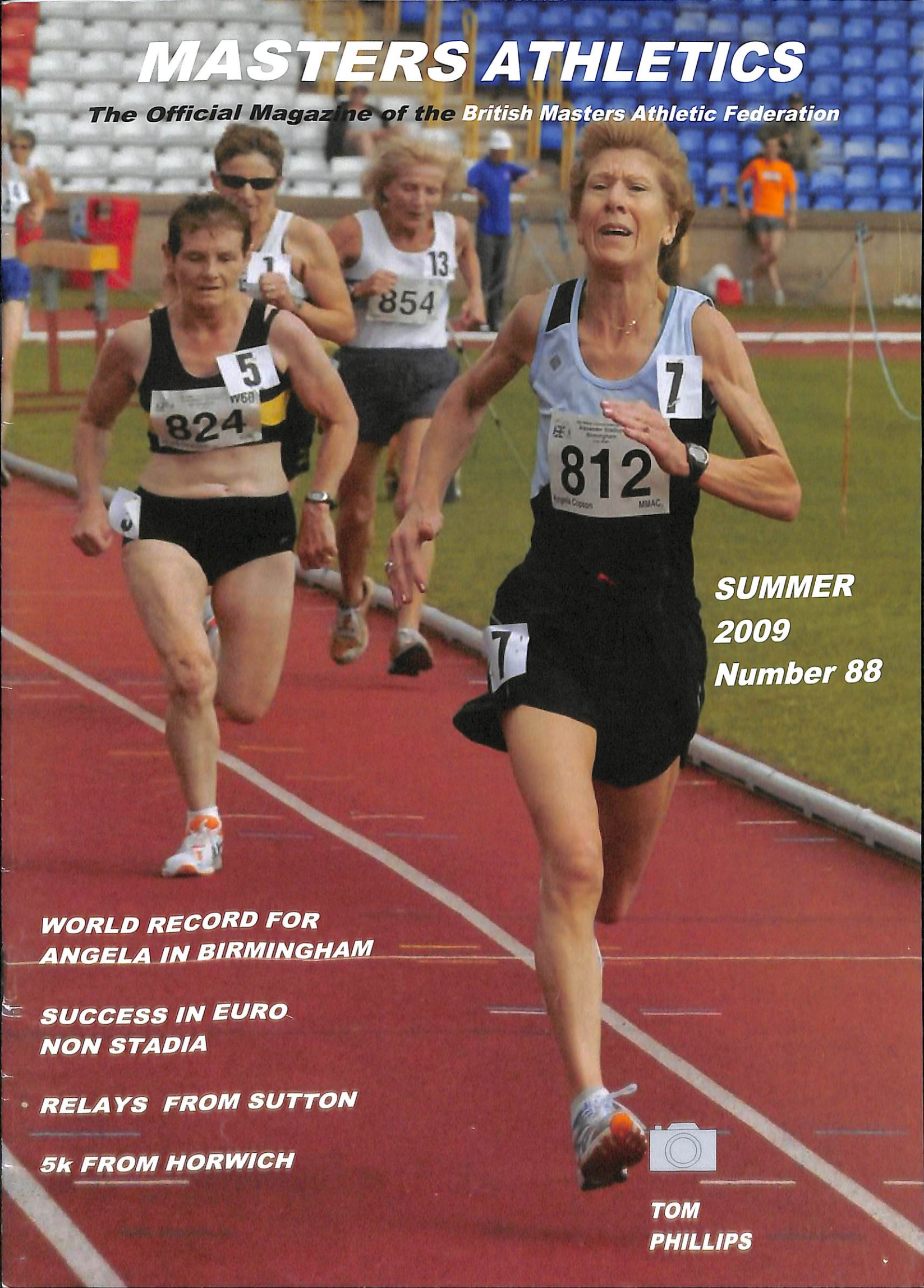


MASTERS ATHLETICS

The Official Magazine of the British Masters Athletic Federation



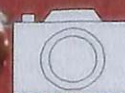
***SUMMER
2009
Number 88***

***WORLD RECORD FOR
ANGELA IN BIRMINGHAM***

***SUCCESS IN EURO
NON STADIA***

RELAYS FROM SUTTON

5k FROM HORWICH



***TOM
PHILLIPS***

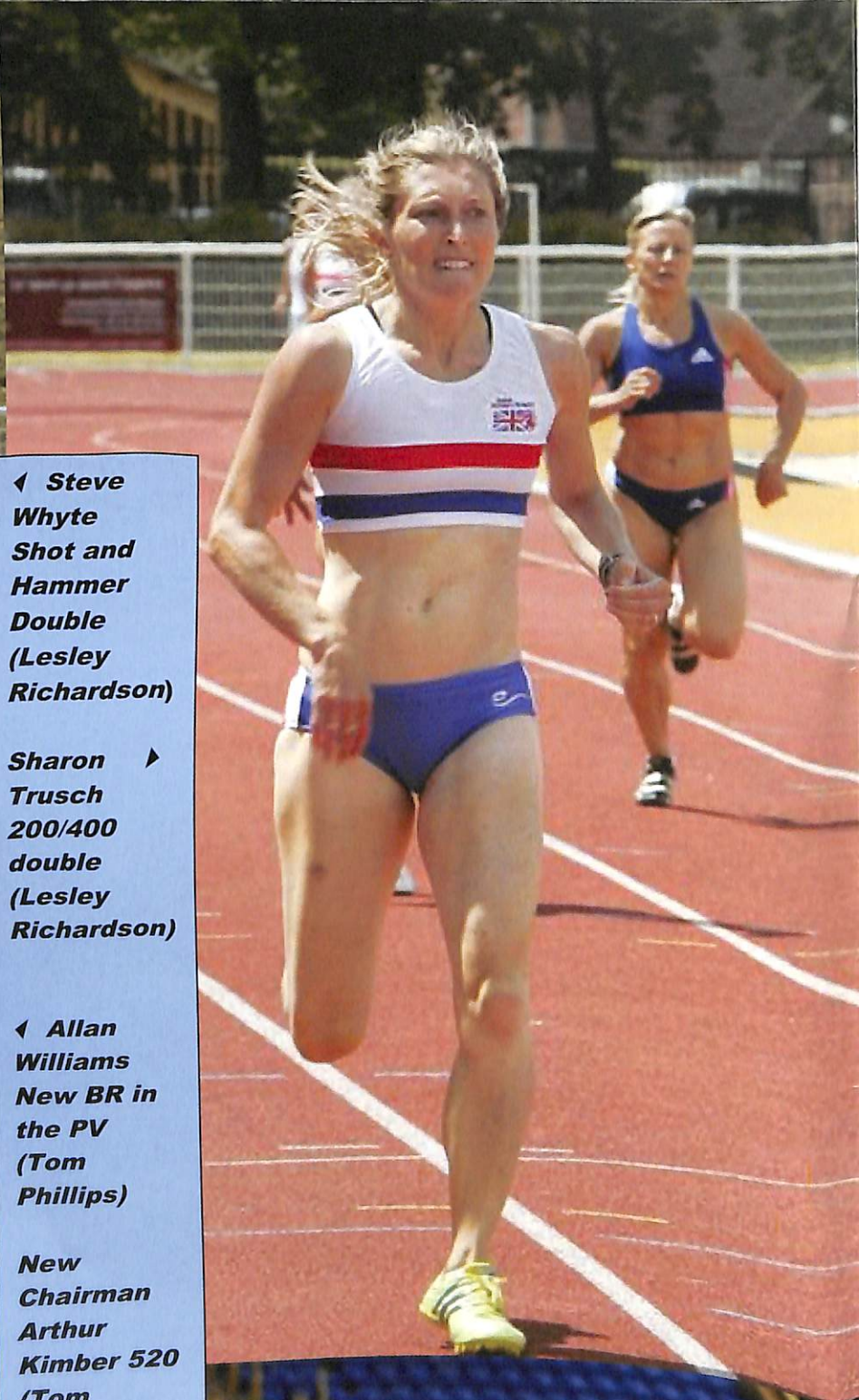


◀ **Steve Whyte**
Shot and Hammer Double
(Lesley Richardson)

Sharon Trusch ▶
200/400 double
(Lesley Richardson)

◀ **Allan Williams**
New BR in the PV
(Tom Phillips)

New Chairman
Arthur Kimber 520
(Tom Phillips) ▼



MASTERS ATHLETICS

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*Items for inclusion in the "Autumn Edition"
to reach the editor by the 16th September
2009.*

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DUFF

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JACK FITZGERALD, CHARLES MANNING,

DONATIONS OUR THANKS GO TO:

Nigel Wray.

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ALISTAIR AITKEN IN BIRMINGHAM

THE PICTURES USED IN "MASTERS ATHLETICS" ARE BY

LESLEY RICHARDSON
www.rikko2photo.co.uk

TOM PHILLIPS
www.tomphillipsphotos.co.uk

JEREMY HEMMING
hemming@dircon.co.uk
<http://imagnetogo.net/go/?19633>

JULIA BUCKEL

MARK EASTON
<http://photosbymark.fotoblog.co.uk/>



**PAUL
DICKENSON
B.M.A.F.
PRESIDENT**

**ATHLETICS
MATTERS!**

There seems to be a concerted effort by those who
organise athletics meetings throughout the world to
make the sport more 'user friendly'! Dwindling
crowds and falling television audiences throughout the

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world, outside of global championships, has put our sport under pressure to satisfy spectators' lust for instant gratification! 20/20 cricket has done it to a certain extent in a sport where traditions are long. But can the 20/20 mentality transfer to track and field athletics?

The recent European Team Championships was a curate's egg with some very bad bits in it. One false start, 'devil take the hindmost' in distance races, 4 attempts in throws and horizontal jumps with a 'showcase' of the final round with only four athletes from the original field of twelve and a maximum of four failures in the vertical jumps. The jury is still out the success and failures of the two day meeting but from a spectator point of view I would guess that there were some pretty unhappy customers in Portugal.

But is this the way our sport has to go if spectators need a 'quick fix'? Do we need to cut down the length of an athletics meeting in order to create a product which is sustainable in the face of other sports that are competing for sponsors and television airtime? Maybe it is time we put some serious thought to this predicament in relation to Masters' track and field. I think we have to accept that outside of the Championships athletics is a hard sell to television and the general public so the question is how to we market ourselves to a wider audience?

I noticed at the recent USA Championships that they had a number of Masters events on the programme alongside all of their mainstream athletes who were trying to qualify for the World Championships. This initiative brought the 'wonders' of Masters performers to a much wider audience at the stadium and on national television. Superb! UKA and their event organisers Fast track would I am sure lend a friendly ear to any initiatives which will make our sport more watchable and marketable.

On a more mundane note I am back in training! As my 60th birthday beckons so do the lighter hammer and discus. This is an incentive if ever there was! It has been a steep learning curve once more but one which I have enjoyed immensely. My closest friends are all (former!) athletes. Men I met in my teens and we have been competing against each other periodically for over 45 years now! These are men with more spare parts than Halfords! Knees, backs, shoulders, cartilage and even a bit of a bulls bone in the neck for one of the guys! I jest not!

A number of important lessons have been given to me in the process of my rehabilitation into competitive athletics. Firstly and possibly most importantly it is fun. I smile a lot and the physical process of training is a real stress buster! I certainly do not think about work or who is suing who! We have a nice group of throwers who train down at the magnificent Thames Valley Track at Eton including Masters Champion Chris Melliush and believe me it really gets the juices flowing when a training session turns into a competition! Fantastic.

The second lesson is just as important. How I train. There is no point in trying to do what I did thirty years ago so I am gentle with myself. I have identified my weaknesses and am trying to put them right through a

methodical regime of conditioning training. It works especially now that I fully understand that I am not indestructible! Two of my fellow throwers, one with a new artificial hip the other with a new knee are gleeful at the process of training again, re-learning the event, pushing the body to limits which have a real benefit not just for chucking a hammer but for life itself!

I now look forward to my next training session even to the point of thinking about it immediately I wake up! I do not think I have had so much fun in the last fifteen years or so due to a sense of getting off my behind and doing something I fell in love with in 1964. Prior to this even visits to the gym did not have the same uplifting experience of body and soul. I did feel as though 'my get up and go, had got up and gone'. I have Masters Athletics to thank for this!

Thank you all and enjoy the rest of 2009.



**RETIRING
CHAIRMAN
WINSTON
THOMAS**

WRITES

Once again it was a successful year for BMAF members in competitions at home and abroad, the "credit" crunch though has hit us with the overall entries in competitions slightly falling and particularly competitions abroad, where expenses are a lot higher due to the exchange rate in the Eurozone.

The 2008 AGM produced a proposal for an independent BMAF "National Anti-Doping Organisation". This was discussed by the B.M.A.F Executive and Council, and a sub committee was formed to look at what had been proposed. Following the resignation of Maurice Doogan the Vice Chairman was to co-ordinate this with Dr Stephen Peters and so far nothing has transpired, and as you can see from the correspondence of U.K.A and U.K. Sport it is not possible for B.M.A.F to form its own Anti-Doping Organisation, I enclose parts of the responses from U.K.A. and U.K. Sport which outlines the position of masters anti-doping:

(From: David Herbert

"Since receiving your email I have had the opportunity to speak to UKS about this and they were surprised at the suggestion that UKS had agreed to set up a committee for the management of TUEs for Masters. In the past

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UKS has made it clear to me that they are responsible for TUEs of athletes in the NRTP and Masters' TUEs do not fall within this remit.

In fact the Masters TUEs which need to be authorized are those for athletes who compete internationally in Masters Championships. For these athletes the WMA has made it clear that TUEs need to be authorized by them in order to be valid for this purpose. Given this WMA requirement it seems that any domestic TUE committee looking at Masters' TUE would be irrelevant as those athletes who are preparing for World or European Champs would need to also apply to WMA in order for them to comply with the requirements of WMA.

Has there been any progress with this matter since you emailed me? What is the next action which needs to be taken? In the meantime we shall continue to submit Masters' TUEs to the WMA".

From: Nick Wojek

To: winston.thomas1@virgin.net

Sent: Friday, August 15, 2008 9:58 AM

Subject: FW: British Masters Athletics

Winston

Please see below the email sent to David on 6th August.

Kind regards,

Nick

From: Nick Wojek

Sent: 06 August 2008 18:29

To: David Herbert

Subject: RE: British Masters Athletics

Hi David,

This is an internal British Masters issue so it is not something which is on my radar. As discussed previously, British Masters is not recognised as part of the National Anti-Doping Program which means that the issue at British Masters falls outside of the remit of UK Sport.

I hope this clarifies my position on this.

Kind regards,

Nick Wojek
Medical Coordinator

This outlines the position of Anti-Doping and T.U.E. in the UK; I have not included all of the emails from U.K.A. and U.K. Sport as there are several pages, but suffice to show that. It is not possible for B.M.A.F to form its own Anti-Doping Organisation.

BMAF once again are the Affiliated body to W.M.A. for "Masters Athletics" under the umbrella of U.K.A. and have to follow the Rules of W.M.A., who follow the rules of I.A.A.F with any recommended modification. I.A.A.F Rules and WMA Rules state that there can be only be one Affiliated body in any one country, and the I.A.A.F. National Body controlling Anti-Doping matters is our Affiliated body U.K.A.

W.M.A. have now completed their Anti-Doping Rules and these will be fully incorporated following approval by the affiliates at the General Assembly in August. These are on the B.M.A.F/W.M.A. websites for those interested.

On the domestic scene overall competition has been good but there has been an overall drop in entries, and this in part comes from the state of the financial market.

There has been an overall drop in membership in clubs; this is also a fact in all realms of athletics. The influx of M35's is still rising, so both at B.M.A.F. and Club level we have to look at ways of stopping this decline in membership. This needs to be taken seriously by all concerned. There is a complacency in members and officials as to what is happening in the various clubs, and this has a big overall effect on the Masters movement, I am sure that many complain about what goes on at your clubs, but how many actually try to give a helping hand..

Following many complaints from members, non communication, no responses to emails, from our travel agent W.G.T, the B.M.A.F Council and Executive (Nov, Jan, March meetings) decided that we would cancel the contract with W.G.T. which ran till the end of June, and seek a new Travel Agent. The contract with WGT was cancelled in May and a new travel agent has been appointed.

Corporate & Sporting Events Management Limited. They will be in particular looking at: providing B.M.A.F. members with quality accommodation at moderate prices, preferably using a common hotel for the majority of bookings. They will provide accommodation and flight packages and accommodation only packages, so we look forward to a new challenge on the travel front, the new company will be advertising on the B.M.A.F website and in "Masters Athletics".

Since the resignation of Maurice Doogan as Track and Field secretary, duties were shared by members of the B.M.A.F. In January a majority the B.M.A.F. Executive decided to let Maurice continue with the organisation of the coming events until the A.G.M.

Overall the championships have gone well with an overall drop in entries, except for the Outdoor track and field where we have had an increase from 2008. We had a large loss in income from the 2008 Outdoor championships and the 2009 Indoor championships due mainly to the reduced numbers of entries, as well as other organisational costs. This has been discussed by the B.M.A.F. Executive and they will be looking at possible savings for in the future...

BMAF have on going talks with U.K.A. and have a reasonable relationship, and the new council will continue this, with the possibility of support in looking for sponsors. Once again they will continue to look after our Ant-Doping matters.

The International calendar has so far been reasonable for BMAF with 196 entries in the E.V.A.A. Indoor Championships in Ancona, 69 entries in Non Stadia

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Championships, Aarhus, and 269 in the W.M.A. Stadia championships in Lahti in July. In 2010 the W.M.A. Indoor championships will be in Kamloops, Canada and the European Championships in Nyiregyhaza, Hungary.

Following the reported cancellation of the Interland in December which was partly due to costs, we were asked in March by France and Belgium to continue for 2009 as the arrangements for the 3 teams had been made, this was formerly put to B.M.A.F. Council and agreed as long as it was not at a cost to B.M.A.F. We struggled to get a full team at short notice but went to Compiègne, France and finished 3rd but had a good time, good team spirit, good performances and an overall good weekend. Well done and thanks to all the team, who with the other teams wish to continue the Interland. (A matter for the BMAF Council)

Finally, I have mentioned several time in reports the lack of B.M.A.F. officials on the various masters bodies, we have within W.M.A myself, and on the I.A.A.F. Masters Committee Bridget Cushen.

As one of the major affiliates in Europe it is important that we look to have representation on these bodies, this is where many decisions are made on master's issues, and we need to be there to help shape these decisions.

The E.V.A.A. have made several changes that have not been recommended by its affiliates and have no regard for the athletes, W.M.A. have also in their competitions set up irregular changes with the LOC in mind and not the athletes.

For the coming W.M.A. General Assembly we have/had no members from B.M.A.F. qualified to run for posts, and this could be the same for the E.V.A.A. Council in 2012.

We need to have officers coming through who are interested in making a difference for the future of masters internationally, so starting from club level lets see a few more new faces, if you want to make a difference.

For me I have spent the past 21 years working for Masters home and abroad and I feel I have made a difference to the movement worldwide, and for B.M.A.F. as Chairman following on from previous chair persons I think there has been a continuation of dialogue with various bodies and a more open link with U.K.A., this needs to be maintained.

I wish the New Chair all the success in the future, and to you the members the usual, good health, fitness and success in your competitions.

Jack Fitzgerald although mentioned in the European Indoor results in the 5k Road Walk, also won a second Bronze in the Indoor 3,000 metres Walk his time 30:45.22.



BRIDGET CUSHEN REPORTS ON THE A.G.M.

4th July

The President, Executive Officers, Club Secretaries and over 60 members attended a briefer than anticipated AGM meeting held in the Alexander Stadium on the first evening of the Track & Field Championships despite the humidity and the final events still in progress in the arena. Amongst the apologies for absence was one from Keith Whitaker, Life Vice President, the first he has missed since the formation of the BMAF in 1975.

In his opening address, the President congratulated all members for what they have achieved over the past year. He thanked the Committee and all the Clubs for their efforts. He found being President very interesting although he does get some very peculiar emails! He came into athletics purely for enjoyment, but has noticed that there is some animosity creeping into our sport. Masters athletics is all about enjoyment; that is why we all do it, he added, (applause). He would not like to see the "Devil take the hindmost" or other changes come into masters' athletics.

The Chairman's Report gave rise to some lively exchanges from the floor - Jeremy Tigar, SCVAC, on anti doping, who complained that for the third year he has been prevented from raising a full discussion on this issue. Abi Onatade, also SCVAC, on the selection procedure for nomination of candidates for WMA or EVAA Council. Other questions included accessibility of the Constitution to all members and why Any Other Business was not an AGM Agenda item.

The Treasurer said that for the first time in five years he had to report a financial loss. A £6,055 Championships deficit on the year up to 31 May, mainly on the Track & Field, the Interland (which we hosted), the 2009 Indoors and the 2008 Multi Events. Other Championships made smaller or no profit. Membership dropped by 100 and Bank interest is £200 down. Total expenditure was down, but he warned the meeting that following the decision taken at the AGM last year to hold not less than four Executive meetings per year, expenditure is certain to increase. Advertising revenue from Masters Athletics fell by £1,800, donations by £387 and income from the 300

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Club is £200 less. He paid tribute to the Editor Brian Owen and to Danny Mullane for their efforts, but the drop in income is outside their control. The Treasurer urged those present to continue to buy shares in the 300 Club. He proposed a 50p increase in the Affiliation Fee from £4 to £4.50 effective from 1 June 2010. The proposal was carried unanimously.

The Chairman, Winston Thomas, announced that he was not seeking re-election and Arthur Kimber now takes on this role. Kevin Dillon, NVAC, travelled down from Manchester especially for the AGM, and is now the Vice Chairman, Policy & International Affairs. Addressing the Meeting, he said he would be adopting an "open and friendly approach." The vacant Track & Field Secretary's post saw Maurice Doogan returned to the Executive after Mike Hanson told the meeting he had no desire to oppose Maurice and he was withdrawing his nomination, he had only offered to help when this very important position was left vacant. John Hall, VAC, now takes over from Eric Horwill as Race Walking Secretary. All other Officers were re-elected unopposed.

There was a standing ovation for the outgoing Eric Horwill retiring after serving six years as the first Race Walking Secretary. Prior to 2003, Race Walking was part of the Non Stadia Secretary's remit. Winston Thomas's long association with the BMAF was applauded and appreciated, as a former Track & Field Secretary, organising fund raising raffles and his time as Chairman.

Secretary's Report

Multi Events to be dropped from the European Championships?

It has come to our notice that at a European Veterans Athletic Association Council meeting in January, the format of future Track & Field Championships was discussed. Apparently it was decided to reduce the Championships from 11 to 10 days and that the Heptathlon and Decathlon is to be cancelled. The Pentathlon therefore will be the only multi event available to the hundreds of dedicated all-rounder's. Furthermore, the introduction of medal standards, fees for the relay teams and a "project of pre-veterans" was on the agenda.

If these major structural changes were implemented without prior consultation with EVAA Affiliates, not only does it go against the very ethos and concept of masters athletics, but it brings into question whether the elected Council members are infringing the EVAA Constitution at 2 Purpose 4 "Ratification of the IAAF and WMA regulations as well as all directives". WMA Regions follow WMA Rules. At this stage we have only seen extracts from the January meeting and we do not know the reasoning behind it. I emailed the EVAA President and Secretary in May for clarification and confirmation, no reply has yet been received. WMA Regions meet at World Championships, in Lahti EVAA is

scheduled to meet at 09.00 on 31 July in the Lahti Congress Centre. Please check on the BMAF Notice Board in Lahti for update or talk to one of the five Delegates – Kevin Dillon, Maurice Doogan, John Hall, Arthur Kimber or myself. I have no doubt our bifurcated members will be strongly opposed.

Corporate & Sporting Events are now our appointed Travel Agent. They can be contacted for brochures for the World Indoors in Kamloops, Hungary etc at TS2 Pinewood Business Park, Coleshill Road, Birmingham B37 7HG Tel: 0121 779 0886 or there is a link on our web site.

Bridget Cushen 8th July 2009



New World Record was set by Irie Hill, Melbourne Australia on the 22nd March. The new height was 3.65, adding 5cm to the W40 record.

Mary Webb, long standing Cardiff club member and athletics fanatic, passed away peacefully two days ago after finally succumbing to the cancer that she had contracted three years ago. Her final athletics honour was to receive Welsh Athletics' Meritorious Award for services to athletics in Wales which was taken to her by club chairman and Welsh Athletics Vice-President John Penny. Mary had been involved in athletics since competing as a schoolgirl and joined Cardiff AAC in 1973 when she brought daughter Sue to the club. She and her family (husband

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Brian and subsequently son in law Rob Hooper) have been members ever since and have all made important contributions to club life.



Mary never stopped competing and regarded athletics as one of the most important elements in her life. Her last competition was only two years ago when, aged 71, she took part in an indoor Masters competition at UWIC. She was very successful as an athlete in the Masters category and her proudest moment was when she took the 200m gold medal in the European Masters Indoor Championships (60-64 age group) in Birmingham. Alongside the gold medal

she also took the bronze in the 60m in the same championships. She was an ever present competitor in Masters Competitions and gathered an impressive collection of medals, including many British championship gold medals. She even took up race walking at one stage. Not content with training and competing, Mary was a great organiser, taking up the reins of the Welsh Masters Association where, for more than 10 years, she organised the track league and championships. This role will stay in the family as daughter Sue is to carry on the work. Within the club, Mary did a stint as Welsh League team manager and was also a grade 2 field official. Mary spent her last days at Holme Towers, Penarth and Sue, Brian and Rob cannot praise too highly the care she received there as well as the skill of the doctors at Velindre Hospital.

Acknowledgment to Cardiff A.A.C.

Oldest British Olympian turns 100

Britain's oldest Olympian Godfrey Rampling, who won medals at the 1932 and 1936 Games in Los Angeles and Berlin, has reached his 100th birthday.

Rampling first competed for Great Britain in 1932 and anchored the 4x400m relay team to silver behind the US.

Four years later he ran a superb second leg to overtake his American rivals and help secure gold for his team.



He will celebrate the landmark with his family, including film actress daughter Charlotte, in Bushey, Hertfordshire.

"How old did you say I am? A hundred next week? Really? Are you sure? Good Lord, I'm surprised anyone remembers.

Rampling narrowly missed out on individual medals at both Games, but won in the 440 yards at the British Empire Games in 1934.

The British Olympic Association was among those offering its congratulations to Rampling on his century.

"As our oldest living Olympic gold medallist his achievements both on the track, at the 1932 and 1936 Olympic Games, and off the track during his time in the Royal Artillery are much to be proud of," a spokeswoman said. He retired from the Royal Artillery as a Lieutenant Colonel in 1958 after 29 years' service.

PS: In today's Guardian I was sad to hear that Godfrey Had passed away on the 20th June. Editor.

LAURENCE DORDOY

We have received the news that Laurence Dordoy was killed in a Motorcycle accident near Romford in May. An obituary will be published in the next edition.

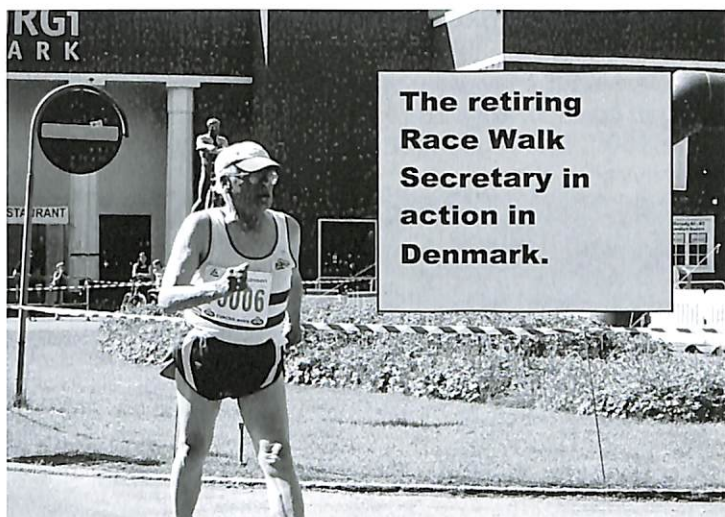
The British and Irish XC has now been relocated to Perry Barr, in Birmingham.

The fixture will be hosted by M.M.A.C. and Birchfield Harriers in the park adjacent to Alexander Stadium on the 14th November.

The reception will be held in the National Motorcycle Museum in the evening.

RACE WALKING by ERIC HORWILL

I joined MVAC 1973 initially as a competitor, but shortly after became an official and organiser. Walking was included at this time, and over the years gradually became a more integral part of Masters Athletics. Up to this time track walks were part of the track and field programme, but road walks came under the road running umbrella.



It was clear that there was a need for a separate Race Walking Secretary, and since my appointment we have now what is a full programme of race walking events.

The track 3k and 5k races are held with the main track and field championships, whilst the 10k championship is held with a suitable for event during the summer season. The 5k Road championship is held with the Horwich 5k and 10k, 20k & 30k Championships are held with suitable walks in the U.K as is the long distance Championship. In addition England Athletics Masters Association promotes a 3k International event once or twice a year.

Internationally we have a wonderful record in at both European and World championships, race walkers are regularly bringing in a good haul of Medals.

In 2004 the world Non Stadia event in New Zealand incurred a huge financial loss, since then there has been no 30k world level, which is regrettable.

With an increasing number of older athletes taking part it is essential that we stop age discrimination there have been too many examples of this in recent international championships.

An interesting development is the proposed bid for the 2013 European Non Stadia in Swansea, although the planning is at an early stage it appears to be a very realistic project.

I have much enjoyed the experience of working with officials and delegates at the B.M.A.F. and I would like to thank them for their help and cooperation during the six years I have been involved as Secretary. Similarly I have enjoyed my duties as a member of the Management team. We are so lucky that the vast majority of our athletes appreciate our efforts.

I am sure that John Hall will prove a more than adequate replacement for me. He has been a considerable help in assisting over the last 12 months.

I am not intending to disappear completely and will give John any help I can and particularly in the next twelve

months. I hope everyone will give support to our hardworking officials and administrators.

Please remember we are all unpaid volunteers who make Masters Athletics, successful and enjoyable for all.

WMA Council fills vacant Executive Positions

The resignation of Acting President Monty Hacker, for health reasons, at the end of May 2009 created a void in two pivotal executive positions. Following constitutionally prescribed procedures, council after due nominations voted by majority decision for the appointment of Tom Jordan USA as Acting President for the remaining term to the end of the Stadia Championships which are scheduled to commence on July 28, 2009 in Lahti, and likewise for Friedel Schunk GER, currently Treasurer of WMA, to assume the additional responsibility of Acting Executive Vice President. Both candidates have accepted these interim appointments.

Tom Jordan, organizer of the 8th World Masters Stadia Championships in Eugene, Oregon USA, is a 60 year old resident of Eugene, OR, USA and a former WMA council member who held the Executive Vice President position from 1995 to 2005 when he retired from that position per WMA constitutional requirement. Tom was elected Honorary Life Member of WMA and is currently Director of the Prefontaine Classic Diamond League Meeting. WMA is very fortunate and appreciative to have the services of this distinguished and experienced Executive available on short notice for the interim duration of completing the preparatory phase and the actual conduct of the Championships.

At the upcoming General Assembly in Lahti on the 5th August 2009 both positions will be permanently filled again from the roster of announced candidates.

Friedel Schunk
Acting Executive Vice President
June 20, 2009

The BMAF Track & Field Championships, July 5/6

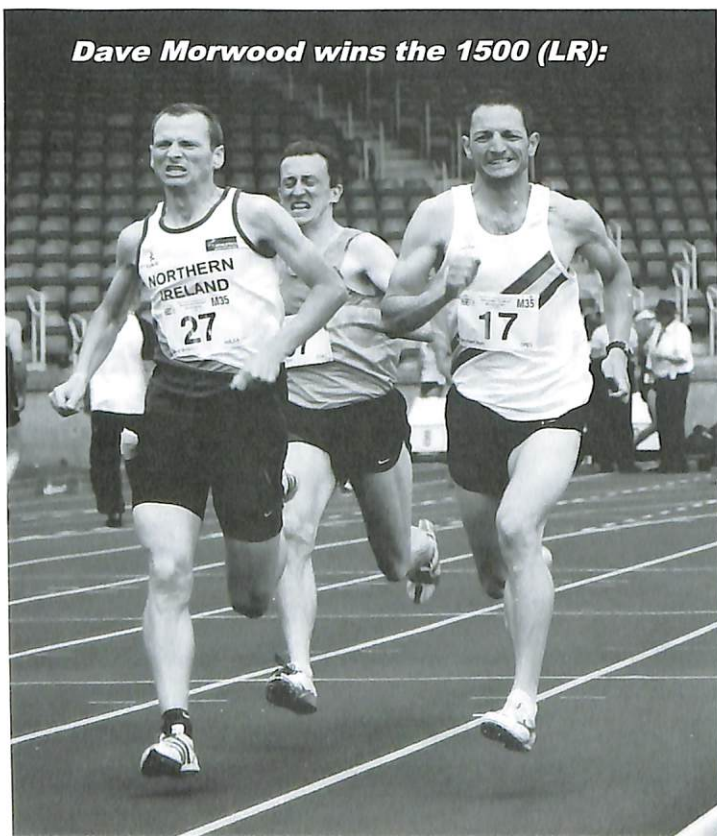
WORDS: ALASTAIR AITKEN

PICTURES:

LESLEY RICHARDSON & TOM PHILLIPS

For the third year in succession the British Masters Championships were held at Alexander Stadium, Birmingham, and well received at the centrally placed venue. A lot of that was due to the Meeting Director Maurice Doogan, the new BMAF Track & Field Secretary and his team of officials. Regarding Maurice Doogan's large input Colin Simpson, a founder of the Midland Veterans in 1969, remarked:- "Maurice has been marvellous. I don't know how the hell he does it! He would be a hard act to follow"

Dave Morwood wins the 1500 (LR):



The weather was good throughout the two days of the 39th Championships but the minus wind did not help the sprinters.

The revelation of the meeting was Angela Copson (62), who achieved a W60 British 1500m record on the Saturday. On the Sunday, before the clocks struck 10.o'clock and many athletes and spectators were away from the stadium, she broke the W60 5000 World record and, just to cap it all in the afternoon won the W60 800 in a Championship Best performance.

In the 5000 Copson battled all the way with experienced Janette Stevenson and W55 winner Susan Cooper. Copson pulled away from her rivals on entering the home

straight for the last time and wiped away the World Best time of 19:14.8 with a time of 19:04.3. Stevenson was also well inside the old record with 19:05.70.

Angela said "I knew if I was going to get there I was going to have to work for it. I hung on like I did yesterday in the 1500. Being a longer distance I thought I would give myself a chance"

Coached recently by Ian Wilson, the English cross country Team Manager for 1989-95 she added "Track is something new to me because of training for "London" in the winter. I just need a little time to settle"

She has already achieved a British age Marathon record as well as running in her county cross country team in the Inter-Counties and, she has only been running two and a half years!



Irie Hill, who was third in the Commonwealth Pole Vault in 2002, she achieved a World W40 Best of 3.65 in Melbourne on the 22nd of March this year, always looks physically the part with her preparation and execution. She achieved a height of 3.40 for a Championship Best Performance but added "I got a migraine and should not have jumped with a migraine but I was here and the weather was so nice."

Allan Williams improved on his M55 British pole vault record with 3.85. "I tried for 3.90 but it does get hard to do it again, although the record was an easy mark. That is the next stage in the game and you are on your own. This is a nice meeting to set the record as well. It's accepted straight away. It is in front of all our peers as well and nice conditions, some of the best we have had all year. It shows what is possible when it is conducive"

Neil Griffin, despite being a diabetic and taking a lot of prescription drugs has not lost any of his edge and has slimmed down to a more manageable weight. He won the M60 Shot Putt with 14.02, discus 50.15 and weight with 17.26.

Steve Whyte (M45), Michael Fenton (M50) and Mike Small (M55) all won several throwing events. Regarding the women there were two prolific performers Vilma Thompson (W55) won the shot/javelin/hammer and weight and Elizabeth Sissons (W60) shot/javelin and had several second places.

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Spare a thought for the oldest lady of 88, Mary Wixey, who is still an enthusiastic competitor with 1.49 long jump, triple jump 3.17, Shot 3.40 and discus 7.75. She remarked about the difficulties you have to compete "I had to change my flat shoes from doing the discus to put on my spikes for the triple jump!"



Kay Reynolds doubles at 100 and sprint Hurdles (LR)

Colin Brand (M65), who obtained three seconds in the field, had the distinction of being the Father of Darrel Brand who achieved a M45 British javelin record of 63.85 down at Norman Park in Division 2 of the British League on the Saturday. That was when the BMAF Championships were on also and Darrel, was made "Man of the Match" having done a good shot putt too.

Triple winners in the sprints included Doctor Stephen Peters M55 100/200/400..He is getting a lot of satisfaction from his work with the British Olympic Cycling teams and then there is Terry Bissett (M65), who powered himself to three victories in the sprints. He played football before taking up athletics at 60. The football included playing for Wimbledon reserves a couple of times, when they were a top team!

There were some interesting performers in the Women's sprints. Gia Skervin won the W35 100 in 13.15. She took up sprinting three years ago and has four children. Kay Reynolds of Radlet.A.C, who won the W40 100 in 13.3 and the 80 hurdles in 12.02, said she had run 11.6 for the British record, which was not ratified in the Oxfordshire Championships last year as it was a hand time.. The current record is 11.68. Reynolds has been an Olympic and Commonwealth trialist in the past.

Julie Money (W45) who ran 13.40 beat Kirsten King (13.57) and then went off the following day to do six

events for her club but Kirsten King stayed and won the 200m well in 27.59.

Helen Godsell (W55) won her 100 in 14.11 from two who won other events Joylyn Saunders Mullins and Caroline Powell however. Godsell said afterwards she did not feel satisfied with the result particularly and added

"In Ancona I ran the World 60m record of 8.46. I felt that was the most satisfying. That was my perfect race. I don't think I can better that".

Always an interesting man to talk to is Tony Wells, who appears only train very little, as his job is being a busy Headmaster with Farnborough School of Technology. He feels he is always racing between injuries these days. He ran 3rd in the M60 400 and was first in his age group M60 in the 100 and 300 hurdles.

Flight Lieutenant, Greg Dunson was incredible last year with his M40 110 high hurdles time of 14.7 in the Championships and this year he did 15.53 as an M45. He has been coached over the years by 'Super Vet' Conrad Phillips, and Dunson, has won the R.A.F. high hurdles Championships at least seventeen times.

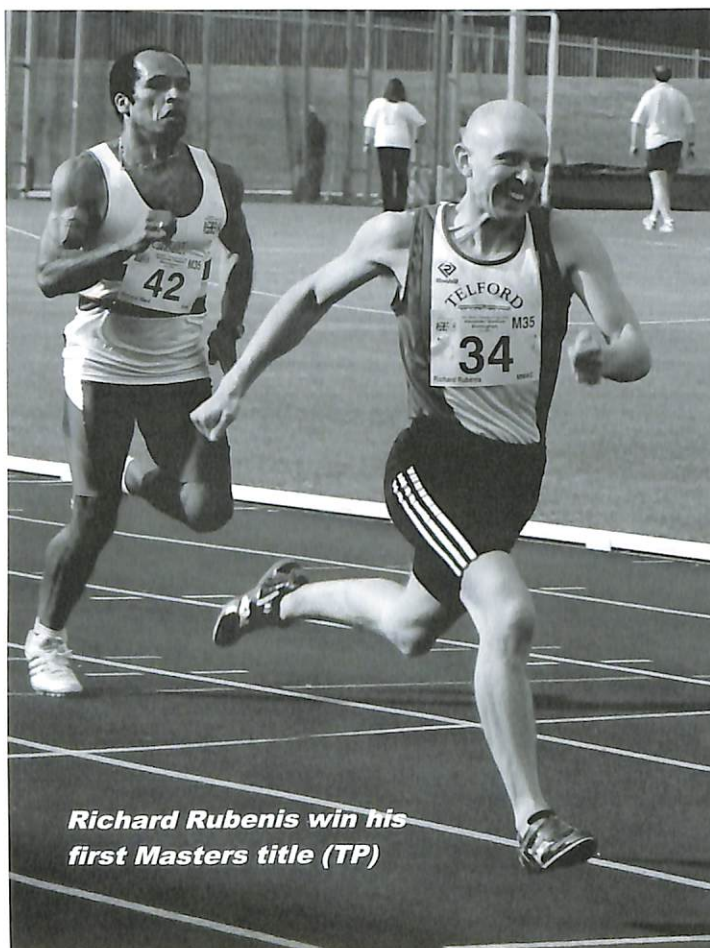


Mike Cadman 246 leads the 5000 field (TP)

David Bedwell has won a lot of British Masters middle distance races over the years and looked good doing 2:12.17 for 800m as an M55. Also coming away in the straight in his M70 event was Arthur Kimber, the newly elected BMAF Chairman. The most exciting middle distance race was the M50 1500 won by John Thompson (4:33.74). The Scotsman really had to work hard to beat Mark Eustace, Alex Rowe and Bill Foster who stuck in the leading group most of the way. Thompson remarked

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"I knew I wanted to play it tactically as I was never in a good position and, had to chop about a bit till half way down the straight." He added "My Highland Games running is my favourite running". That latter fact also applies to George Smith (62) who won the M60 800 in 2:24.01. After his British win last year he went straight on to win the handicap races at Jedburgh and Langholm over 800m.



Richard Rubenis win his first Masters title (TP)

Mark Williams (M40) was first in the 3k and 5k walks and hoped to do well in the UK Championships. Diane Bradley, who won the W45 walk in a British record of 26:32.57, said she had done 26.04 at Tonbridge. She started walking 3½ years ago following running injuries. That was something her coach Pete Selby suggested.

To some people 35-40 is too young for men to be Masters and certainly that has applied in many cases but, those coming into veteran competition like Paul Freary, who won a Masters half marathon. Also David Morwood from Northern Ireland, who won the last Home International cross country and now at 38 have, possibly, given the age group more credibility. Morwood ran a personal best of 15.03 for 5k, at Alexander Stadium which was a respectable time for that age as a Master **but** unfortunately due to some track infringements he was disqualified.

Several 400 hurdlers impressed, Neil Tunstall's run of 58.73, ahead of 400m flat winner Jonathan Tilt (59.34). That was in the M45 bracket which was good. To prove the point about competing as Masters Joe Lloyd, who

won the M35 at 36 years of age in 55.43, talked about the 35-40 age group and his personal opinion says something:- "I ran the 400 at the time British record holder Iwan Thomas and Jamie Baulch were running but then, in my mid 30's I was tempted to give up, as I was not quite good enough any longer to make the AAA's but, as I enjoy running, I looked at the Masters to carry on as it is brilliant stuff"

100 metres

M35: (B) -3.3: 1. Matthew Richards SCVAC 11.77; 2. Draco Mkpa SCVAC 11.93; 3. Martin White MMAC 12.00; 4. Peter Davey SCVAC 12.25; 5. Stephen Thorpe NVAC 12.56; **(A) (-3.1)** 1. Mark Collins SCVAC 11.42; 2. Tim Barton OPEN 11.71; 3. Bernard Ward NVAC 11.75; 4. Michael Culshaw NVAC 11.80; 5. Kwadjo Adjepong OPEN 11.93;

M40: (B) -1.5: 1. Lincoln Campbell SCVAC 11.95; 2. Barrington King SCVAC 12.40; 3. Raphael Smith MMAC 12.51; 4. Leeroy Golding NVAC 12.93; 5. Simon Emmings EVAC 13.25; 6. Bruno Laasna SWVAC 14.10; **(A): -1.4;** 1. Derek Morgan SWVAC 11.25; 2. Rohan Samuel SCVAC 11.39; 3. Chris Millard WMAA 11.49; 4. Antony Leigh MMAC 11.50; 5. Ken Telfer AUS (G) 11.89; 6. Scott Dorset SCVAC 11.95; 7. Nick Rawcliffe NVAC 12.25;

M45 (B) -2.2: 1. Glen Reddington SCVAC 12.36; 2. Shaun Davy MMAC 12.69; 3. John Statham MMAC 12.74; 4. Gary Myles MMAC 12.87; 5. Michael May VAC 13.78; 6. Sholto Douglas-Home SCVAC 14.39; **(A) -3.4:** 1. Claude Peter-Thomas NVAC 11.68; 2. Dalton Powell MMAC 11.77; 3. Pat Logan SCVAC 11.92; 4. Paul Williams OPEN 12.16; 5. Christopher Ashmore MMAC 12.59; 6. Andy Smith EVAC 12.89;

M50: (H 1) -2.8: 1. Peter Hickey NVAC 12.15; 2. Cecil Moven MMAC 12.22; 3. Clement Bartley MMAC 12.35; 4. Tennyson James EVAC 12.65; 5. Brian Slaughter SCVAC 13.36; 6. Brian Matthews VAC 13.60; **(H2) -0.4:** 1. Jeff Battista NVAC 12.18; 2. Dougie Donald MMAC 12.73; 3. Ian Scholes OPEN 12.92; 4. Roderick Davies SCVAC 13.01; 5. Jack McGuire OPEN 14.81; **(H 3) -3.0:** 1. John Wright NVAC 11.97; 2. Alastair Duncan SCVAC 12.54; 3. Philip Clayton MMAC 13.07; 4. Tim Twidale MMAC 13.08; 5. Clement Leon SCVAC 13.40; 6. Tony Foster MMAC 13.62; **FINAL: (-2.1):** 1. John Wright NVAC 11.90; 2. Cecil Moven MMAC 12.13; 3. Peter Hickey NVAC 12.17; 4. Jeff Battista NVAC 12.22; 5. Clement Bartley MMAC 12.27; 6. Alastair Duncan SCVAC 12.41; 7. Tennyson James EVAC 12.71; 8. Dougie Donald MMAC 12.83;

M55: -0.9: 1. Stephen Peters NVAC 12.05; 2. Walwyn Franklyn SCVAC 12.66; 3. Tom Phillips SCVAC 12.69; 4. Mario Lapka SWVAC 13.02; 5. Alan Baxter MMAC 13.62; 6. Alan Perry VAC 14.51; 7. Viv Oliver MMAC DNF;

M60 -1.9: 1. Victor Novell SCVAC 13.58; 2. Tony Wells EVAC 13.65; 3. Leslie Wood VAC 13.93; 4. Lawrie Dunn MMAC 14.21; 5. Alan Pain MMAC 14.21; 6. Peter Wright MMAC 14.45; 7. David Whittaker VAC 15.09; 8. Charles Burke VAA-NE 15.50;

M65 -2.8: 1. Terry Bissett SCVAC 13.54; 2. Patsy Forbes NIMAA 13.89; 3. Richard Stanton SVHC 14.27; 4. Charles Isetts VAC 14.31;

M70 -0.6: 1. John Ross SVHC 14.55; 2. Alan Carter EVAC 14.60; 3. Don Chambers VAC 14.65; 4. Colin Field SCVAC 14.74; 5. Roger Bruck SCVAC 15.91; 6. John Evans MMAC 16.47;

M75 -2.8: 1. Alan Mellett MMAC 15.25; 2. George Cheetham MMAC 15.58; 3. Hubert Daniels WMAA 17.21; 4. Geoffrey Feast VAC 17.81; 5. Peter Dibb NVAC 18.62;

M80 -2.8: Bill Morrow MMAC 22.33;

W35 -3.5: 1. Gia Skervin MMAC 13.15; 2. Sharon Trusch NVAC 13.22; 3. Rebecca Redding OPEN 13.91; 4. Katy Williams MMAC 14.82; 5. Penelope Barber SCVAC 15.28;

W40 +0.6: 1. Kay Reynolds SCVAC 13.33; 2. Karen Hindle EVAC 13.56; 3. Angela Bates SCVAC 13.87; 4. Angie Alstrachen EVAC 14.28; 5. Abiola Onatade SCVAC 15.95;

W45 -2.2: 1. Julie Money NVAC 13.40; 2. Kirsten King SCVAC 13.57; 3. Lesley Willis MMAC 14.10; 4. Gaye Clarke EVAC 14.52; 5. Angela Beadwell VAA-NE 14.53; 6. Kerry Scudder VAC 14.58; 7. Angela Kelly SVHC 14.69; 8. Amanda Rochester OPEN 14.78; **W50 -0.6:** 1. Joan Trimble SCVAC 14.53; 2. Lynn Talbert SCVAC 14.58; 3. Pauline Gerner MMAC 14.94; 4. Christine Salvary SCVAC 15.66; 5. Lorraine Benton MMAC 16.09;

W55 -2.0: 1. Helen Godsell SCVAC 14.11; 2. Joylyn Saunders Mullin SCVAC 14.15; 3. Caroline Powell SWVAC 14.90; 4. Anne Nelson SCVAC 15.75; 5. Sue Dassie SCVAC 16.13; 6. Linda Ahmet SCVAC 17.13; 7. Cathy Lyon-Green MMAC 18.18;

W60 -1.3: 1. Moira West SCVAC 16.09; 2. Patricia Oakes SCVAC 18.96;

W65 -1.3: 1. Mary Axtell SCVAC 16.57; 2. Iris Holder SCVAC 16.93; 3. Ann Bolitho SCVAC 18.04;

W75 -1.3: Betty Steedman SVHC 20.91;

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200 metres

M35 -0.1; 1.Mark Collins SCVAC 23.00; 2.Bernard Ward NVAC 23.16; 3.Draco Mkpa SCVAC 23.71; 4.Michael Culshaw NVAC 23.72; 5.Martin White MMAC 23.79;
M40 (B) -1.1; 1.Wayne Whittaker NVAC 24.47; 2.Raphael Smith MMAC 25.09; 3.Keith Palmer EVAC 25.54; 4.Leeroy Golding NVAC 25.67; 5.Barrington King SCVAC 26.46; **(A) 0.3;** 1.Chris Millard WMAA 23.39; 2.Antony Leigh MMAC 23.73; 3.Scott Dorset SCVAC 24.29; 4.Lincoln Campbell SCVAC 24.67; 5.Neville Warnke NVAC 25.58;
M45 (B) -0.6; 1.Michael Vassiliou VAC 24.70; 2.Paul Williams OPEN 24.86; 3.Tony Noel MMAC 25.31; 4.Paul Tereve MMAC 26.39; 5.Michael May VAC 28.37; **(A) -2.4;** 1.Dalton Powell MMAC 23.71; 2.Pat Logan SCVAC 24.28; 3.Donald Brown MMAC 24.33; 4.Kwei Sankofa SCVAC 24.59; 5.Glen Reddington SCVAC 25.11; 6.Christopher Ashmore MMAC 25.20;
M50 (H1) -2.0; 1.John Wright NVAC 24.27; 2.Peter Hickey NVAC 24.69; 3.Alastair Duncan SCVAC 24.82; 4.Phil McWilliam NVAC 25.10; 5.Malcolm Bramhall EVAC 26.05; 6.Roderick Davies SCVAC 26.32; 7.Tony Foster MMAC 27.89; **(H2) -2.0;** 1.Jeff Battista NVAC 24.74; 2.Eric Smart VAA-NE 25.77; 3.Ian Broadhurst WMAA 25.84; 4.Ian Scholes OPEN 26.22; 5.Brian Slaughter SCVAC 26.81; 6.Clive Pengelly SWVAC 27.04; 7.Clement Leon SCVAC 27.10; 8.Dougie Donald MMAC 27.37; **FINAL -0.6;** 1.John Wright NVAC 24.52; 2.Peter Hickey NVAC 24.69; 3.Alastair Duncan SCVAC 24.76; 4.Phil McWilliam NVAC 25.21; 5.Malcolm Bramhall EVAC 25.91; 6.Ian Broadhurst WMAA 26.43; 7.Roderick Davies SCVAC 26.91; 8.Ian Scholes OPEN DNF;
M55 -1.3; 1.Stephen Peters NVAC 24.12; 2.Les Percival EVAC 26.02; 3.Tom Phillips SCVAC 26.12; 4.Douglas Lucas VAC 26.38; 5.Peter Mould MMAC 26.87; 6.Alan Perry VAC 29.96;
M60 -0.7; 1.Robert Fraser SCVAC 26.76; 2.Tony Wells EVAC 27.44; 3.Victor Novell SCVAC 27.71; 4.Derek Wardle VAC 27.89; 5.Bruce Hendrie MMAC 28.95; 6.Lawrie Dunn MMAC 29.83; 7.David Whittaker VAC 31.02; 8.Charles Burke VAA-NE 32.05;
M65: 1.Terry Bissett SCVAC 26.98bp; 2.Laurence Oldfield MMAC 27.49; 3.John Henson NVAC 28.24; 4.Patsy Forbes NIMAA 28.24; 5.Charles Isetts VAC 29.05; 6.Richard Stanton SVHC 29.61; 7.Joe Lewis MMAC 31.24;
M70 -1.3; 1.Tony Crocker MMAC 30.21; 2.Alan Carter EVAC 30.23; 3.Don Chambers VAC 30.75; **M75:** 1.George Cheetham MMAC 32.85; 2.Hubert Daniels WMAA 36.57; 3.Geoffrey Feast VAC 37.02; 4.Peter Dibb NVAC 37.33;
W35 -1.8; 1.Sharon Trusch NVAC 26.73; 2.Gia Skervin MMAC 27.28; 3.Amanda Wale WMAA 28.12; 4.Louise Oliver SCVAC 29.28; 5.Katy Williams MMAC 30.67; 6.Penelope Barber SCVAC 31.96;
W40 -1.2; 1.Karen Hindle EVAC 28.02; 2.Fiona Palmer MMAC 28.50; 3.Angie Alstrachen EVAC 29.30; 4.Michele Wakefield SCVAC 29.61;
W45 +0.6; 1.Kirsten King SCVAC 27.59; 2.Jayne Willock EVAC 27.83; 3.Lesley Willis MMAC 28.71; 4.Angela Beadwell VAA-NE 29.31; 5.Denise Timmis EVAC 29.45; 6.Gaye Clarke EVAC 29.73; 7.Kerry Scudder VAC 29.95; 8.Angela Kelly SVHC 30.06;
W50 -1.6; 1.Jane Horder MMAC 29.01; 2.Lynn Talbert SCVAC 29.81; 3.Joan Trimble SCVAC 30.71; 4.Carol Alker OPEN 31.26; 5.Christine Salvary SCVAC 32.39; 6.Lorraine Benton MMAC 34.91;
W55 -1.7; 1.Joylyn SaundersMullin SCVAC 29.14; 2.Anne Nelson SCVAC 32.76; 3.Cathy Lyon-Green MMAC 37.99;
W65 -0.1; 1.Mary Axtell SCVAC 34.84; 2.Iris Holder SCVAC 35.26; 3.Ann Bolitho SCVAC 38.74;

400 metres

M35: 1.Richard Rubenis MMAC 49.87 (cbp); 2.Bernard Ward NVAC 50.62;
M40: 1.Mark Ward NVAC 50.75; 2.Michael Gardiner MMAC 51.22; 3.Michael Osunsami SCVAC 53.86; 4.Ken Telfer AUS (G) 54.18; 5.Neville Warnke NVAC 56.34; 6.Mark Wise MMAC 59.98; 7.Bruno Laasna SWVAC 63.57;
M45 (H1) 1.Jonathan Tilt SCVAC 55.65; 2.Patrick Bass MMAC 55.94; 3.Neil Tunstall SWVAC 56.29;

4.Alex Bryce SVHC 56.60; 5.Stephen Walsh OPEN 57.24; 6.Stewart Walton MMAC 59.20; 7.Michael May VAC 70.15; **(H2):** 1.Michael Vassiliou VAC 54.33; 2.Errol Bryan OPEN 54.54; 3.Tony Noel MMAC 55.22; 4.Paul Tereve MMAC 57.52; 5.Ty Holden SCVAC 58.34; **FINAL:** 1.Jonathan Tilt SCVAC 53.62; 2.Tony Noel MMAC 54.10; 3.Errol Bryan OPEN 54.19; 4.Michael Vassiliou VAC 54.63; 5.Neil Tunstall SWVAC 55.12; 6.Alex Bryce SVHC 56.57; 7.Patrick Bass MMAC 57.58; 8.Stephen Walsh OPEN 57.71;
M50 (H1) 1.Ian Broadhurst WMAA 57.23; 2.Malcolm Bramhall EVAC 57.51; 3.Tennynson James EVAC 58.44; 4.Brian Matthews VAC 58.77; 5.Ian Scholes OPEN 59.87; 6.Andrew Hutchinson NVAC 60.47; 7.Tony Foster MMAC 62.00; **(H2)** 1.Jeff Battista NVAC 57.02; 2.Alastair Duncan SCVAC 58.14; 3.Ivars Licietis EVAC 58.47; 4.Brian Slaughter SCVAC 58.62; 5.Martin Gibbons NVAC 59.53; 6.Clement Leon SCVAC 59.69; **FINAL:** 1.Alastair Duncan SCVAC 54.56; 2.Jeff Battista NVAC 54.61; 3.Malcolm Bramhall EVAC 54.99; 4.Ivars Licietis EVAC 56.14; 5.Ian Broadhurst WMAA 56.80; 6.Brian Slaughter SCVAC 58.61; 7.Tennynson James EVAC 58.72; 8.Brian Matthews VAC 59.17;
M55: 1.Stephen Peters NVAC 56.34; 2.Douglas Lucas VAC 58.39; 3.Les Percival EVAC 59.63; **M60:** 1.Derek Wardle VAC 61.48; 2.Bruce Hendrie MMAC 62.74; 3.Tony Wells EVAC 62.90; 4.George Hunter SVHC 63.04; 5.Alan Pain MMAC 64.18; 6.Richard Barrington MMAC 67.66; 7.David Whittaker VAC 73.12;
M65: 1.Terry Bissett SCVAC 63.46; 2.Richard Stanton SVHC 68.05; 3.Terry Faulkner MMAC 68.06; 4.Frank Hearn IRL (G) 68.47; 5.John Garber EVAC 69.23; 6.Melvyn James WMAA 69.99; 7.Joe Lewis MMAC 70.32; 8.Barrie Roberts WMAA 76.33;
M70 : 1.John Wilson NVAC 70.27; 2.Don Chambers VAC 81.98;
M75: 1.John Seymour SCVAC 76.84; 2.Peter Dibb NVAC 81.37; 3.Brian Campbell MMAC 86.60; 4.John Cullingham VAC 94.86;
M80: George Hopcroft SCVAC 109.14;
W35: 1.Sharon Trusch NVAC 58.64; 2.Tracy Webb MMAC 62.37; **W40:** 1.Denise Morley EVAC 61.01; 2.Fiona Palmer MMAC 63.11; 3.Angela Bates SCVAC 63.43; 4.Sian Gifford WMAA 64.76; 5.Cindy Parry MMAC 65.04; 6.Michele Wakefield SCVAC 68.06; 7.Angie Alstrachen EVAC 85.23;
W45: 1.Lesley Willis MMAC 65.17; 2.Lesley Hopkins SCVAC 66.10; 3.Amanda Rochester OPEN 67.29;
W50: 1.Laura Mahady SVHC 62.40; 2.Christine Salvary SCVAC 76.47;
W55: 1.Caroline Powell SWVAC 64.29 (CBP); 2.Fiona Argent SCVAC 76.64; 3.Sue James SCVAC 81.40;
W60: 1.Moira West SCVAC 75.48;
W65: Iris Hornsey EVAC 90.58;
W70: Mary Holmes EVAC 91.96;

800 metres

M35: 1.Marc Turner MMAC 1-59.92; 2.Andrew Prophet MMAC 2-00.27; 3.Andrew Moraghan OPEN 2-00.70; 4.Michael Hunt OPEN 2-01.47; 5.James Bennett SWVAC 2-15.35;
M40: 1.Mark Ward NVAC 2-05.18; 2.Adrian Haines VAC 2-06.25; 3.John Headley VAC 2-07.11; 4.David Blackman SCVAC 2-07.30; 5.Mark Blackburn NVAC 2-08.54; 6.Stephen Moore OPEN 2-08.62; 7.John Knibb MMAC 2-09.44; 8.Paul Helliwell EVAC 2-10.07; 9.Calvin Scoltock MMAC 2-10.49; 10.Rob Webster SCVAC 2-11.06; 11.Michael Scott EVAC 2-12.34;
M45: 1.Derek Watson SVHC 2-07.55; 2.Alex Bryce SVHC 2-07.92; 3.Ludwig Ramsey OPEN 2-08.31; 4.Brett Davis WMAA 2-08.98; 5.Andy Gannaway VAC 2-09.12; 6.Kevin Pye MMAC 2-12.29; 7.Mark Ashby SCVAC 2-14.07; 8.Dave Stanfield SWVAC 2-16.89; 9.Malcolm Cowton SWVAC 2-17.25; 10.Simon Anderson SWVAC 2-33.87;
M50: 1.Stephen Smith NVAC 2-09.36; 2.Ray Daniel VAC 2-10.56; 3.Geoffrey Brewster EVAC 2-11.53; 4.Ivars Licietis EVAC 2-14.50; 5.Mark Clews OPEN 2-15.19; 6.David Barlow SWVAC 2-18.22; 7.Alex Rowe NVAC 2-20.65; 8.Tony Foster MMAC 2-27.71; 9.Richard Holland VAC DNF; 10.Bilal Namani WMAA DNF;
M55: David Bedwell MMAC 2-12.17;
M60 1.George Hunter SVHC 2-24.01; 2.Rod Scholes NVAC 2-34.99; 3.Bruce Hendrie MMAC 2-38.67;

M65; 1.Winston Laing OPEN 2-29.66; 2.Michael Dixon SCVAC 2-31.28; 3.John Garber EVAC 2-37.60; 4.Gordon Orme MMAC 2-43.29; 5.Frank Hearn IRL (G) 2-44.66; 6.Melvyn James WMAA 2-48.65; 7.John Dodge SCVAC 2-55.26; 8.Mike Duggan MMAC 2-57.61; 9.Barrie Roberts WMAA 2-57.91;
M70: 1.Arthur Kimber SCVAC 2-53.73; 2.John Wilson NVAC 2-57.94; 3.Walter Hume OPEN 2-58.27; 4.Bill Kenny NZL (G) 3-02.40; 5.David Carney MMAC 3-07.45;
M75: 1.Peter Dibb NVAC 3-11.41; 2.John Seymour SCVAC 3-11.70; 3.Brian Shave VAC 3-33.92; 4.John Cullingham VAC 3-43.72;
M80: George Hopcroft SCVAC 4-14.30;
W35: 1.Molly James EVAC 2-25.44; 2.Cara Oliver SCVAC 2-27.02;
W40: 1.Denise Morley EVAC 2-19.85; 2.Kate Ramsey MMAC 2-24.81; 3.Sian Gifford WMAA 2-31.06; 4.Pauline Michael OPEN 2-40.70; 5.Wendy Morant MMAC 3-35.95;
W45; 1.Jane Pidgeon MMAC 2-33.17; 2.Lesley Willis MMAC 2-34.63; 3.Joan Lasenby EVAC 2-35.36; 4.Caroline Lawless SVHC 2-38.93; 5.Katherine Winrow NVAC 2-42.85;
W50: Laura Mahady SVHC 2-22.09;
W55: 1.Jacqueline Walpole SWVAC 2-36.34; 2.Nancy Hitchmough MMAC 2-40.46; 3.Liz Bowers SVHC 2-54.25; 4.Joyce Barrus MMAC 2-54.99; 5.Pat Halstead SCVAC 2-56.77; 6.Linda Carter MMAC 2-59.39; 7.Sue James SCVAC 3-07.69; 8.Fiona Argent SCVAC 3-08.25; 9.Carol Hall NVAC 3-20.62;
W60: 1.Angela Copson MMAC 2-43.62 (CBP); 2.Pat Gallagher WMAA 2-51.65;
W65: Iris Hornsey EVAC 3-27.25;
W70: Mary Holmes EVAC 3-36.09;

1500 metres

M35: 1.David Morwood NIMAA 4-08.59 (CBP); 2.Michael Hunt OPEN 4-09.33; 3.Andrew Moraghan OPEN 4-29.71;
M40: 1.Matthew Bland EVAC 4-08.83; 2.Robert Maher IRL (G) 4-16.80; 3.Peter Barker EVAC 4-20.91; 4.John Knibb MMAC 4-21.96; 5.Stephen Moore OPEN 4-23.76; 6.Dean Furniss NVAC 4-27.33; 7.Paul Helliwell EVAC 4-27.90;
M45: 1.Simon Anderson SWVAC 4-15.09; 2.Paul Spowage EVAC 4-23.96; 3.Jonathan Grainger WMAA 4-24.88; 4.Scott SmithBannister SCVAC 4-25.52; 5.Alex Bryce SVHC 4-25.57; 6.Philip Crane WMAA 4-29.09; 7.Nigel Brookes NVAC 4-35.81; 8.Steven Doxey NVAC 4-44.73; 9.Michael Maher IRL (G) 4-47.65; 10.Dave Stanfield SWVAC 4-55.54;
M50: 1.John Thomson SVHC 4-33.74; 2.Malcolm Eustace MMAC 4-35.91; 3.Alex Rowe NVAC 4-36.78; 4.Bill Foster SCVAC 4-37.11; 5.Richard Gray MMAC 4-39.26; 6.Jeremy Hogan SWVAC 4-41.62; 7.Chris Pedder NVAC 4-44.81; 8.David Darby NVAC 4-52.55; 9.Barrie Moss OPEN DNF;
M55: 1.David Bedwell MMAC 4-31.60; 2.Kevin Archer SCVAC 4-32.80; 3.David Oxland MMAC 4-38.01; 4.Ian Snow SWVAC 5-01.13; 5.Alan Newman SCVAC 5-03.98; 6.Rob Sargent EVAC 5-51.11;
M60: 1.Michael Mann VAC 4-54.55; 2.George Hunter SVHC 4-59.11; 3.John Exley SCVAC 5-13.20; 4.Robert Chapman SWVAC 5-24.19; 5.Mick Smedley MMAC 5-36.89; 6.John Davies WMAA 6-03.29;
M65: 1.Michael Dixon SCVAC 5-20.87; 2.Gordon Orme MMAC 5-23.93; 3.John Garber EVAC 5-28.19; 4.Mike Duggan MMAC 5-53.70; 5.Michael Curran MMAC 5-56.06; 6.John Oldfield MMAC 5-57.27; 7.Barrie Roberts WMAA 6-10.52;
M70: 1.Eric Hughes WMAA 5-53.86; 2.Walter Hume OPEN 5-56.37; 3.Edmond Simpson VAC 5-56.60; 4.Arthur Kimber SCVAC 6-00.65;
M75: 1.Bryan Rogers NVAC 6-26.58; 2.Brian Campbell MMAC 6-33.15; 3.Peter Dibb NVAC 6-36.42; 4.Brian Shave VAC 6-41.97; 5.John Cullingham VAC 7-55.37;
W35: 1.Molly James EVAC 4-58.40; 2.Cara Oliver SCVAC 5-01.73; 3.Sarah Wells VAC 5-04.68; 4.Candy Hawkins SCVAC 5-10.97;
W40: 1.Jenny Phillips WMAA 5-00.19; 2.Judith Orr SCVAC 5-09.40;
W45: 1.Jane Clarke EVAC 4-55.45; 2.Caroline Lawless SVHC 5-27.27; 3.Tracey Gibson NVAC 5-48.54; 4.Clare Elms VAC DNF;
W50 : Diane Farmer SCVAC DNF;

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W55: 1.Nancy Hitchmough MMAC 5-22.18; 2.Ros Tabor VAC 5-39.87; 3.Pat Halstead SCVAC 5-46.44; 4.Linda Carter MMAC 5-56.56; 5.Joyce Barrus MMAC 6-11.29; 6.Sue James SCVAC 6-21.03; 7.Carol Hall NVAC 6-47.97;
W60: 1.Angela Copson MMAC 5-22.92 (**British Record**); 2.Janette Stevenson SVHC 5-25.47; 3.Pat Gallagher WMAA 5-45.16; 4.Christine Oldfield OPEN 8-07.73;
W65: Betty Stracey EVAC 7-30.73;

5000 metres

M35: 1.Mick Jagger OPEN 15-41.83 (**cbp**); 2.Steve Hallas NVAC 15-52.62; 3.David Morwood NIMAA DISQ;
M40: 1.Gary Hope MMAC 15-46.05; 2.Paul Greaves OPEN 15-50.60; 3.Ian Johnston SCVAC 15-58.80; 4.Andrew Wright OPEN 16-14.05; 5.Andrew Hussey MMAC 16-25.93;
M45: 1.Simon Anderson SWVAC 15-37.78; 2.Iain Campbell OPEN 16-08.19; 3.Stuart McLay VAC 16-21.24; 4.Alex Hope MMAC 16-34.55; 5.Rob Sheen WMAA 16-38.54; 6.Michael Robbins WMAA 16-48.59; 7.Sea McCormack WMAA 16-59.05; 8.Garon Heslop OPEN DNF;
M50: 1.Mike Cadman MMAC 16-11.07; 2.Andrew Wetherill MMAC 16-27.98; 3.Malcolm Eustace MMAC 16-31.85; 4.Alex Rowe NVAC 16-44.25; 5.Brian Green MMAC 16-49.90; 6.Richard Holland VAC 16-58.57; 7.Michael Bridgeland EVAC 17-06.09; 8.David Darby NVAC 17-13.33; 9.Colin Oxlade SCVAC 18-31.73; 10.Huw Roberts WMAA 18-38.18; 11.Ian Wright OPEN 19-14.04;
M55: 1.David Oxland MMAC 17-24.90; 2.Stanley Owen EVAC 17-41.85; 3.Desmond Michael SCVAC 18-11.28; 4.Alan Newman SCVAC 19-30.04; 5.Alan Rich VAC 20-38.36; 6.Rob Sargent EVAC 21-10.86;
M60: 1.Michael Mann VAC 18-15.34; 2.Charles Dickinson VAC 18-51.44; 3.Peter Young SWVAC 19-01.22; 4.Dic Evans WMAA 19-15.33; 5.Arnold Bradshaw NVAC 20-20.65; 6.Mick Smedley MMAC 20-47.53; 7.John Heywood MMAC 21-43.39;
M65: 1.John Batchelor VAC 19-15.69; 2.Gordon Orme MMAC 19-40.25; 3.Andrew Johnson MMAC 20-53.12; 4.Ken Buckle WMAA 20-54.67; 5.Fred Murdoch NIMAA 21-36.12;
M70: Fred Gibbs NVAC 20-27.27;
M75: Bryan Rogers NVAC 23-50.52; 2.Brian Shave VAC 25-09.04; 3.Derek Howarth NVAC 25-18.74; 4.Bill Rigby NVAC 25-48.94; 5.Arthur Walsham NVAC 33-11.62;
M80: Ron Franklin SCVAC 37-26.49;
W35: 1.Helen Fines MMAC 17-54.35; 2.Michelle Hooton MMAC 19-35.80;
W40: 1.Karen Rushton SWVAC 18-15.10; 2.Pauline Michael OPEN 20-57.74;
W45: 1.Fiona Matheson SVHC 17-34.67; 2.Jane Clarke EVAC 18-25.53; 3.Tracey Gibson NVAC 21-20.66; 4.Lynne Marr VAA-NE 23-02.82;
W50: 1.Gail Duckworth EVAC 18-47.09; 2.Lesley Hall SCVAC 20-47.41; 3.Lesley Wright OPEN 23-06.83; 4.Ann Roberts NVAC 25-08.51;
W55: 1.Susan Cooper NVAC 19-07.91; 2.Christine Kilkenny MMAC 20-12.08; 3.Ros Tabor VAC 20-37.59; 4.Jane Georgiou VAC 20-53.16; 5.Lesley Griffin MMAC 21-06.34; 6.Anne Darby SWVAC 21-47.52; 7.Margaret Ehrenberg MMAC 23-29.73;
W60: 1.Angela Copson MMAC 19-04.03 (**World Record**); 2.Janette Stevenson SVHC 19-05.70; 3.Margaret Moody VAC 21-02.57; 4.Pauline Rich VAC 22-52.64;
W65: 1.June Johnson MMAC 23-12.77; 2.Betty Stracey EVAC 26-10.31; 3.Bridget Cushen SCVAC 29-33.31;
W70: Pamela Jones SCVAC 25-08.08;

3000m Walk

M40 : Mark Williams MMAC 13-38.88;
M55: Rod Dunn EVAC 16-31.17;
M60 : John Hall VAC 14-57.29;
M65: Peter Hannell SCVAC 17-39.05; 2.Peter Howard EVAC 19-40.94
M70: 1.Arthur Thomson VAC 16-16.43; 2.Bernard Hercock VAC 20-56.49; 3.David Stevens VAC DISQ;
M75: Douglas Fotheringham VAC 20-42.44; 2.Eric Horwill MMAC 21-09.89;
M80: Karl Abolins MMAC DISQ;

W40 : 1.Julie Bellfield MMAC 18-30.85; 2.Priscilla O'Sullivan IRL (G) 20-19.81; 3.Lynn Bellfield MMAC 20-23.30;
W45: 1.Diane Bradley VAC 15-24.95 (**cbp**) ; 2.Helen Middleton VAC 17-05.61;
W50: 1.Ann Wheeler MMAC 16-08.27; 2.Fiona Bishop VAC 18-56.89;
W55: Susan Barnett EVAC 20-15.67;

5000m Walk

M40: 1.Mark Williams MMAC 23-51.97; 2.Costa Michael OPEN 34-13.38;
M65: 1.Ronald Penfold VAC 28-40.12; 2.Leslie Scrivens MMAC 32-08.04;
M70: 1.Arthur Thomson VAC 27-30.77; 2.Bernard Hercock VAC 36-28.48; 3.David Stevens VAC DISQ;
M75: 1.Eric Horwill MMAC 36-16.38; 2.Henry De Silva IoMVAC DISQ;
W40: Julie Bellfield MMAC 31-52.34;
W45: 1.Diane Bradley VAC 26-32.57 (**British Record**) ; 2.Helen Middleton VAC 29-23.26; 3.Anne Gormley IRL (G) 33-01.93;
W50 21.Ann Wheeler MMAC 28-40.64; 2.Fiona Bishop VAC 32-26.04;
W70 21.Jill Langford MMAC DISQ;

3000m S/C

M35: Gareth Edwards OPEN 10-33.27 (**cbp**);
M40: 1.Colin Palmer MMAC 10-04.87; 2.Andrew Rolt OPEN 10-26.81; 3.Peter Costley SWVAC 10-53.00;
M45: 1.Paul Lemmon VAC 10-19.13; 2.Paul Spowage EVAC 10-36.49; 3.Eric Fowler MMAC 10-50.62; 4.Philip York SWVAC 10-56.86; 5.Tony Killilea VAC 11-23.44; 6.Mark Evans OPEN 11-42.06;
M50: 1.Duncan McGrory EVAC 10-38.44; 2.Colin Oxlade SCVAC 11-58.20; 3.Simon Pugh NVAC 12-59.96;

2000m S/C

M60: 1.Aleksander Swiecicki EVAC 7-28.40; 2.Dic Evans WMAA 8-54.22;
M65: John Oldfield MMAC 10-06.24;
M70: 1.Walter Hume OPEN 8-54.95 (**British Record**) ; 2.Bill Kenny NZL (G) 9-56.29;
W35: 1.Linda Plant OPEN 8-42.21; 2.Fiona Lampkin SVHC 10-35.94;
W45: Jane Pidgeon MMAC 7-47.86 (**cbp**);
W55: Anne Darby SWVAC 9-19.20 (**British Record**);
W70: Anne Martin EVAC 11-15.57;

110m Hurdles

M35-1.7: 1.Peter Davey SCVAC 16.81bp; 2.Julian Langley OPEN 19.53;
M40 -1.7: 1.Andrew Kennard SCVAC 16.69;
 2.Stephen Marshall OPEN 19.25; 3.Nick Rawcliffe NVAC 20.50;
M45 -2.3: 1.Greg Dunson MMAC 15.53; 2.Claude Peter-Thomas NVAC 16.01; 3.Gary Myles MMAC 16.43; 4.Neil Tunstall SWVAC 16.66; 5.Des Wilkinson EVAC 16.74; 6.Glen Reddington SCVAC 17.24; 7.Allan Leiper SCVAC 18.39;

100m Hurdles

M50 1w/s -1.5: 1.Tennyson James EVAC 15.26; 2.John Mayor EVAC 15.55; 3.Brian Slaughter SCVAC 16.53; 4.Paul Edwards MMAC 19.15; 5.Clive Pengelly SWVAC 21.53; 6.Simon Pugh NVAC 22.43;
M60 -2.8: Tony Wells EVAC 15.86 (**CBP**);
W35 -2.8: 1.Lorna Rogers SVHC 16.04; 2.Amanda Wale WMAA 17.53; 3.Fiona Lampkin SVHC 19.55; 4.Louise Oliver SCVAC 20.84;

80m Hurdles

M70 1w/s -2.5: 1.Don Chambers VAC 14.44; 2.Colin Shafto NVAC 14.88; 3.Don Butler VAA-NE 15.27;
W40 -2.3: 1.Kay Reynolds SCVAC 12.02; 2.Angie Alstrachen EVAC 14.73; 3.Joanne Regan SCVAC 15.42;
W45 -2.3: Hazel Barker NVAC 14.84;
W50 -1.0: 1.Mary Barrett IRL (G) 15.10; 2.Paula Booth NVAC 15.34;

400m Hurdles

M35: 1.Joe Lloyd MMAC 55.43 (**CBP**); 2.Neil Edwards SWVAC 56.72; 3.Richard Norris AUS (G) 62.11; 4.Julian Langley OPEN 66.18; 5.Paul Rudkin NVAC 68.55;
M40: 1.Stephen Marshall OPEN 64.25; 2.Nick Rawcliffe NVAC 65.12; 3.Les Grant NVAC 72.22; 4.Bruno Laasna SWVAC 75.81;
M45: 1.Neil Tunstall SWVAC 58.73; 2.Jonathan Tilt SCVAC 59.34; 3.Iain Moody MMAC 63.56; 4.Danny Hodge SCVAC 65.14; 5.Leroy Gould SCVAC 66.73; 6.Stewart Walton MMAC 69.66;
M50: 1.Ian Broadhurst WMAA 63.88; 2.Simon Pugh NVAC 81.09;
W35: 1.Tracy Webb MMAC 69.18; 2.Linda Plant OPEN 72.73;
W40: Angie Alstrachen EVAC 72.40;
W45: Julie Rogers MMAC 70.34;

300m Hurdles

M60: Tony Wells EVAC 46.51;
M70: 1.Alan Carter EVAC 56.07; 2.Don Chambers VAC 58.45; 3.Don Butler VAA-NE 82.76;
W50: Jane Horder MMAC 48.25; **W55:** Fiona Argent SCVAC DISQ;

Long Jump

M35: 1.Andrew Thomas WMAA 6.59w (CBP); 2.Neil Lincoln SCVAC 6.30w; 3.Steve Lake SCVAC 5.96 +1.4;
M40: 1.Eldon Lake SCVAC 5.70 w; 2.Adrian Haines VAC 5.50 w; 3.Leeroy Golding NVAC 4.75w;
M45: 1.Masakatsu Kondo SCVAC 6.26 (**CBP**)+2.0; 2.Claude Peter-Thomas NVAC 6.23w; 3.Paul Guest SWVAC 5.41w 4.Christopher Ashmore MMAC 5.33 w 5.Allan Leiper SCVAC 5.25w;
M50 1.John Mayor EVAC 5.75w; 2.Trevor Wade SCVAC 5.69w; 3.Tim Twidale MMAC 5.15 +1.9; 4.Ken Jackson SWVAC 5.10 +2.0; 5.Roderick Davies SCVAC 4.81w; 6.Clement Leon SCVAC 4.78w; 7.Robert Hanbury-Brown AUS (G) 4.25w;
M55: 1.Mario Lapka SWVAC 5.11 +1.4; 2.Neil Egan IRL (G) 4.79 +0.4;
M60: 1.Lawrie Dunn MMAC 4.43w; 2.Leslie Wood VAC 4.19w;
M65 1.Allan Cheers SCVAC 4.13w; 2.Robert Ruff SCVAC 4.11 +0.8; 3.Collin Green MMAC 4.06 +2.0; 4.Allan Long VAC 4.02 +1.6;
M70: 1.Colin Shafto NVAC 4.21 +1.1; 2.Don Chambers VAC 3.99 +1.3; 3.Roger Bruck SCVAC 3.96 +1.0; 4.John Evans MMAC 3.68 +0.9; 5.Jhalman Singh MMAC 3.23 +0.1; 6.Colin Sheppard SCVAC 3.19w;;
M75: Geoffrey Feast VAC 3.04 +1.0;
M80: Bill Morrow MMAC 2.06w;
W35: 1.Rebecca Redding OPEN 5.12w; 2.Louise Oliver SCVAC 4.48w;
W40 1.Michelle Hazell OPEN 4.79 +1.7; 2.Imeta Barauskiene SCVAC 4.75 +1.8; 3.Jill Dinsmore OPEN 4.20w;
W45: 1.Gaye Clarke EVAC 4.54w; 2.Denise Timmis EVAC 4.51 +1.6; 3.Lesley Willis MMAC 4.42w; 4.Janice Hardcastle EVAC 4.07w;
W50: 1.Carole Filer EVAC 4.58w; 2.Teresa Eades SCVAC 3.85 +1.9; 3.Pauline Gerner MMAC 3.77 +1.1; 4.Christine Salvary SCVAC 3.76w; 5.Paula Booth NVAC 3.65 +1.4;
W55: 1.Linda Ahmet SCVAC 3.57w; 2.Cathy Lyon-Green MMAC 3.08 +1.2;
W60 1.Patricia Oakes SCVAC 3.27w; 2.Elspeth MacPherson NVAC 3.21 0.0; 3.Daphne Marler SCVAC 2.47w;
W65 Iris Holder SCVAC 3.50w;
W85: Mary Wixey SWVAC 1.49w;

Triple Jump

M35: 1.Steve Lake SCVAC 12.31w; 2.Neil Lincoln SCVAC 11.85w;
M40: 1.Adrian Haines VAC 11.72 +0.1; 2.Leeroy Golding NVAC 10.21w;
M45: 1.Claude Peter-Thomas NVAC 12.43w; 2.David Dixon VAA-NE 11.87w; 3.Dave Shields WMAA 10.01w;
M50: 1.Albert Earle MMAC 11.73 +1.1; 2.Trevor Wade SCVAC 10.90w; 3.Clement Leon SCVAC 10.57 +1.3;

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M55: 1.David Folgate EVAC 11.31w; 2.Mario Lapka SWVAC 10.45w; 3.David Blunt SCVAC 10.15 w;
M60: Kristian Lundby MMAC 9.78 -0.8;
M65: 1.Allan Cheers SCVAC 9.33 +1.4; 2.Collin Green MMAC 8.74 -0.1; 3.Norman Rice VAC 8.17 +1.4; 4.Peter Eddy SVHC 7.63w;
M70: 1.Tony Crocker MMAC 8.70 +0.7; 2.Don Chambers VAC 8.32+ 0.0; 3.John Evans MMAC 8.07 -0.5; 4.Colin Sheppard SCVAC 7.05w;
W35: 1.Natasha Brunning SCVAC 10.84w;
 2.Rebecca Redding OPEN 9.80w; 3.Fiona Lampkin SVHC 8.73 +0..0;
W40: 1.Imeta Barauskiene SCVAC 10.19 +1.7; 2.Jill Dinsmore OPEN 9.23w; 3.Sara Rudd VAC 8.21 +1.8;
W45: 1.Alison Fenwick VAC 9.04 +0.0; 2.Lesley Willis MMAC 8.96 +1.0; 3.Janice Hardcastle EVAC 8.38 +1.8;
W50: 1.Teresa Eades SCVAC 8.67 +1.9; 2.Lucy Moore-Fox VAC 8.11 +0.9; 3.Julie Wakelam MMAC 7.50 +1.5;
W55: 1.Sue Yeomans SCVAC 8.39 +0.0; 2.Cathy Lyon-Green MMAC 6.75w; 3.Linda Harrison SCVAC 5.72w;
W60: 1 Patricia Oakes SCVAC 7.16w +2.3; 2 .Daphne Marler SCVAC 5.62 +0.5;
W65: Iris Holder SCVAC 7.48 +0.3;
W70: Anne Martin EVAC 6.53 +0.3;
W85: Mary Wixey SWVAC 3.17 (CBP) +0.7;

High Jump

M35: Mitchell Bellham OPEN 1.65; 2.Peter Davey SCVAC 1.60;
M40: 1.Adam Young OPEN 1.70; 2.Mark Roach SWVAC 1.65;
M45: 1.Steve Linsell NVAC 1.80 (=CBP) ; 2.Andrew Waddington SWVAC 1.70; 3 John Culshaw MMAC & Allan Leiper SCVAC 1.55;
M50: 1.John Mayor EVAC 1.65; 2.Clement Leon SCVAC 1.55; 3.Joe McColgan MMAC 1.55; 4.Robert Hanbury-Brown AUS (G) 1.50; 5.Colin Hague SWVAC 1.45; 6.Trevor Wade SCVAC 1.45; 7.Brian Slaughter SCVAC 1.40;
M55: 1.Duncan Talbot SCVAC 1.55; 2.David Blunt SCVAC 1.50; 3.Mick Goodall VAC 1.45;
M60: 1.Lawrie Dunn MMAC 1.35; 2.Edward Wagner NVAC 1.20;
M65: 1.Collin Green MMAC 1.33; 2.James Sloan SVHC 1.24; 3.John Howe WMAA 1.21; 4.John Bradley MMAC 1.21;
M70: 1.Tony Crocker MMAC 1.39; 2.Roger Bruck SCVAC 1.21;
W35: 1.Ayamba Akim VAC 1.73 (CBP) ; 2.Amanda Wale WMAA 1.35;
W40: 1.Imeta Barauskiene SCVAC 1.50; 2.Irie Hill MMAC 1.45; 3.Sara Rudd VAC 1.40;
W45: Janice Hardcastle EVAC 1.30;
W50: 1.Mary Barrett IRL (G) 1.35 (=cbp); 2.Carole Filer EVAC 1.35; 3.Teresa Eades SCVAC 1.30; 4.Lucy Moore-Fox VAC 1.25;
W55: Pam Garvey MMAC 1.30;
W60: 1.Elspeth MacPherson NVAC 1.08; 2.Patricia Oakes SCVAC 1.05;

Pole Vault

M35: 1.Ben Radcliffe SCVAC 3.20; 2.Steve Ladd SWVAC 2.40;
M40: 1.Warren Hill OPEN 2.80; 2.Robert Murkin SCVAC 2.60;
M45: 1.Allan Leiper SCVAC 3.80; 2 John Andrews SCVAC & Mark Spivey OPEN 3.60; 4.Steve West OPEN 3.50;
M50: 1.Brian Slaughter SCVAC 3.20; 2.Martin Davies WMAA 3.00; 3.Tim Brooking EVAC 3.00;
M55: 1.Allan Williams SCVAC 3.85 (British Record) 2.Mick Goodall VAC 3.30; 3.Nicholas Phipps SCVAC 3.30; 4.David Blunt SCVAC 3.10;
M60: Bruce Hendrie MMAC 2.60;
M65: 1.John Bradley MMAC 2.80; 2.John Howe WMAA 2.50; 3.Brian Harlick SCVAC 2.00;
M70: Don Chambers VAC 2.00;
M75: Robert Brown MMAC 2.60 (CBP);
W35: Natasha Brunning SCVAC 3.00;
W40: 1.Irie Hill MMAC 3.40 (CBP); 2.Alison Duke SCVAC 2.50;
W50: 1.Teresa Eades SCVAC 2.10; 2.Debbie Singleton VAC 2.10;
W55: Sue Yeomans SCVAC 2.70 (CBP);
W65: Margaret Coombe EVAC 1.80 (British Record);

W70: Dorothy McLennan SCVAC/ IRL 1.70;

Shot Putt

M35: 1.Ken Baker OPEN 12.73 (CBP); 2.Maurice Hicks SWVAC 11.87;
M40: 1.John Nicholls NVAC 14.19; 2.David Brown NVAC 10.16;
M45: 1.Steve Whyte EVAC 14.42; 2.Andrew Turner WMAA 13.10; 3.David Burrell EVAC 11.86; 4.Allan Leiper SCVAC 11.61; 5.Anthony Tipping SCVAC 11.47; 6.John Culshaw MMAC 9.36;
M50: 1.David Abernethy NVAC 13.75; 2.Bob Broadbridge SWVAC 13.11; 3.John Moreland MMAC 11.51; 4.Malcolm Pell MMAC 11.04; 5.Steve Woolley MMAC 10.49; 6.Robert Hanbury-Brown AUS (G) 10.25; 7.John Birkett SVHC 9.28; 8.David Maggs WMAA 8.94; 9.Michael Bale SCVAC 7.65;
M55: 1.Michael Small SWVAC 12.82; 2.Anthony Richards SCVAC 11.51; 3.Terry Lalley MMAC 11.08; 4.Tim SaundersMullin SCVAC 9.14; 5.John Wild VAA-NE 9.08; 6.Phil Bramford EVAC 8.78; 7.Clive Howell MMAC 8.53;
M60: 1.Neil Griffin SCVAC 14.02; 2.Michael Hazlewood NVAC 12.85; 3.Peter Virgo VAC 11.82; 4.Barry Hawksworth MMAC 11.11; 5.Richard Jegou MMAC 10.15; 6.Robert Richards EVAC 9.28; 7.Charles Edwards EVAC 9.17;
M65: 1.John Scott SVHC 11.84; 2.Norman Rice VAC 10.18; 3.James Sloan SVHC 9.99; 4.David Kuester VAC 9.92; 5.Godfrey Leak EVAC 9.85; 6.Garry Negus SCVAC 9.73; 7.Peter Eddy SVHC 8.82; 8.Chris Street MMAC 8.17;
M70: 1.Bill Legg SWVAC 10.85; 2.Colin Brand SCVAC 10.70; 3.Don Chambers VAC 9.41; 4.Brian Sumner MMAC 9.35; 5.Jhalman Singh MMAC 8.53; 6.Robin Sykes NVAC 8.35;
M75: 1.Gordon Hickey VAC 9.49 (CBP); 2.Michael McGarry IRL (G) 8.90; 3.Jaroslav Hanus SCVAC 7.70; 4.Peter Barber SCVAC 7.21;
M85: Leslie D'Arcy NVAC 7.53 (CBP);
W35: 1.Sue Lawrence SCVAC 10.56; 2.Louise Oliver SCVAC 8.80; 3.Catherine Alford WMAA 8.40;
W40: 1.Camilla Thrush SCVAC 10.24; 2.Priscilla O'Sullivan IRL (G) 9.82; 3.Janet Smith SCVAC 8.30; 4.Maureen Glanton IRL (G) 7.31; 5.Ruth Bird MMAC 7.18;
W45: 1.Charmaine Johnson VAC 10.95; 2.Julie Wilson SCVAC 9.20; 3.Alison George MMAC 8.77; 4.Wendy Dunsford SCVAC 8.76; 5.Karen Llewellyn WMAA 8.45;
W50: 1.Mary Barrett IRL (G) 10.93; 2.Claire Cameron SVHC 10.38; 3.Jennifer Ibbittson NVAC 9.95; 4.Deborah Murch MMAC 9.91; 5.Lucy Moore-Fox VAC 8.99; 6.Angela Morgan SCVAC 8.29; 7.Paula Booth NVAC 8.24;
W55: 1.Vilma Thompson SCVAC 10.75; 2.Gwen Bird SCVAC 10.12; 3.Fiona Crompton NVAC 8.46; 4.Sue Dassist SCVAC 8.12;
W60: 1.Elizabeth Sissons VAC 8.99; 2.Mo Pearson SWVAC 8.90; 3.Barbara Terry SCVAC 8.56; 4.Anthea Bramford EVAC 6.54; 5.Josephine Revell NVAC 6.12;
W65: Ann Bolitho SCVAC 6.35;
W70: Carole Derrian SWVAC 5.99;
W85: Mary Wixey SWVAC 3.40;

Discus

M35: 1.Matthew Allison NVAC 41.74 (CBP); 2.Rene Rogers SVHC 37.41;
M40: 1.Ian Taylor MMAC 41.97; 2.David Bauer OPEN 31.17; 3.Michael Clift OPEN 28.73; 4.David Brown NVAC 28.56; 5.Paul Smith MMAC 27.45; 6.Leeroy Golding NVAC 25.53;
M45: 1.Andrew Turner WMAA 38.74; 2.Darren Gibson NVAC 32.04; 3.Paul Young VAA-NE 31.88; 4.Allan Leiper SCVAC 31.87; 5.Dave Shields WMAA 19.71;
M50: 1.David Abernethy NVAC 49.81; 2.John Moreland MMAC 47.62; 3.Bob Broadbridge SWVAC 44.73; 4.Jan Drzewiecki SCVAC 42.65; 5.Richard Healey SCVAC 38.94; 6.Robert Hanbury-Brown AUS (G) 35.26; 7.Steve Woolley MMAC 34.40; 8.David Maggs WMAA 34.28; 9.Clive Pengelly SWVAC 26.97; 10.Michael Bale SCVAC 25.16; 11.John Birkett SVHC 19.13;
M55: 1.Michael Small SWVAC 44.28; 2.Anthony Richards SCVAC 36.22; 3.John Wild VAA-NE 36.16; 4.William Renshaw NVAC 34.11; 5.Phil Bramford EVAC 32.00; 6.Joe Eastwood SCVAC 26.42; 7.Tim SaundersMullin SCVAC 21.29

M60: 1.Neil Griffin SCVAC 50.15; 2.Michael Hazlewood NVAC 46.07; 3.Barry Hawksworth MMAC 39.82; 4.Kevin Sheppard OPEN 39.11; 5.Peter Virgo VAC 36.17; 6.Robert Richards EVAC 34.63; 7.John Donaghey VAC 33.08; 8.Richard Jegou MMAC 31.57; 9.John Davies WMAA 29.32; 10.Charles Burke VAA-NE 27.21; 11.Charles Edwards EVAC 21.73;
M65: 1.James Sloan SVHC 37.86; 2.Godfrey Leak EVAC 37.19; 3.Peter Eddy SVHC 35.48; 4.Ian Bowles MMAC 34.22; 5.David Kuester VAC 33.92; 6.Brian Harlick SCVAC 33.76; 7.George Eccles SWVAC 30.14; 8.Chris Street MMAC 28.24; 9.Patsy Conboy IRL (G) 24.30;
M70: 1.John Watts NVAC 36.48 (CBP); 2.Colin Brand SCVAC 31.15; 3.Robin Sykes NVAC 30.12; 4.Hamilton Thomas VAC 26.87; 5.John Love MMAC 25.52; 6.Brian Sumner MMAC 24.18; 7.Jhalman Singh MMAC 23.05;
M75: 1.Michael McGarry IRL (G) 29.75; 2.Gordon Hickey VAC 26.06; 3.Jaroslav Hanus SCVAC 23.83; 4.Peter Barber SCVAC 23.43;
W35: Sue Lawrence SCVAC 34.18;
W40: 1.Rebecca Hardy OPEN 38.03; 2.Angela Mitchell SCVAC 36.91; 3.Camilla Thrush SCVAC 31.28; 4.Maureen Glanton IRL (G) 29.91; 5.Priscilla O'Sullivan IRL (G) 25.35;
W45: 1.Jenny Cooper MMAC 32.89; 2.Helen Daniel VAC 32.04; 3.Wendy Dunsford SCVAC 25.62; 4.Karen Llewellyn WMAA 25.29;
W50: 1.Claire Cameron SVHC 32.71; 2.Anne Goad SCVAC 23.65; 3.Mary Barrett IRL (G) 23.51;
W55: 1.Gwen Bird SCVAC 35.55; 2.Vilma Thompson SCVAC 24.67; 3.Fiona Crompton NVAC 18.41; 4.Margaret Ehrenberg MMAC 17.97;
W60: 1.Mo Pearson SWVAC 24.08; 2.Barbara Terry SCVAC 23.05; 3.Elizabeth Sissons VAC 21.69; 4.Anthea Bramford EVAC 16.07; 5.Josephine Revell NVAC 13.77;
W70: Carole Derrian SWVAC 17.94;
W85: Mary Wixey SWVAC 7.75;

Javelin

M35: Matthew Allison NVAC 58.68 (CBP);
M40: 1.Damian Crawford OPEN 53.90; 2.Lee Peters OPEN 52.25; 3.Wayne McLoughlin NVAC 41.72; 4.David Brown NVAC 39.91;
M45: 1.Allan Leiper SCVAC 41.88; 2.John Culshaw MMAC 39.46; 3.Andrew Waddington SWVAC 36.32; 4.Darren Gibson NVAC 22.05;
M50: 1.Kevin Murch MMAC 52.93; 2.Stephen Langdon OPEN 52.63; 3.John Fenton SCVAC 48.47; 4.Clement Bartley MMAC 45.41; 5.Malcolm Pell MMAC 44.00; 6.Bob Broadbridge SWVAC 38.39; 7.Robert Hanbury-Brown AUS (G) 37.27; 8.Steve Woolley MMAC 36.78; 9.John Birkett SVHC 23.49; 10.Michael Bale SCVAC 19.97;
M55: 1.Michael Small SWVAC 40.55; 2.Frank McCrystal NIMAA 39.26; 3.Phil Bramford EVAC 37.88; 4.Anthony Richards SCVAC 37.37; 5.Joe Eastwood SCVAC 34.89; 6.John Wild VAA-NE 30.46;
M60: 1.Michael Hazlewood NVAC 46.12 (CBP); 2.Christopher Arnold SCVAC 39.32; 3.Kevin Sheppard OPEN 37.08; 4.Barry Hawksworth MMAC 36.85; 5.John Davies WMAA 32.47; 6.Charles Burke VAA-NE 23.82; 7.Charles Edwards EVAC 23.26;
M65: 1.George Eccles SWVAC 36.79; 2.David Kuester VAC 36.34; 3.Phil Owen MMAC 35.81; 4.David Price MMAC 30.84; 5.James Sloan SVHC 29.54; 6.Peter Eddy SVHC 26.69; 7.Chris Street MMAC 20.29;
M70: 1.Vic Adcock SCVAC 36.88; 2.Colin Brand SCVAC 36.22; 3.Brian Sumner MMAC 22.83; 4.Jhalman Singh MMAC 21.42;
M75: Gordon Hickey VAC 24.31;
W35: 1.Sue Lawrence SCVAC 30.38; 2.Karen Addis MMAC 28.50; 3.Louise Oliver SCVAC 28.29; 4.Amanda Wale WMAA 26.74;
W40: 1.Jill Dinsmore OPEN 21.80; 2.Maureen Glanton IRL (G) 18.83;
W45: 1.Charmaine Johnson VAC 26.49; 2.Karen Llewellyn WMAA 18.49;
W50: 1.Anne Goad SCVAC 25.15; 2.Mary Barrett IRL (G) 23.30; 3.Lucy Moore-Fox VAC 20.54;
W55: 1.Vilma Thompson SCVAC 24.96; 2.Fiona Crompton NVAC 19.64;
W60: 1.Elizabeth Sissons VAC 22.29; 2.Barbara Terry SCVAC 16.99;

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3. Patricia Oakes SCVAC 16.39; 4. Hilary Vogel EVAC 14.65; 5. Josephine Revell NVAC 13.37; 6. Anthea Bramford EVAC 10.96;
W65: 1. Margaret Coombe EVAC 24.16; 2. Carol Rafferty MMAC 20.02;
W70: Mary Holmes EVAC 14.64;
W85: Mary Wixey SWVAC 6.01;

Hammer

M35: 1. Graham Holder WMAA 57.01 (CBP); 2. Maurice Hicks SWVAC 43.57; 3. Rene Rogers SVHC 34.57;
M40: 1. John Pearson MMAC 59.13; 2. David Brown NVAC 26.77;
M45: 1. Steve Whyte EVAC 53.91; 2. Phillip Spivey OPEN 53.58; 3. Nigel Winchcombe EVAC 46.68; 4. Chris Privett VAC 46.53; 5. Russell Payne MMAC 45.96; 6. Martin Roberts MMAC 43.14; 7. David Burrell EVAC 40.63; 8. Anthony Tipping SCVAC 36.37; 9. Darren Gibson NVAC 28.97;
M50: 1. Malcolm Fenton EVAC 54.05; 2. Bob Broadbridge SWVAC 46.86; 3. David Abernethy NVAC 44.17; 4. David Maggs WMAA 42.16; 5. John Moreland MMAC 40.75; 6. Steve Woolley MMAC 34.66; 7. Robert Hanbury-Brown AUS (G) 33.23; 8. Michael Bale SCVAC 31.61; 9. Mike Burling EVAC 27.26;
M55: 1. Terry Lalley MMAC 42.75; 2. Michael Small SWVAC 40.73; 3. Clive Howell MMAC 36.92; 4. Clive Thomson SCVAC 36.78; 5. John Wild VAA-NE 36.11; 6. Tim Saunders Mullin SCVAC 29.25; 7. Phil Bramford EVAC 24.96;
M60: 1. Barry Hawksworth MMAC 49.58; 2. Chris Melluish SCVAC 44.34; 3. Michael Hazlewood NVAC 42.32; 4. Richard Jegou MMAC 30.39; 5. Charles Burke VAA-NE 26.04; 6. Charles Edwards EVAC 21.41;
M65: 1. Patsy Conboy IRL (G) 34.55; 2. Garry Negus SCVAC 33.17; 3. David Kuester VAC 30.97; 4. Godfrey Leak EVAC 29.88;
M70: 1. Jack Kee EVAC 44.86bp; 2. Brian Sumner MMAC 35.80; 3. Hamilton Thomas VAC 33.48; 4. Colin Brand SCVAC 30.34; 5. Don Chambers VAC 28.83;
M75: 1. Peter Barber SCVAC 31.75; 2. Michael McGarry IRL (G) 29.85; 3. Jaroslav Hanus SCVAC 28.02; 4. Gordon Hickey VAC 23.96; 5. Graham Roberts MMAC 22.36;
M85: Leslie D'Arcy NVAC 20.29;
W35: 1. Sue Lawrence SCVAC 37.25; 2. Elizabeth Normand OPEN 35.92; 3. Yvonne Jacobs VAC 28.95; 4. Catherine Alford WMAA 28.69;
W40: 1. Janet Smith SCVAC 43.06; 2. Camilla Thrush SCVAC 37.94; 3. Priscilla O'Sullivan IRL (G) 30.72; 4. Ruth Bird MMAC 28.73; 5. Maureen Glanton IRL (G) 26.96;
W45: 1. Ingrid Van dijk OPEN 40.20 (CBP); 2. Jenny Cooper MMAC 34.94; 3. Julie Wilson SCVAC 33.24; 4. Wendy Dunsford SCVAC 27.34; 5. Karen Llewellyn WMAA 27.10; 6. Tracey Gibson NVAC 20.89;
W50: 1. Jennifer Ibbitson NVAC 41.38; 2. Deborah Murch MMAC 35.06; 3. Claire Cameron SVHC 30.72; 4. Angela Morgan SCVAC 29.00; 5. Pat Higgins MMAC 29.00; 6. Lucy Moore-Fox VAC 22.82; 7. Jenny Piercy VAC 22.38;
W55: 1. Vilma Thompson SCVAC 26.08; 2. Fiona Crompton NVAC 23.42; 3. Linda Harrison SCVAC 20.26;
W60: 1. Rosemary Hutton SWVAC 32.74; 2. Elizabeth Sissons VAC 28.95; 3. Anthea Bramford EVAC 27.33; 4. Barbara Terry SCVAC 25.88; 5. Josephine Revell NVAC 23.46;
W65: Yvonne Miles SCVAC 19.80;
W70: 1. Carole Derrian SWVAC 24.16 (CBP); 2. Dorothy Fraser EVAC 16.72;

Weight

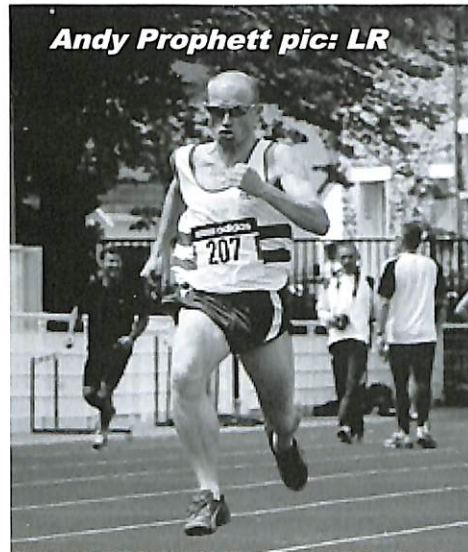
M35: 1. Graham Holder WMAA 15.08 (CBP); 2. Rene Rogers SVHC 10.69;
M40: 1. John Pearson MMAC 17.86; 2. David Brown NVAC 9.74;
M45: 1. Steve Whyte EVAC 17.23 (British Record); 2. David Burrell EVAC 14.38; 3. Chris Privett VAC 13.48; 4. Andrew Turner WMAA 13.47; 5. Russell Payne MMAC 12.42; 6. Anthony Tipping SCVAC 10.93; 7. Darren Gibson NVAC 9.86;
M50: 1. Malcolm Fenton EVAC 17.13; 2. Bob Broadbridge SWVAC 16.92; 3. David Abernethy NVAC 16.71; 4. John Moreland MMAC 14.05;

5. Steve Woolley MMAC 13.98; 6. David Maggs WMAA 13.75; 7. Michael Bale SCVAC 11.80;
M55: 1. Clive Howell MMAC 15.29; 2. Michael Small SWVAC 15.19; 3. Terry Lalley MMAC 14.61; 4. John Wild VAA-NE 12.55; 5. Clive Thomson SCVAC 12.35; 6. Phil Bramford EVAC 10.79; 7. Tim Saunders Mullin SCVAC 9.34;
M60: 1. Neil Griffin SCVAC 17.26; 2. Barry Hawksworth MMAC 17.06; 3. Michael Hazlewood NVAC 15.93; 4. Chris Melluish SCVAC 15.34; 5. Richard Jegou MMAC 14.46;
M65: 1. Godfrey Leak EVAC 14.03; 2. David Kuester VAC 13.88; 3. Patsy Conboy IRL (G) 12.98; 4. Garry Negus SCVAC 12.23;
M70: 1. Jack Kee EVAC 18.01 (British Record); 2. Hamilton Thomas VAC 17.43; 3. Don Chambers VAC 12.31; 4. Brian Sumner MMAC 11.65;
M75: 1. Peter Barber SCVAC 11.87; 2. Gordon Hickey VAC 9.62; 3. Graham Roberts MMAC 8.17;
M85: Leslie D'Arcy NVAC 8.17 (CBP);
W35: 1. Sue Lawrence SCVAC 11.43; 2. Lorna Rogers SVHC 9.85; 3. Catherine Alford WMAA 9.37; 4. Yvonne Jacobs VAC 8.44;
W40: 1. Janet Smith SCVAC 11.32; 2. Camilla Thrush SCVAC 12.45; 3. Priscilla O'Sullivan IRL (G) 12.06; 4. Maureen Glanton IRL (G) 10.06;
W45: 1. Ingrid Van dijk OPEN 13.75 (British Record ?); 2. Julie Wilson SCVAC 10.99; 3. Karen Llewellyn WMAA 9.53; 4. Wendy Dunsford SCVAC 8.66; 5. Alison George MMAC 6.95;
W50: 1. Jennifer Ibbitson NVAC 12.81 (CBP); 2. Claire Cameron SVHC 9.90; 3. Jenny Piercy VAC 9.24; 4. Lucy Moore-Fox VAC 8.51;
W55: 1. Vilma Thompson SCVAC 10.47 (CBP); 2. Fiona Crompton NVAC 8.39; 3. Linda Harrison SCVAC 7.19;
W60: 1. Rosemary Hutton SWVAC 11.59; 2. Elizabeth Sissons VAC 11.17; 3. Barbara Terry SCVAC 10.90; 4. Anthea Bramford EVAC 10.89; 5. Josephine Revell NVAC 8.77;
W70: Carole Derrian SWVAC 8.45 (CBP);

Sharon Trusch had two great second places at 100 and 200. Whilst Caroline Garrett was second in the Javelin as was Janet Smith in the Hammer.

Thirds were achieved by Pat Logan, Millard, Chris McQuillen-Wright, Glen Reddington, Steve Linsill, Jenny Phillips, Camilla Thrush and Estelle Viljoen.

Andy Prophet pic: LR



Men:

100: 2 Chris Millard 11.51; 3 Patrick Logan 11.71; **200:** 3 Millard 23.18; 6 Logan 23.76;
400: 5 Nick Rawcliffe 56.09; 6 Steven Ladd 56.98; **800:** Andy Prophet 1:58.87; **1500:** 2 Prophet 4:03.68; 8 Chris Daniels 7:24.84;
3000: 3 Chris McQuillen-Wright 9:00.91; 5 Ian Johnston 9:39.40; **5000:** 5 Johnston 16:17.67; 6 Roger Alsopp 16:20.45; **110H:** 3 Glen Reddington 16.32; **400H:** 5 Ian Broadhurst 64.69; **HJ:** 3 Steve Linsill 1.80; 4 Ian Allen 1.80; **PV:** 7 Ladd 2.90; **LJ:** =3 Neil Lincoln 6.22; 5 Allen 6.13; **TJ:** 5 Lincoln 12.21; **SP:** 1 Mark Wiseman 15.50; 2 Steve Whyte 14.60; **NS:** David Burrell 11.67; **DT:** 1 Mark Wiseman 53.56; 4 Burrell 37.96; **NS:** Whyte 47.31; Matt Allison 40.69; Mark Gulliver 38.74; **HT:** 3 Whyte 55.57; 4 Gulliver 48.33; **NS:** Wiseman 46.07; Burrell 45.36; **JT:** 2 Allison 58.13; 7 Burrell 39.22; **4x100:** 3 GB 45.23; **4x400:** 4 GB 3:47.83; **5000W:** 4 Nick Silvester 24:51.85; 6 John Hall 25:59.49;

Women:

100: 2 Sharon Trusch 12.90; 7 Michelle Wakefield 14.39; **200:** 2 Trusch 26.10; 6 Amanda Wale 27.70; **400:** 1 Trusch 58.11; 6 Wakefield 66.31; **800:** 3 Jenny Phillips 2:29.14; **1500:** 4 Phillips 5:08.06; **5000:** 5 Clare Pauzers 19:05.11; **100H:** Wale 16.31; **PV:** 4 Jennifer Ibbitson 2.90; **LJ:** 3 Imeta Barauskiene 5.02; 5 Wale 4.76; **TJ:** 1 Barauskiene 11.04; 8 Ibbitson 7.76; **SP:** 3 Camilla Thrush 10.35; 6 Janet Smith 8.95; **DT:** 4 Smith 32.50; 6 Thrush 30.16; **HT:** 2 Smith 43.94; 5 Thrush 37.53; **NS:** Ibbitson 36.10; **JT:** 2 Caroline Garrett 32.21; 5 Ibbitson 27.17; **4x100:** 3 GB 55.27; **4x400:** 3 GB 4:25.19; **3000W:** 3 Estelle Viljoen 15:15.99; 5 Diane Bradley 15:33.42

FOR PICTURES SEE BACK COVER.....

INTERLAND FRA-BEL-GB Compiègne 26th June

1 France 527.5; 2 Belgium 371; 3 Great Britain & NI 302.5; 4 Picardie 183;

A small but beautifully formed team made their way by Coach and Car to defend last year's magnificent victory against France and Belgium, despite the valiant efforts of the few we could only finish third.

Great wins came from Andy Prophet in the 800 metres; Mark Wiseman won the Shot and Discus.

Sharon Trusch (400) Imeta Barauskiene (TJ) and Amanda Wale (100H) were Women's winners.

Second places went to Chris Millard, Prophet in the 1500 metres, Steve Whyte (SP), Matt Allison (JT).

MASTERS ATHLETICS SUMMER 2009

Editor: Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, WR14 3BX (Phone- 01684 565721
Email-brian.owen2@btinternet.com
Advertising: Bridget Cushen, 020 8683 2602; Email: *Bcushen@aol.com*
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BRITISH MASTERS ATHLETIC FEDERATION

Website: *www.bmaf.org.uk*
President: Paul Dickenson, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. (*athlete.uk@btopenworld.com*)
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Overseas Entries Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE
Co-ordinator: *Mail-peter@peterduhig.plus.com*
Chairman of Records Committee: Bob Minting "The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. email-
Bob.Minting@btopenworld.com
VAA of England: Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL. Mail -*IRENENN@a.o.l.com*
Website Administrator: Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778)
Email: webmaster@bmaf.org.uk

GENERAL & MEMBERSHIP SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

Eastern VAC: Danny Mullane, 34, Maldon Road, Tiptree, Colchester, ESSEX, CO5 0TN *email - running@dannyjean.fsnet.co.uk* ;
Membership- Mary Waters, East Cottage, Beccles Road, Fritton, Norfolk, NR31 9HB.
Email-mary.waters@uea.ac.uk
Isle of Man: Mrs Maureen Kelly, 47, Ballacriy Park, Colby, Isle of Man, IM9 4LX ; Email: *mokelly@manx.net*
(Membership) Peter Cooper, "Woodheights", Knocksharry, German, IM5 2AG. (Tel/Fax 01624 842477)
Midlands MAC: Tom Morris, **General & Membership-** 391, Chester Road, Castle Bromwich, Birmingham B36 0JH;
email-mmacc.sec@blueyonder.co.uk ; *www.midlandmasters.org.uk*
Northern VAC: Eric Gebbett, 196, Newsham Lane, Hadfield, Derbyshire SK13 2AY (01457 867772) email-*gebbettejw@supanet.com*
Membership- David Sinnott, 24, St Asaphs Drive, Ashton under Lyne, OL6 8UB -Phone -0161 3396562
email david Sinnott@bulldoghome.com *www.nvac.co.uk* (*alex.rowe500@virgin.net*)
Veterans AA-NE: **Membership-** Val Hancock, Low Dryburn Farm, North End, Durham DH1 4NJ.
Northern Ireland: Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 321731) *www.northernirelandvets.co.uk*
Scotland (SVHC): Willie Drysdale, 6, Kintyre Wynd, Carluke ML8 5RW (01555 771448)
Membership- David Fairweather, 12, Powburn Crescent, Uddingston, Glasgow G71 7SS (phone-01698 810575)
djf@dfairweather.plus.com
Southern Counties VAC: **Secretary -** David Lipscomb, 120, New Road, Croxley Green, Herts, WD3 3EP Tel-01923 448852
email- lippy@serpentine.org.uk **Membership-** Vilma Thompson, 18, Albany House, Boyfield Street, SE1 0SB
(020 7928 9577) *email : villy18@hotmail.co.uk*
South West VAC: John Perratt, Gable Cottage, Stanhope Drive, Sidmouth, Devon, EX10 9JE (01395 513611)
email: johnperratt@talktalk.net
Membership- Ken Ballam, 7, Sandford Court, 32, Belle Vue Road, Bournemouth, BH6 3DR Tele: 01202 429137
Email-k.ballam@btinternet.com
Veterans AC: Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112)
Membership- Phil Bell, 117, Cairnfield Avenue, London NW2 7JH.
Welsh Masters : Brian Williamson, 1, Ebenezer Street, Rhydyfelin, Pontypridd, CF37 5PB Phone-01443 660234. mobile-07817 193660
Membership- Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Phone-01633 881608.

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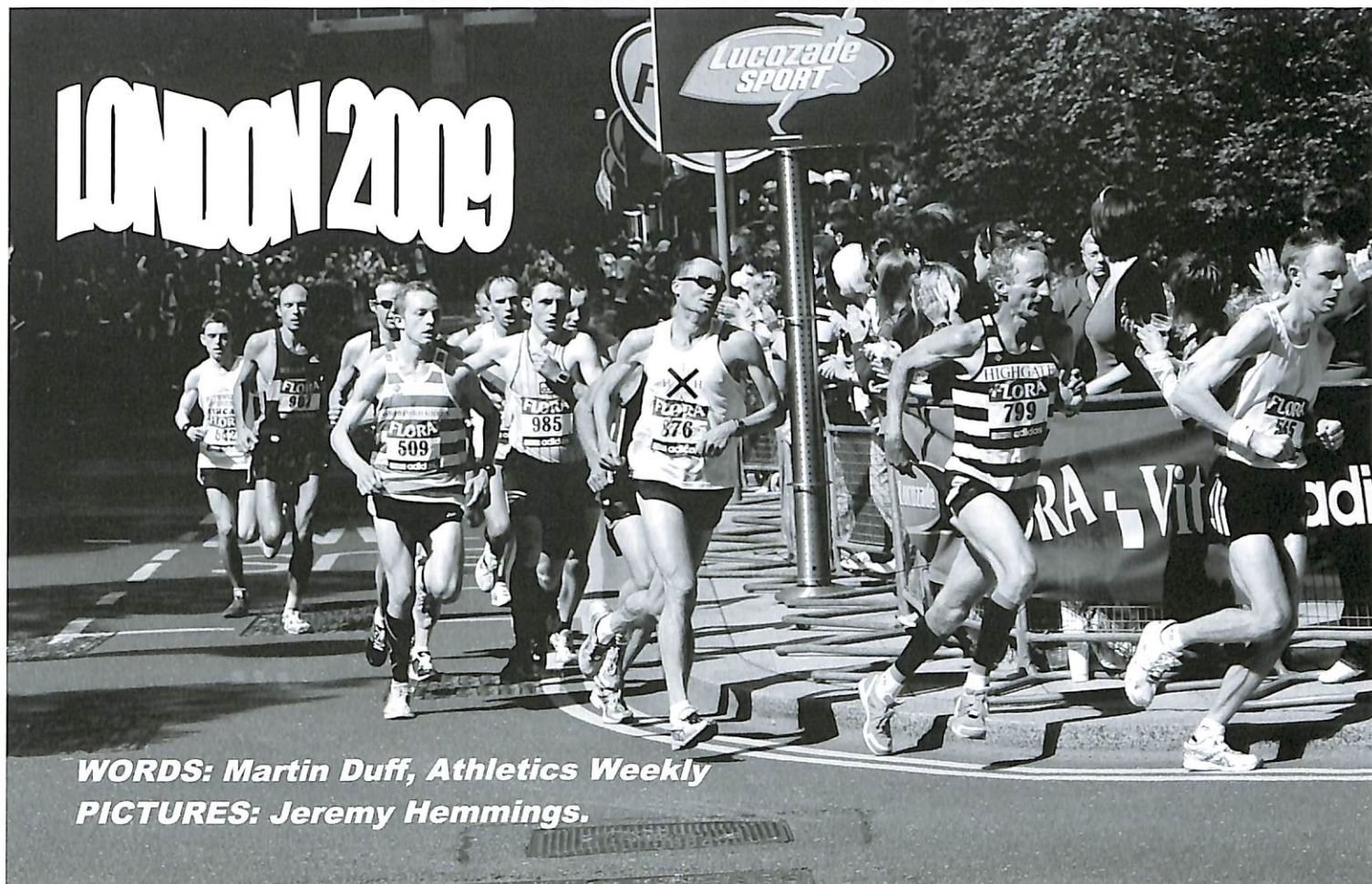
CHANGES OF ADDRESS TO THE EDITOR- IN WRITING OR BY EMAIL-NO PHONE CALLS PLEASE !

MASTERS ATHLETICS SUMMER 2009

2009	FIXTURE	VENUE	INFORMATION
15 th JUL	NVAC Track & Field League	Cleckheaton	7pm
19 th JUL	BMAF 10k	Magor Marsh	Close to Severn Bridge
26 th JUL	EVAC 10k Road Championship	Luton	
28 th JUL - 8 th AUG	WMA T&F Championships	Lahti FIN	
1 st AUG	MMTG Heavy Weight Pentathlon		www.mmtg.org.uk
2 nd AUG	Welsh Masters Track & Field Championships	Cardiff Sports Stadium	
9 th AUG	Salclear Marathon & Half Marathon	IOM	
12 th AUG	NVAC Track & Field League	Vernon Park, Stockport	7pm
16 th AUG	VAAofE Inter Area T&Field	Solihull	
	NVAC 10 mile Championship	St. Anne's-on-Sea	11pm
	SVHC 10k ROAD CHAMPIONSHIPS	Cartha Rugby Club	
22 nd AUG	BMAF 30K WALK	Coventry	With MARWA.
6 th SEP	NVAC Monthly Run, Fell Paths	Clowbridge TBC	11am
6 th SEP	BMAF MARATHON	MARGATE	Kent Coastal Marathon
	BMAF 10k Road Walk	Leicester	With RWA and Jim Sharlott Open.
12 th SEP	MMTG Hammer Decathlon		www.mmtg.org.uk
	9 th WMRA/WMA Mountain Running Championships	Zagreb,CRO	
12/13 th SEP	BMAF Combined Events Heptathlon / Decathlon #	Oxford	#With BMAF 10,000 Metres track championships
20 th SEPT	End to End 40 mile road walk	IOM	
27 th SEP	NVAC Track & Field Championships	Hyndburn	
29 th SEP	MMTG Throws Fest		www.mmtg.org.uk
4 th OCT	SVHC HM CHAMPIONSHIPS	Clydebank	TBC
11 th OCT	BMAF 10 Mile	Portland	
	NVAC Monthly Run paths	Edgeworth	11am
18 th OCT	SVHC 10k Track Championships	Coatbridge	1pm . AGM Follows.
22 nd OCT	Club Autumn Handicap 6mile	IOM	Run and walk
1 st NOV	NVAC Monthly Run paths & Road	Leigh	AGM follows!
1 st NOV	BMAF HALF MARATHON	STEVENAGE	
	Syd Quirk Half Marathon	IOM	
7/8 th NOV	BMAF /EAMA Meetings	Birmingham	EAVA Saturday/Delegates Sunday
14 th NOV	MMTG Hammer Pentathlon		www.mmtg.org.uk
	British & Irish XC International	Perry Barr , Birmingham	
5 th DEC	MMTG Christmas Weight Pentathlon		www.mmtg.org.uk
6 th DEC	NVAC Christmas Handicap	Irlam	
13 th DEC	SVHC XMAS Handicap	Cartha Rugby Club	
2010			
1-6 th MAR	WMA Indoor Championships	Kamloops, Canada	
16 th May	European Masters Mountain Running Championship	Cerdabyola del vallès,ESP	
15 th -24 th JUL	EVAA T&F Championships	Nyíregyháza, Hun	
2011			
16-20 th MAR	EVAA Indoor Championships	Ghent, BEL	
20-22 nd MAY	EVAA Non Stadia	Thionville / Yytz, FRA	
7 th -17 th JUL	WMA Championships	Sacramento,USA	

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

WHEN ENTERING INTERNATIONAL CHAMPIONSHIP YOU WILL NEED TO PROCESS YOUR ENTRY VIA OUR OVERSEAS ENTRY CO-ORDINATOR PETER DUHIG. WE WILL HOLD THIS SPACE IN FUTURE ISSUES FOR INFORMATION.



WORDS: Martin Duff, Athletics Weekly
PICTURES: Jeremy Hemmings.

MASTERS dominated the leading positions in the women's race with not only Irina Mikitenko retaining her title but also with fellow W35 Mara Yamauchi setting a new British W35 best ever performance of 2:23:12 in second overall. "I finally got under 2:25. I knew I had made a big improvement in my training in the last year," said the 35-year-old, adding of the last few miles: "It felt like an arena on the way home because all I could hear was 'Come on Mara'. Now, I'm going to celebrate and have a rest."

The Olympic Marathon sixth placer was joined in the record breaking stakes by both Vicki Perry, who posted a new over 50 mark of 2:53:15 and 61-year-old Angela Copson who bettered the W60 mark with 3:14:51, as both

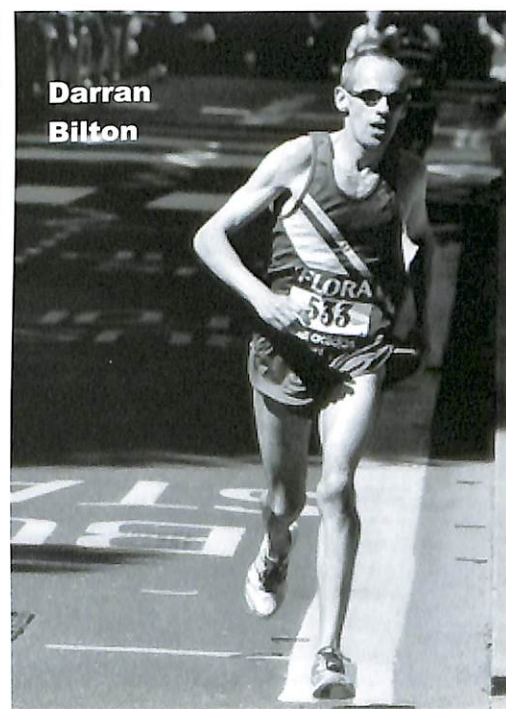
retained their London titles and in faster times than in 2008. Darran Bilton, in 25th overall, notched up his third consecutive veteran victory in 2:23:32, one of the few British men to excel irrespective of age. The 42-year-old finished



Vicki Perry

some 90 seconds clear of Dallam's Eddie Simpson and was tenth Brit overall. Bilton ran the opening 5km split in 16:23, half a minute clear of the rest of the veterans, then past the 10km marker in 33:10 before hitting the half-marathon mark in 71:11 after

a succession of 5km splits around 17:15.



Darran Bilton

In the second half of the race, covered in 72:21, Bilton maintained a steady pace then putting in a 17:06 split to the 40km point, before sprinting home. However, the Leeds

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City man was ill before the event after a good outing in the 12-stage relay at Sutton Park. "My London build up went perfectly up until the Wednesday before, and then I came down with a bad cold and was prepared on Friday not to run. But it has been my focus for so many weeks I had to risk it and though I know I was capable of a faster time, it all came good in the end," said the 42-year-old.

"To get the 'first M40' trophy for the third year in a row is a delight. Now its back to training for Edinburgh in five weeks time," added Bilton.

Former M40 winner Nicky Martin moved up to the over-45 group and headed all but two of the M40s when taking his new age group 2:28:41 from Ian Crampton and Dave Buzza. M50 top runner Gavin Stevens had more than six minutes to spare on 2007 over-50 winner Gary Payne as he won in 2:32:06.

Whilst Yamauchi improved her own British W35 mark of 2:25:03, set in Tokyo in the autumn by nearly two minutes the W40 winner, Lyudmila Petrova was also well up and in tenth spot in the women's elite race. She also took the veteran prize money with 2:27:42, to go with her open winnings.

The mass start saw most of the women competing and British interest was set up by Sarah Gee, who took the W45 class by ten minutes from Deborah Steer in 2:45:35, but there were more records behind.



Perry took the Women's over-45 medal in 2007 and was the W50 winner last year but improved, by more than two minutes this time, to break Ann Roden's previous British best of 2:54:21, from Boston in 2000.

"This was my third attempt at the record having failed last year in London and then again in Berlin. This year my objective was to enjoy the race and not to worry about the record. The strategy worked as I didn't have any bad patches. I came through 13.1 in 1:26.14 so knew that I just had to keep that pace going. Somehow I managed to stop my own stopwatch accidentally before the 19 mile marker and didn't know that I was going to break the record until I was running down The Mall and I could see the clock showing 2.52. I am still in a state of shock!"

New W50 Claire Donald had hopes of taking the age group but was injured just two weeks before the event. W55 winner Sally Musson has been injured on and off for the last few years but despite this and her husband's serious illness managed to put some training together to take the age group from Pamela White in 3:11:39. "I think I did as well as could be expected given that I had not trained for it. I was aiming at under 3.15. It was not a good time by my standards but good given the circumstances," said Musson.

Copson, the odds on W60 favourite, expressed herself disappointed with her time. Coach Ian Wilson had told the Rugby and Northampton runner that a faster time was possible, so Copson was a little down in the dumps after the race: "Although it was a P.B. for me today, I can't help feeling a little disappointed. I wanted to get nearer to 3:10 but it wasn't for me today. I enjoyed the run and felt good, so there was no excuse."

There was however considerable satisfaction for the multi-distance British record holder as she added: "I get to keep my position as first over-60 and my time makes me an elite runner, if only by nine seconds so I don't feel too bad."

In the older men's age groups Peter Newton came out on top of the M65s, in 3:08:09, despite troubles throughout the race: "I was not particularly pleased with my time and I did not start with the 'good for age' but in the pack at the Blue Start," said the Portsmouth runner. "This was probably a mistake, as the first three miles were spent weaving between

slower runners and triggered a knee problem I had been nursing for a few weeks. None the less I set off aiming for the three hour mark but laboured from about 18 miles as the knee became more painful and I blistered through running awkwardly. The conditions, although a little too warm, did not trouble me," added Newton. Newton has never done specific marathon training but relied on conventional distance work that yielded the BMAF cross-country title at Ruthin in March. "It was my 31st marathon and the first outside three hours. I intended it to be my last but the poor time may just cause me to reconsider," said Newton. I was ranked UK No2 as an Over 55 (ironically to Martin Ford, who finished 2nd today but beat me in the BMAF Cross Country) and ranked No 1 as an M60.

Ever-present Pat Dobbs was once again in winning ways after taking M55, M60 and M65 top medals in earlier years. This year his 3:31:03 was top M70. Both Colin Steptoe (M55) and Carole Spong W65) were narrowly beaten by overseas opposition.

RESULTS

M40 (GB unless stated)
 1 D Bilton (Leeds) 2:23:32; 2 E Simpson (Dallam) 2:25:04; 3 J Baker (Les C) 2:28:43; 4 C Brooks (Knives) 2:28:53; 5 A Weir (THH) 2:29:13; 6 E Bossier (BEL) 2:32:25; 7 C Southam (Stilt) 2:32:45; 8 M Croasdale (RN) 2:33:59; 9 C Cilia (unatt) 2:34:04; 10 A Hearne (Les C) 2:34:08; 11 G Chandler (S'field) 2:34:56; 12 H Zietsmann (Serp) 2:35:02; 13 R Tuddenham (Serp) 2:35:18; 14 D Freeman (Tad) 2:35:21; 15 A McNeil (L Eaton) 2:36:01; 16 D Connor (Rip) 2:36:22; 17 G Hardman (B'end) 2:36:51; 18 A Harrison (GWR) 2:37:15; 19 M Prestwood (RAF) 2:37:44; 20 R Jones (W'bury) 2:37:50; 21 S Jeffery (Vict) 2:38:13; 22 L Passingham (Alton) 2:38:45; 23 J Benson (N Belf) 2:38:48; 24 A Ramage (unatt) 2:39:22; 25 P Sankey (Liv RC) 2:39:32; 26 S Montey (unatt) 2:39:35; 27 K Crenol (Burn) 2:40:10; 28 P Gregg (Tamar) 2:40:11; 29 N Baker (Denm) 2:40:11; 30 J Rye (E'leigh RC) 2:40:14; 31 N Thompson (Lyth) 2:40:29; 32 B Fabrice (FRA) 2:40:30; 33 P Guinan (B'burn) 2:41:14; 34 S Whiting (High) 2:41:17; 35 J Siddens (RAF) 2:41:33; 36 C Lound (Dulw R) 2:41:47; 37 K Robertshaw (CleS) 2:41:51; 38 S Larsen (unatt) 2:42:21; 39 S Dobbs (Moray) 2:42:41; 40 D Laughlin (Thrift) 2:42:45; 41 S Cairns (HBT) 2:42:58; 42 R McGregor (Norw RR) 2:43:05; 43 D Bell (Army) 2:43:20; 44 J Crampsey (unatt) 2:43:29; 45 S Crawford (E Ant) 2:43:29; 46 A Brierley (Fife) 2:43:30; 47 Y Kimura (unatt) 2:43:57; 48 N Kapoor (Trent P) 2:44:09; 49 S Pettit (Ely) 2:44:10; 50 J Richardson (Oxf C) 2:44:14; 51 J Gold (Vic P) 2:44:35; 52 C Parker (Swan) 2:44:39; 53 G Baxter (unatt) 2:44:44; 54 A Green (Dart) 2:44:45; 55 D McCarter (unatt) 2:44:58; 56 A Coinaziz (C&C) 2:45:07; 57 B Camfield (Horsh J) 2:45:32; 58 M Ciociola (ITA) 2:45:52; 59 A Payne (unatt) 2:45:58; 60 D Weekes (Folk) 2:46:26; 61 A Hadley (Hales) 2:46:29; 62 S Herring (Mil K) 2:46:31; 63 D Collins (T Wells) 2:46:38; 64 M Stephensen (RAF) 2:46:38; 65 P Helliwell (Col H) 2:46:39; 66 A Ellison (T Bath) 2:46:43; 67 R Malin (B&R) 2:46:47; 68 S Williamson (Armagh) 2:46:58; 69 P Waterston (Morp) 2:47:10; 70 G Pocaro (ITA) 2:47:15; 71 M Dooley (Army) 2:47:16;

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72 D Smith (Hallam) 2:47:44; 73 S Lavery (Derry) 2:47:49; 74 G Bell Elsw 2:48:09; 75 S Babb (Launcs) 2:48:21; 76 D Byrne (S Lon) 2:48:25; 77 S Mead (Spa) 2:48:36; 78 D Hodgins (unatt) 2:48:42; 79 S Ward (Tip) 2:48:43; 80 G Nicolaci (Strag) 2:48:43; 81 C Hairs (Ed) 2:48:55; 82 R Gornal (Stroud) 2:49:04; 83 D Cecchetto (ITA) 2:49:11; 84 S Bell (RAF) 2:49:18; 85 R Jackson (Horw) 2:49:34; 86 S Ketteridge (Col H) 2:49:35; 87 K MacBeth (Bella) 2:49:39; 88 D Meller (Trent P) 2:39:41; 89 A Sly (Retford) 2:49:43; 90 J Rogers (E Hull) 2:49:44; 91 G Gray (Seaf) 2:49:47; 92 C Hollinshead (Staff) 2:49:57; 93 M Nichols (unatt) 2:50:24; 94 D Scobie (Bord) 2:50:32; 95 C Lemerly (unatt) 2:51:00; 96 K Duckworth (D&K) 2:51:06; 97 N Kenyon-Muir (unatt) 2:51:19; 98 P Summers (Handy X) 2:51:20; 99 A Henderson (Quak) 2:51:22; 100 D Rayfield (north P) 2:51:33

M45

1 N Martyn (High) 2:28:41; 2 I Crampton (Durh) 2:30:23; 3 D Buzza (Corn) 2:31:35; 4 B Reynolds (THH) 2:33:06; 5 R Downs (Wilm) 2:33:23; 6 D Brown (Chilt) 2:36:25; 7 S Marklew (RSC) 2:36:58; 8 N Rackham (Metros) 2:37:30; 9 P Wabey (D&K) 2:37:52; 10 G Hogg (SW Vets) 2:38:51; 11 P Stainer (SB) 2:38:55; 12 K Hegvold (Belg) 2:39:18; 13 S Milford (Newq) 2:39:57; 14 M Zeima (ITA) 2:40:02; 15 G Taylor (Giff) 2:40:53; 16 M Woodman (RRC) 2:40:55; 17 V Dude (Craw) 2:41:39; 18 I James (Wrex) 2:42:06; 19 S Cunningham (N Der) 2:42:32; 20 K James (Ashf) 2:43:21; 21 J Carr (L&M) 2:43:25; 22 P Rose (Yeo) 2:43:30; 23 G Dixon (Morp) 2:43:35; 24 D Child (Kent) 2:43:48; 25 M Gedin (Arena) 2:43:55; 26 N Kinsey (B&B) 2:44:38; 27 J Robertson (Der) 2:44:57; 28 K Roberts (Tiv) 2:45:35; 29 G Duddy (Derry) 2:46:25; 30 P Chan (Ast) 2:46:49; 31 A Bass (Serp) 2:46:59; 32 S Hart (unatt) 2:47:10; 33 V Zverev (Head RR) 2:47:12; 34 C Dixon (C&C) 2:47:29; 35 G Stephens (unatt) 2:47:57; 36 S Dina (ITA) 2:48:03; 37 P Cross (Wok) 2:48:04; 38 S Cunningham (unatt) 2:48:19; 39 I Robert (RN) 2:48:59; 40 T Fowler (Gard CR) 2:49:22; 41 S Murtagh (unatt) 2:49:29; 42 M Pittaway (RMP) 2:49:40; 43 G Moore (unatt) 2:50:11; 44 B Field (NOR) 2:50:19; 45 M Exley (Tav) 2:50:29; 46 S Murdoch (M'well) 2:50:36; 47 R Bowker (S'port W) 2:51:15; 48 C Hodgeson (E Hull) 2:51:42; 49 G Saker (Ton) 2:52:04; 50 S Jones (Stock) 2:52:33; 51 A Cooper (Tip) 2:52:33; 52 M Parker (Barn) 2:52:43; 53 B Edgar (S'well) 2:53:04; 54 J Watson (THH) 2:53:18; 55 P Duton (FRA) 2:53:26; 56 A Rowland (unatt) 2:53:31; 57 F Danelli (ITA) 2:53:31; 58 I Pawluk (Worc) 2:53:37; 59 M Vrhunc (SLO) 2:53:45; 60 M Farrow (unatt) 2:54:03; 61 M Mondelli (ITA) 2:54:07; 62 C Upson (W'lands) 2:54:09; 63 M Brearley (St Bede's) 2:54:16; 64 V Booth (Traff) 2:54:20; 65 M Halls (B&H) 2:54:26; 66 N Thomas (Telf) 2:54:35; 67 G Wilton (Farn R) 2:54:42; 68 G Stevens (Serp) 2:54:48; 69 S Glaysher (Norw) 2:54:57; 70 P Teece (Bill) 2:55:07; 71 J Walsgrove (N For) 2:55:08; 72 D Ogden (S Lon) 2:55:11; 73 S Watmough (Spect) 2:55:11; 74 S Wherry (Corn) 2:55:20; 75 R Harris (unatt) 2:55:26; 76 S Howell (Les C) 2:55:44; 77 T Zaranko (R&Z) 2:55:46; 78 P Simons (Salf) 2:55:50; 79 G Hedger (unatt) 2:56:05; 80 F D'Aquino (ITA) 2:56:10; 81 M Steiner (ALC) 2:56:16; 82 F Crispie (Les C) 2:56:20; 83 S Carli (ITA) 2:56:34; 84 R Wadey (unatt) 2:56:38; 85 S Sharma (N For) 2:56:48; 86 B Raset (FRA) 2:56:58; 87 M Chorley (Warm) 2:57:02; 88 G Vorres (Griff) 2:57:06; 89 J Ferguson (C&C) 2:57:10; 90 F Edwards (Bourt) 2:57:54; 91 P Duxford (S Shields) 2:58:01; 92 F Law (Surr P) 2:58:03; 93 C Mason (Read RR) 2:58:04; 94 R Jones (Mald) 2:58:07; 95 H Van Zyl (Oxf C) 2:58:18; 96 M Farnell (Tip) 2:58:18; 97 M Landells (P&B) 2:58:31; 98 M Riches (Belper) 2:58:44; 99 S Jackson (Cong) 2:58:45; 100 J Hemmilla (R World) 2:58:48

M50

1 G Stevens (Serp) 2:32:06; 2 G Payne (G Eliot) 2:38:34; 3 R Burton (Chilt) 2:43:33; 4 A Clements (Poole) 2:44:46; 5 M Lambden (Manx) 2:45:59; 6 M Bridgeland (Chelm) 2:46:10; 7 S Smythe Dulw R) 2:47:55; 8 F Adami (ITA) 2:48:50; 9 M Firth (Q ferry) 2:49:46; 10 K Thomas (Lost) 2:49:49; 11 J Demetropoulos (USA) 2:49:50; 12 M Bale (NOR) 2:50:05; 13 M Shaw (Edge) 2:50:42; 14 K Amos (Cheadle) 2:50:58; 15 C Finill (Harrow) 2:51:11; 16 M Halvey (Rane) 2:51:37; 17 R Corsini (Darwin) 2:52:59; 18 M McGeogh (Les C) 2:53:20; 19 M Bond (C&T) 2:53:24; 20 A Fay (DMV) 2:53:24; 21 A Yates (Sale) 2:53:33; 22 T Coyle (unatt) 2:54:18; 23 G Nilssen (SWE) 2:54:43; 24 P Muffett (NNBR) 2:54:45; 25 A MacClachlan (Bella) 2:54:58; 26 M Vaz (unatt)

2:55:13; 27 T Clough Leeds) 2:55:36; 28 F Tai (unatt) 2:55:54; 29 S Low (B'water) 2:57:32; 30 M Packer (Louth) 2:57:42; 31 I Mapperson (Avon VR) 2:57:48; 32 E O'Neill (Mid M) 2:58:08; 33 D Robinson (Ryst) 2:58:14; 34 C Morrison (Sinfen) 2:58:15; 35 D Barker (Prest) 2:58:19; 36 S Bolton (Wreake) 2:58:28; 37 B Lamri (FRA) 2:58:32; 38 M Crabtree (Hali) 2:59:13; 39 S Ubsdell (unatt) 2:59:16; 40 D Brisco (And) 2:59:21; 41 S Jones (Lost) 2:59:24; 42 A Jalloh (Clap) 2:59:26; 43 D MacLaren (St Aust) 2:59:27; 44 E Green (Vall St) 2:59:57; 45 S Marshall Durh) 3:00:45; 46 A Moore (USA) 3:00:53; 47 J Clare (unatt) 3:01:45; 48 S Hamilton (unatt) 3:01:47; 49 P Hutchinson (Wolds) 3:01:58; 50 G Chapman (Ely) 3:02:04

M55

1 A di Asommer (UAE) 2:49:47; 2 C Steptoe (VoA) 2:49:49; 3 D Butler (Bill'cay 2:52:11; 4 C Rothwell (B'fleet) 2:54:22; 5 R Thjomas (unatt) 2:57:03; 6 S Richardson (Pock) 2:57:56; 7 G Rhimes (Ports) 2:58:48; 8 M Warrick (Rhay) 2:59:55; 9 R Booth (Shelt) 2:59:58; 10 S Varney (Kend) 3:01:13; 11 T Hunter (Bev) 3:02:46; 12 P Marsh (Belg) 3:06:13; 13 R Jennings (Hum E) 3:06:32; 14 W Bohr (GER) 3:07:06; 15 C Moody (Harl RC) 3:07:10; 16 R Searle (unatt) 3:07:19; 17 V De Feo (ITA) 3:07:30; 18 D Wintle (GWR) 3:07:38; 19 R Leitch (N Elth) 3:07:46; 20 M Scholes (Hay H) 3:07:54; 21 N Hoult (Read RR) 3:07:57; 22 J Price (Liv RC) 3:08:09; 23 C Mason (S Der) 3:08:34; 24 D Hoddell (Cleve) 3:08:49; 25 T Robertshaw (TRA) 3:08:49; 26 C Skerratt (Bigg) 3:08:57; 27 J Zielinski (New J) 3:11:00; 28 K Millican (Bord) 3:11:16; 29 T Wessinghage (GER) 3:11:17; 30 M Wenman (Cant) 3:11:25

M60

1 J Bateman (RRC) 2:55:37; 2 G Cumber (Hali) 3:04:48; 3 M Marsters (Roth) 3:05:49; 4 W Clews (B'end) 3:09:54; 5 A Elsemere (B&R) 3:10:14; 6 D Beattie (Craw) 3:14:57; 7 E Davidson (unatt) 3:16:09; 8 A Field (Phoe) 3:20:12; 9 G Leonzio (ITA) 3:20:50; 10 T Booth (Lytch) 3:21:27; 11 K Allen (Notts) 3:21:33; 12 W Howe (RRC) 3:21:36; 13 K Hull (Windle) 3:21:40; 14 R Brown (Kirk) 3:22:26; 15 O Downing (Bing) 3:23:28

M65

1 P Newton (Ports) 3:08:09; 2 M Ford (Chelt) 3:10:35; 3 C Rathbone (Vale R) 3:11:39; 4 R Scott (Kilb) 3:14:06; 5 B Dominique (FRA) 3:17:16; 6 S mann (Herts P) 3:19:45; 7 R Humpherson (RSC) 3:22:38; 8 J Bechtle (unatt) 3:22:56; 9 O Hausken (NOR) 3:25:58; 10 C Talbot 3:27:11; 11 R Penrose (unatt) 3:28:08; 12 R Bye (Skycrac) 3:32:41; 13 A Pochat (Fra) 3:34:09; 14 A Bent (Brack F) 3:40:00; 15 S Morrison (100km) 3:40:10

M70

1 P Dobbs (Thurr) 3:31:03; 2 K Toshinobu (JPN) 3:36:52; 3 R Griffin (Camb U) 3:49:04; 4 D Earl 4:07:43; 5 J Badillo (unatt) 4:19:09; 6 V Bobeldijk (DEN) 4:20:05; 7 I Kim (KOR) 4:24:03; 8 T Harrison (Read RR) 4:24:45; 9 J Cording (unatt) 4:28:05; 10 K Horch (GER) 4:31:13

M75

1. G Oliver (100km) 3:34:48; 2 F Makin (Holme P) 4:12:38; 3 A Martin (Bro D) 4:16:23

W40

1 L Petrova (RUS) 2:27:42; 2 E Patrick (unatt) 2:53:49; 3 J Dickens (Trenth) 2:56:26; 4 K Hazlitt (Win) 2:56:54; 5 F Oakes (Vegan) 2:58:48; 6 C Phillips (Swan) 2:59:14; 7 J Briggs (Arena) 2:59:19; 8 S Roberts (Ingli) 3:00:54; 9 S Wood (DMV) 3:01:03; 10 A Sedman Belle V) 3:01:10; 11 L Vallier (Arena) 3:01:41; 12 T Oldershaw (Padd W) 3:04:49; 13 R Barker (Saff) 3:04:44; 14 T Patmore (R'side) 3:05:04; 15 S Wheeler (Ilk) 3:06:05; 16 U Malir (unatt) 3:06:48; 17 U Schultz (unatt) 3:08:13; 18 C Hale (Gard CR) 3:09:24; 19 A Drasdo (Traff) 3:10:21; 20 T Clemmensen (Leam) 3:10:35; 21 J Hatton (Macc) 3:10:51; 22 M Synnot-Wells (Rane) 3:10:56; 23 A Sennatore (unatt) 3:11:32; 24 T West (Workshop) 3:11:41; 25 S Brett (Dund) 3:12:13; 26 A Negri (ITA) 3:12:17; 27 H Plassen (NOR) 3:12:34; 28 S Daw (E Corn) 3:12:48; 29 L O'Duffy (Les C) 3:12:49; 30 C Oakshott (unatt) 3:12:54; 31 E Haarland (NOR) 3:13:12; 32 K Haarland (NOR) 3:13:22; 33 C Sullivan (Wesh) 3:13:37; 34 F Oreglia (ITA) 3:13:54; 35 J Keaveney (Swale) 3:14:10; 36 F Maycock (unatt) 3:14:14; 37 K Stevenson (W4H) 3:14:33; 38 J Black (unatt) 3:14:42; 39 V Bringlew (Sutt R) 3:14:52; 40 M Hollinshead (Dews) 3:15:00; 41 M Darling (unatt) 3:15:18; 42 P Hill (Denm) 3:16:07; 43 R Atkins (Wav) 3:16:20; 44 M MacLachlan (Thorn) 3:17:00; 45 R Hutton (S Lon) 3:17:07; 46 T Taylor (Tun W) 3:17:14

47 Y Scarrott (Nene V) 3:17:19; 48 J Van Deelen I(Cant) 3:18:05; 49 K West (CS) 3:18:23; 50 R Mascitti (ITA) 3:18:24; 51 T Alexandrou (S'field) 3:18:43; 52 L Clarke (unatt) 3:18:52; 53 R Wilkins (unatt) 3:19:02; 54 J Baldwin (TRA) 3:19:45; 55 H Stockman (Macc) 3:20:12; 56 R Gillies (unatt) 3:20:23; 57 A Ware (unatt) 3:20:24; 58 T Woodyard (S'field) 3:20:34; 59 L Woodhams GWR) 3:20:38; 60 T Thompson (B'pear) 3:21:21; 61 S Shaklock (B'pear) 3:21:21; 62 V Harrison (unatt) 3:21:29; 63 C John (Sarn H) 3:21:35; 64 G Murdoch (Carnegie) 3:21:36; 65 S Haynes (Scun) 3:21:40; 66 M Farman (unatt) 3:21:57; 67 C Flemming (unatt) 3:22:01; 68 J Jones (unatt) 3:22:33; 69 S Farrell (unatt) 3:22:44; 70 A Noake (B'pear) 3:23:13; 71 L Davis (Moray) 3:23:23; 72 J Wilson (S'port W) 3:23:29; 73 L Noble Darl) 3:23:38; 74 J Dalessandro (C&C) 3:23:43; 75 L Faulkner (Dors D) 3:23:44; 76 D Robinson (unatt) 3:23:48; 77 J Goorney (Wesh) 3:23:59; 78 M Stewart (unatt) 3:24:01; 79 H Hoyle (Barn) 3:24:02; 80 J Chapman (L'down) 3:24:19; 81 F Malin (Woott RR) 3:24:19; 82 W Higginbottom (Buxt) 3:24:22; 83 F Bond (Hon) 3:24:34; 84 M Colnell (Tring RC) 3:24:38; 85 E Litterick (unatt) 3:24:41; 86 F Fumich (AUS) 3:25:03; 87 V Swingle (Shrop) 3:25:30; 88 M Wall (Ling) 3:25:39; 89 J Laing (unatt) 3:25:48; 90 S Abate (unatt) 3:25:59; 91 A McCaffery (Kirk) 3:26:23; 92 C Loader (B'mth J) 3:26:52; 93 C Aignet (AUT) 3:27:01; 94 C Stevens (K&C) 3:27:09; 95 C Wood (York) 3:27:12; 96 A Wallace (unatt) 3:27:15; 97 K Backshelt (SoC) 3:27:25; 98 P Dalton (unatt) 3:27:26; 99 M Adcock (Vict) 3:27:34; 100 C Dunn (Harmony) 3:27:42

W45

1 S Gee (Read RR) 2:45:35; 2 D Steer (St Alb) 2:54:08; 3 J Ransome (RRC) 2:57:56; 4 S Kimberley (Barn) 2:59:07; 5 L Whitley (Read RR) 3:02:12; 6 S Hawkins (M'stone) 3:06:34; 7 S Rougier (NOR) 3:07:04; 8 T Woolley (Cent) 3:08:09; 9 S Bales (B&R) 3:08:09; 10 J Ayres (Donc) 3:08:31; 11 C McCarthy (Ack) 3:09:37; 12 F Nairn (HBT) 3:09:53; 13 D Broom (Holm) 3:10:19; 14 A Sadler (Tewk) 3:10:29; 15 A Dennison (Bing) 3:10:38; 16 A Sennett (Hay H) 3:10:38; 17 F Collison (unatt) 3:11:34; 18 J Taylor (Wig P) 3:11:45; 19 B Wright (unatt) 3:12:34; 20 C Jones (TROTS) 3:12:46; 21 J Palmer (B'fleet) 3:12:57; 22 Y McGarry (Liss) 3:13:21; 23 D Roy (E Corn) 3:13:48; 24 A Vesey (Alt) 3:15:04; 25 C Heycock (unatt) 3:15:52; 26 L Gettins (Compt) 3:17:15; 27 G Bathmaker (unatt) 3:17:46; 28 E Gannon (unatt) 3:18:59; 29 A Finney (unatt) 3:19:17; 30 J Jarvis (Osw) 3:19:18; 31 C (unatt) Prisman 3:19:22; 32 S Harrison (Wok) 3:20:07; 33 D Hier (unatt) 3:21:26; 34 H Khoshnevis (L'down) 3:21:37; 35 H Young (unatt) 3:21:47; 36 M Olssen (SWE) 3:21:49; 37 C Kerr (Ware) 3:23:05; 38 S Phillips (Darl) 3:23:38; 39 A Davidson (DMV) 3:24:09; 40 C Hewitt (Wrex) 3:24:26; 41 G Duckworth (L Buzz) 3:25:25; 42 C Lawrence (Cong) 3:25:33; 43 S Wolanski (Head RR) 3:25:39; 44 R Barker (Stone) 3:25:57; 45 T Hull (FRA) 3:26:10; 46 S Spencer (Hales) 3:26:56; 47 S Higgs (Col H) 3:27:17; 48 C Inch (Orion) 3:27:17; 49 J Molyneaux (Vale R) 3:27:25; 50 A Banks (Alch) 3:27:29; 51 C Costiff (S Lon) 3:27:32; 52 H Dean (Cent) 3:27:36; 53 C McCreery (Bitt) 3:28:14; 54 A Davies (Wimb W) 3:28:53; 55 L Catherine (FRA) 3:28:54; 56 E Dadlani (Strag) 3:28:54; 57 B Ganose (ALT) 3:29:20; 58 S Lovell (Hast R) 3:29:32; 59 C Ferguson (St lb) 3:30:04; 60 P Milne (Kinross) 3:30:13; 61 V Singleton (Les C) 3:30:17; 62 A Telford (Blay) 3:30:27; 63 K Hough (SW RR) 3:30:29; 64 L Little (Stroud) 3:30:52; 65 D Coney (Dors D) 3:30:58; 66 C Findlay (D Lloyd) 3:31:08; 67 L Philp (unatt) 3:31:09; 68 M Tavener (Vale R) 3:31:50; 69 S Travers (unatt) 3:31:53; 70 L Perera (Camb) 3:32:30; 71 H Ryder (unatt) 3:32:44; 72 E Dudley (unatt) 3:32:49; 73 B Homer (unatt) 3:32:55; 74 G Carmen (FRA) 3:33:07; 75 J Masterman (Goole) 3:33:45; 76 H Sim (Carnegie) 3:33:56; 77 S Cormack (unatt) 3:33:57; 78 A MacDonald (E'mere) 3:34:02; 79 D Turello (ITA) 3:34:03; 80 S Ramsey (Thrft) 3:34:16; 81 J May (unatt) 3:34:31; 82 P Kaivalainen (Clee) 3:34:33; 83 L Killip (St Mary's) 3:34:36; 84 J Towers (Launc) 3:34:37; 85 S Griffiths (Bex) 3:34:46; 86 C Bonnick (Wat) 3:34:55; 87 A Lee (Giff) 3:34:55; 88 K Gratz (Plum) 3:34:59; 89 S Hazzard (Salis) 3:35:08; 90 K Anthony (unatt) 3:35:21; 91 A Ladkin (unatt) 3:35:34; 92 A Hockley (B Stort) 3:35:48; 93 P Dick (Fraser) 3:35:53; 94 A Scherg (GER) 3:36:01; 95 H Jersild R'mede) 3:36:35; 96 T Booth (Hogweed) 3:37:04; 97 C Phillips (Swin St) 3:37:12; 98 C Saravia (GUA) 3:37:14; 99 D Fitzgerald (unatt) 3:37:51; 100 C Anthony (St Ed) 3:37:59

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W50

1 V Perry (Alt) 2:53:15; 2 S Gilbert (T Soton) 3:05:26; 3 E Christie (Bella) 3:08:29; 4 M Wood (Arb) 3:11:02; 5 C King (FVS) 3:15:33; 6 F Skidmore (Dews) 3:18:29; 7 B Wenman (Cant) 3:21:01; 8 A lane (Bourt) 3:21:18; 9 P Affleck (Gala) 3:21:58; 10 J Dobson (Kinross) 3:24:03; 11 J White (unatt) 3:29:11; 12 S Harbert (unatt) 3:29:54; 13 R Edmonson (Read RR) 3:30:24; 14 J Curtis (Alt) 3:30:30; 15 B Nordin (Ilf) 3:30:38; 16 A Hovden (NOR) 3:32:07; 17 L Crabtree (Hali) 3:32:17; 18 R Ward (A Feet) 3:33:14; 19 J Cordingley (Sale) 3:33:26; 20 P Fairlamb (MK Lake) 3:33:39; 21 L Jean-Elie (FRA) 3:34:08; 22 J Yale (unatt) 3:34:45; 23 A McGarvey (unatt) 3:35:05; 24 P Dickinson 3:35:20; 25 S Colquhoun (Tadcaster) 3:35:45; 26 M Codou (FRA) 3:35:48; 27 J Robinson (orion) 3:36:48; 28 J Binns (WSEH) 3:36:55; 29 L Chapman (Garscube) 3:36:57; 30 B Browning (Eg H) 3:37:08; 31 J Nodder (Morn) 3:37:23; 32 D Heydecker (St Alb) 3:38:10; 33 B Jickman 9unatt) 3:39:15; 34 S Ransome 3:39:54; 35 M Makin (Drom) 3:40:05; 36 D Kitchen (Ilk) 3:43:09; 37 B Cook (S'hurst) 3:43:35; 38 R Van Der Putten (Human E) 3:43:40; 39 S Street (Steel) 3:43:51

W55

1 S Musson (Ton) 3:11:39; 2 P White (unatt) 3:13:55; 3 B Ralph (Chilt) 3:18:53; 4 C Steward (Dulw R) 3:23:11; 5 M Rayner (W4H) 3:24:31; 6 J Georgiou (Farn R) 3:28:53; 7 S Hughes (Tuff F) 3:31:31; 8 C Jeffs 9unatt) 3:32:59; 9 M Maidment (Cent) 3:35:16; 10 J Barrow-Green (Vic P) 3:35:35; 11 S Dale (Hav 90) 3:37:12; 12 J King (Eden) 3:39:10; 13 S Alberry (Salis) 3:39:43; 14 S Taylor (Mounts B) 3:40:13; 15 M Picksley (Steel) 3:43:29; 16 M Hemsworth (Hay H) 3:44:04; 17 D Wooler (C&T) 3:44:21; 18 L Patricia (FRA) 3:44:41; 19 Y Leeson (Stone) 3:45:55; 20 C Cowley (Tewk) 3:46:53; 21 P Fenelon (Goole) 3:47:48; 22 C Jones (unatt) 3:48:42; 23 C Egglesstone (Ling) 3:49:29; 24 F Delves (Hails) 3:49:42; 25 Y Twelvetree (Totley) 3:50:27; 26 S Hume (RRC) 3:51:01; 27 D Pamplin (unatt) 3:51:07; 28 F Kenden (unatt) 3:52:53; 29 P Teresa (FRA) 3:53:22; 30 A Dougal (Dimen) 3:53:29; 31 D Ross (unatt) 3:54:20; 32 R Tabor (Dulw R) 3:55:30; 33 M York (S Der) 3:55:36; 34 E Wyllie (unatt) 3:55:38; 35 C Roberts (Myst) 3:55:33; 36 S Bunten (Saffron) 3:56:06; 37 R Blackford (NZL) 3:57:21; 38 S Currethers (Shep) 3:58:20; 39 A Kaushal (P'Vale) 3:58:25; 40 M Whitty (unatt) 3:59:41

W60

1 A Copson (R&N) 3:14:51; 2 J Davies (E&E) 3:17:27; 3 E Greenblatt (unatt) 3:24:03; 4 V Nystad (NOR) 3:27:28; 5 A Bath (26.2RRC) 3:49:21; 6 G Porter (Metros) 3:49:37; 7 S Marzaioli (Hast R) 3:51:46; 8 T Jones (Cant) 3:51:54; 9 G Little (P'stead) 3:57:06; 10 G Jackson (Chep) 3:57:37; 11 S Utako (JPN) 4:01:15; 12 H Alen (Hart) 4:01:21; 13 E Aitchison (Tring RC) 4:03:59; 14 B Parkinson (R&N) 4:04:30; 15 J Coneeley (unatt) 4:04:47; 16 R Peck (unatt) 4:05:37; 17 B Kinch (NNBR) 4:06:39; 18 C Morgan (Shrop) 4:07:19; 19 P Hedley-Lewis (unatt) 4:11:04; 20 R Hicks (unatt) 4:11:15

W65

1 J Maillard (FRA) 3:57:35; 2 C Spong (G Yar RR) 4:02:11; 3 J Jenkins (N For) 4:07:19; 4 V Brown (unatt) 4:24:19; 5 M Kirby (Hull Sp) 4:29:58; 6 C Ashcroft (Shrop) 4:34:23; 7 P Fallon Scun) 4:40:30; 8 M Nobles (Read RR) 4:40:57; 9 I Meyer-Schall (GER) 4:41:19; 10 S Soar (unatt) 4:44:45

W70

1 K Garnett (CleM) 5:15:00; 2 J Wainwright (Perth) 5:22:48; 3 E Noble (Bex) 5:26:32; 4 J Snelling (Knives) 5:31:27

Roy Humpherson. Writes on his London Marathon.

Never Too Old To Set a P B. It was just before Christmas that I received a phone call from Tom Morris of Midland Masters to advise me that one of the Lucky winners of the draw for a London Marathon Place had withdrawn due to injury and the place was mine if I wanted it, so that is how I came to find myself with an entry for the London Marathon this year.

Training had to start in earnest; I decided to follow the Runners World 16 week programme based on the 3hr 30min. and the 3hr 15min. schedules. Not wanting to train 6 days a week I left out the short slow runs and had rest days instead. The long runs I did were from the 3hr 15min schedule, the speed sessions from the 3hr 30min schedule.



I was generally able to follow the programmes for the 16 weeks although I did miss out the warm up races having decided to run the Guernsey Easter Challenge, 4 races in 4 days which included a 10k and a Half Marathon.

Weekly Mileages were as below
Wk1: 30.3; Wk 2: 17.5; Wk3: 37.1;
Wk 4: 32.1; Wk 5: 27.2; Wk 6: 30.8;

Wk 7: 49.1; Wk 8: 19.0 (on holiday);
Wk 9: 34.0; Wk 10: 62.8(2 long runs this week as I missed last week)
Wk 11: 25.5; Wk 12: 38.8; Wk 13: 60.1 (2 long runs this week as I missed last week); Wk 14: 23.6 (Raced In Guernsey 10k R., 4-6m CC., 2m CC.,) Wk 15: 38.5(Raced in Guernsey Half marathon); Wk 16: 39.1 London Marathon

The day of the run started with lovely weather, the only problem the queues for the toilets for which you had to stand for about 45 minutes.

So to the start line with minutes to spare, the run started and I was off, my legs feeling very heavy probably from standing so long in the toilet queue!! My aim was to run consistent mile time with a target of finishing around 3hr 25min, first mile completed in 8min 13.

The half came up in 1hr 39m 05s, an average of 7m 32 s faster than my original plan but happy and feeling fine the support from the crowds was absolutely fantastic.

Now to the second half when will I hit the wall? Mile 18 the pace drops to 8min per mile, muscles start to seize, mind over matter is required - managed to increase pace slightly to just under 7min 50 s then drop back to just over 8 for the last 2 miles to finish in 3 hr 22m 38s an average of pace of 7m 42s The last half had been covered in 1hr 43m 33s an average pace of 7m 53s.

So at the end a new PB not bad to improve by 1m 30s on my previous PB this was set 17 years ago at London in 1992.

Overall a fantastic day, lovely weather, tremendous crowd support, great organisation (other than the quantity of toilets at the start, this needs to be addressed.)

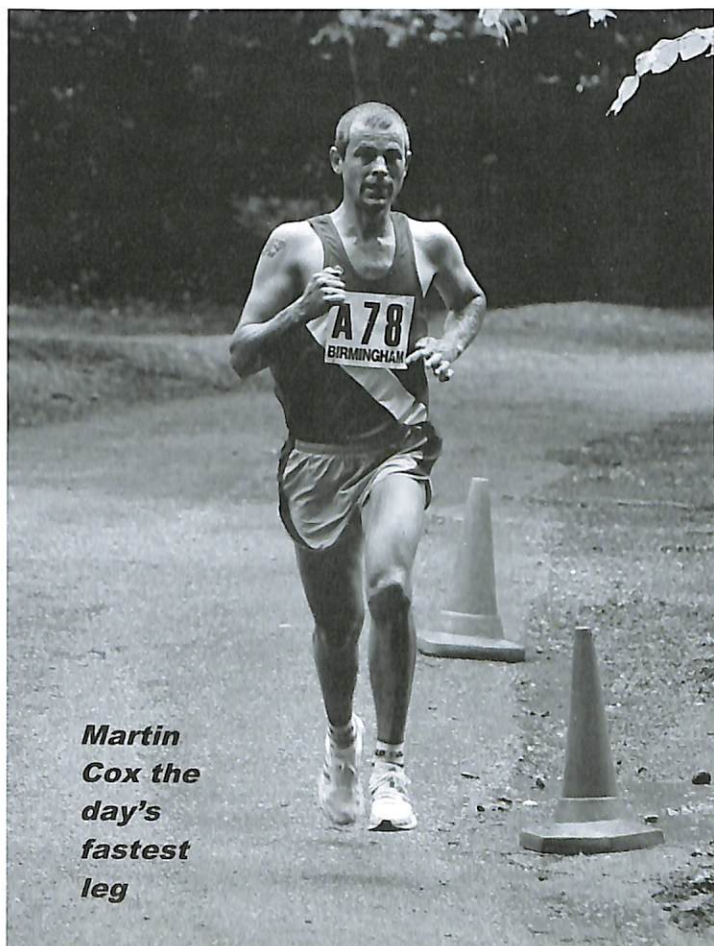
And to cap it all a new Personal Best at 65 years of age, will I do it again? No never... but maybe next year who knows????

So thank you to Midland Masters for allowing me the opportunity to run, to create a new PB and to raise in excess of £1000.00 for St Giles Hospice, Whittington, Staffs.

**BMAF NATIONAL OPEN MASTERS
ROAD RELAY CHAMPIONSHIPS,
16th May, Sutton Park, Birmingham**

**Report by Martin Duff of Athletics Weekly
Pictures by Jeremy Hemmings**

The most popular B.M.A.F. championship of the year saw Herne Hill Harriers come out on top in the M40 8-stage event while, for the first time an M35 squad showed the way to their elders



**Martin
Cox the
day's
fastest
leg**

Martin Cox led Salford Harriers into the lead in stage one, which they held until the finish in the four-stage M35 race and the 39-year-old was the fastest on the day overall and, after his run, in the day's fastest time of 14:40, looked forward to being an M40 for the 2010 event. "Next year will be better," he said. It was the first time in the four years that the M35s have been allowed into this race that a foursome from this group have been ahead of the leading M40 squad, when they completed their stint and they were all Under-40, unlike the winning teams in this group previously.

"I broke away after the turn but the wind was all over the place," said Cox, after they had won by two-and-a-half-minutes from Preston.

Herne Hill soon hit the front in the main M40 race as Francis Marsh, matched the 15:29 of their opening runner, Kofi Agyei, to assume the lead on the second stage. Salford's M40 John Brown took control of the third

leg from Vic Maughn, before Roger Alsop, with a third 15:29 gave Herne Hill a fourth stage lead that they kept to the end. Earlier, Cox was chased home, on the first leg, by Telford's Paul Ward, whose 14:49 was to be the third best M40 time of the day

The second stage saw Julian Emery run 14:47 for Clevedon, gaining 37 places in the process to snatch the fastest overall time of the M40 race. "I put myself on the second and did the same time as last year when I was in the 35s," said Emery, who now will seek selection for the Masters cross-country International, which will be held at the Alexander Stadium in November. Brown has done little on the road in recent years but gave Salford the lead at the end of stage three with 14:53: "I just turned 40 three months ago but I've not really run much on the roads as I'm running on the hills more now," said Brown.



Champions M40 Herne Hill Harriers

Herne Hill, second to Bristol in both 2006 & 2007, went into a narrow lead over Craig McBurney's Morpeth, through Alsop at the half-distance, as Martin Hula gained a lot for Bristol to third. "I saw Craig gaining but we did all right," said the Herne Hill man, who was suffering from a cold. McBurney added: "he seemed to get a second wind." Keith Newton then opened out a near minute lead for the eventual winners as Leicester had new signing Gordon Lee trying to close the gap. "15:22 was a good solid run solo and that's pleasing," said Newton while all Lee's 14:48 could do was keep his squad in contention. "I joined from Owls in December," was Lee's explanation of his presence in the blue vest.

Fastest last year was Brian Rushworth and his 14:54 this time gained Sunderland nine places to fifth but, despite challenging, they were unable to make the final frame. Veteran hurdler Dennis Field reported that his son, Tim, ran but felt he was the weak link in an otherwise strong Sunderland team. He had good reason, he had pneumonia twice this winter following an accident and was hospitalised, he also became a father and got promoted at work and had to take on a heavy workload.

Then it was Ian Lockett's turn for Herne Hill and a 15:00 split yielded a lead of more than two minutes: "I felt all right," was Lockett's verdict and it should have been all over, but Leicester had more new signings still to come. Gareth Deacon pulled back more than a minute on Dave Adam, who answered a call to make the trip down from Dundee, via Inverness, Bristol and Birmingham. "I'm glad

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I came down," said Adam. A long time Herne Hill member, the RAF Afghanistan veteran did enough to send Dave Robinson away on the final leg as Leicester threw in Simon Cotton.

The experienced Robinson, like Adam was nursing an injury, but did enough to secure Herne Hill's first victory in this event. "At the turn I saw him and that got me going again," said the 45-year-old. "I didn't train for a week and I've had a cold for the last month," admitted Robinson. Cotton closed for Leicester, as did Mick O'Doherty for Bristol to seal the minor medals.

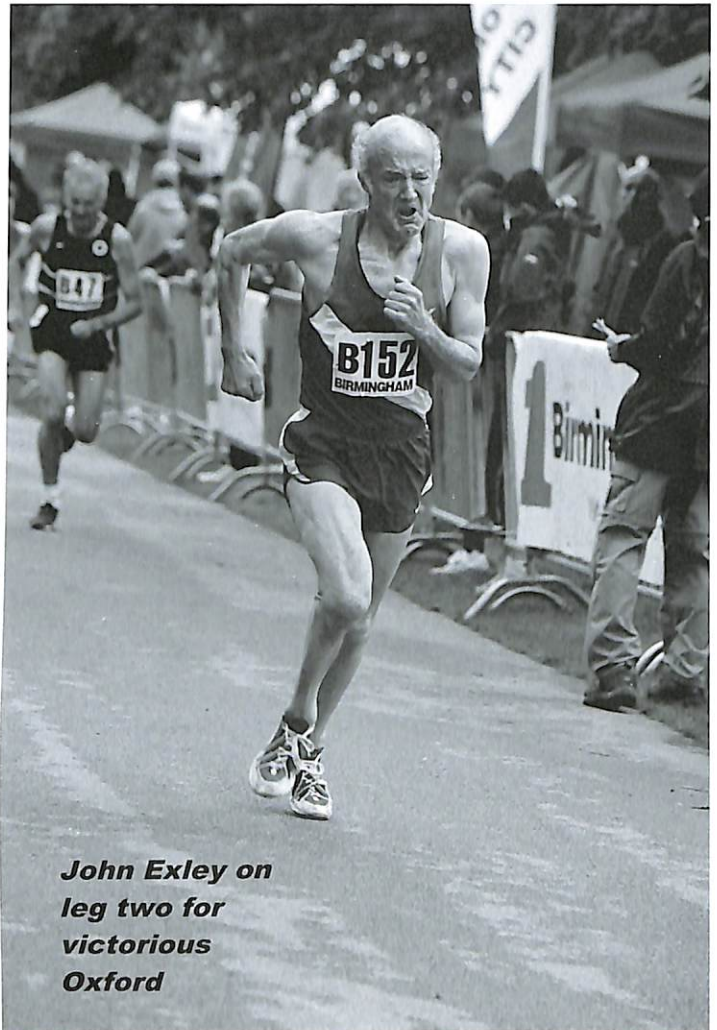
Oxford City took both the six stage M50 and three stage M60 races with solid runs. In the M50 race their victory was their seventh in the past 11 years, while their M60 gold was their second in three years. After a steady start in the over-50 event back in 47th, they advanced to 20th, 9th and 3rd before Chris Sykes, their fastest and the third M50 best, with 16:20 finally hit the front on the penultimate stage before Brian Green finished things off ahead of Dave Wilcock's Barnet who were second for most of the race.



**Greg Wilson
the fastest
M50**

Earlier, Greg Wilson pulled back an early lead by Rowheath's Richard Gray to give 2007 winners Telford a leading start with the day's best M50 effort of 16:00. Later their Tony Power was to throw in a final leg 16:07 for second best. Oxford's M60 team saw Gareth Jones

lead them off in fourth, before John Exley and Roy Treadwell, the age



**John Exley on
leg two for
victorious
Oxford**

groups' fastest, with 17:35 closed out. They saw off challenges from Altrincham and holders Elswick. Exley and Treadwell now have the unique distinction of having gold medals in M40, M50 and M60 age groups. "You just run for your life, but I just waited for the turn and could see them coming down as I was going up," said Treadwell. "Gareth got them all lined up for John Exley," he added. Others, such as your correspondent, have medals from three age groups, but not all gold.



Exmouth win the M70

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The over-70s were also out and, running with the 50s, 60s and all of the women were involved in a pile up at the start when several runners fell. One of the worst sufferers was Exmouth's Ray Elston who crashed face first into road. Covered in blood he got up and worked his way through the back markers before Mick Allen also advanced the Devon club. Then John Perratt passed Bingley's Fred Gibbs to secure gold, with the M70 fastest of 20:43, a just reward for a bloodied Elston. "It was a good run after Ray's fall and I had to overtake Fred, but I think he had a tweak in his leg," said Perratt.



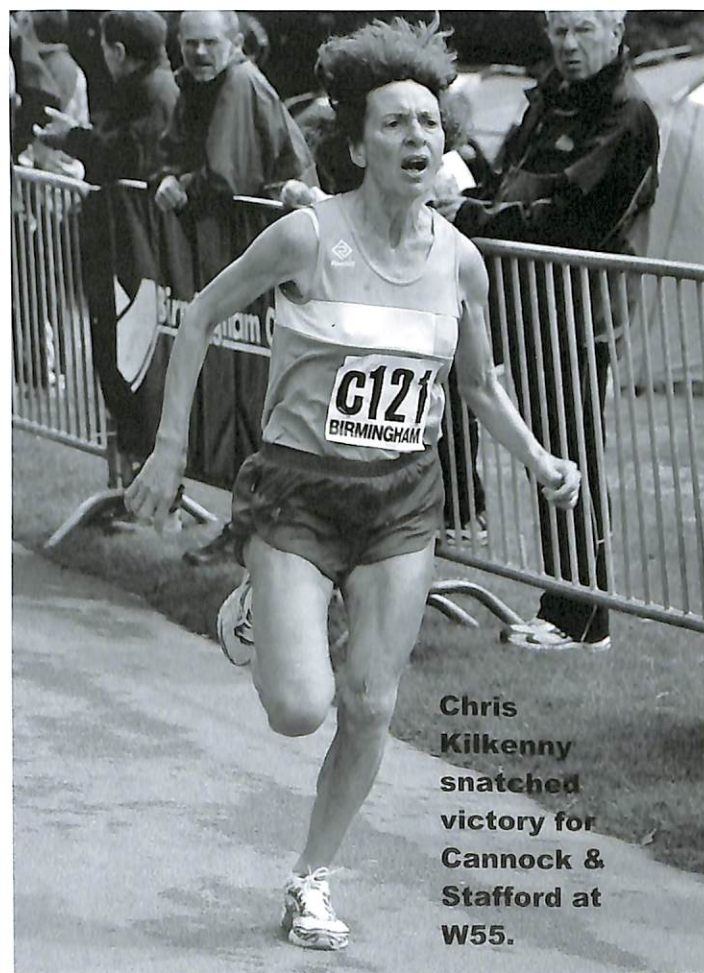
**Sue Beconsall
wins for Bingley**

Reading Road Runners dominated the women's races as they not only notched up their third consecutive W45 title but also led all of the over-35s when they finished their own three legs. Sarah Jarvis had tried to put Bingley into contention on the third stage running 17:04 on what was the W35 penultimate leg before handing over to Sue Beconsall. She then secured Bingley's W35 victory over Redill and Windsor. "Why am I in the W35 team?" asked the exhausted 49-year-old as she finished. She was in good company as Windsor's third placed team had two 45s and 57-year-old Paula Fudge in their squad. Chanah Patton had led the first leg for Hallamshire with 17:13 and they were still ahead on the second leg before Jarvis took over: "I didn't know where we were," said a bemused Jarvis before handing over to Beconsall.

Best time in the W35 group went to 2007 fastest Debbie Walters, with 16:21 on the final lap but, after arriving late at the course due to a time mix up, said: "I would have done the first leg but I didn't get here, but I was really pleased with that."



Reading Road Runners for whom London Marathon W45 winner Sarah Gee stormed through to post the W45 fastest lap of 17:07 were convincing W45 winners, more than two minutes clear of Bristol and Norwich. Gee said: "I was a bit tired today because after the marathon I did the Bracknell half, because my employers Quintiles sponsored it. I want to get my speed back, but also get below my 2:45 and 76mins for the half." Reading's first leg runner Lesley Whiley said: "Sarah was flying again today." Their second leg runner Carol Bowker added of her 18:30: "That's quick for me as I've been injured."



**Chris Kilkenny
snatched
victory for
Cannock &
Stafford at
W55.**

Jane Clarke had led early on for Norwich with 17:31 and said: "it was a good solid run all of the way round."

Last year Daphne Elmore took the fastest W55 lap for Wolds Vets but they only had two runners. This time they made no mistake as Elmore again posted fastest with 18:29 on the first leg of their three stage race. However, they had to concede to Chris Kilkenny's Cannock on the final lap.

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RESULTS:

Men 35-39 Team Results

1 Salford Harriers & AC1h02.00 (Martin Cox 14.40m, James Kovacs 16.00m+0, Phil West 16.04m+0, Pumlanzi Bangani 15.16m+0); **2 Preston Harriers1h04.26m** (Dave Barker 16.44m, Dave Watson 16.55m+7, Steve Hallas 15.38m+16, Gary Pennington 15.09m+10); **3 Redhill Road Runners1h04.31m** (Andy Wetherill 15.39m, Nigel Lever 16.34m-5, Mark Yates 16.17m+6, Paul Newton 16.01m+3); **4 Tipton Harriers 1h04.44m** (Pat Kavanagh 15.40m, Dean Hill 16.31m-2, Lawr Heathcock 17.11m-4, Phil Clamp 15.22m+9); **5 Liverpool Harriers & AC1h05.20m** (Joe Parkinson 16.21m, Ray Cole 17.07m-1, Glen Groves 15.56m+10, Alan Ashton 15.56m+5); **6 Bournville Harriers 1h06.38m** (Rob Andrew 16.27m, Dean Parker 15.51m+14, Sean Rose 16.51m+4, Andy Saker 17.29m-7); **7 Wolds Veterans 1h06.47m** (Mick Jagger 15.15m, Paul Freeman 17.44m-22, Gary Thomas 16.22m+7, Dean Houlton 17.26m-5); **8 Team Bath AC 1h06.54m** (Gavin Jones 17.16m, Alan Buckingham 16.06m+23, Steve Rose 16.33m+5, Dave Coales 16.59m+0); **9 North Shields Poly AC 1h07.07m** (Martin Frost 17.00m, Tommy Brannon 16.06m+21, Sean Maley 18.22m-7, Iain Twaddle 15.39m+9); **10 Holmfirth Harriers 1h07.51m** (John Broome 16.18m, Ricky South 16.28m+6, Chris Beadle 17.55m-7, Julian Rose 17.10m+1); **11 Barrow & Furness Striders 1h08.02m** (Garry Dixon 15.29m, Simon Stanway 17.29m-16, Dave Parker 19.29m-15, Bob Atkinson 15.35m+9); **12 Birmingham Rowheath AC 1h08.33m** (Toby Gosnell 18.06m, Andy Kenchington 16.42m+18, Mark Hirsch 17.17m+2, Paddy Allaway 16.28m+6); **13 West Bromwich Harriers 1h09.02m** (Gurmehl Dehl 16.16m, Karl Moore 16.48m-1, Malcolm Carr 17.18m+0, Gary Clifton 18.40m-8); **14 Clayton-Le-Moors Harriers 1h09.05m** (Gary Shaw 16.01m, Jason Harbour 17.12m-10, Alex Cran 17.35m-2, Kieron Mitchell 18.17m-5); **15 Birchfield Harriers 1h09.19m** (Mike Morley 16.33m, Kevin Warkeley 18.19m-4, Gerry Timmins 17.55m+1, Andy Swearman 16.32m+5); **16 Royal Sutton Coldfield AC 1h09.33m** (Tony Hinchley 16.52m, John Dardis 18.22m-1, Clive Hackforth 17.54m+4, Steve Marklew 16.25m+5); **17 Neath Harriers 1h09.39m** (Jamie Rees 16.11m, Shaun Broom 18.57m-24, Alun Rees 17.28m+4, Andrew Baker 17.03m+2); **18 Leicester Coritanian AC 1h10.09m** (Dave Saunders 17.42m, Craig Austin 17.42m+5, Nev Francis 17.46m+6, Craig Sabin 16.59m+3); **19 Halesowen A & CC 1h11.11m** (Marc Turner 15.48m, Stuart Towilson 22.29m-44, Nick Price 17.19m+7, Bill Nock 15.35m+8); **20 Les Croupiers RC1h11.22m** (Phil George 16.31m, David Williams 16.09m+17, Marcus Coles 18.13m-11, Alun Jones 20.29m-14); **21 Bolton United H & AC 1h12.37m** (Ian Selby 16.20m, Eric Ranicar 19.02m-20, Ken Fowler 18.40m+1, Andrew Doyle 18.35m-2); **22 Bingley Harriers 1h13.47m** (Mark Teasey 19.20m, Richard Balshaw 17.07m+8, Adrian Rushworth 19.17m+0, Carey Grey 18.03m+2); **23 Centurion Running Club 1h16.40m** (I Satterthwaite 17.08m, Andy Rea 19.32m-5, Andy Matthews 20.11m-1, David O'Keefe 19.49m+0);

Incomplete Teams:

Dudley Kingswinford RC (Mark Taylor 18.46m, Adrian Jones 18.07m+4, David Norman 21.03m-2); **Dudley & Stourbridge H** (Ian Furness 16.24m); **Rotherham Harriers & AC** (Matthew Asbridge 18.59m);

Fastest Legs:

1 Martin Cox 14.40m; 2 Gary Pennington 15.09m ; 3 Mick Jagger 15.15m ; 4 Pumlanzi Bangani 15.16m; 5 Phil Clamp 15.22m ; 6 Garry Dixon 15.29m ; 7 Bob Atkinson & Bill Nock 15.35m; 9 Steve Hallas 15.38m; 10 Andy Wetherill & Iain Twaddle 15.39m ;

Men 40-49 Team Results

1 Herne Hill Harriers 2h05.38m (Kofi Agyei 15.29m, Francis Marsh 15.29m+6, Victor Maughn 15.59m-1, Roger Alsop 15.29m+1, Keith Newton 15.22m+1, Iain Lockett 15.00m+0, David Adam 17.04m+0, David Robinson 15.46m+0); **2 Leicester Coritanian AC 2h05.56m** (Phil Makepeace 15.14m, Dave Miles 16.01m+0, Rob Sheen 15.59m-1, Andy Hart 16.41m-1, Gordon Lee 14.48m+3, Derek Guess 16.07m+0, Gareth Deacon 15.46m+0, Simon Cotton 15.20m+0); **3 Bristol & West AC 2h07.26m** (Jerry Hogan 16.47m, Andrew Harrison 16.08m+20, Alec Woods 15.26m+13, Martin Hula 15.22m+7, Robert Goutcher 16.26m-2, Philip Parry 15.05m+3, Jon Goodland 16.44m-1, Mick O'Doherty 15.28m+1); **4 Sunderland ariers 2h07.44m** (Mick Thompson 15.59m, Ken Bell 16.11m+2, Tim Field 16.37m+1, Brian Bewick 16.16m+0, Brian Rushworth 14.54m+9, George Harden 16.04m+1, Tom Doughty

15.36m+1, Paul Merrison 16.07m-1); **5 Thames Hare and Hounds2 h08.23m** (Jerry Watson 15.33m, Chris Daniels 16.31m-2, Andy Howse 16.37m+0, Matt Lynas 16.05m+1, Ben Reynolds 15.03m+8, Larry Matthews 17.12m-1, Dave Symons 16.03m+0, Andy Weir 15.19m+0); **6 Salford Harriers 2h10.27m** (Paul Simons 16.10m, Dave Lockett 15.48m+9, John Brown 14.53m+9, Dave Townsend 17.09m-4, Phil Leybourne 15.22m+3, Mark Seed 17.47m-4, James Jackson 16.23m+1, Paul Birkett 16.55m+0); **7 Horwich R M I Harriers 2h12.00m** (Colin Rigby 15.27m, Steve Nolan 16.09m+0, James Logue 15.59m+1, Adrian Selby 16.27m-1, Steve Duckworth 16.33m+0, Paul Muller 16.29m+1, Gary Chadderton 17.50m-1, Nigel Clementson 17.06m+0); **8 Neath Harriers 2h12.12m** (Kevin Lewis 17.12m, Pete Crane 17.13m+13, Phil Crane 16.35m+6, Mark Reynolds 17.30m+1, Chris Williams 16.06m+14, Paul Richards 15.28m+7, Paul Griffiths 16.01m+3, Paul Talbot 16.07m+0); **9 Clevedon AC 2h13.31m** (Stuart Hancock 16.51m, Julian Emery 14.47m+37, Nick Hides 16.40m-2, Nick Page 16.47m-5, Mark Cooper 16.46m+6, Andy Heyes 17.01m+1, Richard Smith 17.24m-1, Steve Hollier 17.15m+0); **10 Clayton-le-Moors Harriers 2h14.38m** (Barry Brock 16.17m, Mark Aspinall 16.35m+4, Philip Hall 16.13m+8, Tony Chew 16.40m-3, Tony Walker 17.35m+5, David Edmondson 17.13m+1, Paul Archer 17.15m+0, Paul Shackleton 16.50m+2); **11 Tipton Harriers 2h14.43m** (Malcolm Eustace 16.30m, Mark Farnell 17.00m+4, Andy Cooper 17.16m+2, Richard Hunter 17.06m+1, Paul Rogers 16.06m+13, Steve Ward 16.41m+3, Mark Wright 16.51m+2, Chris Flavell 17.13m+0); **12 Bedford & County AC 2h15.24m** (Richard Powell 15.47m, Jim McMahon 15.54m+5, Stephen Earley 16.31m+2, David Cheshire 16.43m-5, Andrew Blair 16.24m+5, Robert Payne 18.10m-1, Paul Gooding 17.30m-1, Jon Roots 18.25m-2); **13 Rotherham Harriers & AC 2h16.22m** (Dave Nuttall 17.59m, Howard Darwin 17.17m+9, Paul Ruddleston 16.21m+12, John Comrie 18.04m-4, Mark Ruddleston 16.24m+19, Pete Mirrlees 16.43m+2, Mark Ward 16.29m+5, Tim Drake 17.05m+1); **14 Telford AC 2h17.25m** (Paul Ward 14.49m, John Saunders 16.39m-3, Pete Plant 16.46m-4, Paul Williams 17.26m-8, John Garmson 17.12m+6, Bruce Gregory 19.32m-6, Ian Cranfield 18.34m-1, Dave Mansbridge 16.27m+4); **15 North Belfast Harriers 2h17.29m** (Davy Brady 16.27m, Tommy Hughs 15.49m+16, Peter Smith 17.12m-4, Eddie Burns 16.45m+4, Brendan Dumigan 17.22m+5, Jim Weir 17.29m+0, John Patience 17.32m+1, Damien Gill 18.53m-2); **16 Oxford City AC 2h18.43m** (Steve Male 15.36m, J Richardson 16.03m+3, Mark Tankard 17.34m-8, Andy Gleeson 17.10m-3, Rob Webster 18.12m+3, Tim Osman 18.06m-1, Pete Gray 17.35m+1, Chris Birch 18.27m+1); **17 Southampton RC 2h19.04m** (Dave Blackman 16.11m, Andy Morgan-Lee 15.11m+18, Graham Bungay 16.39m-3, Jon Grainger 16.39m-3, Paul Johnson 19.15m-5, John O'Shea 19.20m-5, Scott Augur 18.08m+1, Howard Long 17.41m+2); **18 Mansfield Harriers & AC 2h20.50m** (Doug Ross 16.12m, David Peet 18.38m-19, Rik Huntington 18.37m-4, Steve Davies 18.39m-2, Steve Grainger 17.21m+22, Rob Smith 16.57m+2, Tim Raynor 17.34m+4, Peter Stafford 16.52m+2); **19 East Cheshire & Tameside 2h21.03m** (Simon Grundy 16.24m, Joe Dooley 17.39m-4, Phillip Jaques 17.11m+2, Garry Matthews 16.09m+7, Saul Gallagher 17.55m+8, Paul Dalton 17.04m+3, Steve Robinson 17.31m+0, Andrew Cole 21.10m-3); **20Hallamshire Harriers2h21.16m** (Carl Thackery 15.19m, Dean Furniss 16.13m+0, Micah Wilson 17.53m-16, David Whittaker 19.30m-12, Paul Keen 18.04m+12, Rob Pearson 17.45m+1, Simon Croft 20.45m-2, R Hollingsworth 15.47m+3); **21 Les Croupiers RC 2h22.19m** (Richard Bullen 16.39m, Scott Howell 17.32m+2, Steve Alexander 19.37m-9, Dave Headon 17.20m+4, Peter Kellam 21.07m+13, Matt Townsend 18.06m+0, Lee Aherne 16.02m+5, Phil Cook 15.56m+4); **22 Derby AC 2h22.49m** (John Knibb 16.25m, Russell Parkin 17.09m+0, John Robertson 17.00m+5, Dav Connor 15.54m+7, Stuart Dunn 16.42m+9, Mark Smith 18.25m-3, Damon Chambers 18.16m+0, Chris Booth 22.58m-7); **23 Bridgend AC 2h24.44m** (Rob Hunt 17.06m, Simon Osbourne 16.50m+15, Jeff Thomas 17.47m-2, Alan Wood 18.31m-5, Dave Hughes 18.31m+18, Adam Rees 17.49m-1, Will John 18.41m+4, Steve Breach 19.29m-2); **24 City of Norwich AC 2h25.00m** (Andrew Bunn 16.57m, Robert Cheverton 17.40m+8, Glen Dunham 18.48m-5, Harry Knowles 18.17m-2, John Walshaw 17.26m+22, Joe Geitner 17.44m-1, Paul Woodyatt 18.33m+4, Richard Polley 19.35m-2); **25 The Stragglers 2h25.40m** (Roy Reeder 16.44m, Steve Sandham 19.09m-10, Rob Black 18.34m+2, Simon Brazil 18.06m+1, Jim Desmond 17.19m+21, Ian Callander 18.26m+1, Dave Griffiths 20.04m-1, Nigel Rothwell 17.18m+3); **26 Vale Royal AC 2h25.46m** (Andy Gibbs 15.32m, Tom Annable 16.31m-2, Dave Gough 17.33m-12, Pete Maher 17.02m+2, Tony Archer 19.18m+2, Mark Houldcroft 19.05m-2, Paul Clutterbuck

20.58m-2, Colin Rathbone 19.47m-2); **27 Sparkhill Harriers 2h27.23m** (Darren Riley 16.31m Nick Stringer 17.37m+0, Rob Mills 17.49m-1, Patrick Finnegan 19.14m-6, Craig Hinks 18.20m+17, Barry O'Neil 18.50m-1, Derek Gothard 18.46m+2, Paul Shipway 20.16m-1); **28 Newport Harriers 2h27.46m** (Neil Hardee 15.17m, Geoff Brimble 16.52m-9, Dave Griffiths 17.57m-12, Mark Carpanini 17.54m-4, Malcolm Medhurst 19.36m+7, Darryn McAtee 18.36m+0, Richard Bowie 21.08m-4, Dave Proffitt 20.26m-1); **29 Blackpool Wyre & Fylde AC 2h30.04m** (John Wright 16.00m, Terry Bradshaw 19.04m-26, Dave Robson 19.05m-5, Graham Davies 18.36m-2, Stuart Williams 17.58m+22, Gary Johnston 18.53m+0, Nick Hume 20.19m+0, Steve Minto 20.09m+0); **30 Wesham RR & AC 2h32.43m** (Trevor Rayner 17.43m, Alan Glasgow 19.26m-2, Gary de Banke 17.48m+7, Mark Midgley 18.59m-3, Mick Edge 18.37m+22, Chris Whitlock 19.04m+1, Peter Gleaves 21.46m-1, Gary Moore 19.20m+2); **31 Centurion RC 2h32.56m** (Paul Davies 16.54m, Gavin Davies 18.50m-4, Mark Carwardine 19.28m-1, Tom Sweeney 18.01m+0, Graham Robinson 19.09m+21, Chris McCan 20.08m-1, Gary Turner 20.34m+1, Neil Prentice 19.52m+0); **32 Dudley Kingswinford RC 2h33.04m** (Ian Hopkins 19.32m, Steve Wood 19.41m+3, Stuart Tromans 18.15m+3, Garry Bonner 18.21m+2, Richard Jones 18.37m+22, Mark Homer 20.06m+0, Graham Dews 20.01m+1, Adrian Morley 18.31m+1); **33 North Shields Poly AC 2h36.04m** (Vaughan Hemy 16.45m, Paul Hughes 19.30m-11, Chris Wescomb 19.39m-2, Chris Walker 18.59m+1, Steve Gilroy 18.14m+22, John Brown 19.35m+0, Ian Holland 19.56m+3, Alan Turnbull 23.26m-3); **34 West Bromwich Harriers 2h50.39m** (Dave Jones 19.48m, Bob Meek 20.25m+3, Dave Heeley 19.20m+2, Pat Powell 20.54m+1, Neil Munroe 22.06m+23, Phil Colver 22.38m+1, Paul Mansell 22.37m+1, Jim Stott 22.51m+0);

Incomplete Teams:

Blackheath & Bromley HAC (Mark Ellison 18.03m, Ian Montgomery 20.02m-1, Glen Read 17.38m+5); **Morpeth Harriers** (Paul Waterston 16.14m, Phil Walker 15.58m+8, Neil Wilkinson 15.06m+12, Craig McKBurney 15.17m+2, Mike Jeffrey 19.40m-7, David Steel 17.28m+0); **Redhill Road Runners** (Clive Grayson 17.35m, Martyn McHale 17.35m+8); **Wolds Veteran RC** (Andy Garside 18.18m, Dave Jackson 17.46m+7, Jorge Clavijo 24.00m-8, Mark Crellin 20.23m+3, Pete Hutchinson 19.28m+23);

Fastest Legs:

1 Julian Emery 14.47; 2 Gordon Lee 14.48m ; 3 Paul Ward 14.49; 4 John Brown 14.53; 5 Brian Rushworth 14.54; 6 Iain Lockett 15.00m+0, 7 Ben Reynolds 15.03; 8 Phil Parry 15.05; 9 Neil Wilkinson 15.06; 10 Andy Morgan –Lee 15.11;

Women 35-44 Team Results

1Bingley Harriers AC1h12.57m (H Livingstone18.57m ,Ruth Whitehead 18.56m+16, Sarah Jarvis 17.04m+17, Sue Becconsall 18.00m+7); **2 Redhill Road R unners 1h13.37m** (Toni Minitti 18.31m, Sharon Smith 18.08m+15, Helen Burrell 18.30m+1, Carolyn Hay 18.28m+6); **3 Windsor Slough Eton Houns 1h14.15m** (Marina Stedman 18.03m, Dee Smale 18.57m-5, Jane Sheard 18.19m+3, Paula Fudge 18.56m+6); **4 Dulwich Runners AC 1h14.46m** (Ola Balme 18.31m, Teresa Gaillard 18.38m+10, Andrea Pickup 17.58m+8, Nicola Richmond 19.39m-1); **5 Hallamshire Harriers 1h15.44m** (Chanah Patton 17.13m, Pippa Wilkie 18.40m-12, Julie Wilson 21.29m-24, Joanna Seymour 18.22m+12); **6 Telford AC 1h16.06m** (Amanda Dalkins 18.20m, Cherayln Evans 19.37m-11, Julie Kirby 19.07m+2, Denise Sanders 19.02m+9); **7 Blackheath & Bromley 1h16.38m** (Jane Bradshaw 18.28m, Carolyna Baldock 21.23m-23, Sarah Dowling 19.03m+9, Jennie Butler 17.44m+18); **8 Holmfirth Harriers 1h17.03m** (Helen Berry 18.15m, Julia Johnson 19.15m-7, Karen Sinkinson 20.21m-9, Dawn Broom 19.12m+12); **9 Blackpool, Wyre & Fylde 1h17.46m** (Vkki Weller 18.46m, Bev Wright 18.46m+14, Andrea Smith 19.55m-6, Tanya Ashworth 20.19m+8); **10 Chiltern Harriers AC 1h17.54m** (Judith Orr 19.33m, Debbie Wenman 19.56m+13, Alison Young 19.31m+3, Laura Butt 18.54m+15); **11 Winchester & Dist AC 1h18.13m** (Jo Jefferies 18.41m, Joy Radford 21.17m-15, Lucy Elliott 16.58m+23, Madeline Vossler 21.17m+0); **12 Birchfield Harriers 1h18.58m** (Julie Rogers 21.39m, Val Carter 21.23m+5, Cath Mijovic 19.35m+13, Debbie Walters 16.21m+37); **13 Wolds Veteran RC 1h20.43m** (Mary Craig 19.09m, Susan Hobbins 20.19m+5, Tracey Gibson 20.24m-3, Kathy Palmer 20.51m+15); **14 Barnsley AC 1h20.46m** (Beth Massey 19.40m, Kerry Storrar 20.31m+4, Jenny Wakeman 19.47m+6, Linda Westlake 20.48m+16); **15 Liverpool Harriers & AC 1h21.30m** (Michelle Murphy 18.46m, Marina Ali 19.24m+4, Linda McDermott 20.31m-1, Karen Dalby 22.49m+3); **16 Wesham RR & AC 1h22.16m** (Carmel Sullivan 19.15m, Michaela

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Dempsey 20.36m-1, Tracey Hulme 22.21m-13, Sarah Sherratt 20.04m+26, **17 Les Croupiers RC 1h28.05m** (Jo Pritchard 19.31m, Jane Ash 21.30m-6, Yvonne Bullen 20.46m+5, Wendy Boon 26.18m+18); **18 Centurion RC 1h34.03m** (Deni Fitzgerald 21.31m Marilyn Maidment 22.01m+1, Sharon Townley 21.17m+6, Sue Wallace 29.14m+36);

Incomplete Teams:

North Shields Polytechnic (Helen Morris 20.56m Louise Vickers 23.03m-5); **Rotherham Harriers & AC** (Janet Hindley 19.25m); **Sheffield Running Club** (Deborah Richards 18.14m); **Team Bath AC** (Sarah Urwin-Mann 17.36m, Jo Thompson 18.31m-5, Sue Bridgen 22.15m-25 0;

Fastest Legs:

1 Debbie Walters 16.21m ; 2 Lucy Elliott 16.58m ; 3 Sarah Jarvis 17.04m; 4 Chanah Patton 17.13m ; 5 Sarah Urwin-Mann 17.36m; 6 Jennie Butler 17.44m ; 7 Andrea Pickup 17.58m; 8 Sue Beconsall 18.00m; 9 Marina Stedman 18.03m ; 10 Sharon Smith 18.08m ;

Women 45-54 Team Results

1Reading Road Runners54.06m (Lesley Whiley 18.29m, Carol Bowker 18.30m+8, Sarah Gee 17.07m+13); **2 Bristol & West AC 56.36m** (Alison Hurford 19.22m, Sian Davies 18.34m+21, Nicky Bromhall 18.40m+8); **3 City of Norwich AC 56.46m** (Jane Clarke 17.31m, Louise Wilkinson 19.43m-19, Tessa Pike 19.32m-1); **4 Clayton-le-Moors 57.11m** (Anna Kelly 18.52m, Susan Burns 19.18m+5, Maureen Laney 19.01m+6); **5 Holmfirth Harriers 1h00.54m** (Jean Shotton 20.37m, Lesley Ewart 19.59m+18, Chris Cough 20.18m+5); **6 Les Croupiers RC 1h01.23m** (Gill Kellam 21.17m, V Singleton 20.31m+15, Jane Coker 19.35m+13); **7 Redhill Road Runners 1h01.31m** (Helen Cawthorne 20.23m, Bev Barnes 21.38m+2, Ann Ford 19.30m+16); **8 Bingley Harriers 1h01.59m** (Mary Green 19.47m, Alison Marks 20.31m+3 Rebecca Weight 21.41m-5); **9 Halesowen A & CC 1h04.17m** (Sally Spencer 20.33m, Kim Braznell 21.01m+10, Ellen Ambrose 22.43m-10); **10 Rotherham Harriers & AC 1h05.07m** (Sharon Burton 22.05m, Gill Taylor 22.22m+4, Paula Fishers 20.40m+6); **11 Dulwich Runners AC 1h05.38m** (Ros Tabor 20.58m, Angie Norris 20.25m+16, Steph Burchill 24.15m-16); **12 Blackheath & Bromley 1h07.58m** (Annie McDonough 22.27m, Jacki Montgomery 22.42m+1, Anne Cilia 22.49m+2);

Incomplete Teams:

Wolds Veterans RC (Julie Turrell 22.53m, Susan Green 23.48m+4)

Fastest Legs:

1 Sarah Gee 17.07m; 2 Jane Clarke 17.31m; 3 Lesley Whiley 18.29m.; 4 Carol Bowker 18.30m; 5 Sian Davies 18.34m; 6 Nicky Bromhall 18.40m;

Women 55+ Team Results

1 Cannock & Stafford AC 1h01.48m (Chris Rollason 21.35m ,Dot Fellows 20.59m+9, Chris Kilkenny 19.14m+17); **2 Wolds Veteran RC 1h03.26m** (Daphne Ellmore 18.29m, Barbara Brown 21.07m-19, Carol Hall 23.50m-24); **3 Hallamshire Harriers 1h03.36m** (Janice Ashforth 22.33m, C Wolstenholme 20.03m+13, Jenny Chambers 21.00m+6); **4 Team Bath AC 1h08.26m** (Zina Marchant 20.18m, Miriam Mitchell 22.18m-7, Janice Rambridge 25.50m-12); **5 Les Croupiers RC 1h10.12m** (Ann James 22.36m, Annie Conroy 25.19m-2, Edwina Turner 22.17m+4);

Fastest Legs:

1 Daphne Ellmore 18.29m ; 2 Chris Kilkenny 19.14m 3 Carol Wolstenholme 20.03m

Men 50-59 Team Results

1 Oxford City AC 1h42.44m (Dave Wheeler 18.41m Richard Grant 17.16m+27, Phil Huxley 16.58m+11, Trevor Dixon 16.44m+6, Chris Sykes 16.20m+2, Brian Green 16.45m+0); **2 Barnet & District AC 1h43.31m** (Jonathan Kilsby 17.08m, Pete Ellis 17.19m+0, Tony Cousins 17.34m+3, Isaac Ben Aroya 17.22m+0, Des Michael 17.18m+0, Dave Wilcock 16.50m+0); **3 Wirral AC 1h44.35m** (Graham Ratcliffe 16.47m ,Paul Frodsham 18.37m-10, Mick McDewitt 17.09m+6, Tony Devoy 17.18m+2, Kevin Buxton 17.29m+0, Chris Henry 17.15m+2); **4 Wesham Road Runners & AC 1h45.22m** (Alan Hudson 17.50m, Alex Rowe 16.23m+19 John Bertenshaw 17.40m+2, John Collier 17.21m+0, Martin Bates 18.03m-3, Graham Cunliffe 18.05m+0); **5 Woodford Green / E Ladies 1h45.51m** (Roger Green 17.43m, Paul Chase 17.20m+10, Terry McCarthy 19.26m-10, Richard Holland 17.38m+9, David Cox

16.26m+4, Chris Brogan 17.18m+1 0; **6 Blackheath & Bromley 1h46.23m** (Mark Watling 17.41m, Ken Daniel 18.10m+1, Tim Soutar 16.35m+11, Cliff Keen 17.15m+2 Alan Camp 17.06m+1, Con Griffin 19.36m-3); **7 Ron Hill Cambuslang 1h46.53m** Jim Zaple 18.35m , Archie Jenkins 17.56m+19, Bernie Gough 18.40m-2, Colin Feechan 17.19m+13, Gerry Reid 17.03m+5, Frank Hurly 17.20m+1); **8 Altrincham & District AC 1h46.55m** (Dave Carrington 17.15m ,Peter Pickwell 18.10m-6, Sean Butler 17.55m+3, Mike Jones 19.11m-3, Dave Ainsworthy 17.32m+3, Dave Southern 16.52m+3); **9 Telford AC1h47.00m** (Greg Wilson 16.00m, Alan McDonald 18.57m-6, Rick Hailey 17.28m+2, Dave Davies 21.35m-15, Steve Jones 16.53m+5, Tony Power 16.07m+6); **10 Clayton-le-Moors 1h47.38m** (Col Shuttleworth 17.20m, Roger Brewster 17.26m+5, Jeff Pickup 19.07m-9, Brian Horrocks 17.30m+7, Alan Clarkson 18.33m-2, John Roche 17.42m+0); **11 Dulwich Runners AC 1h48.10m** (Steve Smythe (1) 17.16m,Steve Smythe (2) 17.07m+5, James Godkin 17.55m+0, Adrian Greer 18.27m-3, Mike Mann 18.10m+0, Andy Murray 19.15m-4); **12 Holmfirth Harriers 1h48.15m** (John Ewart 16.53m Gary Armitage 17.15m+3, Andy Hauser 17.58m-2, Kevin Yewlett 18.31m-3, Dave Shepherd 19.00m-3, Bob Kersey 18.38m-3); **13 Rotherham Harriers & AC 1h48.22m** (Mart Herrington 18.30m, Steve Gaines 18.59m+5,Pete Shaw 17.51m+6, Keith Williams 18.02m+11, Peter Neal 17.23m+4, Terry Eastwood 17.37m+1); **14 South London Harriers 1h48.45m** (Clive Edgington 18.40m, Bob Harrison 17.50m+22, Ian Kitchen 18.35m+0, Mark Gregory 17.22m+12, Antonio Martins 18.02m-1, Paul Williams 18.16m-2); **15 Les Croupiers RC 1h49.08m** (Nick Rees 18.22m ,Elio Lepore 18.14m+8, Sandy Johnston 18.51m-5, Mick Tabor 17.45m+14, Mick McGeoch 17.29m+3, Paul Coker 18.27m-2); **16 Team Bath AC 1h50.16m** (Dave Gunstone 17.35m, Paul Newman 17.38m+4, Tom Hutchinson 17.42m+3, Clive Beer 19.32m-4, Paul King 18.40m-5, Nick Pollastrone 19.09m+1); **17 Neath Harriers 1h50.27m** (Richard Bowen 19.21m, Dave Davies 18.47m+17, Howard Carpenter 18.42m+8, Steve Williams 17.40m+13, David Crane 17.50m+5, Tudor Harries 18.07m+1); **18 Bedford & County AC 1h51.45m** (Mick Shotbolt 17.14m, Andy Boast 17.57m-3, Rob Lands 18.25m-3, Paul Wilkerson 18.26m+4, Malcolm Cowley 18.54m-7, Peter Dancer 20.49m-2);v **19 Thames Hare & Hounds 1h51.59m** (Richard Turner 17.21m ,Chris Cheeseman 18.33m-6, Michael Sanford 18.56m-2, Rhodri Davies 19.22m+0, Richard Pitt 18.16m+2, Michael Farmery 19.31m+0); **20 Sheffield Running Club 1h53.10m** (Malcolm Taylor 18.55m, Nick Duggan 18.59m+13, Gary Podmore 18.24m+9, Nigel Kent 20.59m-3, Mike Levery 17.42m+13, Sid Cordle 18.11m+1); **21 Birmingham Rowheath AC 1h53.52m** (Richard Gray 16.23m, Steve Hewitt 17.47m+0, John Llewellyn 19.03m-8, Paul Archer 21.26m-14, Martin Ludford 20.51m+2, Geoff Mann 18.22m+1); **22 Bridgend AC 1h53.57m** (Peter Davies 17.18m, Huw Roberts 17.55m-2, John Embling 18.42m-4, Roger Davies 19.22m-1, Stuart Davidson 22.22m-6, Alan Kerr 18.18m+1); **23 North Belfast Harriers 1h54.42m** (Jim Newburry 17.37m, Derek Donaghy 17.22m+9, Frank Davidson 18.51m-6, Victor Johnston 21.21m-14, Marty Murdoch 21.04m+4, Matt Shields 18.27m+1); **24 Salford Harriers & AC 1h55.23m** (Alan Norman 18.21m, Ronny Warrender 18.54m-2, Garry Thomason 19.43m-5, Russ Derbyshire 18.22m+10, Frank Royle 21.27m+4, Mike Wakefield 18.36m+1); **25 Derby AC 1h57.36m** (Mick Buttery 26.36m, Kevin Spare 17.10m+17, Ray McDonald 18.12m+22, Brian Swindell 17.04m+30, Gary Fallon 19.09m+13, Mick Smedley 19.25m+2); **26 Royal Sutton Coldfield AC 1h58.34m** (John Fletcher 17.21m, Stephen Lacombe 18.13m-3 Martin Jones 18.58m-5, Roy Humpherson 20.15m-6, Robert Owen 22.43m+0, Michael Browne 21.04m+0); **27 Halesowen A & CC 2h00.36m** (Andy Nock 18.05m, John Hill 18.38m-1, Keith Perry23.48m-32 Maurice Endacott 21.45m+14, Barry Thompson 19.12m+17, Paul Butler 19.08m+2); **28 Southampton RC 2h04.00m**(Neil Hotson 18.23m, Malcolm Price 22.32m-36, Sidney Delara 19.01m+13, Graham Cotterell 22.18m+12, Terry Sinclair 20.34m+15, Dave Roots 21.12m+2); **29 North Shields Poly AC 2h04.39m** (Steve Borlos18.30m, Dave Morris 21.39m-24, Dave Hall18.39m+15, Keith Allan19.19m+11, John Brettell 22.12m+9, Andy Webb 24.20m-1); **30 Birchfield Harriers 2h07.30m** (Bri Worthington 20.19m, Alan Britton 21.38m+1, Peter awton19.59m+10, Martin Wilkinson 19.27m+26, Brendan White 22.19m+12, Roger Hayward 23.48m+1);

Incomplete Teams:

Herts Phoenix AC(John Steed 22.45m), **Tipton Harriers** (Alan Grace 20.15m, Ray Stanier 18.45m+28, Jeff Taylor 20.12m-4), **Wolds Veterans RC** (Dave Cole 19.05m, Gary Covlam 18.36m+18, Steven Green 18.39m+6, David Wilson 18.31m+5, Allen Nicholson 19.00m+7);

Fastest Legs:

1 Greg Wilson 16.00m ; 2 Tony Power 16.07m ; 3 Chris Sykes 16.20m ; 4 Alex Rowe & Richard Gray 16.23m ; 6 David Cox 16.26m; 7 Tim Soutar 16.35m ; 8 Trevor Dixon 16.44m ; 9 Brian Green 16.45m ; 10 Graham Ratcliffe 16.47m

Men 60-69 Team Results

1 Oxford City AC 53.22m (Gareth Jones 17.56m, John Exley 17.51m+8, Roy Treadwell 17.35m+4); **2 Altrincham & District AC 54.12m** (Dave Telford 17.55m, Jeff Norman18.28m+1, Peter Hyde 17.49m+4 **3 Elswick Harriers 55.16m** (Steve White 18.27m, Mark McNally 18.23m+6, Harry Matthews 18.26m+2); **4 Rotherham Harriers & AC 56.48m** (Jerry Spencer 19.58m,Terry Hawley 18.33m+23,Mick Marsters18.17 +13, **5 Cheltenham & County 56.51m** (Martin Ford 17.50m,Geoff Eden 18.50m-6, Ken Buckle 20.11m-10); **6 Herts Phoenix AC 57.48m** (Richard Melvern 18.02m, Stuart Mann 19.59m-18, Richard Bloom 19.47m-1); **7 South London Harriers 58.50m** (John Quaintance 17.48m,Ken Lee 20.21m-25, Bob Gevers 20.41m-4); **8 Bromsgrove & Redditch AC 59.11m** (Alan Elsmere 19.59m, Clive Brown 19.50m+15, Peter Hawcroft 19.22m+6); **9 Salford Harriers 59.26m** (Tommy Daniels 20.27m, Stan Curran 18.40m+33, Rowland Bowness 20.19m-4); **10 Sunderland Harriers & AC 59.51m** (Jim Wightman 19.19m, Bill Bittlestone20.44m-2, Eddy Maddison 19.48m+7); **11 Clayton-le-Moors1h00.21m** (Richard Lawson 20.53m, Barry Mitchell 18.47m+30, Dave Scott 20.41m-2); **12 Serpentine RC 1h00.40m** (Adrian Lloyd 20.22m ,Charlie Dooat 20.26m+13, David Smart 19.52m+7); **13 Halesowen A & CC 1h01.46m** (Ken Court 20.47m Paul Allen 18.46m+31, Alan Smallwood 22.13m-10); **14 Birchfield Harriers 1h01.51m** (Steve Couldwell 18.43m, Gordon Orme 20.38m-4, Alan Price 22.30m-16); **15 Liverpool Harriers & AC 1h02.11m** (Billy Hargreaves 18.46m, Gordon Brown 22.55m-26, Tom Valance 20.30m+3); **16 Bedford & County AC 1h02.22m** (Bob Thompson 20.14m, Brian Webb 21.05m+4, Giorgio Garafolo 21.03m-2); **17 Dudley Kingwinford RC 1h02.24m** (Malcolm Pillar 20.17m, Tom Williams 21.58m-3, Brian Russell 20.09m+6); **18 Wesham Road Runners & AC 1h03.10m** (Barry Peatfield 18.36m, Peter Bartlett 20.34m-7, Dave Young 24.00m-26); **19 North Shields Poly AC 1h03.22m** (Terry Whitfield 22.52m, Ian Richardson 18.57m+27 Trevor Went 21.33m-1); **20 Wolds Veterans RC 1h03.24m** (Dennis Brown 19.26m, Alex Presley 20.51m-1, John Hudson 23.07m-14); **21 Barrow & Furness Striders 1h03.45m** (Peter Leviston 19.58m Alfred Waite 21.54m-6, David Spencer 21.53m-4); **22 Blackpool Wyre & Fylde AC 1h03.57m** (Reg Smallbone 19.59m, Bob Massey 22.36m-11, Alan Wilkinson 21.22m+2); **23 Les Croupiers RC1h04.57m** (Howard Brown 22.46m, Melvyn James 22.20m+6, John Plain 19.51m+11); **24 Wrexham Amateur AC 1h05.02m**(Philip Walker 19.51m, Bob Frost 21.01m+1 Mike Edwards 24.10m-18); **25 Team Bath AC 1h06.17m** (Dave Rose 19.07m ,Den Marchant 24.06m-33, Ray Brigden 23.04m-1); **26 Reading Road Runners 1h06.39m** (Rich Hammerson 21.04m ,James Kiddie 21.55m+2, Roger Pritchard 23.40m-4); **27 Exmouth Harriers 1h07.30m** (Roger Rowe 20.08m ,Jim Wyatt 22.09m-7, Les Turner 25.13m-12); **28 Southampton RC 1h08.12m**(Richie Pearson 19.32m ,Jonathan Mace 22.48m-17, Ian Burgess 25.52m-14)

Incomplete Teams:

Hallamshire Harriers (David Trickett 18.18m); **Redhill Road Runners** (Jim Munro 18.55m);

Fastest Legs:

1 John Exley 17.51m+8, 2 Roy Treadwell 17.35m+; 3 John Quaintance 17.48m; 4 Peter Hyde 17.49m ; 5 Martin Ford 17.50m, 6 Dave Telford 17.55m.; 6 Gareth Jones 17.56m

Men over 70 Team Results

1 Exmouth Harriers 1h05.42m (Ray Elston 22.01m, Mick Allen 22.58m+1, John Perratt 20.43m+6); **2 Bingley Harriers 1h07.03m** (George Perkins 21.59m, John Smithurst 22.54m+1, Fred Gibbs 22.10m+2); **3 Clayton-le-Moors Harriers 1h07.37m** (Ron Hill 23.26m, Lawrence Chew 23.13m+6, Ted Orrell 20.58m+5); **4 Royal Sutton Coldfield AC1h13.11m** (Rich Cashmore 21.43, John Hughes 24.18m-4, Bunny Kydd 27.10m-1); **5 East Cheshire & Tameside1h18.40m** (Wade Cooper 24.07m ,Ron Woolmer 23.11m+5, Trevor West 31.22m+1); **6 Birchfield Harriers1h27.46m** (Wilf Morgan 25.07m, Ken Parry 30.14m+4, John Summerton 32.25m+2);

Fastest Legs:

1 John Perratt 20.43m, 2 Ted Orrell 20.58m , 3 Rich Cashmore 21.43, 4 George Perkins 21.59m

MASTERS ATHLETICS SUMMER 2009

HORWICH 5k The British Masters Championships 2009 Report from Mel James

As in previous years the Horwich 5k, provided us with some exciting competitive road running. Unlike the extremely 2008 windy gale-force conditions, the weather was calmer, milder, but overcast. The conditions helped to produce three new women's course records.

Jane Clarke (City of Norwich AC) in the o/45 age group running 17m.44s
June Johnson (Leamington C&AC) in the o/65 age group running 23m.21s

Lola Small (Horwich RMI) in the o/75 running 32m.52s (by over 4mins)

In the women's o/50 Sue Beconsall (18m.32s) and o/55 Daphne Ellmore (18m.58s) produced performances many males in their age group would have been proud of.

The Women's team competition produced Gold in the o/35 for Hallamshire Harriers (Chaanah Patton - Joanna Seymour - Pippa White) with Ilkley Harriers taking Silver (Sally Morley - Jane Bryant - Jann Smith). In the o/45s Wolds Vets took Gold with (Daphne Ellmore - Carol Hall - Tracey Gibson).

Although no course records were broken in the Men's section, the age group racing was the most competitive. Closest was Martin Ford (Cheltenham H), o/65, missing the record by just one second, his time was 18m.33s

Andrew Ward (Clowne RR) o/35 was the overall race winner in 15m.21s, he was followed home by four o/40s with just 14secs covering them. Paul Ward (Telford AC) was the victor, followed by Neil Wilkinson (Morpeth H) and Gary Done (Thirsk & Sowerby H) taking Bronze. Gary Hope (Severn AC) was unlucky in finishing fourth by just 2 secs.

The o/45s had a similar battle with only 8 secs covering the first three, Simon Wright (Doncaster AC) taking Gold in 16m.03s, with Andy Gibbs (Vale Royal) 16m.08s and John Convery (Bingley H) taking Bronze with 16m.11s.

In the o/50s the evergreen Mike Cadman (Bournville H) ran an amazing 16m.00s to finish 7th overall and win Gold in his age group, chasing Robert Atkinson (Barrow in Furness SAC) Silver, for Bronze were Alex Rowe (Wesham RR) and Malcolm Eustace (Tipton H), Alex taking the medal in 16m.33s by just 3secs.

The close finishes were not left to the younger age groups. In the o/70s David Spencer (Barrow in Furness) just pipped Edmond Simpson (Overton H) by 3 secs in 21m.41s. and in the o/75s Brian Campbell (Midland Vets) had only 2secs to spare over Brian Rogers (Northern Vets) in winning Gold in a time of 23m.35s. Oldest competitor was the amazing 80+ year old, Ron Franklin (Barnet & District AC). It was 51 years ago that Ron competed for Wales, at the 1958 Empire & Commonwealth Games in the Marathon, what an inspiration to us all.

In the Team competition, Askern District AC won the o/35 Gold (Christian Shaw - Andrew Goodair - Aden Ball - Paul Colingwood).

Altrincham AC (David Southern - Dave Carrington - Michael Jones) took Gold in the o/50s ahead of Wolds Vets AC (Peter Hutchinson - Gary Coulam - Steven Green) The o/70 section Gold went to Sale Harriers (Bryan Gane - Keith Briggs - Mike Howe).

I would like to thank Lostock AC for hosting us and stepping in at a late date. It enabled us to continue the 5k at Horwich and we hope to continue with the event there next year.

BMAF 5k - Men over 35

1 Andrew Ward Clowne RR 15:21; 2 Gary Pennington Preston Harriers 15:52; 3 Steve Hallas Preston Harriers 16:05; 4 Christian Shaw Askern District RC 16:55; 5 Andrew Goodair Askern District RC 17:24; 6 Aden Ball Askern District RC 18:25; 7 Paul Colingwood Askern District RC 18:34;

BMAF 5k - Men over 40

1 Paul Ward Telford AC 15:25; 2 Neil Wilkinson Morpeth 15:32; 3 Gary Done Thirsk & Sowerby Harriers 15:37; 4 Gary Hope Severn AC 15:39; 5 David Lockett Salford Harriers 16:14; 6 Paul Sankey Liverpool RC 16:15; 7 Stewart Macdonald Bingley Harriers & AC 16:22; 8 Andrew Hussey Cheltenham 16:31; 9 Dean Furniss Hallamshire Harriers 16:53; 10 Dave Parker Barrow-In-Furness Striders AC 18:13; 11 Andrew Garside Wold Vets RC 18:43;

BMAF 5k - Men over 45

1 Simon Wright Doncaster AC 16:03; 2 Andy Gibbs Vale Royal AC 16:08; 3 John Convery Bingley Harriers & AC 16:11; 4 Lev Lilley Sheffield RC 16:17;

5 Paul Simons Salford Harriers 16:23; 6 Andrew Magnall Shaftesbury Barnet Harriers 16:42; 7 Gregory Seddon Blackpool Wyre & Fylde AC 16:59; 8 Alex Hope Severn AC 17:15; 9 Chris Ireland Sheffield RC 17:28; 10 Russell Parkin Derby AC 17:40; 11 Maurice Collins Liverpool RC 17:52; 12 Steven Doxey Swinton Harriers 17:53; 13 Stephen Robinson East Cheshire Harriers 17:54; 14 Trevor Raynor Wesham RR 18:14; 15 Paul Freeman Wold Vets RC 18:23; 16 Nigel Cook Rotherham H & AC 18:24; 17 Derek Guess Leicester Corinthians AC 18:45; 18 David Nuttall Rotherham H & AC 19:20; 19 Paul Butler Astley & Tyldesley Road Runner 20:20; 20 Michael Smithurst Bingley Harriers & AC 23:58;

BMAF 5k - Men over 50

1 Mike Cadman Bournville Harriers 16:00; 2 Robert Atkinson Barrow-In-Furness Striders AC 16:27; 3 Alex Rowe Wesham RR 16:33; 4 Malcolm Eustace Tipton Harriers 16:36; 5 Wilson Gregory Alan Telford AC 16:39; 6 Richard Holland Woodford Green AC 16:43; 7 Richard Gray Birmingham Rowheath AC 17:09; 8 Chris Brogan Woodford Green AC 17:18; 9 David James Southern Altrincham AC 17:32; 10 Roy Flanagan Rossendale H 17:38; 11 Peter L. Neal Rotherham H & AC 18:10; 12 Peter Hutchinson Wold Vets RC 18:10; 13 Colin Feecham Ron Hill Cambuslang 18:11; 14 Dave Carrington Altrincham AC 18:15; 15 Gary Coulam Wold Vets RC 19:04; 16 Michael Jones Altrincham AC 19:45; 17 Brian Slaughter Scvac 21:18; 18 John Spencer Hallamshire Harriers 21:47;

BMAF 5k - Men over 55

1 David Oxland Notts AC 17:04; 2 David Wilcock Barnet & District AC 17:20; 3 Kevin Hesketh Preston Harriers 17:42; 4 Raphael Murray Macclesfield H & AC 17:56; 5 Desmond Michael Barnet & District AC 17:59; 6 Peter Dellar Dunstable RR 18:02; 7 Shaun Jordan Bingley Harriers & AC 18:23; 8 Hugh Gallagher Giffnock North 18:38; 9 Fred Pidgion Notts AC 18:47; 10 Gerry Bell Bingley Harriers & AC 18:59; 11 Alan Newman Paddock Wood AC 19:00; 12 Stewart Thorp Oxford City AC 19:02; 13 Steven Green Wold Vets RC 19:21; 14 Steve Connolly Swinton Harriers 19:49; 15 David Proffitt Newport Harriers 20:11; 16 Alan Rich Worthing Striders 20:14; 17 Denis Daly Unattached 20:56; 18 Don Johnson Baildon Runners 21:11; 19 Christopher Ryan Retford 21:39; 20 Mansel Pope Altrincham AC 21:46; 21 Kevin Dillon Manchester H & AC 28:38;

BMAF 5k - Men over 60

1 Geoff Cumber Halifax Harriers AC 18:32; 2 David Telford Altrincham AC 18:39; 3 Peter Young Ryde Harriers 18:49; 4 Will Allan Tadcaster Harriers 18:52; 5 Jim Munro Redhill RR 19:31; 6 Arnold Bradshaw Manchester H & AC 20:06; 7 Peter Leviston Barrow-In-Furness Striders AC 20:26; 8 Iain Fortune Spectrum Striders 24:47;

BMAF 5k - Men over 65

1 Martin Ford Cheltenham 18:33; 2 Robert Dover Bingley Harriers & AC 19:47; 3 Andrew Johnson Leamington C & AC 21:20; 4 Alan Peers Spectrum Striders 21:59; 5 Barrie Roberts Bournville Harriers 24:01; 6 James Rhodes Radcliffe AC 26:51

BMAF 5k - Men over 70

1 David Spencer Barrow-In-Furness Striders AC 21:41; 2 Edmond Simpson Overton Harriers 21:44; 3 George Perkins Bingley Harriers & AC 22:53; 4 Bryan Gane Sale Harriers 23:14; 5 Keith Briggs Sale Harriers 23:21; 6 John Smithurst Bingley Harriers & AC 24:17; 7 Mike Howe Sale Harriers 24:32; 8 Don George Sale Harriers 26:04; 9 John Dawson Salford Harriers 28:39;

BMAF 5k - Men over 75

1 Brian Campbell Midland Masters 23:35; 2 Brian Rogers Northern Vets 23:37; 3 Peter Dibb Longwood Harriers 25:35; 4 Derek Howarth Leigh Harriers 26:07; 5 Arthur Walsham Salford Harriers 33:42;

BMAF M80:

Ron Franklin Barnet & District AC 37:43;

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

1 Askern District RC 22 (4 Christian Shaw , 5 Andrew Goodair , 6 Aden Ball , 7 Paul Colingwood)

BMAF M50 TEAM:

1 Altrincham AC 60 (11 David James Southern , 20 Dave Carrington , 29 Michael Jones); 2 Wold Vets RC 73 (18 Peter Hutchinson , 27 Gary Coulam

MASTERS ATHLETICS SUMMER 2009

28 Steven Green);

BMAF M70 TEAM: 1 Sale Harriers 18 (4 Bryan Gane , 5 Keith Briggs 9 Mike Howe);

BMAF 5k – Women over 35 : 1 Clare McKittrick Charnwood AC 17:39; 2 Chaanah Patton Hallamshire Harriers 17:49; 3 Sarah Wilkinson Chester-Le-Street 18:04; 4 Sally Morley Ilkley Harriers 18:23; 5 Cumber Sarah Louise Halifax Harriers AC 18:35; 6 Joanna Seymour Hallamshire Harriers 18:37

BMAF 5k – Women over 40

1 Kate Ramsey Barrow Runners 18:01; 2 Pippa Wilkie Hallamshire Harriers 19:29; 3 Lynn Emmett City Of Norwich AC 19:58; 4 Jane Bryant Ilkley Harriers 20:58; 5 Jann Smith Ilkley Harriers 21:56; 6 Paula Parkin Derby AC 22:28;

BMAF 5k – Women over 45

1 Jane Clarke City Of Norwich AC 17:44; 2 Suzanne Budgett Horwich Rmi Harriers 18:36; 3 Jane Pidgeon Notts AC 19:23; 4 Andrea Dennison Bingley Harriers & AC 19:27; 5 Susie Tawney Leamington C & AC 20:00; 6 Tracey Gibson Wold Vets RC 21:16; 7 Gillian Neal Rotherham H & AC 25:46

BMAF 5k – Women over 50

1 Sue Becconsall Bingley Harriers & AC 18:32; 2 Gail Duckworth Leighton Buzzard AC 18:41; 3 Lynne Whitaker Romsey Road Runners 20:07; 4 Paula Fisher Rotherham H & AC 21:13; 5 Diane Farmer Marshall Milton Keynes 21:17; 6 Denise Johnson Baildon Runners 21:50;

BMAF 5k – Women over 55

1 Ellmore Daphne Wold Vets RC 18:58; 2 Susan Cooper Southport Waterloo AC 19:53; 3 Marian Hesketh Preston Harriers 20:15; 4 Jane Morley Wold Vets RC 21:12; 5 Zina Marchant Teambath AC 21:24; 6 Jacky Smith Sheffield RC 22:16; 7 Denise Wakefield Northern Vets 22:20; 8 Pauline Davis Vale Royal AC 22:42; 9 Grace Hough Telford Harriers 22:52; 10 Sue James Paddock Wood AC 23:18; 11 Anne Fortune Spectrum Striders 24:03; 12 Carol Hall Wold Vets RC 24:59;

BMAF 5k – Women over 60

1 Karen Faloon Southport Waterloo AC 21:30; 2 Dot Fellows Cannock & Stafford AC 22:14; 3 Pauline Rich Serpentine RC 22:56;

BMAF 5k – Women over 65

1 June Johnson Leamington C & AC 23:21; 2 Brenda Robinson Rochdale Harriers 26:35

BMAF 5k – Women over 70

1 Lola Smal Horwich Rmi Harriers 32:52; 2 Sheila M.symonds Brodysynni AC 39:48;

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

BMAF WOMEN 35:

1 Hallamshire Harriers 17 (2 Chaanah Patton 7 Joanna Seymour , 8 Pippa Wilkie); 2 Ilkley Harriers 26 (5 Sally Morley , 10 Jane Bryant 11 Jann Smith);

BMAF W45 TEAM:

1 Wold Vets RC 21 (1 Ellmore Daphne M , 4 Tracey Gibson , 16 Carol Hall);

5k WALK:

WOMEN:

1 Ann Wheeler W50-1 28:59; 2 Hazel Fairhurst W40-1 30:02; 3 Fiona Bishop W50-2 31:00; 4 Karen Davies W45-1 33:10; 5 Susan Rey W50-3 35:01;

MEN:

1 mark Williams M40-1 24:19; 2 Mark Wall M50-1 26:52; 3 John Constandinou M35-1 27:45; 4 Greg Smith M55-1 28:59; 5 Sean McMullin IRL M60 29:12; 6 David Crompton M45-1 29:16; 7 Adrian Edwards M45-2 30:04; 8 Joe Hradý M65-1 30:36; 9 Stephen Sargent M60-1 30:37; 10 Roy Gunnett M60-2 31:43; 11 Sailash Shah M40-2 32:42; 12 James Munn M75-1 34:00; 13 John Payn M75-2 34:01; 14 Stephen Walker M50-2 34:06; 15 Eric Horwill M75-3 36:18; 16 Edwin Grocock M80-1 37:05;

Team: M35-49: Lancashire WC; M50: Lancashire WC;

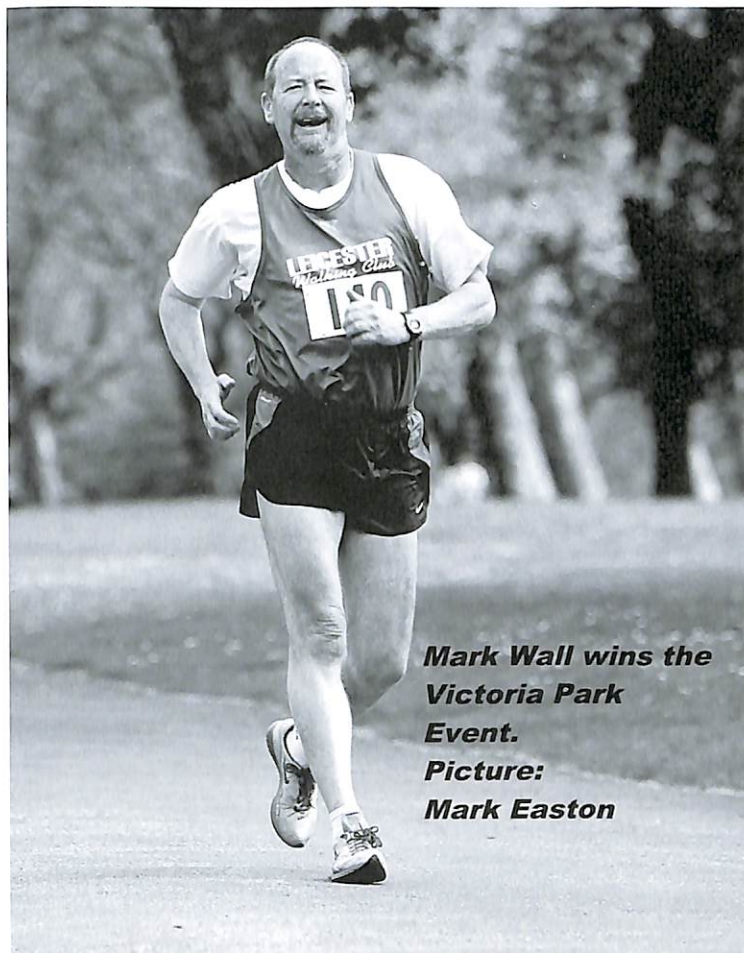
INTERNATIONAL WALK 3k, MAY 3rd , VICTORIA PARK, LONDON

Men:

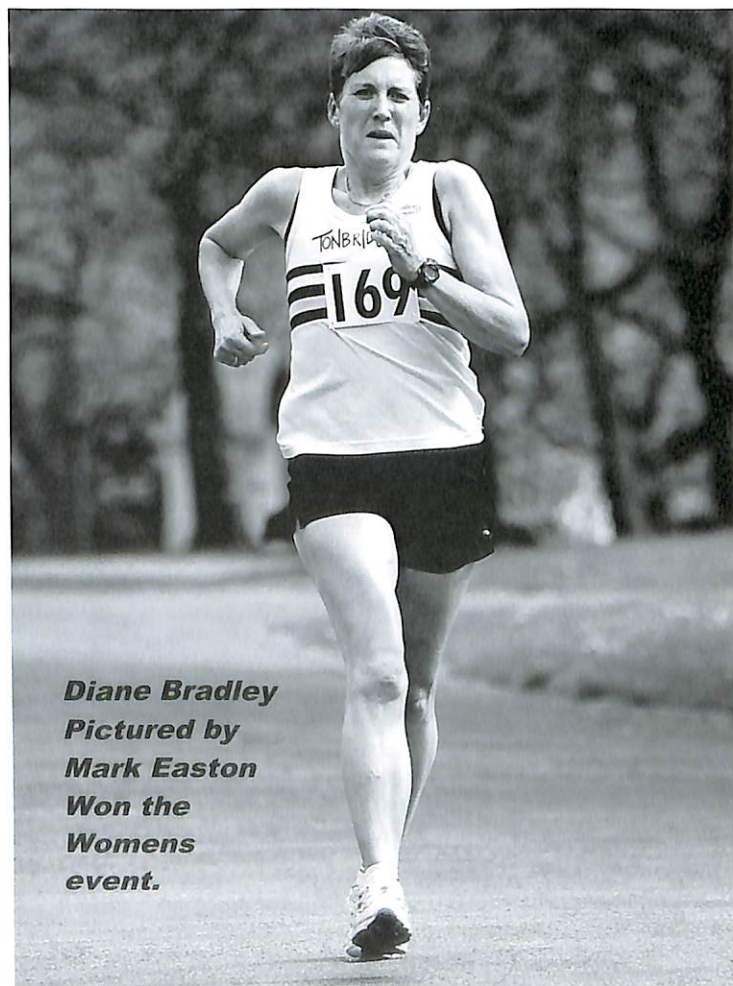
1 Mark Wall M50 15:21; 2 Arthur Thomson M70 16:18; 3 Alan Ellam 16:30; 4 Carl Lawton 16:32; 5 John Constandinou M35 16:40; 6 Dave Sharpe M55 17:04; 7 Ian Statter M50 17:15; 8 Laurence Dordoy M50 17:56; 9 Sean Pender M55 18:01; 10 Colin Vesty M40 18:18; 11 Peter Hannell 18:38; 12 Gary MacDonald 18:46; 13 Ron Powell M70 18:50; 14 Norbert Will M70 20:40; 15 Bernie Hercock M70 21:03; 16 Eric Horwill M75 21:22; 17 Dave Ainsworth M60 22:41; 18 Ken Livermore M75 23:50;

Women:

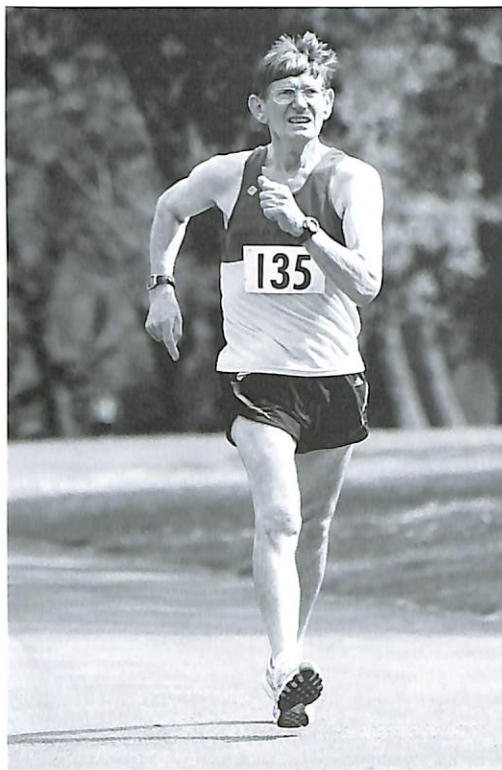
1 Diane Bradley 15:44; 2 Helen Middleton W45 17:14; 3 Fiona Bishop W45 18:43; 4 Marie-Isabelle Marshall 18:51; 5 Jill Langford W70 20:02; 6 Sue Rey W50 20:04; 7 Jennie Grimwood 25:01;



**Mark Wall wins the Victoria Park Event.
Picture:
Mark Easton**



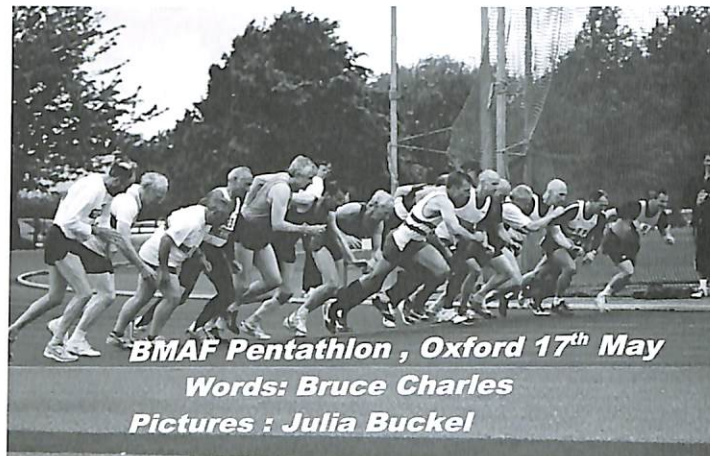
**Diane Bradley
Pictured by
Mark Easton
Won the Womens event.**



**ARTHUR
THOMSON
AGE
GROUP
WINNER**

**IN LONDON
&
NORTHAMPTON**

**PICTURE:
MARK
EASTON.**



BMAF Pentathlon , Oxford 17th May

Words: Bruce Charles

Pictures : Julia Buckel

6th June , BMAF 20k NORTHAMPTON

MEN:

1 Trevor Jones M50-1 1:46:31; 2 Mark Williams M40-1 1:52:54; 3 Mark Wall M50-2 1:53:52; 4 Arthur Thomson M70-1 2:00:52; 5 Ron Penfold M65-1 2:01:23; 6 John Constandinou M35-1 2:06:16; 7 Chris Bent M60-1 2:06:42; 8 Sean Pender M55-1 2:08:35; 9 Mike Harran M70-2 2:10:47; 10 Ron Powell M70-3 2:17:58; 11 John Borgars M60-2 2:18:59; 12 John Payn M75-1 2:19:46; 13 Bernie Hercock M70-4 2:23:53; 14 David Hoben M55-2 2:25:07; **TEAM: Enfield & Haringay 6:27:25 (Thomson, Pender & Powell);**

WOMEN:

1 Helen Middleton W45-1 2:00:52; 2 Julie Bellfield W40-1 2:14:17; 3 Ann Wheeler W50-1 2:17:36; 4 Jo Miles W50-2 2:20:30; 5 Sarah Lightman W35-1 2:20:34; 6 Karen Davies W45-2 2:22:39;

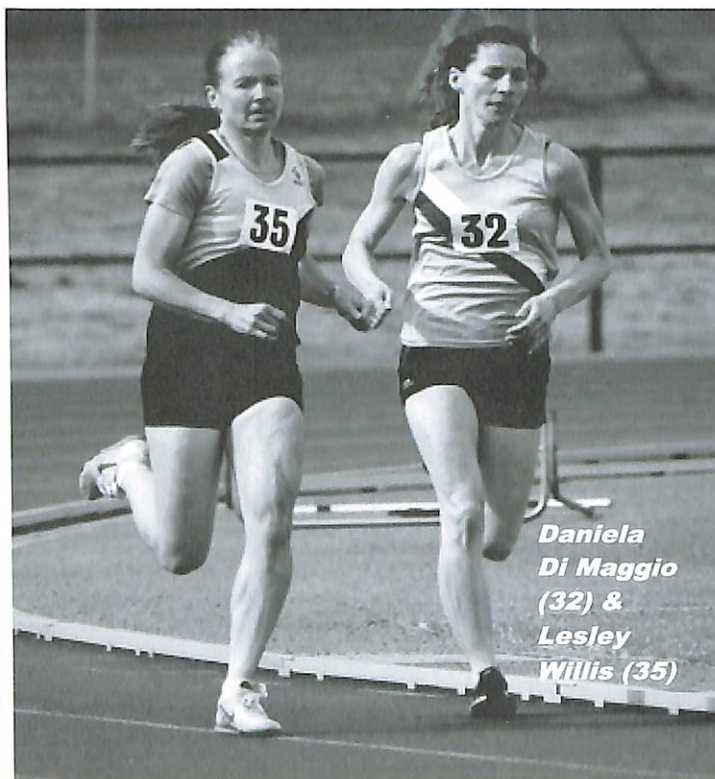
MASTERS 3000 METRES WALK INDOOR RANKINGS 2009

MALE

M50: 1 Trevor Jones 14.33.37; 2 Mark Wall 15.39.00; 3 Steve Uttley 15.49.56;
M55: 1 Peter Boszko 16.34.69; 2 Dave Sharpe 17.10.00;
3 Sean Pender 18.52.20; 4 Dave Hoben 22.16.51;
M60: 1 John Hall 14.45.25; 2 Dave Ainsworth 21.53.02;
M65: 1 Colin Turner 16.08.78; 2 Ron Penfold 17.15.61; 3 Amos Seddon 17.45.09; 4 Peter Howard 19.43.01; 5 John Whyte 20.33.59;
M70: 1 Arthur Thomson 16.40.33; 2 Ron Powell 18.39.12; 3 Norbert Will 19.01.56; 4 Bernie Hercock 22.08.51;
M75: 1 Eric Horwill 21.32.22; 2 Ken Livermore 21.52.91;
M85: 1 Jack Fitzgerald 30.45.22;

FEMALE

W45: 1 Helen Middleton 17.07.87; 2 Maureen Noel 18.05.58; 3 Fiona Bishop 19.29.94; 4 Christine Childs 25.53.02;
W50: 1 Jo Miles 19.58.11; 2 Sue Rey 20.06.65; 3 Norma Grimsey 21.24.39;
W60: 1 Rosemary Hutton 21.22.68;
W70: 1 Jill Langford 19.51.81;



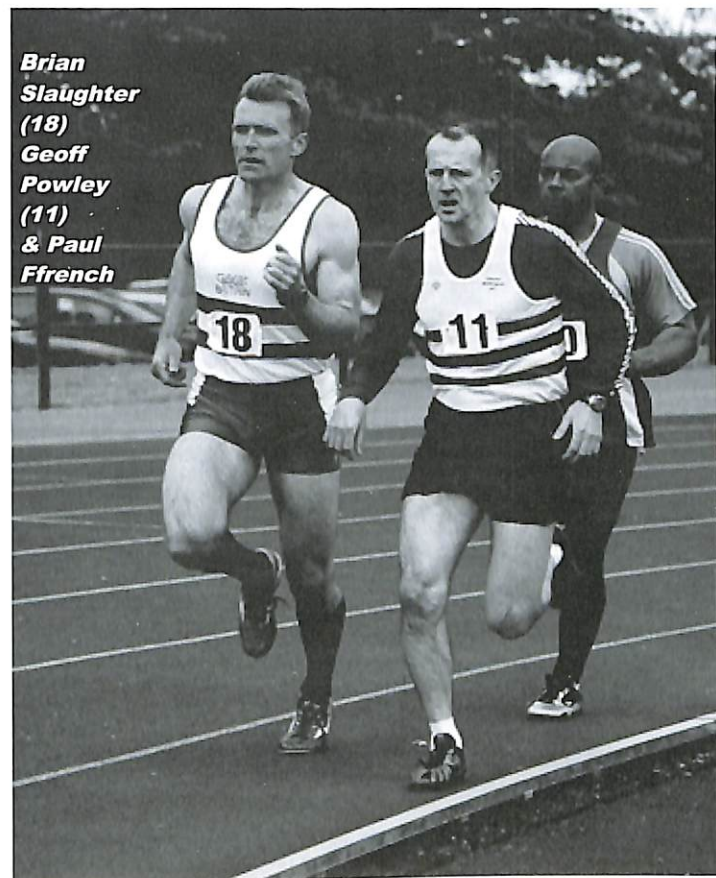
**Daniela
Di Maggio
(32) &
Lesley
Willis (35)**

Other athletes to break the magic 3000 barrier were:
John Mayor (M50) with 3004, Ian Reeve (M55) with 3040
and Daniela Di Maggio (W40) with 3088.

The two outstanding single event performances came from
Matthew Allison (M35) with 49m77cm in the Javelin and
Brian Slaughter (M50) with 5-06.8 in a very windy 1500
metres.

MASTERS ATHLETICS SUMMER 2009

M35: LJ JT 200 DT 1500
1 Malcolm Allison 2976 (5.51, 49.77, 25.7, 40.66, 5:21.7); **2 Nathan Kitchen 1553** (4.02, 25.37, 30.0, 24.48, 5:42.1);
M40: LJ JT 200 DT 1500
1 Richard Buckingham 2586 (5.82, 32.98, 26.8, 37.31, 6:17.7);
2 Adrian Haines 2278 (5.12, 25.07, 27.6, 17.48, 4:51.6); **3 John Peake 2146** (4.47, 26.97, 29.0, 24.57, 5:00.3); **4 Derek Warr 1995** (4.92, 23.42, 28.0, 18.14, 5:25.7); **5 Geoff Butler 1991** (5.03, 22.33, 29.2, 22.93, 5:29.2);



Brian Slaughter (18)
Geoff Powley (11)
& Paul Ffrench

M45: LJ JT 200 DT 1500
1 Geoff Powley 2770 (5.24, 36.04, 27.6, 23.81, 5:16.8); **2 Paul Ffrench 2652** (5.37, 27.92, 27.0, 23.25, 5:24.7); **3 Alan Easey 2096** (5.31, 26.10, 28.4, 18.60, 6:31.0);

M50: LJ JT 200 DT 1500
1 Brian Slaughter 3262 (5.33, 37.25, 27.7, 31.22, 5:06.8); **2 John Mayor 3004** (5.73, 29.89, 27.3, 27.27, 5:43.0); **3 Alastair Duncan 2805** (4.63, 28.16, 25.6, 26.84, 5:39.9); **4 Brian Matthews 2684** (5.02, 28.31, 28.1, 24.57, 5:36.6); **5 Ken Morcreeff 2543** (4.63, 26.87, 28.8, 33.10, 6:02.0); **6 Jim Lawrence 1736** (4.06, 19.61, 29.8, 16.73, 6:35.2);

M55: LJ JT 200 DT 1500
1 Ian Reeve 3040 (4.83, 29.86, 28.1, 25.89, 5:36.0); **2 Bernard Wareing 2640** (4.49, 25.35, 29.4, 14.54, 5:13.0);

M60: LJ JT 200 DT 1500
1 John Charlton 3111 (5.34, 36.22, 27.7, 7.41, 6:15.7); **2 Phil Harris 2647** (4.42, 20.95, 29.3, 24.89, 6:29.3);

M65: LJ JT 200 DT 1500
1 Pete Clarke 2088 (3.43, 20.63, 35.8, 23.10, 6:59.8); **2 John Clark 1647** (3.36, 23.11, 36.2, 16.27, 8:28.9);

M70: LJ JT 200 DT 1500
John Scott 2989 (4.13, 29.22, 33.0, 25.05, 7:39.3);

W40: 100H: HJ: SP: LJ 800:
1 Daniela Di Maggio 3088 (13.5, 1.43, 7.80, 4.53, 2:49.3); **2 Jane Oliver 1734** (16.00, 1.19, 6.71, 4.07, 0:00.0);

W45: 100H: HJ: SP: LJ 800:
1 Hazel Barker 3277 (14.1, 1.43, 9.24, 4.33, 3:15.2); **2 Lesley Willis 3155** (15.3, 1.25, 6.87, 4.60, 2:37.0);

W50: 100H: HJ: SP: LJ 800:
Paula Booth 2541 (15.8, 1.10, 7.95, 3.88, 3:25.0);

BMAF WEIGHT PENTATHLON MILTON KEYNES, 21st JUNE

(Results order- Hammer, Shot, Discus, Javelin & Weight)

W35: 1 Sue Lawrence 3146 (32.68-650, 10.79-621, 32.58-529, 29.96-476, 12.63-870); 2 Catherine Alford 2120 (27.80-529, 8.32-450, 23.80-359, 15.13-199, 9.01-583);

W40: 1 Camilla Thrush 3469 (35.87-858, 10.31-666, 31.87-26.28-453, 12.16-929); 2 Janet Smith 3444 (40.57-994, 8.43-522, 31.14-547, 20.42-333, 13.51-1048);

W45: 1 Julie Wilson 3574 (33.32-944, 9.39-685, 30.10-578, 24.42-483, 10.50-884); 2 Karen Llewlin 2930 (27.57-751, 8.48-606, 26.12-487, 19.52-369, 8.78-717); 3 Wendy Dunsford 2828 (27.23-739, 9.09-658, 27.12-510, 14.12-244, 8.35-676);

W50: 1 Jennifer Ibbitson 3727 (39.95-931, 9.81-768, 28.66-604, 26.92-605, 12.32-819); 2 Beatrice Simpson 3053 (34.86-790, 8.28-627, 23.49-475, 23.56-517, 10.05-644); 3 Sigrid Roberts 2189 (30.23-663, 6.27-445, 15.31-278, 11.66-213, 9.34-590);

W55: 1 Fiona Compton 2601 (22.07-500, 7.83-654, 19.42-422, 19.47-478, 8.00-547); 2 Linda Harrison 1893 (20.96-467, 5.65-437, 14.30-287, 12.75-283, 6.46-419);

W60: 1 Liz Sissons 3440 (28.56-790, 9.04-872, 20.29-506, 20.26-579, 10.53-702); 2 Barbara Terry 3343 (26.97-736, 8.56-818, 22.76-581, 17.89-500, 10.60-708); 3 Anthea Bramford 2348 (20.16-509, 7.28-675, 14.08-321, 11.83-301, 8.49-542);

W70: 1 Evaun Williams 5750 (34.23-1313, 9.43-1199, 25.43-888, 30.96-1227, 12.34-1123); 2 Carole Derrien 3397 (23.19-829, 6.09-722, 18.20-598, 13.61-481, 8.86-767);

M35: 1 Gary Jennings 2573 (44.95-593, 10.42-511, 30.38-472, 30.36-323, 13.60-674); 2 Stephen Minnikin 2471 (51.81-706, 8.09-372, 30.71-478, 29.75, 12.33-601);

M40: 1 Mark Wiseman 3795 (46.00-671, 15.29-833, 51.32-898, 45.85-614, 14.42-779); 2 Alan Nisbet 2429 (39.97-564, 10.13-510, 30.99-484, 28.67-332, 10.56-539);

3 David Brown 2329 (29.07-373, 10.04-504, 29.59-456, 40.75-529, 9.39-467); 4 Samuel Moylan 2119 (33.15-444, 9.02-441, 21.26-296, 37.40-474, 9.34-464);

M45: 1 Andy Turner 3328 (44.15-715, 12.97-755, 37.21-645, 33.67-462, 13.03-751); 2 David Burrell 3107 (40.41-641, 12.01-689, 37.10-643, 40.02-576, 10.13-558); 3 Chris Privett 3074 (44.70-725, 10.54-590, 32.28-542, 34.83-483, 12.78-734); 4 Anthony Topping 3066 (37.18, 11.81-676, 35.90-618, 40.09-577, 11.02-617);

M50: 1 Guy Perryman 3568 (44.46-707, 12.84-772, 37.84-621, 37.75-563, 16.14-905); 2 John Moreland 3241 (39.22-606, 10.97-642, 47.91-827, 29.72-413, 13.78-753); 3 Steve Wooley 2877 (32.77-483, 9.91-568, 34.16-547, 40.10-608, 12.47-671); 4 Robert Hanbury 2870 (30.61-442, 10.84-633, 35.58-575, 37.36-556, 12.37-664);

5 David Maggs 2828 (41.73-654, 9.02-506, 30.16-468, 31.86-453, 13.68-747); 6 Ashley Kibblewhite 2642 (27.17-377, 10.84-633, 33.24-529, 32.20-459, 12.06-644); 7 Mike Bale 2243 (31.52-459, 8.23-451, 27.88-423, 22.07-274, 11.93-636); 8 Mike Burling 2014 (28.13-395, 7.47-400, 23.43-337, 24.01-309, 10.93-573); 9 Jim Lawrence 1431 (22.05-282, 6.84-357, 16.96-216, 19.94-236, 7.18-340);

M55: 1 Mike Small 4190 (42.26-758, 12.99-885, 46.72-898, 38.82-656, 16.09-993); 2 John Wild 3122 (35.34-609, 9.42-606, 36.23-660, 32.55-526, 12.20-721);

3 Clive Howell 2896 (39.40-696, 8.78-557, 27.63-471, 23.42-341, 13.78-831); 4 Tony Richards 2890 (24.89-388, 11.08-735, 34.26-617, 36.22-602, 9.68-548);

5 Phil Bramford 2654 (26.58-423, 9.03-576, 29.24-506, 34.49-566, 10.19-583); 6 Tim Saunders-Mullins 2214 (27.87-450, 9.04-577, 22.06-352, 21.72-307, 9.39-528);



Neil Griffin
Two Records
In one event

M60: 1 Neil Griffin 4770 (British Record) (46.39-930, 14.87 (British Record) - 1030, 45.69-898, 39.48-714, 17.17-998); 2 Barry Hawkesworth 4068 (46.60-935, 11.24-745, 38.65-734, 37.23-665, 17.03-989); 3 Norman Hough USA 3698 (37.83-729, 11.80-788, 37.88-716, 35.66-630, 14.70-835); 4 Richard Jegou 2804 (30.54-560, 10.41-681, 31.43-570, 20.43-303, 12.48-690); 5 Charles Edwards 2180 (22.08-367, 9.07-577, 25.26-432, 24.53-389, 7.72-385);

M65: 1 David Kuester 3683 (32.62-705, 10.73-838, 31.56-654, 34.98-703, 12.56-783); 2 Godfrey Leak 3358 (30.20-641, 9.77-752, 36.19-773, 19.21-323, 13.75-869); 3 Peter Gabbett 1315 (27.00-558, 9.83-757, -,-,-);

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**Jack Kee with
the heavy
Hammer**

M70: 1 Jack Kee 4009 (46.12-1083, 10.06-673, 31.19-748, 21.68-411, 16.40-1094); 2 Colin Brand 3875 (30.29-657, 11.18-762, 32.29-779, 37.83-829, 13.11-848); 3 Ian Miller 3574 (33.40-740, 10.97-745, 28.43-668, 23.74-463, 14.59-958); 4 Brain Sumner 3271 (37.28-844, 9.95-664, 24.37-552, 25.90-518, 11.02-693); 5 Hamilton Thomas 3094 (28.86-619, 8.37-539, 25.50-584, 20.82-389, 14.65-963); **M75:** 1 Gordon Hickey 3339 (23.81-588, 9.82-776, 24.45-657, 25.19-598, 10.10-720); 2 Peter Barber 3114 (31.04-812, 6.94-512, 24.11-646, 13.58-261, 11.93-883); 3 Jaroslav Hanus 2598 (23.53-579, 7.64-575, 18.95-479, 13.79-267, 9.75-698); **M80:** William Ki9ngsbury 2181 (21.82-658, 4.72-390, 12.57-346, 7.54-102, 8.98-685);

MIDLAND COUNTIES MASTERS 6 STAGE RELAYS, SUTTON PARK, 4th APRIL 2009

1 Leicester Coritarians 2:02:42 (Gordon Lee 27:03, Simon Cotton 15:44, Dave Miles 16:15, Rob Sheen 30:04, Andy Hart 17:02, Gareth Deacon 16:34);
2 Redhill Road Runner 2:02:59 (Andy tarry 27:59, Andy Weatherill 16:11, Mark Yates 16:41, Matthew Clapp 30:07, Alan Smith 15:31, Paul Newton 16:30);
3 Tipton H 2:06:16 (Mark Hall 29:42, Aaron Keen 16:22, Mark Wright 17:24, Henry Piotrowski 29:49, Mike Hager 16:14, Dean Hill 16:45); **4 Telford AC 2:12:05**, (Greg Wilson 30:07, John Sanders 17:14, Paul Williams 17:49, Pater Plant 32:41, Steve Jones 17:23, Dave Mansbridge 16:51); **5 Leicester Coritarians "B" 2:17:0** (Dave Pearce 31:54, Dave Saunders 18:08, Craig Austin 18:59, Craig Sabin 32:21, Derek Guess 16:54, Nev Francis 18:44);
6 Leamington AC 2:18:30 (Paul Griffin 32:37, S Cornfield 17:27, Brian Green 17:45, David Potter 33:46, Dave Ashworth 18:07, Graham Garlick 18:48);
7 Birchfield H 2:20:00; 8 Bromsgrove & Redditch 2:28:12; 9 Nuneaton H 2:28:19; 10 Leamington AC "B" 2:40:24; 11 Centurian 2:45:36; 12 Harborough 2:46:27;
Fastest Legs:
Long: Gordon Lee 27:03; **Short:** Alan Smith 15:31;

15th APRIL NORTHERN VETERANS TRACK & FIELD LEAGUE CLECKHEATON

100: (R1): 1 M40 N Rawcliffe Hyndburn 12.0; 2 M45 J Wright Chorley 12.0; 3 S Pitcher Barnsley Gsf 12.1 **(R2):** 1 M45 I Halliday Rochdale 13.4; 2 M50 S Deutch NVAC 13.8; 3 M50 S King Bolton 13.9; **(R3):** 1 W50 P Booth Oldham&Royton 16.6; 2 W50 S Pickersgill Longwood 18.3; 3 W50 T Whittle Bingley 18.4; **(R4):** 1 M60 J Whelan Wakefield 15.5; 2 M70 D Johnson NVAC 15.8; 3 M60 D Shelton Longwood 15.9; **200: (R1):** 1 M45 J Wright Chorley 24.6; 2 M50 P Hickey NVAC 24.7; 3 M40 N Rawcliffe Hyndburn 24.7; **(R2):** 1 M45 I Halliday Rochdale 27.3; 2 M50 S Deutch NVAC 28.2; 3 M50 St King Bolton 28.3; **(R3):** 1 W60 M Williams City of York 35.3; 2 W45 P Booth Oldham&Royton 35.5; 3 W50 S Pickersgill Longwood 38.9; **(R4):** 1 M60 J Whelan Wakefield 32.2; 2 M70 J Wilson Bradford Aire 32.4; 3 M60 D Shelton Longwood 33.1; **400: 1** M40 N Rawcliffe Hyndburn 59.8; 2 M50 M Gibbons NVAC 61.0; 3 M50 A Hutchinson NVAC 62.0; **800: 1** M50 A Rowe Wesham 2.18.1; 2 M35 N Marshall NVAC 2.22.4; 3 M35 L Barlow Wesham 2.34.2; **1500: 1** M45 M Farren Leeds City 4.48.2; 2 M35 K Ogden Spensborough 4.53.5; 3 M50 A Rowe Wesham 4.54.8; 5 W35 S Griffiths Wakefield 5.14.5; 11 W45 J Carter Spensborough 6.27.0; **3000: 1** M45 M Farren Leeds City 10.06.0; 2 M35 K Ogden Spensborough 10.09.1; 3 M50 A Rowe Wesham 10.13.3; 11 W45 J Carter Spensborough 13.18.4 8;
HJ: (W): 1 W50 J Ibbitson Spensborough 1.2; 2 W60 M Williams City of York 1.05; **(M):** 1 M40 S Linsell Leeds City 1.78; 2 M35 A England Barnsley 1.7; 4 M70 C Shafto City of York 1.25; **LJ: (W):** 1 W60 M Williams City of York 3.02; 2 W65 S Bolland Spensborough 2.22; **(M):** 1 M35 A England Barnsley 5.73; 2 M45 N Slater Trafford 4.47; 3 M45 I Halliday Rochdale 4.45; **SP: (W):** 1 W50 J Ibbitson Spensborough 12.25; 2 W45 H Barker Leeds City 8.77; 3 W45 P Booth Oldham & Royton 8.64; **(M):** 1 M40 N Crimmen Spensborough 12.0; 2 A Plumb Burnley Guest 10.33; 3 M40 G Wallace Halifax 9.25; **HT: (W):** 1 W50 J Ibbitson Spensborough 40.32; 2 W65 S Bolland Spensborough 23.85; 3 W55 F Crompton City of York 23.51; **(M):** 1 M40 N Crimmen Spensborough 37.07; 2 M35 M Harrison Leeds City 31.77; 3 M50 I Cooley Rotherham 31.46;

18th APRIL MMTG, 56lb WEIGHT CHAMPIONSHIPS, STOKE-ON-TRENT.

Distances in Metres. Men 35-59 56lb, Others: 28lb.

(Putt- Sling-Hammer-Hammer w-turn)

Jennifer Ibbitson W50: 4.19/1, 4.83/1, 8.18/1, 5.47/1; **Joe Nagle(Guest) M40:** 4.36/1, 4.55/1, 5.42/1, 4.5/1; **Paul Smith M40:** 3.67/1, 3.67/1, 3.7/1, 4.17/1; **David Burrell M45:** 4.37/1, 5.74/1, 7.64/1, 6.2/1; **Martin Roberts M45:** 3.53/2, 4.35/2, 6.57/2, 5.14/2; **Graham Middleton M45:** 3.36/3; **Clive Howell M55:** 3.61/1, 4.3/1, 6.37/1 5.2/1; **Terry Lalley M60:** 7.3/1, 7.62/1 13.2/1, 12.54/1; **Martin (Murty) Kelly(G) M60:** 5.22/1, 6.14/1, 9.23/1, 8.55/1; **Paul Jennings M60:** 4.78/3, 5.69/3, 8.0/3, 6.08/3; **Bill Renshaw M60:** 5.73/2, 7.55/2, 9.9/2, 10.1/2; **Richard Jegou M65:** 7.19/1, 5.76/2 9.46/2 9.97/1; **Chris Street M65:** 5.0/3, 5.67/3, 6.28/3 6.0/3; **Peter Duckers M65:** 5.9/2, 7.02/1, 10.34/1, 8.2/2; **Ian Miller M75:** 5.22/1, 6.54/1, 9.07/1, 9.17/1; **Graham Roberts M75:** 2.84/2, 3.86/2, 5.29/2, 3.9/2;
Stand For Height-Tri-Athlon-Pentathlon
Jennifer Ibbitson W50: 3.2/1, 17.17/2, 25.2/2; **Joe Nagle(G) M40:** 2.75/1, 14.28/2, 21.58/2; **Paul Smith M40:** 11.54/13; **David Burrell M45:** 3.2/1, 18.21/8, 27.15/8; **Martin Roberts M45:** 2.75/2, 5.24/11, 22.34/11; **Clive Howell M55:** 2.6/1, 16.7/10, 24.29/10; **Terry Lalley M60:** 5.12/1, 33.04/1, 45.78/1; **Martin (Murty) Kelly(G) M60(48):** 3.2/1, 23.0/1, 32.34/1; **Paul Jennings M60:** 3.4/3, 18.86/7, 27.95/7; **Bill Renshaw M60:** 4.4/2, 25.73/4, 37.68/2; **Richard Jegou M65:** 3.8/2, 26.62/3, 36.18/4; **Chris Street M65:** 3.2/3, 17.28/9, 26.15/9; **Peter Duckers M65:** 4.2/1, 24.44/5, 35.66/5; **Ian Miller M75:** 3.4/1, 23.46/6, 33.4/6; **Graham Roberts M75:** 2.15/2, 12.03/12, 18.04/12;

26th APRIL MMAC ROAD RELAYS, EDGBASTON RESERVOIR

M35:

1: Leicester Coritarians (G.Deacon 17.21, R.Sheen 17.44, S.Cotton 16.09, G.Lee 18.34) 65.09; **2: Tipton Harriers** (P.Kavannagh 16.24, D.Hill 17.21, A.Keane 16.37, M.Wright 17.46); 68.08; **3: Leicester Coritarians B** (C.Sabin 16.34, D.Guess 15.55, R.Brookes 18.28, P.Hands 15.44) 71.2; **4: Derby AC** (K.Spare 17.56, R.Parkin 17.42, M.Edwards 18.49, M.Smith 19.28) 73.55; **5: Birmingham Rowheath** (A. Kenchington 17.24, R. Gray 17.22, R.Carney 20.15, M.Edwards 20.3) 75.31; **6: Halesowen A & CC** (M.Deakin 22.0, N.Price 18.23, R.Guest 20.37, R.Weaver 19.35) 80.35; **West Bromwich Harriers** (G.Clifton 19.25, J.Stott 24.17, D.Edge 25.0,);

M50:

1: West Bromwich Harriers (D.Jones 20.46, B.Meek 21.06, P.Powell 23.06) 64.58; **Tipton Harriers** (K.Best 21.11, M.Eustace 18.06)

M60:

1: Dudley & Kingswinford (B.Russell 21.15, T.Williams 22.21, M.Pillar 21.33) 65.09; **2: Halesowen A & CC** (L.Woods 24.03, A.Smallwood 23.38, P.Allen 19.53) 67.34; **3: Birchfield Harriers** (G.Orme 19.3, B.Roberts 24.55, R.Davies 24.39) 69.04;

W45:

Cannock & Staffs AC (C.Rollason 23.14, C.Kilkenny 20.34, D.Fellows 22.07) 65.55;

COMPOSITE TEAMS:

1: Team2 (B.Worthington 21.26, A.Britton 22.36, V.Carter 22.42) 66.44; **2: TEAM 4** (P.Edwards 23.15, B.Paulovic 25.42, V.Rollason 20.1) 69.07; **3: TEAM1** (B.Aston 25.58, M.Kenchington 20.23, B.Griffiths 27.19) 73.4; **4: TEAM 6** (D.Willingale 23.07, M.Stanley 25.23, W.Morgan 25.18) 73.48; **5: TEAM3** (P.Parkin 24.01, K.Petch 24.23, M.Butterly 27.14) 75.38; **6: TEAM 5** (D.Edge 23.31, M.Jeavons 25.45, J.Buckby 29.22) 78.38;
Fastest Man - Phil Hands 15.44; **Fastest Woman** - Margaret Kenchington 20.23

WALK H/cap

1 Les Scrivens 34.4; 2 Karl Abolins 34.4; 3 Peter Boszko 34.45; 4 Lynn Bellfield 35.04; 5 Eric Horwill 35.49; 6 Julian Barnett 36.45; 7 Brian Nelson 38.07;

SCVAC LEAGUE - KENT DIVISIONS - Sutcliffe Park, Eltham 27/04/2009 DIV ONE

M35:

200: 1 Dave Kemp Dart 25.1; 2 Tom Phillips (M55) B'heath 26.0; (B) Ricky Fox (M50) B'heath & Bromley 26.4; **1500:** 1 Barry Royden (M40) Med 4:20.6; 2 Jon Armstrong (M40) Bexley 4:26.1; **4x100:** 1 Blackheath & Bromley (Fox, Leon, Horne, Phillips) 50.3; 2 Dartford 51.2; 3 Cambridge 51.3; **HJ:** 1 Gary Capon (M45) Dart 1.55; 2 Richard Horne (M40) B'heath 1.55; **SP:** 1 Graham Holder Bex 10.93; 2 Anthony Tipping (M45) Camb 10.89; **JT:** 1 John Fenton (M50) Dart 45.29; 2 Mike Vaden Dobbelssteen B'heath 45.23;

M50:

200: 1 Ray Daniel Camb 27.0; 2 Clem Leon B'heath 27.4; **1500:** 1 Ray Daniel Camb 4:41.0; 2 Tim Soutar B'heath 4:43.0; **HJ:** 1 Clem Leon 1.45; 2 Graham Barton Dart 1.35; **SP:** John Stevens (M55) Bex 10.03; **JT:** 1 Colin Brand (M70) B'heath 33.87; 2 Lez Fernandez Dart 33.58;

M60:

1500: 1 Christopher Marshall Brom 5:23.1; 2 Peter Hamilton B'heath 5:25.4; **SP:** Colin Brand (M70) B'heath 9.7;

Results:

1 Blackheath & Bromley 77; 2 Dartford A 67; 3 Cambridge 55.5;

DIV TWO MEN:

200: 1 Peter Davey Ash 25.1; 2 Jermay Phillips Padd Wood 25.6; **1500:** 1 Guy Van Damme Ash 4:44.4;

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2 Mickael Hegesippe Padd Wood 4:48.1; (B): Richard Bidois (M40) Padd Wood 4:55.4; **4x100:** 1 Ashford (Iain Presnell, Steve Arnold, Peter Davey, Steve Langford 52.1; 2 Dartford 56.1; 3 Sevenoaks 57.3; **HJ:** 1 Peter Davey Ash 1.6; 2 Rob Peers (M40) S'oaks 1.4; **SP/JT:** Andy Clare (M45) Dart 7.92/32.24

M50

200: 1 Iain Presnell Ash 28.2; 2 David Aberly Istead & Ifield 28.2; 3 Geoff Kitchener (M55) S'oaks 28.5; **1500:** 1 Aberly 4:52.2; 2 Jim Duffill S'oaks 4:52.6; **HJ:** 1 Mick Goodall (M55) Ash 1.35; 2 Bob Sear Kent 1.3; **SP:** Robert Hammond (M50) Dart 9.32; **JT:** Chris Thompson Istead 24.98;

M60

1500: John Denyer S'oaks 5:21.2; **SP:** 1 John Gilbert (M65) Invicta 9.0; 2 Peter Mollison (M60) Kent 7.55
Match:
1 Ashford 78.5; 2 Istead & Ifield 64.5; 3 Sevenoaks 61;
1500: Mick Ellsmore (M50) Camb 5:04.7; John Murphy (M50) Camb 5:22.4;
SP: Guyn Samuel (M50) Camb 9.14;
M60
1500: Maurice Marchant (M60) S'oaks 5:45.5;

DIV ONE WOMEN:

W35

200: Imeta Bariskienne (W40) Bex 29.1; **1500:** 1 Claire Elms (W45) Camb 5:00.1; 2 Jennie Butler B'heath 5:08.1 (B); Andrea Pickup Camb 5:07.4; **4x100:** 1 Blackheath & Bromley (Helen Godsell, Jackie Montgomery, Bridget Davey, Jennie Butler) 61.2; 2 Dartford 62.2; 3 Cambridge 62.9; **HJ:** Imeta Bariskienne 1.35; 2 Christine Bond (W45) Camb 1.3; **SP:** Sandra Campbell (W40) Dart 8.23; **JT:** Anne Goad (W50) Dart 24.86;

W50

200: 1 Helen Godsell (W55) B'heath 30.7; 2 Teresa Eades Dart 32.2; **1500:** Pat Halstead (W55) Dart 6:03.5; **HJ:** Christine Clements (W55) Dart 1.25; **SP:** 1 Goad (W50) 9.97; 2 Beatrice Simpson (W50) B'heath 8.41; **JT:** Beatrice Simpson (W50) B'heath 21.05;

W60

1500: Maureen Farmer Dart 7:13.4; **SP:** 1 Pat Oakes (W60) Med & M 7.86;
Match
1 Dartford 64; 2 Cambridge 62; 3 Blackheath & Bromley 52

DIV TWO WOMEN:

W35

200: Suzzane Taylor P Wood 34.5; **1500:** 1 Sarah Dowling B'heath 5:47.3; 2 Jackie King Istead 5:50.3; **4x100:** 1 Kent (Andrea Jeffries, Zoe Graffen, Silvia Ferreira, Jane Alderidge) 71.4; 2 Paddock Wood 71.9; **HJ:** Jackie King Istead 1.2; **SP:** Silvia Ferreira (W45) Kent 6.32; **JT:** Suzzane Taylor 19.45;

W50

200: Barbara Ockenden (W55) Istead 36.7; **1500:** Sue James (W55) P Wood 6:24.5; **HJ:** Barbara Ockenden (W55) Istead & Ifield 1.1; **SP/JT:** Ockenden 6.57 / 13.75;

W60

1500: Penny Roberts P Wood 7:32.9;

Match

1 Istead & Ifield 58; 2 Kent 56; 3 Paddock Wood 55;
1500: Ola Balme (W40) Camb 5:43.0;

8.49; (M50): 1 Guy Perryman 12.98; 2 Peter Virgo 10.74; 3 Ron Jones 10.3; **HT:** (M35): 1 Jennings 45.6; (M50): Guy Perryman 43.35; (M60): David Kuester 33.36; **4x100:** 1 Radley 49.6; 2 Oxford 50.3; 3 Abingdon 51.9; **Team:** 1 Oxford 162; 2 Abingdon 152; 3 Radley 139;

WOMEN:

100: (W35): 1 Kay Reynolds 13.5; 2 K Scudder 14.8; (W50): Nikki Gregory 16.8; (O60): Sue Lowry 17.1; **400:** (W35): 1 Louise Oliver 69.4; 2 Jane Fleet 70.4; (W50): Gwyneth Heuter 78.0; **1500:** (W35): 1 Sarah Davies 5:12.2; 2 Adrienne Hopkins 5:32.0; (W50): Janet Binns 5:26.2; **HJ:** (W35): 1 Reynold 1.35; 2 Sarah Rudd 1.25; (W60): Jackie Charles 1.0; **LJ:** (W35): 1 Oliver 4.18; 2 Rudd 3.82; (W50): Lynn Amhet 3.45; **HT:** (W35): 1 Julie Wilson 31.91; 2 Adi Kam 30.28; **JT:** (W35): 1 Reynolds 26.35; 2 Wilson 23.65; (W60): Stella Bacon 21.63; **4x100:** 1 Radley 57.9; 2 Abingdon 64.3; 3 Reading 67.5; **Team:** 1 Abingdon 129; 2 Newbury 95; 3 Redaig 82;

3rd of May SURREY VETERANS CHAMPIONSHIPS Ewell Court

The pole vault at the Surrey Veterans athletic Championships was probably the highest standard of the meeting this year reports *Alastair Aitken*

Two guests Allan Williams (56 on 30th of May) and Jennifer Ibbitson (2.89 at Ewell), the World W50 Indoor Champion, were taking part and also Debbie Singleton (W50) who achieved an 'Official' Surrey Vets Championship record of 2.20.

Allan Williams, who holds the British Masters records for 45 and 50 vaulted a modest 3.50, the same height as David Blunt who achieved the CPB.

Allan explained "There was nothing in my legs today and you have to be clear in your mind." Williams achieved 3.82 for a British M55 record the previous Saturday at Battersea in the Southern League.

"I am still very optimistic the way things have been going this year. My goal is the World Masters Games in Australia in October.

I have got a few more months before that obviously, to get the momentum going. I think I will be back over 4 metres this year."

Wilma Thompson, who took four W55 titles was pleased with her shot and hammer but said she had been working from six to six each day and up at 4.30 in the morning which effected her performances.

Camilla Thrush, who also enjoys playing hockey, achieved CPB's in the W40 shot/discus/ and hammer. It was amazing when you consider she had had operations on both cruciate ligaments and both cartilages in her athletic life.

Chris Melliush who won the M60 hammer with 45.61 can look back on having had a County title in the hammer as a younger man from 1966-85.

On the track, European Indoor Champion, Terry Bissett (M65), set three CPB's at the 100/200/400 and ex-international race walker Carl Lawton (M60) went into the lead after one lap in the 3000m walk and set a CPB of 16:09.9

M35:

100: 1 Kwadjo Adjepong (Belg) 12.0; 2 Paul McKay (HHH) 12.1; 3 Draco Mkpa (K&P) 12.1; 4 Julian Langley (Walton) 13.3; **200:** 1 Mkpa 23.3 (CBP); 2 McKay (HHH) 24.3; 3 Kwado Adjepong (Belg) 24.7; **5000:** Justin Macenhill (SoC) 16.44.3 (CBP); **110H:** Langley 19.4 (CBP); **400H:** Langley 69.4 (CBP) **LJ:** 1 Neil Lincoln (RSB) 5.65; **TJ:** Lincoln 11.58; **HT:** Gavin Cook (TVH) 47.39

M40:

100: Mark Cook (G&G) 13.0; **200:** 1 Gary Palmer (St Mary's) 25.3; 2 Cook 25.9; 3 Neil Ridge (E&E) 29.0; **400:** 1 Ridge (E&E) 62.8; 2 Robert Murkin (Sutt) 73.4; **800:** 1 Ridge (E&E) 2:24.3; 2 Eric Campbell (Croy) 2:42.5; **1500:** 1 Andrew Robinson (K&P) 4:20.0; 2 Chris Daniels (HHH) 4:23.7; 3 Andrew Del Nevo (D&T) 4:55.6; **5000:** 1 Daniels 16:48.1; 2 Jonathan Dobson (HW) 16:54.6; 3 William Arbury (E&E) 18:31.6; **P V:** 1 Murkin 2.7; 2 Del Nevo 2.5; **LJ:** Campbell (Croy) 3.05; **TJ:** Peter Evans (Vets AC) 7.8; **SP:** 1 Murkin 7.27; 2 Campbell (Croy) 5.2; **DT:** 1 Evans 25.49; 2 Murkin 20.94; 3 Campbell 15.32; **HT:** 1 Paul Kelly (Woking) 38.47; **JT:** Evans 22.75;

M45:

100: 1 Kwei Sankofa (HHH) 12.4; 2 Glen Reddington (WSEH) 12.7; 3 John Shepherd (Vets) 12.8; 4 Simon Baird (Serp) 13.8; 5 Michael May (K&P) 14.0; 6 Fario Marismari (E&E) 14.0; **Note:** Clarence Riley (Croy) 12.9 missed start and competed with M50+ **200:** 1 Riley 25.8; 2 Marismari 27.7; 5 May 28.5; **400:** 1 Mark Baker (HW) 56.2; 2 Mark Butler (E&E) 56.5; 3 Ralph Hyde (SMR) 56.9; 4 Clarence Riley (Croy) 60.4; 5 Andrew Pringle (Reig P) 60.7; **800:** Mark Thomas (unatt) 2:34.9; **1500:** 1 Victor Maughn (HHH) 4:26.4; 2 Bruce Barton (Belg) 4:49.8; 3 Thomas 5:27.7; **5000:** 1 John McCawley (C'ley) 17:03.7; Tony Harran (HHH) 17:41.5; **110H:** 1 Reddington 16.8; **HJ:** Robert Lowe (K&P) 1.15; **PV:** 1 John Andrews (E&E) 3.6 (CBP); 2 Riley 2.6; **LJ:** 1 Masukatsu Kondo (HHH) 5.88 (CBP); 2 Riley 4.72; 3 Robert Lowe (K&P) 3.83; **SP/DT/HT:** Lowe 7.47 / 20.38 / 20.91; **JT:** 1 Geoff Van Klaveren (K&P) 36.19; 2 Lowe 26.85;

M50:

100: 1 Robert Shepherd (E&E) 14.0; 2 Paul Williams (Kent) 18.3; **200:** 1 Shepherd 30.5; 2 Williams 38.7; **400:** 1 Alan Dolton (SoC) 79.2; 2 Williams 101.6; **800:** Dolton 2:46.7; **1500:** Dolton 5:35.1; **5000:** Jerry Carnell (Camb H) 18:25.6; **400H:** 1 David Moles (Walton) 64.6 (CBP); **SP:** 1 Guy Perryman (Read, gst) 12.87; 2 Williams 6.29; **HT/JT:** 1 Guy Perryman Read, gst) 48.98 / 31.92;

M55:

100: 1 Tim Carter (Vets AC) 14.2; 2 Edward Clements (Reig P) 18.5; **200:** 1 Carter 27.8; **400:** 1 Carter 62.7; 2 Jack Rutherford (Walton) 68.0; **1500:** Cliff Hyde (Serp) 5:31.8; **400H:** David Moles (Walton) 64.6 (CBP); **PV:** 1 David Blunt (E&E) 3.5 (CBP); 2 Allan Williams (B&B) 3.5; **LJ:** Blunt 4.33; **SP:** 1 Michael Small (Swin) 12.97 (CBP); 2 Tony Richards (Croy) 11.25; 3 Nigel Hooker (G&G) 11.06; **DT:** 1 Small 43.08 (CBP); 2 Richards 35.2; Joe Eastwood (Walton) 25.39; **HT:** 1 Small 45.33; 2 Hooker 39.04; 3 Rutherford 27.83; **JT:** 1 Small 36.93; 2 Eastwood 36.39; 3 Richards 34.99; **3k W:** David Hoben (Sy WC) 20:11.7;

M60:

100: 1 Derek Wardle (WSEH) 13.8; 2 David Whittaker (E&E) 15.3; **200:** 1 Wardle 27.4; 2 Whittaker 29.8; **400:** 1 Wardle 62.2; 2 Whittaker 73.2; **800:** Ian Dunn (DMV) 2:38.5; **1500:** 1 Martin Miller (HW) 5:18.3; 2 Dunn 5:22.7; 3 Alan Davidson (Has B) 5:48.5; **5000:** 1 Liam O'Hare (Barnet) 19:10.4; 2 Davidson 21:20.7; 3 Walter Wessley (WSEH, gst) 22:00.8; 3 Keith Walker (E&E) 24:15.8; **SP:** Ken Prior (E&E) 9.73; **DT:** 1 Kevin Shepherd (Walton) 37.29; 2 Robin Roach (Walton) 32.58; 3 David Palmer (Walton) 32.52; **HT:** 1 Chris Melliush (Camb H) 45.61; 2 Prior 38.38; 3 Shepherd 32.2; **JT:** 1 Shepherd 38.67 (CBP); 2 Palmer 34.89; **3k W:** 1 Carl Lawton (Belg) 16:09.9 (CBP); 2 David Mitchell (E&E) 20:06.8; 3 Keith Walker (E&E) 20:08.1

M65:

100: 1 Terry Bissett (E&E) 13.6 (CBP); 2 Charles Isetts (K&P) 14.1; 3 Allan Long (HHH) 14.3; 4 Kevin Burnett (SoC) 18.4; **200:** 1 Bissett 27.1 (CBP); 2 Isetts 29.2; 3 John Garber (HHH) 32.3; 4 Kevin Burnett (SoC) 38.7; **400:** 1 Bissett 67.3 (CBP); 2 Garber (HHH) 70.8; **800:** 1 Garber 2:41.4 (CBP); **1500:** Garber 5:35.7; **300H:** David Barrington (K&P) 57.5; **HJ/PV:** Brian Harlick (E&E) 1.15 / 2.4; 2 John Webster (HW) 1.9; **LJ:** 1 Long 4.12 (CBP); 2 Tom Pollak (HW) 2.67; **SP:** 1 Harlick 8.98; 2 Pollak 6.44; 3 Burnett 6.11; **DT:** 1 Harlick 34.92; 2 Burnett 20.78; **HT:** 1 John Webster (HW) 31.28; 2 Harlick 26.94; 3 Burnett 17.58; **JT:** 1 Harlick 29.45; 2 Webster 26.65; 3 Burnett 17.49; **3km Walk:** 1 Peter Hannell (Sy WC) 17:50.7; 2 Burnett 21:24.9

M70:

SP: Norman Fullick (Has B) 7.16; **DT:** 1 Hamilton Thomas (Lewes, gst) 28.67; **HT:** 1 Thomas 34.11; 2 Fullick 25.02; **3k W:** 1 Michael Harran (HHH) 17:39.9

M75:

800:/1500:/ 5000: 1 Brian Shave (HHH) 3.31.1 (CBP)

4th MAY WESTERN DIVISION, OXFORD

Men:

100: (M35): 1 Henry Chitsenga 12.2; 2 Justin Plank 12.6; 3 Darren Ward 12.8; (B) 1 Brian Taylor 12.6; 2 Tony Palman-Brown 12.7; (M50): 1 Alistair Duncan 12.5; 2 Charlie Sutton 13.0; 3 Rod Davies 13.3; (M60): Bruce Hendrie 14.5; **400:** (M35): 1 Chitsenga 58.9; 2 P Reeves 59.0; 3 Ward 61.6; (B): 1 Rob Webster 58.7; (M50): 1 Duncan 58.7; 2 Howard Papworth 61.3; **1500:** (M35): 1 Phil Egerton 4:26.1; 2 Chris Sykes 4:42.8; 3 T Lock 4:50.5; (B): 1 David Bosley 4:53.4; 2 John Atyeo 4:56.3; (M50): Phil Huxley 4:56.8; **3000SC:** (M35): 1 Paul Fernandez 10:39.2; 2 Atyeo 11:29.3; 3 Trevor Dixon 11:39.4; (M50): John Exley 14:12.8; **HJ:** (M35): 1 Thomas Endrody 1.5; 2 Marc Juffkins 1.5; (M50): Duncan Talbot 1.5; **LJ:** (M35): 1 Plank 5.46; 2 Taylor 5.4; 3 Peter Stepney 4.65; (B): Davies 4.68; (M50): Hendrie 3.84; **SP:** (M35): 1 Garry Jennings 9.55; 2 Palman-Brown 8.65; 3 Mick Cottom

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/ 6:56.6 (CBP) / 25:28.9 (CBP); **HJ:** 1 Cliff Taylor (Vets AC) 1.09; **SP:** 1 Gordon Hickey (B&B, gst) 9.67; 2 Taylor 9.41; **DT:** Hickey 26.11; **HT:** Peter Barber (Camb H, gst) 34.72; **JT:** Hickey 25.27; 2 Taylor 21.18; **3kW:** John May (Lon Vids) 22:10.9;

M80:
DT: 1 Ian Briggs (RSB) 19.68 (CBP);

M85:

3kW: Jack Fitzgerald (Sutt) 29:32.8;

W35:

400 (mx): 800 / 1500/ Louise Ionascu (DMV) 66.9 / 2:33.8 / 5:14.6; **5000 (mx):** Jane Sheard (WSEH) 18:50.8; **HJ:** Ayamba Akim (WG&EL) 1.72 (CBP); **W40:**

100: Joanne Regan (Walton) 14.7; **5000 (mx):** Pippa Major (SLH) 19:38.1; **LJ:** Joanne Regan 4.37; **SP:** **DT:** / **HT:** Camilla Thrush (K&P) 10.19 (CBP) / 33.04 (CBP) / 37.26 (CBP); 2 Regan 22.83;

W45:

200: 1 Susan Dietrich (K&P) 31.2; 2 Alice Campbell (Croy) 56.4; **400 (mx):** 1 Campbell 165.1; **5000 (mx):** 1 Sarah Allen (HHH) 22:06.6; 2 Nicky Atkins (K&P) 22:18.8; 3 Fiona Bishop (Woking) 24:29.6; **HJ:** Amanda Rowley-Jones (Croy) 1.33 (CBP); **LJ:** Rowley-Jones 4.03 (CBP); **SP:** 1 Julie Wilson (Read, gst) 9.25; 2 Wendy Dunsford (E&E, gst) 8.93; 3 Dianne Ingham (C'ley) 5.8; 4 Campbell 5.27 **DT:** 1 Wilson 31.04; 2 Dunsford 25.73; 3 Diane Ingham (C'ley) 15.09; 4 Campbell 14.24; **HT:** 1 Wilson 32.95; 2 Dunsford 28.74; 3 Ingham (C'ley) 16.39 **Javelin:** 1 Wilson 25.8; **3kW:** 1 Bishop 18:26.8; 2 Susanne Dietrich (K&P) 19:11.3

W50

100:/ 200: Joan Trimble (K&P) 14.8; / 30.3; **PV:** 1 Jennifer Ibbitson (N Vets, gst) 2.89; 2 Debbie Singleton (Walton) 2.2 (CBP); **DT:** 1 Ibbitson 29.65; 2 Singleton 26.76 (CBP); **HT:** 1 Ibbitson 40.22; 2 Singleton 29.33; **JT:** Ibbitson 28.19;

W55:

100: 1 Anne Nelson (E&E) 16.0; 2 Sue Dassist (E&E) 16.3; **200:** 1 Nelson 32.6; **1500 (mx):** Ros Tabor (Dul R) 5:45.8; **5000:** Tabor 21:26.6; **LJ:** 1 Barbara Macanas (HHH) 2.61; 2 Linda Harrison (Croy) 2.24; **TJ:** 1 Macanas 5.49; 2 Harrison 5.33; **SP:** 1 Vilma Thompson (Belg) 10.64 (CBP); 2 Dassist 7.48; 3 Macanas 6.96; 4 Laura White (C'ley) 6.78; 5 Harrison 5.45; **DT:** 1 Vilma Thompson (Belg) 23.98; 2 Dassist 18.09; 3 Macanas 18.02; 4 White 14.55; 5 Harrison 14.19; **HT:** 1 Thompson 30.35 (CBP); 2 Macanas 25.44; 3 Harrison 19.3; **JT:** 1 Thompson 22.83; 2 McAnas 15.51; 3 Harrison 12.61 **3kW:** 1 Laura White (C'ley) 20:54.2 (CBP)

W60:

SP: 1 Liz Sissons (E&E) 9.14; 2 Barbara Terry (B&B, gst) 8.84; **DT:** 1 Terry 22.08; 2 Sissons 20.15; **HT:** 1 Sissons 29.27; 2 Terry 26.83; **JT:** 1 Sissons 21.26; 2 Terry 18.04

W65:

100:/ 200: / **LJ:** / **TJ:** Iris Holder (Woking) 17.4 / 35.8 (CBP); / 3.42 / 7.3 (CBP)

Results by Pete Mulholland petehwac@aol.com to who any amends should be forwarded.

May 18th : VAA/NE T&F ONE, MONKTON

1,500:

M35: C. Burn 5.36.1; **M40:** A. Loughney 5.15.7; **M.45:** 1 G. Harden 4.35.0; 2 A. MacDonald 4.42.1; **M.5:** 1 M. Mallen 5.06.1; 2 G. Hewitson 5.08.7; **M.55:** A. Smith 5.39.7; **M.6:** 1 P. Parkin 5.52.0; 2 S. Eccleston 5.59.8; **M.65:** R. Harvey 6.27.1; **M70+:** R. Checkley 6.51.0; **W.35:** S. Rogers 6.0.1; **W.45:** H. Morris 6.03.7; **W.5:** M. Lorraine 5.55.7;

WT:

M40: S. Hudson 9.85; **M.5:** D. Maggs 13.66; **M.55:** J. Wild 12.51; **M.6:** T. Hudson 12.99;

DT:

M50: Maggs 32.87; **M.55:** Wild 37.37; **M.6:** Hudson 37.55; **M.65:** J. Sloan 38.73;

JT:

M40: Hudson 25.51; **M50:** 1 Maggs 23.21; 2 J. Birkett 22.26; **M55:** Wild 31.29; **M60:** Hudson 30.25; **M65:** Sloan 31.62; **W 50:** K. Partridge 21.18;

100:

M 40: 1 P. Donaghy 12.6; 2 K. Nicholson 12.8; **M 45:** V. Taylor 14.0; **M50:** A. Readman Houghton 14.0; **M55:** S. Todner 14.3; **M60:** Parkin 17.5; **M65:** Sloan 15.8; **M 70+:** Checkley 18.5; **W45:** A. Kelly 15.1; **W50:** K. Partridge 17.7; **W 55+:** N. Garnham 19.0

400 :

M 40: P. McCluskey 59.3; **M 45:** P. Sunderland 61.9; **M 50:** A. Readman 60.8; **M 55:** Todner 64.0; **M 60:** Parkin 76.7; **M 65:** R. Juroski 82.3; **M 70+:** Checkley 83.3; **W 45:** Kelly 73.3; **W 50:** Partridge 85.4;

LJ:

M40: P. Williams 4.34; **M45:** S. Fell 3.93; **M 50:** J. Evans 4.61; **W 40:** J. Taylor 3.29;

18th MAY, SOUTHERN COUNTIES VETERANS South London Division - Match 1 at Croydon Arena,

MEN:

100: (M35): 1 P. Logan 12.5; 2 C. Riley 12.9; **(B):** 1 T. Bissett 13.8; 2 M. May 14.1; **(M50):** 1 P. Lavender 12.8; 2 D. Hayward 14.1; 3 C. Isetts 14.5; **2kW: (M50):** 1 I. Statter 11:33.7; 2 M. Turner 12:01.9; 3 D. Mitchell 12:59.0; **(B):** 1 R. Toomey 11:55.9; 2 D. Hoben 11:59.7; **(M50):** 1 B. Ewen 12:00.1; 2 D. Warren 12:55.2; **400: (M35):** C. Riley 61.1; **(B):** N. Ridge 62.2; **(M50):** 1 D. Hayward 62.4; 2 T. Bissett 66.7; **1500: (M35):** 1 J. Harvey 4:38.1; 2 S. Starvis 4:44.5; **(B):** J. Butler 5:14.0; **(M50):** 1 C. Oxlade 5:08.8; 2 B. Ewen 5:21.9; **(M60):** 1 I. Dunn 5:26.1; 2 C. Cotton 5:57.1; **4 x 100:** 1 Epton & E 53.8; 2 Kingston & P 54.3; 3 Croydon 58.1; **SP: (M35):** R. Irving 11.29; **(M60):** 1 B. Harlick 8.83; 2 D. Powell 8.38; **HJ: (M35):** 1 D. Blunt 1.45; 2 C. Riley 1.4; **(M50):** I. Statter 1.25; **(M60):** 1 R. Toomey & B. Harlick 1.2; **HT: (M35):** R. Irving 28.56; **(M50):** C. King 30.33; 2 J. Rutherford 26.34; **LJ: (M35):** C. Riley 4.91; 2 F. Schubert 4.46; G. Olsson 4.33; **(M50):** D. Blunt 4.52; 2 I. Statter 4.18;

WOMEN

100: (W35): A. Bates 14.1; 2 A. Campbell 14.7; **(B):** I. Fernandez-Bonarr 15.5; **(W50):** C. Brooks 15.5; **2kW:** 1 L. Neville 12:16.8; 2 S. Dietrich 12:23.4; **(B):** N. Atkins 13:52.4; **(W50):** 1 C. Brooks 12:47.8; 2 S. Boyman 13:38.2; **400: (W35):** 1 A. Bates 68.7; **(W50):** J. Searle 79.9; **1500: (W35):** L. Ionescu 5:22.7; 2 V. Caulfield 5:38.2; 3 R. Disley 5:50.9; **(W50):** J. Searle 6:33.6; **(W60):** 1 J. Davies 5:47.7; 2 B. Cushen 8:55.3; **4x100:** 1 Epton & E 62.8; 2 Croydon 64.4; 3 SOC 68.5; **HT: (W35):** 1 C. Thrush 34.32; 2 W. Dunsford 27.18; **(W50):** 1 L. Sissons 28.7; 2 D. Singleton 27.07; **TJ: (W35):** K. Thornton 7.37; **(W50):** 1 A. Nelson 6.53; 2 L. Harrison 5.27; **DT: (W35):** 1 C. Thrush 26.47; 2 W. Dunsford 24.96; **(W50):** D. Singleton 23.78; **(W60):** L. Sissons 20.02; **HJ: (W35):** C. Thrush 1.3;

18th MAY 2009 WESTERN DIVISION - ABINGDON

Women -

200: (O35) - 1st K Reynolds 27.4; 2 K Scudder 30.1; **(O50):** 1st J Ashton 34.2; 2nd L Ahmet 36.3; **(O60):** 1st S Lowry 35.7; **800m (O35):** 1st S Davies 2.29.9; 2nd S Francis 2.31.0; 3rd A Hopkins 2.4.5; **(B):** D Taylor 2.4.5; **(O50):** 1st J Binns 2.45.0; 2nd G Hueter 2.56.2; **3000m (O35):** 1st S Davies 11.24.9; 2nd A Curson 12.1.7; 3rd S Matthews 12.15.5; **(B):** C Stevens 11.48.0; **(O50):** 1st G Hueter 13.03.7; 2nd T Wilson 13.05.2; **2kW: (O35):** 1st R McKenzie 13.22.8; **(O50):** 1st S Fowler 13.46.2; 2nd J Howard 13.49.9; **4 x 400m** 1st Radley AC 4.5.9; 2nd Reading AC 5.05.7; 3rd Abingdon Amblers AC 5.19.5; **Shot (O35):** 1st J Wilson 9.39; 2nd J Breslin 6.0; **(O50):** J Ashton 6.5; **(O60):** S Bacon 6.06; **Discus (O35):** 1st J Wilson 30.45; 2nd J Cherry 28.59; **Triple Jump (O35):** 1st S Rudd 8.36; 2nd I Miller 8.08; **(O50):** L Ahmet 7.54;

Men -

200m (O35): 1st H Chitsenga 24.3; 2nd G Ruddington 24.6; **(O50):** 1st A Duncan 25.5; 2nd R Davies 26.0; **(O60):** 1st D Wardle 27.7; 2nd B Hendrie 28.7; **800m (O35):** 1st P Egerton 2.02.2; 2nd S Overton 2.12.5; **(B):** R Webster 2.12.5; **(O50):** 1st C Sykes 2.2.0; 2nd A Tuttle 2.28.5; **2kW: (O35):** 1st S Johnson 11.32.8; 2nd J Oliver 11.44.7; **(O50):** 1st G Chapman 10.4.7; 2nd R Stevens 11.44.3; **4x400m:** 1st Oxford City AC 4.06.6; 2nd Abingdon Amblers AC 4.13.7; 3rd Radley AC 4.19.9; **Discus (O35):** 1st G Jennings 30.4; 2nd R Hart 21.58; **(O50):** 1st G Peryman 38.1; 2nd P Virgo 28.51; 3rd R Jones 27.43; **(O60):** 1st N Griffin 42.29; 2nd R Jegou 30.45; 3rd D Kuester 29.72; **Javelin (O35):** 1st J Philips 43.49; 2nd C Sutton 30.08; **(O50):** 1st Kuester 32.93; 2nd G Perryman 32.15; 3rd N Griffin 28.56; **Triple Jump (O35):** 1st J Plank 10.75; 2nd C Batts 10.37; 3rd M Cottam 9.13; **(O50)** 1st D Wardle 9.6; 2nd A Duncan 9.22; 3rd H Papworth 9.16;

20th MAY 2009 NORTHERN VETERANS TRACK & FIELD LEAGUE BOLTON

100: (R1): 1 M50 P Hickey NVAC 11.8; 2 M40 N Rawcliffe Hyndburn 11.9; 3 M50 I Scholes Trafford 12.8; **(R2):** 1 M50 S Deutch NVAC 13.7; 2 M50 S Boardman Leigh Harriers 14.0; 3 M55 D Walker NVAC 14.2; **(R3):** 1 W50 I Hemming Bolton 15.4; 2 W50 P Booth Oldham 16.3; 3 M60 D Shelton Longwood 16.5; **200: (R1):** 1 M50 P Hickey NVAC 24.2; 2 M40 N Rawcliffe Hyndburn 24.9; 3 M50 I Scholes Trafford 25.7; **(R2):** 1 M45 I Halliday Rochdale 26.7; 2 M50 S Deutch NVAC 28.6; 3 M50 S King Bolton 28.9; **(R3):** 1 M50 S Pugh Rotherham 29.5; 2 M70 D Johnson NVAC 33.3; 3 M60 D Shelton Longwood 34.1; **400: (R1):** 1 M50 M Gibbons NVAC 60.6; 2 M40 L Golding Pendle 62.4; 3 M45 M Stores Manchester H 62.7; **(R2):** 1 M50 A Hutchinson NVAC 60.9; 2 M50 S King Bolton 66.3; 3 M55 P Christie Burnden 67.3; **800:** 1 M40 M Blackburn Southport W 2.14.1; 2 M40 P Freary Bolton 2.14.8; 3 M45 J Coke Leigh 2.15.0; 12 W45 K Winrow Lancaster 2.46.0; **1500:** 1 M45 J Coke Leigh Harriers 4.44.5; 2 M40 D Grimshaw Bolton 4.45.9; 3 M45 S Doxey Swinton 4.5.4; **3000:** 1 M55 K Fowler Bolton 11.22.0; 2 M45 R Ellis Holmfirth 12.32.0; 3 M45 C MacKenzie Bolton 12.54.0; **LJ:** 1 W50 I Hemming Bolton 3.92; 1 M45 N Slater Trafford 4.57; **SP:** 1 W50 J Ibbitson Holmfirth 10.23; **MEN:** 1 Gst A Plumb Burnley 10.55; 2 M55 P Todd Leigh 9.16; **JT: (W):** W50 J Ibbitson Holmfirth 25.02; W50 I Hemming Bolton 20.82; W50 P Booth Oldham 18.23; **(M):** M55 P Todd Leigh 36.1; Gst A Plumb Burnley 28.29; M40 A Doyle Bolton 25.12;

14th June, MMAC TRACK & FIELD CHAMPIONSHIPS, SOLIHULL.

100:

W35: 1 Wale, Amanda WMAA 13.9; 2 Williams, Katy 14.4; 3 Al-Daftary, Yasmine 16.2; **W40:** 1 Parry, Cindy 14.5; 2 Meldrum, Fiona 14.9; **W45:** 1 Willis, Lesley 14.2; 2 Hanlon, Judith 14.9; **W50:** 1 Gerner, Polly 14.7; 2 Benton, Lorraine 15.5; 3 Gray, Gillian 17.7; **W55:** Lyon-Green, Cathy 17.8; **W60:** Kirkland, Vivienne 17.6; **W65:** Hill, Patricia 18.5; **W75:** Chrimes, Rosemary 18.4; **M35:** 1 Tipper, Jim 11.3; 2 White, Martin 11.8; **M40:** 1 Maxwell, Ancell 11.6; 2 Smith, 12.4; 3 Wise, Mark 13.3; **M45:** 1 Powell, Dalton 11.7; 2 Brown, Donald 11.8; 3 Priest, Andrew 12.2; **M50:** 1 Moven, Cecil & Clayton, Philip 12.2; 3 Barclay, Clement 12.5; **M55:** 1 Oliver, Viv 12.5; 2 Moore, John 13.3; 3 Baxter, Alan 13.5; **M60:** 1 Singh, Manohar 13.7; 2 Dunn, Lawrie 14.1; 3 Felton, Graham 14.1; **M65:** 1 Cole, Terry 15.1; **M70:** Hudson, Geoff 16.5; **M75:** 1 Mellett, Alan 15.0; 2 Cheetham, George 15.3;

200:

W35: Williams, Katy 30.7; **W40:** 1 Palmer, Fiona 28.7; 2 Parry, Cindy 29.5; 3 Hawker, Christine 29.7; **W45:** 1 Willis, Lesley 29.4; 2 Hanlon, Judith 31.1; **W50:** 1 Benton, Lorraine 33.5; 2 Gray, Gillian 37.7; **W55:** Lyon-Green, Cathy 37.0; **W65:** Hill, Patricia 41.5; **M35:** Tipper, Jim 23.1; 2 White, Martin 24.1; 2 Gardiner, Michael 23.7; **M40:** 1 Smith, Raphael 25.7; 2 Wise, Mark 27.8; **M45:** 1 Powell, Dalton 24.3; 2 Brown, Donald 24.5; 3 Ashmore, Christopher 25.3; **M50:** 1 Moven, Cecil 24.8; 2 Broadhurst, Ian 25.1; 3 Barclay, Clement 25.8; **M55:** 1 Oliver, Viv 25.3; 2 Moore, John 27.3; 3 Baxter, Alan 28.1; **M60:** 1 Wardle, Derek 28.0; 2 Hendrie, Bruce 28.1; 3 Dunn, Lawrie 29.5; **M65:** 1 Oldfield, Laurence 27.6; 2 Lewis, Joseph 31.2; 3 Cole, Terry 32.1; **M70:** Hudson, Geoff 33.8; **M75:** 1 Mellett, Alan 30.3; 2 Cheetham, George 32.8;

400:

W35: Webb, Tracy 1:01.6; **W40:** 1 Palmer, Fiona 1:03.0; 2 Parry, Cindy 1:03.4; **W50:** Horder, Jane 1:04.2; **M35:** 1 Rubens, Richard 50.8; 2 White, Martin 56.0; **M40:** 1 Gardiner, Michael 52.0; 2 Maxwell, Ancell 52.6; 3 Smith, Tim 57.1; **M45:** 1 Tereve, Paul 58.0; 2 Pye, Kevin 58.6; **M50:** 1 Edwards, Paul 58.3; 2 Paterson, Wilson 1:00.4; 3 Browne, Dominic 1:02.2; **M55:** 1 Moore, John 1:00.8; 2 Oxland, David 1:01.7; 3 Trueman, Geoffrey 1:05.5; **M60:** 1 Wardle, Derek 1:03.5; 2 Hendrie, Bruce 1:03.9; 3 Pain, Alan 1:07.5; **M70:** Carney, David 1:25.6;

800:

W45: 1 Willis, Lesley 2:35.2; 2 Pidgeon, Jane 2:38.0; **W55:** Hitchmough, Nancy 2:35.8; **W60:** 1 Copson, Angela 2:43.1 (**British Record**); 2 Gallagher, Pat 2:54.6; **M40:** 1 Smith, Tim 2:09.3; 2 Knibb, John 2:09.5; 3 Scoltock, Calvin 2:13.2; **M45:** Pye, Kevin

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2:12.4; **M55:** Oxland, David 2:20.4; **M60:** 1 Munro, Jim 2:40.6; 2 Davies, John 2:52.1; **M65:** Duggan, Mike 2:52.7; **M70:** 1 Hudson, Geoff 3:07.7; 2 Carney, David 3:08.6; 3 Williams, Evan 3:29.4;
1500:
W40: 1 Ramsey, Kate 4:55.6; 2 Nealon, Nicki 5:04.9; **W45:** Pidgeon, Jane 5:16.1; **W55:** Hitchmough, Nancy 5:24.6; **W60:** Copson, Angela 5:32.0; **W70:** Sloan, Magdalene 9:07.6; **M40:** 1 Palmer, Colin 4:19.1; 2 Knibb, John 4:25.6; 3 Ashworth, Dave 4:31.3; **M50:** 1 Wetherill, Andrew 4:38.7; 2 Bradford, Mike 5:20.1; **M55:** 1 Oxland, David 4:48.0; 2 Roberts, Stephen 4:59.1; **M60:** 1 Smedley, Mick 5:41.1; 2 Davies, John 6:14.4; 3 James, Clive 6:18.4; **M65:** Curran, Michael 6:11.5; **M75:** Sloan, Charlie 7:22.0;
5000:
M40: 1 Wright, Andrew 16:22.8; 2 Hussey, Andrew 16:23.5; **M45:** Sheen, Rob 16:39.7; **M50:** 1 Cadman, Mike 16:08.5; 2 Wetherill, Andrew 16:34.9; 3 Bradford, Mike 19:07.8; **M55:** Elwell, Michael 22:47.9; **M60:** 1 Smedley, Mick 20:07.7; 2 Watts, Phil 20:48.25; **M65:** 1 Oldfield, John 21:48.7; 2 Curran, Michael 23:00.8; **W35:** Hooton, Michelle 19:37.7; **W40:** 1 Nealon, Nicki 17:49.2; 2 Ramsey, Kate 18:29.3; **W55:** Kilkenny, Christine 20:07.4;
5000W:
M40: Williams, Mark 24:56.4; **W40:** Bellfield, Lynn 36:09.7; **M50:** Hayden, Paul 30:56.5; **W50:** Wheeler, Ann 29:34.2; **M60:** Boszko, Peter 29:17.1; **M65:** Scrivens, Les 32:13.0; **W70:** Langford, Jill 34:30.2; **M85:** Creo, Len 38:38.9;
80 HURDLES:
W50: Booth, Paula 15.5; **W60:** Hill, Patricia 19.5;
100 HURDLES:
M50: 1 Edwards, Paul 16.3; 2 Worrall, Ian 17.8; **M55:** Willoughby, Ian 18.0;
110 HURDLES:
M45: 1 Dunson, Greg 15.7; 2 Myes, Gary 16.9;
300 HURDLES:
W50: Horder, Jane 48.6; **W60:** Brownlie, Rita 1:11.5;
400 HURDLES:
W35: 1 Webb, Tracy 1:08.8; **M35:** Lloyd, Joe 55.3; **M50:** 1 Broadhurst, Ian 1:04.8; 2 Edwards, Paul M50 C&ST 1:07.4
HIGH JUMP:
W55: Garvey, Pam 1.30m; **W75:** Chrimes, Rosemary 1.15m (=British Record); **M40:** Fellows, Pete 1.60m
M45: Linsell, Steve M45 NVAC 1.85m (British Record); 2 Brown, Donald 1.65m; **M50:** 1 McColgan, Joe 1.55m; 2 Hayden, Paul 1.50m; 3 Worrall, Ian 1.45m; **M65:** Green, Collin 1.35m; **M70:** 1 Crocker, Tony 1.30m; 2 Love, John 1.07m;
Pole Vault:
W35: Al-Defatry, Yasmine 1.80m; **M45:** Wilkinson, Andrew 3.20m; **M60:** Hendrie, Bruce 2.60m; **M75:** Brown, Robert 2.30m;
Long Jump:
W45: 1 Timmis, Denise 4.38m; 2 Willis, Lesley 4.30m; **W50:** 1 Murch, Deborah 3.72m; 2 Gerner, Polly 3.44m; 3 Booth, Paula 3.39m; **W55:** Lyon-Green, Cathy 3.09m; **W60:** Kirkland, Vivienne 2.99m; **W85:** Wixey, Mary 1.48m; **M45:** 1 Brown, Donald 5.63m; 2 Ashmore, Christopher 5.26m; 3 Batts, Charlie 5.06m; **M50:** 1 Worrall, Ian 5.45m; 3 Earle, Albert 5.26m; 3 Twidale, Tim 4.98m; **M65:** 1 Green, Collin 4.15m; 2 Cole, Terry 3.91m; **M70:** 1 Crocker, Tony 4.19m; 2 Evans, John 3.66m; 3 Singh, Jhalman 3.43m;
Triple Jump
W40: Hawker, Christine 8.44m; **W45:** 1 Willis, Lesley 9.10m; **W50:** 1 Wakelam, Julie 7.66m; 2 Higgins, Pat 7.19m; **W55:** Lyon-Green, Cathy 6.79m; **M45:** 1 Richards, David 11.57m; 2 Batts, Charlie 10.19m; **M50:** 1 Earle, Albert 11.47m; 2 McColgan, Joe 10.17m; **M65:** Green, Collin 8.30m; **M70:** Evans, John 7.90m;
Shot Put
W35: Wale, Amanda 8.88m; **W40:** 1 Bird, Ruth 7.92m; 2 Oliver, Jane 6.63m; **W45:** 1 George, Alison 8.84m; 2 Rubery, Dorothy 5.26m; **W50:** 1 Murch, Deborah 10.13m; 2 Booth, Paula 8.67m; 3 Higgins, Pat 6.97m; **W60:** 1 Lewington, Maureen 7.43m; 2 Kirkland, Vivienne 6.68m; **W65:** Rafferty, Carol 6.14m; **W75:** Chrimes, Rosemary 9.04m (World Record); **W85:** Wixey, Mary 3.36m; **M40:** 1 Taylor, Ian 12.71m; 2 Brown, Kevin 12.27m; 3 Smith, Paul 9.54m; **M50:** 1 Moreland, John 11.19m; 2 Pell, Malcolm 11.65m; 3 Woolley, Steve 10.69m; **M55:** 1 Renshaw, William 9.79m; 2 Howell, Clive 9.08m; **M60:** 1 Hawksworth, Barry 11.11m; 2 Jegou, Richard 10.57m; 3 Felton, Graham 10.47m; **M65:** 1 Duckers, Peter 10.26m; 2 Cole, Terry 9.78m; 3 Bowles, Ian 9.41m; **M70:**

1 Sumner, Brian 9.63m; 2 Singh, Jhalman 8.65m; 3 Love, John 7.74m; **M75:** Roberts, Graham 6.17m;
Discus:
W40: Bird, Ruth 19.23m; **W45:** 1 Cooper, Jenny 32.56m; 2 Rubery, Dorothy 13.35m; **W50:** Wakelam, Julie 13.43m; **W55:** Ehrenberg, Margaret 16.15m; **W65:** 1 Hill, Patricia 17.40m; 2 Rafferty, Carol 14.66m; **W75:** Chrimes, Rosemary 27.26m; **W85:** Wixey, Mary 7.63m; **M40:** 1 Brown, Kevin 50.73m; 2 Taylor, Ian 40.94m; 3 Smith, Paul 24.57m; **M45:** Middleton, Graham 28.28m; **M50:** 1 Moreland, John 46.82m; 2 Woolley, Steve 34.43m; **M55:** 1 Renshaw, William 31.49m; 2 Howell, Clive 25.97m; **M60:** 1 Hawksworth, Barry 37.49m; 2 Jegou, Richard 32.2m; 3 Felton, Graham 30.26m; **M65:** 1 Bowles, Ian 33.24m; 2 Owen, Phil 30.33m; **M70:** 1 Watts, John 40.40m (British Record); 2 Love, John 26.41m; 3 Sumner, Brian 23.91m; **M75:** Roberts, Graham 17.33m;
Hammer:
W40: Bird, Ruth 30.76m; **W45:** 1 Cooper, Jenny 34.20m; 2 Rubery, Dorothy 23.44m; **W50:** 1 Murch, Deborah 34.27m; 2 Higgins, Pat 27.49m; 3 Wakelam, Julie 19.56m; **W60:** Kirkland, Vivienne 20.69m; **W65:** 1 Rafferty, Carol 16.6m; 2 Hill, Patricia 16.49m; **M40:** Smith, Paul 23.01m; **M45:** 1 Payne, Russell 45.99m; 2 Roberts, Martin 43.32m; 3 Middleton, Graham 39.03m; **M50:** 1 Moreland, John 40.91m; 2 Woolley, Steve 32.25m; **M55:** 1 Howell, Clive 35.47m; 2 Renshaw, William 27.21m; **M60:** 1 Hawksworth, Barry 50.75m; 2 Jegou, Richard 31.99m; 3 Felton, Graham 23.59m; **M65:** 1 Duckers, Peter 30.84m; 2 Bowles, Ian M65 WORC 27.53m; 3 Jones, Mike 21.47m; **M70:** 1 Sumner, Brian 35.8m; 2 Love, John 22.71m; **M75:** Roberts, Graham 24.29m;
Javelin
W35: Addis, Karen 27.48m; **W50:** 1 Murch, Deborah 22.28m; 2 Wakelam, Julie 21.44m; 3 Booth, Paula 17.62m; **W65:** Rafferty, Carol 17.49m; **W85:** Wixey, Mary 5.25m; **M35:** Wilkinson, Jamie 49.94m; **M40:** Peters, Lee 51.94m; **M50:** 1 Murch, Kevin 55.65m; 2 Barclay, Clement 46.56m; 3 Pell, Malcolm 45.0m; **M55:** 1 Howell, Clive 23.26m; 2 Renshaw, William 21.63m; **M60:** 1 Hawksworth, Barry 36.42m; 2 Davies, John 35.67m; 3 Springall, David 25.61m; **M65:** 1 Owen, Phil 36.64m; 2 Price, David 31.76m; 3 Duckers, Peter 30.24m; **M70:** 1 Sumner, Brian 23.87m; 2 Singh, Jhalman 20.96m; 3 Love, John 18.36m;

SOUTHERN COUNTIES VETS CHAMP'S Kingsmeadow

British records were achieved in the older age groups in the hot sunny weather at Kingsmeadow reports
Alastair Aitken

Gordon Hickey, who had been a county high jumper in the old White City days, achieved an M75 shot British Best of 10.79 wiping away the old record of 10.54. That was remarkable, if you consider in recent times the doctors took three years to find out he was diabetic and he now has no sensation in his hands and feet, that has naturally effected his throwing. Another thrower also achieved a shot British record and that was Neil Griffin who did an M60 Best of 14.21.

On the track Celia Morrison, 69 next month, took nine seconds off the British W65 1500 with 5:54.48, a month after breaking the W65 3k track record with 12.39. Morrison said "I started running when I was 61, doing a couple of marathons which I hated doing but then turned to the 1500 which I love doing and I have always enjoyed 5k anyway. In the Winter I do 10k's for endurance"

Helen Godsell, who has been sprinting since she was eleven years old, won the W55 100/200 at Kingsmeadow and looked back on what she considers her most satisfying and best performance ever "Definitely recently in Ancona, Italy when I did a W55 World Best for 60metres of 8.46 indoors. Last year I said I had not run my perfect race I think that was my perfect race "

The M65 European Indoor 400 Champion, Terry Bissett, the British M60 100/200 Champion last year won the same double as an M65 at the SCVAC He

looked back " Football was my love and I played senior league and twice for Wimbledon reserves but gave up at 39. I did road running for 10 years with a best in the London of 2:40.3 but, then went down with my daughter to the club for her to do sprinting which I started doing but she got ME and I carried on."

Allan Williams, who achieved an M55 British pole vault record of 3.82 earlier this year did 3.70 at Kingsmeadow and took Alf Woods' 1986 Championship best of 3.30 off the books. "I just missed the British record. I did 3.70 and did not clear at 3.85. I did 3.80 in the pouring rain in the British league match at Cardiff last week. I feel generally I have to say it is getting better."

WMRA /EVAA MOUNTAIN CHAMPIONSHIPS. LENZERHEIDE, 28TH JUNE.

MEN:

1. Sichermann Paul, LG Kreis Ansbach 44.47,6 M40-1; 2. Torresani Franco, Atletica Trento CMB 45.02,0 M45-1; 3. Volery Georges, Suisse 45.21,1 M35-1; 29. Foley Sean, IRL- 51.24,7 M45- 6; 36. McDonald Martin, IRL 52.29,4 M50- 4; 49. Brady Gerry, IRL 54.45,4 M50- 7; 124. Roberts Alan, GB 1:13.52,1 M40-30; 144. Dillon Kevin, GB 1:46.34,2 M50- 25;

WOMEN:

1 Heilig-Duventäster Marie-Luise, Welfen 52.38, W45-1; 2. Helfenberger Claudia, 52.59,2 W40-1; 3. Spiess Erika, Davos 54.53, W45-2; 6. Greenan Mags, IRL-57.44,5 W50-1; 10. Coppinger Aisling, IRL- Dublin 58.47,8 W35-1; 25. Sandford Anne, IRL-Co. Down 1:06.30,6 W40-9; 28. Mellington Zoe, IRL-Dublin 1:07.18,5 W35-5; 30. Mccann Tish, IRL-Co. Down 1:08.23,4 W45-6; 51. Robinson Brenda, GB-Rochdale 1:32.36,7 W60-7;

I REGRET TO INFORM ALL PROVIDERS OF RESULTS THAT MASTERS ATHLETICS WILL NO LONGER PRINT RESULTS FROM AREA CLUBS.

THIS IS NECESSITATED FOR THE FOLLOWING REASONS.

1) **DUPLICATION** - ALL AREA CLUBS HAVE EITHER A NEWSLETTER OR A WEBSITE , WHILST SOME HAVE BOTH HENCE LITTLE VALUE CAN BE DERIVED BY PRINTING IN MASTERS ATHLETICS.

2) **COST**- WITH THE INCREASE IN COSTS, POSTAGE AND A DECLINE IN ADVERTISING IT IS NECESSARY TO USE THE PAGES IN MASTERS ATHLETICS TO MAXIMUM EFFECT.

3) **TIME**- RESULTS ARE OFTEN SUPPLIED IN EXCELL AND OTHER DIFFICULT TO REFORMAT SYSTEMS LIKE SCANNED RESULTS WHICH BECOME PHOTOGRAPHS. THESE IN MANY CASES HAVE TO BE RETYPED

WHICH CAN TAKE AN ENTIRE EVENING FOR A SINGLE LEAGUE MATCH.

**EUROPEAN VETERANS NON-STADIA CHAMPIONSHIPS, ÅRHUS – 29TH-31ST MAY
WORDS & PICTURES BY
ARTHUR KIMBER & ERIC HORWILL**

Denmark's second largest city, which had hosted the European Veterans Track and Field Championships in 2004, was the venue for three days of very well organised competition. The weather was almost ideal, warm and sunny with light winds, although perhaps a bit too warm for the longer events on the last day.

The 10k races on Friday were over four laps of an almost flat and very spectator friendly course. The British athletes took three silver medals, M45 Ian Williamson in 33:43, M50 Bill Foster in 34:36 and W70 Pam Jones in 51:20. Alex Rowe just missed out on a bronze in the M50 only nine seconds behind Bill. Lynn Tanner won bronze in the W55 race in 43:35, closely followed by Ros Tabor only 15 seconds behind.



Team awards were made in ten year age groups and the women were the stars with two golds and a bronze. The W55/60 squad of Lynn Tanner, Ros Tabor and Sue James and the W65/70 trio of June Johnson, Sandra Poole and Pam Jones took the golds and the bronze went to Lynne Marr, Barbara Rusling and Diane Farmer in the W45/50 race. There were two team awards for the men, M45/50 silver for Ian Williamson, Bill Foster and Alex Rowe and M55/60 bronze for Archie Jenkins, Terry Eakin and Michael Mann.

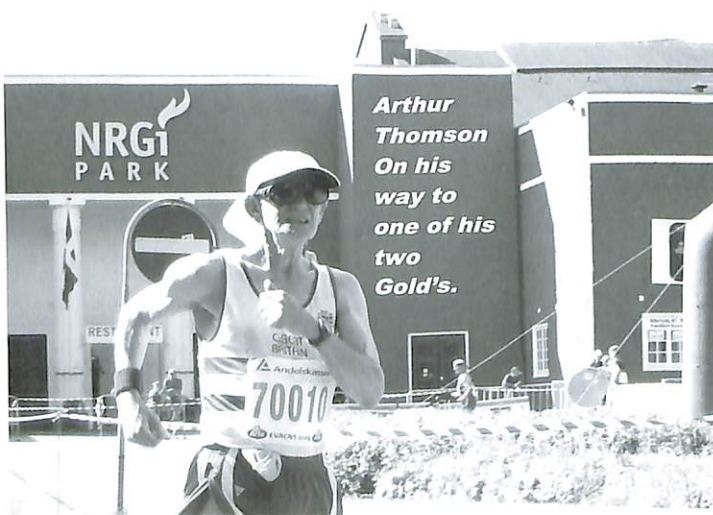
On Saturday the cross country relay course in the undulating Mindeparken (Memorial Park) consisted of three legs of 4k for the younger men up to M55 and three 2k legs for the over 60 men and the women. Teams were formed in five year age groups rather than the ten in the

road races. Three British teams won medals, gold for the W45 trio of Barbara Rusling(8:31), Lynne Marr(8:45)



and Fiona Bishop(9:33), silvers for M50 Mike Bradford(15:44), Alex Rowe(14:01) and Colin Laidlaw(16:14), Alex running the fastest M50 leg overall, and M75 Derek Howarth(10:14), Arthur Walsham(14:40) and Tom Davidson(12:13).

The half marathon was held in the far south west of the city, from the stadium at Viby, on the warmest day of the championships. The women took three individual medals, gold for W70 Pam Jones in 1:54:47 to add to her silver in the 10k, silver for W55 Ros Tabor in 1:38:08 and bronze for W35 Sarah Vick, 1:39:32. June Johnson, W65, narrowly missed out on a medal taking another fourth place in 1:47:00, but had the compensation of a W65/70 team silver with Sandra Poole, 1:56:53, and Pam Jones, Pam's fourth medal.



Michael Mann took the only British Men's individual medal, a bronze with a time of 1:29:08 in the M60, while Alex Rowe, again, as in the 10k, just missed a medal in fourth place with 1:17:38.

The Walkers were very successful with two Golds from Estle Viljoen, Diane Bradley and Arthur Thomson. Golds from John Payn, Ron Penfold and the Women's Team 45.

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Two Silver Medals were won by Eric Horwill , and individual Silvers from John Hall and Susan Rey and the Men's 65 Team.

Bronze medals came from Susan Rey , Maureen Noel Mark Wall , John Hall and John May won a brace in the two events.

Team Manager Eric Horwill was delighted with the teams efforts, and declared the Championships well run with an excellent course.



10k Road Walk:

W35: 1 Estle Viljoen GBR 55:43; **W40:** 1 Christine Sarembe-Stegmaier GER 54:09; **W45:** 1 Diane Elizabeth Bradley GBR 54:53; 4 Maureen Elevaria Noel GBR 1:01:35; 6 Fiona Jane Bishop GBR 1:05:00; **TEAM:** GBR 3:01:28; **W50:** 1 Marita Echle GER 1:03:34; 3 Susan Lozano Rey GBR 1:07:54; **W55:** 1 Liudmila Nityagovskaya RUS 1:02:53; **W60:** Rosina Blume GER 1:08:05; **W65:** Heidi Maeder SUI 57:33; **W70:** Janina Fijalkowska POL 1:11:16; **W75:** Katharina Andreus AUT 1:27:01; **M35:** Steffen Borsch GER 48:43; **M40:** Manfred Kreutz GER 48:45; **M45:** 1 Dick Gnauck GER 49:47; 3 Patrick Michael Murphy IRL 50:25; 8 Tony Gartland IRL 59:21; **M50:** 1 Helmut Prieler 49:37; 5 Mark Wall GBR 53:45; **M55:** Ignacio Melo Valls ESP 52:02; **M60:** 1 Kalju Niidusaar EST 52:37; 2 John Hall GBR 52:47; 7 David Kates GBR 57:59; **M65:** 1 Ronald Penfold GBR 58:03; **TEAM:** 2 GBR 3:06:44; **M70:** Arthur Thomson GBR 55:33; **M75:** 1 Karlheinz Teufert GER 1:09:59; 2 Eric Horwill GBR 1:13:08; 3 John May GBR 1:17:33; **M80:** Günther Ciesielski GER 1:10:05;

10K ROAD RUN

W35: 1 Jutta Brod GER 35:37; 3 Zoe Melling IRL 43:55; **TEAM:** 2 Ireland 2:12:24; **W40:** 1 Rosa Maria Santos Oliveira POR 36:52; 5 Arlene Bristow GBR 39:31; 8 Bernadette White IRL 43:14; 11 Mary McDermott IRL 45:44; **W45:** 1 Claudia Lokar GER 35:23; 8 Lynne Marr GBR 44:58; 9 Barbara Rusling GBR 5:40; **TEAM:** 3 GBR 2:14:50; **W50:** 1 Gitte Karlshøj DEN 36:11; 4 Mags Greenan IRL 40:25; 6 Diane Farmer GBR 44:12; 11 Alison White GBR 53:26; **W55:** 1 Grethe Nielsen DEN 42:18; 3 Lynn Tanner GBR 43:35; 4 Ros Tabor GBR 43:50; 7 Susan James GBR 48:02; **TEAM:** GBR 2:15:27; **W60:** 1 Monika Müller GER 48:33; 4 Mary Rose Cronin IRL 1:00:35; **W65:** 1 Emma Lüthi SUI 42:07; 4 June Johnson GBR 47:36; 5 Sandra Poole GBR 49:15; **TEAM:** GBR 2:28:11; **W70:** 1 Elfriede Hodapp GER 49:18; 2 Pamela Jones GBR 51:20; **W80:** Helga Maria Kündig SUI 1:08:49; **M35:** 1 Flemming Bjerre DEN 31:51; 10 Kenny Curran IRL 39:35; **M40:** 1 Edo Baart NED 31:48; 10 Ian James Johnston GBR 34:40; **M45:** 1 Markus Pingpank GER 32:47; 2 Ian Williamson GBR 33:43; 3 Dominick Boner IRL 33:45; 14 Trevor Rayner GBR 36:52; 20 Michael Fennell IRL 38:16; 26 Alan Roberts GBR 39:29; **TEAM:** 2 GBR 1:43:04; 4 IRL 1:50:55; **M50:** 1 Dietmar Müller GER 33:43; 2 Bill Foster GBR 34:36; 4 Alex Rowe GBR 34:45; 6 Richard Holland GBR 36:15; 15 Mike O'shea IRL 38:54; 20 Mike Bradford GBR 40:44; 25 Colin David Laidlaw GBR 41:51; 27 Stephen Parker GBR 42:20; 29 Brian Slaughter GBR 42:59; **M55:** 1 Gert Kærln DEN 34:53; 7 Patrick O'shea IRL 36:22; 14 Joseph James Rankin IRL 38:33; 15 Archie Jenkins GBR 38:35; 16 Terry Eakin GBR 38:41; 17 Alan Newman GBR 39:38; 20 John White GBR 42:35; 21 Rob Sargent GBR 42:40; 22 Andy Murray GBR 42:45; 25 Hugh Gallagher IRL 43:55;

27 Brian Cook GBR 44:16; **TEAM:** 3 IRELAND 1:54:28; 4 GBR 1:55:36; **M60:** 1 Albert Anderegg SUI 35:24; 6 Michael Christopher Mann GBR 38:20; 9 Martin McEvilly IRL 39:33; 12 Derek Poole GBR 42:54; 13 T. J. Beatty IRL 43:08; 14 Michael Bowler IRL 43:40; 16 John Heywood GBR 43:58; 18 Ian Davidson GBR 45:03; **M65:** 1 Peter Lessing GER 38:42; 11 William Johnson GBR 44:02; 16 Michael Smith GBR 48:08; 22 Martin Keane IRL 51:25; 23 Alan Edward Holiday GBR 54:07; **TEAM:** 7 GBR 2:20:40; **M70:** 1 Manuel Rosales ESP 41:52; 8 Tadhg Twomey IRL 46:44; 9 Arthur Kimber GBR 48:30; **M75:** 1 Werner Beecker GER 45:00; 5 Derek Richmond Howarth GBR 52:31; 11 Arthur John Gordon Walsham GBR 1:14:50; **M80:** 1 Otto Schwab GER 52:55; 4 Ron Franklin GBR 1:18:05;

3x2k XC RELAYS (M60 & WOMEN)

W40: GER 21:47; **W45:** GBR 26:49 (Rusling 8:31; Marr 8:45; Bishop 9:33); **W50:** 1 GER 1 23:48; 2 GER 2 26:08; **W55:** GER 29:00; **W65:** 1 DEN 29:38; 2 GER 31:47; **M60:** 1 GER 21:07; 2 SUI 21:41; 3 IRL 23:40; 4 GBR 23:57 (Heywood 8:20; Mann 7:18; Davidson 8:19); 5 SUI 27:07; **M65:** 1 GER 23:31; 2 DEN 25:39; 3 SUI 27:07; **M70:** 1 GER 26:38; 2 SUI 28:32; **M75:** 1 GER 31:36; 2 GBR 37:07 (Howarth 10:14; Walsham 14:40; Davidson 12:13);

3x4k XC RELAYS (M35-59)

M40: 1 GER 39:50; 2 DEN 40:35; **M45:** 1 GER 40:10; 2 IRL 43:31; 3 GER 2 46:49; **M50:** 1 CZE 45:26; 2 GBR 45:59 (Bradford 15:44; Rowe 14:01; Laidlaw 16:16); 3 GER 47:16; 4 SVK 47:48; **M55:** IRL 42:49; 2 GER 43:07; 3 CZE 45:13; 4 GBR 47:01 (Newman 15:19; Pendbury 16:27; Collier 15:17); 5 SUI 48:16; 6 GBR 2 56:50;

30k WALK MEN:

M35: Steffen Borsch GER 2:34:50; **M40:** Roman Bilek CZE 2:25:27; **M45:** Dick Gnauck GER 2:44:31; **M50:** 1 Helmut Prieler GER 2:41:57; 3 Mark Wall GBR 2:54:27; **M55:** Ignacio Melo Valls ESP 2:38:42; **M60:** 1 Kalju Niidusaar EST 2:53:32; 3 John Hall GBR 2:57:54; 13 John McMullin IRL 3:30:15; **M65:** Hermann Strieder AUT 3:10:26; **TEAM:** 1 GER 10:15:57; 2 GBR 10:54:42; **M70:** Arthur Thomson GBR 3:09:57; **M75:** 1 John Edward Walter Payn GBR 3:44:59; 2 Eric Horwill GBR 3:59:46; 3 John May GBR 4:17:13; **M80:** Günther Ciesielski GER 3:43:53;

20k WALK WOMEN:

W35: Estle Viljoen GBR 1:59:12; **W40:** Christine Sarembe-Stegmaier GER 1:57:19; **W45:** 1 Diane Elizabeth Bradley GBR 1:54:19; 3 Maureen Elevaria Noel GBR 2:06:24; 5 Fiona Jane Bishop GBR 2:13:14; **TEAM:** GBR 6:13:57; **W50:** 1 Marita Echle GER 2:14:09; 2 Susan Lozano Rey GBR 2:27:02; **W60:** Rosina Blume GER 2:19:42; **W65:** Heidi Maeder SUI 1:59:34; **W70:** Janina Fijalkowska POL 2:27:59;

HALF MARATHON WOMEN:

W35: 1 Jutta Brod GER 1:21:45; 3 Sarah Vick GBR 1:39:32; **W40:** Donatella Vinci ITA 1:24:15; **W45:** 1 Ute Jenke GER 1:32:41; 7 Barbara Rusling GBR 1:45:03; **TEAM:** GBR 6:13:57; **W50:** 1 Anne Fischer GER 1:27:30; 12 Alison White GBR 2:02:56; **W55:** 1 Odilia Mathys SUI 1:35:02; 2 Ros Tabor GBR 1:38:08; **W60:** Marianne Knapen De Bode NED 1:45:44; **W65:** 1 Emma Lüthi SUI 1:32:56; 4 June Johnson GBR 1:47:01; 6 Sandra Poole GBR 1:56:53; **TEAM:** 1 DEN 5:37:03; 2 GBR 5:38:40; **W70:** Pamela Jones GBR 1:54:47; **W80:** Helga Maria Kündig SUI 2:38:04;

HALF MARATHON MEN:

M35: Matthias Wilshusen M GER 1:16:42; **M40:** Torben Juul Nielsen DEN 1:12:17; **M45:** 1 José Ramón Torres Peanilla ESP 1:13:03; 12 Trevor Rayner GBR 1:23:36; 21 Michael Fennell IRL 1:27:58; 26 Alan Roberts GBR 1:32:34; 34 Donal O'mathuna IRL 1:40:40; **TEAM:** 1 GER 3:55:51; 4 GBR 4:10:46; **M50:** 1 Ronald Agten BEL 1:14:07; 4 Alex Rowe GBR 1:17:38; 15 Andy Law GBR 1:29:33; 22 Colin David Laidlaw GBR 1:35:05; 23 Mike O'shea IRL 1:35:12; 27 Stephen Parker GBR 1:38:58; **M55:** 1 Albert Rungger ITA 1:15:33; 4 Patrick O'shea IRL 1:21:36; 12 Peter John Collier GBR 1:26:27; 13 Joseph James Rankin IRL 1:27:24; 15 Patrick Timmons IRL 1:30:14; 18 Alan Newman GBR 1:34:21; 19 Hugh Gallagher IRL 1:35:20; 20 John White GBR 1:37:50; 21 Rob Sargent GBR 1:37:56; **TEAM:** 1 GER 4:01:26; 2 IRL 4:15:15; 3 GBR 4:29:55; **M60:** 1 Winfried Schmidt GER 1:20:29; 3 Michael Christopher Mann GBR 1:29:08; 10 Derek Poole GBR 1:37:45; 11 T. J. Beatty IRL 1:39:26; 15 John Heywood GBR 1:45:27; **M65:** 1 Vincent Basista SVK 1:26:20; 22 William Johnson GBR 1:40:57; 22 Michael Smith GBR 1:56:10; 24 Martin Keane IRL 2:00:07; **TEAM:** 1 GER 4:38:38; 6 GBR 5:23:09; **M70:** 1 Friedrich Holst GER 1:35:13; 7 John Ian Leggett GBR 1:46:02; 8 Tadhg Twomey IRL 1:46:40; **M80:** Otto Schwab GER 2:03:10; **M85:** Albert Stricker SUI 2:22:28 6:45;

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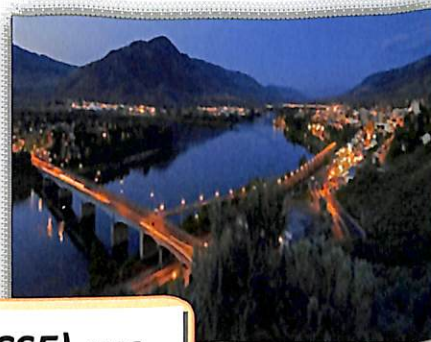
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top TEAM INTERLAND 2009
left: Mark Wiseman right: Imeta Barauskiene
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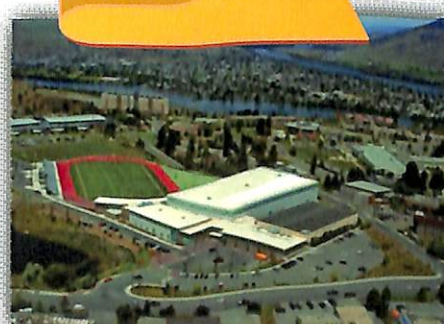
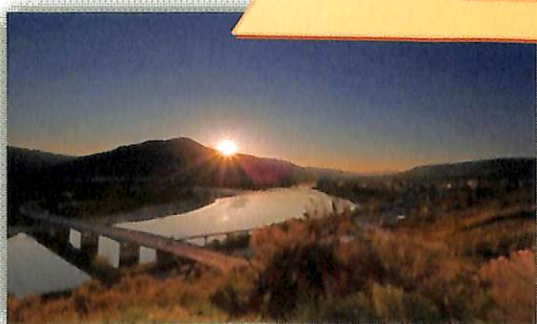




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Corporate & Sporting Events (CSE) are delighted to have been appointed the official travel agent for the British Masters Athletics Federation and look forward to assisting all members with their travel requirements to overseas championships.



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