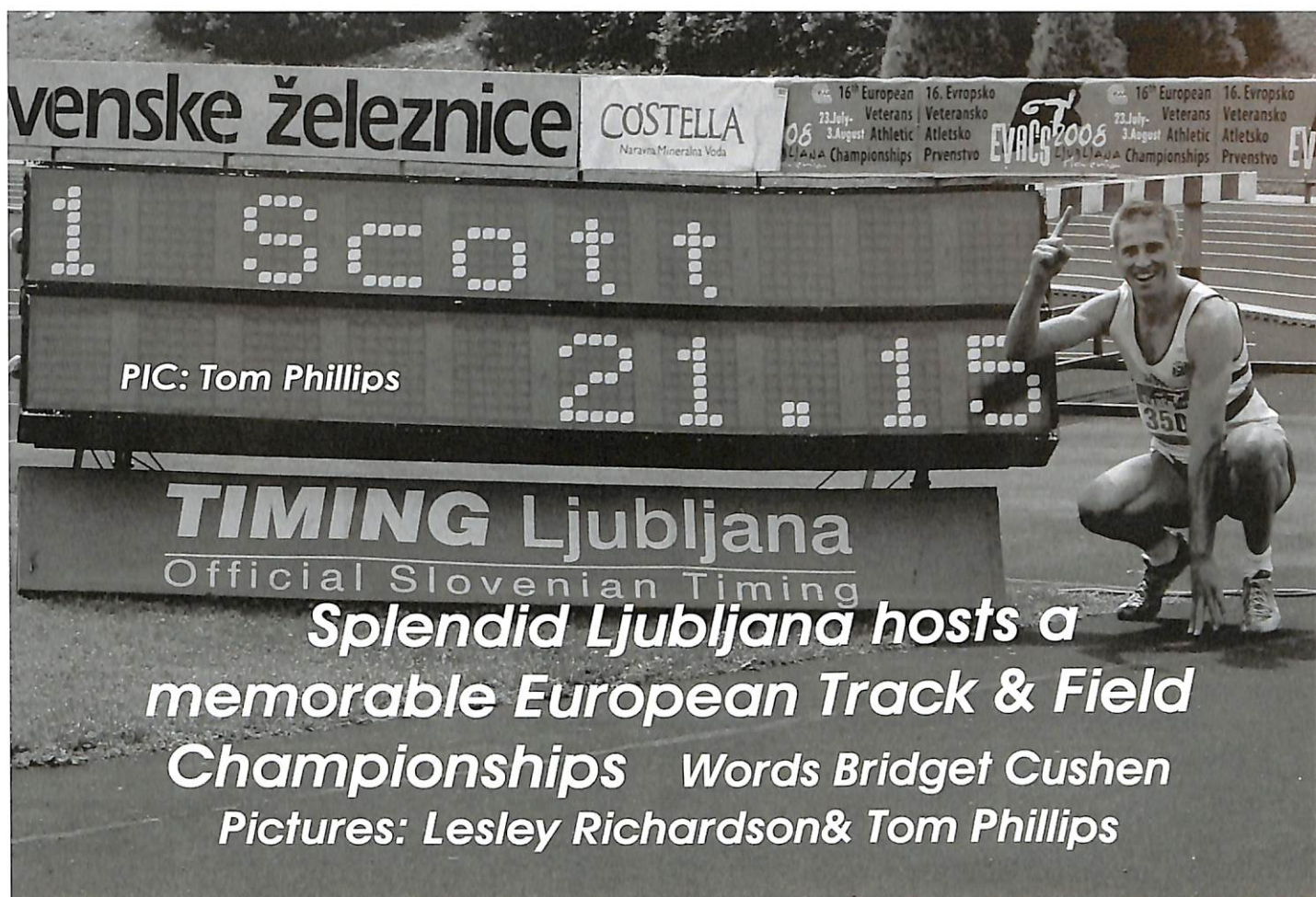
I had done it. I had achieved what I came to Ljubljana for. I had a real feeling of euphoria and loads of energy, but I could hardly walk. Right Hip flexor in big spasm. I had burnt my shoulders during the race----But I didn't care!!!!

Due to the Portuguese doing a TV documentary on their athletes the prize giving was changed from 5.00 that afternoon to the morning to accommodate Flores and her flag, which meant a lot of hanging around in the heat.

My moment came; at last I was stepping up on the Podium, in the centre spot. Union Jack was carried behind me. Stewart also pulled a flag out of his rucksack; he had packed it but not told me about it. The medals were presented then the National Anthem was played. Such a proud moment for me. I found it very hard not to dissolve into tears, my bottom jaw was wobbling somewhat and I couldn't sing at all, although I think I managed the last few words!!!! It was all over too fast. But I can re-live those moments forever.

The British Medical Team sorted out my hip flexor problem. I think tension and nerves had something to do with that.

1. Morrison, Cecilia GBR 22:38, 55; 2. Flores, Joaquina POR 22:57, 85; 3. Wolf, Barbara GER 23:38, 90;



**Splendid Ljubljana hosts a
memorable European Track & Field
Championships** Words Bridget Cushen
Pictures: Lesley Richardson & Tom Phillips

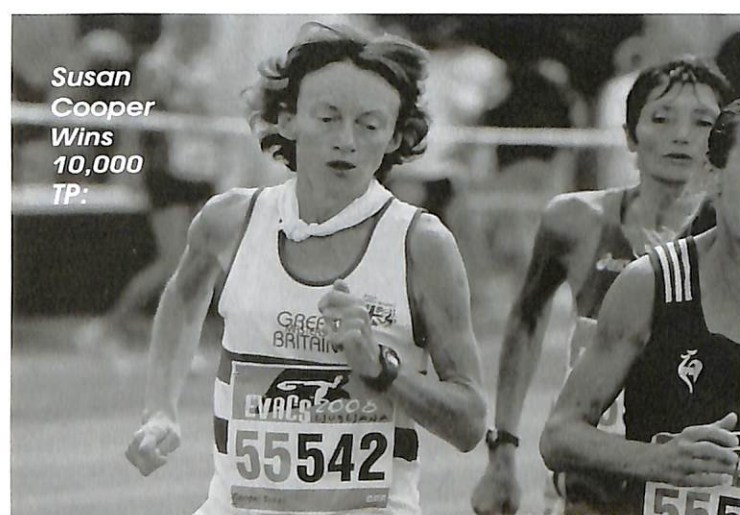
A spectacular rainbow arched over the hill on which perches the imposing Ljubljana Castle that overlooks the historic Town Square where, wisely, the Organising Committee of the 16th EVAA Championships decided to hold the opening ceremony late on the evening of 23 July. It brought Masters Athletics to a wider audience as curious tourists mingled with the competitors and residents. Having apologised in advance for any technical problems due to a lack of volunteers, Meeting Organiser Edvard Sega, said his sport does not enjoy a high profile in a country with just under 2 million inhabitants, but the Minister for Education & Sport, the Mayor, and the President of Athletics Slovenia Peter Kukovica, were all there to welcome and support the 3684 competitors from 41 nations.

During the 11-day Championships, the temperature rarely dipped below 26° reaching 30° on most, with intermittent heavy local thunderstorms. Over 300 athletes failed to collect their Information packs, possibly due to the credit crunch and high fuel costs. All competitors were issued with free bus passes. The beautiful architecture, pavement cafes, riverside pubs and restaurants and the friendly helpful Officials, engendered a holiday atmosphere. In Slovenia you can ski in the morning and sit on the beach in the afternoon; take a day trip to visit Karst caves, see Lipizzaner horses being schooled, or visit towns such as Bled.

Ljubljana turned out to be unforgettable Championships for David Elderfield, Jane Horder, Averil McClelland, Virginia Mitchell, Howard Moscrop, Caroline Powell, Joylyn Saunders-Mullins and Darren Scott. On a fast track, strong opposition and good weather, they won their heats and semis, coming home with a hatful of European Championship sprint titles and records. Elderfield's haul of five golds came in the M50 100/200/400m and both relays. After three silver medals as a W50 in Poznan two years ago, Joylyn Saunders-Mullen moved age group in November and she has had a superb season, lowering the British W55 400m record from 65.50 to 64.55 in July. Here she was out of her blocks and away to take the 100/200m and erased Brunhilde Hoffmann's 12-year old 400m 66.09sec Championship record from the books, clocking 65.52 in the semis and taking the final by a clear 3sec for a European 63.66 record. Averil sped to a W50 Championship record in the 100; European record in the 200m and a World age group record in the 4 x 100m. There were other stellar performances from our 333-strong team, but these stand out.

Competition commenced with the 10,000m, Decathlon, Heptathlon and the women's Weight throw, in two adjacent stadiums with a separate throwing area. As the temperature touched 28° and humidity rose, it took its toll on the un-acclimatised British runners. Mike Boyle ran faster in the M45 10,000m for 4th place (34.00.97) at 10.30 a.m. than did newcomer David Kesterton for 2nd in the M40

one hour later. The M35 midday race attracted 30 entries, won by the Dutchman, te Boerkhorst, in 32.33.69sec. The ubiquitous German Johann Hopfner, took away yet another major title, this time in the M50 race. A surprise 14th in the 40-strong M55 race was the Oxford multi eventer Bruce Hendrie, whilst in the M60 group; John Heywood must be happy finishing 21st after months on crutches. One of the toughest of the 15 age category races however was the combined women's 35/40 race run at 15.00. The Spaniard, Soledad Castro, Nicki Nealon and Susan Ridley, got away with nine laps remaining, but it was the defending World track and European road 10k champion, Nathalie Loubele of Belgium who opened up daylight over the last two laps to win by 8sec. Castro outsprinted Nicki for silver with Susan 4th. Remarkable running from women turned 40 and they all had their young families with them. The Italian, Pagliacci was 5th and first W35.



Susan Cooper
Wins
10,000
TP:

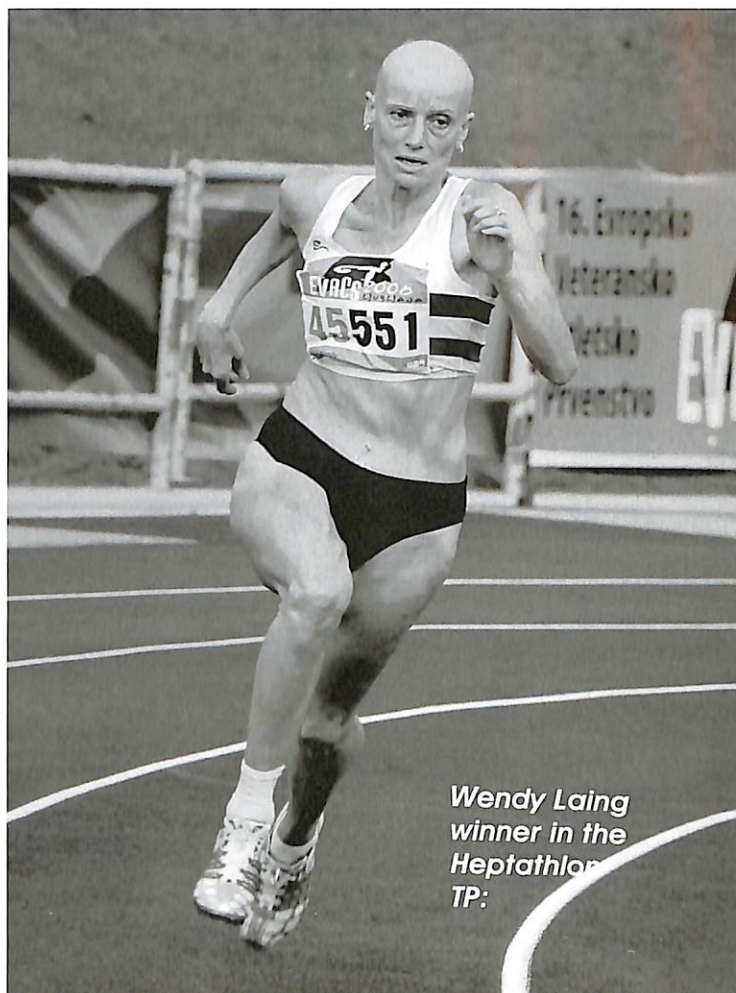
24 women toed the line in the 55/60 race won comfortably by Susan Cooper from another Belgian, Danielle Justin. Since winning the World 5000m in Rome 23 years ago, little has been seen of Carol Wolstenholme on the international stage, but the Yorkshire lass has been busy re-writing the record books since turning 60 last December. Finishing 5th in the combined race she picked up the first of her two emphatic gold medals in a Championship record 42.29.21. Pam Jones had lapped all her opponents in the first race of the day, taking the W70 title in 50.41.03.

Stadium A was a hive of activity with 172 entries in the Decathlon and 46 women in the Heptathlon. By close of play John Mayor was leading the M50 group and Wendy Laing had a 200pts lead in the W45. In the weight throw the evergreen Dane, Inge Faldager, had notched up 17.84 at aged 60 for a new World record.

Day 2, Friday 25th

The standard in field events at the European are often superior to that in the World, but some events here did not attract the top throwers. The Weight Throw, introduced a decade ago, is rapidly gaining ground. Mark Wiseman M35, M40 David Glendower and M45 Russell Payne were

all 5th in their category, but it was a silver medal for one of our most consistent performers, M50 Malcolm Fenton. The heats of the M40-50



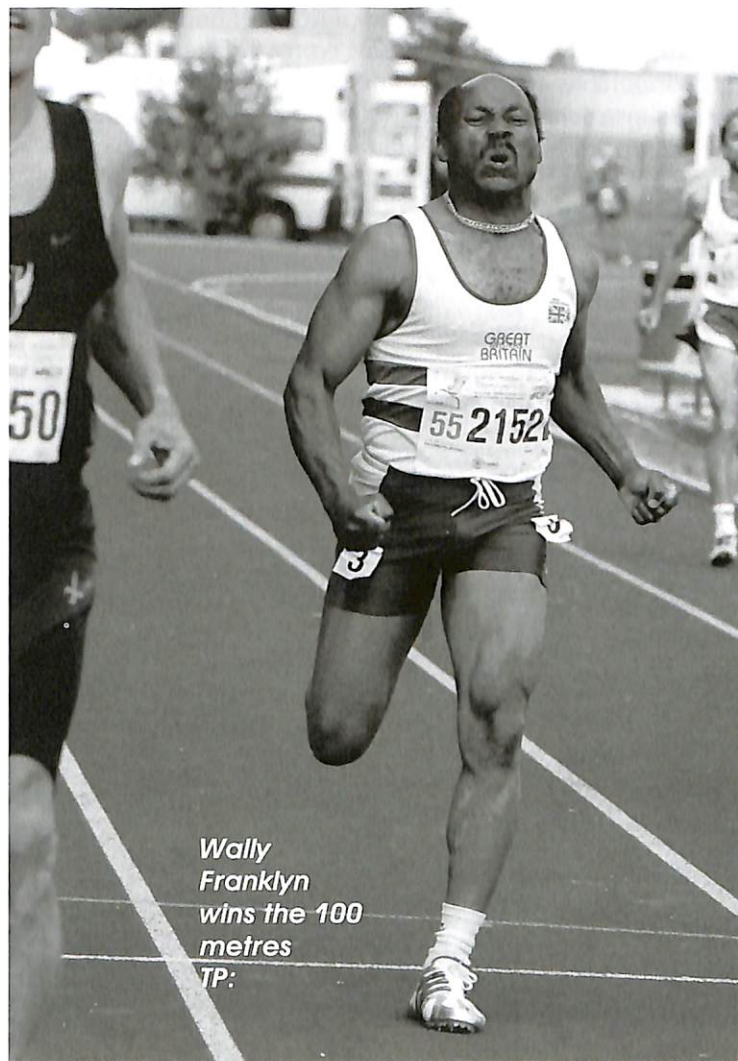
Wendy Laing
winner in the
Heptathlon
TP:

100m saw most of our sprinters through to the semis the next day. In the M40 decathlon where 20 competed, the Greek Nikolaos Arvanitis, scored 6,596pts with a 6.35 long jump and 1.84HJ, whilst in the M45 the Austrian, Walter Kiem got 944pts for his 1.85HJ. Brian Slaughter overhauled Mayor for the M50 bronze. W35 Amanda Wale placed 2nd in her group, Wendy Laing extended her lead to 400pts in the W45 with Hazel Barker 4th and Janice Hardcastle 6th. Fiona Argent got on the podium in the W50. Pat Oakes got through her W60 event in 5th.

Day 3, Saturday 26th

With 80 events scheduled this was one of the busiest days. Reading sprinter Wally Franklyn could hardly believe his luck as only eleven of the 24 entries in his M55 100m turned up. He won his semi and final. Had Charles Isetts been drawn in heat 3 of his M65 semis, his 14.04sec for 3rd in heat 2, would have won it, but with the first 2, plus 2 fastest to go through, the Surrey sprinter was out. After winning his M45 semi in 11.74. Patrick Logan relinquished his European title to the Italian Fornesi in the final, where Glen Reddington and John Shepherd finished 5th and 6th. Averil McClelland and Helen Godsell won their semis, going on for 1 and 2 in the W50 final. The remarkable Swiss ex-international all-rounder, Christine Muller, has been the bane of Jenny Brown's life for years, but here she

defeated Jane Horder over the 300mH in a World W50 record 45.48sec, in the semis. She lowered this in the final the following day to 45.05. Helma Teuscher of Germany won the W50 shot (3kg) title in a World shattering 14.94m. Mark Wiseman sent the discus spinning out to an M35 Championships record 53.69m. Despite the heat and a thunderstorm, virtually all our 400m hurdlers and 1500m runners got through their qualifying heats with lots of support from the packed stand.



Wally Franklyn wins the 100 metres TP:

Day 4, Sunday 27th

Clearing 6.59m in Posnan for 4th two years ago, John Munroe had obviously done his homework. Setting a championship record 6.64m in Birmingham in July, here he sailed out to 6.82, also a championship record, in his final jump to take the first gold of the afternoon in the M35 long jump. Clearing 6.30m in his first jump, M45 Masakatsu Kondo sat it out, but only John Shepherd got close with 6.25 for silver. It was 2nd also for M50 Trevor Wade. Wendy Laing got her 2nd gold in the W45 high jump and Carole Filer silver in the W45.

Rosemary Chrimes, one of Britain's most capped international athletes, made a welcome return to international veterans' competition. A series of injuries and a doctor telling her that her athletic days were over, she patiently kept generally fit and let nature work its healing wonders. Winning the W75 high jump a little short of her

British Championship record a day before her son Russell Payne, collected a silver in the M45 hammer, how many other mother/son combinations will you find in that level of competitive sport? Out on the field two pools operated simultaneously in the men's shot as up to 24 contested some age groups.



Howard Moscrop Wins gold : TP:

The early morning rain had cleared well before Howard Moscrop blasted out of his blocks to take the M50 400mH by over 3sec from the defending champion Sanchez of Spain. Howard set a World record 56.56sec at the BMAF championships on 5 July. Ian Broadhurst in 3rd improved on his Posnan time. There was a fast 54.97 clocking by Schulze of Germany in the M35 race and runaway first and second placing for Jonathan Tilt (57.84) and Neil Tunstall, 58.20sec in the M45 group. Equally as emphatic were Robert Stevenson (61.34) and Tony Wells in the M55 final. Barry Ferguson saw off all the opposition in the M65 300mH. The fluent style of Virginia Mitchell saw her take yet another top international honour, this time in the W45 400mH, Sally Steggles was 3rd.

Day 5, Monday 28th

WMA and EVAA have top IAAF Race Walking Judges, but how sympathetic are they towards older walkers on the "straight knee" rule? Some of the disqualifications, particularly in the 10k and 20km road walks, appeared particularly harsh. On the warmest day, the humidity affected many in the 5000m track walk. Jill Langford needed hospitalisation after her 2nd placing in the W65 10.20a.m. event. Arthur Thomson,

walking beautifully at the front of the field, won the M70 in a remarkable 27.47.30sec, Harvey Jaquest, now in the M80 category, also got gold whilst others added to the coffers.

If it is the straddle; it must be the Masters! may be a cliché in athletics, but here the 1.78m tall Swede, Carl Särndal, cleared 1.57 in the M70 high jump narrowly failing at 1.60m. in an attempt on the World record. Frenchman, William Dukic flopped to a 2.03m M35 win, as Steven Linsell missed out on a medal in 4th and Ian Allen 8th in an exciting M40 jump. Segatel of Italy cleared 2.00m in the M45 jump and the Hungarian, Zsolt, threw the hammer out to 68.05 to take the M35 title. Evaun Williams picked up her second gold medal in the javelin with a W70 World record throw of 32.29m.

Up to six heats were necessary in some age categories in the 400m run in the main stadium, with the semis in the afternoon. The ever popular Kermitt Bentham blazed round his M45 semi in 51.97sec. Running in Heat 2 of the W40, vivacious nurse Angie Alstrachen, ran a lifetime's best; cavorting around the Finish area, arms aloft, she had to share her joy with someone – anyone! The Photographer Tom Phillips was within arm's reach to get the hug of his life!! Despite running faster than in their British championships final, Michael Peacock and Michael Osunsami did not get beyond the M35 semis, but virtually all the British M40/45/50 were into their final.

Forbes, spread-eagled the field to win the W35 1500 in 4.35.70, excellent running in the conditions, and Mike Smith ran a well judged race for 2nd in the 16-strong M65 group. In a tactical M40 final, David Cowlshaw made a bid for home 250m out in a 58sec last lap but the Italian, Gennari did not give up, winning in 4.10.04 to David's 4.10.37. M55 Kevin Archer led all the way only to be overtaken within metres of the finish as were W65 Cecilia Morrison and M50 John Thomson.

Day 7 Wednesday 30th

After their rest day, the stadiums were abuzz at 08.00 with the pentathlon, 400m finals and 5000m. Many athletes who had bought tickets to the Banquet on Monday night were very disappointed. At the Team Managers meeting, Kevin Dillon asked that the athletes who were unable to get food at the Banquet, be reimbursed. The Organisers apologised, but argued that there was enough food had people been more considerate and not overloaded their plates at the buffet-style meal. No reimbursement would be given.

Current World W35 400m champion Nina Anderson, had a convincing 56.02 win in Stadium A, fractionally faster than her Riccione time. With Angie Alstrachen 3rd in the W40, Virginia Mitchell's convincing W45 win, Caroline Powell and Jane Hoarder getting gold and silver in the W50, the omnipotent



Clare
Forbes
1500
Victor:TP:

The humidity affected several runners in the 1500m despite the 16.30 start. Eastern VAC member, Clare



Virginia
Mitchell
Wins
400
metres
TP:

Britons were storming through. More was to follow from Joylyn Saunders-Mullen taking the W55 race and W70,

Jeanne Coker, got a European medal at last! The sub 50sec winning times in the M35/40 finals proved just what a fast track it is. Michael Gardner ran a great race for 3rd in 50.52 behind the Italian, Enrio Saraceni. Coming off the final bend, the M45 was anybody's race, but the German Malewaski got it in 50.38 from Jonathan Tilt 2nd and Kermitt 3rd. What a final! With the unstoppable David Elderfield in his second final and fresh from his British M50 record in Birmingham, the three other Briton's, two Spaniards and two German athletes were left to share the spoils. Elderfield cruised through to a 51.75sec win, but what a good run James Tennyson had to snatch 2nd in 54.71 after his 55.23 run in the BMAF championships. Ian Broadhurst missed out again in 4th and Ivars Licietis 6th. John Wilson, 5th, was the only non German in the M70 final.

Over in Stadium B the oppressive heat was taking its toll on the 5000m timed races. The strong Italian team were taken to task by the large home entry, 15 countries shared the medals in the men's races. Phil Parry 2nd and Mike Boyle 3rd were dropped early by the Russian Oleg Strizhakov, the 45-year old has a 2.11.00 marathon credit and was 3rd in the Boston this year. Steve James took the M70 race. The women's entries were lower than normal. Clare Forbes clearly enjoys running in the heat, picking up her second W35 gold in 17.22.20. There was gold also for Carol Wolstenholme, Cecilia Morrison in the W65 and Pam Jones in the W70 races.

Day 8, Thursday 31st

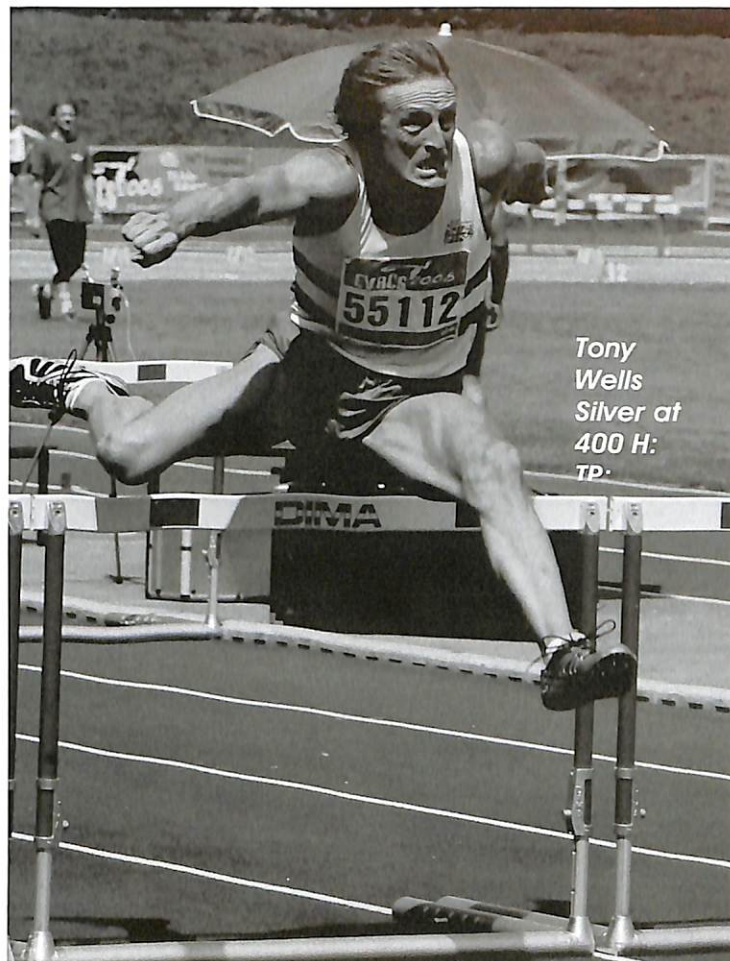
There were easy pickings in the W35 discus competition, won by the Lithuanian Mikelyte, with a 46.74m throw, whereas Eha Runne of Estonia needed a 51.80m throw for the W45 title. Gwen Bird earned herself the W55 title throwing 38.00m. Two former Olympians, Tamara Danilova, Russia, and Karen Illgen of Germany, are as competitive as ever. Now into the W65 group, Tamara reached out to 33.34m and Karen was 3rd. Entries were also light in the women's pole vault although two tied at 3.70m in the W35, higher than in Poznan.

Sadly, Des Wilkinson got no further than the 3rd set of hurdles in the first heat of the M45 110mH before tearing a calf muscle, he was out of the Championships. Gary Myles and Glen Reddington got through. With the wind oscillating -1-9 to +1-6 during the endless rounds of 200m, Darren Scott's 21.88 M35 Championship record in heat 3 was within the limit. Averil McClelland lowered Vivian Bonner's 1999 W50 Championship record to 26.38sec. Rosemary Chrimes' W75 29.07m discus throw smashed the 21.24 1994 mark. Out on the road, Arthur Thomson's M70 1.56.27 20km time was phenomenal. The walkers struck team gold in the M65 and M75 groups.

Day 9, Friday 1 August

Very much a Ladies Day as they accounted for 2 World and 9 Championship records in the Weight Throw, including Evaun Williams' in the W70. Rex Cameron was also in record breaking form in the M45 triple jump, clearing 14.11 on his final jump. The clash in the M45 110mH between Glen Reddington and the tall Belgian, Serge Beckers, was eagerly awaited as both were in great

form. Glen drew away over the final two flights to win, Gary Myles held on for 3rd. It was a British 1st and 3rd also in the 100mH (0.914m) for James Tennyson, in a personal best, and Howard Moscrop. Tony Wells hit a hurdle and had to settle for silver behind the Finn, Miikkulainen, in the M55 race and Barry Ferguson took the M65 title with ease. The curiously named German, Grania Leaping Rabbit, won the W55 80mH after her earlier silver in the pole vault.



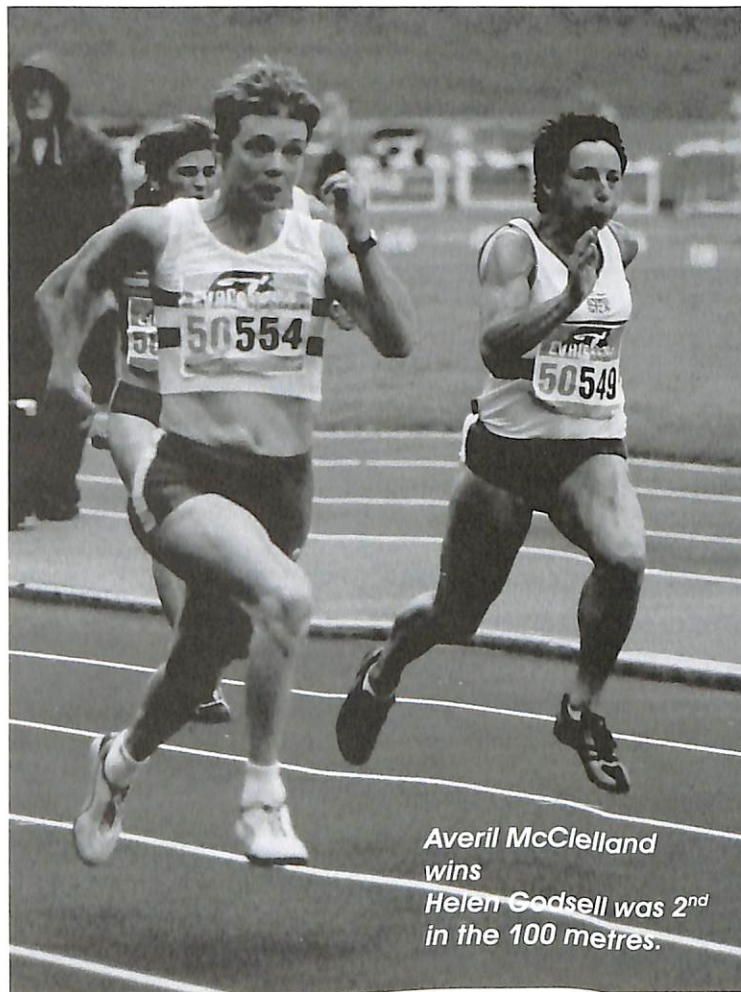
Tony Wells
Silver at
400 H:
TP.

The 800m and 200m were popular events. Three semis of 12 were necessary in some 800m age groups. Darren Scott again lowered the M35 200m Championship record. Peter Hickey led a clean sweep in the M50 second semi with Eric Smart, Barry Morris and Tom Phillips filling the first four places. A delighted Will MacGee headed the Italian maestro, Enrico Saraceni, a rare scalp indeed, in the M40 group, buoying his confidence for the final the next day.

Day10, Saturday 2 August

Despite the heat, humidity and distant rumbling of thunder, the penultimate day's schedule would whet any athletic fan's appetite. Good tactical 800m finals, excellent 200m finals, large fields in the men's weight pentathlon and British vests everywhere. The support in the main stadium was brilliant and the competition and the camaraderie wonderful. Nick Phipps, 6th, was involved in a great M55 pole vault final, won in a Championship record by Wolfgang Ritte, who cleared 4.26m to erase the 12-year old record set by the 1960 Olympian Lars Lagerqvist. Out on the track, the Lincolnshire sprinter, Dorothy Fraser, won the first of the many British

titles, in the W70 200m. Joylyn Saunders-Mullins had a full second to spare in her W55 final win and Averil McClelland, fresh from her European 26.38sec record in her semi the previous day, won the W50.



*Averil McClelland
wins
Helen Godsell was 2nd
in the 100 metres.*

Some feat as the runner-up, Christine Mueller of Switzerland, had already broken three age group World Records and the Dutch bronze medallist Sonja Oost is no mean sprinter. Jane Hoarder 4th, Caroline Powell 5th and Helen Godsell 6th, made it four British in this final.

Enthusiastic cheering for the pole vaulters made it difficult for the men to concentrate on their start of the 200m final, but fired up with his two record sprints, the current World title holder Darren Scott, settled into his blocks in lane 4 with Jim Tipper, lane 2 and Drako Mkpa out in lane 8. As the bend unwound, Darren had a metre lead that he held to the finish ahead of the Israeli, Bar Joshua and Alessandro Guilino of Italy. Tipper and Mkpa were 5th and 6th. "I couldn't believe it when 21.15 flashed up on the clock" "Conditions were ideal, I went hard on the bend" said the delighted Personal Trainer from Manchester. His time was announced as a new record only to be disallowed when a swirling wind that had suddenly blown up, registered +2.7. He is now infected by that peculiar masters' bug – can't wait to move up into the next age group – next year to take a few scalps and have a crack at the M40 records. He is well on course!

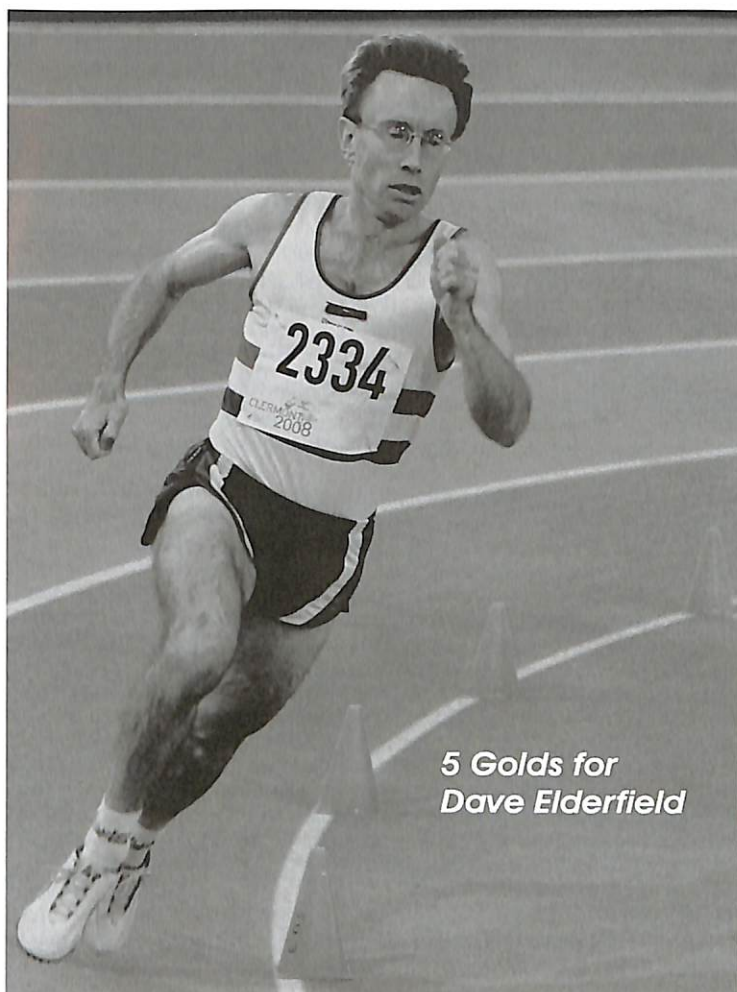
You could feel the tension as the M40 finalists went to their blocks. The popular Italian and multi title holder, Enrico Saraceni, was there to be shot at and a determined Will MacGee was ready. Going out hard, MacGee had the lead coming out of the bend, but the long striding Saraceni accelerated down the home straight taking the other Italian Scarponi with him. It was the Welshman Chris Miller who came through in the final few desperate strides to nudge MacGee out for the bronze in a tight finish. Wind registered +0.1. Miller deserved his medal and his fastest 200m for three years after injury kept him out of the final in Riccione last year. MacGee was a disappointed man, but he will have his day and Saraceni is no ordinary sprinter.

Anthony Leigh, 6th, was the other Britain to get through to a tough final. David Elderfield looked as if he might be in the wrong age group final as he raced away to the M50 title in 23.30sec, undefeated in all his sprint heats, semis and now third final. With Peter Hickey 2nd, Eric Smart 3rd, only a German and a Belgian came between six British finalists as Ian Broadhurst, Barry Morris and Tom Phillips filled the other places. Our star M55 sprinters gave these Championships a miss and with an injured Wally Franklyn sidelined, it was left to the Oxford man Christopher Padmore, who got 3rd and Ramsey Sloss, 5th in the final. What is it that makes our M50 and M55 sprinters dominate the international arenas?

After the nail biting morning's sprint finals, the 800m finalists delivered in the 12-strong tactical races despite a heavy thunderstorm. Nina Anderson's W35 winning time was faster than in Riccione. Marc Turner and Steve Baldock shared the lead in the final lap of the M35 race, with Turner going on to win in 1.56.87. Baldock threw himself over the line to snatch the bronze. After a 63sec opening lap, just one second separated the first four in the M45 race where Lawrence Mangelshot took the bronze and Sean Price 4th. It was a bronze also for M55 Derek Leitch. Mike Smith was 2nd in Poznan, but here he fought off a strong late challenge from the Norwegian Mjelde, to take the M65 crown.

The day concluded with a relay challenge - International Team Managers v Organisers. It was so popular that two heats were necessary. Remarkably young looking "veteran" teams emerged from the Computer Room (NUTS) and Starters (the Sex Pistols) to join in the fun. There was a needle match between the Doctors (who fielded Averil McClelland) and the Physios. Our leadoff man, Archie Jenkins, did not appear to be too bothered to overtake the team outside him (the Beauties!) Lap Scorers, as he passed the baton on to Dublin Postie, Anne Gormley, who had ensured that her male team was all in order. Maurice Doogan, suitably attired in mandatory GBR vest and blue shorts, ran the glory leg.

At least two teams finished in lane 2 but with the Judges (the Wigs) trailing, no team got DQ'd! Masters athletics is all about participation, international friendship and understanding and I doubt if you could find such fun at any other international Championships.



*5 Golds for
Dave Elderfield*

Day 10, 3 August

As the Police demanded prohibited fees for road closure for the marathon, the Organisers had to settle for scenic undulating country roads winding through small villages, and warned runners to be extra vigilant for traffic as the 300-plus field would soon spread out. With a 07.30 start and the temperature ticking over 30° at midday, Georg Ruess of Austria successfully defended his title in 2.31.42 from fellow Austrian, M35 Roman Hailing. The Dutchman, Hulzebos finished 3rd as Austria's final scorer came in 4th to clinch the team title. Nicki Nealon was second in 3.00.30 behind the 2004 W40 winner, Slovenian, Ida Surbek. A remarkable run after her earlier medal winning performances in both the 5/10,000m; races that Surbek avoided. Explaining that she had difficulty following the course; there were too few marshals and signs, but fortunately plenty of water. She led the team of Celia Findlay (5th W40) and Fiona Bishop 7th W40, to team bronze. Christopher Flavell 9th, M40, was our first men home in 2.57.04. All GBR runners finished strongly. Andy Law, 8th M50, Rob Sargent 18th and Walter Hill in the M55 group, were 5th M45-55 team. In big city marathons only 1.8% of the total field finish in under 3 hours. Here age groups 35 through to 60 were all won well under that mark and the M65 was only 00.04sec over. The whole field got home in under six hours, including 80-year olds, remarkable running in the conditions.

In the stadium, Mark Wiseman and Steve Whyte were on their way to a golden Ljubljana farewell in the M35 and M40 weight pentathlon. Colin Palmer raced to bronze in the M40 steeplechase, Andrew Tindall 2nd M45 and Anne Darby 2nd W55. Anne Martin won her W70 category, the consistent Jane Pidgeon finished 3rd in the W40. The relays are always a great finale. Team Manager, Maurice Doogan, got teams out in virtually all age groups to collect a haul of 7 gold, 9 silver and 6 bronze. The most outstanding wins were the World Records set by the W50 women's 4 x 100m quartet of Caroline Powell, Jane Horder, Averil McClelland and Helen Godsell in 51.50sec beating the 2007 World mark, 51.61sec, set by Puerto Rico in Riccione. With Joylyn Saunders-Mullin replacing McClelland, the squad went on to lower the 4 x 400m World record by an incredible 4.16sec to 4.11.24sec for their second World Record. The third World relay record also fell to the 50-54 age group when James Tennyson, Howard Moscrop, Ian Broadhurst and David Elderfield clocked 3.35.31sec breaking the previous WR (3.35.58) set at these Aarhus Championships in 2004 by Wally Franklyn, Robert Stephenson, Viv Oliver and Stephen Peters. Our 4 x 100 M40 team, Paul Donaghy, Chris Millard, Anthony Leigh and MacGee, were eager for another clash with the Italians, and what a thriller! Both were credited with the same time 43.15sec! The M45 4 x 400 (Tony Noel, Sean Price, Kermit Bentham, Jonathan Tilt) ran to a Championships 4 x 400 record.

With 19 World, 53 European, 113 Championship and numerous National records, Ljubljana will be remembered as one of the most enjoyable.

MEDAL TABLE:

	GOLD	SILVER	BRONZE	TOTAL
1 GERMANY	143	146	132	421
2 GREAT BRITAIN & NI	64	44	50	158
3 ITALY	56	49	44	149
4 RUSSIA	28	13	20	61
5 FINLAND	27	27	24	78
6 ESTONIA	21	11	8	40
7 AUSTRIA	20	15	26	61
8 BELGIUM	20	10	7	37
9 FRANCE	19	21	15	55
10 SPAIN	18	20	13	51
25 IRELAND	4	3	2	9

RESULTS

100:

M35: (-2.0) 1. Vallon-Hoarau, Alexandre FRA 11.04 (11.02 CBPqr); 5. Morgan, Derek 11.30 (11.28qr); (QR): Drako Mkpa 11.67; Clive Peacock 12.03; Nick Lauder 12.56;

M40: (-2.3) : 1. Arben, Makaj ALB 11.30 ; 3. Millard, Chris GBR 11.45 (11.25qr); 4. MacGee, Will 11.57 (11.19qr); 5. Leigh, Antony 11.71 (11.38qr); (QR): P Donaghy 11.77; B King 12.36; D Kemp 12.40; K Palmer 12.75;

M45: (-2.5) 1. Fornesi, Ferido ITA 11.71 ; 2 Logan, Patrick GBR 11.74 (11.67qr); 5. Reddington, Glen 12.15 (11.82qr); 6. Sheperd, John 12.38 (11.95qr); (QR): J Battista 12.30; M Weetman 12.06; S Douglas-Home 13.36;

M50: (-2.6) : 1. Elderfield, David GBR 11.86 ; 4. Smart, Eric 12.34 (12.10qr); 8. Phillips, Tom 12.93 (12.48qr); (QR): L Percival 13.09; R Davies 13.34;

M55: (-1.9) 1. Franklyn, Walwyn GBR 12.44 ; 7. Lapka, Mario 13.40 s(12.85qr); **M60: (-2.3)** : Vyboštík, Vladimír SVK 12.59; 5. Bissett, Terry 13.46 (13.25qr); 7 Novell, Victor 13.69 (13.50qr);

M65: (-0.3): Manninen, Jorma FIN 12.89; (QR): Isetts, Charles 14.04; Sheldon, Carl 14.18;

M70: (0.2) : 1 Schrader, Horst GER 13.78 ; 8 Field, Colin 15.25 (14.18qr). (QR): Caffrey, Ernest IRL 15.24; Schofield, Malcolm 15.66.

M75: (+0.2) 1 Reuter, Wolfgang GER 14,29; 8. Field, Peter 16,56;
M80: (+0.2): Eberle, Hans GER 15,43;
M85: (-1.1): Sobrero, Bruno ITA 17,19;
W35: (0.3): Bignami, Tiziana ITA 12,74; (QR): Richardson, Lesley 15,92;
W40 (+0,8) Ruotsalainen, Arja FIN 12,69 ;
W45 (0.8): Ruotsalainen, Arja FIN 12,69 ; (QR): Clarke, Gaye 14,02; Kelly, Angela 14,53;
W50: (0.8): 1 McClelland, Averil GBR 13,10 (CBP); 2. Godsell, Helen GBR 13,57 ;
W55: (0.2): 1 Saunders- Mullins, Joylyn GBR 13,95; 6. Nelson, Anne 15,00 ;
W60: (-1.8) Meier, Ingrid GER 14,01 (CBP);
W65: (0.0) Graff, Edith BEL 15,38; 5. Axtell, Mary 16,71 (16,48qr); 6. Holder, Iris 16,88 (16,52qr); (QR): Mills, Mollie 17,00 ;
W70: (0.3): 1. Mazzenga, Emma Maria ITA 17,06; 2. Fraser, Dorothy GBR 17,24 ; (QR): Coker, Jeanne 21,76;
W75 (0.2): Larsson, Asta SWE 19,05;
W80: (0.0) Reinberga, Austra LAT 19,15 (CBP);
200:
M35: (2.7): 1. Scott, Darren GBR 21,15(CBP) ; (21.53qr); 5. Tipper, Jim 22,24 (22,42qr); 6. Mkpa, Drako 23,00 (23,01qr) ; (QR): Peacock, Michael 24,21;
M40: (0,1) 1. Saraceni, Enrico ITA 22,17; 3. Millard, Chris GBR 22,50 ;
4. MacGee, Will 22,55 (22,34qr); 6. Leigh, Antony 22,87 ; (QR): Donaghy, Paul 23,44; Kemp, David 24,87; King, Barrington 26,08;
M45: (1.1): Schaafsma, Kay NED 23,37 ; 3 Logan, Patrick GBR 23,58 ; QR): Bass, Patrick 24,27; Guest, Paul 25,35;
M50:(0.9): 1. Elderfield, David GBR 23,30 ; 2. Hickey, Peter GBR 24,16 (24,03qr); 3. Smart, Eric GBR 24,50; . 6. Broadhurst, Ian 24,89 ; 7. Morris, Barry 25,00 (24,76qr); 8. Phillips, Tom 25,38 (24,99qr); (QR): Percival, Leslie 25,94; Matthews, Brian 26,17; Pengally, Clive 26,30; Davies, Roderick 27,02; Lovelock, Kevin 27,07;
M55: (1.8): Dorschner, Karl GER 25,13; 3. Padmore, Christopher GBR 25,71 (25,55qr); sec. 5. Sloss, Ramsay 26,77 ; (QR): Franklyn, Walwyn 26,37;
M60 (0.1): Vyboštok, Vladimir SVK 25,20; (QR): Bissett, Terry 27,29; Novell Victor 27,43;
M65: (0.2): 1. Müller, Guido GER 26,40; 8. Isetts, Charles 29,16 (28,70qr); (QR): Treacher, Anthony 29,16; Sheldon, Carl 29,91;
M70: (0.6): Schrader, Horst GER 28,31; 3. Bowman, Tony GBR 29,63 ; 4. Field, Colin 29,72 ; (QR) : Schofield, Malcolm 31,74;
M75: (0.9): Reuter, Wolfgang GER 29,74; 5. Feast, Geoff 34,22 ; 6. Field, Peter 54,10 ;
M80 (-0,4) : Eberle, Hans GER 32,84;
M85 (+0,8) : Sobrero, Bruno ITA 37,51;
W35: (+0,7) : Bignami, Tiziana ITA 25,49;
W40: 1. Wiederkehr, Claudia SUI 25,21 ; 6. Alstrachen, Angie 27,53 (27,41 qr);
W45 : (1.2): 1. Barilly, Nicole FRA 25,87 (25,86 CBP qr) ; 8. Dunn, Wendy 28,15 ; (QR): Timmis, Denise 28,82 ; Hopkins, Lesley 29,87; Kelly, Angela 30,00 ;
W50 (1,2) : McClelland, Averil GBR 26,55 (26,38 European Record qr); 4. Horder, Jane 27,76 ; 5. Powell, Caroline 27,86 (27,77qr); 6. Godsell, Helen 28,20 (28,11qr); .
W55 (1,6) 1 Saunders- Mullins, Joylyn GBR 28,32; 7. Nelson, Anne 31,17;
W60 (-0,2) : Meier, Ingrid GER 28,96;
W65 (0,6) : 1. Cecotti, Pasqualina 1941 ITA Italy 33,14 ; 4. Mills, Mollie 35,21; 6. Holder, Iris 35,41 ;
W70: (-0,1) Fraser, Dorothy GBR 35,89; 6. Coker, Jeanne 46,05;
W75(+0,7) : Nyland, Ase 1NOR 36,80;
W80 (+0,7) : Žigon, Helena SLO 50,47;
400:
M35: Gulino, Alessandro ITA 49,74 (CBP) ; (QR): Peacock Michael 53,76; Osunsami Michael 54,23; Fitzgerald Gregory IRL 54,73;
M40: 1.Saraceni, Enrico ITA 49,27. 3. Gardiner, Michael GBR 50,52; 8. Donaghy, Paul 54,37; (QR) Kemp David 56,53;
M45: 1.Malewski, Stefan GER 50,38; 2. Tilt, Jonathan GBR 51,02; 3. Bentham, Kermitt GBR 52,05 (51,97sf) ; 5. Grew, Robert 53,02; 8. Noel, Tony 54,16; (QR): Cornyn Michael IRL 59,19;
M50: 1.Elderfield, David GBR 51,75; 2. Tennyson, James GBR 54,71; 4.Broadhurst, Ian 55,73; 6.Licetis, Ivars 56,67; (QR):Matthews Brian 58,67; Daniel Ray 58,92; Dunlop Alastair 59,01; Percival Leslie 59,21;
M55: 1. Dorschner, Karl GER 55,22; 3. Stevenson, Robert GBR 55,83; 7. Short, Keith 59,82; (QR): Franklyn Walwyn 1:00.14; Hendrie Bruce 1:03.00;
M60: Scholtes, Wim NED 57,66; (QR) Lewis Ray 68,94;
M65: 1. Wolff, Hans-Jürgen GER 62,21. 3.Treacher, Anthony GBR 64,43;
M70:1. Schrader, Horst GER 64,23; 5. Wilson, John 69,06 (68,09 qr) ; (QR): Schofield Malcolm 73 12; Bowman Tony 74 11; Seymour John 76,58; Kimber Arthur 78 77. M75:Reuter, Wolfgang GER 69,78; (QR): Feast Geoff 85,94;
M80:Vetter, Joachim GER 1:30,47;

M85: Pauwels, Emiel BEL 128,05;
W35: Anderson, Nina GBR 56,02;
W40 : Wiederkehr, Claudia SUI 57,59; 3. Alstrachen, Angie GBR 60,52;
8. Palmer, Fiona 62,52 (61,55qr); (QR): Wakefield, Michele 1:06,84 ;
W45: 1 Mitchell, Virginia GBR 58,57(CBP) ; 7. Hopkins, Lesley 65,83;
W50: 1 Powell, Caroline GBR 61,10 (61,01 CBP qr); 2. Horder, Jane GBR 62,03;
W55: 1 Saunders- Mullins, Joylyn GBR. 63,66 (European Record) ; (QR): James, Susan 79,49;
W60 : Littenheim, Ulla SWE 70,10 (CBP);
W65: Ritter, Lydia GER 77,64;
W70: 1. Rosinska, Janina POL 76,81 (World Record) ; 2. Coker, Jeanne GBR 79,96; 5. Fraser, Dorothy 86,12;
W75 : Nyland, Ase NOR 88,94;
W80: NAUMENKO, NINA RUS 102,11 (CBP);
800:
M35: Turner, Marc GBR 1:56,87 ; 3. Baldock, Steven GBR 1:57,62;
M40: 1. van Avendonk, Jack NED 1:59,67; 11. Maher, Robert IRL 2:06,63 (2:03,38 qr);
M45: 1. Lefay, Xavier FRA 2:02,63 ; 3. Mangelshot, Lawrence GBR. 2:03,50 ;
4. Price, Sean 2:03,99 ; 11. Kinsella, Laurence-Gerard IRL 2:07,70 (QR): Bryce, Alex 2:08,42; Skeffington, John Daniel IRL 2:08,43; Earnshaw, Jonathan 2:09,30; Doxey, Steven 2:14,36; Cornyn, Michael IRL 2:16,28;
M50: 1. Trivunoviae, Miloš SRB 2:07,38; 6. Dunlop, Alastair 2:09,02 ; 7. Namani, Bilal 2:09,83 (2:09,83qr); .9. Harries, David 2:10,99 ; (QR): Daniel, Ray 2:12,51; Thomson, John 2:13,46 ; Dillon, Kevin 3:09,05 ;
M55 : 1 Gough, Joe IRL 2:10,67 ; 3. Leitch, Derek GBR 2:11,80; 5. Archer, Kevin 2:13,42; 7. Short, Keith 2:15,05; 10. Maddocks, Alan 2:26,00; 12. Hendrie, Bruce 2:36,85 (2:29,86 qr);
M60 : 1. Rappo, Dario ITA 2:16,79; 5. Mann, Michael 2:21,18 ; (QR) : Stanage, Brian 2:25,70 ; Lewis, Raymond 2:38,71;
M65: Smith, Michael GBR 2:30,65;
M70 : 1 Ritter, Siegfried GER 2:37,64 ; 4. McEvoy, James IRL 2:49,29; 9. Wilson, John 3:04,77 (2:52,84qr); (QR): Seymour, John 3:08,10; Carney, David 3:12,27; Kimber, Arthur 3:15,12;
M75: Kociszewski, Janusz POL 2:43,17 (European Record) ;
M80 : 1. Agnoli, Sergio ITA 3:32,32; 5. Corish, Nick IRL 4:12,40;
M85: Pauwels, Emiel BEL 4:27,93;
W35: Anderson, Nina GBR 2:11,41; 4. Forbes, Claire Louse 2:15,17; 11. Wells Sarah 2:31,66 (2:29,35qr); (QR): Hooton, Michelle 2:30,81;
W40 : Weiss, Annette GER 2:20,78; 10. Gray, Carol - Ann 2:57,02;
W45: 1. Wiciorkowska, Zofia POL 2:16,88; 7. Lawless, Caroline 2:36,17; 8. Ramage, Sharyn 2:38,37;
W50: 1. Perez, Aurora ESP 2:27,77; 5. Murphy-Hehir, Cushla IRL 2:35,08; 9. Searle, Jane 2:45,44; 10. Short, Patricia 3:22,27 min. ;
W55: Zentner, Lidia GER 2:32,95 (CBP) ; 3. Hitchmough, Agnes GBR 2:35,16;
5. Barrus, Joyce 2:47,31; 11. Sloss, Barbara 2:59,90; 12. James, Susan 3:03,16;
W60: Haakensveen, Oddbjorg NOR 2:45,49 ; 2. Gallagher, Patricia GBR 2:48,90
W65: Ritter, Lydia GER 3:03,77 ;
W70: Eklund, Brigitta SWE 3:23,37;
W75: Emma Mazzenga ITA 3:26,11 (World Record);
W80 : NAUMENKO, NINA RUS 3:52,59 (CBP) ;
1500
M35: 1.Lorenzo, Fernando ESP 4:02,76; 9. Harker, Ken 4:23,40 ;
M40: 1.Gennari litta, Giorgio ITA 4:10,04; 2.Cowlshaw, David GBR 4:10,37; 5. Barker, Peter 4:11,95 (4:11,11qr) ; 12. Alsop, Roger 4:22,91; (QR) : Ronald, Andrew 4:30,15; Del Nevo, Andrew 4:37,18; Young, Cliff 4:41,24;
M45: 1.Piškur, Benjamin SLO 4:20,01; 8.Bryce, Alex 4:27,87; 10. Ashby, Mark 4:28,91; 15. Holland, Richard 4:33,29 (4:33,15qr); 16. Doxey, Steven 4:35,14(4:33,70qr);
M50: 1.Trivunoviae, Miloš SRB 4:19,71; 3. Thomson, John GBR 4:20,45; 10. Dunlop, Alastair 4:34,43 (4:31,76qr); . (QR): Darby, David 4:52,35; Newman, Alan 5:05,56; M55: 1. Schmidt, Franz-Josef GER 4:31,14 2. Archer, Kevin GBR 4:32,77; 3 .Oxland, David GBR 4:33,86; 6.Short, Keith 4:44,95; 10. Jenkins, Archie 5:01,42; 12. Hendrie, Bruce 5:27,05;
M60: 1.Rappo, Dario ITA 4:38,70; 7. Mann, Michael 4:46,93; 9.Stanage, Brian 4:54,28; 11. White, Steve 4:59,00; (QR): Munro, Jim 5:21,75; Bradshaw, Arnold 5:28,77; Williams, Dennis 6:05,46;
M65: 1.Haglund, Stig FIN 5:06,03; 2. Smith, Michael GBR 5:07,66; 10. Duggan, Mike IRL 5:48,27; 16. Lawson, George GBR 7:35,30;
M70: Wittig, Klemens GER 5:24,25; 5. James, Stephen 5:34,88;
M75: Ahokas, Pauli FIN 5:46,94 (CBP) . 7. Howarth, Derek 7:05,61;
M80: Agnoli, Sergio ITA 7:05,05. 4. Corish, Nick IRL 8:33,94.

M85: Pauwels, Emiel BEL 9:24,75;
W35: 1 Forbes, Claire GBR 4:35,70; 7. Wells, Sarah 5:04,32 ; 10. Hooton, Michelle 5:11,06;
W40: Loubele, Nathalie BEL 4:40,15; 5. Pritchett, Bernadine 4:47,74; 6. Pidgeon, Jane 5:00,30; 13. Gray, Carol - Ann 6:09,95;
W45: Wiciorkowska, Zofia POL 4:48,33; 6. Lawless, Caroline 5:24,82; 7. Ramage, Sharyn 5:28,52; 8. Marr, Lynne 5:52,58;
W50: Perez, Aurora ESP 4:57,07; **3. Howe, Joan GBR 5:16,36;** 4. Murphy-Hehir, Cushla IRL 5:21,64 ;
W55 : Zentner, Lidia GER 5:16,65; 4. Hitchmough, Agnes 5:20,83; 6. Waterhouse, Jane 5:26,34; 8. Tabor, Rosalind 5:41,20;. 9. Barrus, Joyce 5:42,23 ; 14. Halstead,
 Mary 6:09,73; 15. Darby, Anne 6:13,36; 16. James, Susan 6:19,38;
W60 : Spronk, Marianne GER 5:43,54; **2. Gallagher, Patricia GBR 5:45,64;**
W65: Ritter, Lydia GER 6:08,32; **2. Morrison, Cecilia GBR 6:09,45;** 9. Woodlock,
 Ann IRL 6:50,81;
W70 : Eklund, Brigitta SWE 6:54,92; **2. Jones, Pamela GBR 6:55,76;**
W75: Cotutsca, Rosa AUT 7:57,26 ;
W80 : NAUMENKO, NINA RUS 7:59,94 (CBP);

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M35: 1. Blommaert, Bart BEL 15:15,31; 8. Blaney, Paul IRL 16:13,11 ;
M40: 1. Eccheli, Alessandro ITA 15:48,56 ; . 6. Kesterton, David 16:17,72; 7. Alsop, Roger 16:25,38; .
M45: 1. Strizhakov, Oleg RUS 15:39,16; **2. Parry, Philip GBR 15:55,34; 3. Boyle, Mike GBR 16:29,44;** 8. Holland, Richard 17:13,39;
M50: 1. Hopfner, Johann GER 15:48,26; 3. Kerr, Demont IRL 16:13,78 ; 19. Newman, Alan 18:40,95 ; 26. Sargent, Rob 20:09,59;
M55: 1. Otero, Xose Luis ESP 17:06,67; 6. Oxland, David 18:04,28 ; 14. Jenkins, Archie 19:17,12 ; 21. Murray, Andrew 20:24,34 ; 25. Cook, Brian 20:57,06; 27. Magnier, John Philipp IRL 21:21,72; 29. Rich, Alan 22:08,90;
M60: 1. De la camara, Emilio ESP 17:17,77; 4. Mann, Michael GBR 18:03,83; 5. White, Steve GBR 18:30,25; 6. McEvilly, Martin IRL 18:37,93; 11. Robson, Neil 20:00,06; 19. Johnson, William 20:55,17; 20. Bradshaw, Arnold 20:58,79; 22. Davidson, Alan 21:20,87; 25. Heywood, John 22:38,98; 27. Williams, Dennis . 23:17,32;
M65: 1. Bašista, Vincent SVK 18:34,64; 4. Batchelor, John 18:45,88; 6. Smith, Michael 19:00,11; 14. Wishart, John 20:21,53; 18. Leggett, Ian 21:23,50; 22. Duggan, Mike IRL 22:21,39; 27. Holiday, Alan 26:33,56; 29. Lawson, George 27:20,06; 30. Green, Les 32:08,98;
M70: 1. James, Stephen GBR 20:32,36; 13. Carney, David 28:03,59;
M75: 1. Vicente, Francisco POR 22:11,51; 6. Howarth, Derek 26:26,86;
M80: 1. Agnoli, Sergio ITA 25:51,30; 2. Corish, Nick IRL 33:55,99; 5. Franklin, Ron 34:27,67;
M85: Pauwels, Emiel BEL 37:05,01;
W35: Forbes, Claire Louse GBR 17:22,20;
W40 : Loubele, Nathalie BEL 17:28,22; **2. Nealon, Nicki GBR 17:46,54 ; 4.** Ridley, Susan 18:14,96 ; 9. Allen, Sarah 23:15,74 ;
W45: LÜSE, INÄRA LAT 18:41,07; **3. Monahan, Sian GBR 18:46,83 ;10.** Findlay,
 Celia 21:10,78 ; 13. Marr, Lynne 22:14,29 ;
W50 : Lorenzoni, Maria ITA 19:37,14 ;
W55 : Levesque-Marguin, Sylviane FRA 19:10,11 ; **3. Cooper, Susan GBR 19:14,30 ; 7.** Tabor, Rosalind 20:50,01 ; 9. Bradley, Hazel 21:52,04 ; 11. Darby, Anne 23:10,32 ;
W60 : WolstenHolme, Carol Ann GBR 21:02,58 . ; 5. McNelis, Evelyn IRL 23:04,96 . ; 6. Rich, Pauline 23:09,94 ; 9. Johnson, June 24:15,47 ;
W65 : Morrison, Cecilia GBR 22:38,55 ; 9. Woodlock, Ann 1 IRL 27:06,40 ; 10.

Stracey, Betty GBR 27:35,48 ;

W70 : Jones, Pamela GBR 24:48,62;

W75 : 1. Cotutsca, Rosa AUT 27:40,44 . ;

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M35: 1 B te Boekhorst NED 32:33,69;
M40: 1 K Godtfredsen DEN 33:48,91; **2 David Kesterton GBR 34:16,98;**
M45: 1 O Strizhakov RUS 32:21,88; 4 Mike Boyle 34:00,97;
M50: 1 J Hopfner GER 33:00,04; 9 David Darby 36:26,21; 21 R Sargent 42:05,55;
M55: 1 L Otero Xose ESP 35:44,54; 14 Bruce Hendrie 40:41,70; 16 Paul Williams 41:25,00; 22 Andrew Murray 42:36,26;
M60: Tsukanov, Alexander RUS 38:10,61; 6. McEvilly, Martin IRL 39:44,98; 16.
 Johnson, William 43:45,20; 20. Davidson, Alan 46:44,64 21. Heywood, John 46:57,92; 24. Black, Kenneth 51:56,90;
M65: 1. Lessing, Peter GER 38:24,62; 4. Batchelor, John 39:26,40; 8. Wishart, John 42:04,19; 13. Leggett, Ian 44:51,31;
M70: Lauridsen, Bent DEN 41:20,89;
M75: Vicente, Francisco POR 46:52,13;

M80: Soukup, Jiri CZE 72:09,05;
W35: Pagliacci, Lorella ITA 38:19,24;
W40: 1. Loubele, Nathalie BEL 37:48,40; **3. Nealon, Nicki GBR 38:01,58;** 4. Ridley, Susan 38:03,41; 8. Allen, Sarah 47:17,45;
W45: 1. LÜSE, INÄRA LAT 40:19,87 8. Marr, Lynne GBR 45:49,92;
W50: Dohr, Karoline AUT 40:26,75;
W55: 1. Cooper, Susan GBR 40:02,94; 6. Tabor, Rosalind 44:27,65; 10. Bent, Angela 48:40,37;
W60: 1. WolstenHolme, Carol Ann GBR 44:07,08 (CBP) ; 5. McNelis, Evelyn IRL 46:37,67; 7. Rich, Pauline 47:56,80; 9. Johnson, June 48:39,16;
W65: 1. Flores, Joaquina POR 48:40,49; 7. Stracey, Betty 56:38,03; 9. Cushen, Bridget 62:09,94;
W70: Jones, Pamela GBR 50:41,03;
W75: Borovkova, Maria RUS 65:15,07;

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M35: 1. Hailing, Roman AUT 2:36:01;
M40: 1. Ruess, Georg AUT 2:31:42; 9. Flavell, Christopher 2:57:04; 37 Roberts, Alan 4:01:45;
M45: 1. Colomo, Javier ESP 2:35:57;
M50: 1. Michelis, Mauro Italy 2:39:36; 8. Law, Andy 3:03:34; 18. Sargent, Rob 3:26:16;
M55: 1. Cichonczuk, Antoni Poland 2:41:57; 5. Hill, Walter 3:09:28;
M60: 1. Kettunen, Paavo Finland 2:57:33; 7. Spragg, Michael 3:17:45;
M65: 1. Bašista, Vincent Slovak Republic 3:00:04; 12. Taylor, John 4:28:22; 19. Green, Les 5:56:26;
M70: Wittig, Klemens Germany 3:19:35;
M75: Kukkonen, Pertti FIN 4:12:41;
M80: Noack, Karl-Heinz Germany 5:37:25;
W35: Fisun, Natalia Russia 3:12:37;
W40: Nealon, Nicki GBR 3:00:30;
W45: 1. Šurbek, Ida Slovenia 2:54:36; 5. Findlay, Celia 3:32:40; 7. Bishop, Fiona Jane 4:49:09;
W50: Dohr, Karoline Austria 3:05:30;
W55: Knobeloch, Edith Germany 3:22:59;
W60: Risch, Karin Germany 3:27:06; **TEAMS: M35-M40:** Austria 7:48:49;
M45-M50: 1. Spain 8:05:23; 5. Great Britain & N.I. 9:39:18 (Law, Hill, Sargent) ; , **M55-M60:** Russia 9:11:25; **M65 and more:** Germany 9:40:21;
W35-W40: 1. Russia 9:55:27; **3. Great Britain & N.I. 11:22:19 (Nealon, Findlay, Bishop) ;** **W45-W50:** Germany 9:49:28; **W55-W60:** Germany 11:41:32;

2000SC:

M60: Tsukanov, Alexander RUS 7:16,04; 3. McEvilly, Martin IRL 7:28,79;
M65: Tible, Mario ITA 7:51,59;
M70: Luis, Fernando 1935 POR Portugal 9:23,78 ;
M75: Vicente, Francisco POR 9:05,47 ;
M80 : Mazilli, Neagu ROU 12:51,14 (CBP);
W35 : Tiselli, Paola ITA 7:48,01;
W40 : Weiss, Annette GER 7:21,61 ; **3. Pidgeon, Jane GBR 7:31,72;**
W45: Wiciorkowska, Zofia POL 7:28,09 (CBP);
W50 : Henn, Elisabeth GER 8:28,31 ;
W55: Reijonen, Eliisa FIN 9:12,69; **2. Darby, Anne 1953 GBR 9:41,82 ;**
W60: ROËNAKOVA, MILOSLAVA CZE 10:46,83;
W65: Nix, Diethild GER 12:39,40;
W70 : Martin, Anne GBR 10:54,37

3000SC:

M35: Discher, Jean-Marc FRA 9:37,31; 5. Tindall, Andrew 9:57,81;
M40: Le Bihan, Christophe FRA 9:36,29 ; **3. Palmer, Colin GBR . 9:41,66;** 7.
 Hughes, Geran 10:58,05;
M45: 1. Pelletier, Gilles FRA 9:49,24 ; 2. Tindall, Andrew GBR 9:57,81; 6. York, Philip 11:38,66 ;
M50: Perez, Cesar ESP 10:20,16;
M55: van der Hoorn, Martien NED 11:22,11 ;
4x100:
M35: 1. Italy 43,00 ; **2. Great Britain & N.I. GBR 43,14 (Osunsami, Tipper, Mkpa, Scott,);**
M40 : Great Britain & N.I. GBR 43,15(CBP) (Donaghy, Millard, Leigh & MacGee);
M45: 1. Great Britain & N.I. 45,52 (Bass, Bentham, Logan, Reddington,)
M50: 1. Great Britain & N.I. 46,43 (Morris, Elderfield, Hickey, Smart,);
M55: 1. Great Britain & N.I. 48,96 (Stevenson, Sloss, Wells, Padmore,);
M60: 1. Germany 51,55; 7 GBR 57 10 (Lewis, Novell, Robson, Bissett) ;
M65: 1. Germany 51,55 ; **3. Great Britain & N.I. GBR 55,56 (Ferguson, Sheldon, Isetts, Smith,);**

M70 1. Germany 53,90 (CBP) ; 2. Great Britain & N.I. GBR 58,98 (Bowman, Feast, Schofield Field, Colin) ;
M75: Germany 59,22 ;
M80 : Italy 70,20 ;
W35: 1. Germany 50,82; 5. Great Britain & N.I. 52,79 (Alstrachen, Wale, Wells, Anderson) ;
W40: 1. Italy 51,82; 3. Great Britain & N.I. GBR 55,05 (Kelly, Wakefield, Stagles, Palmer) ;
W45: 1. France 50,79 (European Record) ; 2. Great Britain & N.I. 53,08 (Laing, Wendy, Clarke, Timmis, Dunn) ;
W50: 1. Great Britain & N.I. 51,50 (World Record) (Powell, Horder, McClelland, Godsel) ;
W55: 1. Italy 58,55; 3. Great Britain & N.I. 60,81 (Oakes, Nelson, Darby, Saunders- Mullins,) ;
W60: Germany 59,35;
W65 : 1. Germany 65,36 ; 3. Great Britain & N.I. 70,66 (Holder, Stracey, Mills, Fraser) ;
W70 Germany 74,94;
4x400:
M35: Italy 3:25,72 (CBP);
M40 : 1. Italy 3:25,35; 3. Great Britain & N.I. 3:37,13 (MacGee, Donaghy, Millard, Gardiner) ;
M45: 1. Great Britain & N.I. 3:30,49 (CBP) (Noel, Price, Bentham, Tilt) ;
M50: 1. Great Britain & N.I. 3:35,31 (World Record) (Tennyson, Moscrop, Broadhurst, Elderfield) ;
M55: 1. Italy 3:54,26 ; 2. Great Britain & N.I. 3:54,34 (Stevenson,; Hendrie, Short,; Padmore) ;
M60 : 1. Germany 4:09,37 ; 4. Great Britain & N.I. 4:34,47 (Lewis, Robson, Novell, Bissett) ;
M65: 1. Germany 4:25,91 ; 2. Great Britain & N.I. 4:42,66 (Sheldon,; Smith, Isetts, Ferguson) ;
M70 : Germany 4:35,80;
M75: Germany 5:09,27;
M80: Germany 7:02,99;
W35 : 1. Italy 4:02,05; 2. Great Britain & N.I. 4:03,72 (Alstrachen, Allen, Wells,; Anderson) ;
W40 : Italy 4:17,27;
W45: 1. France A 4:09,96 3. Great Britain & N.I. GBR 4:14,22 (Laing, Wendy, Timmis, Ramage, Mitchell) ;
W50: Great Britain & N.I. 4:11,24 (World Record) (Godsell, Saunders- Mullins, Horder, Powell) ;
W55: Italy ITA 4:55,58 ;
W60 ; 1. Sweden 5:19,60 ;
80H:
M70: (0.5): Skramstad, Knut Henrik NOR 14,52;
M75: (0.2): Kandeydi, Dr. Hikmet TUR 15,01; 3. Field, Peter GBR 19,27 ;
M80: (0.2): Medelius, Sten SWE 18,36;
M85: (0.5): Albrecht, Horst GER 18,91 (European Record) ;
W40(-0.1): Thirtey, Andrea GER 11,97;
W45 (+0.1): Schulz, Romana GER 12,19 ; 2. Laing, Wendy GBR 12,41; 3. Clarke,
 Gaye GBR 12,63; 4. Stagles, Sally 12,79 ;
W50 (-1.0): Mueller, Christine SUI 12,23 (World Record) ; 2. Horder, Jane GBR 12,65(British Record) ;
W55(+0.5): Leaping Rabbit, Grania GER 16,34; 3. Howarth, Grete GBR 19,50 ;
W60 (+0.5): Daehler-Stettler, Margaritha SUI 14,40;
W65 (+0.6): Graff, Edith BEL 14,03 (World Record) ;
W70 (-1.3): KAAS, LEILI EST 18,34;
W75 (-1.3) Larsson, Asta SWE 20,70 (CBP) ;
100H:
M50: (0.1): Tennyson, James GBR 14,60 ; 3. Moscrop, Howard GBR 14,65 ;
 (QR): Pengally, Clive 16,48;
M55: (0.2): Miikkulainen, Arto FIN 15,67; 2. Wells, Tony GBR 15,83;
M60: (-1.2): Geese, Rolf Dr. GER 15,65;
M65: (-0.3): Ferguson, Barry GBR 15,79 (British Record) ;
110H:
M35: (-0.2): Roosen, Marcel NED 14,70 (CBP);
M40: (-0.3): Moreau, Franck FRA 15,55;
M45: (-1.8): 1. Reddington, Glen GBR 15,94; 3. Myles, Gary GBR 16,87 ;
300H:
M60: 1. Montaruli, Antonio ITA 45,95; 8. Macdermott, John IRL 50,78 (49.62qr);
M65: Ferguson, Barry GBR 49,08 (British Record) ;
M70: SARAIEV, YURY RUS 50,99;
M75: TOŠNAR, PAVEL CZE 56,46 5. Field, Peter 72,43;
M80: Medelius, Sten SWE 75,37.

W50: Mueller, Christine SUI 45,05 (World Record) ; 2. Horder, Jane GBR 46,40
 5. Filer, Carole 53,66;
W55 : Kraehe, Waltraud GER 54,92;
W60: Kokkonen, Terhi FIN 54,67(CBP);
W65: Sauer, Erika GER 62,62;
W70 : KAAS, LEILI EST 71,08 (European Record) ;
400H:
M35: Schulze, Andreas GER 54,97;
M40: Gans, Guido GER 56,41;
M45: Tilt, Jonathan GBR 57,84 ; 2. Tunstall, Neil GBR 58,20 ; 8. Edwards, Paul
 64,53 (64.08qr);
M50:1. Moscrop, Howard GBR 56,85 (CBP) ; 3. Broadhurst, Ian GBR 1:00,77 ; (QR): Leonard, Colin 1:22.28;
M55: 1. Stevenson, Robert GBR 1:01,34 (British Record) ; 2. Wells, Tony GBR 1:06,28 ;
W35: Baggiolini, Emanuela ITA 1:02,09;
W40: 1. Kreen, Katrin FIN 1:05,26; 2. Finegan, Geraldine IRL 1:06,93; 4. Alstrachen, Angie 1:07,10 ;
W45: 1. Mitchell, Virginia GBR 1:05,22; 3. Stagles, Sally GBR 1:11,02 ;
HJ:
M35: Dukic, William FRA 2,03 (CBP);
M40: Gasper, Günter AUT 1,95; 4. Linsell, Steven 1,80 ; 8. Allen, Ian 1,75;
M45: Segatel, Marco ITA 2,00 (CBP);
M50: Liisanantti, Ari FIN 1,80;
M55: Huijbers, Jan NED 1,79;
M60: Wenzke, Gerhard GER 1,59;
M65: HANUŠ, JAROSLAV CZE 1,55;
M70: Särndal, Carl-Erik SWE 1,57 (CBP);
M75: TOŠNAR, PAVEL CZE 1,35; 4. Naughton, Patrick IRL 1,23 ;
M80 : Nevrupe, Nils-Bertil SWE 1,24;
M85: Zensch, Emmerich AUT 1,15;
M90 : Langer, Klaus GER 1,00;
W35: Kurilovica, Laila LAT 1,63;
W40: SEMASHKO, ELENA RUS 1,65;
W45: Laing, Wendy GBR 1,60;
W50 : 1. Karg Dr., Carmen GER 1,53 ; 2. Filer, Carole GBR. 1,45 ;
W55: Kortbeek, Janine NED 1,40 ; 4. Garvey, Pam GBR 1,30 ;
W60 : Reismann, Gertrude GER 1,32 ;
W65 : Graff, Edith BEL 1,30;
W70 : KAAS, LEILI EST 1,17;
W75: Chrimes, C. Rosemary GBR 1,11 ;
W80: Wippersteg, Christiane GER 0,88 ;
PV:
M35: Beda, Alessandro ITA 4,50;
M40: Andreini, Fulvio ITA 4,60;
M45 Spory, Marc FRA 4,40 ; 6. Martin, Wayne 3,10 ; 9. Anderson-Easey, Alan
 3,00 ;
M50: Pažak, Peter SVK 4,10;
M55: 1. Ritte, Wolfgang GER 4,26 (CBP); 6. Phipps, Nicholas 3,30 ;
M60: Markowski, Bogdan GER 3,70 (CBP) ; 7. Bradley, John 3,00;
M65: Zbinden, Walter SUI 3,20;
M70: Müller, Walter GER 2,80;
M75: TOŠNAR, PAVEL CZE 2,62 (CBP) ;
M80: Kutman, Martin EST 1,80;
M85: Zensch, Emmerich AUT 1,90;
W35: Menshenina, Natalia RUS 3,70;
W40: Millo, Laura ITA 2,50;
W45 : Forcellini, Carla ITA 2,90 ;
W50: Plammer, Sabina AUT 1,90;
W55 : Ritte, Ute GER 2,60;
W60: Widmann, Dagmar GER 1,60;
W65: Nix, Diethild GER 2,31 (European Record);
W70 : McLennan, Dorothy IRL 1,60;
LJ:
M35: Munroe, John GBR 6,82 (CBP) ;
M40: 1. Bonvicini, Roberto ITA 6,77 ; 5. Ralph, Paul 6,36 ; 6. Allen, Ian 6,31 ;
M45: 1Kondo, Masakatsu, GBR, 6,30; 2 Sheperd, John, GBR, 6,25; 9. Reddington, Glen, 5,50; 13. Guest, Paul, 5,08;
M50: 1. Olsson, Anders, SWE, 6,03; 2. Wade, Trevor, GBR, 5,95; 13 Davies, Roderick, 4,83;
M55: 1. Calda, Jaroslav CZE Czech Republic 5,91 ; 8. Lapka, Mario 5,00 ; 10. Oakes, Paul 4,80 ;
M60: Paez, Jorge ESP 6,04 (World Record);
M65: 1. Boranga, Lamberto ITA 5,47 (CBP) ; 4 Treacher, Anthony 4,76;
M70: Appel, Adolf GER 4,55;
M75: Popov, Vladimir RUS 4,29;

M80: Eberle, Hans GER 3,80;
M85: Sobrero, Bruno ITA 3,37;
W35 : 1. Menshenina, Natalia RUS 5,49; 8. Wale, Amanda 4,67;
W40: Damme, Annett GER 5,37;
W45 : 1. Kallmeier-Schröder, Kirsten GER 5,52 (CBP) ; 5. Laing, Wendy 5,04;
 8. Clarke, Gaye 4,51;
W50 : 1. Mueller, Christine SUI 4,89 ; 4 Filer, Carole 4,65;
W55: 1. Kortbeek, Janine NED 4,65; 13. Howarth, Grete 3,07;
W60: Meier, Ingrid GER 4,60;
W65 : 1. Graff, Edith BEL 4,27; 2 **Holder, Iris GBR 3,98 (British record) ;**
W70: 1. VITOLA, LEONTTNE Latvia 3,63; 3 **Martin, Anne GBR 3,21;**
W75: Stancheva, Rozka BUL 3,18;
W80 : Sopanen, Senni FIN 2,39 (CBP);

TJ:

M35: 1. Mormin, Maxime FRA 14,96 (CBP) ; 4 Newton, Keith J 13,66;
M40 : 1. Smetana, Jiri CZE 14,35; 4. Ralph, Paul 13,66 ;
M45: 1. **Cameron, Rez GBR 14,11 (British Record & CBP);**
M50 : 1. Werthner, Georg AUT 12,67; 4. Earle, Albert 12,15;
M55: Calda, Jaroslav CZE 12,29;
M60 Kreft, Claus-Werner GER 11,61;
M65: SHCHERBINA, FEDOR RUS 10,39;
M70: Roytman, Vladimir RUS 10,21;
M75: Popov, Vladimir RUS 8,70;
M80: Kovacs, Istvan HUN 6,59 ;
M85: Zensch, Emmerich AUT 7,01;
W35: Szirbuck, Andrea HUN 12,35 ;
W40 : Krepkina, Valentyna UKR 11,40;
W45 : 1. Escribano, Maria rosa ESP 11,11(CBP) ; 6 Clarke, Gaye 8,96 ;
W50: Behrens, Renate GER 10,16;
W55 : 1. Kortbeek, Janine NED 9,97 ; 6 Howarth, Grete 6,12 ;
W60 : 1. Reismann, Gertrude GER 9,11;4 Oakes, Patricia 7,62;
W65 : 1. Graff, Edith BEL 8,85 ; 3 **Holder, Iris GBR 8,05 (British Record) ;**
W70 : **Martin, Anne GBR 6,95 (British record) ;**
W75: Gomberadze, Kaleriya RUS 6,41(CBP) ;
W80 : Sopanen, Senni FIN 5,05 (CBP);

SP

M35: 1. Mič ½ndla, Roland EST 16,85 (CBP) ; 5. Wiseman, Mark 15,28;
M40: 1. Pawelski, Grzegorz 1968 POL Poland 15,48;
M45: Mustapiæ Dragan CRO 15,67;
M50 : 1. KONİ ½ICKY, VLADISLAV CZE 15,86 ; 24. Birkett, John 8,92;
M55: 1. Sarv, Raimo EST 14,71 ; 14. Lalley, Terry 10,67; 20. Saunders-Mullins, Timothy 9,60;
M60: Krone, Reinhard GER 15,61;
M65 : Liedtke, Klaus 1 GER 14,61 (CBP);
M70: 1. Marg, Karl-Heinz GER 14,74 (CBP) ; 18. Caffrey, Ernest IRL 8,02;
M75: Saarinen, Leo FIN 11,91;
M80 : Kivi, Tauno FIN 12,47 (CBP);
M85: Mäkelä Valto FIN 9,72;
M90: Langer, Klaus GER 6,85 (CBP) ;
M95: Riboni, Mario ITA 5,92 (CBP);
W35: Szczepanik, Dorota POL 13,24;
W40: Larne, Karin BEL 12,53;
W45: RÜNNE, EHA EST 14,11 (CBP);
W50: 1. Teuscher, Helma GER 14,94 (World Record); 11. Moore-Fox, Lucy IRL 9,10;
W55: 1. MELNIKOVA, SVETLANA RUS 12,78; 6 Thompson, Vilma 11,10;
W60: 1. Šporer Tošiae, Katarina CRO 11,81; 15. Stanley, Patricia 5,46;
W65: Maier, Marianne AUT 11,95 (CBP);
W70: 1. Rühlow, Anne Chatrine GER 10,58 (CBP); 2 **Williams, Evaun GBR 10,28;**
W75: **Chrimes, C. Rosemary GBR 8,91 (CBP);**
W80: Reinberga, Austra LAT 6,89;
W85: Kutti, Nora EST 5,35;
W90: Gabric, Ljubica Gabre ITA 4,73 ;

DT:

M35: **Wiseman, Mark GBR 53,69 (CBP) ;**
M40: Primc, Igor SLO 51,34;
M45: Mustapiæ Dragan CRO 50,89;
M50: 1. Meijdam, Piet NED 58,28 (CBP) ; 26. Birkett, John 21,97 ;
M55: 1. Pongratz, Lothar GER 51,05; 10. Lalley, Terry 35,76 ; 19. Saunders-Mullins, Timothy 24,40;
M60: 1. Laska, Tadeusz POL 54,98; 21. Leak, Godfrey 34,54.

M65: Mohr, Felix GER 49,14;
M70: Rado, Carmelo ITA 48,54 (CBP);
M75: Brandt, Heinz GER 35,36;
M80: Kivi, Tauno FIN 32,03;
M85: Frech, Philipp GER 22,64;
M90: Nielsen, Ahlmann DEN 16,67 ;
M95: Riboni, Mario ITA 16,23 (CBP);
W35: Mikelyte, Austra LTU 46,74 ;
W40 : 1. Kivistö, Jaana FIN 42,85; 10. Daniel, Helen 30,77;
W45 : RÜNNE, EHA EST 51,80 (CBP);
W50: KÜLV, MARE EST 36,21;
W55 : **Bird, Gwen GBR 38,00 ;**
W60 : 1. Faldager, Inge DEN 32,20 ; 21. Stanley, Patricia 14,74 ;
W65 : Danilova, Tamara RUS Russia 33,34;
W70 : Rühlow, Anne Chatrine GER 30,04 (CBP);
W75 : **Chrimes, C. Rosemary GBR 29,07 (World Record);**
W80 : Wippersteg, Christiane GER 17,68;
W85 : Kutti, Nora EST 14,40 (CBP);
W90 : Gabric, Ljubica Gabre ITA 11,86 (European Record) ;

HT:

M35: Zsolt, Nemeth HUN 68,05;
M40: Kuhn, Frédéric FRA 55,10;
M45: 1. Frey, Stephan GER 52,23; 2. **Payne, Russell GBR 47,93 ;**
M50: 1. Ulrich, Bernhard GER 61,87; 2. **Fenton, Malcolm GBR 59,34;**
M55 : 1. Bajric, Mehmedalija BIH 54,39 ; 10. Lalley, Terry 40,09; 12. Saunders-Mullins, Timothy 32,04;
M60: 1. Busterud, Arild NOR 63,32 (World Record); 13. Leak, Godfrey 31,16 ;
M65: Gojë, Dražen CRO 48,11 ;
M70 : Ėerniauskas, Antanas LTU 46,42;
M75: Lytvynenko, Mykhailo UKR 39,51;
M80: Rittweger, Manfred GER 40,55 (World Record);
M85: Mäkelä, Valto FIN 25,37;
M90 : Nielsen, Ahlmann DEN 21,43 (CBP) ;
W35: Scribe-Konate, Virginie FRA 45,52;
W40: Mik, Gonny NED 53,06 (CBP);
W45: Hodel, Connie SUI 45,54 ;
W50: 1. Ehn, Gabriela AUT 40,45; 8. Russell, Brenda 33,67; 11. Higgins, Patricia 29,97 ; 14. Piercy, Jennifer 25,64;
W55: Bellanger, Annie FRA 47,14 ;
W60: 1. Faldager, Inge DEN 41,31; 10. Stanley, Patricia 17,85;
W65: 1. Mellmann, Gudrun GER 35,78; 12. Miles, Yvonne 19,13;
W70 : **Williams, Evaun GBR 35,51;**
W75: Neubert, Marianne GER 23,60 (CBP) ;
W80: Bakhoff, Hilja EST 18,58;
W85: Kutti, Nora EST 11,42;

JT:

M35: Teršek, Robert SLO 66,31(CBP) ;
M40: Kausel, Ralf GER 59,06;
M45: Jacquelin, Jacques FRA 58,18;
M50: Havras, Serhiy UKR 58,82;
M55: 1. Kühndel, Walter GER 56,30 (CBP); 13. Saunders-Mullins, Timothy 24,65;
M60: Vogt, Wolfgang GER 48,99;
M65 : Honkanen, Kalevi FIN 45,72 ;
M70: 1. Hoffmann, Dietrich GER 48,82(CBP) ; 6. Adcock, Victor 38,47;
M75: Hoffmann, Manfred GER 42,14;
M80: Mäkelä, Yrjö FIN 30,35;
M85: Lasch, Werner GER 21,14;
M90: Langer, Klaus GER 23,00;
W35 : Scheffler, Sabine GER 39,26;
W40 : Scholz, Karen GER 44,99;
W45: 1. Anton, Angelika GER 43,69 (CBP) ; 5. Garratt, Caroline 37,67 ;
W50 : Reinhold, Astrid 1GER 34,48 ;
W55 : 1. Mesa, Emilia 1ESP 33,61 ; 7. Thompson, Vilma 24,83;
W60 : KLIMEŠOVA, JARMILA CZE 37,04;
W65 : Kertészné Szentesi, Éva HUN 28,68;
W70 : **Williams, Evaun GBR 32,29 (World Record);**
W75 : Hanssens, Rachel BEL 23,17 ;
W80 : Wippersteg, Christiane GER 17,16;
W85 : Kutti, Nora EST 13,62 (CBP);
W90 : Gabric, Ljubica Gabre ITA 7,97 (European Record) .

MASTERS ATHLETICS AUTUMN 2008

WEIGHT-

M35: 1. Kontos, Antonios GER 17,10; 5. Wiseman, Mark 15,65 (**British Record**);

M40: 1. Havukainen, Pauli FIN 12,70; 5. Glendower, David 8,67;

M45: 1. Frey, Stephan GER 15,43; 5. Payne, Russell 13,40;

M50: 1. Manganas, Vasilos GRE 20,90; 2. Fenton, Malcolm GBR 20,21 (**British**

Record);

M55: 1. Piaczkowski, Andrzej POL 18,38; 6. Lalley, Terry GBR 16,03;

11. Saunders-Mullins, Timothy 10,61;

M60: 1. Busterud, Arild NOR 24,20 (**World record**); 7. Leak, Godfrey 14,88;

M65: Liedtke, Klaus GER 19,54;

M70: Belhazy Janos HUN 17,95;

M75: Rzehak, Richard GER 16,38;

M80: Rittweger Manfred GER 15,70;

M85: Mäkelä, Valto FIN 12,94;

M90: Nielsen, Ahlmann DEN 8,60;

W35: Scribe-Konate, Virginie FRA 14,48;

W40: Mik, Gonny NED 16,57 (**European Record**);

W45: Duss, Maegy SUI 14,71;

W50: 1. Neumann, Jutta GER 13,77; 10. Russell, Brenda 9,97; 11. Piercy, Jennifer 9,91; 12. Higgins, Patricia 8,89;

W55: Tomanek, Margarethe BEL 14,09; **W60:** 1. Faldager, Inge DEN 17,84

(**World Record**); 9. Stanley, Patricia 7,01; **W65:** Mellmann, Gudrun GER

14,21; **W70:** Thevessen, Gisela GER 10,41; **W75:** Neubert, Marianne GER

9,24; **W80:** Lehtovuori, Anna-Liisa FIN 6,40; **W85:** Kutti, Nora EST 5,53

(**CBP**);

WEIGHT PENTATHLON:

M35: 1. Wiseman, Mark GBR 3.633 pts (**CBP**) (45,28 - 14,90 - 50,52 - 46,86 - 15,68); 9. Rasmussen, Ricky 2.238 pts. (34,84 - 9,59 - 25,01 - 39,02 - 11,11);

M40: 1. Whyte, Stephen GBR 3.990 pts (56,19 - 14,83 - 46,00 - 43,08 - 17,55); 10. McKenzie, Edward 2.256 pts. (26,28 - 10,26 - 30,01 - 37,97 - 9,36

M45: 1. Jensen, Tom Denmark 3.814; 9. Perryman, Guy 3.067 (37,66 - 12,48 - 32,82 - 34,40 - 12,70); **M50:** 1. Manganas, Vasilos Greece 3.855 pts;

M55: 1. Piaczkowski, Andrzej Poland 4.027 pts; 15. Saunders-Mullins, Timot 2.451 pts. (27,76 - 9,67 - 20,82 - 32,43 - 9,38); **M60:** Busterud, Arild Norway 5.237 pts.(**World Record**); **M65:**

Liedtke, Klaus Germany 5.182 pts (**CBP**); **M70:** Hansen, Johann Germany 4.824 pts (**CBP**); **M75:** Rzehak, Richard Germany 4.559 pts; **M80:** Mäkelä, Yrjö Finland 3.902 pts.; **M85:** Frech, Philipp Germany 3.832 pts; **M90:** Nielsen,

Ahlmann DEN 4.546 pts (**CBP**); **W35:** Reinders, Hanneke Netherlands 3.376 pts; **W40:** Mik, Gonny Netherlands 4.362 pts (**European Record**); **W45:** 1. van Dijk, Ingrid Netherlands 4.583 pts (**CBP**); 6. Wilson, Julie 3.307 pts (29,08 - 9,08 - 27,99 - 25,96 - 9,61); **W50:** 1. Jensen, Anne Kirstine Denmark 3.887 pts; 10.

Piercy, Jennifer 2.531 pts (30,54 - 7,63 - 16,77 - 19,01 - 9,21); 11. Higgins, Patricia 2.463 pts. (29,69 - 7,41 - 15,69 - 20,17 - 8,81); **W55:** 1. Tomanek, Margarethe Belgium 4.450 pts; **3. Thompson, Vilma Great Britain & N.I. 3.739**

pts (31,13 - 10,58 - 25,64 - 25,46 - 10,85); **W60:** 1. Faldager, Inge Denmark 4.833 pts; 16. Stanley, Patricia Great Britain & N.I. 2.006 pts. (17,49 - 5,81 - 13,12 - 10,06 - 8,37); **W65:** 1. Erikson, Helvi Estonia 4.597 pts.; **W70:** 1

Williams, Evaun Great Britain & N.I. 6.189 pts (World Record) (37,40 (World Record) - 9,79 - 27,17 - 31,47 - 13,80); **W75:** Hanssens, Rachel Belgium 4.578 pts (**CBP**); **W80:** Bakhoff, Hilja Estonia 4.208 pts; **W85:** Kutti, Nora Estonia 4.232 pts (**European Record**);

PENTATHLON:

M35: Heimstüz, Dieter Germany 3.338 pts (**CBP**); **M40:** Arvanitis, Nikolaos Greece 3.206 pts.; **M45:** 1. Leskeli, Mauno Finland 3.687 pts; 14. Anderson-Easey, Alan 2.395 pts. (4,98(+0,0) - 22,59 - 26,47(+1,9) - 19,32 - 5:33,56); 15. Martin, Wayne 2.282 pts. (4,50(+0,0) - 30,79 - 28,68(+0,9) - 27,50 - 6:01,18);

M50: 1. Werthner, Georg Austria 3.806 pts.; 2. Slaughter, Brian Great Britain & N.I. 3.649 pts. (5,45(+0,2) - 41,88 - 26,02(-1,8) - 35,79 - 5:03,75); 6. Matthews, Brian 2.978 pts. (4,76(+0,4) - 30,86 - 26,04(+0,1) - 25,66 - 5:15,72);

M55: 1. Threels, Wim Netherlands 3.991 pts.; 5. 5Nelson, Stephen 2.818 pts. (4,28(+0,5) - 24,47 - 27,4(-0,9) - 24,24 - 5:30,12); **M60:** Hallgrimsson, Stefan Iceland 3.763 pts; **M65:** LUSHCHIKOV, VLADIMIR Russia 3.589 pts.; **M70:**

Skramstad, Knut Henrik Norway 3.833 pts; **M75:** Kaleve, Helmut Germany 2.882 pts; **M80:** Metelkin, Nikolay Russia 2.801 pts; **M85:** Albrecht, Horst Germany 3.008 pts; **W35:** Bißsch, Christina Germany 2.616 pts; **W40:**

Finegan, Geraldine Ireland 3.894 pts; **W45:** Schulz, Romana Germany 3.981 pts; **W50:** Seifert, Gisela Germany 3.758 pts.; **W55:** Schmitt, Karin Germany 3.890 pts.; **W60:** 1. Kokkonen, Terhi Finland 4.526 pts; 4. Oakes, Patricia 2.450

pts (18,58(-0,3) - 1,07 - 7,44 - 3,16(-0,1) - 4:33,93); **W65:** Maier, Marianne Austria 5.403 pts (**European Record**); **W70:** Aleksyeyeva, Lyusya UKA 2.584

pts; **W75:** Mjelde, Gerd Norway 2.506 pts

DECATHLON

M35: 1 Günther, Marcus GER 4.966 pts;

M40: 1 Arvanitis, Nikolaos GRE 6.596 pts; 10. McKenzie, Edward 4.400 pts;

19. Glasgow, Derek 3.468 pts; **M45:** 1. Kiem, Walter AUT 6.753 pts; 16.

Anderson-Easey, Alan 4.825 pts; **M50:** 1. Werthner, Georg AUT 7.532 pts; 3. Slaughter, Brian GBR 6.921 pts. (12,92(+0,0) - 5,42(+0,9) - 11,20 - 1,44 - 57,73 - 16,60(+0,0) - 37,96 - 3,10 - 40,52 - 5:03,94); 4. Mayor, John 6.914 pts (12,58(+0,0) - 6,02(+1,1) - 10,12 - 1,65 - 57,47 - 15,23(-0,6) - 32,39 - 2,50 - 30,82 - 5:18,49); 8. Ashford, Raymond 5.935 pts; 17. Moncrieff, Kenneth 4.904 pts; 22. McAvoy, Raymond 3.625 pts; **M55:** 1. Kergand, Aavo EST 6.421 pts; 4. Oakes, Paul 5.570 pts. (13,30(+0,0) - 5,10(+1,0) - 9,77 - 1,48 - 69,40, 21,00(-0,1) - 31,61 - 2,90 - 37,76 - DNF); **M60:** Geese, Rolf Dr. GER 8.209 pts; **M65:** Dahms, Reinhard GER 6.834 pts; **M70:** Skramstad, Knut Henrik NOR 7.500 pts; **M75:** TOŠNAR, PAVEL CZE 8.116 pts (**World Record**); **M80:** Metelkin, Nikolay RUS 5.390 pts;

HEPTATHLON

W35: 1. Paulsen, Ute GER 4.159 pts; 2. Wale, Amanda GBR 4.022 pts (16,56(+0,0) - 1,38 - 8,64 - 27,98(+0,0) - 4,97 - 26,49 - 2:31,63);

W40: 1. Finegan, Geraldine IRL 5.082 pts (12,48 - 1,43 - 10,47 - 28,24 - 4,82 - 30,98 - 2:30,62); **W45:** 1. Laing, Wendy GBR 6.006 pts (12,30(+0,0) - 1,61 - 9,99 - 28,01(+0,0) - 4,90 - 30,40 - 2:37,88); 4. Barker, Hazel 4.336 pts. (13,44(+0,0) - 1,34 - 9,33 - 30,76(+0,0) - 4,16 - 21,68 - 3:15,18); 6. Hardcastle, Janice 3.695 pts (15,95(+0,0) - 1,31 - 6,56 - 30,27(+0,0) - 4,22 - 12,84 - 3:02,16); **W50:** 1. Schwarz, Sigrid GER 3.992 pts; 3. Argent, Fiona GBR

3.726 pts (15,99(+0,0) - 1,20 - 6,74 - 31,48(+0,0) - 3,38(+0,0) - 15,05 - 2:58,14); **W55:** Hiltscher, Ulrike GER 5.374 pts; **W60:** 1. Daehler-Stettler, Marga SUI 5.924 pts; 5. Oakes, Patricia 3.443 pts (18,17(+0,0) - 1,10 - 7,25 - 39,31(+0,0) - 3,05(+0,4) - 17,70 - 4:42,66); **W65:** Schaden, Renate AUT 4.936

pts; **W70:** Aleksyeyeva, Lyusya UKR 3.610 pts;

5000W:

M35: Borsch, Steffen GER 22:41,22 (**CBP**); **M40:** BREIDE, MADARS LAT 24:39,39; **M45:** Major, Ferenc HUN 24:21,87; **M50:** 1 KISELEV, MIKHAIL RUS 24:17,82; 7. Wall, Mark 27:03,13; **M55:** 1 Melo, Ignacio ESP 25:05,10 ;

6. Dunn, Rod 27:37,61; 11. Kates, David 28:54,52; **M60:** 1 Ponzio, Roby SUI 26:25,86; 10. McMullin, John IRL 31:33,02; **M65:** 1 Schumm, Peter GER 28:06,96; 5. Shillabeer, Edmund 29:27,24; **M70:** 1 Thomson, Arthur GBR 27:47,30; 8. Stevens, David 32:03,87;

M75: 1 Rutyna, Mieczyslaw POL 33:18,15; 5. Horwill, Eric 35:31,17; 8. May, John 38:02,38; **M80:** Jaquest, Harvey GBR 43:06,01; **M85:** 1 Albrecht, Horst GER 40:43,55; 3. Fitzgerald, Jack GBR 43:05,75; **W35:** Koneva, Marina RUS 25:27,60; **W40:** 1. Gavalaki, Kalliopi GRE 26:27,60; **W45:** 1. Garcia, Carmen ESP 27:49,59; 3. Middleton, Helen GBR 29:53,31; 6. Bishop, Fiona Jane 32:13,46; 8. Gormney, Anne IRL 33:34,37; **W50:** 1 Kryvokhyzha, Tetyana UKR 27:06,47; 10. Lozano Rey, Susan 33:49,30;

W55: Maria Alice, Silva Fernandes POR 26:58,56 (**CBP**); **W60:** Maeder, Heidi SUI 28:22,75; **W65:** 1 De wolf, Frieda BEL 33:46,64; 2. Langford, Jill GBR 34:41,81; **W70:** 1 Aleksyeyeva, Lyusya UKR 33:26,21; 8. Champion, Sheila IRL 44:20,17; **W75:** Frei, Lydia SUI 45:30,88; **W80:** Dahinden, Marianne SUI 40:24,88;

10K ROAD WALK:

W35: 1. Koneva, Marina Russia 52:54; **W40:** Megli, Milena Italy 55:11; **W45:** 1. Garcia, Carmen Spain 57:39; 3. Middleton, Helen Great Britain & N.I. 1:01:22; 7. Gormney, Anne Ireland 1:08:01; **W50:** 1. Kryvokhyzha, Tetyana Ukraine 55:12; 13. Lozano Rey, Susan Great Britain & N.I. 1:08:30; **W35-W44**

TEAM: Italy 2:59:13; **W45-W50 TEAM:** Italy 3:01:55; **W55:** Maria Alice, Silva Fern Portugal 57:56; **W60:** Maeder, Heidi Switzerland 58:32; **W65:** Herrendoerfer, Ursula Germany 1:08:57; **W70:** Aleksyeyeva, Lyusya Ukraine 1:09:01; **W80:** Pagu, Elena Romania 1:27:56; **W55-W60 TEAM:** Spain 3:18:52; **W65+:** Germany 3:31:49;

20K ROAD WALK:

M35: Svensson, Christer Sweden 1:41:10; **M40:** Defendenti, Roberto Italy 1:34:39; **M45:** Major, Ferenc Hungary 1:45:07; **M50:** 1. Prieler, Helmut Germany 1:45:22; 8. Wall, Mark 1:56:11; **M35-44 TEAM:** ITA 5:14.13; **M45-54 TEAM:** 1 GER 5:31.26; **M55:** 1. Melo, Ignacio Spain 1:50:17; 5. Kates, David 2:03:04; 9. Dunn, 2:07:21; **M60:** 1. NIIDUSAAR, KALJU Estonia 1:55:41; 7. Bent, Christopher 2:12:58; 8. McMullin, John Ireland 2:13:09; **M55-64 Team:**

1. Germany 6:05:44; 2. Italy 6:21:04; **3. Great Britain & N.I. 6:23:23 (Kates, Dunn, Bent);** **M65:** 1. PALMAR, ANTS Estonia 1:56:59; 4. Shillabeer, Edmund 2:01:51; 15. Jones, Glyn 2:14:53; **M70:** 1. Thomson, Arthur Great Britain & N.I. 1:56:27 (**CBP**); **M75:** 1. Tonnini, Alfredo Italy 2:21:12; **3. Payn, John Great Britain & N.I. 2:23:57;** 5. Horwill, Eric 2:31:03; **M80:** 1 Schouckens, Robert Belgium 2:28:07; 3. Jaquest, Harvey Great Britain & N.I. 3:10:18; **M85:** 1. Tadei, Lino Italy 2:58:39;

M65-M74 TEAM: 1. Great Britain & N.I. 6:13:11 (Thomson, Shillabeer, Jones); **M75+ TEAM:** 1. Great Britain & N.I. 7:40:16 (Payn, Horwill, May);

These results have taken many hours to download from the Championship Website. Should details be missing please advise. Not by phone please!

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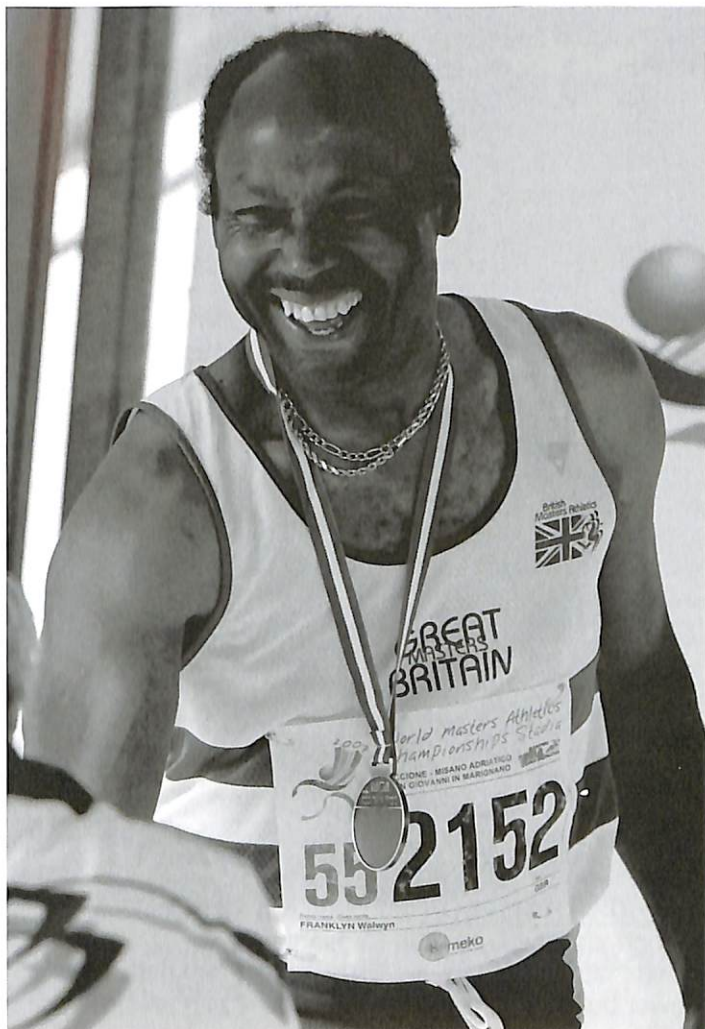
MASTERS ATHLETICS AUTUMN 2008

DATE 2008	EVENT	VENUE	DETAILS
4 th October	BMAF XC RELAYS	Mansfield	Entries on website or from Race Director, 28 VALE CLOSE, MANSFIELD, NOTTS, NG18 4HR
5 th October	SVHC Half Marathon	Playdrome, Clydebank	1200h
12 th October	NVAC 10 mile Championships	St. Annes	
19 th October	SVHC 10000m Track Championship	Coatbridge	With AGM
15 th November	MMTG (LSW) Hammer Pentathlon		See- www.mmtg.org.uk
1/2 nd November	BMAF Executive & Delegates Meeting	Birmingham	
2 nd November	NVAC Monthly run	Leigh	Plus AGM
15 th November	MMTG Hammer Pentathlon		www.mmtg.org.uk
15 th November	BRITISH & IRISH INTERNATIONAL XC	Singleton Park, Swansea	
6 th December	MMTG Christmas Weight Pentathlon		
7 th December	NVAC XMAS Handicap	Irlam	
	MMAC Christmas Handicap	TBC	
14 th December	SVHC Xmas 5 mile Handicap	Cartha Rugby Club, Glasgow	1330h
2009			
18 th January	SVHC Road Relay	Strathclyde Park, Motherwell	1100h
	MMAC XC Championships	Perry Barr, Birmingham	See MMAC newsletter
31 st Jan/ 1 st Feb	BMAF Indoor Heptathlon	Kelvin Hall, Glasgow	TBC
8 th February	SCVAC Indoor Champs	Lee Valley	
21 st February	MMTG(LSW) Strongest Man & Women Championships		www.mmtg.org.uk
22 nd February	BMAF Indoor Pentathlon	Lee Valley	With VAC & EVAC Championships
7/8 th March	BMAF Indoor Championships	Lee Valley	Advert in Winter Edition Masters Athletics
21 st March	BMAF XC Championships	Ruthin School	Advert in Xmas Masters Athletics
25-29 th March	EVAA Indoor Championships	Ancona ITA	
18 th April	British 56lb Weight Championship		www.mmtg.org.uk
16 th May	MMTG Weight Pentathlon		www.mmtg.org.uk
	BMAF ROAD RELAYS	Sutton Park	Advert in Xmas Masters Athletics
17 th May	BMAF 10 Mile	WIMBOURNE	
29-31 st May	EVAA Non Stadia	Aarhus DEN	
20 th June	John Howell Memorial Meeting Thowers Decathlon		www.mmtg.org.uk
4/5 th July	BMAF Track & Field	Birmingham	PROVISION DATE ONLY DO NOT BOOK FLIGHTS OR HOTELS !
28 th July- 8 th August	WMA T&F Championships	Lahti FIN	
1 st August	MMTG Heavy Weight Pentathlon		www.mmtg.org.uk
12 th September	MMTG Hammer Decathlon		www.mmtg.org.uk
29 th September	MMTG Throws Fest		www.mmtg.org.uk
14 th November	MMTG Hammer Pentathlon		www.mmtg.org.uk
5 th December	MMTG Christmas Weight Pentathlon		www.mmtg.org.uk
2010			
8 th -18 th July	EVAA Stadium Championships	Nyiregyhaza, Hun	
2011			
7 th -17 th July	WMA Championships	Sacramento, USA	

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

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

Meet our members with Alastair Aitken



▲ WALLY FRANKLYN 100/400 M55

"This year I have done less than last year. It seems to be working. Less competitions"

'I have done 30 years of running all told. Since I was 26.' He was into martial arts at the start then did a local Superstars event. 'When I went to try my new spikes out I met some people from an athletic club and they said 'You look half descent. Would you run for us? In the next week at Bracknell I did 12.3 on the old cinders. My best after that was 10.85 at 30-32 so that was fine. I just carried on after that. I have been a Master 15 years and beat Steve Peters in my early Masters days so I was happy with that'

Wally concludes 'I enjoy the racing and competing but not the training!'

RACE WALKING WINNER DIANE BRADLEY

'I am was an long time runner in the ladies leagues but I got injured 21/2 years ago and the Achilles was so bad I had to stop for six months. Pete Selby, the Tonbridge coach, said 'Come and have bit of a walk'. For some

reason I could do it. Since then I have been really pleased with what I have achieved.

She admitted she can improve a lot as she feels she is fairly inexperienced and finds it useful to compete with the younger women rather than race on her own.'

MARK WILLIAMS DOUBLE WINNER 3/5K WALK

He is 43 British 5k record holder. "I was quite pleased with my results at Alexander Stadium but I did pick up an injury at Leamington in June. There was a sharp turn when I was 8k's into the race and I felt my leg go. There were two turns and it locked my leg. He had a bad arm injury in 2002 He also had a break in his toe but came back well last year.

PAUL OAKES

Pat Oakes talked to me about her husband, the remarkable an M55 competitor who is a man of many parts. He was in the in the pole vault, Long Jump and Javelin competitions all at the same time.

Interestingly enough he changed into his old spikes, new long jump shoes and javelin boots all within those competitions. He was a winner in the long jump and javelin.



▲ WILL MacGee the M40 200 winner.

He started running with Luton at 21. He won Bedfordshire County titles and his best time for 100 is 10.92 but he points out that his coach Madeline Cobb ran 10.7 at the age of 37. How about his attitude to racing 'Gives you something to

focus on and have some fun but of course it's not fun when you lose'

DAVE OXLAND winner of the M55 5k

'Last year the 1500 and the 5000 were the same day. I tried to front run but the race was in my legs but this year, I had 30 hours rest between the events. (Kevin Archer won the 1500).

'I got a lead in the first lap of the 5000. You can make a gap on the next runners. It can stay like that for the whole race and then put in a little kick' He has only been club running since he was 52 and remarks 'It must be easier than for the runner who has been doing it for 40 years so you don't have quite the catalogue of injuries in that case'

BILL FOSTER M50 5k winner in 15.59.

"I have had a couple of years with problems and a torn Achilles but running well again now. The tear I did have was a bad tear but I got reasonably fit again last year. I am really enjoying it again".

MARY WIXEY (W85)

How are things going?

'Alright, what more can I expect now. Little did I expect I would still be competing?'

'I met someone competing who I taught 40 years ago and competed in the English Schools at Solihull.'

She added 'I am a young vet because I only started at 62'

HOWARD MOSCROP who achieved a World M50 record of 56.56 in the 400 hurdles at the BMAF Championships. How did he rate that compared to his spectacular win in 1999 in the World Masters M40 Championships at Gateshead when he ran 53.20 beating the American Grimes, Coker and Tony Mitchell?

"In terms of running perhaps, in terms of a race no, Gateshead was very special. This race at Alexander Stadium was a very satisfying race in a gale.'

What is the biggest thing that keeps him going?

'I enjoy it, keeps me sane. Too many don't get out in life. I make sure I get out for an hour a day or whatever it might be. A lot of good friends in it. I enjoy coaching in it. I enjoy meeting people. The people you meet are very good friends. We are very competitive. We help each other and we enjoy it."

MIKE FIELD the M70 winner of the 100 beating that great character Tony Bowman who did have some trouble with an abductor muscle.

Mike said ' He was injured. I did beat him out in Claremont just. Alan Carter unfortunately injured himself and could not run and he has been coaching me. He has taught me how to start properly. I have never been able to start properly before.'

Mike Field has been unlucky in not winning a BMAF 100 before over the many years he has competed.

'I have not won a sprint National before but have won 400's indoors and outdoors in 2003. I usually pick up the silver or bronze. Alan and Tony are about the same as me. Alan can't run at all because he is badly injured. It was on

the very last sprint that we did the day before yesterday. Tony is injured but able to run.'

MAUREEN LEWINGTON who is 61 now. She powered her way to an easy 100m victory "I had been out since 2004 injured and only came back this year. I was told I would never run again! That was something she did not accept and after all sorts of treatment and rehab she began again and the British was her third race of the season.

'I ran 14.7 in the Midlands and thought I would get a good time at Alexander Stadium but with a 1.8 minus wind no chance.'

Which was her favourite event. 'Definitely the 200. It is always my favourite event.'

She added 'I am glad to be running and not injured.'

What were her best memories?

'As a Master achieving 4 golds and a silver

The 1, 2, 4-4x400 and 4x100 .That was my best year.'

As A non-vet breaking the British record with 10.6 (100 yards) in the Birchfield Floodlight meeting and a part share in the 4x110 and 4x220 yards relay records were good as well.' *She was 1966 220 yards WAAA Champion in 24.8.*

GORDON HUNTER Scottish Vets. In the M60 he was 2nd in the 400 but was caught by that great Masters competitor Derek Wardle. Hunter ran a more conservative 800 and won that well. He used to be a professional sprinter in his young days in Scotland "I was never timed off scratch for 800. They were always handicap races. I used to run against Alan Simpson (*silver 66 Commonwealth mile and 4th Tokyo 1500 Olympic Final*) when he came up and ran professionally

ARTHUR THOMPSON who won two M70 gold's in Europe after two gold's in Birmingham.

"I was tapering off for the Europeans. I am older and slower but things have been going OK with no serious injuries.

I did a 20k record at Earls Court, Harlow when actually snow fell in the race."

MIKE HAZELWOOD " In Riccione I did a British M60 record of 47.85 for the javelin and at Milton Keynes I broke the British Weight Pentathlon record with 4551 points. I am 62 now and competed in the Army when I was in the Cheshire Regiment and I then became a teacher"

DAVID ELDERFIELD 100/200/400 winner over 50, as he was in the European

"I have had 5 World titles in a row over 400 indoors and outdoors. I have been doing a bit more speed work and my 400's are suffering a bit. Just for a change I have been doing the shorter distances as the training for 400's gets tedious, such hard work all the time. Doing a bit more speed work is a bit more fun really. I do Southern Leagues now it is just one or two races. 11.3 Last week but the wind here was huge. It is going reasonably well but it hurts. I am 53 in November. If you put the work in you get the results but it's the Achilles that is the trouble.

My son Jonathan did 48.08 in the Hants County Championships. He has lost it since then. He just can't break 49 but he did get a very bad cold and a couple of niggles that has stopped his improvement I think."

My Father Edwin Joseph was a good competitor in the army and was coach to my brother Rafer Joseph, who was an international decathlete and my Father is well known as a coach."



Martin Duff caught up with prolific age group road best performance setter Lou Gilchrist to find out how she has done so well over the past five years. (From an Article published by Athletics Weekly).

Athletics Weekly has chronicled many Masters over the years and most of those who have set records are not particularly long-term runners but have come into running relatively late in life and so it is with Lou Gilchrist.



Now 75, the Valley Strider is setting age group records at many different distances and bettering the marks of Jose Waller and Eileen Quinton who, themselves set new standards in the older age groups.

After setting five different new W70 age group bests ranging from a 22:36 5km to a 1:43:41 half-marathon, Gilchrist has now matched that sequence since turning 75 in March with five W75 age group marks. Her latest was a new 10 miles best in the Sale 10 on August 3rd in 82:05.

Her record in these age groups is given in the table below and makes sobering reading for far too many younger runners who struggle to better her times.

Distance	W70 British Best	W75 British Best
5km	22:36 Littleborough 25/09/03	25:05 Salford 19/04/08

▲ KIRSTY KING (Southern Counties Vets) King won the 100/200 W45 in the BMAF Champs2008.

"Back in the 1980's I used to run in Southern League matches. I came into the sport at 28. The first time I really raced at high level was when I made the final in the AAA's 60m at Cosford. It was last time the indoor championships were held there in about 1991. Bev Kinch was still running and all the top ladies. I was already quite old then. I had a break with my kids, a boy and a girl, now 10 and 13. I came back into athletics at 42.

I did a Battersea meeting and one of the officials came up to me and said there was a European Masters Championship coming up and that I should go, as I would do quite well. I did and I have never looked back since I made the finals of the 100/200 but had not had any real preparation. That made me realise I could possibly do well and I started doing the training and, I have gone on since then. It's great and I love it. You meet such lovely people at the Masters. I am 46 now and last year was my best year when I moved up and won two gold medals in the World Masters Championships in Riccione (100/200 12.87/26.22).

I have known Kermitt Bentham, Rez Cameron and Trevor Wade from when I was competing before, all who still feature now.

5M	37:00 Manchester 01/06/03	=40:18 Manchester 26/05/08
10km	45:50 Manchester 05/09/04	50:34 Bolton 13/04/08
10M	77:57 Sale 01/08/04	82:05 Sale 03/08/08
Half-Marathon	1:43:41 Manchester 23/07/03	1:51:39 Wilmslow 30/03/08

We asked Gilchrist to tell Athletics Weekly readers her own story:

"I was a comparatively so-called 'late starter' at the running game! During 1988 I had varicose veins injections and was told to walk three miles per day for about six weeks during the time that my legs would be in bandages.

"Every evening, when I got home from work, I just used to do my three mile stint as quickly as I could so that I could get on with my household chores. After about four weeks and, as I was feeling quite fit when I went for a paper one Sunday morning, I thought to myself 'I wonder how far I could run without stopping' and promptly set off, completing a mile without any trouble and so it all started from there.

"A couple of months later a friend told me about a 'fun run' that was held each May in Rochdale and I decided to have a go. By then I was running about two miles, so it was obvious I was going to have some help, as the so called fun run was 7+ miles.

Soon afterwards, a colleague at work told me about a night class for runners at one of the local schools. It was run by Glynda Cook, who was quite a well-known runner in Rochdale and also Head of PE at one of the local High Schools. She encouraged me and told me I was good enough to win my category in races.

"I tried a couple of races with Glynda's encouragement and managed my first 10km in 47 minutes. Shortly after this, as the night classes were term-time only, some of the other runners said they were going to join Middleton Harriers and I went with them. In 1991 I managed my first 10 miles race and then my first Half-Marathon, at Wilmslow, in 1992. This latter race I have run almost every year since.

"In 1993 I applied for London, unsuccessfully but the following year I got a place and got round, albeit with difficulty due to a foot injury, in 3:52. Two days later I decided I'd try again the next year as I felt I could have done better. In 1995 I did indeed achieve this goal in 3:37:10. In both of these years I won the 60-69 category and received gold medals.

"I went to Boston for their 100th race in 1996 but didn't complete the race due to the recurring foot problem and was at London the following year – 1997, but due I believe to lack of training, only got around with difficulty, in just over 4 hours. I then decided 'no more marathons'.

"1999 saw me at the World Veteran Championships in Gateshead. I had been encouraged to enter by Max Jones whom I had met when I was attempting to run Boston. Max has been a great source of encouragement and help to me over the years and for that I can't thank him enough. At Gateshead I won W65 gold in the 10km cross-country.

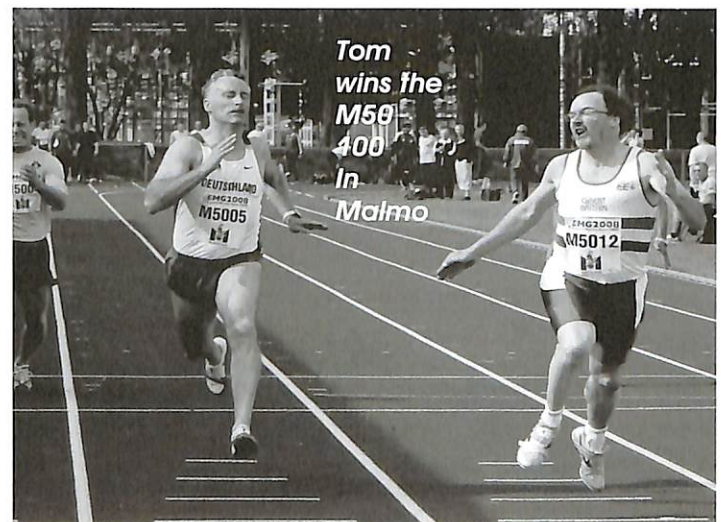
"I'd never run any track races in my life, so there was no way I'd run 25 laps for the 10,000m which Max said I would win but, in the 5000m, it was just like a road race

because I found myself in the lead after two laps and just lost out to Myfanwy Loudon in a sprint finish but I also ran in the 1500m, which Max thought I was mad to enter and won the bronze in a time that was only just over a second outside the British record.

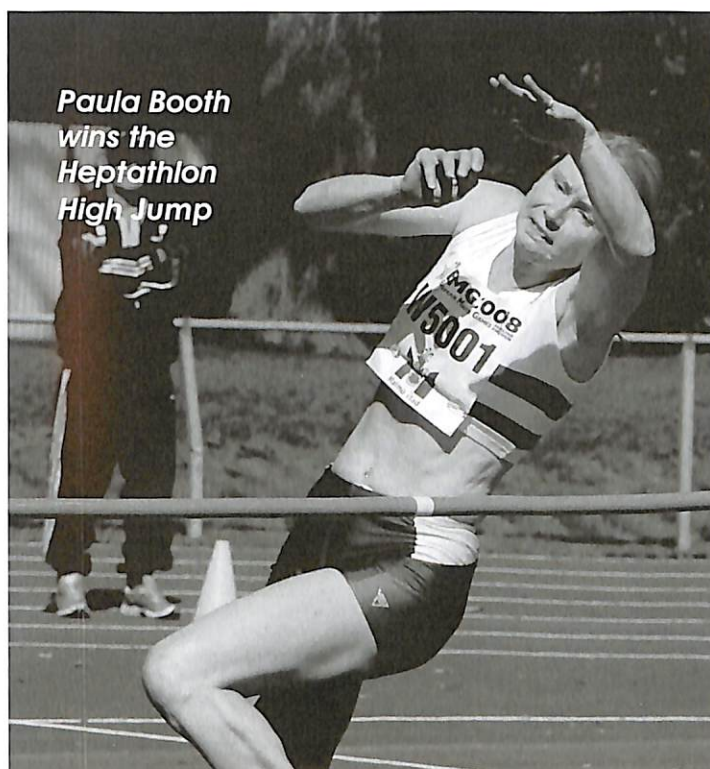
"Amazingly, thank God, I have managed to keep going in spite of quite a few set-backs over the last four years, now and again unexpectedly running a record in the W70 category and now in the W75 group. I try to run around 15-20 miles per week, with three training sessions and a race: the race being my speed work!!

With her husband Brian, Gilchrist spends 6-8 weeks sometime between September and March each year in Tenerife soaking up the winter sunshine. Maybe this is one reason for her success, along with her cat Tilly, who she says has helped her with chronicling of her running life!

European Masters Games, Malmo 30/8/08 to 6/9/08 Words & Pictures Tom Phillips



About 30 British athletes were in Malmo for the first European Masters Games. Like the World Masters Games, this is a multi-sports event, and track and field was by no means "centre stage", given the insatiable European appetite for games like handball. Nevertheless, despite small numbers in some events on the track, the Games were impeccably well organised, and there were some good results, including several which exceeded performances in the same disciplines in Slovenia or Riccione.



**Paula Booth
wins the
Heptathlon
High Jump**

http://www-static.sportingpulse.com/pics/64/97/6497914_firstfileFILE.doc

Tom Phillips has an extensive photo gallery from the Games at:
http://www.tomphillipsphotos.co.uk/index_files/Page543.htm

Masters Mountain Championships, Dolní Morava, Czech Republic 2008

06.09.2008

Suzanne Taylor (W40) and Paula Booth (W50) took heptathlon gold. Paddock Wood AC's Suzanne had originally entered the judo at EMG, and did the heptathlon as an afterthought! Troy Kennedy (M35) took decathlon silver with 4,966 points, coincidentally the same score as the winner achieved in EVACS 2008. This proved a good warm up for going over 5,000 points in the BMAF decathlon a few weeks later.

John Garber (M65) took 800m and 1500m silvers, while Andy Gannaway in M45 went one better with silver and then 1500m gold. Dartford's Dave Kemp claimed two sprint silvers and then surprised himself with a good win over 400m, on a windy afternoon. When he wasn't behind the camera, Tom Phillips was digging for gold, taking first place in both of the M50 sprints, before rushing back overnight for the SCVAC League Final at home.

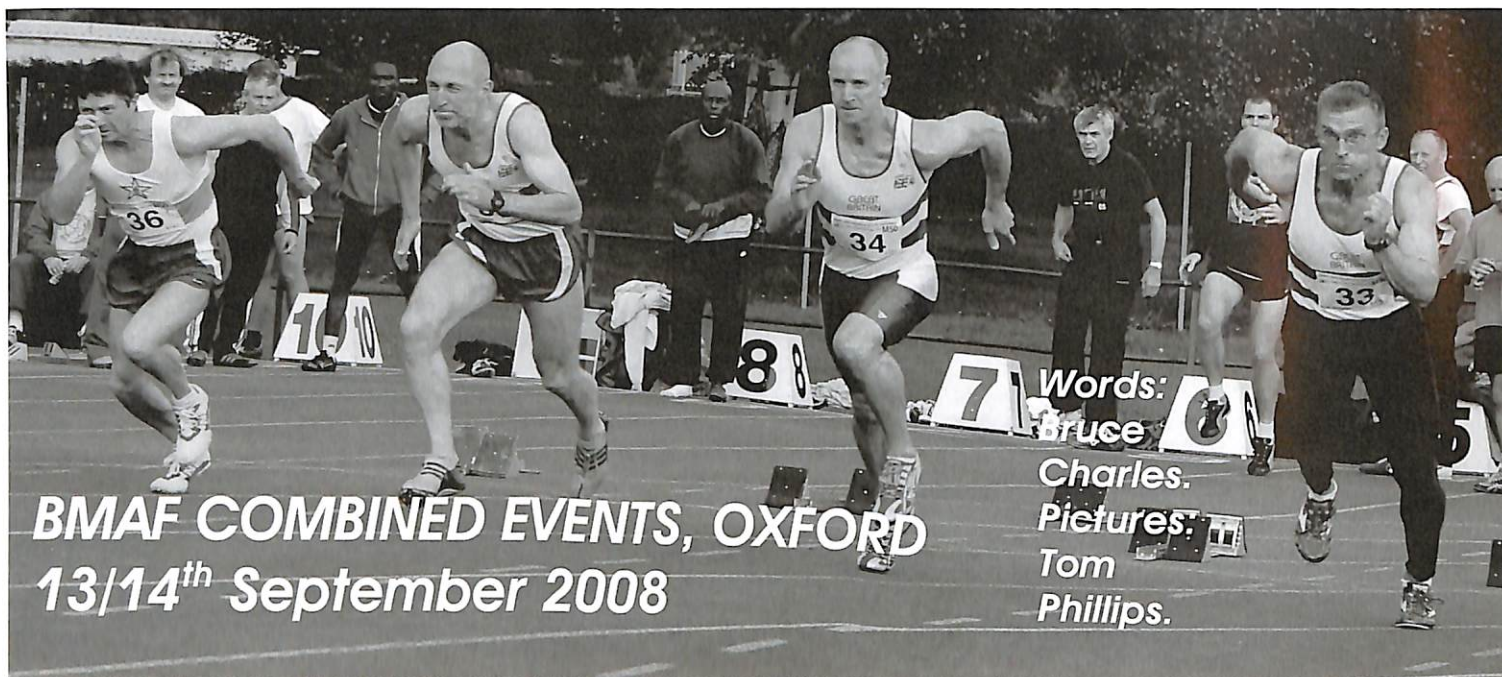
Ian Johnston won M40 10,000m in fine style, in 33.10.39, though this was some way down on the Russian Oleg Strizhakov's exceptional time of 31.45.90 in the M45 event. Mark Collins' 11.30 to win the M35 100m was impressive. Other winners included Mark Roach in M40 high jump (1.65) and Mike Hazelewood (M60 javelin – 46.76),

This was a popular meet for throwers, with most of the Baltic States supporting it heavily. Matthew Allison stopped by to win M35 javelin gold, with 57.21.

Other GB throwers acquitted themselves well; with Andy Turner winning M45 shot silver (13.01) and discus bronze (38.93), Jaroslav Hanus winning M75 shot bronze (8.74). Claire Cameron threw well, for bronze in the W50 shot and silver in discus and hammer, with Alison George taking silvers in W45 weight and hammer.

Full results can be found at

M35: (11,3 km, 646 m) 1 Zupancic Marjan SLO 52:18; 2 7 Žák Jiří CZE 52:25; 3 Vitek Miroslav CZE 53:21; 33 Holland James ENG 1:09:50; **W35 (11,3 km, 646 m)**: 1 Pichrtová Anna CZE 55:50; 2 Sekyrová Ivana CZE 59:29; 3 Ursella Laura ITA 1:00:26; 4 Sheard Jane ENG 1:04:27; **M40: (11,3 km, 646 m)**: 1 Gutierrez Simon USA 50:10; 2 Sichermann Paul GER 51:51; 3 Krischer Siegfried GER 52:35; 7 Dugdale Paul ENG 55:03; 13 Pyke Stephen ENG 56:40; 15 Davies Gareth ENG 58:08; 19 McKibbin Alan NIR 59:59; 26 McCrickard Eamon NIR 1:03:38; 63 Roberts Alan ENG 1:22:23; **W40 (11,3 km, 646 m)**: 1 Pakosz Irena POL 1:02:10; 2 Härtl Anke GER 1:05:33; **3 Dugdale Evelyn 1:06:34**; 8 Davies Susan WAL 1:14:50; 12 Sandford Anne NIR 1:18:52; **M45 11,3 km, 646 m)**: 1 Convert Gilles FRA 50:48; 2 Torresani Franco ITA 51:35; **3 Roberts Craig ENG 52:19**; 6 McNeilly Deon NIR 54:42; 17 McLoone Stephen SCO 57:54; 38 Woods Adrian WAL 1:06:28; **W45 (11,3 km, 646 m)**: 1 Kubicka Irmgard AUT 1:00:31; 2 Heilig-Duventäster Marie-Luise GER 1:03:00; 3 Balošáková Anna SVK 1:07:23; 6 Eagle Alison ENG 1:13:46; 10 McCann Tish NIR 1:18:39; 12 Cooke Linda ENG 1:19:55; 13 Shotton Jean ENG 1:21:20; 17 Woods Sharon WAL 1:23:55; 19 Rusling Barbara ENG 1:27:51; 21 Knox Lindsey SCO 1:35:45; **M50 (11,3 km, 646 m)**: 1 Earwaker Colin NZL 55:48; 2 Kolínek František CZE 56:00; 3 Prager Franz GER 56:07; 5 Normandale Andy ENG 58:00; 8 McDonald Martin IRL 59:11; 11 Brady Gerry IRL 1:00:23; 19 Walton Brian ENG 1:04:19; 22 Symington Stuart SCO 1:04:55; 27 Hauser Andrew ENG 1:06:29; 31 Irving Eddie ENG 1:07:16; 35 Shuttleworth Colin ENG 1:08:04; 37 Asquith Duncan ENG 1:08:35; 42 McGreevy Dominic NIR 1:09:35; 44 Laidlaw Colin David SCO 1:10:17; 48 Evans Clifford WAL 1:10:56; 52 Hamilton Robert ENG 1:11:19; 68 Aherne Joe IRL 1:16:57; 72 Read David Christopher ENG 1:17:27; **W50 (11,3 km, 646 m)**: 1 Greenan Mags IRL 1:04:24; 2 Paulů Blanka CZE 1:05:16; 3 Hynšová Marie CZE 1:08:26; 11 Stewart Elaine SCO 1:22:57; 21 Aherne Kathleen IRL 1:44:41; **M55 (9,9 km, 646 m)**: 1 Puchner Alois AUT 51:12; 2 Moscato Aurelio ITA 51:12; 3 Wahl Martin GER 52:43; 18 Burn Robert ENG 58:24; 23 Cooke John ENG 1:01:34; **W55 (9,9 km, 646 m)**: 1 Pattis Rosy ITA 1:03:22; 2 Bergmann Herta GER 1:05:28; 3 Grm Olga SLO 1:07:49; **M60 9,9 km, 646 m)**: 1 Šmida Oldřich TJ CZE 52:49; 2 Barbonetti Pierino ITA 53:46; **3 Grant Bernard ENG 54:23**; 4 Evans Richard (Dic) WAL 56:38; 5 Howard Geoffrey ENG 56:40; 8 Herington Steve ENG 1:00:40; 9 Shemilt James ENG 1:00:51; 14 Tait David ENG 1:02:51; 16 Patterson Jim Samuel NIR 1:03:43; 19 Knox Jim SCO 1:04:56; 39 Wikeley Alan ENG 1:16:14; **W60 (9,9 km, 646 m)**: 1 Spronk Marianne GER 1:06:25; 2 Pokorná Věnceslava CZE 1:08:20; 3 Bauer Leni GER 1:09:44; **M65 (9,9 km, 646 m)**: 1 Bašista Vincent SVK 57:52; 2 Lupták Július SVK 59:47; 3 Ford Martin ENG 1:00:00; 8 Buckle Kenneth WAL 1:05:01; 9 Clemens John ENG 1:05:17; 14 Burns Keith SCO 1:08:35; **W65 (9,9 km, 646 m)**: 1 Berghaus Bärbel GER 1:11:13; 2 Pongratz Helga AUT 1:18:57; **M70 (9,9 km, 646 m)**: 1 Libra Jiří CZE 1:02:09; 2 Waldie Brian SCO 1:03:34; 3 Wittig Klemens GER 1:04:45; 4 Collins John WAL 1:05:33; 20 Duffy Peter ENG 1:26:42; **W70 (9,9 km, 646 m)**: 1 Marcibálová Mária SVK 1:30:28; 2 Kleinová Mária SVK 1:34:10; **M75 (9,9 km, 646 m)**: 1 Menarry Alexander ENG 1:17:11; 2 D'Erbée Léon GER 1:19:40; 3 Landgraf Egon GER 1:20:39; **M80+ (9,9 km, 646 m)**: 1 Bém František CZE 1:33:35; 2 Soukup Jiří CZE 1:48:11; 3 Hladík Karel Baník CZE 1:58:47; **W80+ (9,9 km, 646 m)**: 1 Nicolaev Xenia MDA 2:56:52;



In a summer of terrible weather the Championship was blessed with not one but two warm sunny autumn days enabling the athletes to produce great performances in ideal conditions.

Numbers were down due to a host of injuries but the main age groups were still hotly contested.

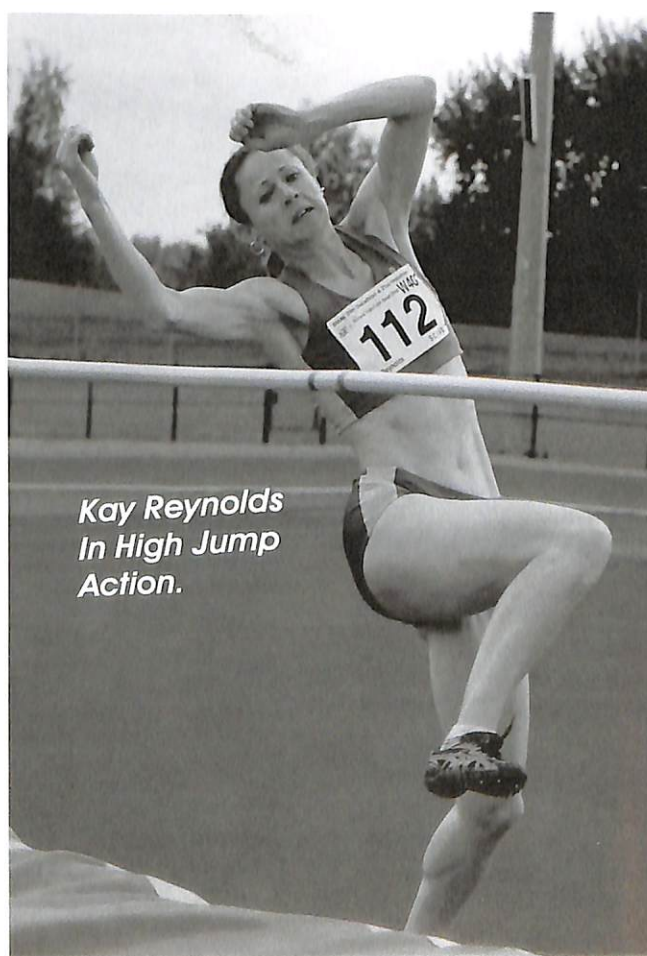
and the momentum was lost.

Closest competition was in the M45 group where Andy Waddington got the better of Derek Osborne by the small margin of 5866 points to 5637 and with Geoff Powley close behind with 5342.



Best Decathlon performance came from John Charlton in M60 with a massive point's score of 7193. This performance enabled John to collect not only the Clarke Cup but also the Jim Thorpe Medal.

The M50 group contained a number of national and international medallists and was eventually won by John Mayor with the excellent score of 6730 points followed by Alastair Duncan with 5626 points. At the end of day one Alastair had amassed over 3500 points and looked to challenge John all the way but day two saw him go astray in the hurdles



Other winners were:

David Blunt M55, Troy Kennedy M35, Geoff Ingrim M40 (with an excellent 5955 points), Brian Loten M65 and Norman Carter M80.

Mention must also be made of Tony Rawlinson who at the age of 92 contested six of the ten disciplines.

We also had a 17-year-old guest competitor in Peter Henworth who showed us all up with a LJ of 6m54, PV 3m90 and a 400m in 53.2

The Heptathlon was lacking in numbers (come on girls!) but there were two outstanding performances, both from Radley A.C. Athletes. The first from Key Reynolds in winning W40 with a score of 4820 points which included a 12.24 hurdles and Jackie Charles W65 with the top Heptathlon score of the competition with 4943 points. This won Jackie the Tony Rawlinson trophy for the highest age related total.

Another excellent performance came from Angie Alstrachen in finishing second to Key Reynolds with 3876 points.

Other Winners were Louise Oliver W35 (yet another Radley athlete), Christine Feeley W45, Paula Booth W50, Fiona Argent W55 and Margaret Coombe W60.

It was pleasing to note that all the newcomers to the event scored in excess of 3000 points which should encourage them to remain part of the 'combined events family'.

Once again the camaraderie between the athletes themselves and also the officials added greatly to the event.

DECATHLON:

M35-39

1 Troy Kennedy (NVAC) 5015 (12.90, 5.60, 10.76, 1.54, 56.50, 18.23/+0.1, 29.70, 2.80, 36.83, 4-54.15); 2 Andrew England (NVAC) 4627 (12.63, 5.69, 10.69, 1.75, 62.50, 19.78/+0.1, 32.07, 2.80, 40.09, 6-12.08); 3 David Long (Done) 4184 (12.24, 5.37/+1.6, 8.91, 1.57, 58.59, 19.29/+0.1, 23.54, nhc, 44.93, 5-54.73); 4 Ben Radcliffe (SCVAC) 3979 (12.33, 5.73/+0.5, 9.01, 1.54, 59.09, 21.54/+0.1, 15.35, 3.30, 25.96, 6-16.58); 5 Geoff Butler (Bas) 3381 (13.85, 4.85, 8.48, 1.57, 64.04, 21.93/+0.1, 22.82, 2.10, 25.19, 5-29.07);

M40-44

1 Geoffrey Ingham (WMAA) 5955 (12.44, 5.75, 10.72, 1.63, 58.50, 17.91/-1.5, 33.16, 3.60, 42.84, 5-27.94); 2 Donald Brown (NVAC) 5483 (12.18, 5.81/-0.6, 11.43, 1.66, 58.64, 16.83/-1.5, 31.93, 2.30, 39.55, 6-30.59); 3 Nicholas Walker (WMAA) 4849 (13.07, 5.19/+0.1, 10.48, 1.48, 62.96, 18.98/-1.5, 31.45, 3.20, 36.35, 6-06.47); 4 R Buckingham (VAC) 4790 (12.84, 5.60, 10.12, 1.60, 60.25, 18.91/-1.5, 35.06, 2.10, 32.97, 6-34.89); 5 Derek Warn (S'ton) 2324 (15.70, 3.93, 5.96, 1.24, 70.72, 26.49/-1.5, 16.60, 1.80, 19.79, 5-30.91);

M45-49

1 Andy Waddington (SWVAC) 5866 (12.60, 5.57/-0.2, 7.69, 1.66, 55.76, 18.83/-0.3, 23.61, 2.50, 32.33, 4-59.58); 2 Derek Osborne (WMAA) 5637 (13.21, 5.41/-1.1, 8.63, 1.54, 58.51, 19.01/-1.5, 22.40, 3.00, 34.53, 5-10.17); 3 Geoff Powley (EVAC) 5342 (13.20, 4.93, 8.67, 1.42, 59.88, 20.11/-1.5, 26.51, 2.90, 35.54, 5-07.11); 4 Alan Easey (VAC) 4821 (12.89, 5.26/-0.3, 7.24, 1.30, 59.09, 19.63/-1.5, 18.47, 3.10, 22.71, 5-45.07); 5 John Dickenson (Fleet) 4461 (13.62, 4.87, 7.24, 1.39, 60.39, 21.39/-0.3, 19.10, 2.80, 28.69, 5-53.82); 6 Keith Powell (NewPH) 4227 (13.08, 5.00/+1.1, 7.68, 1.39, 64.61, 21.37/-0.3, 19.92, 2.80, 27.60, 6-52.76); 7 Wayne Martin (SCVAC) 2737 (14.63, 4.05/-1.0, 8.23, 1.33, dnf, 21.94/-0.3, 26.07, nhc, 30.39, dnf);

M50-54

1 John Mayor (EVAC) 6730 (12.70, 5.51/+0.6, 10.56, 1.66, 57.35, 15.55/+1.3, 32.64, 2.50, 31.27, 5-22.97); 2 Alastair Duncan (SCVAC) 5626 (12.26, 4.96, 9.13, 1.48, 55.45, 19.34/+1.3, 28.73, 1.90, 24.39, 5-32.74); 3 Ken Moncrieff (SVH) 4957 (13.57, 4.46/+0.9, 9.64, 1.48, 65.13, 20.08/+1.3, 29.60, 2.60, 27.31, 6-08.25); 4 John Taylor (NVAC) 4116 (14.00, 4.52/+0.4, 8.09, nhc, 60.80, 20.60/+1.3, 28.93, nhc, 24.48, 5-03.66);



Tony Rawlinson wears his age on his chest

M55-59

1 David Blunt (SCVAC) 4870 (13.96, 4.50/+0.7, 7.69, 1.48, 69.06, 21.91/-0.2, 18.63, 3.30, 20.37, 7-11.47);

M60-64

1 John Charlton (Sheff) 7193 (13.36, 4.98/+0.2, 10.78, 1.30, 62.21, 16.75/-0.2, 34.75, 2.90, 37.78, 6-20.84); 2 Derek Wardle (VAC) 5499 (13.63, 4.69/+1.0, 8.39, 1.18, 61.58, 21.23/-0.2, 20.83, 1.40, 25.10, 5-21.48); 3 Lawrie Dunn (MMAC) 5415 (14.44, 4.18, 8.15, 1.33, 68.36, 20.81/-0.2, 27.34, 2.10, 32.15, 6-11.81);

M65-69

1 Brian Loten (Yeovl) 5468 (15.62, 4.01, 9.18, 1.18, 78.64, 21.75/-0.2, 29.73, 2.30, 30.08, 7-00.57); 2 Brian Harlick (SCVAC) 4418 (17.41, 3.47, 8.11, 1.21, 92.15, 22.56/-0.2, 33.16, 2.50, 25.43, 8-41.75);

M80-84

1 Norman Carter (MMAC) 3245 (20.61, 2.33/+0.5, 7.65, 1.06, dnf, 29.87/+0.0, 18.13, 1.20, 18.92, dnf);

HEPTATHLON:

W35-39

1 Louise Oliver (Rad) 3164 (21.03, 1.31, 8.75, 29.46, 4.47/-0.4, 27.38, 2-42.09);

W40-44

1 Kay Reynolds (SCVAC) 4820 (12.24, 1.52, 8.45, 27.25, 4.70/-1.4, 24.84, 2-45.80); 2 Angie Alstrachen (EVAC) 3876 (14.03, 1.22, 6.80, 28.32, 4.33/-0.8, 16.57, 2-29.87); 3 Monica Brown (F'Val) 3006 (18.13, 1.28, 6.66, 29.09, 4.16, 13.55, 2-53.75);

W45-49

1 Christine Feely (F'Val) 3116 (17.53, 1.16, 5.38, 31.43, 3.71/+1.4, 10.29, 2-43.74);

W50-54

1 Paula Booth (NVAC) 3684 (15.58, 1.13, 8.49, 33.06, 3.27/-0.9, 21.73, 3-17.26);

W55-59

1 Fiona Argent (SCVAC) 3892 (17.53, 1.16, 6.55, 32.47, 3.55, 12.27, 3-13.08);

W60-64

1 Margaret Coombe (EVAC) 2959 (20.91, 1.04, 6.65, 43.91, 3.13/-0.2, 23.24, 5-00.18);

W65-69

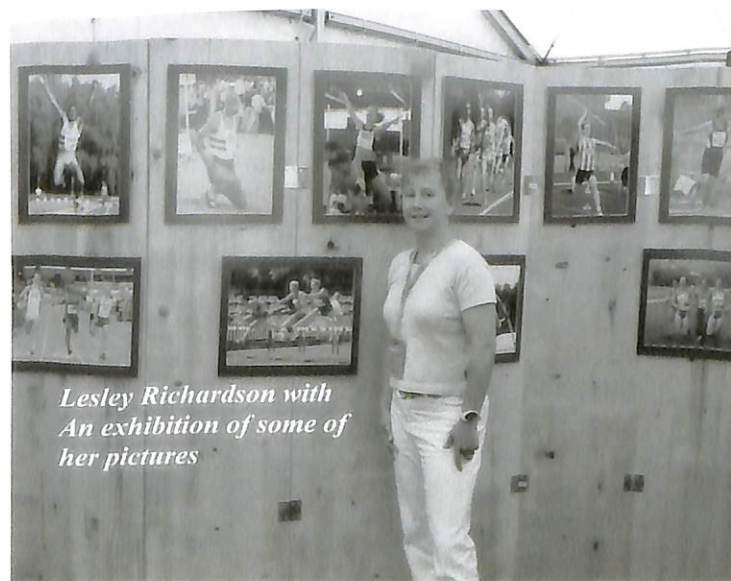
1 Jackie Charles (MMAC) 4943 (17.36, 1.10, 6.82, 36.26, 3.34/-1.1, 18.82, 4-00.49);

VAA of ENGLAND INTER AREA CHALLENGE, HEMEL HEMPSTEAD, 10th AUG Editor Comments

Thanks to SCVAC and Winston Thomas, the Inter Area Challenge came back into action at the smart new facility at Dacorum Athletic Club in Hemel Hempstead.

Southern Counties won both the combined Trophy and Men's match with quite a bit to spare, and Eastern did likewise in the Women's match.

The meeting had plenty of ups and one notable down when Lesley Richardson who had notched great thirds in the two sprints, crashed to the ground after handing over in the medley relay. Poor Lesley ended up in casualty with a broken scaphoid bone in her right hand. She's still in pain but is her usual cheerful self.



*Lesley Richardson with
An exhibition of some of
her pictures*

On the plus side Angela Copson who came into Masters Sport by winning the British Masters Cross Country, showed she can be equally outstanding on the track. Running in the W35 group (she's 60) she set a 3000 metres World Record of 11:29.1, which followed an improvement on her W60 1500 metres British Record to 5:26.5.

Kirsten King and Helen Godsell had fine sprint doubles winning the W40 and W50 groups, whilst Cara Oliver and Jane Clarke had middle distance doubles, as did Chris McQuillen-Wright and Mick Smedley.

Joylyn Saunders-Mullins who had been magnificent in the Europeans won both 400 and 800 metres, whilst Gaye Clarke and Greg Dunston had good wins in the hurdles.

Richard Gamage M45) was in great form clearing 4.10 in the Pole Vault. Emma Beales had good wins in the Shot and Discus; Alison Hourihan had three victories in the Shot, Discus and Javelin.

Mark Wiseman had a Shot/ Discus double, and Natasha Brunning had a High Jump and Triple Jump double.

Results Inter area T&F

Combined Score: 1 SCVAC 315; 2 MMAC & EVAC 278; 4 WMAA 210; 5 SVHC 89; **Women's Score:** 1 EVAC 154; 2 MMAC 139; 3 SCVAC 136; 4 WMAA 70; 5 SVHC 10; **Men's Score:** 1 SCVAC 179; 2 MMAC 139; 3 EVAC 124; 4 WMAA 137; 5 SVHC 79;

100:

W35: 1 Giare Skervin MM 13.3; 2 Sian Davies WM 14.3; 3 Lesley Richardson SC 16.0; 4 Di Farmer EV 16.9; **W40:** 1 Kirsten King SC 13.2; 2 Lolita Byfield-Moore WM 13.4; 3 Angie Alstrachen EV 13.7; 5 Fiona Palmer MM 14.7; **W50:** 1 Helen Godsell SC 14.4; 2 Polly Gerner MM 14.9; 3 Carole Filer EV 15.2; **M35:** 1 Rohan Samuel SC 11.6; 2 Dalton Powell MM 12.0; 3 Ronnie Hunter SV 12.2; 4 Barrington King EV 12.3; 5 Vince Lewis WM 12.4; **M50:** 1 Tom Phillips 12.4; 2 Rob Cawson MM 12.5; 3 John Browne EV 13.2; 4 Brian Williamson WM 13.5; 5 Ken Moncieff SV 13.9; **Guests:** Clement Bartley 12.4; Jim Lawrence 13.7; **M60:** 1 Vic Novell SC 13.3; 2 Mike Clerihew SV 13.3; 3 John Barrus MM 13.5; 4 John Evans WM 16.0; **Guest:** Teery Bissett 13.5;

200:

W35: 1 Sian Davies WM 28.2; 2 Skervin MM 28.2; 3 Richardson SC 33.3; 4 Farmer EV 34.9; **W40:** 1 King SC 27.0; 2 Byfield-Moore WM 27.5; 3 Alstrachen EV 27.5; 4 Fiona Palmer MM 28.0; **W50:** 1 Godsell SC 28.5; 2 Filer EV 30.5; 3 Gerner MM 31.9; **M35:** 1 Powell MM 23.5; 2 Pat Logan SC 24.5; 3 Hunter SV 25.0; 4 King EV 25.7; **M50:** 1 Browne EV 25.1; 2 Phillips SC 25.5; 3 Cawson MM 25.8; 4 Rob Howe WM 29.3; **M60:** 1 Terry Bissett SC 27.0; 2 Clerihew SV 27.4; 3 Barrus MM 27.7; 4 Len Tew WM 31.7;

400:

W35: 1 Jo Isbill EV 61.7; 2 Cindy Parry MM 63.2; **W40:** 1 Palmer MM 65.0; 2 Alstrachen EV 77.1; 3 Michelle Wakefield SC 67.0; **W50:** 1 Joylyn Saunders-Mullins SC 67.3; 2 Filer EV 74.1; **M35:** 1 Kermitt Bentham SC 53.4; 2 John Lewis SV 54.4; 3 Vince Lewis WM 56.8; 4 Russell Middleton EV 59.9; 5 Steve Webb 61.0; **M50:** 1 David Harries WM 56.2; 2 Dave Wilcock SC 57.1; 3 Dave Whitehead EV 58.4; 4 Tony Foster MM 60.9; **Guests:** 1 Licietis 56.2; J Lawrence 65.4; **M60:** 1 Novell SC 63.7; 2 John Ross SV 66.2; 3 Jim Munro MM 67.6; 4 Mel James WM 70.0;



Gaye Clarke

800:

W35: 1 Cara Oliver SC 2:29.2; 2 Molly James EV 2:32.0; **W40:** 1 Lesley Willis MM 2:40.4; 2 Anita Samson EV 2:41.9; 3 Celia Findlay SC NTT; **W50:** 1 Saunders-Mullins 2:44.6; 2 Nancy Hitchmough MM 2:46.3; Maureen Emmett WM 2:48.7; 4 Liz Bowers SV 2:54.3; 5 Sue Barnett EV 3:16.0; **M35:** 1 Chris McQuillen-Wright SC 2:02.5; 2 Sean Price WM 2:03.0; 3 Matthew Bland EV 2:06.0; 4 Palmer MM 2:08.1; **M50:** 1 Wilcock SC 2:13.2; Bill Namani WM 2:14.4; 3 Ivars Licenis EV 2:19.9; 4 Dave Oxland MM 2:22.4; **M60:** 1 Mike Dixon EV 2:37.3; 2 Dic Evans WM 2:40.2; 3 Ray Lewis SC 2:41.0; 4 Ross SV 2:43.0; 5 AN Other MM 2:47.1;

1500:

W35: 1 Oliver SC 5:07.8; 2 James EV 5:13.0; 3 Angela Copson 5:26.5 (British Record **W60:**); 4 Ann Follen WM 5:53.5; **W40:** 1 Jane Clarke EV 4:52.4; 2 Kate Ramsey MM 4:55.5; 3 Finlay SC 5:40.9; 4 Lynne Marr SV 5:47.3; **W50:** 1 Hitchmough MM 5:35.4; 2 Emmett WM 5:41.6; 3 Bowers SV 5:42.8; 4 James SC 6:07.0; 5 Barnett EV 6:28.8; **M35:** 1 McQuillen-Wright SC 4:10.4; 2 Colin Palmer MM 4:12.9; 3 Phil Crane WM 4:22.9; 4 Paul Berrett EV 4:31.0; **M50:** 1 Oxland MM 4:49.7; 2 Alan Newman SC 4:58.3; 3 Archie Jenkins SV 5:05.7; 4 Brian Slaughter EV 5:09.5; 5 David Proffitt WM 5:34.5; **M60:** 1 Mick Smedley MM 5:12.0; 2 John Denyer SC 5:17.8; 3 Evans WM 5:23.7; 4 Giorgio Garfalo EV 6:02.2;

3000:

W35: 1 Copson MM 11:29.1 (World Record **W60:**); 2 Farmer EV 12:09.8; 3 Follen WM 12:40.4; **W40:** 1 Clarke EV 10:37.8; 2 Ramsey MM 10:41.6;

3 Findlay 12:01.1; 4 Marr SV 12:18.5; **W50:** 1 Chris Kilkenny MM 11:51.3; 2 James SC 13:01.0; **M35:** 1 Barry Royden SC 8:58.9; 2 Alan Turnbull EV 9:21.3; 3 Ian Johnston SV 9:22.0; 4 Mike Cadman MM 9:26.6; 5 Mike Robins WM 9:51.5; **M50:** 1 Andy Wetherill MM 9:41.4; 2 Huw Roberts WM 10:24.2; 3 Peter Johnson EV 10:30.4; 4 Newman SC 10:52.3; 5 Jenkins SV 11:09.1; **M60:** 1 Smedley MM 11:15.1; 2 Denyer SC 11:31.5; 3 Ken Buckle WM 12:19.9;

80H:

W40: 1 Gaye Clarke EV 12.9; 2 Imeta Barauskiene SC 13.5; 3 Willis WM 16.6;

100H:

W35: Jo Isbill EV 21.5; **M50:** 1 Robert Isbill EV 15.5; 2 Ken Moncrieff SV 20.0; 3 Williams WM 20.9; **M60:** 1 Clerihew SV 22.5; 2 Trefor Pugh WM 35.4;

110H:

M35: 1 Greg Dunston MM 15.7; 2 Glen Reddington SC 17.0; 3 Mike Mullins 19.8; 4 Isbill EV 22.8;

2000W:

W35: 1 Julie Bellfield MM 12:42.3; 2 Farmer EV 14:53.2; **W40:** 1 Ann Wheeler MM 11:01.0; 2 Helen Fielding EV 11:06.5; **W50:** 1 Sue Ray EV 13:11.5; 2 Jill Langford MM 13:29.5; **M35:** 1 Mark Williams MM 8:34.0; 2 Paul Williams WM 9:50.7; 3 Ivor Groves SC 13:22.5; **M50:** 1 Nick Silvester SC 9:17.9; 2 Mark Wall EV 10:11.9; 3 Glyn Jones MM 11:42.0; 4 Steve Walker WM 11:55.2; **M60:** 1 Les Scrivens MM 12:26.9; 2 Peter Hallett EV 12:37.5; 3 John Collins WM 12:42.9; 4 Colin Bradley Guest 13:10.3; 5 Harvey Jaquest SC 16:34.8;

MEDLEY (200-200-400-800):

W35: 1 SCVAC 4:50.2; 2 EVAC 4:58.9; 3 MMAC 5:20.0; **W40:** 1 MMAC 4:40.2; 2 EVAC 4:52.3; 3 SCVAC 5:08.8; **W50:** 1 MMAC 5:38.7; 2 EVAC 6:49.6; **M35:** 1 SCVAC 3:52.6; 2 MMAC 4:02.1; 3 WMAA 4:03.9; 4 EVAC 4:10.9; **M50:** 1 EVAC 4:06.8; 2 WMAA 4:08.0; 3 MMAC 4:13.4; 4 SCVAC 4:47.8; **M60:** 1 SCVAC 4:50.9; 2 MMAC 5:04.9; 3 WMAA 5:15.2;

HJ:

W35: 1 Natasha Brunning SC 1.45; 2 Muriel Stoney MM 1.25; 3 Isbill EV & Jo Davies WM 1.20; **W40:** 1 Barauskiene SC 1.50; 2 Clarke EV 1.30; 3 Jenny Cooper MM 1.15; **W50:** 1 Filer EV 1.35; 2 Sue Veomans SC 1.20; **M35:** 1 Ian Bridgman SC 1.70; 2 Kark Eve EV 1.58; 3 Jonathan Powell WM 1.54; 4 Steve Webb MM 1.40; **M50:** 1 John Mayor EV 1.62; 2 Trevor Wade SC 1.50; 3 Paul Hadden MM 1.45; 4 Geoff Miller WM 1.40; **M60:** 1 Allan Cheers WM 1.25; 2 Chris Dewey EV 1.20;

PV:

M35: 1 Richard Gamage Guest 4.10; 2 Simon Eastwood EV 3.80; 3 J Andrews SC 3.80; 4 Andrew Wilkinson MM 3.20; 5 Keith Powell WM 2.80;

LJ:

W50: 1 Filer EV 4.48; 2 Yeomans SC 3.80; 3 Gerner MM 3.64; **M50:** 1 Wade SC 5.66; 2 Mayor EV 5.52; 3 Miller WM 4.93; 4 Bill Lonsdale SV 4.74; 5 Paul Haden MM 4.40; **M60:** 1 Clerihew SV 4.83; 2 John Evans WM 3.52; 3 Jim Munro MM 3.07

TJ:

W35: 1 Brunning SC 10.60; 2 Sian Davies WM 8.18; 3 Stoney MM 8.13; 4 Isbill EV 8.05; **W40:** 1 Barauskiene SC 10.62; 2 Willis MM 8.88; 3 Clarke EV 8.55; **M35:** 1 Bridgman SC 12.30; 2 Dave Shields WM 10.47; 3 Karl Eve EV 9.43; 4 Webb MM 9.33; **M50:** 1 Dave Folgate EV 11.12; 2 Wade SC 10.77; 3 Miller WM 10.37; 4 Lonsdale SV 9.82; 5 Paul Hayden MM 9.32; **M60:** 1 Cheers WM 9.68; 2 Clerihew SV 9.65;

SP:

W35: 1 Emma Beales EV 10.80; 2 Sue Lawrence SC 10.41; 3 Kath Alford WM 8.54; 4 Karen Addis MM 5.82; **W40:** 1 Alison Hourihan WM 10.68; 2 Cooper MM 8.18; 3 Barauskiene SC 8.03; 4 Jeanette Lawrence EV 5.47; **W50:** 1 Liz Sissons SC 9.80; 2 Shirley Quinn EV 8.18; 3 Jane Tomley WM 7.75; 4 Pat Higgins Guest 7.01; 5 Carole Rafferty MM 5.79; **M35:** 1

Mark Wiseman SC 14.71; 2 Andy Turner WM 12.04; 3 Steve O'Neil EV 11.13; 4 Jerry Farrell SVH 11.19; 5 Paul Smith MM 9.36; **M50:** 1 Richard Healey SC 12.02; 2 Lalley WM 10.61; 3 Graham Packham EV 10.01; 4 Ken Moncrieff SV 9.77; 5 Peter Duckers MM 8.84; **M60:** 1 Neil Griffin SC 13.04; 2 Barry Hawksworth MM 10.51; 3 Godfrey Leak EV 10.26; 4 Tim Saunders-Mullins Guest 9.39; 5 Phil Rees WM 7.17;

DT:

W35: 1 Beales EV 42.59; 2 Lawrence SC 36.38; 3 Alford WM 22.70; 4 Addis MM 13.57; **W40:** 1 Hourihan WM 34.51; 2 Cooper MM 28.92; 3 Lawrence EV 16.51; **W50:** 1 Quinn EV 28.20; 2 Sissons SC 19.77; 3 Nancy Hallig WM 18.96; 4 Rafferty MM 13.62; **M35:** 1 Wiseman SC 51.91; 2 Farrell SV 38.22; 3 O'Neill EV 30.94; 4 J Powell WM 30.39; 5 Smith MM 26.19; **M50:** 1 Healey SC 42.33; 2 Terry Lalley WM 35.06; 3 Packham EV 32.69; 4 Moncrieff SV 30.10; 5 Duckers MM 23.50; **M60:** 1 Griffin SC 45.72; 2 Hawksworth MM 39.22; 3 Leak EV 35.34; 4 Ross SV 22.89; 5 John Evans WM 21.24;

HT:

M35: 1 John Pearson MM 60.35; 2 Wiseman SC 41.99; 3 Turner WM 41.46; 4 Farrell SVH 30.33; 5 Saunders-Mullins EV 27.11; **M50:** 1 Lalley WM 41.09; 2 Healey SC 38.24; 3 Slaughter EV 34.65; 4 Duckers MM 27.72; 5 Lonsdale SV 19.37; **M60:** 1 Hawksworth MM 47.47; 2 Griffin SC 43.35; 3 Leak EV 32.31;

JT:

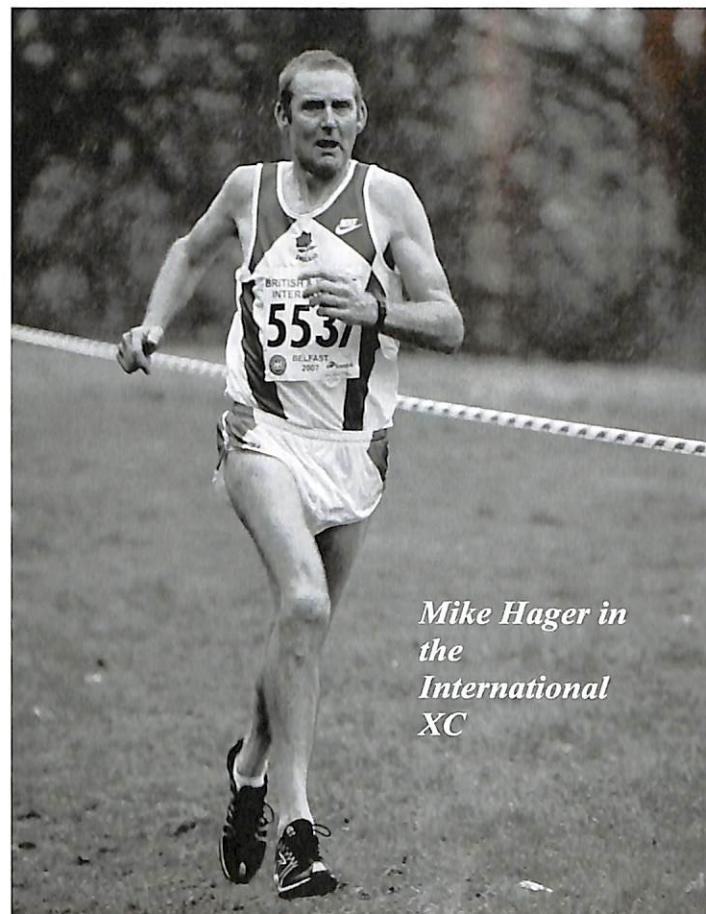
W35: 1 Jo Davies WM 31.24; 2 Beales EV 31.07; 3 Jo Wade SC 29.92; 4 Karen Addis MM 28.77; **W40:** 1 Hourihan WM 27.42; 2 Higgins MM 16.06; 3 Clarke EV 15.93; **W50:** 1 Sissons SC 22.31; 2 Rafferty MM 18.30; 3 Quinn EV 15.93; 4 Tomley WM 14.34; **M35:** 1 Jeremy Tigar SC 43.90; 2 Richard Ledger WM 42.87; 3 Clement Bartley MM 41.09; 4 Farrell SV 31.18; 5 Eve EV 30.22; **M50:** 1 Slaughter EV 36.93; 2 Phil Owen MM 34.19; 3 Moncrieff SV 29.43; 4 Miller WM 27.36; **M60:** 1 Hawksworth MM 37.93; 2 Brian Yeomans SC 31.56; 3 Ross SV 29.91; 4 Pugh WM 27.36;

BMAF 10 MILE CHAMPIONSHIP AT HEXHAM 14th SEPTEMBER. MEL JAMES Reports:

We were fortunate to have a race at all. The previous week the North East had endured horrendous storms which left the area devastated by floods. Luckily the course was clear and the Tynedale club led by Hugh Bingham arranged alternative parking etc, for the race to proceed. They did a fantastic job. The race is used as warm up for the Great North run and is traditionally run two weeks before.

On an undulating course any British bests would surely be pretty difficult, but Mike Hagar (Tipton) in the 0/55 section had other ideas; his 54.09 surpassed Steve James's 1993 best by 42secs. a tremendous performance. Another in-form athlete is Cheltenham's Martin Ford, running just 63.27 in the 0/65 age group. The first Master home was Stewy Bell (Chester-I- Street) in a time of 53.46 with Eddie Simpson of Dallam Road Runners just 9secs behind.

In the Women's section first lady Master home was Elvet Strider's Fiona Shenton in a time of 64.21 winning Gold in the 0/45s. Closest finish of all was in the 0/65 section, where Doncaster's Rosemary Armstrong just pipped Kathleen Stewart of North Shields Poly by 6secs for Silver.



*Mike Hager in
the
International
XC*

The most successful club team was North Shields Poly, winning the Men's 0/35s and Ladies 0/45s Gold Medals.

On behalf of the BMAF, I would like to thank the Veterans AA-NE for hosting the event, especially Arthur Potter (Sec.) and Ron Stewart (Chair) for their involvement and the Tynedale Club for their superb organisation during difficult times.

MEN.

M35: 1 TWADDLE (N.Shields P) 55.09;
M40: 1. S BELL (Ch.I St) 53.46; 2 E SIMPSON (Dallam RR) 53.55; 3 A HUSSEY (Chelt. H) 55.31;
M45: 1 R HAND (Durham C) 57.08; 2 G HARDEN (Sund. H) 59.46; 3 M JONES (S Shields) 61.44;
M50: 1 A ROWE (Wesham) 58.15; 2 T LIVINGSTON (N. Marske H) 60.03; 3 S MARSHALL (Durham C) 61.34;
M55: 1 M HAGER (Tipton H) 54.09 (NEW BRITISH BEST); 2 S BORLOS (N. Shields P) 63.40; 3 A JENKINS (Morpeth H) 64.11;

M60: 1 M McNALLY (Low Fell RC) 62.15; 2 R TREADWELL (Oxford C) 63.05; 3 M WALKER (Gosforth H) 65.40;

M65: 1 M FORD (Chelt. H) 63.27; 2 T BRACKSTONE (SCVAC) 67.04; 3 T O'GARA (Wallsend H) 68.42;

M70: 1 W RYDER (Morpeth H) 71.23; 2 W McCASKEY (Edinburgh AC) 74.00;

M75: B CAMPBELL (Midland M) 79.46 ;

WOMEN

W35: 1 L WALKER (Wallsend H) 71.32; 2 V THOMPSON (J&H AC) 78.13; 3 S SCOTT (Tynedale H) 86.17;

W40: T GIBSON (Wolds VAC) 73.04 ;

W45: 1 F SHENTON (Elvet Striders) 64.13; 2 C JACKSON (Allen V Striders) 65.20; 3 L MARR (Tynedale H) 72.34;

W50: 1 H LAMBERT (N. Shields P.) 66.00; 2 L MILLER (N. Shields P.) 70.55; 3 C HALL (Wolds VAC) 91.28 ;

W55: J KILGOUR (Claremont RR) 75.11

W65: 1 C LEE (Elswick H) 83.41; 2 R ARMSTRONG (Doncaster AC) 90.19; 3 K STEWART (N. Shields P.) 90.25;

TEAMS:

MEN: M35: NORTH SHIELDS POLY. (I. Twaddle- T. Brannon- V. Hemy); **M40:** 1 SUNDERLAND H. (M Thompson- B Bewick- P Redmond- G Harden); 2

MORPETH H. (P Walker- P Waterston- A Jenkins- N Mcanany); 3 DURHAM C. H. (R Hand- S Marshall- E Baldwin- A Rowell); **M60:** NORTH E.VETS (M Relton- A Lindsey- A Potter);

WOMEN:

W35: TYNEDALE (L Marr- S White- S Scott)

W45: NORTH SHIELDS POLY. (H Lambert- L Miller- K Nielsen)

Thanks to Television your editor was able to watch most of the Athletics programme; however, I found it necessary to switch to Eurosport in order to watch the Athletics rather than countless interviews with Athletes and experts on the BBC. The Eurosport coverage is excellent in as much as you can follow the Field events as they happen rather than an occasional Jump or throw on BBC. **So to the "Masters"**

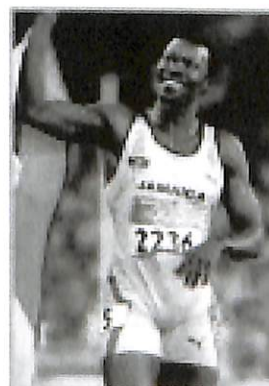


←**Constantina Tomescu** was a fine Women's Marathon Winner, with Catherine Ndereba second,

Britain's **Mara Yamauchi** ran well to come in a very creditable fifth.

Catherine Ndereba (Women's Marathon) Kjersti Pläter (20k Walk) and Jaouad Gharib (Men's Marathon) won Silver medals.

Masters Athletes appear to be able to preserve their abilities in the Throws and 2008, was no exception. Olena Antonova (Women's Discus) and Virgilijus Alekna (Men's Discus) won Bronze Medals.



Danny MacFarlane could not prevent an American 1-2-3, in the 400 Hurdles but the Jamaican had a tremendous fourth place in 48.30 for a new M35 World Record. Breaking his own record set in last year's World Championships.



Haile Gebreselassie was 5th in the Men's 10,000 metres, his time a fantastic 27:06.68 for Another M35 World Record.

Let us hope we shall see more of the fabulous Athlete.



Well fourth in the medal tables with a magnificent 47 medals, all most enjoyable. Athletics missed their target by one. The Masters as always had some great performances.



Our own Steve Peters acting as Psychiatrist to the Cycling and Taekwondo teams. Cycling widely acknowledged his assistance to the team's massive haul of 14 medals. Well done Steve.

Discus Women	6th 60.82	Ellina Zvereva	BLR	48
Marathon Women	7th 2:27:51	Iriana Timofeyeva	RUS	38
Discus Women	11th 59.27	Iryna Yatchenko	BLR	42
Discus Women	12th 58.63	Nicoleta Grasu	ROU	36
Discus Men	12th 61.38	Aleksander Tamment	EST	35
Javelin Women	12th 53.04	Felica Tilea-Moldovan	ROU	40
Marathon Men	12th 2:13:25	Stefano Baldini	ITA	37
Marathon Men	13th 2:13:26	Tsuyoshi Ogata	JPN	35
50k Walk Men	13th 3:51:30	Mikel Odriozola	ESP	35

Ellina Zvereva
Sixth in the Games Discus with 60.82., at 48



SCOTTISH MASTERS CHAMPIONSHIPS , PITREAVIE, 21ST JUNE

100:

W35: 1 K Madigan 13.25; 2 F Davidson 13.54; 3 L Rice 15.95; W45: G Docherty 13.97; W50: 1 J Harwood 14.12; 2 K Booth 15.81; M35: 1 S Waker 11.75; 2 F McCabe 12.05; 3 D Gemmell 12.09; M40: 1 N Thomson 11.90; 2 C Currie 12.00; 3 T Nicholson 12.33; M45: 1 R Hunter 12.37; 2 I McEwan 12.91; M50: 1 D Phillips 12.43; 2 E Costley 13.03; 3 C Douglas 13.69; M55: J McGarry 13.04; M60: 1 M Clerihew 13.40; 2 G Hunter 13.80; M65: G Harrowen 17.05; M70: 1 J Ross 14.18; 2 T Bowman 15.36; 3 J Erskine 17.24;

200:

W35: K Madigan 27.04; W45: 1 G Docherty 28.48; 2 J Lyon 29.83; W50: K Booth 34.15; M35: 1 S Waker 23.82; 2 W McGowan 24.36; 3 J McKeown 24.98; M40: 1 N Thomson 23.82; 2 C Currie 24.62; 3 T Nicholson 25.10; M45: 1 R Hunter 24.75; 2 J Lewis 24.81; 3 A Cullen 25.12; M50: 1 D Phillips 25.69; 2 C Douglas 26.07; 3 A Dunlop 26.98; M55: 1 J McGarry 26.36; 2 R Sloss 27.03; 3 J Treasurer 28.50; M60: 1 M Clerihew 27.32; 2 G Hunter 27.97; M70: 1 J Ross 28.86; 2 T Bowman 30.37;

400:

W45: G Docherty 66.47; W50: 1 L Mahady 65.29; 2 J Howe 70.67; M35: 1 S Murray 56.40; 2 G Armstrong 62.69; M40: 1 C Currie 54.5; 2 P Crosson 54.9; 3 T Nicholson 55.6; M45: 1 J Lowis 54.31; 2 D Watson 54.69; 3 S Smith 57.17; M50: 1 C Douglas 57.97; 2 A Dunlop 58.50; 3 E Costley 60.15; M55: 1 R Sloss 62.73; 2 J Treasurer 63.26; M60: G Hunter 63.86; M70: 1 J Ross 64.84 (British record); 2 J Erskine 89.60; M80: H McGinlay 1:41.39;

800:

W35: L Rice 2:58.21; W45: 1 Y Crilly 2:27.82; 2 S Ramage 2:37.63; 3 C Lawless 2:39.76; W50: 1 J Howe 2:34.67; 2 V Blair 2:39.82; W55: B Sloss 3:03.00; M35:

1 K Downie 2:05.69; 2 S Moore 2:06.19; 3 A Stoane 2:09.95; M40: 1 S Allen 2:02.49; 2 A Ronald 2:09.35;

3 A Milne 2:13.52; M45: 1 J MacDonald 2:04.79; 2 S Smith 2:06.04; 3 D Watson 2:08.64; M50: 1 A Dunlop 2:08.90; 2 R Wilson 2:20.24; 3 S Cullen 2:35.78; M55:

1 D Leitch 2:17.53; 2 J Treasurer 2:32.27;

M60: G Hunter 2:33.05; M70: J Parker 3:27.49; M80:

H McGinlay 3:47.17;

1500:

W40: S Ridley 5:04.23; W45: 1 S Ramage 5:30.22;

2 C Lawless 5:34.76; 3 L Marr 5:38.38; M35: 1 S Moore 4:23.79; 2 K Downie 4:26.08; M40: A Milne 4:37.72;

M45: 1 S Smith 4:23.69; 2 G Noble 4:36.49; 3 R Hutchison 4:43.07; M50: 1 J Thomason 4:25.79;

2 R Wilson 4:54.04; 3 H Gallagher 5:10.28;

M55: 1 D Leitch 4:47.51; 2 A Jenkins 4:58.65; M60:

G Hunter 5:15.72;

Event	Performance	Name	Country	Age
Marathon Women	1st 2:26:44	Constantina Tomescu	ROU	37
Marathon Women	2nd 2:27:06	Catherine Ndereba	KEN	36
20k Walk Women	2nd 1:27:07	Kjersti Pläter	NOR	36
Marathon Men	2nd 2:07:16	Jaouad Gharib	MAR	36
Discus Women	3rd 62.59	Olena Antonova	UKR	36
Discus Men	3rd 67.79	Virgilijus Alekna	LTU	36
400H Men	4th 48.30 WORLD RECORD	Danny McFarlane	JAM	36
50k Walk Men	4th 3:30:14	Jessüs Angel García	ESP	38
Pole Vault Men	4th 5.70	Derek Miles	USA	35
10000 Men	5th 27:06:68 WORLD RECORD	Haile Gebreselassie	ETH	35
800 Women	5th 1:57.68	Maria de Lurdes Mutola	MOZ	35
Javelin Women	5th 65.29	Steffi Nerius	GER	36
Marathon Women	6th 2:27:29	Mara Yamauchi	GBR	35

3000:

W35: 1 C Ferry 10:38.23; 2 M Young 12:57.47; **W40:** 1 S Ridley 10:17.65; 2 K Dobble 11:40.72; **W45:** L Marr 12:03.38; **W50:** L Mahady 11:02.41; **W55:** H Bradley 12:23.29;

5000:

W45: F Matheson 17:23.93; **M35:** R Turner 16:45.07; **M45:** 1 J Farquhar 16:46.66; 2 K Farquhar 16:47.12; 3 G Haddow 17:51.07; **M50:** 1 C Ross 17:24.32; 2 R Wilson 17:50.06; 3 H Gallagher 18:34.66; **M55:** 1 A Murray 16:56.00; 2 G Sim 17:00.13; 3 A Jenkins 18:00.06; **M60:** 1 C Youngson 19:03.22; 2 I May 21:16.68;

80H:

W50: J Harwood 13.02; **M70:** 1 T Bowman 14.13; 2 K Byrn 20.30;

100H:

W35: F Lampkin 18.47;

400H:

M55: R Stevenson 61.66;

HJ:

W45: J Hardcastle 1.33; **M35:** K Byrne 1.60; **M40:** F Houston 1.68; **M45:** I McEwan 1.55; **M50:** K Moncrieff 1.40; **M60:** T Madigan 1.18; **M65:** J Sloan 1.12; **M70:** J Freebairn 1.06;

PV:

W45: J Lyon 2.60; **M45:** K Lyon 2.85; **M60:** B Masson 2.65;

LJ:

W35: F Davidson 4.87; **W45:** 1 J Lyon 4.28; 2 J Hardcastle 4.22; **M35:** 1 F McCabe 6.00; 2 S Murray 5.42; 3 K Byrne 5.29; **M40:** F Houston 5.34;

M45:

K Lyon 4.82; **M50:** E Costley 4.54; **M55:** R Stevenson 5.68; **M60:** M Clerihew 5.05;

TJ:

W35: 1 F Davidson 10.54; 2 F Lampkin 8.77; **M45:** S Wallace 10.48;

SP:

W35: K Madigan 7.80; **W40:** N Bruce 8.05; **W45:** C Cameron 9.63; **W50:** G McFarlane 8.55; **W60:** J Rammell 8.17; **M35:** F McCabe 11.23; **M40:** E McKenzie 10.20; **M45:** J McDonnell 8.52; 2 T McGrane 7.26; **M50:** 1 J Birkett 9.46; 2 B Douglas 8.73;

M60: 1 B Masson 9.48; 2 M Kelly 8.98; 3 P Eddy 8.79;

M65: 1 J Scott 11.42; 2 J Sloan 9.88; 3 W Gentleman 9.46; **M70:** J Freebairn 8.39; **M75:** J Christie 4.89;

DT:

W45: C Cameron 35.62; **W50:** G McFarlane 22.12; **W60:** J Rammell 20.46; **M35:** F McCabe 33.50; **M40:** E McKenzie 27.22; **M45:** J McDonnell 22.70; **M50:** 1 K Moncrieff 30.89; 2 B Douglas 24.71; 3 J Birkett 20.67; **M60:** 1 P Eddy 37.14; 2 B Masson 36.86; 3 M Kelly 32.44; **M65:** 1 J Sloan 36.36; 2 W Gentleman 31.47; **M75:** J Christie 13.87;

HT:

W35: 1 E Normand 31.22; 2 K Madigan 23.07; **W45:** C Cameron 30.22; **W50:** G McFarlane 26.51; **W60:** J Rammell 27.43; **M40:** E McKenzie 30.15; **M50:** J Birkett 22.26; **M60:** 1 M Kelly 27.08; 2 R Morrison 26.11; 3 A Arbuckle 20.70; **M65:** W Gentleman 43.92;

JT:

W40: N Bruce 26.70; **W50:** G McFarlane 19.34; **M35:** G Dingwall 49.74; **M40:** E McKenzie 36.50; **M45:** K Lyon 33.22; **M60:** 1 B Masson 34.86; 2 P Eddy 29.58; 3 M Kelly 22.57; **M65:** J Sloan 30.77; **M70:** J Ross 34.52; **M75:** J Christie 11.27;

As usual the Mid West hospitality was as overwhelmingly good as ever and many friendships were renewed and new ones started.

The staff at the University and the U.S army also played their part in making the competition as well as the hospitality a memorable one.

As to the event itself our ladies outclassed the opposition whilst the men needed the assistance of Tom Green from Ireland to ensure a close fought victory.

Outstanding amongst the ladies was the 5079 points scored by Jackie Charles to improve her existing W 65 British record in the Heptathlon. Pat Oakes completed her own and the first British W60 Decathlon so setting an inaugural British record, Hazel Barker recently returned from injury was delighted to return a score of 4221 points in the W 45 Heptathlon. In the Decathlon John Mayer also returning from injury won the M 50 event with 6410 points whilst Alastair Duncan achieved a personal best of 5835 points in 6th place. In 7th place was Neil Fairclough who managed 4837 points even after a fall in the hurdles and an even more remarkable recovery which still earned him good hurdle points.

Dave Burton was his usual consistent self-scoring 5986 points to finish 4th in M 70 whilst Lawrie Dunn had his highest ever decathlon score of 5789 points in finishing 3rd in M 60.

Brian Harlick finished second in M65 with a score of 3984 points which would have been much greater if his performances in the discus and pole vault achieved two weeks later in the Nationals could have been used. Tom Green had an excellent all round event winning the M 40 competition with 4761 points.

Many of the team stayed on after the event to be thoroughly spoilt by their U.S hosts.

Great thanks must be given to the U.S team captain and event organiser Tom Thorne who like his British counterpart Bruce Charles was unable to compete due to injury.

The event returns to the UK at Oxford in 2010 and the US are already promising to send a strong team in an attempt to win back the Transatlantic Trophy.

Bruce Charles.

Weights Decathlon Results Summary Competition: British(LSW)Throwers Dec. Champs.2008 "Venue: Northwood Stadium , ST1 6PA" "Date: Saturday, 21 st. JUNE 2008"

(SP,DT,JT,HT,Brick,Sling ball,Club,Mini SP,1HHT,HH)

M40: 1 Dave Burrell (Luton A.C.) 5525 (10.48, 31.85, 35.50, 39.60, 5.81, 45.53, 50.71, 16.73, 24.88, 15.56)
M45: 1 Chris Privett (Belgrave Harriers) 5627 (10.32, 32.85, 34.48, 45.79, 6.78, 40.75, 48.07, 17.95, 22.65, 17.23); 2 Martin Roberts (Cannock&Stafford) 4249 (8.47, 24.52, 20.54, 44.98, 4.68, 37.57, 28.23, 13.30, 18.60, 14.95)
M50: 1 Dave Abernethy (Barrow-in-Furness) 6686 (10.12, 43.22, 40.68, 44.24, 10.07, 43.60, 55.15, 24.88, 25.92, 19.33); 2 Dave Maggs (Gateshead Harriers) 5007 (8.57, 31.90, 27.25, 39.29, 6.59, 40.52, 37.45, 20.63, 17.46, 16.08)
M55: 1 Terry Lalley (Swansea A.C.) 5450 (10.24, 30.56, 27.19, 40.54, 8.37, 37.63, 39.28, 24.06, 20.35, 16.45)
2 John Wild (R&Z Harriers) 5250 (9.54, 35.25, 29.46, 33.47, 7.45, 37.64, 47.87, 21.75, 18.95, 14.87)
3 Clive Howell (City of Stoke) 4749 (8.37, 24.63, 24.16, 39.65, 5.97, 34.15, 37.11, 19.97, 20.76, 17.70)
M60: 1 Dave Kuester (Bicester A.C.) 5011 (9.78, 30.70, 33.17, 29.92, 7.67, 31.96, 50.57, 16.11, 20.41, 15.69)
2 Richard Jegou (White Horse Harriers) 4597 (10.93, 28.53, 20.28, 28.94, 9.03, 29.38, 35.95, 16.59, 18.52, 13.86);
M65: 1 Peter Duckers (Shrewsbury A.C.) 4618 (9.56, 27.17, 27.07, 28.97, 7.70, 33.84, 37.04, 16.05, 19.92, 14.00)
M70: 1 Ian Miller (Herts. Phoenix) 5396 (10.76, 27.75, 21.85, 33.71, 9.00, 36.08, 32.74, 20.16, 28.93, 17.70)
M75: 1 Graham Roberts (Sparkhill Harriers) 2220 (5.49, 19.67, 9.85, 22.46, 4.97, 24.44, 18.48, 12.72, 13.06, 0)
W50: 1 Pat Higgins (Shrewsbury A.C.) 3656 (7.11, 15.72, 15.75, 28.69, 6.32, 20.17, 26.18, 12.95, 11.00, 12.67)

V.A.A. - N.E.E. TRACK & FIELD CHAMPIONSHIPS 2008. Sat. 28th June

100:

M.35: Gibson M. 13.9; **M.40:** 1 Donaghy P. 12.2; 2 Nicholson K. 12.3; 3 McCluskey P. 13.3; **M.45:** 1 Evans J. 12.9; 2 Wilson M. 12.9; **M.50:** 1 Smart E. 12.5; 2 Readman A. 13.2; 3 Todner S. 13.4; **M.60:** 1 Webb A. 15.5; 2 Whitfield T. 16.9; **W.35:** Hodgson J. 14.0; **W.45:** Beadnall A. 14.5 **W.60:** Garnham N. 18.3;

200 :

M.40: 1 Nicholson K. 25.0; 2 McCluskey P. 26.2; 3 Sunderland P. 28.4; **M.45:** 1 Wilson M. 26.1; 2 Evans J. 26.2; **M.50:** 1 Smart E. 25.1; 2 Todner S. 26.9; 3 Readman A. Houghton 27.4; **M.60:** 1 Webb A. 31.6; 2 Whitfield T. 35.0; **W.35:** Hodgson J. 28.8; **W.45:** 1 Beadnall A. 29.9; 2 White S. 31.8; **400:** **M.40:** McCluskey P. 56.2; **M.45:** 1 MacDonald A. 62.3; 2 Hughes D. 64.8; **M.50:** 1 Todner S. 58.3; 2 Readman A. 63.0; 3 Mallon J. 68.4; **M.60:** 1 Webb A. 73.0; 2 Whitfield T. 75.9; 3 Routledge G. 103.9; **M.65:** Harvey R. 79.7; **M.70:** Checkley R. 84.8; **W.45:** White S. 69.8;

800:

M.35: 1 Turner F. 2:17.7; 2 Gibson M. 2:26.6; **M.40:** Hemy V. 2:21.2; 2 McCluskey P. 2:27.3; **M.45:** Harden G. 2:14.7; 2 Hassell C. 2:23.3; 3 Hughes D. 2:31.3; **M.55:** Jenkins A. 2:39.6; **M.60:** McNally M. 2:24.5; 2 Whitfield T. 3:09.6; 3 Webb A. 3:10.8; **M.65:** Harvey R. 3:00.4; **M.70:** 1 Barnes I. 2:51.2; 2 Checkley R. 3:15.3; **M.85:** Joynson T. 7:00.7

The 2008 Great Britain/U.S.A Combined Events Challenge 21st & 22nd June

2008 saw the competition take place in the hot sun of Missouri Southern University at Joplin.

1,500 :

M.35: Smith L. 4:41.5; **M.40:** 1 Walker P. 4:25.8; 2 Henry V. 4:43.1; 3 Waterston P. 4:43.9; **M.45:** 1 Harden G. 4:24.3; 2 Hassell C. 4:50.8; 3 Hughes D. 5:10.7; **M.55:** 1 Jenkins A. 5:02.1; 2 Morris D. 5:39.9; **M.60:** 1 White S. 4:59.0; 2 Eccleston S. 5:45.7; 3 Potter A. 6:50.7; **M.65:** Harvey R. 6:04.7; 2 Stephenson M. 6:30.9; **M.70:** 1 Barnes I. 5:40.3; 2 Checkley R. 6:50.7; **M.75:** Appleby E. 7:14.5; **M.85:** Joynson T. 13:40.0; **W.35:** Thompson V. 5:49.3; **W.40:** MacDonald M. 6:22.7; **W.45:** Marr L. 5:44.3;

3,000:

M.70: Barnes I. 12:57.6; **M.75:** Appleby E. 15:22.0; **W.35:** Walker L. 12:24.1; 2 Thompson V. 12:40.7; **W.40:** MacDonald M. 13:54.8; **W.45:** Marr L. 12:15.4;

5,000:

M.35: Smith L. 17:43.9; **M.40:** Waterston P. 17:22.2; 2 Connelly M. 18:08.8; 3 Henderson J. 22:46.7; **M.45:** MacDonald A. 18:21.1; **M.50:** Joyce M. 19:45.7; **M.55:** Jenkins A. 19:16.8; 2 Morris D. 20:19.4; **M.60:** 1 McNally M. 18:10.9; 2 Eccleston S. 22:19.2; 3 Potter A. 24:42.9; **M.65:** Harvey R. 21:38.0; 2 Strand F. 23:19.7;

400H:

W.45: White S. 1:20.0;

HIGH JUMP :

M.40: Robertson B. 1.60; **M.45:** Harden G. 1.40; 2 Young P. 1.25;

LONG JUMP

M.40: 1 Robertson B. 4.85; McCluskey P. 4.28; **M.45:** Dixon D. 5.22; **M.50:** Readman A. 4.81; **W.45:** White S. 3.88; 2 Goodfellow J. 3.86;

TRIPLE JUMP:

M.40: Robertson B. 9.73 ; **M.45:** 1 Dixon D. 12.34; 2 Evans J. 11.46; 3 Hassell C. 9.50; **W.45:** White S. 8.64; 2 Goodfellow J. 8.21;

SHOT:

M.35: Gibson M. 5.93; **M.45:** Young P. 8.95; **M.50:** Maggs D. 8.89; **M.55:** Wild J. 9.44; **M.60:** 1 Hudson T. 11.22; Wheeler P. 8.79; 3 Routledge G. 7.48; **M.70:** Ryan H. 10.20; **M.80:** Laidler R. 7.85; **W.40:** Crawford M. 7.72; **W.45:** Goodfellow J. 7.72;

DISCUS:

M.40: McCluskey P. 19.97; **M.45:** Young P. 32.77; **M.50:** Maggs D. 30.91; **M.55:** Wild J. 36.54; **M.60:** Hudson T. 39.45; 2 Wheeler P. 25.02; 3 Routledge G. 20.88; **M.70:** Ryan H. 26.23; **M.80:** Laidler R. 17.71;

JAVELIN

M.40: McCluskey P. 26.77; 2 Henderson J. 17.16; **M.45:** Young P. 31.39; **M.50:** Maggs D. 29.42; **M.55:** Wild J. 33.64; **M.60:** Hudson T. 32.73; 2 Whitfield T. 27.45; 3 Routledge G. 20.20; **M.70:** Ryan H. 24.92; **M.80:** Laidler R. 22.09; **W.40:** Crawford M. 25.49; **W.45:** Goodfellow J. 15.63;

HAMMER:

M.40: Hudson S. 32.98; **M.45:** Young P. 23.90; **M.50:** Maggs D. 42.18; **M.55:** Wild J. 34.69; **M.60:** 1 Hudson T. 34.24; 2 Wheeler P. 25.25; 3 Routledge G. 18.73; **M.70:** Ryan H. 28.34; **M.80:** Laidler R. 20.15;

WEIGHT:

M.40: Hudson S. 10.42; **M.45:** Young P. 7.41; **M.50:** Maggs D. 13.81; **M.55:** Wild J. 13.04; **M.60:** 1 Hudson T. 13.26; 2 Wheeler P. 10.45; **M.70:** Ryan H. 8.86;

Midland Veterans Track & Field League Meeting 3 Division North Venue Stoke 9th July 2008 Men

M35:

100: 1. S Saxon (Telf) 12.0; 2. S Ainge (C&S) 13.2; 3. N Gardner (Stoke) 13.7 ; **2000W:** 1. B Eggleton (Stoke) 14.10.1; 2. M Eustace (C&S) 14.48.7; **400:** 1. S Ainge 58.0; 2. D Wilkinson (Telf) 58.5; 3. J Dardis 59.6 **1500:** 1. M Eustace 4.31.5; 2. T Hinchley (RSC) 4.49.5; 3. J Sinclair (Stoke) 5.48.7; **DT:** 1. K Brown (RSC) 49.83; 2. M Roberts (C&S) 22.45; 3. D Russell (W&B) 20.57;

M40:

100: 1. A Weetman (C&S) 12.6; 2. E Barnett (RSC) 12.8; 3. D Hood (Burt) 13.3; **2000W:** 1. P Bailey (Stoke) 13.53.5; 2. T Farr (Burt) 14.07.4; 3. D Fellows (C&S) 14.46.6; **400m** 1. E Barnett 56.4; 2. P Edwards (C&S) 58.3; 3. D Hood 60.2; **1500:** 1. N Share (W&B) 4.30.9; 2. S Marklew (RSC) 4.45.5; 3. S Jones (Telf) 4.54.2; **HJ:** 1. P Fellows (C&S) 1.60; 2. A Osbourne (W&B) 1.60; 3. N Gardner 1.45; **LJ:** 1. S Ainge 4.84; 2. M Warrilow 4.80; 3. D Drew 4.53;

M50:

100: 1. R Cawson (Burt) 12.6; 2. D Drew (Telf) 13.5; 3. M Warrilow (Stoke) 13.7; **1500:** 1. P Kenny (RSC) 5.05.3; 2. C Bourne (Stoke) 5.16.8; 3. G Lock 5.19.8; **SP:** 1. D Russell 9.02; 2. P Duckers (Shrews) 8.10; 3. T Cole 8.01;

M60:

400: 1. R Humpherson (RSC) 75.3; 2. G Lock (W&B) 75.7; 3. T Faulkner (C&S) 84.7; **HJ:** 1. K Lundby (C&S) 1.20; 2. J Bradlet (Telf) 1.10; 3. P Bailey 1.05; **DT:** 1. K Lundby 24.06; 2. T Cole 23.91; 3. J Bradley 22.42; **Medley Relay** 1. C&S 4.09.0; 2. RSC 4.18.4; 3. Burt 4.20.9;

W35:

100: 1. S McDonald (RSC) 14.5; 2. C Parry (Shrews) 14.8; 3. G Russon (C&S) 15.6; **(B):** M Lewington (RSC) 15.4; **2k Walk** 1. G Russon 14.24.3; **(B):** D Fellows (C&S) 14.50.8; **400:** 1. C Parry 65.2; 2. G Russon 70.6; 3. C Woodfield (RSC) 89.0; **(B):** S Kneill-Boxley (C&S) 80.5; **1500:** 1. C Kilkenny (C&S) 5.40.6; 2. C Woodfield 6.45.5; **(B):** Kneill-Boxley 5.57.3; **HT:** 1. J Cooper (W&B) 31.25; 2. A George (C&S) 18.64; 3. D Harrison (Burt) 14.34; **DT:** 1. J Cooper 28.01; 2. A George 19.96; 3. D Harrison 18.26;

W45:

400: 1. K Lathbury 82.1; 2. D Fellows 94.0; **LJ:** 1. A Wainwright 3.38; 2. P Higgins 3.24; 3. K Lathbury 2.93;

W50:

100: 1. J Kelsall (Burt) 18.0; 2. J Pallister (C&S) 30.3; **1500:** 1. D Fellows 6.16.5; **HT:** 1. P Higgins (Shrews) 28.95; 2. M Harding (W&B) 21.34; 3. J Kelsall 14.43; **TJ:** 1. P Higgins 6.92; 2. J Kelsall 5.37; **Medley Relay** 1. C&S 5.26.7;

Midland Veterans Track & Field League South division Meeting 3 Venue Tipton 9th July 2008 Men

M35:

100: 1. R Hyde (Hales) 12.0; 2. M Bennett (Worc) 12.3; 3. W Fraser (Birch) 13.0; **2k Walk** 1. J Constandiou (Birch) 9.56.6; 2. G Jones (D&St) 11.36.4; 3. M Arnold 12.04.9; **400:** 1. D Herbert (Droit) 56.0; 2. I Pawluk (Worc) 59.5; 3. C Colstock 63.5; **1500:** 1. I Pawluk 4.26.6; 2. R Williams (Birch) 4.30.3; 3. C Colstock 4.47.0; **DT:** 1. R Hyde 35.70; 2. M Flannery 29.35; 3. D Sharp (D&St) 28.14;

M40:

100: 1. D Hanson (Spark) 12.2; 2. D Douglas (MMAC) 12.6; 3. S Fountain (Worc) 12.9; **2k Walk** : 1. J Barnett (Birch) 11.59.7; 2. M Millicheap (Spark) 13.34.0; 3. E Horwill (D&St) 13.52.6; **400:** 1. D Hanson 58.3; 2. M Morley (Birch) 58.6; 3. S Halion (Worc) 65.3; **1500:** 1. M Morley 4.37.2; 2. A Peach (Worc) 4.38.9; 3. R Rawlins (B&R) 4.46.2; **HJ:** 1. D Hanson 1.55; 2. M Flannery (Worc) 1.50; 3. P Fearon 1.40; **LJ:** 1. D Hanson 5.48; 2. M Flannery 5.38; 3. P Fearon 4.33;

M50:

100: 1. L Oldfield (Worc) 13.2; 2. A Mellett (MMAC) 14.7; 3. M Arnold (Spark) 14.8; **1500:** 1. S Halion 5.23.1; 2. R Mills (Spark) 5.23.7; 3. G Orme (Birch) 5.25.3; **SP:** 1. M Jones (B&R) 8.39; 2. C Street (Birch) 7.81; 3. R Mills 6.46;

M60:

400: 1. L Oldfield 64.2; 2. R Davies 75.5; 3. L Woods (Hales) 81.9; **HJ:** 1. T Crocker 1.30; 2. I Bowles (Worc) 1.25; 3. R Davies 1.00; **DT:** 1. M Jones 29.41; 2. M Taylor (Worc) 29.19; 3. C Street 22.79; **4 x 400:** 1. Worc 4.08.5; 2. Birch 4.11.7; 3. Hales 4.24.6;

W35:

100: 1. J Rogers (Birch) 14.0; 2. J Maclean (Hales) 14.1; 3. P Gerner (B&R) 14.6; **(B):** J Thomas (Birch) 15.9;

2k Walk : 1. S Tonks (B&R) 10.14.8; 2. J Bellfield (Hales) 11.56.8; 3. Z McDonald (Birch) 12.22.4; **(B):** J Malin (B&R) 11.41.3; **400:** 1. D Walters (Birch) 60.4; 2. N Hitchmough (D & St) 71.1; 3. S Evans (Spark) 72.3;

(B): J Rogers 67.1; **1500:** 1. D Walters 4.45.1; 2. S Evans 5.20.5; 3. J Anderson (B&R) 5.47.2; **(B):** R Cook (Birch) 5.13.6; **HT:** 1. K Davies 18.37; 2. J Wakelam (B&R) 14.66; 3. G Repton 14.30; **DT:** 1. R Chrimes 24.45; 2. K Davies 19.38; 3. G Repton 15.71;

W45:

400: 1. A Haywood (Birch) 74.9; 2. R Townsend-Hope 76.1; 3. E Restorick 79.6; **LJ:** 1. J Wakelam 3.69;

2. J Maclean 3.54; 3. E Restorick 3.46;

W50:

100: 1. R Townsend-Hope (Worc) 16.8; 2. R Brownlie (B&R) 17.8; 3. G Millicheap (Spark) 18.1; **1500:** 1. N Hitchmough 5.24.2; 2. R Townsend-Hope 6.05.4; 3. M Ehrenberg (Spark) 7.00.0; **HT:** 1. J Smallwood (Hales) 16.99; 2. M Ehrenberg 16.75; 3. C Rafferty 16.18; **TJ:** 1. J Smallwood 5.56; 2. R Brownlie 5.54; **4 x 400:** 1. Birch 4.42.0; 2. Spark 5.33.1; 3. Worc 5.37.8;

Midland Veterans League East Division Meeting 3 Venue Rugby 9th July 2008 Men

M35:

2k Walk 1. S Arnold (Nun) 9.50.7; 2. M Barraclough 102.0; 3. S Harris (R Lions) ntt; **100:** 1. G Langham (R Lions) 12.4; 2. P Tasker (Tam) 12.8; 3. T Foster (Leam) 13.4; **400:** 1. G Langham 54.1; 2. M White (Mans) 55.1; 3. P Tasker 57.2; **1500:** 1. H Bush (Tam) 4.32.6; 2. C Talbot (Nun) 4.38.9; 3. W Clapp (Harb) 4.39.9; **DT:** 1. D Tucker (Harb) 30.11; 2. K Murch 29.19; 3. S Vaughan 28.73;

M40:

High Jump 1. P Hayden 1.40m; 2. P Askew (Cham). 1.40m; 3. C Ashmore 1.40m; **1500m** 1. B Moen (R Lions) 4.50.5; 2. A White (R Saints) 4.55.6; 3. E Fowler (Nun) 4.57.9; **100m** 1. P Jacobs (R Lions) 12.0; 2. C Ashmore (Mans) 12.1; 3. J Statham (Cham) 12.5;

400m 1. P Tereive (Mans) 58.4; 2. M Alwyn (Nun) 58.9; 3. A Wilkinson (Harb) 60.4; **2k Walk** 1. M Williams (Tam) 8.35.2; 2. C Turner (Nun) 10.38.1; 3. M Aston (Leam) 11.36.3; **Long Jump** 1. C Ashmore 5.11m; 2. C Georgiou 4.87m; 3. K Murch 4.43m;

M50:

1500m 1. A Green (Leam) 4.49.2; 2. T Akiens (R Lions) 5.05.3; 3. S Davies (Mans) 5.13.9; **100m** 1. D Brown (Leam) 13.6; 2. A Baxter (Cham) 13.8; 3. P Hayden (Nun) 14.0; **Shot** 1. J Edwards 9.29m; 2. D Cowley 8.48m; 3. P Owen (Tam) 7.34m;

M60:

400m: 1. G Houghton 72.4; 2. L Dunn 73.3; 3. D Hoare (Leam) 73.8; **High Jump:** 1. D Cowley (R Lions) 1.40m; 2. C Green 1.35m; 3. D Hamer 1.15m; **Discus** 1. P Owen 38.16m; 2. D Cowley 27.82m; 3. D Hamer 22.71m;

Medley Relay 1. R Lions 4.05.6; 2. Tam 4.14.2; 3. Nun 4.15.9;;

W35:

100m 1. J Crossin (R Lions) 14.3; 2. K Williams (Harb) 15.0; 3. J Hanlon (Leam) 15.3; **(B):** T Webb (R Lions) 14.2; **400m** 1. T Webb 65.0; 2. M Hall (Nun) 74.0; 3. C Hawker (R Saints) 79.0; **(B):** J Crossin 72.9; **2k Walk** 1. T Boa (Harb) 10.55.6; 2. T Gamer ntt;

3. S Howard ntt; (B): S Hine ntt; **1500m** 1. S Baker (R Lions) 5.19.6; 2. H Eveleigh 5.25.7; 3. M Clements (Leam) 5.46.9; (B): K Brookes 5.43.2; **Hammer**: 1. D Rubery (Cham) 23.08m; 2. D Murch (R Lions) 23.06m; 3. H Waller 16.44m; **Discus**: 1. D Murch 22.42m; 2. J Roginski 20.21m; 3. J Scales 18.31m;
W45:
400m: 1. L Willis (R Lions) 68.5; 2. J Hanlon 74.8; 3. K Brooks (Harb) 82.7; 4th T Garner 84.3; **Long Jump** 1. L Willis 4.17m; 2. D Orr 3.57m; 3. M Storey 3.54m;
W50:
100m 1. S Hine (R Lions) 16.8; 2. P Garvey (Mans) 16.9; 3. V Kirkland (Nun) 17.2; **1500m**: 1. A Copson 5.34.0; 2. L Carter (R Lions) 6.09.4; 3. J Johnson 6.56.5; **Hammer** 1. V Kirkland (Nun) 22.92m; 2. C Cox (R Saints) 19.06m; 3. E Mee (Cham) 17.24m; **Triple Jump** 1. S Hine 6.69m; 2. C Lyon-Green 6.53m; 3. C Cox 6.00m;
Medley Relay 1. R Lions 4.56.4; 2. Harb 5.08.0; 3. R Saints 5.13.4; 4th Leam 5.26.8

VETERANS LEAGUE - WESTERN DIVISION, BRACKNELL, 14 JULY 2008

WOMEN -

200M - (O35) -1 Kerry Scudder NEW 30.0; 2 Sue Francis READ 31.1; 3 Isobel Miller RAC 32.0; (B) Adi Kam RAC 33.6; (O50): 1 Janet Binns WSEH 31.8; 2 Lyn Ahmet RAC 34.6; 3 Jeanette Ashton WRR 34.8;
800M - (O35) -1 Sue Francis READ 2.27.2; 2 Janet Binns WSEH 2.32.1; 3 Nicola Gomm WRR 2.36.6; (B): Lucy Garrod AAAC 2.47.8; (O50): 1 Paula Fudge WSEH 2.44.5; 2 Gwyneth Hueter RAC 2.50.9; 3 Jeanette Ashton WRR 3.09.1; (O60): 1 Sue Lowry READ 3.16.5; 2 Pauline Siddons WSEH 3.31.4; 3 Liz Harkness NEW 3.36.1; **2000W: (O35)**: 1 Mary Holt READ 13.35.8; 2 Roz McKenzie AAAC 13.58.7; 3 Angela Godfrey RAC 15.00.4; (O50): 1 Noel Blatchford AAAC 12.34.5; 2 Gillian Woodland RAC 15.31.7; 3 Liz Harkness NEW 17.48.3; **5000M - (O35)** -1 J Sheard WSEH 18.29.3; 2 Nicola Gomm WRR 18.35.1; 3 Sarah Matthews AAAC 20.47.4; (B): Marie Carrick AAAC 23.42.7; (O50): 1 Paula Fudge WSEH 19.15.7; 2 Gwyneth Hueter RAC 21.31.0; 3 Jeanette Ashton WRR 23.28.6; **4 X 200 RELAY**: 1 Radley AC 2.13.7; 2 Abingdon Amblers AC 2.20.3;
SHOT PUT - (O35): 1Natasha Mighty RAC 9.13; 2 Julie Wilson READ 8.78; 3 Janet Smith WSEH 8.17; (O50): 1 Diane Mitchell AAAC 7.01; 2 Stella Bacon READ 6.49; 3 Carolyn Walker NEW 5.80; Non-Scorer Adeline Kam (V45) 6.23; **TRIPLE JUMP - (O35)**: 1 Sarah Rudd NEW 7.81; 2 Jackie Charles RAC 7.60; 3 Sam Egerton AAAC 6.79; **TRIPLE JUMP - (O50)**: 1 Lyn Ahmet RAC 7.68; **DISCUS - (O35)**: 1 Janet Smith WSEH 30.80; 2 Julie Wilson READ 28.87; 3 Natasha Mighty RAC 22.49; **DISCUS - (O50)**: 1 Diane Mitchell AAAC 17.30; 2 Carolyn Walker NEW 14.24; 3 Gwyneth Hueter RAC 10.39; **DISCUS - (O60)** 1 Stella Bacon READ 14.48; 2 Noel Blatchford AAAC 12.29; 3 Liz Harkness NEW 11.75; **MATCH POINTS**: 1 Radley AC 121; 2 Abingdon Amblers AC 112; 3 Newbury AC 68; **FINAL LEAGUE POSITIONS POINTS**: 1 Radley AC 31; 2 Abingdon Amblers AC 28; 3 Newbury AC 25;

MENS -

200M - (O35) -1 Glen Reddington WSEH 24.6; 2 Mark Bristow OCAC 27.3; 3 Pete Stepney AAAC 27.5; (B): Tim Osman OCAC 26.8; (O50): 1 Alastair Duncan RAC 25.5; 2 Charlie Sutton OCAC 26.0; 3 Rod Davies WSEH 26.9; **800M - (O35)** -1 Phil Egerton AAAC 2.03.9; 2 Steve Overton OCAC 2.07.7; 3 W Lillis NEW 2.12.7; (B): Dave Bosley AAAC 2.12.5; (O50) 1 Chris Sykes OCAC 2.21.3; 2 Gray Kueberuwa RAC 2.29.6; 3 Dave Berger AAAC 2.30.5; (O60): 1Derek Wardle WSEH 2.26.9; 2 Gareth Jones OCAC 2.39.4; 3 Ray Stevens READ 2.54.0; **Non-Scorer** P Huxley (V50) OCAC 2.24.5; **2000W: (O35)**: 1 Graham Chapman OCAC 10.26.5; 2 Nick Gough AAAC 12.36.4; 3 John Spurway RAC 13.34.8; (O50): 1 John Oliver AAAC 12.19.2; 2 Ray Stevens READ 12.22.3; 3 Gordon Manning RAC 14.52.3; **3000M - (O35)** 1 W Lillis NEW 9.38.9; 2 Julian Richardson OCAC 9.40.5; 3 Roger Thetford AAAC 10.41.3; (O50): 1 Brian Green OCAC 9.40.6; 2 John

Peerless AAAC 11.19.5; 3 Gray Kueberuwa RAC 12.02.6; **Non-Scorer** Chris Sykes (V50) OCAC 10.01.2;

4 X 200M RELAY 1 Oxford City AC 1.45.3; 2 Abingdon Amblers AC 1.45.7; 3 Radley AC 1.58.8; **TRIPLE JUMP - (O35)** 1 Peter Stepney AAAC 10.06; 2 Mick Cottam RAC 9.27; 3 Richard Hart OCAC 8.12; (O50): 1 Alastair Duncan RAC 9.53; 2 Bruce Hendrie OCAC 8.57; 3 David Berger AAAC 8.45; **DISCUS - (O35)**: 1 Gary Jennings AAAC 33.95; 2 Guy Perryman READ 33.26; 3 Richard Hart OCAC 25.08; (O50): 1 Richard Jones AAAC 30.41; 2 Dave Kuester OCAC 28.21; 3 Alastair Duncan RAC 27.34; **Non-Scorer** Neil Griffin (V60) WSEH 48.63; **POLE VAULT - (O35)** 1 Rob King READ 3.15; 2 Dave Roberts AAAC 2.40; 3 Gordon Manning RAC 1.90; (O50): 1 Bruce Hendrie OCAC 2.80; 2 Alastair Duncan RAC 2.00; **JAVELIN - (O35)** 1 Gary Jennings AAAC 27.44; 2 Mick Cottam RAC 27.27; 3 Richard Hart OCAC 25.19; **JAVELIN - (O50)**: 1 Dave Bambrough WYC 35.09; 2 Charlie Sutton OCAC 32.20; 3 Ron Jones AAAC 27.76; (O60): 1 Dave Kuester OCAC 34.53; 2 Ashley Fox WSEH 34.37; 3 Richard Jegou RAC 19.19;
MATCH POINTS: 1 Oxford City AC 142; 2 Abingdon Amblers AC 134; 3 Radley AC 116; **FINAL LEAGUE POSITIONS POINTS**: 1 Oxford City AC 32; 2 Abingdon Amblers AC 28; 3 Radley AC 24;

V.A.A.-N.E. League 4 July 21st.. 2008. Monkton

400 METRES

M.35: 1 Gibson M.62.3; 2 Hulley M.70.2; 3 Moore J.94.7; **M.40**: 1 McCluskey P.55.8; 2 Gray J. 64.7; **M.45** 1 Sunderland P.61.7; 2 Hughes D.61.9; 3 Anderson R. 62.6; **M.50**: 1 Readman A.59.5; 2 Todner S.65.4; 3 Welsh D.74.4; **M55**: 1 Baty T.76.1; 2 Farquharson W. 77.5; 3 Everson C.82.3; **M.60**: Parker P 75.5; **M.65**: 1 Hampson J. 80.2; 2 Purdham A.94.4; 3 Foote-Wood C. 104.2; **M.70+**: Checkley R. 83.8; **W.45**: White S.71.5;
3,000 METRES:
M.35: 1Twaddle I.9.11.8; 2 Smith L. 10.05.1; **M.50**: 1 Mallen M.10.42.7; 2 Hewitson G.11.08.8; 3 Joyce M. 11.15.8; **M.55**: 1 Jenkins A.10.55.7; 2 Wilson E. 11.39.8; 3 Farquharson W.11.45.1; **M.60**: Potter A. 14.51.2; **M.65**: Purdham A. 15.08.4; **M.70+**: Barnes I.12.15.0; 2 Appleby E.14.34.4; **W35**: Thompson V. 12.37.0; **W.40**: Ratcliff C. 11.48.8;

100 METRES

M.35: Gibson M. 13.6; 2 Hulley M.14.0; 3 Moore J. 19.8; **M.40**: McCluskey P. 12.7; 2 Robinson D. 13.6; **M.45**: Taylor V.13.6; 2 Hughes D. 13.6; 3 Sunderland P. 13.9; **M.50**: Readman A. 12.7; 2 Todner S. 14.0; 3 Lonsdale K.14.0; **M.55**: Everson C.16.6; **M.60**: Parker P. 15.0; 2 Whitfield T.17.1; **M.65**: Rowell P. 14.5; 2 Hampson J.17.5; 3 Purdham A. 18.6; **M.70+**Checkley R. 17.5; 2 Emmerson B. 19.9; **W.35**: Hodgson J.13.9; 2 Reid C. 14.3; **W.45**: Partridge K. 17.2; **W.55+** Garnham N.17.9;

800 METRES

M.35: Smith L. 2.20.9; 2 Hulley M. 2.45.2; **M.40**: Gray J. 2.29.7; **M.45**: Harden G. 2.14.6; 2 Bailes B. 2.18.8; 3 Hassell C. 2.19.9; **M.50**: Mallen M. 2.26.8; 2 Hewitson G. 2.29.3; 3 Welsh D.2.44.2; **M.55**: Jenkins A. 2.30.9; 2 Pemberton G. 2.32.8; 3 Farquharson W. 2.48.6; **M.60**: Eccleston S. 2.45.3; 2 Parker P.2.49.3; 3 Whitfield T. 3.03.5; **M65**: Hampson J. 3.05.8; 2 Foote-Wood C. 3.34.2; **M.70+**: Barnes I. 2.46.5; 2 Checkley R.3.16.4; 3 Appleby E.3.34.1; **W.45**: Marr L. 2.53.5; **W.50**: Lorraine M. 2.49.8;

WEIGHT

M.40: Hudson S.9.90; **M.50**: Maggs D. 13.79; **M.60**: Hudson T.13.20; 2 Routledge G.7.25;

TRIPLE JUMP

M.35: Gibson M.8.72; **M.45** ; Hassell C.9.98; **M.55**: Pemberton G.8.83; **W.45**: White S.7.93; **W.50**: Lorraine M. 7.24;
HAMMER:

M.40: Hudson S.35.70; **M.45**: Young P.26.77; **M.50**: Maggs D.40.78; **M.60**: Hudson T. 35.28; 2 Routledge G. 14.91; **M.70+**: Laidler R. 19.81;

JAVELIN

M.40: Hudson S.26.59; 2 McCluskey P. 25.05; 3 Taylor V. 31.46; **M45**: Young P. 26.79; 2 Harden G. 24.19; 3 Anderson R. 23.41; **M.50**: Lonsdale K. 30.06; 2 Maggs D. 29.21; **M.60**: Hudson T. 31.17; 2 Whitfield T.20.85; 3 Routledge G.17.64; **M.70+**: Laidler R. 21.10; **W.35**: Hodgson J. 17.19; **W.45**: Partridge K. 17.61;

LONG JUMP

M.35: Smith L. 3.97; 2 Moore J. 2.32; **M.40**: Robinson D. 4.60; **M.45**: Dixon D.5.29; 2 Taylor V. 4.57; **M.50**: Readman A. 4.70; 2 Hewitson G.4.18; **M.55**: Pemberton G. 4.37; 2 Baty T. 3.18; **W.45**: White S. 3.82; **W.50**: Lorraine M.3.29;

V.A.A.-N.E. League 5 Aug.4th. 2008.Monkton

200 METRES

M.35: 1 Gibson M.28.2; 2 Hulley M.29.0; 3 Moore J. 38.6; **M.40**: McCluskey P.25.7; 2 Gray J.28.7; **M.45**: Evans J.26.3; 2 Taylor V.27.2; 3 Hughes D. 27.4; **M.50**: Readman A. 26.4; 2 Todner S. 26.6; **M.55**: Wright D 33.3; 2 Everson C.34.1; 3 Farquharson W. 35.8; **M.60**: Parkin P.34.0; 2 Whitfield T. 34.2; **M.65**:Hampson J.36.8; 2 Purdham A.38.6; 3 Foote-Wood C.39.6; **M.70+** Checkley R. 37.1; **W.35** Reed C.30.2; **W.45**: Partridge K. 36.1; **W.55+**: Garnham N.39.1;

5,000 METRES

M.35: Smith L. 17.24.7; 2 Allison J.17.34.0; **M.50**: Mallen M.18.36.5; 2 Hewitson G.18.56.4; 3 Joyce M.19.41.5; **M.55**: Pemberton G.19.53.8; 2 Farquharson W. 21.10.1; **M.60**: Eccleston S.20.53.7; 2 Brown B. 23.11.2; 3 Potter A.24.32.3; **M.65**: Harvey R.21.23.5;2 Purdham A.26.57.7;

800 METRES

M.35: Allison J.2.23.8; 2 Smith L. 2.25.4; 3 Hulley M.2.50.2; **M.40**: McCluskey P.2.15.3; 2 Gray J.2.34.0; **M.45**: Bailes B.2.17.5; 2 Hughes D.2.25.6; **M.50**: Todner S.2.24.4; 2 Hewitson G.2.25.7; 3 Mallen M.2.27.1; **M.55**: Pemberton G.2.29.3; 2 Farquharson W.2.56.0; 3 Wright D.3.04.1; **M.60**: Parkin P.2.48.0; 2 Whitfield T. 2.53.7; 3 Brown B. 3.05.3; **M.65**: Donaghy P.2.59.0;2 Hampson J.3.03.2; 3 Foote-Wood C. 3.39.0; **M.70+**: Checkley R. 3.18.1; 2 Appleby E.3.39.5; **W.50**: Lorraine M.2.52.7;

DISCUS

M.40: McCluskey P. 22.40; **M.45**: Young P. 30.09; 2 Harden G. 18.09; **M.50**: Maggs D.31.26; 2 Lonsdale K. 26.62; **M.55**: Wild J. 35.88; **M.60**: Hudson T.36.02; 2 Routledge G.19.78; **M.70+**: Laidler R. 17.45;

HAMMER

M.40: Hudson S. 36.62; **M.45**: Young P.25.85; 2 Maggs D. 42.94; **M55**: Wild J. 32.87; **M.60**: Hudson T.34.54; 2 Routledge G. 16.14; **W50**: Lorraine M. 15.62;

SHOT

M.35: Gibson M. 6.41; 2 Smith L. 5.87; **M.40**: Hudson S. 7.79; 2 Henderson J.5.69; 3 Inskip P.4.29; **M.45**: Young P. 8.97; 2 Taylor V. 7.41; **M.50**: Lonsdale K. 9.85; 2 Maggs D. 8.74; 3 Bhogal P. 7.19; **M.55**: Wild J.9.66; **M.60**: Hudson T. 11.07; 2 Routledge G. 7.36; 3 Brown B. 5.81; **M.70+**: Laidler R.8.09; **W.40**: Taylor J. 5.46; **W.45**: Partridge K. 4.76;

HIGH JUMP

M.55: Pemberton G. 1.25;

TRIPLE JUMP

M.50: Hewitson G.8.87; **W.40**: J.Taylor 7.01; **W.50**: Lorraine M.7.16;

100 METRES

M.35: Gibson M. 13.6; 2 Allison J.13.6; 3 Hulley M.13.7; **M.40**: Nicholson K.12.0; 2 Gray J.14.3; **M.45**: Evans J.12.6; 2 Taylor V. 13.2; 3 Hughes D. 13.3; **M.50**: Readman A. 12.8; 2 Todner S. 13.0; 3 Lonsdale K.13.9; **M.55**: Wright D. 16.1; 2 Everson C.16.5; **M.60**: Parkin P. 16.0; 2 Whitfield T. 16.6;

MASTERS ATHLETICS AUTUMN 2008

M.65: Rowell P. 14.3; 2 Hampson J. 17.1; 3 Purdham A. 18.2; **M70+:** Checkley R. 17.5; **W.35:** Reid C.14.2; **W.45:** Partridge K.16.7; **W.55+:** Gamham N. 17.8;
3,000 METRES:
M.70+: Appleby E. 14.44.4; **W.35:** Thompson V. 12.56.9;

Midland Veterans Track & Field League East Division Men Meeting 4 venue Loughborough 13th August 2008

M35:

200m: 1. G Langham (R Lions) 24.3; 2. T Barton (Cham) 24.7; 3. P Tasker (Tam) 26.0; **800m:** 1. J Pitcher (Harb) 2.09.2; 2. P Birch (R Lions) 2.11.2; 3. P Tasker 2.14.8; **3000m:** 1. J Douglas (Cham) 9.06.5; 2. H Bush (Tam) 9.51.4; 3. V Carroll (R Lions) 9.55.7; **Pole Vault:** 1. A Wilkinson (Harb) 3.35m; 2. T Selway (Nun) 2.50m; 3. K Murch (R Lions) 2.40m; **Long Jump:** 1. C Ashmore 5.27m; 2. D Warriner 5.20m; 3. C Gorgiou (Tam) 4.94m;

M40:

200m: 1. C Ashmore (Mans) 24.8; 2. J Statham (Cham) 25.6; 3. M Aylwin (Nun) 26.7; **800m:** 1. M Gore (Harb) 2.16.4; 2. E Fowler (Nun) 2.20.0; 3. A White (R Saints) 2.24.4; **2k walk:** 1. M Williams (Tam) 8.37.2; 2. M Barrowclough 11.13.9; 3. J Thompson (Harb) 11.23.6; **3000m:** 1. D Guess (Cham) 9.46.7; 2. S Riley (Leam) 10.03.5; 3. W Clapp (Harb) 10.05.4;

M50:

200m: 1. T Foster (Leam) 25.6; 2. A Baxter (Cham) 26.7; 3. P Haydon (Nun) 28.4; **2k walk:** 1. C Turner 11.04.7; 2. M Aston (Leam) 11.15.1; 3. K Richards (R Lions) 11.54.8; **3000m:** 1. A Green (Leam) 10.02.8; 2. P Mensley (Cham) 11.01.7; 3. T Akiens (R Lions) 11.06.0; **Pole Vault:** 1. D Cowley (R Lions) 2.60m; 2. P Haydon 2.20m; 3. D Harmer 1.80m; **Discus:** 1. B Hawksworth (Cham) 30.94m; 2. D Cowley 27.36m; 3. J Bartlett 26.43m;

M60:

800m: 1. C Turner (Nun) 2.33.9; 2. S Avins (Harb) 2.48.3; 3. P Lynch (R Saints) 2.52.2; **Long Jump:** 1. S Avins 4.25m; 2. D Cowley 4.17m; 3. J Evans (R Saints) 3.74m;

4 x 100m: 1. Cham 50.8; 2. Tam 52.1; 3. Harb 52.3;

Meeting Result: 1 Chamwood 104; 2 R Lions

96; 3 Nuneaton 86;

Final League: 1 Rugby Lions 27; 2 Nuneaton 24; 3 Tamworth 22; 4 Leamington 19; 5 Chamwood 17; 6 Harborough 16; 7 Mansfield 13; 8 Rugby Saints 6;

Women:

W35

200m: 1. J Crossin (R Lions) 28.7; 2. F Meldrum (Tam) 30.1; 3. C Hawker (R Saints) 30.5; **800m:** 1. K Ramsey (Cham) 2.31.0; 2. M Leach (R Lions) 2.41.5; 3. M Hall (Nun) 2.46.1; **(B):** T Webb (R Lions) 2.44.6; **2k Walk**

1. A Wheeler (Nun) 11.39.0; 2. T Garner (R Saints) 12.58.9; 3. D Murch (R Lions) 14.09.1; **3000m:** 1. K Ramsey 10.39.2; 2. M Williamson 11.36.4; 3. K Brookes 11.44.2; **(B):** N Thompson 12.04.5; **Shot:** 1. L Willis 6.85m; 2. S Wilson 6.79m; 3. S Tawney 6.27m; **Long Jump:** 1. T Webb 4.46m; 2. D Orr 3.92m; 3. C Hawker 3.00;

W45

200m: 1. L Willis (R Lions) 30.3; 2. J Hanlon (Leam) 31.6; 3. M Story (Tam) 33.9; **800m:** 1. L Willis 2.42.3; 2. M Williamson (Leam) 2.45.5; 3. A Copson 2.48.3; **2k Walk:** 1. J Hanlon 14.18.9; 2. V Cross (R Saints) 14.35.2; 3. S Hine 14.51.0; **Shot:** 1. D Murch 8.41m; 2. C Cox 6.77m; 3. J Roginski (Harb) 6.67m;

W50

200m: 1. S Hine (R Lions) 33.9; 2. A Copson (R Saints) 34.7; 3. L Lawton (Harb) 34.8; **3000m:** 1. A Copson 11.42.7; 2. L Carter (R Lions) 12.32.5; 3. M Lomas (Cham) 12.35.9; **Javelin:** 1. C Cox (R Saints) 13.22m; 2. S Hine 12.72m; 3. V Kirkland 10.26m; **Discus:** 1. C Cox 18.24m; 2. V Kirkland 11.94m; 3. E Mee 11.68m; **4 x 100m:** 1. R Lions 58.5; 2. Harb 66.4; 3. R Saints 67.9;

Match Result: 1 R Lions 119; 2 R Saints 96;

3 Chamwood 88

Final League: 1 Rugby Lions 29.5; 2 Rugby Saints 27; 3 Harborough 26; 4 Leamington 17.5; 5 Chamwood 15; 6 Nuneaton 12; 7 Tamworth 9; 8 Mansfield 6;

Midland Veterans Track & Field League Meeting 4 South Division Venue Worcester 14th August 2008 Men

M35

200m: 1. M Bennett (Worc) 26.4; 2. P Rogers (Birch) 29.0; 3. C Scoltock (B&R) 29.2; **800m:** 1. R White (Worc) 2.10.9; 2. W Simpson (Birch) 2.14.1; 3. R Shardlow (B&R) 2.25.5; **Pole Vault:** 1. M Flannery (Worc) 3.05m; **Long Jump:** 1. N Skelding (Hales) 5.58m; 2. M Flannery 5.06m; 3. P Rogers 4.00; **3000m:** 1. P Thompson (Spark) 9.22.9; 2. I Pawluk (Worc) 9.33.7; 3. R Shardlow (B&R) 9.59.4;

M40

200m: 1. S Fountain (Worc) 27.1; 2. R Quinn (Birch) 27.6; 3. P McClean (Hales) 28.5; **800m:** 1. M Morley (Birch) 2.10.7; 2. W Miles (Worc) 2.15.2; 3. D Riley (Spark) 2.26.5; **2k Walk:** 1. G Jones (D&St) 11.24.1; 2. D Fall (Birch) 12.22.1; 3. R Smith (Worc) 14.34.7; **3000m:** 1. P Wabey (D&St) 9.17.0; 2. I Keyte (B&R) 9.52.8; 3. M Morley 9.59.8; **Shot:** 1. D Sharp (D&St) 10.81m; 2. M Flannery 10.02m; 3. C Street 6.63m;

M50

200m: 1. L Oldfield (Worc) 28.1; 2. B Wareing (Spark) 29.9; 3. T Crocker (Droit) 30.2; **2k Walk:** 1. P Boszko (Birch) 11.25.0; 2. D Winter (Spark) 12.12.2; 3. L Scrivens (Worc) 12.18.0; **3000m:** 1. I Furness (D&St) 9.14.1; 2. P Richardson (Worc) 10.44.7; 3. G Orme (Birch) 11.08.1;

Pole Vault: 1. B Wareing 1.80m; 2. D Hope (Worc) 1.70m; **Javelin:** 1. P Goddard (Worc) 30.16; 2. L Woods 22.75m; 3. G Martin (Birch) 19.20m;

M60

800m: 1. M Monaghan (Worc) 2.46.1; 2. A Elsmere (B&R) 2.46.7; 3. R Davies 2.53.6; **Long Jump:** 1. R King (Worc) 4.32m; 2. T Crocker 4.07m; 3. L Woods 3.76m;

4 x 100m: 1. Worc 52.3; 2. Hales 55.2; 3. Birch 57.2;

Meeting Result: 1 Worcester 32; 2 Birchfield 98; 3 B&R 64;

Final League: 1 Worcester 32; 2 Birchfield 28;

3 Sparkhill 21 (326); 4 Halesowen 21 (299); 5 Bromsgrove & R edditch 15; 6 Droitwich 10; 7 MMAC 9; 8 Dudley & Stourbridge 8;

Women:

W35

200m: 1. J Rogers (Birch) 29.8; 2. S Evans (Spark) 34.7; 3. G Repton (Worc) 35.6; **800m:** 1. D Walters (Birch) 2.19.9; 2. S Evans 2.54.2; 3. H Elliott (Worc) 2.58.5; **(B):** C Cummings (B&R) 3.01.4; **2k Walk:** 1. J Bellfield (Hales) 12.03.2; 2. K Davies (Birch) 12.33.5; 3. Y al Daftary (B&R) 14.02.4; **3000m:** 1. D Walters 10.14.3; 2. S Evans 11.43.3; 3. J Anderson (B&R) 12.24.1; **(B):** M Hepke 13.07.2; **W35 Shot:** 1. J Maclean (Hales) 7.37m; 2. S Evans 6.85m; 3. J Wakelam (B&R) 6.00m; **Long Jump:** 1. J Rogers 3.93m; 2. J Maclean 3.64m; 3. E Restorick 3.56m;

W45

200m: 1. J Thomas (Birch) 30.4; 2. P Gerner (B&R) 31.3; 3. E Restorick (D&St) 32.8; **800m:** 1. N Hitchmough (D&St) 2.46.2; 2. R Townsend-Hope 2.53.6; 3. A Hayward (Birch) 3.02.9; **Shot:** 1. J Thomas 5.88m; 2. R Brownlie 5.46m; 3. P Price 5.34m; **2k Walk:** 1. Z McDonald 12.27.5; 2. G Repton 14.13.0; 3. P Horwill (D&St) 14.40.5;

W50

200m: 1. R Townsend-Hope (Worc) 34.9; 2. R Brownlie (B&R) 38.5; 3. Z McDonald (Birch) 40.4; **3000m:** 1. N Hitchmough 11.47.2; 2. R Townsend-Hope 12.46.7; 3. C Frain (Birch) 17.33.3; **Javelin:** 1. C Rafferty (Birch) 16.57m; 2. P Price (Worc) 11.50m; 3. P Horwill 10.93m; **Discus:** 1. R Brownlie 14.70m; 2. P Price 13.33m; 3. C Rafferty 13.30m; **4 x 100m:** 1. Birch 58.7; 2. B&R 65.9; 3. Worc 67.6;

Meeting Result: 1 Birchfield 114; 2 Worcester 103; 3 B&R 95;

Final League: 1 Birchfield 32; 2 Bromsgrove & R edditch 26; 3 Sparkhill 23; 4 Worcester 21; 5 Halesowen 16; 6 Dudley & Stourbridge 14;

MMTG Heavy Weight Pentathlon and One Handed Hammer Championships . NORTHWOOD Stadium 16th August 2008.

Pentathlon:

1 Brian Sumner M70 Nene Valley (17.09 15.19 11.47 11.10 08.99) 63.84; 2 Martin Roberts M45 C&S (18.42 15.54 10.92 09.33 06.76) 60.97; 3 Peter Duckers M65 Shrewsbury (15.45 12.55 13.11 10.84 07.97) 59.92; 4 Jennifer Ibbitson W50 Spensborough (16.18 14.86 10.24 09.23 07.89) 58.40; 5 Clive Howell M55 Stoke A.C. (17.36 14.09 10.36 07.59 06.75) 56.15; 6 Pat Higgins W50 Shrewsbury (13.43 10.13 07.97 07.54 05.03) 44.10;

7 Graham Roberts M75 Sparkhil (12.01 09.27 07.13 06.66 04.75) 39.82; 8 Chris Street M65 Birchfield (08.80 07.48 08.82 06.30 05.20) 36.60;

OH Hammer

1 Brian Sumner 23.56; 2 Clive Howell 21.14; 3 Peter Duckers 18.63; 4 Graham Roberts 17.99; 5 Jennifer Ibbitson 17.74; 6 Martin Roberts 17.47; 7 Pat Higgins 15.86; 8 Chris Street 12.75;

The Veterans Athletic Club Championship at Kingsmeadow on Sunday the 24th of August. by Alastair Aitken

83 year old Harry Tempan smashed the British M80 400m record of 91.39 set by Hugh McGinlay (80) in Glasgow on 18/2/06, with a time of 83.9 (1:23:79 electric) and that was after running 100 (17.9) and a 200 (38.00).

Tempan, who last year, at 82, topped the World rankings for M80 with 3:08.9 for the 800 and 6:30.1 for the 1500 in actual fact ran 3:08.8 at the Surrey Vets Champs at Kingsmeadow earlier this year.

Tempan retired from track running from 1992 to 2007 but *The Renaissance Man* was back. Harry T' also, besides being a previous European and World Veteran Champion in his 50's and 60's was UK age ranked No. 1. 4 times for the 800 and 5 times for the 1500 over the years. What motivated him to run the shorter distances at Kingsmeadow then "I seem to have got a bit of speed. I really want to go for the 400 time after doing the other sprints. I also want to run with others in a race not on my own!" That is precisely what did happen and he overtook 63 year old, Queens Park Harrier, William O'Connor (The London Ever Present marathon runner) in the home straight but then, after crossing the line Harry tripped and spread-eagled himself on the track bruising himself in several places but no serious injury was done to the man who is short in stature but strong in heart.

It was interesting to see Eric Shirley running the 1500. He missed his 800m race but went into the 1500 where he ran 7:22.9 at the age of 78. He remarked "It's 52 years since my Olympic Final and I am still alive!" In that 3000m Olympic Final of 1956 were all three British representatives Chris Brasher, John Disley and Eric Shirley.

Of course there were plenty of impressive performances at Kingsmeadow and they included 45 year old Mark Easton, with his display of fast walking you would expect from someone several

times a Commonwealth Games representative; Vilma Thompson won all her W55 field events and, can often be seen working at the counter at the Millennium Stadium, Battersea.

Kirstin King, the World Masters W45 Sprint Champion did a CPB in the 100 (13.4) and others to do CBP's were W40' 800 Clare Elms (2:17.29) She won four golds too, Celia Morrison (68) W65' 1500 (6:07.06); Barry Ferguson M65 100m Hurdles (16.3) and Peter Barber (75) hammer (35.97). For those with long memories Barber came second to Brian Hewson in the AAA Junior 880 yards in the 1950's.

80H:
M65: Barry Ferguson 16.46(CBP);
100m:
M45: 1 Patrick Logan 11.95; 2 Fario Marismari 13.77;
M40: 1 Barrington King 12.28; 2 Milton McIntosh 12.39;
3 Andy Hunt 13.07; **M50:** 1 Brian Matthews 13.08; 2 Philip Bell 13.38; 3 Peter Morgan 14.22; **M55:** 1 Tim Carter 13.92; 2 Alan Perry 14.13; **M60:** 1 Ken Smeeth 13.24; 2 Victor Novell(G) 13.38;
3 David Whittaker 14.99; 4 John Donaghey 15.69; **M65:** 1 Barry Ferguson 14.18; 2 Charles Isetts 14.45; 3 Allan Sowden 16.63; **M70:** John Godbeer 16.76; **M75:** 1 Geoffrey Feast 17.18; 2 Cliff Taylor 18.47; **M80:** 1 Harry Tempan 17.90; 2 Lewis Lilliman 32.22; **W35:** Joanne Regan(G) 14.42; **W40:** Jaqui Reid 16.33; **W45:** 1 Kirstin King 13.36; 2 Kerry Scudder 14.51; **W50:** Joan Trimble 14.68; **W55:** 1 Emily McMahon 15.14; 2 Fiona Argent 15.78;

200m:
M40: 1 Milton McIntosh 25.67; 2 Andy Hunt 26.22; 3 Barrington King 26.26; **M45:** 1 Patrick Logan 24.92; 2 Fario Marismari 28.28; **M50:** 1 Brian Slaughter 26.53; 2 Brian Matthews & Philip Bell 54 27.16; **M55:** 1 Tim Carter 28.26; 2 Alan Perry 29.60; **M60:** 1 Terry Bissett 27.30; 2 Victor Novell(G) 27.47; 3 Ken Smeeth 27.75; **M65:** Allan Sowden 33.39; **M70:** John Godbeer 37.37;
M80: Harry Tempan 38.16; **W35:** Yvonne Jacobs 37.71;
W45: 1 Kerry Scudder 29.78; 2 Alice Campbell 52.55; **W50:** Joan Trimble 30.39; **W55:** Fiona Argent 33.02;

400m
M40: 1 Andy Hunt 57.10; 2 McIntosh 58.72; 3 Eric Campbell 65.35; **M45:** 1 Alan Eassey 61.71; 2 Alan Mackett 74.08; **M50:** 1 Brian Matthews 60.70; 2 Eddie Costley 62.21; 3 Bell 62.75; **M55:** 1 Tim Carter 63.02; 2 Paul Wignall 65.63; **M60:** 1 Derek Wardle 63.47; 2 Wm O'Connor 85.83; **M65:** John Garber 72.57; **W35:** Sarah Wells 70.07; **W40:** Clare Elms 66.10; **M80:** Harry Tempan 83.79(CBP);

800m:
M35: Jaran Finn(G) 2:16.37; **M40:** 1 Richard Tomlinson 2:11.20; 2 Stephen McDuell 2:11.35; 3 Eric Campbell 2:37.76; **M45:** 1 Andy Gannaway 2:18.81; 2 Neil Taylor 2:24.12; **M50:** 1 Frank Ward 2:16.41; 2 Brian Slaughter 2:16.89; 3 James Wallace 2:29.25; **M60:** 1 Derek Wardle 2:25.40; 2 Michael Mann 2:25.90; 3 William O'Connor 3:14.72; **M75:** Cliff Taylor 4:10.35; **W40:** 1 Clare Elms 2:17.29; 2 Jaqui Reid 2:40.85; **W45:** Diane Farmer(G) 2:53.47;

1500m
M40: Richard Tomlinson 4:40.62; **M50:** 1 Frank Ward 4:44.97; 2 Terry O'Neill 5:01.91; 3 Steve Smythe 5:14.20; **M55:** 1 Ken Daniel 4:52.43; 2 Cliff Hide 5:33.48

3 Maurice Marchant 5:55.10; **M60:** 1 Michael Mann 5:05.6; 2 Alan Davidson 5:52.2; 3 Dennis Williams 6:13.1; **M65:** John Garber 5:35.4; **M70:** Edmond Simpson 5:55.4; **M75:** Eric Shirley(G) 7:22.9; **W40:** 1 Clare Elms 5:04.1; 2 Jaqui Reid 5:39.5; **W45:** Diane Farmer(G) 5:48.0; **W55:** Margaret Moody 5:59.8; **W65:** Cecilia Morrison 6:07.6;

5,000m:
M40: John Kilroe 20:48.32; **M45:** Tim Ellis 17:38.31; **M50:** 1 Nigel Burnell 18:49.39; 2 Steve Smythe 19:45.35; **M55:** Francis Thomason 24:13.94; **W40:** Clare Elms 17:55.63; **M60:** 1 Michael Mann 18:29.83; 2 John Denyer 19:43.76; 3 Alan Davidson 22:00.28; **M65:**

1 John Batchelor 18:40.63; 2 Les Presland 20:36.29; **M70:** 1 Joe Aspinall 23:35.08; 2 Brian Shave 24:43.84;
M75: Joe Cleverly 75 23:07.04; **M80:** Ron Franklin 33:47.50; **W40:** 1 Anna Critchlow 18:15.75; 2 Jaqui Reid 21:28.04; 3 Nichola Atkins 21:40.65; **W55:** Margaret Moody 21:11.98; **W60:** Pauline Rich 23:05.19;

3,000W:
1 Mark Easton M45 13:48.70; 2 Diane Bradley W45 15:52.00 (CBP); 3 Carl Lawton M60 16:06.70; 4 Shaun Lightman M65 16:58.20; 5 Helen Middleton W45 17:07.20; 6 Dave Stevens M70 18:43.00; 7 Francis Thomason M55 19:11.70; 8 Ivor Groves M45 20:10.80; 9 David Hoben M55 20:37.20; 10 Keith Walker M60 20:44.30; 11 John May M75 21:31.30; 12 Harvey Jaquest M80 25:05.30; 13 Jack FitzGerald M85 28:49.2(CBP);

Hammer:
W35: Yvonne Jacobs 29.08; **W40:** 1 Joanne Davison(G) 44.71, 2 Jaqui Reid 13.25; **W50:** Jenny Piercy 30.30, 2 Sigrid Roberts 29.92; **W55:** 1 Vilma Thompson 30.10, 2 Linda Harrison 18.38, 3 Jacqui Obeney-Williams 16.72; **W60:** 1 Rosemarie Hutton 31.36, 2 Elizabeth Sissons 28.27, 3 Barbara Terry(G) 25.82; **M40:** Robert Lowe 17.28; **M45:** Tony Tipping 37.34; **M50:** 1 Mike Small(G) 44.10, 2 Keith Seldon 31.19; **M55:** Francis Thomason 11.65; **M60:** 1 Christopher Melliush 46.50, 2 David Kuester 32.30, 3 Richard Jegou(G) 29.51; **M65:** 1 John Gilbert 32.70, 2 Brian Harlick 25.59, 3 William Hudson 24.93, **M70:** 1 Hamilton Thomas 38.93 (CBP), 2 Gordon Hickey 25.26; **M75:** 1 Peter Barber 35.97(CBP), 2 Phil McEvoy 34.71, 3 Jaroslav Hanus 28.73,

Shot Putt
W35: 1 Sue Lawrence(G) 10.10, 2 Yvonne Jacobs 5.17
W40: Jaqui Reid 5.13; **W45:** Alice Campbell 5.20; **W50:** 1 Jenny Piercy 7.57, 2 Sigrid Roberts 6.50; **W55:** 1 Vilma Thompson 10.62 (CBP); 2 Linda Harrison 5.62, 3 Jacqui Obeney-Williams 5.46; **W60:** 1 Elizabeth Sissons 9.90, 2 Barbara Terry(G) 8.68; **W75:** Marie Grant-Stevens 6.09; **M40:** 1 Robert Lowe 8.11, 2 Eric Campbell 5.67. **M45:** 1 Tony Tipping 11.46, 2 Ian Mackett 6.05, **M50:** 1 Mike Small(G) 13.41, 2 Keith Seldon 9.72, 3 Brian Slaughter 11.07, **M55:** 1 Anthony Richards 11.01, 2 Francis Thomason 5.53; **M60:** 1 Peter Virgo 11.20, 2 Richard Jegou(G) 10.51, 3 David Kuester 10.04, **M65:**

1 Norman Rice 10.00, 2 John Gilbert 9.81, 3 William Hudson 8.94, **M70:** 1 Gordon Hickey 10.16, 2 Hamilton Thomas 9.00, 3 Barrie Strange 8.68; **M75:** 1 Cliff Taylor 8.89, 2 Jaroslav Hanus 8.75, 3 Peter Barber 7.13;

Discus
W35: 1 Sue Lawrence(G) 37.22, 2 Yvonne Jacobs 17.62; **W40:** Jaqui Reid 14.72; **W45:** Alice Campbell 14.46; **W50:** Jenny Piercy 19.04, 2 Sigrid Roberts 16.69; **W55:** 1 Vilma Thompson 24.55, 2 Linda Harrison 13.90, 3 Jacqui Obeney-Williams 12.76; **W60:** 1 Barbara Terry(G) 21.63, 2 Elizabeth Sissons 19.61; **W75:** Marie Grant-Stevens 14.80 (CBP); **M40:** 1 John Buckingham 32.40, 2 Robert Lowe 20.76; **M45:** 1 Tony Tipping 35.31, 2 Fario Marismari 26.76, 3 Ian Mackett 14.80; **M60:** 1 Peter Virgo 36.27, 2 John Donaghey 33.40, 3 Richard Jegou(G) 30.65, **M65:** 1 John Gilbert 33.82, 2 Brian Harlick 32.64; 3 William Hudson 31.40, **M70:** 1 Hamilton Thomas 32.09; 2 Gordon Hickey 29.08, 3 Barrie Strange 23.13; **M75:** 1 Phil McEvoy 24.35, 2 Jaroslav Hanus 24.29, 3 Peter Barber 23.42;

Javelin
W40: Jaqui Reid 14.77; **W50:** 1 Jenny Piercy 17.40, 2 Sigrid Roberts 12.79; **W55:** 1 Vilma Thompson 24.51, 2 Linda Harrison 12.49, 3 Jacqui Obeney-Williams 11.97; **W60:** 1 Elizabeth Sissons 21.68, 2 Barbara Terry(G) 19.61; **M40:** 1 Jeremy Tigar 48.52,

2 Robert Lowe 25.49; **M45:** Tony Tipping 37.19; **M50:** 1 Keith Seldon 40.37, 2 Mike Small(G) 39.89; **M55:** 1 Anthony Richards 33.79, 2 Francis Thomason 9.73; **M60:** 1 David Kuester 34.93, 2 John Donaghey 6.23, 3 William O'Connor 18.19; **M65:** 1 Ashley Fox 37.27(CBP), 2 John Gilbert 25.86, 3 Brian Harlick 25.85; **M70:** Gordon Hickey 25.73;

High Jump
1 Mark Roach(G) 1.65, 2 John Buckingham 1.60; **M45:** Ian Mackett 1.15; **M50:** 1 Brian Slaughter 1.45, 2 Keith Seldon 1.35; **M55:** Michael Goodall 1.45; **M65:** Brian Harlick 1.15; **M75:** Cliff Taylor 1.10; **W40:** Jaqui Reid 1.15; **W45:** Sarah Rudd(G) 1.40; **W45:** Amanda Jones 1.25; **W55:** Emily McMahon 1.20 (=CBP);

Long Jump
M40: John Buckingham 5.71; **M45:** 1 John Shepherd 5.95, 2 Dave Shields 4.75, 3 Ian Mackett 2.79. **M50:** Brian Matthews 4.66, 2 Keith Seldon 3.88, 3 Peter Morgan 3.87; **M60:** 1 Allan Cheers 4.40, 2 David Kuester 3.80; **M75:** Geoffrey Feast 3.13; **W35:** 1 Joanne Regan(G) 4.59, 2 Sarah Wells 3.55; **W40:** 1 Alison Duke 4.32, 2 Sarah Rudd 3.98. **W45:** 1 Amanda Jones 3.91, 2 Alice Campbell(G) 2.40. **W55:** 1 Emily McMahon 3.87, 2 Fiona Argent 3.27, 3 Linda Harrison 2.60;

Triple Jump
M45: Dave Shields 10.35; **M55:** Francis Thomason 5.99
M60: Allan Cheers 9.64. **M65:** Norman Rice 8.50 (CBP)
W35: Joanne Regan(G) 9.34. **W40:** Sarah Rudd 7.92. **W55:** Linda Harrison 5.68.

Pole Vault
M45: Alan Eassey 3.20; **M50:** Brian Slaughter 2.80; **M55:** Michael Goodall 3.35; **M65:** Brian Harlick 2.70; **W40:** Alison Duke 2.30(CBP)

LONDON CLUBS EXCEL IN LEAGUE FINAL, SOUTHERN COUNTIES ATHLETICS FINAL, ASHORD 6th SEPTEMBER

The excitement of team competition, at veteran level, is no higher in the United Kingdom than it was in the Southern Counties Veterans Athletics Finals on the 6th of September at Ashford's Julie Rose Stadium. Intermittent showers did nothing to dampen the great enthusiasm for the event where teams were fighting for every point writes *Alastair Aitken*.

Blackheath & Bromley AC were the victors for the second year running in the men's final but only, for the second year ever, was there a tie in the women's final. This year it was Cambridge Harriers and Radley Athletic Club with a close third by Havant. Excellent from a place with only 20,000 inhabitants.

Clare Elms, mother of three, was prolific on the track for Cambridge Harriers. The British Masters W35' 1500 Champion won the 800, 1500, 3000 and was part of the winning 4x400 relay team. That was only a week after running in three events for Cambridge Harriers in the Southern League at Sutton and, two weeks after winning four events at the Veterans Athletic Club Championships at Kingsmeadow.

Regarding the men Blackheath were strong on the track and the field and deserved to win but there were some multiple winners on the day from several clubs. Picking a couple out of many, there was Sam Elikwu from Enfield & Haringey who won the M50-59 100/200/triple jump and long jump and Basingstoke's Steve Sammut was another prolific winner for Basingstoke & Mid Hants in the field.

The overall points and, Area Champions who topped their leagues in order to qualify for the final (In brackets) :-

Men:- 1 Blackheath & Bromley 224 (Kent); 2 Herne Hill Harriers 211 (Mid London); 3 Oxford City 200 (Western), 4 Basingstoke 197 (Hants & Surrey); 5 Enfield & Haringey 166 (Herts & North Middlesex); 6 Eastbourne & Hailsham 128 (Sussex); Epsom & Ewell 91 (SW London).

Women:- 1= Cambridge Harriers 213 (Kent); 1= Radley 213 (Mid London); 3 Havant 206 (Hants & Surrey); 4 Herts Phoenix 175 (Herts & North Middlesex); 5 Epsom & Ewell 170 (SW London); 6 Serpentine 130 (Mid London)
7 Eastbourne & Hants 96 (Hastings the Sussex league winners did not partake in the Final).

Alastair Aitken.

M35:

100: 1 D May E&E 12.5; 2 K Sankofa HHH 12.7; 3 M Bellham E&H 12.8; **(B)** B Cooper HHH 12.8; **200:** 1 Sankofa 25.9; 2 May 26.1; 3 M Vassiliou E&H 26.8; **(B):**

1 B Cooper HHH 26.1; 2 T Phillips B&B 26.7; **400:** 1 A Waddington BAS 56.6; 2 N Keough B&B 56.9; 3 B Cooper HHH 58.9; **(B):** 1 P Hall E&H 58.2; 2 T Osman OX 58.3; **800:** 1 M Airey B&B 2:05.3; 2 S Overton Oxo 2:11.1; 3 D Coudson E&H 2:15.3; **(B)** 1 J Thorpe B&B 2:12.8; 2 B Creed HH 2:14.1; **1500:** 1 S Male OX 4:26.5; 2 K Newton HHH 4:28.6; 3 B Foster B&B 4:30.1; **3000:**

1 Male 9:27.4; 2 Newton 9:29.7; 3 K Ewing B&B 9:54.3; **(B):** M Boyle HHH 9:44.2; **2000W:** 1 A Millbank HHH 10:41.3; 2 R Brown B&B 11:58.1; 3 P Grigolet BAS 12:26.4; **HJ:** 1 Waddington 1.65; 2 Bellham 1.60; 3 I holder B&B 1.55; **PV:** 1 J Andrews E&E 3.81; 2 Martin 3.00; 3 A Hardy B&B 2.80; **LJ:** 1 A Oyediran HHH 5.63; 2 R Home B&B 5.60; 3 M Brown E&H 5.49; **TJ:** 1 Oyediran 13.12; 2 Brown 11.80; 3 11.18; **SP:** 1 S Sammut BAS 10.76; 2 G Power HHH 9.48; 3 B Slaughter EAS 9.91; **DT:** 1 Power 44.37; 2 C Jackson E&H 39.38; 3 Sammut 34.51; **HT:** 1 Sammut 55.71; 2 D Austin HHH 29.85; 3 Martin 25.76; **JT:** 1 Sammut 38.46; 2 R Home B&B 36.47; 3 Andrews 33.19; **4x100:** 1 Herne Hill 49.0; 2 Enfield & Hounslow 49.8; 3 Oxford 50.5; **4x400:** 1 Oxford 3:53.6; 2 Herne Hill 3:55.5; 3 Basingstoke 3:59.4;

M50:

100: 1 S Elikwu E&H 12.9; 2 B Morris EAS 13.1; 3 T Phillips B&B 13.1; **200:** 1 Elikwu 26.7; 2 Morris 27.2; 3 C Padmore OX 27.6; **400:** 1 B Minting B&B 58.7; 2 P Stiles E&H 60.2; 3 R Watkins BAS 60.6; **800:** 1 Minting 2:13.9; 2 P Symington Bas 2:26.4; 3 S Knight HHH 2:35.4; **1500:** 1 B Green OX 4:54.2; 2 K Daniel B&B 5:05.7; 3 R Jacobs HHH 5:07.1; **3000:** 1 Green 9:44.5;

2 T Soutar B&B 9:58.8; 3 Jacobs 10:32.1; **2000W:** 1 G Chapman OX 10:06.4; 2 W Pauzers HHH 11:03.8; 3 P Hannell B&B 11:26.0; **HJ:** 1 Symington 1.50; 2 B Slaughter EAS 1.50; 3 C Mitchinson B&B 1.45; **PV:** 1 A Williams B&B 3.60; 2 D Blunt E&E 3.40; 3 Slaughter 3.20; **LJ:** 1 Elikwu 5.54; 2 Symington 4.94; 3 C Leon B&B 4.87; **TJ:** 1 Elikwu 11.44; 2 Morris 10.97; 3 D Blunt E&E 9.81; **SP:** 1 D Kelson 9.88; 2 I Turner EAS 9.48; 3 C Sutton OX 9.41; **DT:** 1 Kelson 34.60; 2 Brand 32.45; 3 Kuester 26.08; **HT:** 1 Kelson 38.08; 2 Slaughter 31.53; 3 Sutton 23.10; **JT:** 1 S Langdon B&B 46.38; 2 Kuester 33.93; 3 G Francis HHH 31.86;

M60:

200: 1 T Bissett E&E 28.9; 2 A Long HHH 30.8; 3 A Carter E&H 31.8; **800:** 1 J Exley OX 2:39.5; 2 P Hamilton B&B 2:41.4; 3 J Garber HHH 2:46.1; **1500:** 1 J Exley OX 5:25.5; 2 Hamilton 5:38.4; 3 R Bowden BAS 5:49.4; **HJ:** 1 J Robinson B&B 1.25; 2 A Long HHH 1.15; 3 A Carter 1.15; **LJ:** 1 Long 4.30; 2 Carter 4.19; 3 M Martineau B&B 3.75; **SP:** 1 D Kuester OX 10.25; 2 C Brand B&B 9.68; 3 R Turner E&H 9.42; **HT:** 1 Kuster 33.73; 2 Brand 29.76; 3 Turner 29.55;

Mens Result: 1 Bourne mouth 224; 2 Herne Hill 211; 3 Oxford 200;

W35:

100: 1 K Reynolds RAD 14.2; 2 Y Salmon CAM 14.9; 3 A Bates E&E 15.2; **200:** 1 Reynolds 29.5; 2 Salmon 30.6; 3 Bates 31.3; **400:** 1 K Kingwell HP 68.6; 2 A Bates E&E 70.9; **800:** 1 C Elms CAM 2:30.4; 2 B Lavery HAV 2:37.2; 3 Kingwell 2:40.7; **1500:** 1 Elms 5:12.6; 2 Lavery 5:23.7; **3000:** 1 Elms 11:19.5; 2 S Gardner HAV 11:25.6; 3 V Caulfield E&E 12:01.3; **2000W:** 1 R Jackson SER 12:21.5; 2 C Garrett-Simon HAV 12:26.8; 3 M Carder HP 14:09.9; **HJ:** 1 Reynolds

1.56; 2 D Jones HP 1.45; 3 C Bond CAM 1.30; **PV:** 1 Reynolds 1.80; 2 V Moore EAS 1.70; 3 C Bond 1.60; **LJ:** 1 L Oliver RAD 4.72; 2 Jones 4.54; 3 A Locke HAV 4.32; **TJ:** 1 Jones 10.38; 2 Locke 8.90; 3 S Morris CAM 8.35; **SP:** 1 M Mighty RAD 9.10; 2 S Adams HAV 8.81; 3 V Moore EAS 7.70; **DT:** 1 H Daniel CAM 30.25; 2 Mighty 25.37; 3 Adams 22.84; **HT:** 1 A Kam RAD 29.28; 2 W Dunsford E&E 25.16; 3 V Moore EAS 19.15; **JT:** 1 Reynolds 26.17; 2 Bond 17.51; 3 Piercy 17.10; **4x100:** 1 Radley 58.9; 2 Herts P 60.6; 3 Havant 62.8; **4x400:** 1 Cambridge 4:42.9; 2 Radley 4:47.3; 3 Havant 5:01.8;

W50:

100: 1 S Dassie E&E 17.2; 2 C Young HAV 17.3; 3 A Cowley HP 17.6; **200:** 1 Young 36.3; 2 Cowley 37.4; 3 L Amhet RAD 38.1; **400:** 1 G Hueter RAD 76.3; 2 Young 77.5; 3 R Tabor CAM 79.1; **800:** 1 Hueter 2:49.2; 2 R Tabor CAM 2:51.2; 3 J Simmons HP 2:51.3; **1500:** 1 Hueter 5:42.2; 2 Tabor 5:45.6; 3 J Davies 5:48.0; **3000:** 1 Davies 12:06.0; 2 Tabor 12:55.2; 3 Hueter 13:05.5; **2000W:** 1 Liz Meville RAD 12:08.8; 2 C Pardoc HP 12:13.3; 3 M Monks SER 13:51.3; **HJ:** 1 G Helo RAD 1.20; 2 M McDowall CAM 1.05; **LJ:** 1 Young 3.91; 2 Cowley 3.47; 3 Ahmet 3.35; **TJ:** 1 Ahmet 7.79; 2 McDowell 6.94; 3 Cowley 6.77; **SP:** 1 J Piercy E&E 7.50; 2 Farmer 6.54; 3 P Boorman CAM 6.23; **DT:** 1 Sissons 21.15; 2 Farmer 19.19; 3 Hadler 13.71; **HT:** 1 Piercy E&E 30.73; 2 Farmer SER 28.75; 3 L Lytem HAV 20.33;

W60:

200: 1 J Charles RAD 39.2; 2 J Allen HP 41.1; 3 R R Mehan SER 42.2; **800:** 1 M Crocker HAV 3:22.9; 2 S Lambert SER 3:36.8; 3 R Webb RAD 3:41.9; **1500:** 1 J Allen HP 6:38.7; 2 Crocker 6:51.2; **HJ:** 1 Charles 1.10; 2 Crocker 1.00; 3 M O'Leary E&E 0.95; **LJ:** 1 Charles 3.56; 2 Crocker 2.90; 3 Boorman 2.65; **SP:** 1 L Sissons E&E 9.91; 2 M Hadler CAM 7.15; 3 L Brandon EAS 6.39; **HT:** 1 Sissons 29.31; 2 Hadler 21.52; 3 L Branson 20.33; **JT:**

1 Sissons 24.90; 2 Litem HAV 18.85; 3 Charles 16.53;

Women's Result: 1 Cambridge & Radley 213; 3

Havant 206;

Midland Veterans Track & Field League Cup Finals Venue Birchfield 14th September 2008

MEN A FINAL:

M35

800m 1. P Tasker (Tam) 2:08.2 2. R White (Worc) 2:09.5 3. M Treadwell (Nun) 2:11.7 ; **1500m** 1. I Pawluck 4:26.1 2. M Morley 4:30.9 3. H Bush (Tam) 4:33.0; **200m** 1. P Williams 24.7 2. C Moven 25.1 3. A Weetman (C&S) 25.8; **2k Walk** 1. M Williams (Tam) 8:54.2 2. S Arnold (Nun) 9:49.4 3. J Constandinou (Birch) 10:04.5; **Pole Vault** 1. G Showell (Tam) 3.60m 2. T Selway 2.70m 3. M Flannery 2.60m; **Long Jump** 1. I Gidley (R Lions) 5.50m 2. M Flannery 5.47m ; **Shot** 1. K Brown (RSC) 11.17m 2. M Flannery 9.72m 3. J Culshaw Jnr 9.61m ; **Javelin** 1. K Murch 52.75m 2. M Pinner (C&S) 51.08m 3. S Greening (Birch) 46.55m

M40

800m 1. I Pawluck (Worc) 2:06.3 2. M Hargreaves (Tam) 2:09.7 3. W Simpson (Birch) 2:12.9 ; **3000m** 1. R McWilliam (Birch) 9:42.8 2. A Peach (Worc) 9:49.5 3. B Moen 9:57.3 ; **400m** 1. R White 55.5 2. G Langham (R Lions) 56.5 3. N Gardner 56.8; **Hammer** 1. R Payne (Birch) 45.27m 2. M Roberts (C&S) 42.00m 3. J Moreland (R Lions) 35.07m ; **High Jump** 1. S Ainge 1.60m 2. J Culshaw Jnr (Tam) 1.55m 3. N Gardner 1.50m ; **Discus** 1. K Brown 52.86m 2. J Moreland 35.55m 3. M Flannery 30.08m ; **Triple Jump** 1. M Flannery 10.01m 2. T Selway 9.99m 3. G Myles 9.00; **M50** 200m 1. A Greaves (R Lions) 26.4 2. L Oldfield 27.8 3. M Warrilow (Stoke) 28.0;

High Jump 1. P Hayden 1.45m 2. M Warrilow 1.40m 3. D Cowley 1.40m ; **Shot** 1. J Moreland 11.11m 2. T Cole 9.07m 3. J Bartlett 8.42m ;

M60

100m 1. L Oldfield (Worc) 13.9 2. G Houghton (R Lions) 14.2 3. J Bartlett (Tam) 14.0; **400m** 1. L Oldfield 63.5 2. R Phipps (RSC) 67.9 3. G Houghton 70.2; **1500m** 1. T Norman 4:59.7 2. R Phipps 5:17.1 3. G Orme (Birch) 5:24.9 ; **2k Walk** 1. L Scrivens (Worc) 12:17.6 2. D Fall (Birch) 13:13.9 3. P Bailey 13.26; **Pole Vault** 1. D Cowley (R Lions) 2.40m 2. P Hayden 2.20m 3. D Hope 1.80m; **Discus** 1. I Bowles 33.20m 2. J Bartlett 32.62m 3. D Cowley 28.00m ; **Long Jump** 1. C Green 4.34m 2. R King (Worc) 4.31m 3. D Cowley 4.00; **Javelin** 1. P Owen (Tam) 34.35m 2. P Goddard (Worc) 31.80m 3. D Price (RSC) 29.00; **4 x 100m relay** 1. R Lions 49.0 2. C&S 50.9 3. Worc 51.0 ; **4 x 400m relay** 1. Worc 4:03.1 2. Birch 4:09.5 3. R Lions 4:12.9 ;

Result of 2008 "A" Cup Final

1 Worcester 228; 2 Rugby Lions 206; 3 Tamworth 161; 4 Birchfield 154; Cannock & Stafford 143; 5 Stoke 132; 6 Nuneaton 126; 7 Royal Sutton Coldfield 95;

WOMEN'S A FINAL:

W35

800m 1. M Leach (R Lions) 2:36.7 2. H Eveleigh (Harb) 2:37.9 3. S Kneill-Boxley (C&S) 2:46.7; **100m:** 1. J Crossen (R Lions) 13.9 2. C Hawker (R Saints) 14.5 3. K Williams (Harb) 14.9 ; **3000m** 1. D Walters (Birch) 9:43.7 2. S Baker (R Lions) 10:46.8 3. H Eveleigh 11:01.0; **400m** 1. T Webb (R Lions) 62.4 2. J Rogers (Birch) 65.0 3. G Russon 68.6; **1500m** 1. D Walters 4:46.2 2. H Eveleigh 5:20.8 3. S Kneill-Boxley 5:51.8 **200m** 1. J Crossen 28.6 2. K Williams (Harb) 31.3 3. W Morant 32.0; **2k Walk** 1. T Boa 11:09.3 2. J Malin (B&R) 11:25.4 3. K Davies (Birch) 12:33.6; **Long Jump** 1. T Webb 4.54m 2. J Rogers 4.02m 3. G Russon 3.80m

Discus 1. D Murch 22.61m 2. K Davies 20.43m 3. J Roginski 20.00m; **Shot** 1. D Murch 8.06m 2. J Roginski 6.61m 3. C Denning 6.60m; **High Jump** 1. T Webb 1.25m 2. J Wakelam 1.22m 3. J Roginski 1.15m **Triple Jump** 1. L Willis 8.53m 2. J Rogers 8.47m 3. C Hawker 8.28m; **Javelin** 1. J Rogers 25.46m 2. D Murch 21.29m 3. J Wakelam 20.92m;

W45

100m 1. J Thomas (Birch) 14.3 2. L Willis (R Lions) 14.3 3. P Gerner (B&R) 14.7; **400m** 1. L Willis 67.5 2. R Townsend-Hope 73.5 3. A Haywood (Birch) 73.6; **1500m** 1. K Brookes (Harb) 5:37.9 2. C Kilkenny 5:40.5 3. L Carter 5:58.8; **Hammer** 1. D Murch (R Lions) 24.67m 2. K Davies 18.70m 3. J Roginski (Harb) 17.94m ; **Long Jump** 1. L Willis 4.25m 2. J Thomas 4.01m 3. P Gerner 3.86m;

W50

800m 1. A Copson (R Saints) 2:43.2 ; 2. R Townsend-Hope (Worc) 2:50.9 3. D Fellows (C&S) 3:12.0 ; **3000m** 1. A Copson 11:28.0 2. C Kilkenny (C&S) 11:30.7 3. L Carter (R Lions) 12:29.2 ; **200m** 1. P Gerner 32.1 2. R Townsend-Hope 33.3 3. S Hine 34.2; **2k Walk** 1. Z McDonald (Birch) 12:13.1 2. Y Priestman (B&R) 14:07.3 3. G Millicheap 14:18.1; **High Jump** 1. S Hine 1.10m 2. L Laxton 1.05m; **Discus** 1. S Hine 13.96m 2. M Ehrenberg 13.33m 3. R Brownlie 12.39m ; **Shot** 1. L Laxton 7.55m 2. S Hine 5.89m 3. P Price 5.60m ; **Javelin** 1. P Price 12.05m 2. R Brownlie 10.47m 3. S Hine 9.92m; **4 x 100m relay** 1. R Lions 64.9 2. Birch 56.8 3. Harb 62.6 ; **4 x 400m relay** 1. Birch 4:35.0 2. R Lions 4:47.9 3. Harb 5:01.4 ;

Result of Women's "A" Final 2008

1 Rugby Lions 222; 2 Harborough 171; 3 Birchfield 169; 4 Bromsgrove & Redditch 164; 5 Rugby Saints 127; 6 Worcester 111.5; 7 Cannock & Stafford 105; 8 Sparkhill 57.5;

DUE TO TIME AND SPACE ONLY A RESULT PRINTED!

**BMAF 30KM WALK
CHAMPIONSHIPS**

The Racecourse,
Northampton.
Saturday 23rd August 2008.

1. Mark Williams M40-1 2.38.09;
2. Richard Emsley M55-1 2.54.19;
3. Steve Arnold M45-1 2.56.34;
4. Arthur Thomson M70-1 2.58.39;
5. John Hall M55-2 3.02.42;;
6. Chris Berwick 3.06.30;
7. Mark Wall M50-1 3.11.43;
8. Tony Collins M65-1 3.21.58;
9. John Constandinou M35-1 3.23.15;
10. Mike Harran M70-2 3.24.05;
11. Ron Powell M70-3 3.29.27;
12. David Fall M60-1 3.40.55;
13. John Borgas M60-2 3.43.03;
14. John Payn M75-1 3.47.33;
15. David Hoben M55-3 3.56.14; 3
16. Julian Barnett M45-2 3.57.40;

**Women's BMAF 30km
Championships**

1. Maureen Noel W45 3.15.22; (W45)

B.M.A.F. Team Results.

- 1st. Birchfield Harriers
(Constandinou, Collins, Fall.

**B.M.A.F. 20KM CHAMPIONSHIPS
(MEN/WOMEN)**

1. Mark Williams M40-1 103.12;
2. Richard Emsley M55-1 110.55;
3. Steve Arnold M45-1 111.45;
4. Arthur Thomson M70-1 117.05;
5. John Hall M55-2 118.32;
6. Chris Berwick 121.25;
7. Ron Penfold M65-1 121.49;
8. Mark Wall M50-1 124.20 ;
9. John Constandinou M35-1 125.15;
10. Rod Dunn M55-3 125.39;
11. Tony Collins M65-2 131.33;
12. Mike Harran M70-2 134.28;
13. Ron Powell M70-3 135.52;
14. David Fall M60-1 143.09;
15. John Borgas M60-2 143.12;
16. John Payn M75-1 147.44;
17. Bernie Hercock M70-4 150.18;
18. Julian Barnett M45-2 151.11;
19. David Hoben M55-4 153.23;

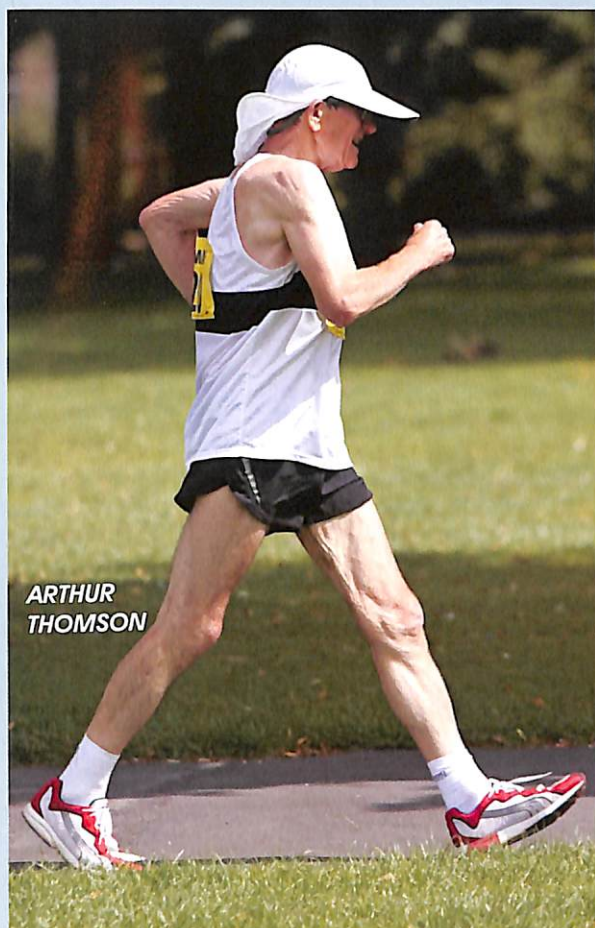
**Women's BMAF 20km
Championships**

1. Maureen Noel W45 127.46;
2. Sarah Lightman W35 151.17;

B.M.A.F. Team Results.

- 1st. Leicester W.C (Berwick, Wall,
Dunn);
2. Birchfield Harriers (Collins,
Constandinou, Fall)

PICTURES: MARK
EASTON.



ARTHUR
THOMSON



MARK
WILLIAMS



MAUREEN
NOEL



RICHARD
EMSLEY

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