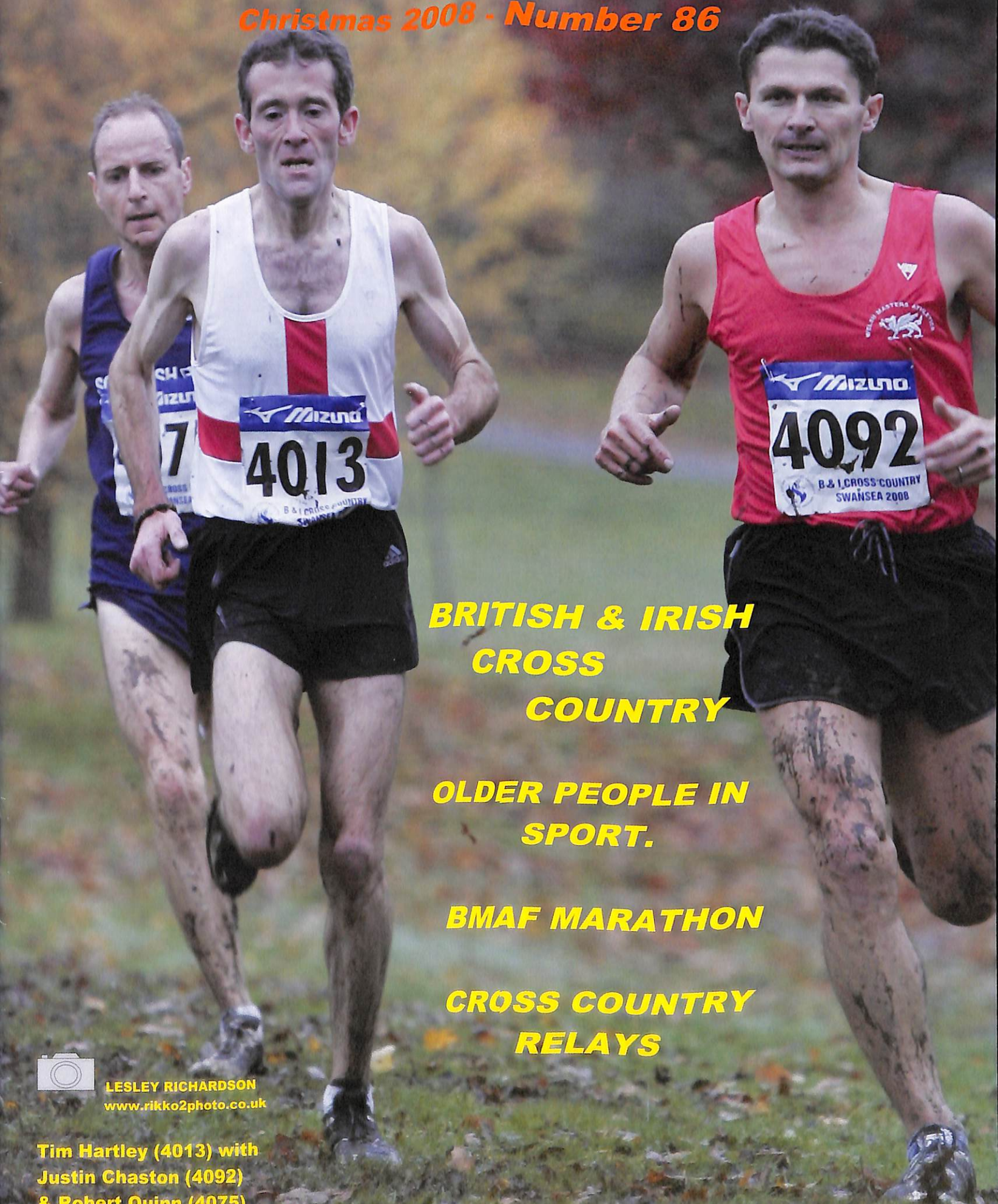


# **MASTERS ATHLETICS**

**British Masters Athletic Federation**  
**Christmas 2008 - Number 86**



**BRITISH & IRISH  
CROSS  
COUNTRY**

**OLDER PEOPLE IN  
SPORT.**

**BMAF MARATHON**

**CROSS COUNTRY  
RELAYS**



**LESLEY RICHARDSON**  
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**Tim Hartley (4013) with  
Justin Chaston (4092)  
& Robert Quinn (4075)**





***BRITISH & IRISH INTERNATIONAL XC 2008  
SWANSEA, CYMRU.***





# ENGLAND WIN RUMBLE IN THE MUMBLES

Words: Philip Lee  
Photos: Lesley Richardson

There had been much speculation in the sporting press, prior to the British and Irish Masters Cross Country International, that England may not have selected their best team, especially in the Women's section. England women responded magnificently to the doubters with a tremendous performance by completely dominating the team races. Winning 5 out of 7 of the age races, although they were pushed by the Republic of Ireland in the W35 category where both teams scored 14 points and it was down to the position of the final counter to determine who won gold. In the individual section, in Beijing terms, England won 16 of the 21 medals available.

England's men were equally as dominant taking 6 out of 8 of the team gold and gaining 17 out of 24 of all the individual medals. However they did not have it all their own way in the team competition where the Republic of Ireland pushed them into second place in the M35 and M60 categories.

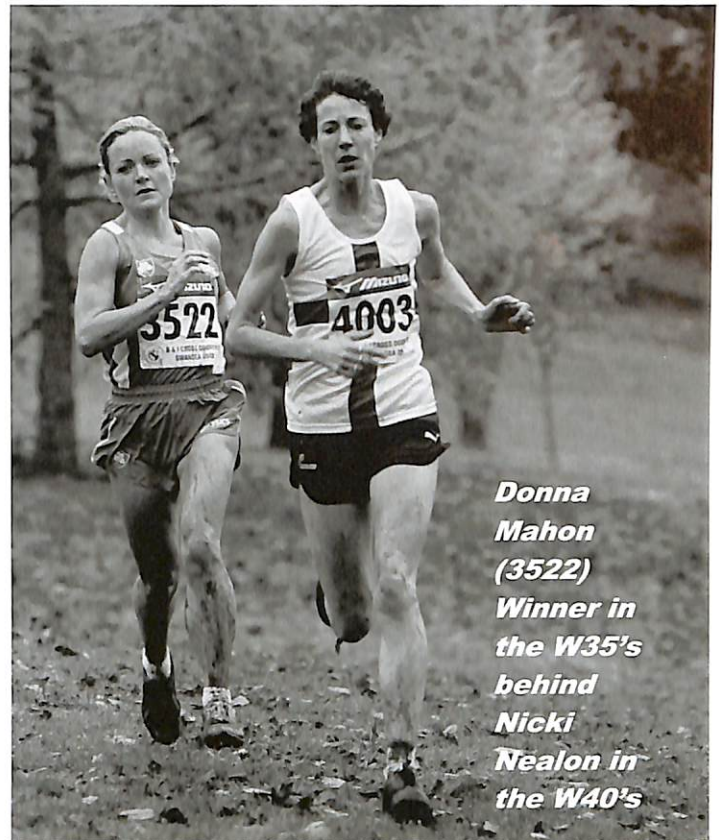
There were many fine individual performances, probably none better than Jon Kersting of Wales who won the silver medal in the M70 age group, as he had been heavily involved in the organisation of the event along with fellow Welshman John Collins who finished 4<sup>th</sup> in the same race.

Singleton Park in Swansea, the venue for this years International was a magnificent setting. On a mainly dry day the course was challenging using all the undulations available. An added factor, however, was to be the extremely wet conditions on parts of the course, which had been saturated by heavy rain. At one point, water had gathered into a pool where the ground formed a hollow. An inquisitive Alsatian dog discovered that the water level was up to his belly line. The course organizers wisely decided to miss out this obstacle on the grounds that modern washing machines don't have an "extremely dark" wash program.

Even before the race started the course had been cut up and muddled by all the athletes who had insisted on running over the actual course, rather than off course at the side. It was going to be a test of the fittest especially as the start and finish was a long drag uphill.

## Race 1 W35-65, M65, 70+, 6k

**W35►** The race developed into a dual between **Donna Mahon** of Republic of Ireland and **Sarah Jarvis** of



**Donna Mahon (3522)**  
**Winner in the W35's behind Nicki Nealon in the W40's**

England over the three laps of the course. Behind them the race for third place was proving increasingly interesting as runners swapped positions each lap. A strong finish on the last lap by **Megan Wright** of Scotland enabled her to take the final medal place.

Donna Mahon ROI 23:41, Sarah Jarvis Eng 24:18, Megan Wright Scot 24:48

**W40►** This proved to be a battle between the English as **Debbie Walters** (*Picture inside back cover*) took command not only of her age group but also the whole race, followed by **Nicki Nealon** and **Clare Elms** to the line. **Carmel Crowley**, ROI was in third place on the first lap but could not maintain her position, finishing 5<sup>th</sup> overall.

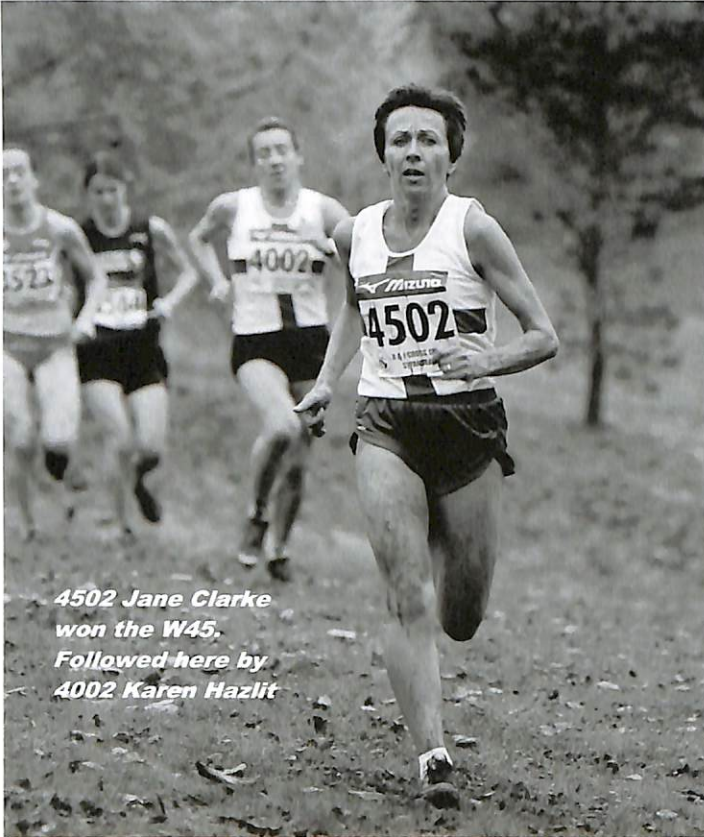
Debbie Walters Eng 23:41, Nicki Nealon Eng 24:12, Clare Elms Eng 24:21

**W45►** This race was eagerly waited for as it matched **Niamh O'Sullivan** from the Republic of Ireland with **Jane Clarke** of England. The two had produced some close and exciting races over the years. The race soon developed into a pattern as the first six runners maintained position during the race with **Jane** in the lead followed by **Niamh** and **Sue Samme** of England in third spot. **Jane** was pleased to have won but found the course hard and tough on the legs. For **Niamh**, she was just pleased to have finished with such a good performance as it was her first race after starting back in training in July after having had knee trouble.

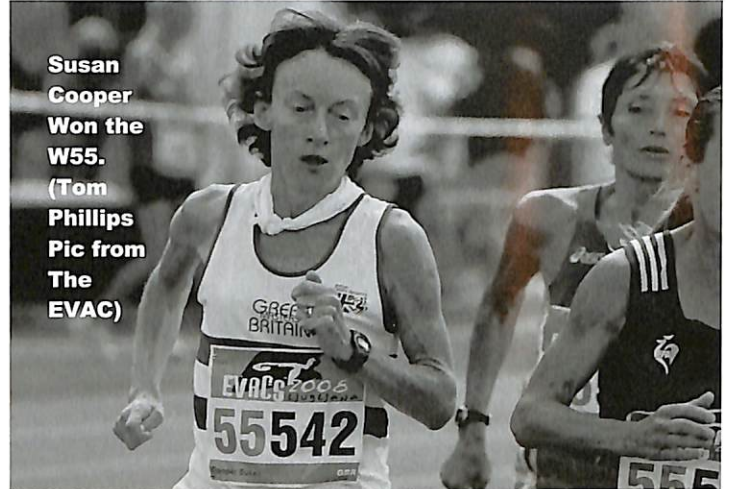
Jane Clarke Eng 24:26, Niamh O'Sullivan ROI 24:49, Sue Samme Eng 25:00



## MASTERS ATHLETICS CHRISTMAS 2008



*4502 Jane Clarke  
won the W45.  
Followed here by  
4002 Karen Hazlit*



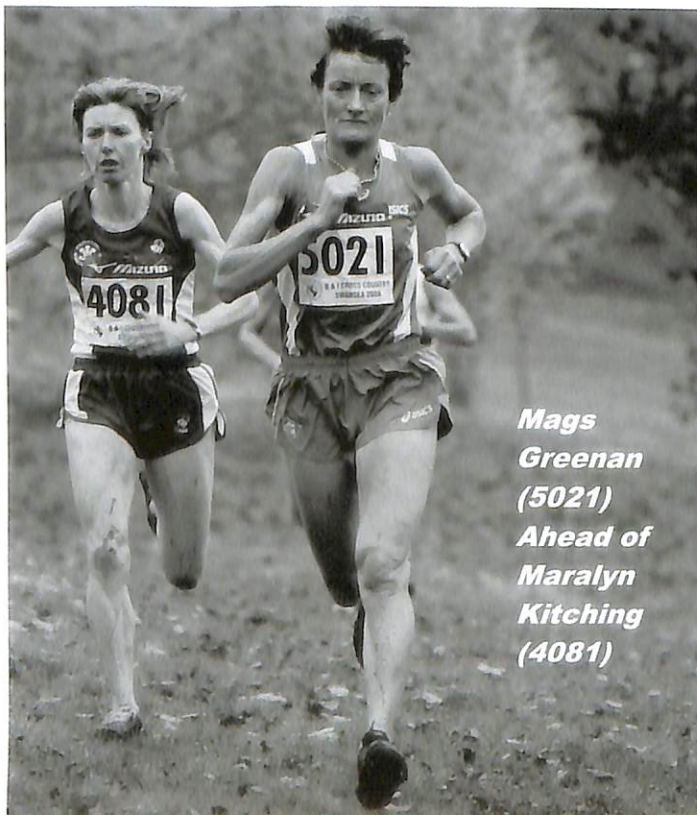
*Susan  
Cooper  
Won the  
W55.  
(Tom  
Phillips  
Pic from  
The  
EVAC)*

**W55►** This developed into a personal battle between **Susan Cooper** and **Christine Kilkenny** of England with **Christine** leading for most of the race and **Susan** coming through on the final part of the course to win. **Zena Marchant** was a lone figure in third place, a position she held throughout the race, to complete England's dominance in this age group. Susan Cooper Eng 27:31, Christine Kilkenny Eng 27:35, Zena Marchant Eng 28:21

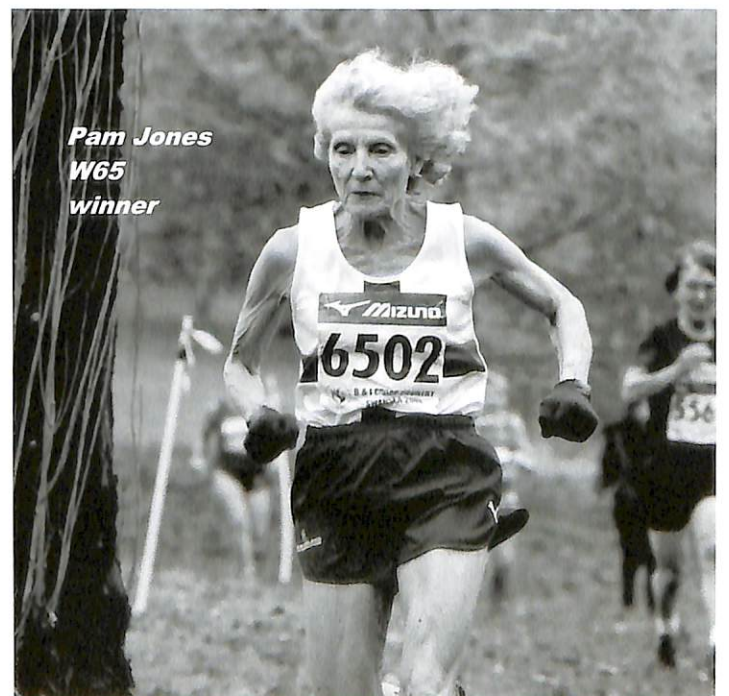
**W50►** This race was dominated by Mags **Greenan** of Ireland who led from the start and continued to run strongly throughout the race until she built up almost a minute lead over second place finisher **Dawn Gibbs** of England. In third place throughout the race was **Anne Luke** also of England. Mags Greenan ROI 25:39, Dawn Gibbs Eng 26:31, Anne Luke Eng 26:41

**W60►** This race contained **Angela Copson** (picture *inside back cover*) who had dominated British Masters Championships in 2008 and she maintained her dominance in the International. Leading from start to finish she produced a devastating run to cross the line almost 70 seconds ahead of second placed **Jane Davies**. Further down the field the battle for third place was proving to be very interesting as **Joan Coyle** of Ireland was there on the second lap. However a strong finish by **Carol Wolstenholme** enabled her to secure the final medal place.

Angela Copson Eng 27:03, Jane Davies Eng 28:15, Carol Wolstenholme Eng 28:50;



*Mags  
Greenan  
(5021)  
Ahead of  
Maralyn  
Kitching  
(4081)*

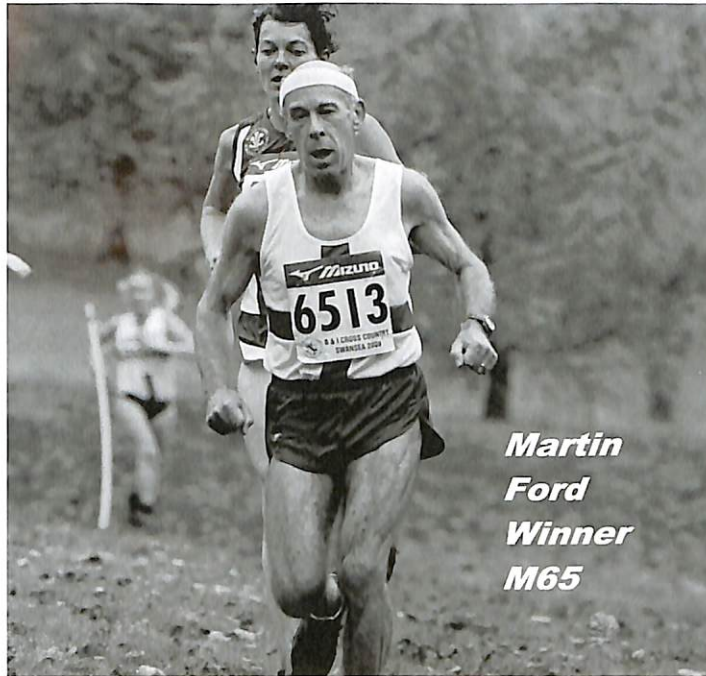


*Pam Jones  
W65  
winner*



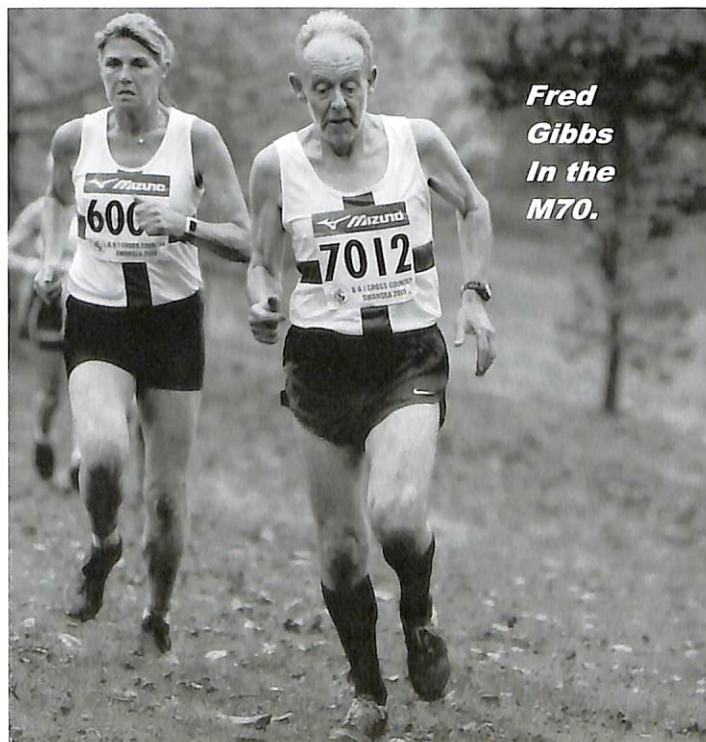
## MASTERS ATHLETICS CHRISTMAS 2008

**W65**► Although dominated by England this race produced a fine performance by **Brenda Jones** of Wales who made steady progress through the field to take the third place medal. She was unable to do much about **Pam Jones** and **Christine Lee** who were slogging it out at the front with **Pam** taking the honours. Pam Jones Eng 33:12, Christine Lee Eng 33:56, Brenda Jones Wales 34:45



***Martin  
Ford  
Winner  
M65***

**M65**► This race was dominated by **Martin Ford** of England who led from the start. He was followed home by **Mike Smith** with **Robert Dover** making it a clean sweep for England. Martin Ford Eng 25:25, Mike Smith Eng 26:15, Robert Dover Eng 26:31

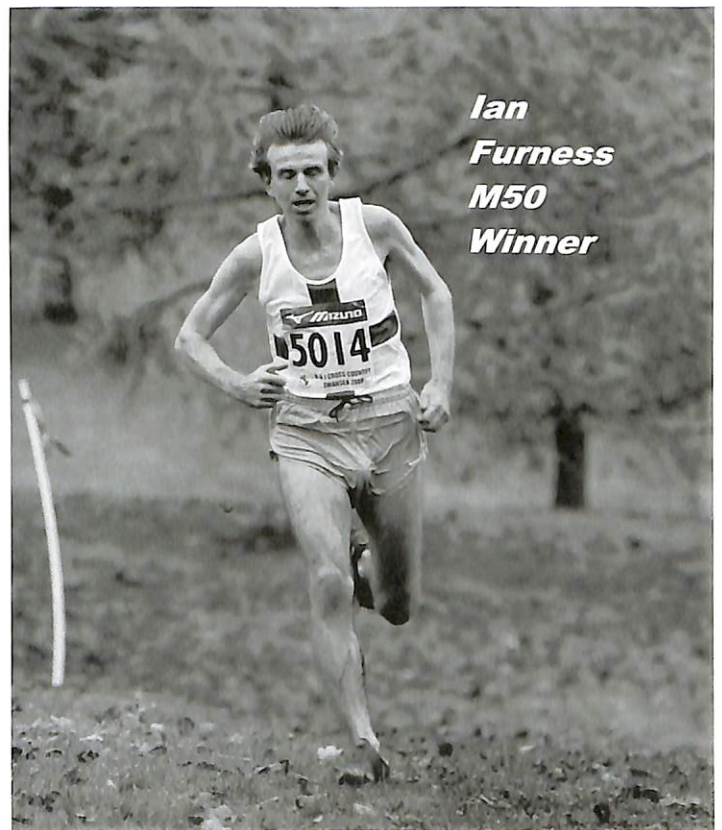


***Fred  
Gibbs  
In the  
M70.***

**M70**► Bingley Harrier, **Fred Gibbs**, maintained his good form leading this race from start to finish. There was a battle going on for the remaining medal positions as **Walter McCaskey** of Scotland, **John Collins** and **Len Tew** of Wales with **Alistair Shaw** also of Scotland racing together on lap 1. By the second lap **Jon Kersting** from Wales had come into the reckoning with **Harry Franklin** of England. On the third lap **Walter Ryder** edged into third spot while **Collins**, **Tew** and **Franklin** fought a close battle for fourth spot. Fred Gibbs Eng 27:51, Jon Kersting Wales 28:03, Walter Ryder Eng 29:35

### Race 2 M50 – 64 8K

The International is a team event rather than an individual one as many races are. It is almost as important to study what is happening down the field in terms of team places as it is to observe the front of the race for the individual medal places. The runner who forces themselves to put that extra effort into catching and overtaking someone in 20<sup>th</sup> spot may be helping their country as much as the runner who wins the age group.

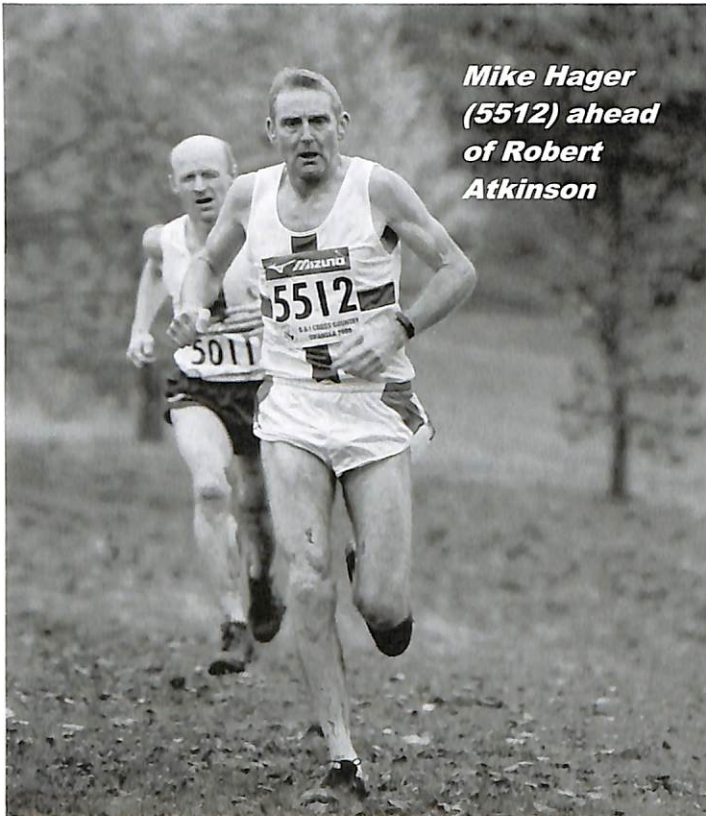


***Ian  
Furness  
M50  
Winner***

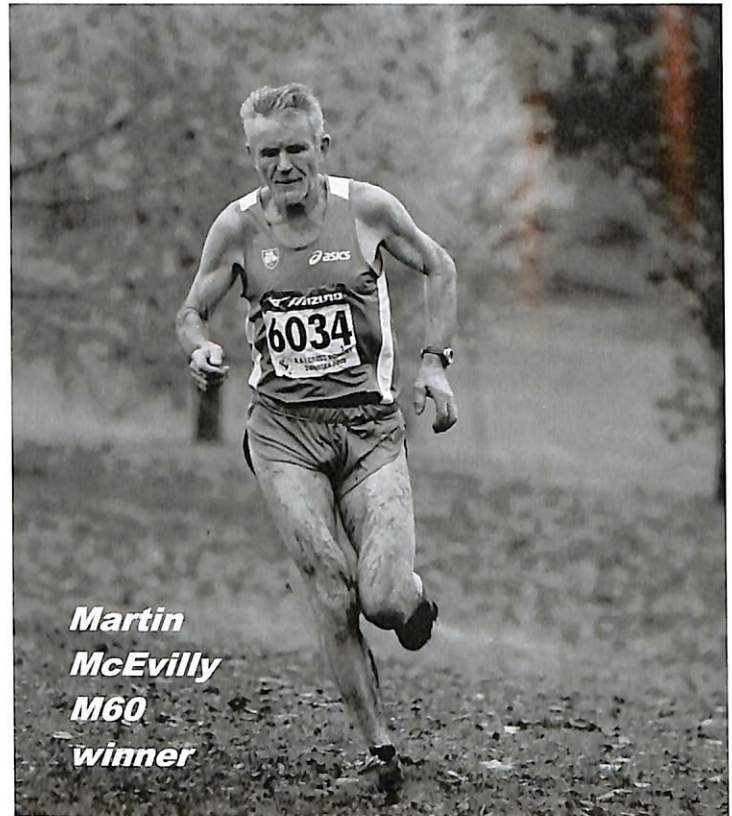
**M50**► **Ian Furness** dominated this age group from the off and the race settled into a pattern with **Bob Atkinson** and **Bill Foster** following. **Tommy Payne** of Republic of Ireland was next. A strong run on lap two moved **John Cordingly** of England into a challenging position. On lap three **Iain Stewart** Scotland moved ahead of **Cordingly** only for the positions to be reversed by the end of the race. Ian Furness Eng 30:01, Bob Atkinson Eng 30:14, Bill Foster Eng 30:29



## MASTERS ATHLETICS CHRISTMAS 2008



*Mike Hager  
(5512) ahead  
of Robert  
Atkinson*



*Martin  
McEvilly  
M60  
winner*

**M55►** Perhaps the most equally awaited race was the M55 which pitted **Mike Hager** against his old rival **Nigel Gates**. **Gates** was returning after a few years absence from the Masters scene and it was going to be interesting to see how he went. From the start **Hager** forced the pace with **Gates** behind, followed by **George Sim** of Scotland and **Stan Owen** and **Ken Moss** England. On lap 2 the positions were unchanged except that **Moss** had moved ahead of **Owen**. On lap 3 **Moss** had made it past **Sim**. Meanwhile up front **Hager** was working hard to put more distance into **Gates**. On the final lap despite a strong finish from **Gates** he was unable to get to the front.

**Mike** said that the presence of **Nigel** had given him an incentive to go for it from the off. He would have liked **Martin Rees** to have competed as well as it would have been a very interesting race.

Mike Hager Eng 30:12, Nigel Gates Eng 30:19, Ken Moss Eng 32:07

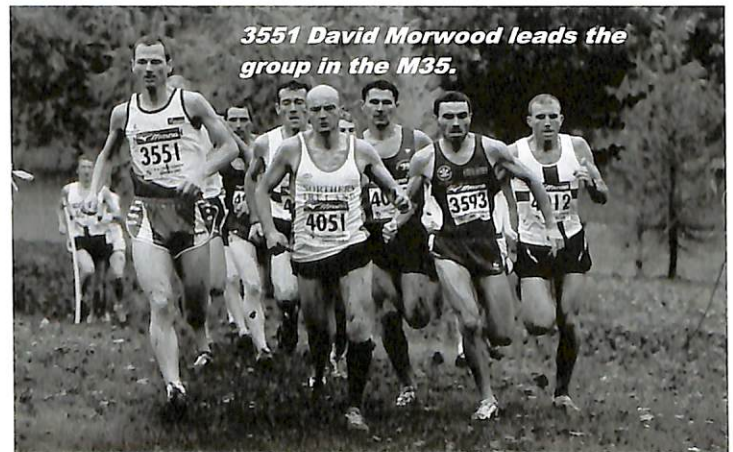
**M60►** **Martin McEvilly** was a worthy winner with a strong run which saw him over a minute clear at the finish. On lap 1 he was followed by **Malcolm Reynard**, **Jimmy Bell** England and **George Mitchell** of Scotland. On lap 2 **Bell** dropped back towards **Dic Evans** and **Ken Duncan** Scotland. By lap 3 **Evans** had moved into third place ahead of **Mitchell**. These positions were held to the end of the race.

It was good to see **Jimmy Bell** back on the International scene after his problems with cancer. Although he faded a little as the race developed it was probably to be expected in the circumstances but great all the same to see him there.

Martin McEvilly ROI 32:58, Malcolm Reynard Eng 34:02, Dic Evans Wales 34:50

### Race 3 M35 – 49 8K

By now the course was really churned up and runners were doing their best to find any decent ground which would help them to maintain pace. Some were running as far on the inside as they could, ducking to avoid overhanging branches, while others took the wider route where at least the grass was still green.



*3551 David Morwood leads the  
group in the M35.*

**M35►** This proved to be an interesting race as the medal places were swapped about during the laps. On Lap 1 **Paul Ward** took the early lead followed by Pat **Byrne** Republic of Ireland. On the second lap **Huw Evans** had moved into the lead with **David Morwood** close behind. Lap 3 had **Ward** leading from **Evans**, **Morwood** and **Byrne**. On the last lap **Morwood** took the lead and held it to the end.

David Morwood N Ireland 28:58, Paul Ward Eng 29:02, Huw Evans Wales 29:30

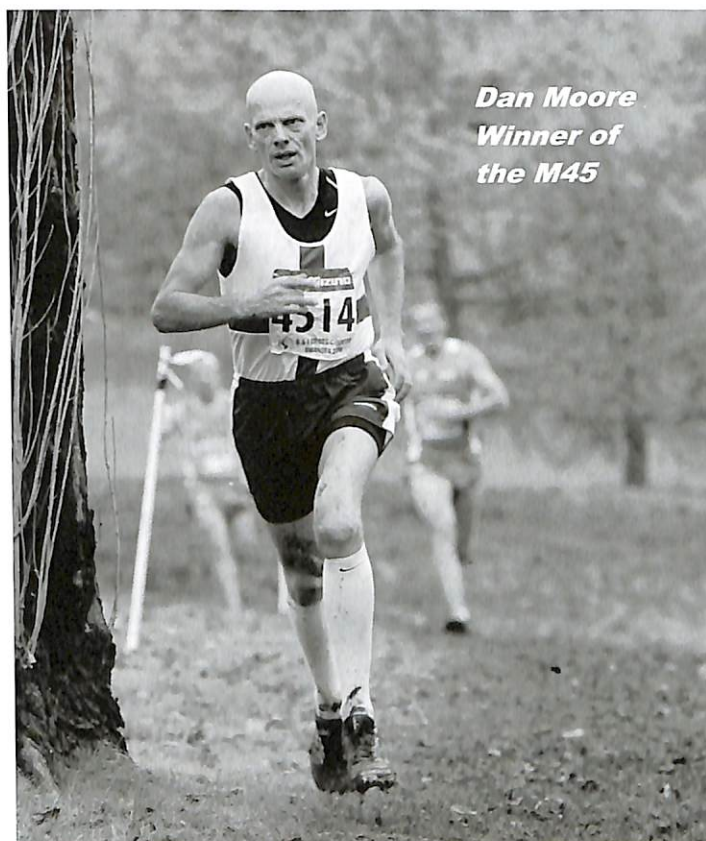


## MASTERS ATHLETICS CHRISTMAS 2008

**M40► (Front Cover)** This race was always close with the first five finishing within a minute of each other. **Tim Hartley** was quick to impose himself in the lead followed by a group consisting of **Justin Chaston**, **Steve Cairns** Northern Ireland, **Robert Quinn** and **Julian Emery**. On the second lap **Chaston** moved ahead of **Quinn** while **Austin Davies**, Wales, had come into the reckoning. On the third lap **Quinn** retook **Chaston** and stayed ahead to the finish.

Former Olympian **Justin Chaston** had travelled all the way from America to run in his International. Perhaps on this form he will soon be clocking up constant traveller mileage in the future.

Tim Hartley Eng 28:04, Robert Quinn Scotland 28:18, Justin Chaston Wales 28:46



*Dan Moore  
Winner of  
the M45*

**M45►** Strong running from **Danny Moore** meant that the rest of the field were racing for the silver and bronze medals. **Mark Aspinall** England led a bunch which included **Phil Parry**, **Keith Newton** and **John Convery** of England and **James McMahon** and **Dominic Bonner** of Republic of Ireland on the first lap. Lap 2 had **Aspinall** slipping back. Positions remained close on the remainder of the laps but a strong finish from **Newton** took him clear of the chasing pack.

Danny Moore Eng 29:04, Keith Newton Eng 29:26, John Convery Eng 29:56

### M35

1: **REPUBLIC OF IRELAND 25** ( 4<sup>th</sup> 29.30 Pat Byrne ; 6<sup>th</sup> 30.04 Tony Reilly ; 7<sup>th</sup> 30.10 Paul Brne 8<sup>th</sup> 30.17 Brian T-Phelan; 23<sup>rd</sup> John Creane 34:03 ) ; 2: **ENGLAND 26** ( 2<sup>nd</sup> 29.02 Paul Ward ; 5<sup>th</sup> 29.40 Stewart MacDonald ; 9<sup>th</sup> 30.22 Gary Hope ; 10<sup>th</sup> 30.38 Marc Turner; 16 Phil Walker 31:57 ) ; 3: **WALES 43** ( 3<sup>rd</sup> 29.34 Huw Evans ; 12<sup>th</sup> 31.01 Julian Baker ; 13<sup>th</sup> 31.09 Phil Cook ; 15<sup>th</sup> 31.32 Lee Jones ; 18<sup>th</sup> Andy Walling 32:48; 19<sup>th</sup> Alun Wood 33:15 ) ; 4: **NORTHERN IRELAND 49** ( 1<sup>st</sup> 28.58 David Morwood 11<sup>th</sup> 30.46 Duncan Bell ; 17<sup>th</sup> 32.30 Dale Mathers ; 20<sup>th</sup> 33.19 Ian Barrett; 24<sup>th</sup> James Turtle 34:11; 25<sup>th</sup> Paul Jenkins 36:38) **SCOTLAND** ( 14<sup>th</sup> Alex Allardyce 31:23 ; 21<sup>st</sup> Robert Turner 33:37; 22<sup>nd</sup> Douglas Connery 33:54 ) ;

### M40

1: **ENGLAND 21** ( 1<sup>st</sup> 28.04 Tim Hartley ; 5<sup>th</sup> 29.00 Julian Emery ; 6<sup>th</sup> 29.11 Iain Lockett; 9<sup>th</sup> 29.35 Stewy Bell; 11<sup>th</sup> Ben Reynolds 29:59; 12<sup>th</sup> Eddie Simpson 30:00 ) ; 2 : **WALES 39** ( 3<sup>rd</sup> 28.46 Justin Chaston; 8<sup>th</sup> 29.19 Austin Davies; 13<sup>th</sup> 30.05 Darren Rowlands; 15<sup>th</sup> 30.44 Clive West; 17<sup>th</sup> Lee Aherne 31:20; 19<sup>th</sup> Neil Hardee 31:26 ) ; 3: **SCOTLAND 52** ( 2<sup>nd</sup> 28.18 Robert Quinn; 14<sup>th</sup> 30.14 Craig McBurney; 16<sup>th</sup> 30.55 Roger Alsop ; 20<sup>th</sup> 31.38 Ian Johnson; 23<sup>rd</sup> James Snodgrass 32:00; 26<sup>th</sup> Ken Chapman 32:14 ) ; 4: **REPUBLIC OF IRELAND 56** ( 4<sup>th</sup> 28.55 John Downes ; 10<sup>th</sup> 29.52 Mick Traynor; 18<sup>th</sup> 31.24 Tommy McElwaine; 24<sup>th</sup> 32.04 Ed McEntee; 27<sup>th</sup> Tommy Farrell 32:57 ) ; 5: **NORTHERN IRELAND 78** ( 7<sup>th</sup> 29.14 Steve Cairns; 21<sup>st</sup> 31.44 Matt Wray; 22<sup>nd</sup> 31.47 Brendan Dumigan; 28<sup>th</sup> 33.05 Brian McKee; 29<sup>th</sup> Eddie Burns 33:45; 30<sup>th</sup> Mark Wright 39:14 ) ;

### M45:

1: **ENGLAND 10** ( 1<sup>st</sup> 29.04 Daniel Moore; 2<sup>nd</sup> 29.26 Keith Newton; 3<sup>rd</sup> 29.56 John Convery; 4<sup>th</sup> 30.02 Phillip Parry ; 6<sup>th</sup> Mark Aspinall 30:35; 7<sup>th</sup> Rob Hand 30:54 ) ; 2: **REPUBLIC OF IRELAND 38** ( 5<sup>th</sup> 30.08 James McMahon; 8<sup>th</sup> 31.30 John Stafford; 12<sup>th</sup> Brendon Hogan 31:54; 13<sup>th</sup> 32.10 Niall Coppinger; 16<sup>th</sup> 32.27 Martin Carroll; ) ; 3 : **WALES 50** ( 10<sup>th</sup> 31.42 Peter Coles; 11<sup>th</sup> 31.47 Nick Frost; 14<sup>th</sup> 32.20 Rob Sheen ; 15<sup>th</sup> Ritchie Bullen 32:24; 17<sup>th</sup> Mike Robbins 32:29 ; 19<sup>th</sup> Sean McCormack 32:51 ) ; 4 : **SCOTLAND 78** ( 9<sup>th</sup> 31.35 Lewis Lawson; 21<sup>st</sup> 33.13 Craig Ross; 22<sup>nd</sup> 33.33 Denis Williams; 26<sup>th</sup> 34.23 Brian Craig; 28<sup>th</sup> Robert Rogerson 34:42; 29<sup>th</sup> Benjamin Hands 36:17 ) ; 5: **NORTHERN IRELAND 85** ( 18<sup>th</sup> Declan McCarthy 32:36; 20<sup>th</sup> 33.11 Gerard Cuddy; 23<sup>rd</sup> 33.51 Dermot Connolly; 24<sup>th</sup> 34.05 Nigel Grier; 25<sup>th</sup> Craig Hutchinson 34:18; 27<sup>th</sup> Noel Connor 34:36 ) ;

### M50

1: **ENGLAND 12** ( 1<sup>st</sup> 30.01 Ian Furness; 2<sup>nd</sup> 30.14 Robert Atkinson; 3<sup>rd</sup> 30.29 Bill Foster; 6<sup>th</sup> 31.10 Jonathan Cordingly; 8<sup>th</sup> Greg Wilson 31:37; 10<sup>th</sup> Andy Weatherill 32:16; ) ; 2: **SCOTLAND 39** ( 5<sup>th</sup> 30.59 Brian Gardner; 7<sup>th</sup> 31.14 Iain Stewart; 13<sup>th</sup> 33.12 Jeff Farquhar; 14<sup>th</sup> 33.21 Colin Miller; 17<sup>th</sup> Paul Thompson 33:34; 20<sup>th</sup> Alastair Dunlop 33:44 ) ; 3: **REPUBLIC OF IRELAND 46** ( 4<sup>th</sup> 30.55 Tommy Payne; 9<sup>th</sup> 32.04 Martin McDonald; 12<sup>th</sup> 33.00 Eugene Moynihan; 21<sup>st</sup> 33.51 Ronald Naylor ; 24<sup>th</sup> Johnie Feery 34:16; 27<sup>th</sup> Eddie Walsh 35:25) ; 4: **WALES 63** ( 11<sup>th</sup> 33.00 David Davies; 15<sup>th</sup> Edward Davies 33:30; 18<sup>th</sup> 33.36 Ian Webb; 19<sup>th</sup> 33.42 Graham Jones; 22<sup>nd</sup> 34.05 Kevin Hesketh; 29<sup>th</sup> Huw Roberts 35:56 ) ; 5: **NORTHERN IRELAND 90** ( 16<sup>th</sup> 33.32 Robert Wilson; 23<sup>rd</sup> 34.08 Sammy McAnaney; 25<sup>th</sup> 34.25 Gerry O'Doherty; 26<sup>th</sup> 34.31 Derek Donaghy; 30<sup>th</sup> Robert Irvine 37:07 ) ;

### M55

1: **ENGLAND 6** ( 1<sup>st</sup> 30.12 Mike Hager; 2<sup>nd</sup> 30.19 Nigel Gates; 3<sup>rd</sup> 32.07 Ken Moss; 5<sup>th</sup> Stan Owen 32:37 ) ; 2: **SCOTLAND 24** ( 4<sup>th</sup> 32.21 George Sim; 6<sup>th</sup> 33.17 Andie McLinden; 14<sup>th</sup> 34.43 Ewan Paterson; 20<sup>th</sup> Archie Jenkins 37:47 ) ; 3: **REPUBLIC OF IRELAND 27** ( 7<sup>th</sup> 33.28 Pat O'Shea; 9<sup>th</sup> 33.50 JJ.Murphy; 11<sup>th</sup> 34.34 John Todd ; 19<sup>th</sup> Pat Timmons 36:50 ) ; 4: **NORTHERN IRELAND 36** ( 8<sup>th</sup> 33.39 Ray Curran; 13<sup>th</sup> 34.42 Peter Gray; 15<sup>th</sup> 34.44 Des Martin; 17<sup>th</sup> Jim Newberry 35:07 ) ; 5: **WALES 38** ( 10<sup>th</sup> 33.59 Paul Ross-Davies; 12<sup>th</sup> 34.39 Peter Davies; 16<sup>th</sup> 35.05 Steve Coupe; 18<sup>th</sup> Les Coatup 35:27 ) ;

### M60

1: **REPUBLIC OF IRELAND 16** ( 1<sup>st</sup> 32.58 Martin McEvilly; 7<sup>th</sup> 35.49 Liam O'Hare; 8<sup>th</sup> 36.02 Pat Comey ; 16<sup>th</sup> Tom Hunt 37:21 ) ; 2: **ENGLAND 25** ( 2<sup>nd</sup> 34.02 Malcolm Reynard; 9<sup>th</sup> 36.07 Jimmy Bell ; 14<sup>th</sup> 36.45 Mike Mann ; 17<sup>th</sup> Steve White 38:26 ) ; 3: **SCOTLAND 25** ( 4<sup>th</sup> 34.57 George Mitchell ; 6<sup>th</sup> 35.16 Ken Duncan; 15<sup>th</sup> 36.57 Colin Youngson ; 18<sup>th</sup> Hamish Cameron 38:44 ) ; 4: **NORTHERN IRELAND 28** ( 5<sup>th</sup> 35.13 Gerry Lynch; 11<sup>th</sup> 36.27 Jim Hayes; 12<sup>th</sup> 36.28 David Seaton; 13<sup>th</sup> Tony Gray 36:43 ) ; 5: **WALES 32** ( 3<sup>rd</sup> 34.50 Dic Evans; 10<sup>th</sup> 36.21 John Llewellyn; 19<sup>th</sup> 41.02 David Oak ) ;

### M65

1: **ENGLAND 6** ( 1<sup>st</sup> 25.25 Martin Ford; 2<sup>nd</sup> 26.15 Mike Smith; 3<sup>rd</sup> 26.31 Robert Dover ; 4<sup>th</sup> John Batchelor 26:46) ; 2: **SCOTLAND 21** ( 6<sup>th</sup> 27.04 Brian Campbell; 7<sup>th</sup> 27.11 Bob Young; 8<sup>th</sup> Pete Cartwright 27:33; 9<sup>th</sup> 28.36 Ian Leggett ) ; 3: **WALES 28** ( 5<sup>th</sup> 26.48 Don Williams; 10<sup>th</sup> 28.40 Peter Moody; 13<sup>th</sup> 31.21 Mal Howells ) ; 4: **NORTHERN IRELAND 37** ( 11<sup>th</sup> 29.09 Gary Nicholl; 12<sup>th</sup> 29.19 Fred Murdock; 15<sup>th</sup> 33.49 Michael Gilmore; 15<sup>th</sup> Michael Gilmore 33:49 ) ; **REPUBLIC OF IRELAND** ( 14<sup>th</sup> Jim Langan 33:07 ) ;

### M70

1: **ENGLAND 10** ( 1<sup>st</sup> 27.51 Fred Gibbs; 3<sup>rd</sup> 28.48 Walter Ryder; 6<sup>th</sup> 29.49 Harry Franklin ; 9<sup>th</sup> Edmond Simpson 31:46) ; 2: **WALES 11** ( 2<sup>nd</sup> 28.08 Jon Kersting; 4<sup>th</sup> 29.35 John Collins; 5<sup>th</sup> 29.41 Len Tew; 10<sup>th</sup> Peter Norman 32:07 ) ; 3: **SCOTLAND 24** ( 7<sup>th</sup> 30.02 Walter McCaskey; 8<sup>th</sup> 30.27 Alistair Shaw; 11<sup>th</sup> 34.07 Steve McLean ) ;

### W35

1: **ENGLAND 14** ( 2<sup>nd</sup> 24.15 Sarah Jarvis; 5<sup>th</sup> 25.19 Jane Sheard; 7<sup>th</sup> 25.35 Sarah Unwin Mann; 11<sup>th</sup> Andrea Pickup 26:04 ) ; 3: **REPUBLIC OF IRELAND 14** ( 1<sup>st</sup> 24.09 Donna Mahon; 4<sup>th</sup> 24.58 Margaret Kelly; 9<sup>th</sup> 25.54 Elaine Caul; 20<sup>th</sup> Mary McDermott 30:02; ) ; 2: **SCOTLAND 29** ( 3<sup>rd</sup> 24.18 Megan Wright; 10<sup>th</sup> 26.01 Julia Henderson; 16<sup>th</sup> Michelle Hetherington 27.15; Alison Winship 27:29 ) ; 4: **WALES 32** ( 6<sup>th</sup> 25.29 Anna Bartlett; 12<sup>th</sup> 26.17 Claire Phillips; 14<sup>th</sup> 26.51 Satu Haikala; 15<sup>th</sup> Tammy Lewis-Jones 27.01 ) ; 5 : **NORTHERN IRELAND 39** ( 8<sup>th</sup> 25.45 Cathy McCourt; 13<sup>th</sup> 26.45 Gillian Burns; 18<sup>th</sup> 29.02 Christine Murry; 19<sup>th</sup> Aine McNeil 29:25 ) ;



## MASTERS ATHLETICS CHRISTMAS 2008

### W40

1: **ENGLAND 6** ( 1<sup>st</sup> 23.41 Debbie Walters; 2<sup>nd</sup> 24.12 Nicki Nealon; 3<sup>rd</sup> 24.21 Claire Ems ; 4<sup>th</sup> Karen Hazlitt 24:48 ); 2: **WALES 21** ( 6<sup>th</sup> 25.21 Anne Thomas; 7<sup>th</sup> 25.52 Maralyn Kitching; 8<sup>th</sup> 26.01 Melissa Watson; 12<sup>th</sup> Denise Sanders 27:27 ); 3: **REPUBLIC OF IRELAND 24** ( 5<sup>th</sup> 25.12 Carmel Crowley; 9<sup>th</sup> 26:25 Donna Evans; 10<sup>th</sup> 26.26 Helen White; 11<sup>th</sup> Orla Gormley 27:07 ); 4: **NORTHERN IRELAND 43** ( 13<sup>th</sup> 28.29 Jackie McMonagle; 14<sup>th</sup> 29.28 Anne Sandford; 16<sup>th</sup> 30.10 Stephane Hambling ); **SCOTLAND** (15<sup>th</sup> Susan Addison 29:51; 17<sup>th</sup> Lynne Marr 30:10 );

### W45

1: **ENGLAND 10** ( 1<sup>st</sup> 24.26 Jane Clarke; 3<sup>rd</sup> 25:00 Sue Samme; 6<sup>th</sup> 26.16 Sue Beconsoll ; 9<sup>th</sup> Alison Bennett 26:46 ); 2: **REPUBLIC OF IRELAND 21** ( 2<sup>nd</sup> 24.49 Niamh O'Sullivan; 8<sup>th</sup> 26.31 Anne Donnelly; 11<sup>th</sup> 26.56 Mary Sweeney; 14<sup>th</sup> Ann Carroll 27:12 ); 3: **WALES 26** ( 4<sup>th</sup> 25.27 Cath Wheeler; 10<sup>th</sup> 26.54 Frances Gill; 12<sup>th</sup> 27.05 Sandra Pinkham; 16<sup>th</sup> Mary Bowen-Rees 27:47 ); 4: **SCOTLAND 27** ( 5<sup>th</sup> 26.10 Sonia Armitage; 7<sup>th</sup> 26.29 Hazel Dean; 15<sup>th</sup> 27.28 Fionn Nairn ; 19<sup>th</sup> Marie McChord 29:32 ); 5: **NORTHERN IRELAND 48** ( 13<sup>th</sup> 27.10 Alwynne Shannon; 17<sup>th</sup> 28.36 Bernie Ryan; 18<sup>th</sup> 28.47 Hilary Kernaghan ; 20<sup>th</sup> Lynne Kerr 30:30 );

### W50

1: **ENGLAND 10** ( 2<sup>nd</sup> 26.28 Dawn Gibbs; 3<sup>rd</sup> 26:41 Anne Luke ; 5<sup>th</sup> 27.38 Heather Lambert; 9<sup>th</sup> Marian Hesketh 28:39 ); 2: **REPUBLIC OF IRELAND 12** ( 1<sup>st</sup> 25.39 Mags Greenman; 4<sup>th</sup> 27.22 Joan Hough; 7<sup>th</sup> 28.23 Mary Jennings ); 3: **WALES 31** ( 8<sup>th</sup> 28.33 Alison Whitelaw; 10<sup>th</sup> 28.49 Ann Saxena; 13<sup>th</sup> 30.05 Fiona Davies ; 14<sup>th</sup> Dawn Kenwright 30:59 ); 4: **SCOTLAND 38** ( 11<sup>th</sup> 28:55 Laura Mahady ; 12<sup>th</sup> 29.08 Phyllis Hands; 15<sup>th</sup> 31.23 Jan Fellowes ); **NORTHERN IRELAND** ( 6<sup>th</sup> Ruth Magill 28:05 ; 16<sup>th</sup> Maureen Oliver 32:16 );

### W55

1: **ENGLAND 6** ( 1<sup>st</sup> 27.31 Susan Cooper; 2<sup>nd</sup> 27.35 Christine Kilkenny; 3<sup>rd</sup> 28.21 Zina Marchant; 7<sup>th</sup> Jane Morley 30:09 ); 2: **SCOTLAND 18** ( 4<sup>th</sup> 28.42 Jane Waterhouse; 5<sup>th</sup> 29.13 Liz Bowers; 9<sup>th</sup> 31.16 Hazel Bradley ; 15<sup>th</sup> Ann Bath 34:19 ); 3: **WALES 25** ( 6<sup>th</sup> Jackie Miles 29:56; 8<sup>th</sup> 30.52 Edwina Turner; 11<sup>th</sup> 31.38 Ann James; 12<sup>th</sup> 33.09 Margaret Docking ); 4: **REPUBLIC OF IRELAND 35** ( 8<sup>th</sup> 30.18 Mags McCreery; 13<sup>th</sup> 33:19 Josie Power; 14<sup>th</sup> 34.10 Eileen O'Keefe ; 16<sup>th</sup> June Crisby 36:54 ); **SCOTLAND** ( Ann Bath 34:19 );

### W60

1: **ENGLAND 6** ( 1<sup>st</sup> 27.03 Angela Copson; 2<sup>nd</sup> 28.15 Jane Davies; 3<sup>rd</sup> 28.50 Carol Wolstenholme ; 5<sup>th</sup> Dot Fellows 31:14 ); 2: **REPUBLIC OF IRELAND 18** ( 4<sup>th</sup> 30.55 Joan Coyle; 6<sup>th</sup> 31.32 Evelyn McNellis; 8<sup>th</sup> 33.15 Carol Lynch; 9<sup>th</sup> Pam Benson 34:05 ); 3: **WALES 29** ( 7<sup>th</sup> 31.52 Hazel Dirksen; 10<sup>th</sup> 34:05 Maggie Oliver ; 12<sup>th</sup> 34.54 Shelagh Askins; 13<sup>th</sup> Annie Conroy 37:01 ); **NORTHERN IRELAND** ( Bridgid Quinn 34:25 );

### W65

1: **ENGLAND 8** ( 1<sup>st</sup> 33.12 Pamela Jones; 2<sup>nd</sup> 33.56 Christine Lee; 5<sup>th</sup> 35.41 Anne Martin; Mary Holmes 38:54 ); 2: **WALES 13** ( 3<sup>rd</sup> 34.45 Brenda Jones; 4<sup>th</sup> 35:07 Cynthia Cooper; 6<sup>th</sup> 36.10 Pauline Thomas ); 3: **REPUBLIC OF IRELAND 26** ( 7<sup>th</sup> 36.51 Maureen Fitzgerald; 9<sup>th</sup> 40.45 Geraldine Walsh; 10<sup>th</sup> Anne Coogan 49:24 );

### Men Open 8k Race:

1: PHILIP MATTHEWS 30m . 22s; 2: CHRIS McQUILLEN O/35 31m . 14s; 3: DAVID PARKIN O/35 31m . 36s; 4: PHILIP SHEARD 32m . 03s; 5: WILLIAM ROSSITER 32m . 32s; 6: MARK HARGREAVES O/45 32m . 46s; 7: OWEN FLAGE O/35 33m . 08s; 8: PHIL KENDRICK O/45 33m . 19s; 9: TIM LEWIS M45 33m . 28s; 10: IFAN LLOYD O/45 33m . 31s; 11: JOHN SANDERS O/40 34m . 09s; 12: MICK McGEOGH O/50 34m . 43s; 13: GEORGE NIXON O/55 34m . 46s; 14: RICHARD GRANT O/55 34m . 49s; 15: DAVE OXLAND O/55 35m . 01s; 16: KEVIN LEWIS O/45 35m . 35s; 17: STEWART THORPE O/55 35m . 41s; 18: ANDREW FORD 36m . 32s; 19: MICK SMEDLEY O/60 36m . 45s; 20: DAVE AUSTIN O/35 37m . 36s; 21: STEVE HERINGTON O/60 37m . 50s; 22: PAT McCRUDDEN O/55 37m . 53s; 23: TERRY CAVENEY O/45 37m . 59s; 24: DAVID FAIRWEATHER O/60 38m . 18s; 25: ROB FOWLER O/60 38m . 34s; 26: A N Other O/60 39m . 07s; 27: ANDY MURRAY O/55 39m . 47s; 28: UKU KUMARI O/55 39m . 53s; 29: CYRIL WALTERS O/60 40m . 06s; 30: SHAUN BROOME O/35 40m . 43s; 31: JOHN EVANS Aberystwyth AC. O/60 41m . 09s;

### 6K OPEN RACE ( LADIES AND MEN O/65 + )

1: KAREN RUSHTON O/40 25m . 41s; 2: TINA ALDERSHAW O/40 26m . 12s; 3: CARYL JONES U/23 26m . 20s; 4: HELEN FINES O/35 26m . 30s; 5: NICKY BROMHALL O/45 27m . 31s; 6: MOLLY JAMES O/35 27m . 43s; 7: LINDI MARSON O/45 27m . 59s; 8: RACHEL ALCOCK O/35 28m . 13s; 9: LYNNE WHITAKER O/50 28m . 14s; 10: ANNA KELLY O/45 28m . 40s; 11: GORDON ORME O/65m 28m . 53s; 12: CATH MORTON O/50 30m . 28s; 13: LINDY EYNON O/45 30m . 35s; 14: BARRIE ROBERTS O/65m 31m . 17s; 15: MIKE DUGGAN O/65m 31m . 31s; 16: DAVID NAYLOR O/70m 31m . 39s; 17: JOHN STEPHENSON O/65m 31m . 57s; 18: WENDY HUGGINS O/50 32m . 18s; 19: GILLIAN KELLAM O/45 32m . 29s; 20: PAULINE RICH O/60 33m . 57s; 21: SYD WHEELER O/70m 34m . 32s; 22: ALAN SMITH O/75m 34m . 53s; 23: MARY MILLER O/45 34m . 57s; 24: DAVE ROSSER O/70m 36m . 30s; 25: RITA BANKS O/60 39m . 30s;

# MASTERS ATHLETICS

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*Items for inclusion in the "Spring Edition"  
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ATHLETICS!**

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BRITISH & IRISH XC.**

## **WINSTON THOMAS BMAF CHAIRMAN**

**F**irstly, I would like to welcome Peter Duhig as the new Overseas Co-ordinator, Peter's details are on the website and in this magazine (**Address page & Fixtures Page** ).

Please take note of his entry details for the European Indoor in Ancona , noting closing dates and other points.

Many thanks to the other candidates that applied for the position and I hope that others members come forward in the future to fill positions in B.M.A.F.

We need to have new "blood" both at club and B.M.A.F levels, with the intention of possibly going on to European and World levels.

We are the 2<sup>nd</sup> largest affiliation in Europe and it is very important that we have some input at European and World levels; we have at present no one on the European Council or Committees and only me on the World body.

There are elections in Lahti 2009 for W.M.A, and in Nyiregyhaza 2010 for the European Council and Committees, it is therefore important that we have people coming through to forge the future of B.M.A.F and International organisations to help shape the future of Masters Athletics.

*Following a report from our Race Walking Secretary it appears one of our athletes was taken ill in Poznan. I would like to emphasise the importance of members travelling to take your EHIC, (European Health Insurance Card) you may be entitled to medical care at reduced cost or sometimes free.*

*Your entitlement will vary based on whether you are going to a European Economic Area country (EEA) or elsewhere in the world. It is also advisable to have travel insurance and additional Medical Cover. Details for applications etc. for the EHIC can be found on the BMAF Website or from your doctor's surgery. .*

Also following our November meeting I have to report that Maurice Doogan has resigned as Track and Field Secretary, Maurice has done a great amount to raise the standard of our track and field competitions in the last 8 years. He will be sadly missed, but will be around to help any future secretary; I would like to thank him for the years of hard work both home and abroad.

I wish you all a Wonderful Xmas and New Year and may your 2009 be a successful season free of injuries and full of joys.

On the final day of the European Championships in Ljubljana a box of medals disappeared and some of the relays teams received one medal only. If you did not get yours, please get in touch with me immediately. The



## **MASTERS ATHLETICS CHRISTMAS 2008**

Organiser has told me that medals were posted out on 25 November to those of you who emailed me earlier.

### **Bridget Cushen, BMAF Secretary's Report**

At the E.V.A.A General Assembly Arthur Thompson was presented with the Torsten Carlius Award for his outstanding race walking performances.

**Bridget Cushen**  
November 2008

#### **We need a Track & Field Secretary**

We need someone to take on this challenging and rewarding job. It involves finding venues for our Indoor and Outdoor Championships, liaising with Officials, checking equipment etc. You will report to four Committee meetings per year. You will have autonomy to appoint an Assistant and to delegate. You will be working alongside experienced and dedicated Officers who will offer you advice and support. The BMAF is one of the World's leaders in its specialist field. Do you want to be part of it? If so, contact BCushen@aol.com, Tel 020 8683 2602 or write to BMAF Secretary, 156 Mitcham Road, Croydon, Surrey, CRO 3JE

### **The Veteran Athletic Association of England to form a Partnership with England Athletics?**

**C**ongratulations to all our age group teams for yet another brilliant performance in the International Cross Country in Swansea on the 15<sup>th</sup> November, and particularly to the individual age group winners. Thanks also to our Celtic neighbours for hosting such an enjoyable weekend; our Team Managers, and last but not least, the Selection Committee who sometimes have to take a bit of criticism from disappointed candidates. If you are one of the latter, remember that if you did not make your age group team this year, the beauty of masters' athletics is that you have an annual bite at the cherry right up to and including your free bus pass days!

The VAA of England promotes three immensely popular annual events – the British & Irish Masters International cross country, the Track & Field Inter-Area, a Race Walking Match with Ireland and the Isle of Man, and also an Inter-Area 10k road race. Our only source of funding is a 50p levy from your club membership. Irene Nicholls, Arthur Kimber, Eric Horwill and I have had two very productive meetings with John Graves, Chair of

England Athletics and Andy Day their Events Manager. They have three core objectives, one of which is "To increase participation across a wider cross-section of the community."

Masters athletics needs to move on and Graves assures us that EA has no intention to seek a "Hands-On" role within VAAE nor will they ask for a Representative to sit on our Association, they do not have the manpower, or the desire to interfere. They see us as the specialists in this area. Areas where they will try to help us include funding for track hire, Officials expenses, the Selection meetings, marketing, recognition and support, and a possibility of international vests. The possibility of an International Track & Field on the same format as the cross country, was also discussed. England Athletics suggested that we change our name to England Athletics Masters' Association.

The VAAE AGM will be held on 28 February in Birmingham when the Partnership and change of name will be voted on. Your club is entitled to 2 votes.

Many of you have made personal sacrifices to represent your country and your club with justifiable pride and distinction; your efforts and example is now being officially recognised outside the world of Masters' Athletics. The small team of elected VAAE Officers give their time for free, in fact, most of us subsidise the VAAE, but the VAAE status has grown exponentially since its inception in 1992. The financial burden of finding cash to buy or replace vests; cost of meeting our obligations to host the International Cross Country etc. is an annual nightmare for VAAE Officers.

The Association recommends the formation of a Partnership with England Athletics and the change of name. We understand, and accept, that some members have a personal wish to retain the name "Veterans" but it is not incumbent upon any of our eight clubs to change its name or title. What you can do now is lobby your club to vote in favour and, equally as important, help England Athletics meet one of their core objectives to increase membership by encouraging joggers, colleagues, the numerous non-affiliated etc. to join your club and get active.

**Bridget Cushen, November 2008**

#### **Haile Gebrselassie broke his own world record as he won the Berlin Marathon for the third time in a row.**

The 35-year-old Ethiopian became the first man to run under two hours, four minutes as he clocked 2:03:59.

His time was nearly half a minute quicker than his previous record, set over the same course last year.

"I am so, so happy, everything was perfect, the weather was perfect, the spectators were perfect, everything - I am so happy," said Gebrselassie.

"Since I started running, Berlin is my lucky city."



## MASTERS ATHLETICS CHRISTMAS 2008



Riverside Runner's Ann Furbank set a new best time for an over-60 in the Berlin Marathon on Sunday 28th September, writes Martin Duff.

Her 3:18:08 "gun" time narrowly better the "gun" time of 3:18:29 set by Angela Copson in London this year. Originally, Copson's given London mark was a 3:16:54 "chip" time but it has been agreed by statisticians that only "gun" times can count for British bests. Furbank's "chip" time in Berlin was an even faster 3:15:38 and came a week after she retained her age graded award for the best performance in the increasingly important Round Norfolk Relay.



Double Commonwealth Gold Medallist and former British record holder in both the Discus and the Hammer, **Robert Weir** has been appointed as heavy throws coach for UK Athletics (UKA).

**Weir** who competed at three Olympic Games for Great Britain and won Commonwealth Hammer in 1982 and Discus in 1998 joins from Stanford University where he has headed up the men's track and field programme for a number of years.

**Weir**, who has been a professional coach in the US for more than 20 years and who has been heavily recruited for many years to return to this country, is the first coaching appointment under the leadership of **Charles van Commenee** who was recently named as UKA's Head Coach. He will lead a focused development programme in heavy throws aimed at getting finalists in 2012.

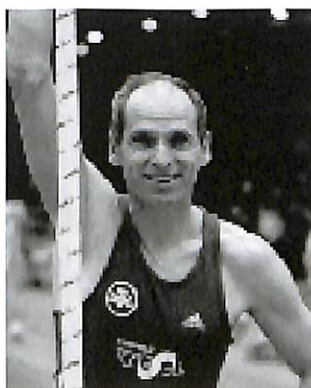
**Weir** who is 47, has the UK best performances for M35 and M40 for the Discus his marks being, 65.08 and 63.03.

As **Bob** is likely to be based in Birmingham maybe he might flex his mighty form in our ranks, the last time I saw him perform was at a BMC meeting at Solihull when he threw over 60 metres having arrived at the Airport just a few hours prior to the evening competition.

### Two Europeans are the Best Masters 2008 of the world

On behalf of the acting WMA president Monty Hacker the secretary Winston Thomas reported that two Europeans are the WMA Best Masters of the year:

- a) women: Christine Müller (SUI)
- b) men: Wolfgang Ritte (GER)



Both European candidates fulfilled all criteria which was set by the WMA Council and they will be invited to the IAAF Gala in Monaco at the end of November. Congratulations to Christine Müller and Wolfgang Ritte!



**Jo Pavey** (Exeter Harriers) narrowly missed out on being the first British athlete to win the BUPA Great North Run for five years. After a strong performance and nail biting finish Pavey lost out to Africans Gete Wami and Magdalene Mukunzi as they took the lead in the final mile. Her time of 1:08.53 was a personal best and fourth fastest by a British woman. Its also a British W35 Record, and just misses the European Masters Record.

UK Athletics (UKA) on the 24<sup>th</sup> November announced two significant moves to address the immediate and long term future of elite level endurance running in Britain. Head Coach **Charles van Commenee** has appointed **Ian Stewart** to lead UKA's endurance strategy, whilst some of



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the biggest names in distance running will support him with the formation of an endurance advisory group.

In addition to Stewart's appointment, Charles van Commenee has also asked **Lord Sebastian Coe** to form a new endurance advisory group consisting of UK's distance running luminaries to assist and advise on policy making decisions in the discipline.

Lord Coe has agreed to chair the group and has recruited **Paula Radcliffe, Dave Bedford, Steve Cram, Brendan Foster, Liz McColgan** along with Stewart.



**Mara Yamauchi** set a brand new personal best of 2:25:03 (a new **British W35 best**) as she finished third in the Tokyo International Women's Marathon. It rounds off a fine year for the Oxford-born runner who was 6<sup>th</sup> in the Olympic Games in Beijing in August and also won the Osaka Marathon in January.

In the last ever running of the elite race, Japan's Yoshimi Ozakai won in 2:23:30 from compatriot Yuri Kano who was 2<sup>nd</sup> in 2:24:27. The duo was amongst a lead pack of four that included Yoko Shibui and Kenya's Magdaline Chemior that set off at 2:18 pace.



Photo: (f.l.t.r.) S. Zagaris, W. Köster, J. Serruys, D. Massin

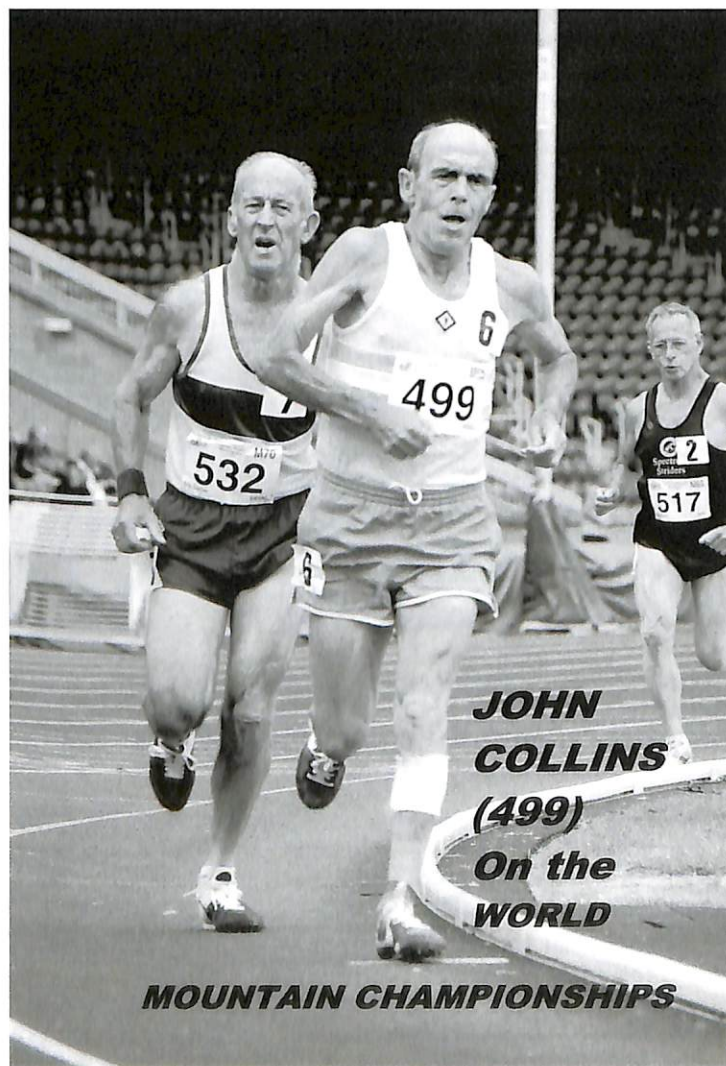
The European Veterans Athletic Association is 30 years old. On the occasion of this "birthday" EVAA - Council and the remaining living founders of the association celebrated the anniversary in Marathon, where the council members met in the Central Office.

During this official "birthday-party" Spyridon Zagaris, Lord Mayor of Marathon, congratulated EVAA and its founders, and the development of the organisation.

Furthermore he confirmed and underlined the close contact between the municipality of Marathon, and announced new common projects for the benefit of the Masters in Europe.

Jacques Serruys (BEL) and Wilhelm Köster (GER) congratulated the new councils, and wished for further successful development of Masters' sport in Europe.

Unfortunately Guisepe Galfetti (SUI), the third founder of EVAA, could not come to Marathon, however he sent best wishes.



The World Masters Mountain Running Championships were held on the sixth and seventh of September, in Dolin Morava, Czech Republic. (Results are in the Autumn Edition)



## **MASTERS ATHLETICS CHRISTMAS 2008**

DOLNI MORAVA is located at the north east corner of the Czech Republic. Inevitably the championships were dominated by eastern European athletes with Czech and Slovak's in the majority.

Athletes from the British Isles, led by England won seven individual awards and three sets of team medals. Individual (age-category) champions were Mags Greenan (Republic of Ireland-W50) and Alex Menharry (England-M75). British runner's had success in the older male categories, England won team gold in the Men 60 event with B.Grant gaining an individual bronze English and Welsh runners filled four of the next six places. B.Waldie (Scot-M70-2<sup>nd</sup>) and Martin Ford (England -M65-3<sup>rd</sup>) also gained medals.

The following day an open race was held over a longer course ascending a mountain on the other side of the valley, taking runners right to the Polish border. Here again there were numerous successes but the highlight was Sue Davies (Wales) who in addition to gaining an award in her category, scooped the first prize in the tombola, appropriately a mountain bike. Fortunately a couple who had travelled by camper van volunteered to bring the bike back to the UK.

England athletics are to close the nine regional offices which could involve the reduction of headcount by around 20 staff.

They will be replaced by a central national team with centralised administration, with a greater number staff and resources deployed directly into clubs and coaching at local levels. Which it is hoped will pour £500,000 directly into Athletics Networks and coach development.

Regional Councils will continue.

England Athletics believe that the future of the sport lies in the hands of volunteers and this restructure will enable support of a more consistent and higher level of service.

women's competition during the track and field at Hemel Hempstead.

Midlands where the overall 10K Champions, whilst England won the challenge walking match at Victoria Park. The 2009 Walking challenge is scheduled for the 11<sup>th</sup> and 12 July at a venue for to be decided.

The meeting noted the fall overall of B.M.A.F membership, it was stressed that recruitment should be highlighted. It is thought that the conflict in title use throughout the movement may cause some confusion in the minds of prospective members.

Selection for the England team for the forthcoming International Cross-Country event in Swansea is now complete, however the process needs to be assessed and communication channels defined.

Arrangements for the 2009 event to be held on the Isle of Man are well in hand and details will be notified as soon as possible.

The 5k and 10K road challenges will be held in conjunction with BMAF events.

The Inter Area Track and Field challenge is scheduled for Solihull on the 16<sup>th</sup> August 2009, this will be organised by SCVAC. Entry fees, timetables, age groups and the policy towards guests would be reviewed.

A meeting had been held between the Association and John Graves, the Chairman of England athletics. This meeting was very positive and there will be further discussions.

The AGM of the association will be held in February 2009 during which the proposed change of name to "England Athletics Masters Association" will be discussed.

The association still NEEDS a Road Secretary and support in staging promotions.

### **CORRECTION TO THE INTER AREA T&F RESULTS**

We have checked the results from the above and have revised the result from the Women's 400 metres.

It should have read:

**W35:** 1 Cindy Parry MM 65.0; 2 Jo Isbill EV 77.1;

**W40:** 1 Angie Alstrachen EV 61.7; 2 Fiona Palmer MM 63.2;

Team scores luckily do not alter.

## **VETERANS ATHLETIC ASSOCIATION OF ENGLAND**

Irene Nicholls reports that delegates from Eastern, Midlands, Southern Counties and the Veterans Athletic Club had met on the 1<sup>st</sup> of November to present reports.

All were thanked for their support in staging the various inter area events during the summer.

Southern Counties were congratulated on winning the men's and the overall trophies, and Eastern on winning the

## **NO MORE INTERLAND?**

*It was suggested that at the recent BMAF delegates meeting that due to the fact that it was necessary to spend in the region of £8,000 pounds a year, the INTERLAND should no longer take place.*



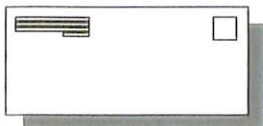
## MASTERS ATHLETICS CHRISTMAS 2008

### BMAF ARE TO SUBMIT A FULL REPORT CONCERNING PROBLEMS at LJUBLJANA

Whilst taking about Ljubljana, it appears that **JOHN MAY** who finished 7<sup>th</sup> in the M75 20k WALK was missed from the results.



**ARTHUR THOMSON** was awarded an E.V.A.A special award for Sportsmanship (Torsren Carlus memorial) at the Ljubljana A.G.M. (also mentioned in Hon Secretary's Report).



I was most concerned when Maurice Doogan announced his resignation as B.M.A.F. Track and Field Secretary shortly after the November delegate committee meeting. I immediately wrote to our Chairman formally requesting an early meeting of the BMAF executive, a request that appears to have been ignored.

Those of you that were at the A.G.M will recall a clear instruction from the meeting, that there must be at least

four executive meetings per year. So far after five months there has been a just one. This is a totally unacceptable situation, and one that must be addressed without further delay.

**Eric Horwill, Race Walking Secretary.**



Cherwell District Council's Print Facilities Manager, David Kuester, has won the **Oxfordshire Masters Sportsperson of the Year** award. It is also the **first** year this award has been included by the Oxfordshire Sports Partnership. David (64) received his award on 7<sup>th</sup> November at the Kassam Stadium Conference Centre in Oxford at the third annual Oxfordshire Sports Awards.

David is a multi talented sportsman with awards that include hurdles, long jump, javelin, hammer, heavy hammer, discus and shot putt. He still competes in these disciplines as well as putting in time as a coach and official.

Cherwell District Council's community, health and environment portfolio holder, Councillor George Reynolds thinks David is an inspiration to younger Sports people and to those who think they're too old to carry on. He said: "There are many opportunities for people to take up sports in Cherwell and David is living proof that age is no barrier. I want to congratulate him and encourage others to follow his example by maintaining a healthy lifestyle through sports activities. The Oxfordshire Sports Awards are sponsored by the BBC and the Oxfordshire Sports Partnership.



## MASTERS ATHLETICS CHRISTMAS 2008

**MEL JAMES** has produced new Road Race Guidelines, which it is hoped will help improve future BMAF Championships.

### Older People in Athletics/Sport

**Professor Tony Crocker and Dr Bill Davies** who are both Directors of Research in the School of Sport at the University of Wales Institute, Cardiff.

**G**eneral points linking health/longer life expectancy when older people continue to be regularly involved in sport/exercise - based on published researches in various disciplines such as Medicine, Sports Psychology and Ageing.

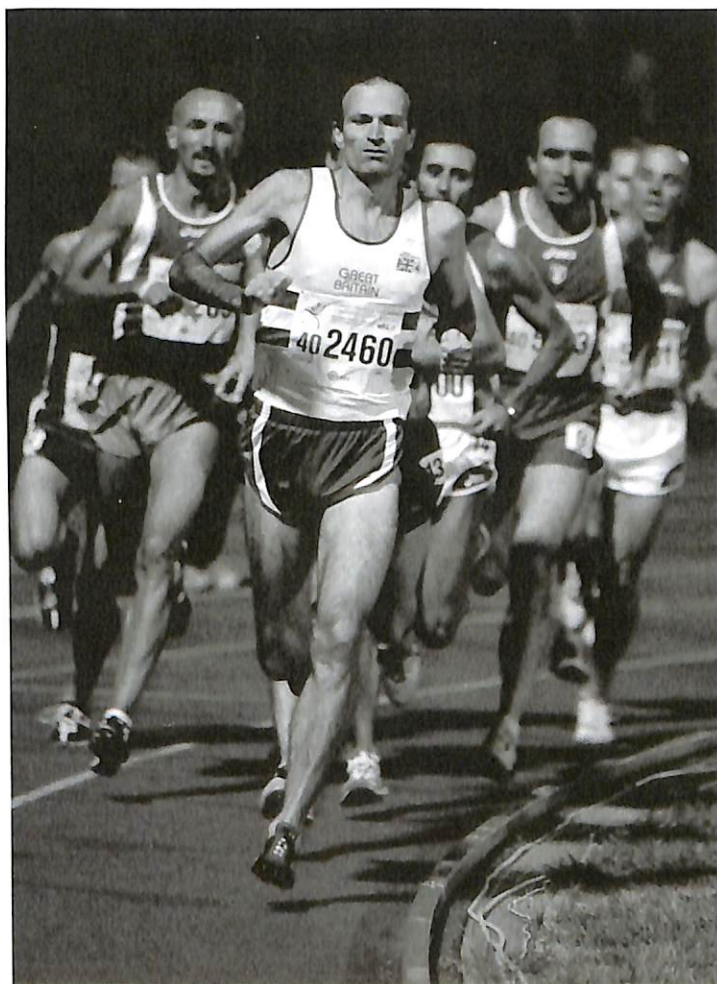
- 1 Approximately half of the British population is over the Age of 40. (30+ million). With some 12 million of these being over the age of 65
- 2 As we age lifestyle becomes increasingly important as a factor affecting life expectancy. For example – what we eat, what we drink and how much exercise we take.
- 3 A major positive influence is established when exercise is regular.
- 4 If starting, or starting again after a long layoff, it is important to take it easy. 20 minutes a day is plenty.
- 5 Taking regular light snacks during the day seems to be especially beneficial for older people; even more so when they are involved in physical activities such as sport.
- 6 Planning for a good/enjoyable life style, five, ten, or even twenty years ahead, has been shown to have positive effects. So does continuing to feel young and active.
- 7 Having a mid day nap, once older, also seems to be linked with longer life expectancy.
- 8 Living amongst younger people, plus working, playing, training with younger age groups is linked to extended life expectancy.
- 9 Sweaty exercise improves oxygen delivery to the brain. This is known to reduce the risk of onset of Alzheimer's.
- 10 Regular exercise improves balance, muscle tone, heart beat strength, lung volume, resistance to infection, resistance to depression, recovery from illness or injury.
- 11 Generally, non-exercise factors, such as regular exposure to sunlight, (NOT to the point of sunburn), reduces the likelihood of depression; red meat helps build and preserve muscle, whilst full-bodied milk provides calcium for bone building and bone cell replacement.

#### Negatives

Affecting the length and quality of life include smoking, heavy alcohol intake, obesity, too much salt in diet, sunburn – including overuse of sun-beds; AND retiring from heavy involvement in sport/exercise when no longer able to perform as well as he/she could when a superbly fit, highly talented, young adult. Obesity, depression, arthritis and Alzheimer's have all been found to be higher in formerly highly successful, sports men and women than in the general population. Evidence shows that for many, once they believe: "I'm no longer 'special', because I'm over the hill", it is difficult for them to find alternative sources of life satisfaction.

#### Current Survey

Data was drawn from 744 survey responses to questionnaires sent out to athletes belonging to British Masters clubs. 23% were in their forties; 27% in their fifties, 29% in their sixties and 18% in their 70's. This does not accurately reflect the proportions belonging to British Masters clubs but may be linked to the amount of time older Masters have available for such activities as filling in questionnaires when compared with younger Masters. To a degree the small number of replies from Masters athletes aged 35+ reflects both the short time that has passed since the age limit was lowered from 40 and the twin facts that approaching the age at which one can be labelled a Master is something many of us aren't/weren't too keen to admit to. Another fact is that for several years now far less young people are still involved, in athletics by the time they leave school. Some argue that this trend is partly because funding is now heavily focussed on the very small number of identified young athletes who might achieve Olympic medals rather than on the athletics community as a whole. Research linking high performance of the very best participants in an activity with the proportion of the population involved in other activities, such as music and Gymnastics clearly supports this belief. A second factor is the



major shrinkage of after-school sports activities that were previously commonplace until about 25 years ago.

Data based on information drawn from the Midlands Master's Club and the Midlands Veteran's Track League\* suggests that less than half of the athletes who are over 35, and still competing, belong to one of the regional Masters clubs affiliated to the British Masters Athletics Federation (BMAF).

- Currently there are some 26 mainstream clubs which compete in the Midlands Veterans League



## **MASTERS ATHLETICS CHRISTMAS 2008**

• However, of those veteran athletes who belong to both a mainstream club and the Midland Masters Club 73% still represent their mainstream clubs in mainstream league competitions. Of the remainder roughly half had competed for their mainstream club until well into their fifties. Dependence on older athletes is particularly true:

- a] where mainstream clubs are in one of the lower divisions
- b] when younger adults are away at university during the early summer months
- c] since the recently tightened limits on how much senior league competition can be undertaken by young athletes in their early teens.

It is very clear, that many of the smaller and lower division clubs only survive because they are able to call on athletes in their forties, fifties, sixties and even in their seventies to undertake a wide variety of senior events, both for points, and so that the 'youngsters' can focus on their own more specific events.

Two common heard comments, usually from non competing adults involved at all levels in athletics management are: "I hate Masters athletics" and "Older people shouldn't compete - they should be spending their time supporting youngsters by coaching them". This current survey revealed that some 29% of competing master athletes regularly coach youngsters - a massively bigger proportion than that found in cohorts of young adults who are competitively active. 21% not only coach but also officiate at mainstream athletics meetings, act as club managers, provide transport to matches and to training sessions, and often fund athletes, or activities which would otherwise not be affordable. A very high proportion of these competitively active, older coaches indicated that it was competing which kept them in athletics and as a result ensured that they also continued to look after younger athletes. Just over one in four of the rest responded that they didn't coach, because they were not qualified, but would be interested in qualifying and moving into coaching if they ever have to give up competition.

Eighty nine percent of the respondents believe that they will continue to train if they have to give up competition: because: they enjoy it physically, (80%), for the perceived health benefits, (87%), and for the social benefits it delivers, (53%). Additionally of those who do not currently coach or officiate some 30% said that they would take up coaching, administration or officiating in mainstream athletics if they have to cease competing at some point in the future.

What does seem very clear from these data that these athletes provided is that much of the athletics undertaken as an amateur, community based, sporting activity would collapse without the huge number of still competing, veteran aged, athletes; who give their time, money, passion, skill and loyalty to their clubs and the youngsters in them.

### **Mature and older athletes in competitive athletics**

The questionnaire was intended to gather information about current patterns of participation in athletics and associated activities by mature athletes. All responses are confidential and that no individuals will be identifiable in any reports or articles arising from this survey. Throughout this questionnaire we have used 'athletes' as a general term to cover all events in track and field plus road running, walking and cross country events.

## **RESULTS OF THE QUESTIONNAIRE**

**Q1: Name** 99.6% Provided

**Q2: Which age group do you belong to ?** 30-39 2.9%; 40-49 23.2%; 50-59 26.9%; 60-69 28.7%; 70+ 18.1%;

**Q3: Sex:** Male 76.2% Female 23.7%;

**Q4: Nationality** English 80.2%; Welsh 5.6%; Scottish 8.2%; Irish 2.8%; Other 4.2%;

**Q5: Do you still compete as a senior ?** Yes 72.9% No 26.4%

**Q6: If 'yes' to Q5 please go to Q7. If 'no' to Q5 how old were you when you last competed as a senior ?** 20-29 2.0%; 30-39 4.7%; 40-49 6.1%; 50-59 5.3%; 60-69 3.8%; 70+ 2.4%;

**Q7: Which events do you compete in as a Master** Sprints 29.4%; Middle distance 35.4%; Long distance (including road events and cross country) 58.6%; Throws 19.1%; Jumps 18.5%; Walks 8.4%;

**Q8: Do you compete in other sports?** Yes 25.1% No 74.6%;

**Q9: Do you participate in non competitive physical recreation activities ?** Yes 67.9%; No 31.9%;

**Q10: At what age did you become aware of Masters athletic competitions ?** 20-29 12.4%; 30-39 40.3%; 40-49 33.1%; 50-59 10.3%; 60-69 3.2%; 70+ 0.3%;

**Q11: What facilities do you need for your training** Track 68.6%; Landing pits 15.6%; Throw areas 16.6%; Gym 39.1%; Weights 32.8%; Access to specific equipment 4.5%; other 29.1%;

**Q12: Are training facilities easily available to you ?** Yes 84.5%; No 13.9%;

**Q13: Do you coach in mainstream athletics ?** Yes 28.6%; No 70.9%;

**Q14: Are you involved in administration of mainstream athletics ?** Yes 31.2% ; No 68.5%;

**Q15: Are you involve in officiating in mainstream athletics competitions ?** Yes 30.4%; No 69.3%;

**Q16: Do you currently coach, officiate or undertake administration in other sports ?** Yes 15.3%; No 84.0%;

**Q17: Did you ever coach, officiate or undertake admin in other sports prior to becoming a Master ?** Yes 36.7%; No 62.6%;

**Q18: Do you think that you would still undertake training regularly if you stopped competing in athletics?** Yes 89.1% ; No 10.0%;

**Q19: If 'yes' to Q18 please indicate why :** General health benefits 87.4%; Social benefits 52.4%; Enjoyment 79.8%; Other 11.6%;

**Q21: Do you think you would take up any of the following when you retire from competing in Masters athletics** Coaching in mainstream athletics 31.9%; Admin in mainstream athletics 20.9%; Officiating in mainstream athletics 30.4%

**Q22: Do you think you would take up any of the following when you retire from competing in Masters athletics** Coaching in Masters 21.8%; Admin in Masters athletics 17.9%; Officiating in Masters athletics 30.4%;



## MASTERS ATHLETICS CHRISTMAS 2008

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## 2009 PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JANUARY	29	30	31	1	2	3 NI-Greenmount International	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17 NIVAA XC Stormont	18 SVHC Road Relay MMAC XC
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8 SCVAC IC
FEBRUARY	9	10	11	12	13	14	15
	16	17	18	19	20	21 MMTG Comp	22 BMAF Ind Pent
	23	24	25	26	27	28 NI-Civil Service XC	1
	2	3	4	5	6	7 BMAF Indoor & O Throws	8 BMAF Indoor & O Throws
MARCH	9	10	11	12	13	14	15
	16	17	18	19	20	21 BMAF XC Ruthin	22
	23	24	25 EVAA Ind Champ	26 EVAA Ind Champ	27 EVAA Ind Champ	28 EVAA Ind Champ	29 EVAA Ind Champ
	30	31	1	2	3	4	5
APRIL	6	7	8	9	10	11	12
	13	14	15	16	17	18 MMTG 56lb Throws	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3 BMAF 5k Walk Victoria Park ?
MAY	4	5	6	7	8	9	10
	11	12	13	14	15	16 MMTG Pent BMAF Road Relays	17 BMAF 10k Walks & Pent Oxford
	18	19	20	21	22	23	24
	25	26	27	28	29 EVAA Non Stadia	30 EVAA Non Stadia	31 EVAA Non Stadia
	1	2	3	4	5	6 BMAF 50k Walk Blackpool?	7
JUNE	8	9	10	11	12	13	14
	15	16	17	18	19	20 J Howells Throws	21
	22	23	24	25	26	27	28



## MASTERS ATHLETICS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JULY	29	30	1	2	3	4 BMAF T&F	5 BMAF T&F
	6	7	8	9	10	11	12 BMAF 5k Blackburn
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
AUGUST	27	28 WMA T&F	29 WMA T&F	30 WMA T&F	31 WMA T&F	1 WMA T&F MMTG HWP	2 WMA T&F
	3 WMA T&F	4 WMA T&F	5 WMA T&F	6 WMA T&F	7 WMA T&F	8 WMA T&F	9
	10	11	12	13	14	15	16 Inter Area
	17	18	19	20	21	22 BMAF 30k Walk MARWA ?	23
	24	25	26	27	28	29	30
SEPTEMBER	31	1	2	3	4	5	6
	7	8	9	10	11	12 MMTG HD Bmaf C Events Oxford	13 Bmaf C Events Oxford
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
OCTOBER	28	29	30	1	2	3	4
	5	6	7	8	9	10	11 BMAF 10 Mile Portland
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
NOVEMBER	2	3	4	5	6	7	8
	9	10	11	12	13	14 B&IXC Douglas IOM MMTG HP	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
DECEMBER	30	1	2	3	4	5 MMTG Xmas Pent	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3



## MASTERS ATHLETICS CHRISTMAS 2008

DATE 2008	EVENT	VENUE	DETAILS
6 <sup>th</sup> December	MMTG Christmas Weight Pentathlon		
7 <sup>th</sup> December	NVAC XMAS Handicap	Irlam	
	MMAC Christmas Handicap	TBC	
14 <sup>th</sup> December	SVHC Xmas 5 mile Handicap	Cartha Rugby Club, Glasgow	1330h
28 <sup>th</sup> December	Old Father Tyme 5 mile (WM Champs)	Llandaff Rugby Club	Contact <a href="mailto:mel.james@tiscali.co.uk">mel.james@tiscali.co.uk</a>
<b>2009</b>			
18 <sup>th</sup> January	SVHC Road Relay	Strathclyde Park, Motherwell	1100h
	MMAC XC Championships	Perry Barr, Birmingham	See MMAC newsletter
8 <sup>th</sup> February	SCVAC Indoor Champs	Lee Valley	
21 <sup>st</sup> February	MMTG(LSW) Strongest Man & Women Championships		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
22 <sup>nd</sup> February	BMAF Indoor Pentathlon	Lee Valley	With VAC & EVAC Championships
28 <sup>th</sup> Feb & 1 <sup>st</sup> March	BMAF & VAA of England Meetings	TBC	
7/8 <sup>th</sup> March	BMAF Indoor Championships	Lee Valley	Advert in Winter Edition Masters Athletics
21 <sup>st</sup> March	BMAF XC Championships	Ruthin School	Advert in Xmas Masters Athletics
25-29 <sup>th</sup> March	EVAA Indoor Championships	Ancona ITA	
18 <sup>th</sup> April	British 56lb Weight Championship		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
16 <sup>th</sup> May	MMTG Weight Pentathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
	BMAF ROAD RELAYS	Sutton Park	Advert in Xmas Masters Athletics
17 <sup>th</sup> May	BMAF Pentathlon	Oxford	With BMAF 10k Track, 10k Walk Championships
29-31 <sup>st</sup> May	EVAA Non Stadia	Aarhus DEN	
20 <sup>th</sup> June	John Howell Memorial Meeting Thowers Decathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
4/5 <sup>th</sup> July	BMAF Track & Field	Birmingham	PROVISION DATE ONLY DO NOT BOOK FLIGHTS OR HOTELS !
12 <sup>th</sup> July	BMAF 5k	Blackburn	
28 <sup>th</sup> July- 8 <sup>th</sup> August	WMA T&F Championships	Lahti FIN	
1 <sup>st</sup> August	MMTG Heavy Weight Pentathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
16 <sup>th</sup> August	VAAofE Inter Area T&Field	Solihull	
12 <sup>th</sup> September	MMTG Hammer Decathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
12/13 <sup>th</sup> September	BMAF Combined Events Heptathlon / Decathlon	Oxford	
29 <sup>th</sup> September	MMTG Throws Fest		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
11 <sup>th</sup> October	BMAF 10 Mile	Portland	
14 <sup>th</sup> November	MMTG Hammer Pentathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
	British & Irish XC International	Douglas. IOM	
5 <sup>th</sup> December	MMTG Christmas Weight Pentathlon		<a href="http://www.mmtg.org.uk">www.mmtg.org.uk</a>
<b>2010</b>			
8 <sup>th</sup> -18 <sup>th</sup> July	EVAA Stadium Championships	Nyiregyhaza, Hun	
<b>2011</b>			
7 <sup>th</sup> -17 <sup>th</sup> July	WMA Championships	Sacramento, USA	

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

**Peter Duhig** has been appointed our new Overseas Entries Co-ordinator. Details are: 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE **Mail-**[peter@peterduhig.plus.com](mailto:peter@peterduhig.plus.com)

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

### Please note-

We are sorry to hear that our excellent Track and Field Secretary Maurice Doogan has resigned his position, he has brought Masters Track and Field to a standard that matches promotions of the highest level in the UK.

I understand that Maurice will assist in areas of organisation with both the Indoor and Outdoor seasons, so a very big well done and every success with his future plans.



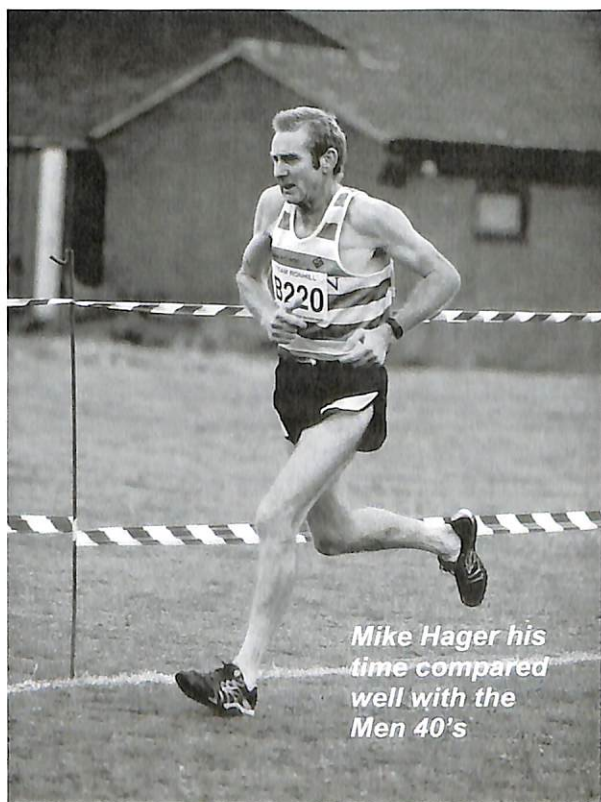
**BMAF XC RELAYS, MANSFIELD.**

**Words ▶ Philip Lee Pictures ▶ Jeremy Hemming**



**T**he Cross Country Relays at Berry Hill Park, Mansfield on the 4<sup>th</sup> October produced some close encounters of the running kind.

The threatened rain did not materialise as the rises and falls of Berry Hill Park in Mansfield were bathed in autumnal sunshine for the 13<sup>th</sup> BMAF Cross Country Relays. The park, which is the planned venue of the Relays for the time being, provided a stiff test for all the teams that entered, although the actual turnout was a little disappointing for what is quality course.



*Mike Hager his  
time compared  
well with the  
Men 40's*

Each leg was two 2K laps and the runners had to negotiate the inclines and differing surfaces twice on this compact

course which made it easy for spectators to keep in touch with proceedings. The interest with relays lies in where each team places their runners. Do they start with the best to build up a lead or do they put their better runners towards the end to make up lost ground? All this meant that often the medal positions were not finalised till the last leg keeping the interest going to the end.

There were many fine performances but one noteworthy one was from Mike Hager, the Tipton Harrier and M55 Cross Country Champion, perhaps with selection for the International in mind, ran in the M40 race and recorded a time of 13:35 which equated well with the top M40 runners.

In the **W35** race of the 11 teams that ran, there were four who were soon to feature. Clare Elms (Dulwich Runners A) set the fastest overall time when she brought her team in front on the first leg in 14.52. Kate Ramsey from Barrow Runners was second in with a time of 15.13 but unfortunately had no team mates to hand over to. Redhill runners and Ilkley Harriers filled the next two places.

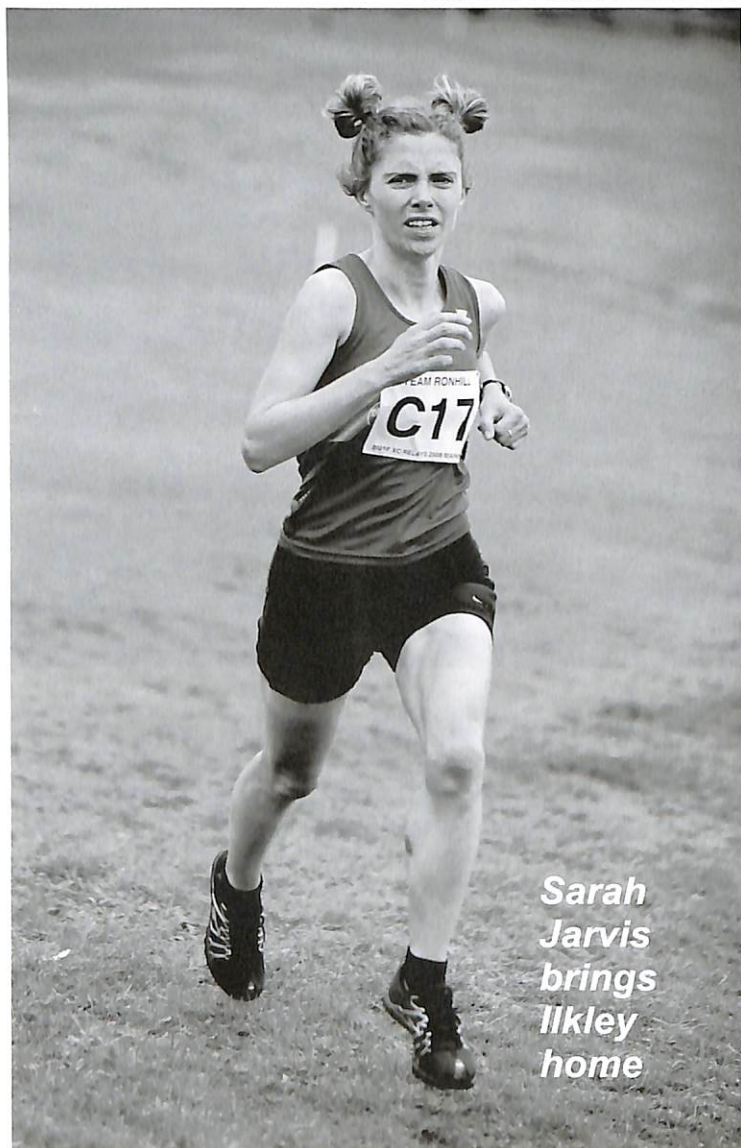
On the second leg, Dulwich maintained their lead with Redhill Runners in second spot, 15 seconds behind and Ilkley a further 66 seconds in arrears. Clayton-le-Moors Harriers moved into fourth spot.

The final leg was to prove the most dramatic as a storming run from Sarah Jarvis in 15 minutes dead hauled Ilkley Harriers into first spot ahead of Redhill Runners by 16 seconds. Dulwich Runners A dropped back to third spot only 10 seconds behind Redhill. Clayton – le – Moors retained their fourth spot. The **W45** race was much clearer cut as only 4 teams competed.

Redhill Road Runners maintained their lead throughout after an extremely fast first leg by Helen Burrell in 15:51. Jenny Tinkler was second for Chester-le-Street but suffered the same fate as Kate Ramsey by not having anyone to hand over to.



## MASTERS ATHLETICS CHRISTMAS 2008



*Sarah  
Jarvis  
brings  
Ilkley  
home*

Mansfield Harriers B were third followed by Mansfield Harriers A and Wolds Vets. On the second leg the positions stayed the same. On the final leg Ann Ford's 18:05 leg ensured that Redhill would not be caught, Mansfield B were second and a strong run by Barbara Brown ( 18:53) meant that Wolds Vets over took Mansfield A for third place.

Cannock and Stafford AC won an uncontested **W55** race in a time which would have given them second place in the W45 race with Chris Kilkenny's time of 17:56 on the second leg being the second fastest in the W45/55 section.

In the **M60** race six teams competed. Mike Smith brought Bingley Harriers into a 3 second lead over Rotherham Harriers with Oxford City a further 6 seconds behind in third.

The first two remained there on the second leg with the gap now 4 seconds. A strong run from Geoff Eden moved Cheltenham Harriers up to third from seventh place as Oxford City slipped back to fifth.



*Robert  
Tintinger  
brings in  
Rotherham in  
the M60's*

The fastest overall leg of 15.42 by Martin Ford enabled Cheltenham to move to second place but it wasn't good enough to overtake Rotherham for the gold medal as Robert Tintinger was able to keep the Yorkshire team in front with the second fastest leg of 15.57. Bingley held onto third spot.

In the second race of the day the **M50's** race had excitement on every leg. Oxford City were in the lead after the first leg when the second fastest leg by Chris Sykes of 14:03 put them 44 seconds ahead of Steve Smythe of Dulwich Runners. Wirral AC were third with Lincoln Wellington in fourth spot.

On the second leg the fastest leg of 13:47 by Les Ball moved Lincoln into second spot 19 seconds behind Oxford City but their challenge fizzled out due to lack of runners. Wirral maintained third place with Barnet and District moving up to fourth as Dulwich slipped back to fifth.

On the third leg with Oxford maintaining their lead, Wirral moved into the second place which had been vacated by Lincoln and a fine 15:20 run from Des Michael promoted Barnet to third, followed by Sheffield Running Club.



## **MASTERS ATHLETICS CHRISTMAS 2008**

These positions were held on the final leg although a fine run of 14:42 by Sid Cordle put Sheffield only 12 seconds behind third placed Barnet.

18 teams contested the **M40** race with positions changing after every leg. The fastest leg of 13:06 by Paul Ward put Telford AC into the lead on the first leg followed by Bedford and County AC, Clayton – le – Moors AC and Leicester Coritanians and Richmond and Zetland Harriers who were all a second apart from each other.

Telford and Bedford maintained their placings on the second leg as Morpeth Harriers moved into third place and another 13:06 leg by Heine Van Zyl moved Oxford City AC into fourth.

Leg 3 finished with Telford and Bedford still maintaining their places but a 13:18 leg by Brian Rushworth moved Sunderland Harriers into third place only 3 seconds behind Bedford and 20 seconds from Telford as Herne Hill Harriers moved into fourth place. Things were starting to hot up.

The fourth leg proved to be decisive as Keith Newton's 13:23 effort leapfrogged Herne Hill into the lead while Sunderland moved into second as Telford slipped back to third and Bedford to fifth. Sandwiched between them in fourth place were Morpeth Harriers.

On leg 5 Tipton Harriers moved ahead of Telford into the third spot and were only 17 seconds behind Sunderland.

The final leg saw Herne Hill Harriers comfortably maintaining their first place followed home by Sunderland and Tipton.

Mention must be made of Daniel Moore from Bristol and West AC who recorded the third fastest overall leg of 13:13 but the club unfortunately did not have enough runners to complete the team.

In the **M35** race there were 5 teams competing with the medals only being decided on the last leg. Marc Turner took Halesowen into a first leg lead with the second fastest leg of 13:37. He was followed by Tipton Harriers for whom Phil Clamp did the third fastest leg of 13:41. Newport Harriers were two seconds behind with Wolds Vets a further 16 seconds back. With times this close the second leg could be quite interesting.

So it was as Tipton took the lead ahead of Wolds, Halesowen and Newport.

On the third leg the lead changed hands again as Stewart Wright put Wolds Vets into the lead with Halesowen second. Tipton dropped to third and Newport held onto fourth.

The final leg proved decisive for Halesowen as the fastest leg of 13:32 by Dave Kesterton ensured that Halesowen regained top spot while Wolds Vets came in second ahead of Tipton. Mansfield Harriers ran into fourth place ahead of Newport.

Overall the event was a success and well organised by Mansfield Harriers. However it is disappointing to see such a low participation. While the event will never have the popularity of the road relays it should have been better supported than it was. Perhaps the decision to fix it at Mansfield may provide the impetus the event requires to increase participation. If not then maybe there needs to be a rethink about the organisation and perhaps a change to the age groupings.

### **M35:**

**1 Halesowen 56:32** ( Marc Turner 13.37, Richard White 15.27, Tom Kenderdine 13.46, Dave Kesterton 13.32);  
**2 Wolds Vets 56:34** ( Neil Farquharson 13.59, Gary Thomas 14.44, Stewart Wright 14.03, Michael Jagger 13.48);  
**3 Tipton Harriers 58:11** ( Phil Clamp 13.41, Dean Hill 14.10, Ray Stanier 15.36, Chris Flavell 14.44);  
**4 Mansfield Harriers 63:54** ( Faz Fahy 15.03, John Wood 16.41, Mark Jenkins 16.14, Carl Emery 15.56 );  
**5 Newport Harriers 65:01** ( Neil Hardee 13.43, Brett Davis 15.49, Darryn McAtee 16.27, Dave Proffitt 19.02 );

**FASTEST LEGS:** 1 Dave Kesterton 13.32; 2 Marc Turner 13.37; 3 Phil Clamp 13.41;

### **M40-49:**

**1 HERNE HILL HARRIERS 1:23:28** ( Vic Maughan 14.10, Mike Boyle 14.08, Francis Marsh 13.46, Keith Newton 13.23, Kofi Agyei 14.20, David Robinson 13.41 )  
**2 SUNDERLAND HARRIERS 1:25:10** ( Michael Thompson 14.02, George Harden 14.38, Brian Rushworth 13.18, Jonathan Dobson 14.38, Paul Merrison 14.24, Tim Field 14.10 );  
**3 TIPTON HARRIERS A 1:25:37** ( Steve Ward 14.45, Mike Hager 13.35, Malcolm Eustace 14.42, Aaron Keane 14.06, Mark Wright 14.09, Paul Rogers 14.20 );  
**4 MORPETH HARRIERS 1:26:04** ( Paul Waterstone 14.04, Phil Walker 13.57, Alister McDonald 15.08, Craig McBurney 13.53, Gordon Dixon 15.27, Neil Wilkinson 13.35 );  
**5 REDHILL ROAD RUNNERS 1:26:43** ( Simon Nash 15.08, Mark Yates 14.45, Nigel Cobb 15.23, Alan Smith 13.24, Andy Wetherell 13.46, Paul Newton 14.17 );  
**6 BINGLEY HARRIERS 1:26:54** ( Jon Willingham 15.56, John Convery 13.40, Stephen Fry 15.13, Simon Johnson 14.43, Jon Cordingley 13.46, Stewart McDonald 13.36 );  
**7 TELFORD AC 1:27:11** ( Paul Ward 13.06, Greg Wilson 14.00, Rick Hailey 14.32, Paul Williams 15.22, Dave Davis 15.08, Colin Lancaster 15.03 );  
**8 NENE VALLEY HARRIERS 1:28:00** ( Chris Clarke 14.44, Steve Medhurst 14.33, Sean Beard 14.02, Steve Reid 14.55, Ian Auger 14.49, Chris Mooney 14.55 );  
**9 LEICESTER CORITANIANS 1:28:23** ( Rob Sheen 13.47, Craig Sabin 14.54, Phil Hands 15.36, Andy Hart 14.36., John Grindey 15.25, Gareth Deacon 14.05 );  
**10 BEDFORD & COUNTY AC 1:28:39** ( Richard Powell 13.45, Jim McMahon 13.42, David Cheshire 14.28, Paul Gooding 15.12, Jon Roots 15.56, Andy Blair 15.36 );  
**11 OXFORD CITY AC 1:29:14** ( Steve Male 15.02, Heine Van Zyl 13.06, Phil Huxley 15.07, Mark Tankard 14.46, Stewart Thorp 15.33, Howard Papworth 15.40 );  
**12 RICHMOND & ZETLAND H 1:29:47** ( Jon Orange 13.48, Tad Zaranko 14.59, Ian Scott 14.49, Shaun Purkiss 15.15, Tony Ryder 15.15, Paul Roberts 15.41 );  
**13 MANSFIELD HARRIERS A 1:29:50** ( Doug Ross 14.37, Steve Grainger 14.38, John Farquharson 15.16, Rob Smith 15.38, Darren Hodgkinson 14.56, Peter Stafford 14.45 );  
**14 SEVERN AC 1:32:00** ( Tom McHearn 15.21, Gary Hope 13.36, Nathan Bishop 15.05, John Holland 15.54, Sean Kinsey 16.13, Alex Hope 15.51 );  
**15 CALDERGLEN HARRIERS 1:33:05** ( Davy Watt 14.07, Scot Hill 15.21, George Stewart 15.46, Eddie Reid 15.29, Alan Cullie 16.14, Alan Derrick 15.08 );  
**16 CLAYTON-LE-MOORS AC 1:33:24** ( Mark Aspinall 14.46, Colin Shuttleworth 14.32, Martin Brady 15.34, Mark Brown 14.48, Tony Walker 15.44, Dave Horrock 17.00 );  
**17 WOLDS VETS AC 1:36:34** ( Dean Holton 14.59, Gary Coulam 16.16, Tim Butler 15.44, Paul Horton 16.44, Robert Stocks 16.35, Paul Freeman 16.18 );  
**18 MANSFIELD HARRIERS B 1:41:31** ( Trevor Hiscox 16.19, Julian Wood 18.04, Tim Raynor 15.52, Dave Peet 15.51, Steve Davies 15.32, Richard Massey 19.53 );  
**INCOMPLETE:**  
**BRISTOL & WEST** ( Jeremy Hogan 14.50, Daniel Moore 13.13, Colin Bradley 20.58; **DERBY AC** ( Stuart Dunn 14.24, Damon Chambers 16.17, John Robertson 15.13, Andrew Zobel 15.37); **SHEFFIELD RUNNING CLUB** ( Chris Maddocks 14.57, Dave Broddle 15.42 ); **TIPTON HARRIERS B** ( Brian Mills 15.26, Richard Brittan 15.57, Jeff Taylor 17.58 );  
**FASTEST LEGS:** 1 Paul Ward 13.06, 2 Heine Van Zyl 13.06; 3 Daniel Moore 13.13; 4 Brian Rushworth 13.18, 5 Keith Newton 13.23;  
**M50-59**  
**1 Oxford City AC "A" 58:28** ( Chris Sykes 14.03, Trevor Dixon 14.30, Richard Grant 15.20, Brian Green 14.35 );  
**2 Wirral AC 1:00:43** ( Kevin Buxton 15.02, Graham Ratcliffe 15.02, Paul Frodsham 15.17, Chris Henry 15.22 );  
**3 Barnet & District 1:01:33** ( Pete Ellis 15.19, Jonathan Kilsby 15.27, Des Michael 15.2, Dave Wilcock 15.27 );  
**4 Sheffield Running Club "A" 1:01:45** ( Nick Duggan 15.33, Gary Podmore 16.03, Mike Levery 15.27, Sid Cordle 14.42 );  
**5 Wesham Road Runners 1:03:32** ( John Bertenshaw 16.32, Graham Cunliffe 16.10, John Collier 15.59, Alex Rowe 14.51 );  
**6 Derby AC 1:05:12** ( Chris Rosling 16.24, Mick Smedley 15.50, Brian Swindell 15.16, Keith Donald 17.42 );



## MASTERS ATHLETICS CHRISTMAS 2008

**7 Dulwich Runners 1:05:36** ( Steve Smythe 14.47 , Mike Mann 16.01, Andy Murray 16.48 , Martin Morley 18.00 ) ;  
**8 Bedford & County 1:06:27** ( Malcolm Cowley 16.38 , Rob Lands 15.20, Dave Laynes 16.23, Andy Boast 16.06 ) ;  
**9 Clayton-le-Moors 1:08:11** ( Brian Horrock 15.40, Pete Booth 16.23, Jeff Pickup 17.04, Vinny Brodrick 19.04 ) ;  
**10 Wolds Vets "B" 1:09:52** ( John Hudson 17.34, George Wraith 17.35, Mark Salter 16.39, John Barker 18.04 ) ;  
**11 Mansfield Harriers "A" 1:12:50** ( Alan Maddocks 17.44, Geoff Brown 18.52, Terry Ashmore 19.03, John Hall 17.11 ) ;

### INCOMPLETE:

**Lincoln Wellington** ( Jon Hughes 15.05 , Les Ball 13.47 ) ; **Wolds Vets "A"** ( Steve Green 17.06, Gary Perkins 17.09 ) ; **Nene Valley Harriers** ( Michael Barnsdale 15.54 ) ;

### FASTEST LEGS

1 Les Ball 13.47 ; 2 Chris Sykes 14.03; 3 Trevor Dixon 14.30; 4 Brian Green 14.35 ; 5 Sid Cordle 14.42;

### M60-69:

**1 Rotherham Harriers 48:59** ( Terry Hawley 16.09 , Malcolm Palfrayman 16.53, Robert Tintinger 15.57 ) ;

**2 Cheltenham Harriers 50:15** ( Ken Buckle 17.43, Geoff Eden 16.50, Martin Ford 15.42 ) ;

**3 Bingley Harriers "A" 50:43** ( Mike Smith 16.06, Bob Dover 16.52, Neil Robson 17.45 ) ;

**4 Clayton-Le-Moors 53:48** ( Barry Mitchell 16.54, David Scott 17.50, Ted Orrell 17.04 ) ;

**5 Oxford City AC "A" 54:00** ( Ray Treadwell 16.17 , Martin Reynolds 19.34 ,John Exley 18.09 )

**6 Stratford Upon Avon AC 54:17** ( Roger Wilson 17.32, Phil Brennan 18.42, John Turner 18.03 ) ;

### INCOMPLETE:

**Birchfield Harriers** ( Gordon Orme 16.48 ) ; **Folkestone RC** ( Edmond Simpson 18.50 ) ;

### FASTEST LEGS

1 Martin Ford 15.42; 2 Robert Tintinger 15.57; 3 Mike Smith 16.06;

### M70 +

**Bingley Harriers 38:05** ( Fred Gibbs 17.42, George Perkin 20.23 ) ;

### W35 -44

**1 Ilkley Harriers 47:52** ( Alison Bennett 16.56 , Amanda Oddie 15.56, Sarah Jarvis 15.00 ) ;

**2 Redhill Road Runners 48:08** ( Carolyn Hay 15.53, Sharon Smith 15.53, Toni Minniti 16.22 ) ; **3 Dulwich Runners "A" 48:18** ( Clare Elms 14.52 , Teresa Gaillard de Laubenne 16.39, Ola Balme 16.47 ) ;

**4 Clayton-Le-Moors 50:32** ( Anna Kelly 17.17 , Debbie Wilson 17.02, Tracy Mitchell 16.30 ) ;

**5 Wolds Vets "A" 54:01** ( Tracey Gibson 17.44, Mary Craig 18.05, Cheryl Baker 18.12 ) ;

**6 Lincoln Wellington 55:23** ( Jane Clarke 17.31, Susie Ardron 17.43, Denise Timmis 20.09 ) ;

**7 Calderglen Harriers 55:59** ( Frances Maxwell 17.44, Sandra Reid 18.47, Mary Goldsmith 19.28 ) ;

**8 Sheffield Running Club 56:23** ( Linda Broddle 18.07, Lisa Camm 21.56, Deborah Richards 16.20 ) ;

**9 Nene Valley Harriers 56:52** ( Lindi Marson 17.04, Emma Lord 19.45, Sarah Bentley 20.03 ) ;

**10 Mansfield Harriers 58:51** ( Eva Williams 19.16, Julie Grainger 19.51, Claire Coombes 19.44 ) ;

**11 Wolds Vets "B" 66:29** ( Maureen Perkins 22.32, Bridgette Lee 21.47, Judy Barton 21.50 ) ;

### INCOMPLETE:

**Barrow Runners** ( Kate Ramsey 15.13 ) ; **Tipton Harriers** ( Sally-Ann Walker 16.07 ) ; **Dulwich Runners "B"** ( Ros Tabor 17.54 ) ;

**FASTEST LEGS:** 1 Clare Elms 14.52; 2 Amanda Jarvis 15.00; 3 Kate Ramsey 15.13 ; 4 Carolyn Hay 15.53 ; Sharon Smith 15.53;

### W45-49:

**1 Redhill Road Runners 53:00** ( Helen Burrell 15.51, Bev Barnes 19.04, Ann Ford 18.05 ) ;

**2 Mansfield Harriers "B" 59:40** ( Tina Green 19.36 , Maddy Collinge 20.23, Jayne Stafford 19.41 ) ;

**3 Wolds Vets 61:57** ( Carol Hall 21.18, Susan Green 21.46, Barbara Brown 18.53 ) ;

**4 Mansfield Harriers "A" 63:08** ( Lynne O'Reilly 20.18, Michelle Peet 21.15, Sue Bellingham 21.35 ) ;

### INCOMPLETE:

**Chester-Le-Street** ( Jenny Tinkler 18.18 ) ;

**FASTEST LEGS:** 1 Helen Burrell 15.51 ; 2 Ann Ford 18.05 ; 3 Jenny Tinkler 18.18 ;

### W55+

**1 Cannock & Stafford AC 57:08** ( Chris Rollason 20.04, Dot Fellows 19.08, Chris Kilkenny 17.56 ) ;

### INCOMPLETE

**Hull Achilles** Jane Morley 18.33;

## 2008 BMAF MARATHON (ANGLESEY) 21<sup>st</sup> September Words: Mel James

This excellently organised marathon, gave our masters a really warm welsh welcome.

In return our masters gave the organisers the bonus of a higher quality field.

As at Hexham the previous week, the undulating course would not be conducive to British Best attempts. This did not stop prolific road racer Dennis Walmsley. (Bourton Road Runners), he broke the existing course record in a time of 2hrs.39mins.07secs. His closest competitor, also in the same age group o/45 was newly joined member, Dave Walmsley (not related) in a time of 2hrs.46mins.10secs.

There was a great battle between O/50 Doug Brisco (Andover A.C.) and O/55 Philip Johnson (Cleethorpes AC.) with just 1min-27secs between them. Both had the satisfaction of taking Gold in their age groups for their efforts though.

Course records were not exclusive to the male section, Angie Sadler (Tewksbury AC) got into the act, breaking the women's course record in a time of 3hrs.10mins.27secs whilst winning the O/45 section.

I would like to extend my thanks, on behalf of the BMAF, to Menter Mon at Anglesey for hosting our Championships and providing an excellently organised race.

### M40:

1 KEVIN DUCKWORTH 2.49.07; 2 JONATHAN BRIDGE 2.59.39; 3 CHRIS FULCHER 3.06.22;

**M45:** 1 DENNIS WALMSLEY 2.39.07; 2 DAVE WALMSLEY 2.46.10; 3 MARTIN WILKINSON 3.30.43;

**M50:** 1 DOUG BRISCO 3.03.04; 2 JEFF REES 3.39.27; 3 ALAN MANN 3.42.29;

**M55:** 1 PHILIP JOHNSON 3.04.31; 2 JAMES PRICE 3.18.33; 3 DAVID MICHAEL KING 3.25.38;

**M60:** 1 DAVID BEATTIE 3.19.32; 2 PETER SIMPSON 3.37.36; 3 PHILIP HOWELLS 3.53.41;

**M65:** 1 DONALD WILLIAMS 3.28.02; 2 ALEXANDER DAVIDSON ELLIOT 4.02.22; 3 GEORGE ARMSTRONG 4.08.22;

**M70:** 1 SYD WHEELER 4.29.52; 2 DAVID ROSSER 5.17.01;

**W35:** 1 SARAH VICK 3.48.06;

**W45:** 1 ANGIE SADLER 3.10.27; 2 PIRJO KIVELAINEN 3.29.08;

**W55:** JENNY MILLS 3.33.31;

**W60:** 1 ANN BATH 4.09.59; 2 MAJORIE GRIFFITHS 5.04.29;

**M70:** BRENDA JONES 5.04.28;



## ***Indoor Athletics***

### ***Brian Owen.***

**L**ike me you may have wondered how it all started, well you need to go back in time a lot further than you thought. Back in fact to 3500 BC, where the bas-relief at Memphis depicts Athletes racing between the pillars of the temple. These pillars were 800 metres apart, and races were normally of four lengths. There is even a record of a Royal competitor ( King Djoser of Egypt ) , taking part in a race dated 265 BC in the temple of SAQQARA. The record did not say whether or not the King won the race.

There is also evidence of an organised indoor event between teams from two of Alexander the Great's generals , being held in a huge marquee in India that dates from 324 BC.

In modern times the first organised indoor event was staged in 1861 by the young men's gymnastics club of Cincinnati, unfortunately details of the events were not recorded. Not that we in the United Kingdom were that far behind, when a competition comprising of four running events, and a triple jump was held in London's Ashburnham Hall on the 7<sup>th</sup> of November, 1863.

Athletics had really taken hold in the United States and 1874 saw the first use of the famous Madison Square Garden, whilst other indoor events were staged on the East Coast drawing massive crowds.

The 19<sup>th</sup> century was the heyday of what was known as pedestrianism, when famous athletes of the time performed massive feats of endurance over several days in various agricultural halls, in order to win large sums of money. In fact I recall the story of one of these athletes , who had adopted the philosophy of walking for a period of time to be followed by a period of rest. The athlete relied on a man with a bell to wake him to recommence his endeavours. Unfortunately the man with the bell fell asleep himself, thus spoiling a cunning plan.

The Amateur Athletic Association staged their first indoor championships in 1935, at the Wembley arena. The programme was limited with only sprints, hurdles and field events being held. The following year a 142 yard board track was installed and an extended programme was undertaken.

In 1938 the flat track was replaced by a banked board of the same circumference, championships were held on this track for the next two years but the onset of war ended competition for the foreseeable future.

In America the sport continued to boom and in 1940 the first indoor televised meeting was projected into thousands of homes direct from Madison Square Garden.

Following the tragic human loss of world war two, and the difficult period of austerity that followed the indoor sport

was slow to resume. However the two day festival of sport was promoted at the Empire Pool, Wembley in 1953.

The most enthusiastic sports mad commanding officer of RA F cosford and the Midland Counties collaborated in 1955 to open the first 160 yard track, at the venue which became the home of indoor athletics for the next 25 years. Competitors from the time tell wonderful stories concerning the difficulty of staying upright on the tight bended surface. However man's ingenuity solved the problem with the liberal application of a well advertised soap powder.

Our expert treasurer Danny Herman has some wonderful stories to tell regarding competition on some of strange indoor tracks from his time, which I am hoping he will share with us in a future edition. Particularly the one involving a Circus Ring and the Lions cage!

1962 saw Wembley back in use as the venue for the resumed Amateur Athletic Association championships, and the first international indoor meeting between Great Britain and Germany. The all new under 20 championships were also held here, and continued until 1965 at the London venue.

However things were moving fast at Cosford and a brand new 220 yard board track was installed for the 1965 Midland indoor championships, the new track hosted the 1966 Amateur Athletic Association and Women's Amateur Athletic Association championships, the under 20 championships and the new women's under 20 championships.

1966 was the year that saw the first European Games which were held in Dortmund, these games received official I.A.A.F sanction in 1970 and were designated the first European Indoor Championships.

The scope of international indoor athletics was spreading and in 1985 a World Indoor Games was held in Paris. Such was the success of the venture it was decided to stage the first official world championships in 1987 in Indianapolis. The IAAF sanctioned the first world records and sport had achieved full recognition.

Scotland entered the record books when they hosted the European championships in 1990, when Kelvin hall became the nation's second 200 metres indoor track, and hosted Britain's first international indoor championships. It is fair to point out that by this time the Cosford surfaces had been upgraded to a 200 metre synthetic track.

The city of Birmingham decided that it would open Britain's first purpose built indoor sports arena, and in the January 1992 the Birmingham Games were the prelude to magnificently successful staging of both World and European championships at the venue.

Whilst on the subject of firsts the 28 February 1997 saw the B.M.A.F stage the first ever international masters championships at the NIA , when we saw hundreds of Europeans compete in the first EVAA indoor championships.



## MASTERS ATHLETICS CHRISTMAS 2008

The new Sheffield Arena became the home of UK Indoor Championships, the U20 event remaining at the NIA.

### THE INAUGURAL VETERANS EUROPEAN INDOOR ATHLETICS CHAMPIONSHIPS (WORLD INVITATION)

EVAA Indoor Championships  
National Indoor Arena – Birmingham – 28th February – 2nd March 1997  
Official Programme – £4



British Athletics

Leeds City Council  
Department of Leisure and  
Community Services

Produced in conjunction with Vintage Times Magazine

Wales had at last a hydraulic track at UWIC in Cardiff, after the R.A.F St Athan track no longer being available. There was for a very short time a 200 metre track in Milford Haven but this was closed due to a dangerous roof in the building in which it was housed.

At long last the South had a new track, the new home of the B.M.A.F Championships at Lee Valley in London. and the North had another track legacy of the Commonwealth Games in Manchester Sport City.

Things have moved on somewhat and according to the information I gained from the internet we currently have the following Indoor tracks in the UK,

#### 200 metre Tracks.

Belfast, Birmingham (NIA), Cardiff, Glasgow, Lee Valley Manchester & Sheffield

#### Circular Tracks less than 200 metres

All warm up tracks of two lanes with no Field facilities.  
Barbican, Leeds (DL), Manchester Y Club.

#### Straight Sprint Tracks

Ashford, Bathgate?, Bedford, Birmingham (HPC), Blackpool, Carlshilton, Chelmsford, Connahs Quay, Crystal Palace, Eton, Gateshead, Grangemouth, Horsham Jarrow, Kings Lynn, Kinston upon Hull, Linford Christie,

Loughborough, Meadow Bank? Nottingham, Sheffield (DV), University of Bath, Wakefield, Wigan, Wolverhampton & Wood Green.

### ***The Performance Secrets of Cake made in Weymouth – Fact, fiction, or just another tasty story-Kevin Archer***

It all started when I was invited down to the seaside. The lure of fresh air, the sea, pleasant countryside, being looked after for the weekend, and a spot of training, was an offer I could hardly refuse. Being in the company of a recent World Masters short course triathlon champion (a graduation from, but still, top class masters athlete), just added to the mix. I might even learn some secrets just before I retire!

In the past few months, since getting to know Carole Blondie, I had marvelled at the volume and variety of the training she talked about. How did she do it all? What were her secrets? I have to be sitting down for her phone calls because they just tire me out. I am swept into a world of constantly battling the elements, with every bit of training description, whether it is the running and cycling on the wind and rain-swept hilly Dorset downs, or the bracing sea-swimming against the tide. I am beginning to realise where I've never gone right, let alone where I was going wrong, with my training. But then again, nearly everyone and their granny trains harder than me – that's even when I haven't got one of those things Michael Johnson and his athletes don't do. I must be king of the dreaded 'virus' word. In fact, I should perhaps offer myself, complete with virus history, to the British Olympic medical research team, especially with 2012 coming up. But that's another story.

So, I'm off to sunny Weymouth with a bit of fear and trepidation for close company. This is mainly at the thought of being totally goosed on a long, hilly, bike ride, or going on a shivering, hypothermic sea swim (well I don't carry much blubber for protection). However, I was in relatively good running form, and incredibly, had been virus-free for the last few months. But there was no rest for the wicked and my first bit of training early Saturday morning was to walk down the hill to get the paper, which also included the shock of walking back up it, now including the extra weight of the rain forest under my arm. Blondie, and partner in crime Captain Thorpy, were already at the pool knocking out some ridiculous yardage, even though it was a metric pool. I soon realised why.



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Training had really started the night before with the sumptuous meal, including seconds, vino, pudding and cake. Walking back up that hill was real training after that. I made a mental note that I needed to adjust my diet to acclimatise more when next contemplating a visit to Weymouth! Anyway, to cut a long story short, that first day prepared my tentative biking skills for more arduous pursuits on subsequent visits, and coping with shouts from Carole Blondie of, "There's a downhill coming up," (a real shock, and very disorientating, when you're struggling to control an unfamiliar bike).



Kevin leads in the 1500 in the European Championships.

It must be a local phenomenon. Unfortunately for me, there weren't any uphill's going down on that particular Tour De Dorset I was subjected to. The first visit also helped to toughen my feet on the hobble to the sea, over very uncompromising flinty pebbles, and the cold shock of the initial plunge into Weymouth waters did other things to my tender physique too. However, there was always the one constant following activity; cake of some description. This was either home-made proper stuff, or that supplied by a handy cafe.

I didn't realise it at the time, but Blondie was an avid cake-maker. I thought she was kidding when she offered to bake me a whole cake just for me to scoff at my own leisure. Well, who doesn't like a bit of

home-made cake? Let me know and I'll have theirs too! I also didn't realise then, that this was undoubtedly one of the less obvious, but no less important, secrets of Blondie's sporting success and gargantuan training regime. It came to me through a process of trial and error after I received my second personally baked cake.

The cake came in its own proper tin. I'd been told it was a fruit cake with a bit of extra spice (from the alcohol spice bottle tree!) When I opened the tin and foil wrapping, I knew I had something quite unique in front of me. I'd been initiated on a carrot and ginger cake, and this was my graduation to the full fruit, and everything as well as the fruit, cake. Just one look at that cake and I was putting on weight already. This, I thought, could play havoc with my figure. Any extra weight on me would just make me look lumpy because there's nowhere for it to blend into. That meant if I did decide on trying to eat it, I would need to train so much harder and be much more disciplined. So, I suppose the cake was working on a psychological level, as well as fuel boost/padding accompaniments. I perhaps should have consulted Steve Peters for advice. I'm pretty sure he has had dealings with 'Weymouth' cake.

I knew it looked heavy, but had underestimated the density of such a cake, especially this one. I would say it was in-between lifts i.e. heavier than I could safely bench press, but not as heavy as I could comfortably leg press. I decided that until I could start levering segments out of it, it was going to be a stand-off. I wasn't going to try and lift that cake tin, and have to get my truss out of retirement again! The thought came to me that the cake might have been made from an old Roman recipe. The consistency could well have sufficed for the missiles, of the giant catapults on wheels, which were used to demolish enemy fortifications. I also became glued to the news channel to see if there was currently (or even currently) a world shortage of dried fruit. I wouldn't like the job of guessing, let alone counting, how many bits were in that cake, even accounting for its name.

Well, I can say it tasted delicious with my Earl Grey, and kept me podged for a good week or two. If I closed my eyes I was transported to the days of the Raj and afternoon tea and tiffin, although I believe Sid James may have revised the meaning of that somewhat in Carry on up the Khyber?! The two slabs I had on the morning of the opening league cross-country fixture saw me besting a boat-load of youngsters who I haven't been near for a few seasons. I'm only glad the alcohol content was finely judged because I probably wouldn't have been able to run in a straight line, or even stay upright for long, if it had matched the fruit-filling amount. In conclusion, I would suggest that you don't dismiss cake as part of your improvement programme. But remember, there's cake and then there's 'Weymouth Cake of Champions', and as recently adopted official ambassador for the latter variety, I recommend you up your training before moving on to this advanced cake programme. Contact Carole Blondie for details!

**Happy scoffing!**



# MASTERS ATHLETICS CHRISTMAS 2008

## NORTHERN IRELAND CHAMPIONSHIPS 30<sup>th</sup> AUGUST

### 100 Metres

**M40:** 1 Malachy Campbell 12.88; 2 George Wyatt 12.91; 3 David Foy 12.96; **M45:** 1 Anthony Martin 12.19; 2 Mickey Linden 12.24; **M50:** 1 Keith Grant 12.63; 2 Joe Frey 13.33; 3 Bruce Marshall 14.70; **M55:** 1 David Leech 12.88; 2 Thomas Clinton 13.32; 3 Nigel Egan 13.59; **M60:** 1 Alex Donald 13.71; 2 Earl Taylor 14.29; **M65:** 1 John Ryan 13.74; 2 Jim O'Shea 15.37; **M70:** 1 Harry Green 16.51; **M75:** 1 Bill Morrow 21.42; **W35:** Andrea Heslip 15.92; **W40:** 1 Geraldine Finnegan 14.15; 2 Catherine Magill 16.95; **M60:** Anne McKee 16.89;

### 200 Metres:

**M40:** 1 Jackie Whyte 26.47; 2 Martin Kelly 27.98; 3 Trevor Carruthers 28.06; **M45:** 1 Martin 24.71; 2 M Cormyn 26.42; **M50:** Grant 26.03; 2 Frey 28.28; 3 Marshall 31.19; **M55:** 1 Leech 27.11; 2 Clinton 27.54; 3 Egan 28.55; **M60:** 1 Taylor 30.47; 2 Richard Belshaw 42.51; **M65:** 1 Ryan 28.74; 2 O'Shea 32.67; **M70:** Green 35.67; **M75:** Morrow 53.53;

### 400 Metres:

**M45:** 1 Cormyn 59.65; 2 Declan McKenna 98.73; **M50:** 1 Marius Peoples 68.42; 2 Sean McGuigan 84.15; **M55:** 1 Julian Kennedy 67.02; 2 Michael McKee 74.19; **M60:** Alex Donald 65.00; **M70:** Harry Green

### 800 Metres

**M35:** Ian Barrett 2:20.93; **M45:** M Cormyn 2:24.64; **M50:** Peoples 2:34.66; **M55:** Alan Keys 2:33.71; **W35:** Heslip 2:50.29;

### 1500 Metres:

**M35:** 1 David Morwood 4:12.13; 2 Barrett 4:40.90; **M40:** Matt Wray 4:40.19; **M45:** 1 Craig Hutchinson 4:45.93; 2 Brian O'Reilly 5:22.40; **M50:** 1 Robert Wilson 5:00.06; 2 Vincent Craig 5:31.62; **M55:** Keys 5:03.89; **W35:** Heslip 6:03.77; **W45:** Barbara Scott 8:17.63;

### 5000:

**M40:** 1 Wray 16:27.53; **M45:** 1 Karl Dines 18:03.71; 2 O'Reilly 18:49.67; **M50:** Craig 20:23.12; **M55:** Sean Pender 22:32.58; **M60:** Jim Hayes 19:56.86; **M65:** John Murdock 21:13.77;

### 80 Hurdles

**W40:** Finnegan 12.84; **W45:** Mary Barrett 15.83;

### 100 Hurdles

**M60:** Taylor 20.61; **M65:** O'Shea 17.79;

### 400 Hurdles:

**M50:** McGuigan 2:20.28; **W40:** Finnegan 75.08;

### 3000 Walk:

**M55:** Pender 18:05.45; **M60:** Richard Belshaw 26:28.31; **M70:** 1 Norbert Will 18:24.21; 2 Paul Maidment 20:39.15; **W60:** Pamela Reynolds 20:35.52;

### SHOT:

**M35:** Jonathan McWhinney 9.52; **M45:** 1 Stephen Carroll 9.00; 2 Thomas McGrane 8.04; 3 Declan McKenna 6.68; **M50:** Philip McIlpatrick 9.39; **M55:** 1 Alan Keys 8.32; 2 Brian Maguire 7.75; 3 Nigel Egan 7.57; **M60:** 1 Earl Taylor 9.23; 2 Murty Kelly 8.76; 3 Patrick Reilly 7.76; **M65:** 1 Tony Clarkson 9.99; 2 Padriag Maye 8.61; 3 Patsy Conboy 8.23; **M75:** Bill Morrow 5.46; **W35:** Andrea Heslip 7.29;

**W40:** Geraldine Finnegan 10.23; **W45:** 1 Mary Barrett 9.68; 2 Miriam Griffin 6.58; **W60:** Anne Maguire 7.28;

### HIGH JUMP:

**M35:** McWhinney 1.53; **M55:** Egan 1.25; **M65:**

1 Jim O'Shea 1.30; 2 Maye 1.10; **W40:**

Finnegan 1.45; **W45:** Barrett 1.25;

### LONG JUMP:

**M35:** 1 McWhinney 4.55; 2 Kevin Macklin 4.49; **M40:** 1 George Wyatt 5.72; 2 Martin Kelly 4.75; **M45:** 1 Carroll 4.80; 2 Ciaran Tobin 4.78; **M55:** 1 Egan 4.93; 2 Julian Kennedy 4.17; **M65:** 1 Maye 4.25; 2 O'Shea 3.82; **M75:** Morrow 2.16; **W40:** Finnegan 4.75; **W45:** Griffin 3.25;

### DISCUS:

**M35:** McWhinney 31.09; **M45:** Carroll 23.31; **M50:** McIlpatrick 25.58; **M55:** Keys 27.41; **M60:** 1 Murty Kelly 31.20; 2 Taylor 29.16; 3 Reilly 23.26; **M65:**

1 Conboy 27.70; 2 Albert Mack 18.60; **M75:**

1 Michael McGarry 27.48; 2 Morrow 12.30;

**W45:** 1 Barrett 23.30; 2 Griffin 15.00; **W60:**

Maguire 17.35;

### HAMMER:

**M35:** McWhinney 18.51; **M45:** McGrane 17.10; **M55:** Keys 16.43; **M60:** 1 Reilly 29.90; 2 Kelly 29.36; **M65:** Conboy 38.04; Clarkson 17.75;

### JAVELIN:

**M35:** McWhinney 41.16; 2 Macklin 25.69; **M50:** Frank McCrystal 35.65; 2 Bruce Marshall 26.20; 3 Sean McGuigan 18.95; **M55:** Kennedy 28.64; 2 Keys 18.34; **M60:** Taylor 19.91; **M65:** 1 Clarkson 27.46; 2 Maye 22.16; **M75:** Morrow 10.77; **W40:** Finnegan 27.88; **W45:** 1 Barrett 22.29; 2 Griffin 17.43;

### TRIPLE JUMP:

**M40:** Wyatt 10.99; **M45:** Tobin 9.83; **M50:** 1 Marshall 8.25; 2 McGuigan 6.16; **M55:** Egan 8.57; **M65:** Maye 9.01; **W35:** Heslip 6.73; **W40:** Finnegan 10.15;

## MMAC 10 MILE CHAMPIONSHIP, NUNEATON 14<sup>th</sup> SEPTEMBER

1-52.09 Gordon Lee M40-1; 2-57.06 Garry Payne M50-1; 3-60.38 Richard Hunter M40-2; 4-60.44 Peter Parker M50-2; 5-61.46 Laurence Heathcock M35-1; 6-61.55 Ray Stanier M50-3; 7-62.26 John Mould M50-4; 8-62.59 Graham Patton M65-1; 9-63.19 Les Horton M60-1; 10-65.17 Malcolm Pillar M60-2; 11-65.59 Richard Brittain M40-3; 12-66.34-Chris Wakeman M50-5; 13-70.30 Andrew Johnson M65-2; 14-72.07 Andrew Williams M40-4; 15-74.14 Mary Williams W50-1; 16-74.14 Geoff Oliver Hinckley M75-1; 17-77.23 Marilyn Maidment W55-1; 18-77.31 Richard Cashmore M70-1; 19-78.56 Graham Wood M60-3; 20-81.34 Gavin Kidman M65-3; 21-82.36 Tom Marchi M65-4; 22-82.48 June Johnson W60-1; 23-86.14 Michael Ellwell M55-1; 24-92.53 Lesley Keighley W55-2;

## MMTG Throws Fest 2008- 27<sup>th</sup> SEPTEMBER 2008, STOKE ON TRENT

### ONE-HANDED-HAMMER

**M35:** Paul Smith 12.73; **M40:** David Burrell 22.96; **M45:** Martin Roberts 18.82; **M55:** Clive Howell 20.29; **M60:** 1 Richard Jegou 20.61; 2 Paul Wheeler 20.53; **M65:** Chris Street 12.60; **M70:** 5) Brian Sumner 23.17; **M75:** Keith Dutton 17.11;

### GREEK DISCUS

**M35:** Smith 13.00; **M40:** Burrell 16.21; **M45:** Roberts 12.57; **M55:** Howell 15.81; **M60:** 1 Jegou 20.51; 2 Wheeler 17.46; **M65:** Street 15.61; **M70:** Sumner 15.63; **M75:** Dutton 13.70;

### SLINGBALL

**M35:** Smith 34.22 ; **M40:** Burrell 47.56; **M45:** Roberts 43.03; **M55:** Howell 35.87; **M60:** Wheeler 34.80 ; **M65:** Street 31.05; **M75:** Dutton . 21.67;

### HEAVY WEIGHT TRI-ATHLON

**W40:** Linda Jennings 34.04; **M35:** Gary Jennings 50.65; **M35:** Smith 22.97; **M40:** Burrell 33.05; **M45:** Roberts 40.38; **M55:** Howell 34.28; **M60:** Jegou 41.66; 2 Wheeler 48.38; **M65:** Street 34.31; **M70:** Sumner 51.19;

### IRON SLINGBALL TRI-ATHLON

**M35:** Smith 86.90; **M40:** Burrell 140.90; 2 Jennings 120.42; **M45:** Roberts 112.58; **M55:** Howell 104.25 **M60:** Wheeler 93.94; **M65:** Street 75.50;

### 56lb. HAMMER / 28lb. HAMMER)

**M35:** Smith 03.86; **M40:** Burrell 07.99; **M45:** Roberts 06.53 ; **M55:** Howell 06.63 ; **M60:** Wheeler 09.92; **M65:** Street 06.85 ; **M70:** Sumner 08.22;

### KUGEL-SCHOCKEN

**M35:** Smith 12.04; **M40:** Burrell 18.31; **M45:** Roberts 14.29 ; **M55:** Howell 16.57; **M60:** Jegou 17.57; **M60:** Wheeler 15.35; **M65:** Street 13.97; **M70:** Sumner 17.02; **M75:** Dutton 15.76;

### 56lb. SLING (DISTANCE) / 28lb. SLING)

**M35:** Smith 03.61; **M40:** Burrell 05.22; **M45:** Roberts 04.47; **M55:** Howell 04.48; **M60:** Wheeler 06.60; **M65:** Street 05.20; **M75:** Dutton 04.95;

### CLUB

**M35:** Smith 38.56; **M40:** Burrell 46.21 ; **M45:** Roberts 28.51 ; **M55:** Howell 32.32; **M60:** Wheeler 30.45; **M65:** Street 31.60 ; **M70:** Sumner 34.50; **M75:** Dutton . 29.61;

### 56lb. PUTT / 28lb. PUTT)

**M35:** Smith 03.63; **M40:** Burrell 03.23; **M45:** Roberts 03.16; **M55:** Howell 03.38; **M60:** 1 Jegou 06.87; 2 Wheeler 05.83; **M65:** Street 05.36; **M75:** Dutton 03.97;

### HAMMER

**M35:** Jennings 46.75 ; 2 Smith 23.30; **M40:** Burrell 36.63; **M45:** Roberts 43.77; 2 Russell Payne 46.73;

**M60:** Jegou 29.98; 2 Wheeler 26.75 ; **M65:** Street 14.50; **M70:** Sumner 36.01;

### HAMMER OF "IGMA ND"

**M35:** Smith 13.01; 2 Jennings 13.12; **M40:** Burrell 13.52; **M45:** Roberts 14.58; **M55:** Howell 20.22; **M60:** Wheeler 15.45; **M65:** Street 09.82; **M70:** Sumner 19.57; **M75:** Dutton 14.70;

## NVAC TRACK & FIELD CHAMPIONSHIPS 28<sup>th</sup> Sept, Hyndburn

### 100 METRES::

**M40:** 1 Claude Peter-Thomas 12.0; 2 Nick Rawcliffe 12.2 ; **M45:** 1 Andrew Kinnear 12.5; **M50:** 1 Peter Hickey 12.1; 2 Phil McWilliam 12.4; 3 Simon Deutsch 13.8; **M55:** Kenneth Gibson 13.8; **M60:** Harold Halliwell 14.3 ; 2 Harvey Gott 16.0; **M65:** John Henson 13.8; 2 Barrie Hughes 14.4; 3 Derek Butterworth 18.4; **M70:** 1 Tony Bowman 16.9 ; 2 Peter Dibb 18.1 ; 3 Harry Hartley 20.4 ; **W35:** Lisa Almond NVAC 16.8 ; **W50:** Teresa Whittle 18.2;

### 200 METRES::

**M40:** Rawcliffe 24.5; **M45:** Kinnear 25.0; **M50:** 1 Hickey 24.6; 2 McWilliam 25.4; 3 Stuart King 29.0; **M55:** Gibson 29.0; **M60:** 1 John Charlton 26.8; 2 Gott 33.2; **M65:** Hughes 29.6; **M70:** 1 Bowman 31.2; 2 Dibb 38.3; **W35:** Almond 36.4; **W45:** 1 Wendy Laing 28.4; 2 Katherine



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Winrow 33.7; **W60:** Maria Williams 34.6 **CBP**;  
**W75** Monica Shone 40.6 **CBP**;

### **400 METRES**

**M35** Mike Toal 53.6 ; **M40** Rawcliffe 55.8 ; **M45** Kinnear 55.3 ; **M50** 1 McWilliam 59.5; 2 Andrew Hutchinson 62.9 ; 3 Deutsch 63.6; **M55** 1 Graham Webster ; 2 Roger Tolson 69.0; **M60** 1 Rod Scholes 65.0; 2 Gott 76.6; **M65** Hughes 68.2; **M70** Bowman 80.3; **W35** Almond 85.0; **W45** Winrow 75.5

### **800 METRES**

**M35** Mike Toal 02:09.7 **CBP**; **M40** Mark Blackburn 02:10.7 ; **M50** 1 Alex Rowe 02:20.0 ; 2 Paul Christie 02:31.7 ; **M55** 1 Dave Allen 02:19.7 ; 2 Webster 02:26.1 ; 3 Archie Jenkins 02:32.1 ; **M60**

1 Scholes 02:31.4; 2 Sydney Molyneux 03:16.2 ; **M65** David Cowgill 02:55.5 ; **M70** Dibb 03:05.1; **W35** Almond 03:14.5; **W45** 1 Susan Samme 02:35.3 ; 2 Winrow 02:49.3 ; **W50** Carol Hall 03:16.4 ; **W75** Lola Smal 04:16.0 **CBP**;

### **1500 METRES**

**M45** 1 Steven Doxey 04:38.3 ; 2 Martin Farren AC 04:40.1; 3 Mike Stores 04:58.1 ; **M50** 1 Rowe 04:42.3; 2 Christie 05:22.1 ; **M55** 1 Allen 04:56.4 ; 2 Jenkins 05:08.6; 3 Roger Tolson 05:11.5 ; **M60**

1 Scholes 05:39.8 ; 2 Molyneux 06:20.4 ; **M65** Cowgill 06:17.2 ; **M70** 1 Dibb 06:33.5 ; 2 James Munn 08:21.3 ; **W40** Tracey Gibson 05:51.9 ; **W45** 1 Samme 05:22.2 ; 2 Lynne Marr 05:44.0 ; **W50**

1 Hall 06:43.9 ; 2 Ann Rhodes 06:53.4 ; **W75** Smal 08:35.7 **CBP**;

### **5000 METRES**

**M45** 1 Martin Farren AC 17:03.4 ; 2 Doxey 17:57.1 ; **M50** 1 Rowe 17:08.1 ; 2 Christie 21:21.2; **M55** 1 Webster 18:53.9 ; 2 Allen 19:19.4 **M60** Molyneux 24:19.2; **M65** Mike Barnes 21:51.6 **M75** Bill Rigby 26:52.2 **CBP**;  
**W40** Gibson 21:16.8 **W45** 1 Marr 20:57.4; 2 Ann Roberts 25:43.3; **W50** Rhodes 25:13.7 ;

### **80 METRES HURDLES**

**M70** Colin Shafto 15.8 ;

### **100 METRES HURDLES**

**M50** Simon Pugh 21.6 ; **M55** David Robinson 17.8 ; **M60** Charlton 16.3 ; **W35** Joanne Binks 17.9 ;

### **110 METRES HURDLES**

**M40** 1 Peter-Thomas 16.8 ; 2 Rawcliffe 20.1;

### **300 METRES HURDLES**

**M70** Tony Bowman 65.2 ;

### **400 METRES HURDLES**

**M40** Rawcliffe 65.4; **M45** Glen Reddington 63.1;

**M50** Simon Pugh 76.7 ; **M55** David Robinson 73.6 ;

### **3000 METRE WALK**

**M45** Stephen Walker 16:53.5 ; **M55** John Crahan 20:06.8 ; **M65** Edward Almond 21:58.5; **M70** Munn 18:33.2 ; **M75** 1 Frank Dawson 21:10.2 ; 2 Geoff Dowling 22:41.4

### **HIGH JUMP**

**M40** 1 Steve Linsell 1.80; 2 Rawcliffe 1.30; **M55** Robinson 1.40; **M60** Mike Linaker 1.20; **M70** 1 Shafto 1.30; 2 Bowman 1.20; **W35** Joanne Binks 1.35; **W45** Wendy Laing 1.55; **W60** Williams 1.15;

### **LONG JUMP**

**M40** 1 Peter-Thomas 6.06 ; 2 Rawcliffe 4.36; **M45** Reddington 5.21 ; **M55** 1 Robinson 5.14; 2 Kenneth Gibson 2.28; **M60** Charlton 5.12; 2 Harold Halliwell 4.36; 3 Mike Linaker 3.93; **M70** Shafto 4.02; **W35** Binks ?; **W60** Williams 3.22;  
**W65** Sheila Bolland 2.25;

### **TRIPLE JUMP**

**M40** Peter-Thomas 12.69; **M55** Robinson 9.60; **M60** Halliwell 8.01; **M70** 1 Trevor Driver 8.03; 2 David Uttley 6.34;

### **DISCUS**

**M35** 1 Matt Allison 36.37 ; 2 Stephen Minniken 33.14; 3 Colin Allen 30.44; **M40:** David Burrell 34.86; **M45:** 1 Darren Gibson 27.19; 2 Michael Rhodes 20.14 ; **M50:** Ray McAvoy 28.42 ; **M55:** 1 William Renshaw 34.31; 2 John Edwards 22.58 ; 3 John Crahan 21.23; **M65:** 1 Edward Almond 22.76 ; 2 Graham Smith 36.06; 3 Derek Butterworth 21.23; **M70** 1 Driver 24.07 ; 2 Gordon Firth 23.76 ; 3 Uttley 20.87; 3 Bowman 19.00; **W40** Hazel Lythgoe 25.15 ; **W50** 1 Jennifer Ibbitson 30.92; 2 Ann Rhodes 11.82; **W55** Linda Ridsdale 17.75 **CBP**; **W65** Bolland 14.11 ;

### **SHOT**

**M35** Allison 11.18 ; 2 Minniken 10.52; 3 Allen 9.72 ; **M40** Burrell 10.75; **M45** 1 Gibson 9.17 ; 2 Rhodes 6.49 ; **M50** McAvoy 8.68 ; **M55** 1 Renshaw 9.57 ; 2 Edwards 7.92 ; **M60** Barry Chapman 7.59 ; **M65** 1 Almond 7.51; 2 Butterworth 6.30; 3 Lunn 5.52 ; **M70** 1 Driver 8.71; 2 Shafto 8.65; 3 Firth 7.90; **W40** Lythgoe 9.98 ; **W45:** Wendy Laing 9.89; **W50** 1 Ibbitson 10.34; 2 Rhodes 4.93 ; **W55** Ridsdale 6.64 ; **W60** Josie Revell 6.12; **W65** Bolland 5.66;

### **HAMMER**

**M35** 1 Minniken 53.08 **CBP**; **2** Allen 28.90; **M40** Burrell 33.94; **M45** 1 Gibson 28.91; 2 Rhodes 21.00; 8 M50 Ian Cooley 27.16; **M55** 1 Edwards 37.69 ; 2 Renshaw 28.84 ; 3 Crahan 17.43 ; **M60** Mike Linaker 25.67 ; **M65** 1 Smith 30.28; 2 Lunn 18.11 ; 3 Butterworth 17.83; **W40** Lythgoe 22.41 ; **W50** 1 Ibbitson 44.18 **CBP**; 2 Rhodes 19.14 ;

**W55:** Ridsdale 28.66 ; **W60** 1 Revell 22.09; 2 Williams 19.82 ; **W65** Bolland 23.5 ;

### **JAVELIN**

**M35** Allison 47.21 **CBP**; **M40** 1 Peter-Thomas 42.14 ; 2 Burrell 38.96; **M45** Rhodes 16.86 ; **M50** McAvoy 30.30; **M55** 1 Renshaw 19.56; **M60** Linaker 35.48 ; **M70** 1 Driver 27.35; 2 Uttley 20.42; **W35** J Binks 24.00; **W40** Lythgoe 27.58;

**W50** JIbbitson 26.67 **CBP**; **W60** Williams 19.30 **CBP**; **2** Revell 15.05 ; **W65** Bolland 11.68 **CBP**;

### **12TH OCTOBER 2008**

### **NORTHERN VETERANS 10-MILE CHAMPIONSHIPS AT LYTHAM ST ANNES ON**

NB: NVAC IN BOLD:

1 Paul Freary **M40-1** 54:51; 2 Eddie Simpson Dallam RC **M40** 54:53; 3 Russell Maddams Horwich RMI **M35** 55:23; 4 Colin Rigby Horwich RMI **M35** 55:57; 5 Ken Chapman SVHC **M40** 56:18; 6 David Lockett Salford Harr. **M40** 56:48; 7 Nigel Thompson Lytham St Annes RR **M40** 56:54; 8 Alex Rowe **M50-1** 58:11; 9 Fiona Matheson Falkirk Harriers **W45** 59:29; 10 Keith Boardman **M45-1** 1:00:22; 11 Ian Selby **M40-2** 1:01:25; 12 John Collier **M50- 2** 1:02:26; 13 Barry Brock City of Norwich AC **M40** 1:02:51; 14 Alan Hudson **M55-1** 1:02:58; 15 Graham Cunliffe Wesham RR **M50** 1:03:26; 16 Dave Telford Altrincham AC **M60** 1:03:33 ; 17 Gary Cassidy Altrincham AC **M35** 1:03:43; 18 Trevor Rayner **M45-2** 1:03:54; 19 Susan Samme **W45-1** 1:04:09; 20 Francis Martin Penny Lane Striders **M45** 1:04:12; 21 Mike McKenna Dallam RC **M55** 1:04:20; 22 David Dowd **M60-1** 1:04:41; 23 Lee Barlow Wesham RR **M35** 1:04:55; 24 Jeff Thornton **M40** 1:05:00; 25 Robert Burns Liverpool RC **M40** 1:05:23; 26 Peter Waywell Wesham RR **M40** 1:05:32; 27 Paul Sinnott **M50-3** 1:05:40 ; 28 Graham Webster **M55** 2 1:05:45; 29 David Watson Preston Harriers **M40** 1:06:02 ; 30 Eric Green Valley Striders

**M50** 1:06:41; 31 John Bertenshaw **M50-4** 1:06:46 ; 32 Terry Loneragan Ilkley Harriers **M55** 1:06:49; 33 Roy Upton Lytham St Annes RR **M40** 1:06:52; 34 Colin Laidlaw **M50-5** 1:07:30; 35 Carmel Sullivan **W40-1** 1:07:44; 36 Derek Coop Lostock AC **M45** 1:08:00; 37 Martin Bates Wesham RR **M50** 1:08:29; 38 Martin Hirrell Penny Lane Striders **M40** 1:09:11 ; 39 David Williams Salford Harr. **M45** 1:09:22; 40 Jacqui Dews Holmfirth Harriers **W35** 1:09:25; 41 Mick Edge Wesham RR **M45** 1:09:38; 42 Ken Stanley **M55-3** 1:09:54; 43 Alan Clarkson **M50-6** 1:09:58; 44 Roger Tolson NVAC **M55** 1:10:20; 45 Steve James **M70-1** 1:10:35; 46 Jason Barlow Wesham RR **M35** 1:10:41; 47 Mark Lysycia Horwich RMI **M45** 1:10:49; 48 Neville Whittingham Keighley & Craven AC **M40** 1:10:58; 49 Peter Simpson **M60-2** 1:11:16; 50 John Appleton St Helens Sutton **M55** 1:11:42; 51 Paul Riley Penny Lane Striders **M35** 1:11:57; 52 Derek Lord Lostock AC **M40** 1:12:11; 53 Gary Heywarth Garstang RC **M40** 1:12:13; 54 John Foulds Horwich RMI **M45** 1:12:20; 55 Ian Winn **M40** 1:12:26 ; 56 Paul Bass Chorley AC **M35** 1:12:35; 57 Nick Higham **M40** 1:13:02; 58 Maz Khouery Stadium Runners **M35** 1:13:19; 59 Phil Fowler **M50-7** 1:14:02; 60 Brian Wildman Clayton Le Moor Harriers **M40** 1:14:07; 61 John Langhan Preston Harriers **M40** 1:14:22; 62 Brian Speake Reading Road Runners **M35** 1:14:38; 63 Terence Robinson **M60-3** 1:14:56; 64 Ian Close BW&FAC **M50** 1:15:11; 65 Fred Shilleto **M70** 2 1:15:59; 66 Stephen Platt Trail Running Association **M50** 1:16:11; 67 Peter Bartlett Wesham RR **M60** 1:16:25; 68 Larry Greenwood Accrington RR **M55** 1:16:56; 9 Michael Devereux Penny Lane Striders **M55** 1:16:57; 70 Alan Scott **M50** 1:17:28; 71 Philip Leaver **M55** 4 1:17:29; 72 Debbie Spurr Keighley & Craven AC **W45** 1:18:06; 73 Susan Burke Liverpool RC **W40** 1:18:25; 74 Christine Cutler Southport Waterloo AC **W50** 1:18:30; 75 Tanya Ashworth Blackpool W & F AC **W35** 1:18:48; 76 Bill Atkinson **M70** 3 1:18:53; 77 Peter Costello Clayton Le Moor Harriers **M50** 1:18:58; 78 Michael Percy **M40-3** 1:19:07; 79 Gary Lewis Blackpool W & F AC **M35** 1:19:14; 80 Kath Hoyer **W45-2** 1:19:19; 81 Chris Moss Wesham RR **M40** 1:19:40; 82 Alan Peers Spectrum Striders **M65** 1:19:43; 83 Alan Graham **M50** 1:19:57; 84 John Bradley **M65-7** 1:20:03; 85 Ruth Calderbank **W55-4** 1:20:26; 86 David Cosh Lytham St Annes RR **M50** 1:20:37; 87 Robert Massey Blackpool W & F AC **M60** 1:20:44 ; 88 John Winters Blackpool W & F AC **M70** 1:20:47; 89 Derek Walton **M65-8** 1:20:58; 90 Douglas Brown Wesham RR **M70** 1:21:00; 91 Peter Blackledge **M60-4** 1:21:40; 92 David Sinnott **M55-5** 1:21:50; 93 Susan Lucas Lancaster & Morecombe **W55-5** 1:22:35; 94 Brian Nicholson Kendal AC **M65** 1:22:55; 95 Stephen Wilkinson Wesham RR **M55** 1:23:36; 96 Christine Perry **W50-2** 1:23:42; 97 Katherine Winrow **W45-3** 1:24:00; 98 Frank Tetlow **M60-5** 1:24:46; 99 Stephen O'Hara Horsforth Harriers **M55** 1:24:57; 100 Tony Robbins Wesham RR **M70** 1:24:58; 11 Pam Appleton St Helens Sutton **W55** 1:25:00; 102 Mike Walsh Wesham RR **M75** 1:25:39; 103 Paul McAllister Lytham St Annes RR **M40** 1:26:04; 104 Joe Park **M70-4** 1:26:50; 105 E Murray **M65-9** 1:27:25; 106 Iain Fortune **M60-6** 1:28:51; 107 George Flanagan Wesham RR **M55** 1:29:08; 108 Kevin Dillon **M50-8** 1:29:44; 109 Anne Fortune **W55-6** 1:30:03; 110 Susan Richmond Garstang RC **W40** 1:30:03; 111 Ian Macintosh **M35** 1:30:14; 112 Julie Percy Dallam RC **W45** 1:30:36; 113 Dennis Michaels **M55-6** 1:31:04; 114 Tony Bolton Accrington RR **M60** 1:31:52; 115 Candy Hopkins **W35** 1:32:02; 116 Malcolm Towler **M65-10** 1:32:45; 117 Linda White St Helens Sutton **W45** 1:32:55; 118 Margaret Brown **W65-1** 1:33:04; 119 Kevin O'Brien **M65-11** 1:34:07; 120 Dorothy Fairhurst St Helens Sutton **W65** 1:34:13; 121 Pauline Weller **W50-3** 1:35:31; 122 Elaine Helme Hyde Village Striders **W40** 1:37:39; 123 Derek Clutterbuck Todmorden Harriers **M75** 1:37:39; 124 Malcolm Sherwood BW&FAC **M55** 1:37:41; 125 Julie Murphy Blackpool W & F AC **W40** 1:37:41; 126 Marie Baxendale **W45** 1:38:26; 127 Shirley Carr **W50** 1:39:10 ; 128 Eden Parkinson **M35** 1:39:41; 129 Paula Washington Blackpool W & F AC **W40** 1:40:52; 130 Melanie Yeomans BW&FAC **W40** 1:40:53; 131 Sue Jones Wesham RR **W40** 1:40:58; 132 Sarah Morgan **W45** 1:41:03; 133 June Sinnott NVAC **W45** 1:41:35 ; 134 Bill Rigby **M75-1** 1:42:28; 135 Jimmy Daley Penny Lane Striders **M70** 1:44:18 ; 136 Pauline Picton **W55-7** 1:44:38; 137 James Munn **M70-5** 1:48:27; 138 Lindsay Clark **W35** 1:50:28; 139 Lola Smal Horwich RMI **W70-1** 2:1:11;



## MASTERS ATHLETICS CHRISTMAS 2008

### SCVAC INDOOR PENTATHLON 2008 26<sup>th</sup> OCTOBER 2008.

**W45:** Teresa Eades 2745 ( 11.7, 4.03, 5.77, 1.30, 9.5 ); **W60:** Pat Oakes 2730 ( 14.0, 2.91, 7.60, 1.06, 11.8 ); **M35:** 1 Ben Radcliffe 2568 ( 10.8, 5.70, 8.39, 1.57, 7.7 ); 2 Ian Bridgman 1761 ( 11.3, 5.62, 8.21, 1.54, - ); **M40:** 1 Derek Warn 1402 ( 12.8, 4.21, 5.44, 1.30, 9.2 ); **M50:** Brian Slaughter 3311 (9.9, 4.85, 10.97, 1.45, 8.4 ); **M55:** 1 Paul Oates 3234 ( 11.9, 4.81, 9.83, 1.48, 8.6 ); 2 Peter Robinson (12.7, 4.19, 7.67, 1.39, 9.4 ); **M65:** 1 Roger Bruck 2804 ( 13.6, 3.91, 7.89, 1.23, 9.8 ); 2 Robert Ruff 2771 ( 14.0, 4.19, 6.50, 1.17, 9.3 ); **M70:** Colin Sheppard 1821 ( 14.1, 3.40, 6.34, - , 10.5 );

### MMTG (LSW) HAMMER PENTATHLON CHAMPIONSHIPS, STOKE ON TRENT, 15<sup>th</sup> NOVEMBER

1 Martin Roberts M45 229.65m; 2 Gary Jennings M35 228.26m; 3 Barry Hawkesworth M60 211.59m; 4 Graham Middleton 207.82m; 5 Brian Sumner M70 189.49m; 6 Clive Howell 175.59m; 7 Peter Duckers M65 151.26m; 8 Paul Jennings M60 142.87m; 9 Steve Woolley M50 138.15m; 10 Bill Renshaw M55 134.42m; **11 Pat Higgins W50 128.91m;** 12 Graham Roberts M75 127.20m; **13 Linda Jennings W40 115.16;** 14 Chris Street M65 89.15m;

### MASTERS TRACK WALK RANKINGS 2008

#### MALE

#### 2000W:

**M35:** 1 John Constandinou 9.56.6; 2 Phil Lockwood 10.54.0; 3 Jaran Finch 12.38.9; 4 Simon Swift 13.28.4; 5 Rob Mole 13.29.5; 6 Andy Ruffel 14.07.9; **M40:** 1 Mark Williams 8.34.0; 2 Chris Cattano 9.42.2; 3 Bill Nock 9.53.2; 4 Costa Michel 11.20.5; 5 Peter Grigoleit 11.50.0; 6 Mick Turner 12.16.1; **M45:** 1 Mark Easton 8.57.11; 2 Phil Williams 9.49.18; 3 Steve Arnold 9.49.4; 4 Andy Millbank 10.23.4; 5 Ian Leedham 10.44.0; 6 Simon Johnson 11.12.2; **M50:** 1 Nick Silvester 8.59.3; 2 Chris Hobbs 9.37.6; 3 Trevor Jones 9.37.9; 4 Mark Wall 10.05.7; 5 Graham Chapman 10.06.4; 6 Steve Uttley 10.23.5; **M55:** 1 Richard Emsley 9.48.2; 2 Andy Cox 10.28.9; 3 Rod Dunn 10.30.5; 4 Terry Bates 10.54.0; 5 John Thompson 11.10.7; 6 Peter Boszko 11.25.0; **M60:** 1 Alan Emmott 10.10.5; 2 Colin Turner 10.41.8; 3 Bob Austin 11.10.4; 4 Carl Lawton 11.12.5; 5 Graham Ayre 11.28.1; 6 Keith Richards 11.54.8; **M65:** 1 Shaun Lightman 11.04.2; 2 Ron Penfold 11.22.4; 3 Dennis Myers 11.22.5; 4 Glyn Jones 11.24.1; 5 Peter Hannell 11.26.0; 6 Roger Osgood 11.51.3; **M70:** 1 Arthur Thomson 10.42.6; 2 Micky Harran 11.26.8; 3 Dave Stevens 12.29.0; 4 Peter Morris 13.19.16; 5 John Collins 13.22.5; 6 Bernie Hercock 13.32.17; **M75:** 1 Eric Horwill 13.39.0; 2 Gordon Chapman 13.59.1; 3 Ken Livermore 14.28.8; 4 Ron Smith 14.29.1; **M80:** 1 Harvey Jaquest 16.34.8; **M85:** 1 Jack Fitzgerald 18.04.1;

#### 3000W:

**M35:** 1 John Constandinou 15.19.0; 2 Phil Lockwood 5.25.0; 3 Mark Cawte 20.20.12; **M40:** 1 Mark Williams 12.49.35; 2 Darrell Stone 13.26.29; 3 Mark Easton 14.02.6; 4 Michael George 14.37.2; 5 Chris Cattano 14.55.71;

6 Dwayne Butterley 15.43.8; **M45:** 1 Peter Kaneen 13.45.7; 2 Mark Easton 13.46.22; 3 Jim Ball 14.00.44; 4 Phil Williams 14.25.62; 5 Steve Arnold 14.33.0; 6 Mark Byrne 16.54.85; **M50:** 1 Nick Silvester 13.44.6; 2 Trevor Jones 14.19.27; 3 Chris Hobbs 15.11.8; 4 Mark Wall 15.28.66; 5 Steve Allen 16.08.66; 6 Alan Ellam 16.26.0; **M55:** 1 Richard Emsley 14.58.36; 2 John Hall 14.59.23; 3=Rod Dunn & Dave Kates 16.18.0; 6 Steve King 17.27.7; **M60:** 1 Ian Richards 14.25.3; 2 Carl Lawton 16.11.37; 3 Shaun Lightman 17.27.0; 4 Peter Crane 17.46.0; 5 Dave Fall 18.21.5; 6 Terry Morris 18.54.0; **M65:** 1 Amos Seddon 16.32.0; 2 Ron Penfold 16.57.5; 3 Peter Hannell 17.19.0; 4 Micky Harran 17.23.0; 5 Glyn Jones 17.43.6; 6 Ken Ballam 17.51.6; **M70:** 1 Arthur Thomson 16.00.08; 2 Micky Harran 17.15.0; 3 Dave Stevens 18.10.71; 4 Norbert Will 18.18.23; 5 Ron Powell 18.31.0; 6 James Munn 18.33.2; **M75:** 1 Doug Fotheringham 19.20.89; 2 Eric Horwill 20.59.4; 3 Frank Dawson 21.10.2; 4 Gordon Chapman 21.19.0; 6 Ken Livermore 21.59.0; **M80:** 1 Karl Abolins 22.17.0; 2 Harvey Jaquest 23.54.9; **M85:** 1 Len Creo 2 Jack Fitzgerald 27.23.0;

#### 5000W:

**M35:** 1 John Constandinou 26.35.1; 2 Phil Lockwood 27.44.0; 3 Mark Cawte 36.43.26; **M40:** 1 Mark Williams 22.21.4; 2 Paul Evenett 24.11.8; 3 Dwayne Butterley 25.26.5; 4 Steve Arnold 26.15.0; **M45:** 1 Mark Easton 23.13.0; 2 Jim Ball 23.51.0; 3 Phil Williams 25.06.64; 4 Steve Arnold 25.51.8; 5 Rob Elliott 27.42.0; 6 Mark Byrne 28.00.01; **M50:** 1 Nick Silvester 23.55.4; 2 Steve Uttley 26.23.1; 3 Mark Wall 26.25.94; 4 Chris Hobbs 26.28.0; 5 Steve Allen 27.11.9; 6 Ian Statter 29.59.4; **M55:** 1 Richard Emsley 25.48.1; 2 Rod Dunn 27.37.61; 3 Dave Sharpe 28.52.6; 4 Dave Kates 28.54.52; 5 Sean Pender 30.56.2; 6 Stephen Holliday 33.40.34; **M60:** 1 Lyn Atterbury 29.23.0; 2 Peter Crane 30.41.0; 3 Les Scrivens 31.34.45; 5 Terry Morris 32.10.0; 6 Keith Rivchards 32.59.0; **M65:** 1 Shaun Lightman 29.16.0; 2 Ed Shillabeer 29.27.24; 3 Peter Hannell 30.00.0; 4 Ken Ballam 30.32.4; 5 Glyn Jones 31.36.9; 6 Alan O'Rawe 31.57.2; **M70:** 1 Arthur Thomson 27.26.81; 2 Micky Harran 29.46.0; 3 Dave Stevens 30.59.54; 4 Ron Powell 31.20.12; 5 Norbert Will 31.30.4; 6 Peter Stapleford 33.08.16; **M75:** 1 Eric Horwill 35.31.17; 2 Frank Dawson 36.16.0; 3 Ken Livermore 37.19.8; 4 John May 37.20.57; **M80:** 1 Karl Abolins 39.24.0; 2 Harvey Jaquest 3.06.01; **M85:** 1 Len Creo 35.53.79; 2 Jack Fitzgerald 43.05.75;

#### 10000W:

**M35:** 1 John Constandinou 54.36.5; **M40:** 1 Mark Williams 46.00.0; 2 Michael George 49.41.9; 3 Steve Arnold 54.00.2; 4 John Robinson 65.00.1; **M45:** 1 Peter Kaneen 48.47.2; 2 Vinny Lynch 57.29.7; 3 Julian Barnett 68.08.9; 4 John Culshaw Jnr 68.17.2; **M50:** 1 Nick Silvester 50.20.1; 2 Trevor Jones 51.33.0; 3 Steve Uttley 54.14.4; 4 Chris Hobbs 54.44.0; 5 Mark Wall 55.03.4; 6 Laurence Dordoy 62.11.1; **M55:** 1 Ian Richards 51.58.0; 2 Richard Emsley 52.56.9; 3 John Hall 53.58.8; 4 Dave Kates 56.52.8; 5 Paul King 62.26.3; 6 Dave Hoben 71.46.9; **M60:** 1 Chris Berwick 57.24.3; 2 Carl Lawton 59.48.0; 3 Chris Bent 60.01.4; 4 Chris Flint 61.24.0; 5 Shaun Lightman 65.09.0; 6 Bob Austin 65.25.3; **M65:** 1 Ron Penfold 58.26.0; 2 Shaun Lightman 58.36.6; 3 Peter Hannell 61.03.2; 4 Alan O'Rawe 65.34.0; 5 Brian Sturt 68.15.4; 6 Peter Howard 70.30.3; **M70:** 1 Arthur Thomson 58.03.4; 2 Norbert Will 63.49.9; 3 Ron Powell 64.20.4; 4 Dave Stevens 65.50.0; 5 Bernie

Hercock 68.59.0; **M75:** 1 Doug Fotheringham 68.22.7; 2 Eric Horwill 72.42.2; 3 Ken Livermore 73.08.2; 4 Gordon Chapman 75.03.7; 5 John May 75.45.8;

#### FEMALE

#### 2000W:

**W35:** 1 Sharon Tonks 10.22.4; 2 Jo Hesketh 10.40.1; 3 Julie Bellfield 11.58.0; 4 Gabrielle Brooks 12.11.6; 5 Harriet Hide 12.17.8; 6 Mary Holt 13.35.8; **W40:** 1 Jeanette Malin 11.25.4; 2 Susanne Dietrich 11.58.2; 3 Ruth Jackson 12.13.3; 4 Marie Carrick 13.41.7; 5 Gill Russon 13.46.0; 6 Roz McKenzie 13.58.7; **W45:** 1 Toni Boa 10.56.6; 2 Helen Middleton 11.06.5; 3 Fiona Bishop 12.12.14; 4 Karen Davies 12.33.5; 5 Liz Blackie 12.46.6; 6 Trish Garner 12.54.3; **W50:** 1 Ann Wheeler 10.56.6; 2 Joanne Lennon 11.08.0; 3 Celia Pardoe 11.45.1; 4 Zita McDonald 12.13.1; 5 Elaine Garrett-Simpson 12.26.8; 6 Sue Rey 12.54.0; **W55:** 1 Liz Neville 12.08.8; 2 Margaret Emmott 12.37.0; 3 Marianne Morris 13.32.4; 4 Francoise Fernandez 13.45.8; 5 Cath McGrath 13.49.2; 6 Sue Barnett 13.59.1; **W60:** 1 Audrey Sutton 12.11.4; 2 Noel Blatchford 12.34.5; 3 Dorothy Johnstone 13.26.0; 4 Brenda Harvey 13.28.17; 5 Carol Birch 13.29.6; 6 Janice Newman 13.32.4; **W65:** 1 Jill Langford 13.10.7; 2 Gill Woodland 15.31.7; **W70:** 1 Pam Horwill 14.40.5; **W75:** 1 Beryl Chapman 17.14.7;

#### 3000W:

**W35:** 1 Verity Snook 15.20.0; 2 Estle Viljoen 15.32.23; 3 Julie Bellfield 18.29.86; 4 Chery Sacks 21.32.4; **W40:** 1 Lisa Kehler 16.12.7; 2 Sarah Sowerby 16.16.6; 3 Maureen Noel 17.53.37; 4 Sue Davies 18.19.0; 5 Karen Sheppard 22.21.0; **W45:** 1 Diane Bradley 15.14.52; 2 Toni Boa 16.46.2; 3 Helen Middleton 16.55.5; 4 Trish Garner 18.22.81; 5 Fiona Bishop 18.32.22; 6 Marie Marshall 18.35.0; **W50:** 1 Ann Wheeler 16.34.41; 2 Anne Bellchambers 17.23.0; 3 Zita McDonald 19.08.0; 4 Jo Miles 19.25.99; 5 Sue Rey 19.33.0; 6 Norma Grimsey 20.18.75; **W55:** 1 Diana Braverman 19.12.0; 2 Francoise Fernandez 20.55.81; 3 Sue Barnett 20.56.19; **W60:** 1 Barbara Parkinson 19.59.7; 2 Ann Lewis 20.46.0; 3 Rose Druckes 20.47.0; 4 Val Mountford 23.20.0; **W65:** 1 Jill Langford 20.05.54; **W70:** 1 Maureen Spelman 20.12.0; **W75:** 1 Beryl Chapman 21.26.8;

#### 5000W:

**W35:** 1 Estle Viljoen 25.58.9; 2 Sharon Tonks 27.33.7; 3 Julie Bellfield 31.04.5; **W40:** 1 Niobe Menendez 25.18.67; 2 Sarah Sowerby 27.50.0; **W45:** 1 Diane Bradley 26.19.45; 2 Helen Middleton 28.52.8; 3 Toni Boa 30.07.3; 4 Fiona Bishop 31.34.3; 5 Marie Marshall 31.48.4; 6 Jayne Le Noury 34.09.0; **W50:** 1 Ann Wheeler 29.18.1; 2 Zita McDonald 32.21.6; 3 Sue Rey 33.28.32; 4 Kim Howard 35.04.2; 5 Norma Grimsey 36.03.6; 6 Barbara Lewin 36.37.0; **W60:** 1 Rose Druckes 35.31.0; **W65:** 1 Jill Langford 34.15.0;

#### 10000W:

**W45:** 1 Helen Middleton 61.08.6; 2 Fiona Bishop 64.59.3; **W50:** 1 Ann Wheeler 60.17.3; 2 Anne Bellchambers 62.38.0; 3 Cath Duhig 64.29.7; 4 Kim Howard 70.58.6; 5 Sue Rey 71.24.0;

**For complete rankings and any additions/amendments please contact:-**

**"Bob Care – 3 Hall Cliffe  
Crescent, Horbury, Wakefield, WF4  
6DF" e-mail - anncare3@aol.com**



# BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

**SATURDAY 21st MARCH 2009**

(under UKA rules, permit applied for )

Organised by WMAA and Prestatyn Running Club at, Ruthin School, Denbighshire

## OPEN to ALL MASTERS

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

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

ENTRY FEES	Members of a Masters/Veteran Club	£7.00
	All other competitors who must include proof of age e.g. photocopy of birth certificate, driving licence, passport etc	£9.00

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

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

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

BMAF Championship competitors in M 40-49, M50-59, M60-69, W 45-54, W 55+ who wish to count for M35-39, M40-49, M50-59, W35-44 and W45-54 teams instead of their own age group, **must declare on the entry form.**

**NB Runners in age category M50+ who wish to down age to M40-49 age group team MUST run in race 3 Men 35-49 in order to qualify for the team event.**

SAE ( 9x6 ) required for race number, confirmation and travel directions. **Please ensure correct postage or entry will not be collected.**

Send completed entry form to: **BMAF XC Championships c/o Race Secretary, 15 WEST AVENUE, BRYN NEWYDD, PRESTATYN, DENBIGHSHIRE LL19 9EY**

Cheques made payable to: **PRESTATYN RUNNING CLUB**

**Closing Date : 7<sup>th</sup> March, 2009**

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

## BMAF 2009 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on **21st March 2009**. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

Surname \_\_\_\_\_ First name \_\_\_\_\_ M/F \_\_\_\_\_

Age on 21/3/2009 \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age Group \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Email address \_\_\_\_\_

First Claim UKA club \_\_\_\_\_ UKA Reg. No. \_\_\_\_\_

BMAF Club \_\_\_\_\_ Membership No. \_\_\_\_\_

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

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

I confirm the above details are correct. Signed \_\_\_\_\_ Date \_\_\_\_\_



# BMAF Open Indoor Pentathlon Championships and EVAC / VAC Indoor Championships with Open Events

Lee Valley Athletics Centre, Enfield, Middlesex.  
**Sunday 22nd February 2009**  
(Under UKA/IAAF/WMA Rules)

**FIRST EVENT – Pentathlon [Hurdles] 10.00am**  
**EVAC / VAC Champs:** 60m, 200m, 400m, 800m, 1500m, 60mH, Shot, Long, High and Triple Jumps and Pole Vault.  
**Open Events:** 200m, 400m, 800m, 1500m and Shot

**ENTRY FEES: [which are non-refundable]**  
**PENTATHLON:** Affiliated: £18.00. Non-affiliated £21.00.  
**EVAC / VAC Championships:** First Event £9.00 £5.00 each extra event.  
**OPEN Events:** First Event Affiliated: £9.00 / Non-affiliated: £12.00 £5.00 each extra event.

**CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO**  
**'BMAF' for Pentathlon, 'VAC' for their Champs and 'EVAC' for their Champs and Open Events**  
 Postal stamps are **NOT** acceptable as payment of entry fees

MALE ☐ FEMALE ☐

**Please use capital letters and state FULL POSTAL ADDRESS**

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age Group for Event \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

Telephone No. Home \_\_\_\_\_ Work \_\_\_\_\_

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

SVHC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please tick ONE CURRENT CLUB ONLY )

**Non-Affiliated Athletes – UKA Club [Member of] + Country Regn. No.** \_\_\_\_\_

**FOR NON-AFFILIATED MASTERS ATHLETES ONLY [to confirm date of birth]**  
 I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details

**PB2007/08**

Pentathlon [Total only REQUIRED]		points	
Event -	time/dist/ht	Event -	time/dist/ht
Event -	time/dist/ht	Event -	time/dist/ht

**Payment enclosed for Entry fees as follows:**

£18.00/£9.00/£5.00 for BMAF Affiliated Member £ \_\_\_\_\_

£21.00/£12.00/£5.00 for non BMAF Affiliated Member £ \_\_\_\_\_

£9.00/£5.00 EVAC / VAC Member £ \_\_\_\_\_

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

I enclose a cheque/PO in sterling currency payable to BMAF or VAC or EVAC.  
 I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence  
 of my participation in the BMAF 2009 Indoor Pentathlon / EVAC / VAC Championships and Open Events.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Entries close THURSDAY 5th FEBRUARY 2009**

**ALL ENTRIES TO:** Entries Secretary, Flat 3, Laburnum House, 9 Darley Road, Eastbourne BN20 7PB

**[PLEASE NOTE: ATHLETES INSTRUCTIONS ETC., WILL NOT BE FORWARDED UNTIL 14th FEBRUARY 2009]**



# 22<sup>nd</sup> NATIONAL OPEN MASTERS ROAD RELAY CHAMPIONSHIPS

SATURDAY, 16 MAY, 2009 AT SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all Affiliated clubs

Promoted by Midland Masters A. C. for the British Masters Athletic Federation

Championships will be held over a traffic-free three-mile course

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

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

**ENTRIES CLOSE ON 18 APRIL.** Entries from B teams will **not** be accepted.

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

Entry forms will be available to download shortly from  
[www.bmaf.org.uk](http://www.bmaf.org.uk) and [www.midlandmasters.org.uk](http://www.midlandmasters.org.uk)

## JOIN THE 300 PLUS CLUB

The 300 Club draw supports your "Masters Athletics" financially. It only costs £ 12 per year per number there is no limit to the number of shares you can hold.

Draws are held each month with a first prize of £ 125, and five prizes of £ 10, and the draw is made at major events throughout the year.

Danny Mullane, aided by Anne Nally, administer the scheme, and deserve praise for their much-appreciated work in this valued project.

Should you wish to join please complete the following application form and send with your cheque for £ 12, direct to: **Danny Mullane, 34, Malden Road, Tiptree, Colchester, Essex, C05 0TN.**

**300 PLUS CLUB**

I would like to become a member of the 300 Plus Club. I enclosed a cheque for £ 12 payable to "Masters Athletics".

NAME.....

ADDRESS.....

.....

POST CODE.....



# BMAF Open Indoor Track & Field Championships and Winter Throws Championships

Lee Valley Athletics Centre, Enfield, Middlesex

**Saturday/Sunday 7-8 March 2009**

(Under IAAF/WMA/UKA Rules)

## FIRST EVENT 9.30am

SAT: 60m, 400m, 1500m, 60mH, High Jump(W/M55+), Pole vault (W/M60+) Shot, Discus and Weight Throw for Women and M65+

SUN: 200m, 800m, 3000m, 3000m Walk, Triple Jump, High Jump(M35-M50), Pole vault (M35-M55) Shot, Discus and Weight Throw for men 35-Men 60

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

**Entry Fee:** Non-affiliated £12.00 first event. Affiliated: £9.00 first event. £6.00 each extra event.

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

Postal stamps are **NOT** acceptable as payment of entry fees

MALE ☐

FEMALE ☐

**Please use capital letters**

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Birth of Date \_\_\_\_\_ Age Group for Event \_\_\_\_\_

Telephone No. Home \_\_\_\_\_ Work \_\_\_\_\_

BMAF Affiliated Club: EVAC ☐ IoMVAC ☐ MVAC ☐ NVAC ☐ NIVAC ☐ SVHC ☐ SWVAC ☐

SCVAC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please only tick ONE "PAID UP" Club)

Membership Number \_\_\_\_\_

## FOR NON-AFFILIATED AND M35 ATHLETES ONLY

I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details

**EVENT**

**PB2008/09**

**EVENT**

**PB2008/09**



## Payment enclosed for Entry fees as follows:

First Event	£12.00 for non BMAF Affiliated Member	£ _____
	£9.00 for BMAF Affiliated Member	£ _____
	Each subsequent Event £6.00	£ _____
	Total	£ _____

## [SAE for 'GREAT HOTEL DEAL/SAE(not by phone) for Confirmation of Entry]

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

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2009 Indoor Championships

Signed \_\_\_\_\_

Date \_\_\_\_\_

## Entries close 16th FEBRUARY 2009

Entries to: Winston Thomas, 4 Gate Croft, Hemel Hempstead, Herts, HP3 9NA  
(Note no recorded deliveries please)





◀ Debbie Walters overall Women's race winner. Angela Copson leads ▶ John Batchelor in the mixed Women's and M65+ race

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







**BRITISH & IRISH INTERNATIONAL CROSS COUNTRY, SWANSEA, CYMRU**  
PICTURES: Lesley Richardson [www.rikko2photo.co.uk](http://www.rikko2photo.co.uk)

