

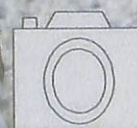
MASTERS ATHLETICS

The official Magazine of the British Masters Athletic Federation



**AUTUMN 2009
NUMBER 89**

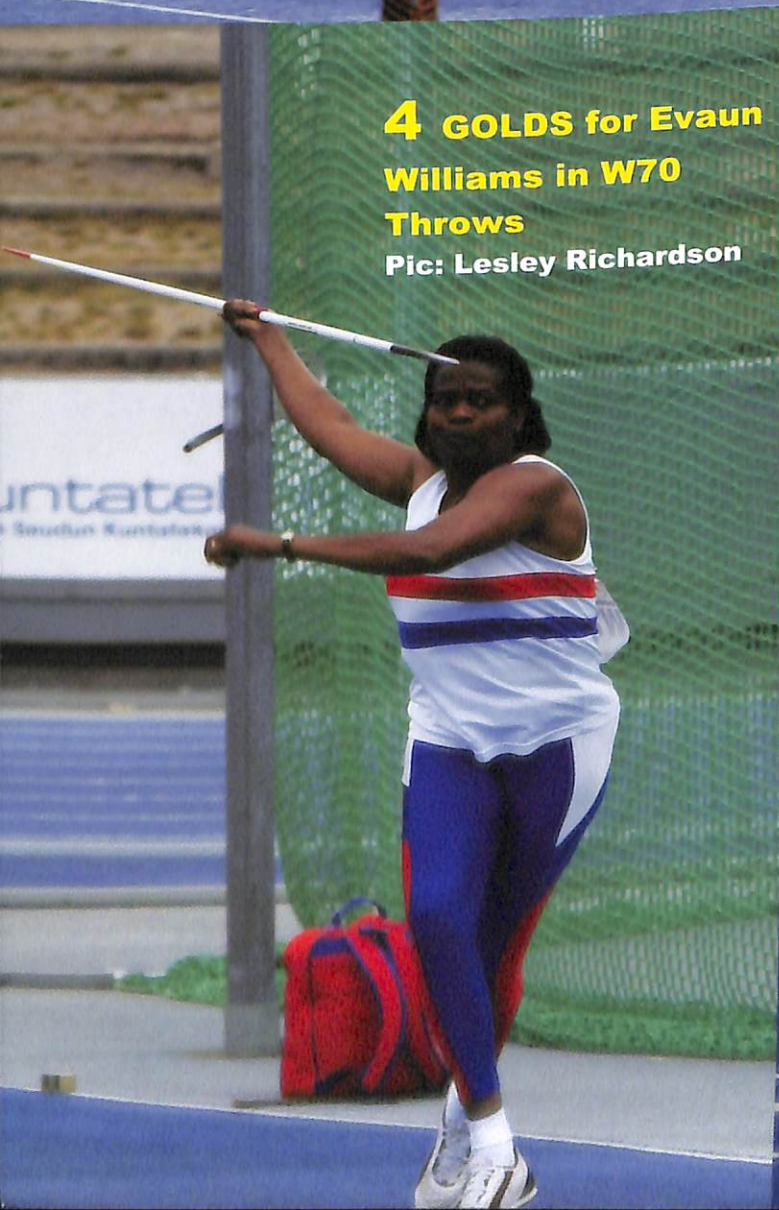
**WMA WORLD
CHAMPS EDITION**



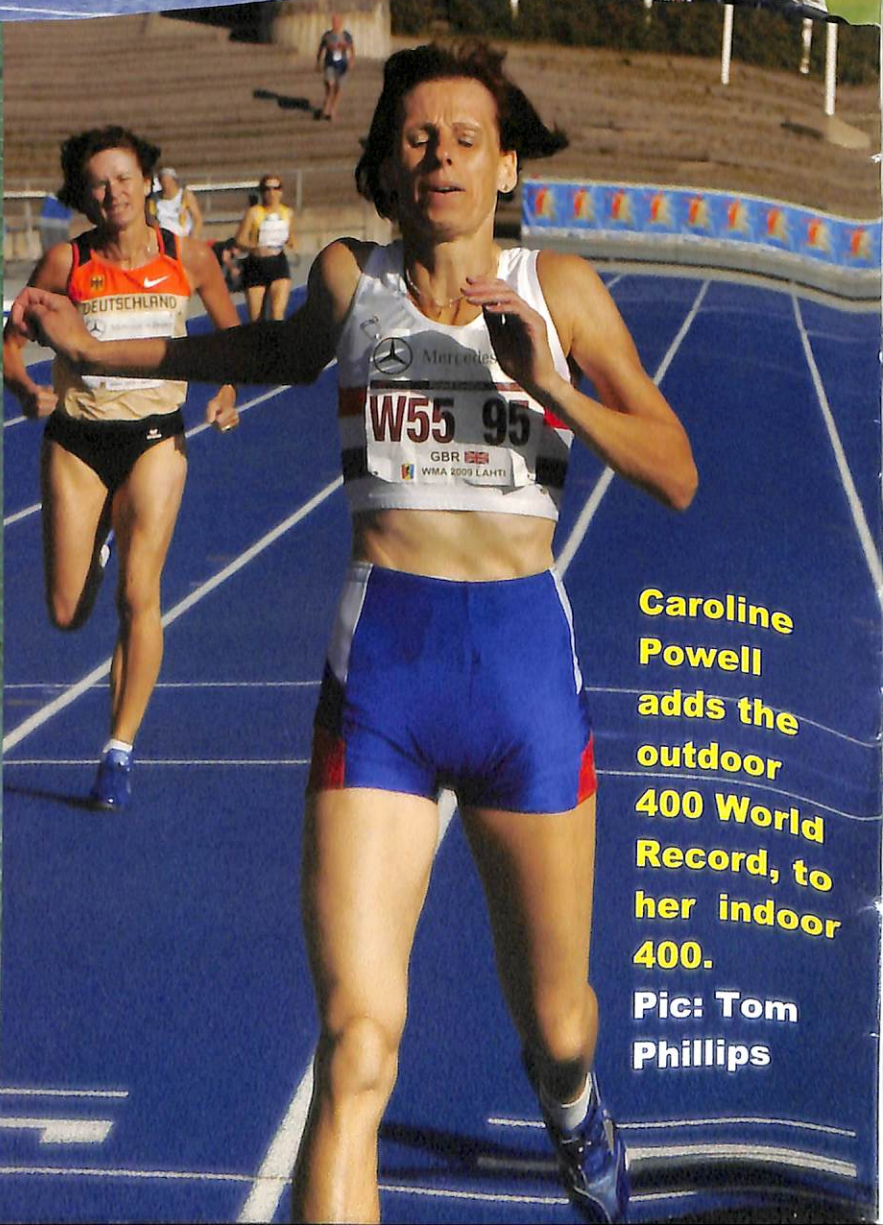
**Nigel Gates by
Lesley
Richardson.**



**Steve Peters won
5 GOLDS in the
M55. Pic: Lesley
Richardson**



**4 GOLDS for Evaun
Williams in W70
Throws
Pic: Lesley Richardson**



**Caroline
Powell
adds the
outdoor
400 World
Record, to
her indoor
400.
Pic: Tom
Phillips**

MASTERS ATHLETICS

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PAGE 29 ► EAMA INTER AREA

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Items for inclusion in the "Christmas Edition" to reach the editor by the 16th November 2009.

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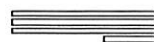
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To The Editor,
MASTERS ATHLETICS

Dear Brian

I was very disappointed to learn that area results were no longer to be printed in Masters Athletics. As an "also ran" it was only in Area Results that I could hope to see my name in such a noteworthy publication. Perhaps a modest 3rd in 3.02 in the 800m might be included which I could proudly bring to the attention of my grandchildren. Then I could scan through other area results and discover that maybe I wasn't alone in my endeavours! Now all I can do is marvel at the elite masters achievements with their host of medals obtained at distant national and international championships. With no disrespect to these high flyers I hope Masters Athletics will not lose sight of the need to promote the spirit of participation and enjoyment among a broader constituency. I appreciate the high quality of your finished product and, of course, I understand the difficulties you as editor must face and the tremendous work involved. However, I would urge you to consider the rank and file of the membership. Perhaps it might be worthwhile conducting a poll of readers' interests. In the meantime could I respond to your reasons: Duplication-yes we have local sources of results but it's the chance to look across the spectrum that appeals; Cost: with respect could I suggest that some of the descriptions of events are lengthy and quite personal and the number of photos could be reduced; Time: Yes this must be very frustrating but could Areas not be required to present their results in a pre-determined format? With best wishes from the slow lane

Peter (Donaghy)



100m World Record Smashed by Durham Master and Olympic athlete

Paul Donaghy (M40) – a World and European Veteran Silver medalist in the relays – and Jared Deacon – Olympic 400m runner – were dressed as the front and back end of a pantomime horse all in the name of charity.

About Christmas time I was just flicking through the Guinness Book of Records and spotted one that I thought we could break. I got in touch with Jared and we picked a date to coincide with the end of National School Sport Week to try and inspire the pupils that I teach. After several interesting training sessions we headed up to Gateshead Stadium to try and beat the current record of 13.51 seconds. With all the officials in place, timekeepers, starter and photo finishers we were ready for the off! Despite not being able to see where we were going – either of us, we could hear the cheer of the crowd at the end so we just headed for that.

We galloped over the finishing line in just 13.23 seconds and raised more than £1,600 for St Oswald's Hospice in Newcastle. With the World Championships this summer and the Olympics just around the corner we thought we would try and do something to capture peoples' imagination. We are hoping that this may become an annual event so if you have a pantomime camel or cow suit in the loft you might want to dust it down and challenge the World Record holders to a race next year! Perhaps we may see Jared in BMAF Championships. ED

TIPTON CENTENARY PROJECT

What's it all about?

September 2010 will see the Centenary of the formation of Tipton Harriers.

As part of what we hope will be a wider celebration we are trying to record just what has happened to the Club and what part the Club has had in people's lives both in an athletic and social sense over the past 100 years. We will also be trying to look at the role Tipton has played within the Community of Tipton and beyond.

Sadly a full history of our Club has not been done before. The late Geoff Wood made the first significant attempt to rectify this but sadly this never saw the light of day due to his death. We are firstly trying to pull together as much historical information on the Harriers as possible in order to produce a book or booklet that begins to record the history of our great club.

This will cover various aspects of the club – the social side, the characters, the servants and of course the great athletic performances that the "green and white hoops" have achieved.

We hope to have something for publication in the autumn of next year.

What are we after?

We are after any of the following:-

Old photographs, Scrapbooks, Club Magazines, Newspaper cuttings, Race programmes, Race results, Tipton 10 Mile Race Results, Club badges & stickers, Club Ties, Old club memorabilia, In fact we are interested in anything if it relates to Tipton Harriers. It does not matter if it is just 1 or 100 items. We are interested.

We would like to borrow any items and as part of assembling as big an archive of material on the Harriers for future generations we will then get them scanned / photographed.

This might take a few weeks depending on what just how much there is.

Rest assured it will be safe with us and by helping out we will be preserving a valuable part of our local and national heritage. So get in your lofts and sort us out some stuff!

Please get in contact with Keith Atkins (see below).

Contacts

Keith Atkins – 01902 674335, 36 Shenley Avenue, Woodsetton, Dudley, DY1 4LR

Pete Griffiths – 0121 458 2880, 62 Old Oak Rd, Kings Norton, Birmingham, B38 9AJ

Chris Holloway – 01225 309124, tipton.harrier@yahoo.co.uk

Dear Brian

Thank you for your reply, I intended my original letter to have gone to Brian Williams of Welsh Masters but he does not have an e-mail address.

Regarding the B.M.A.F magazine report for the LONDON MARATHON, no I did not ask or expect **all** finishers over 35 to be published but noting **M75** placing are given. I do find it most perfunctory that the **W75** results are ignored. I had expected that **British** masters would be included in a **British** publication). I ran for "British Heart Foundation" but proudly wearing my Welsh club vest because I was competing in a Welsh National Championship.

Official Placing **Women 75** was readily available from the F.L.M website, which I accessed upon my return home on the evening of the 27 April 2009.

1st LOTZ AnneLise (DNK) 6:26:24; 2nd GREEN Diana (GBR) 6:38:20; 3rd SYMONDS Sheila (GBR) Bro Dysynni AC 6:45:26.

This made me **2nd British** (reg WA & BMAF) certainly **1st for WALES** in **W75** (I accept this is no World record but it is a valiant Welsh effort). However instead of congratulations I was firmly rapped across the back of the hands for daring to have the temerity to ask the W.A for this to be recognised for a medal or at least mentioned on their website! This honour now reserved for 'seniors' less than 35 years only. What I really question is the reason / purpose of being a paid up member of a National (Welsh Athletics) and the B.M.A.F. if one's efforts on British soil go unrewarded by recognition or support at National & Masters levels, as Welsh efforts are buried.

I must repeat that the North Wales Region have been most supportive, and encouraged my efforts throughout my long illness.

On the plus side I welcomed and found instructive the articles by Tony Crocker & Bill Davies in the Magazine Spring edition.

I remain disillusioned,

Sheila Symonds.

NB: We do try and publish as much as possible concerning MASTERS, but sometimes we do miss something.

An open letter.....

Dear Messrs Cram, Jackson and (significantly) Dickinson,

Well done on your coverage of the World Championships in Berlin. As usual, your commentary, plus the expert insight of the likes of Michael Johnson and Denise Lewis provided us track and field fans with a week of entertainment of the highest order.

BUT! What is this obsession you all seem to have with the age of the athletes you are reporting on? Whatever their event, whatever their performance, you seemed incapable of making a remark without mentioning the athlete's age. **Why?** Why not their shoe size? Why not their inside leg measurement? Why not their height or their weight? Those are things that probably have some relevance to the performances you saw, and on which you gave commentary.

Was your point that it was in some way "amazing" that athletes in their mid to late 30's could hold their own (or even beat) younger participants? It seemed that way. I'm unclear why, though. Let's turn this on its head to make my point. I never heard any of you comment when a young athlete did a poor performance. So why did it seem worthy of comment that so-and-so was "already 30", or "a true veteran of the sport at 33"? At least, Steve, you spared us a repeat of Birmingham in July, when "this guy's no youngster any more, he's now 21" set a new record for irrelevant age remarks.

It's the clock and the tape-measure that defines performance in this sport of ours, not the calendar or the birthday cake. Please stop carping on about ages. It's become irritating.

Tom Phillips

(Photographer to the ageless beautiful people)

I wrote this book principally to raise money in support of "The Cure Parkinson's Trust", a highly motivated body dedicated to focusing minds on finding an answer to the disease in the shortest possible time.

I hope you will feel able to help me, help them, and help the scientists to nail this debilitating condition by purchasing the book. It is an account of my ride from Lands End to John O'Groats in the summer of 2008 with a small group of racing cyclists (nearly all of them well on the wrong side of 55) and what was behind it all.

I would like to think my story would resonate with a substantial cross section of people especially those associated with track and field athletics, cycling and people who live with Parkinson's

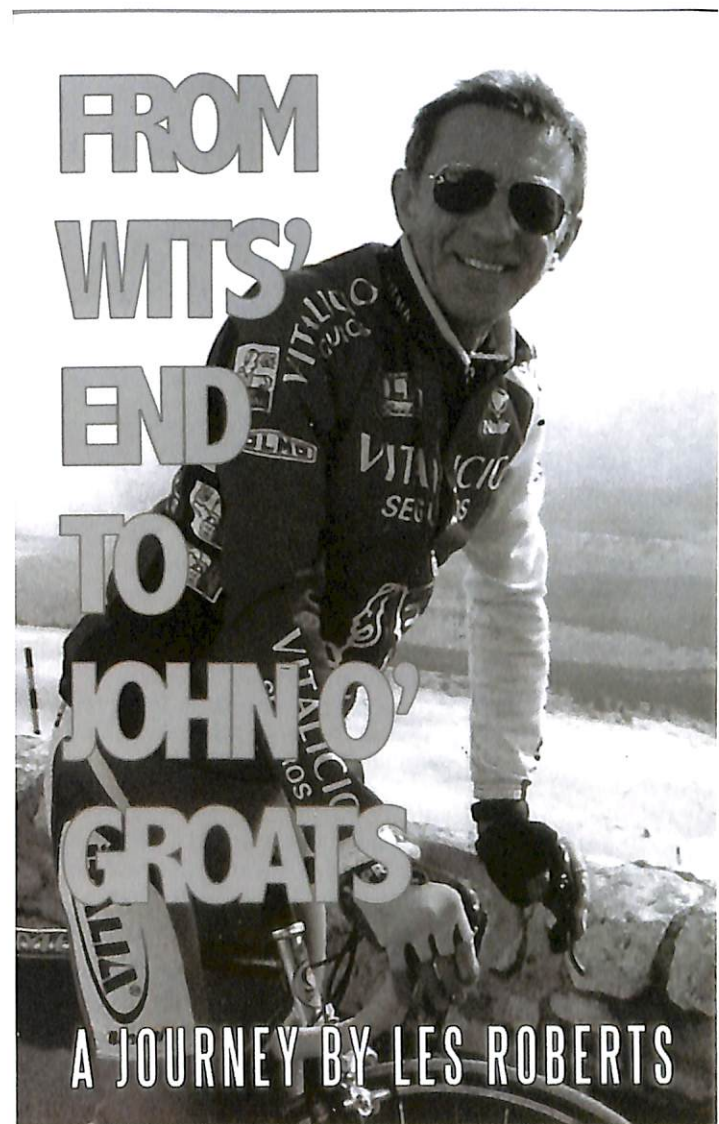
disease and anyone who just thinks they know me. If you are none of the above, don't be deterred, it just might still put a smile on your face.

The book will be obtainable online from the publishers at www.authorhouse.co.uk/Bookstore/ and over the counter or online through Waterstones, Amazon and all other good bookshops. The recommended retail price will be £8.99 (+p&p online)

Copies of the book, including all signed and dedicated copies, will also be available direct from me priced £9.50 with free delivery.

To reserve a copy from me (plain, signed or with a dedication) call me at home on 0208 325 9688 or mobile 07775614413 or e-mail me on kooldude31@live.co.uk

Thank you in anticipation of your support. I look forward to hearing from you

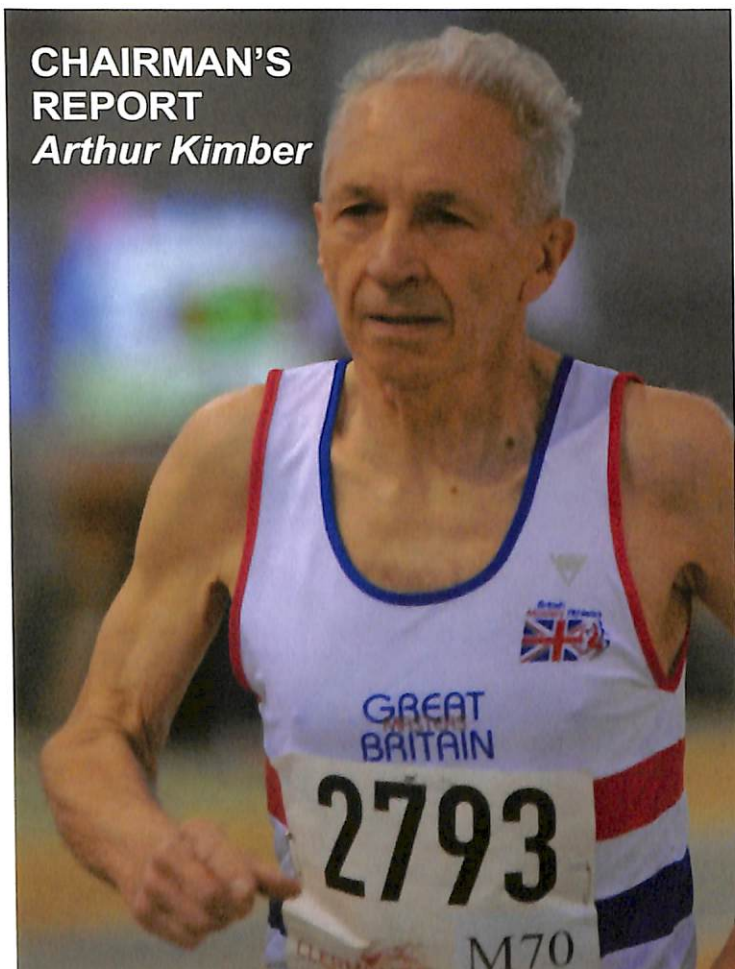


I would like to begin by thanking the two retiring members of the Executive Committee for all their hard work over many years. Winston Thomas was Track and Field Secretary for eight years and Chairman for six and Eric Horwill was Race Walking Secretary, also for six years. It is important to stress that all posts on the Executive rely on volunteers who give up a

great deal of their time to BMAF work. Thanks also to all the athletes who showed their interest in our organisation by attending the AGM.

CHAIRMAN'S REPORT

Arthur Kimber



The two new members of the Executive are Kevin Dillon, who takes over as Vice-Chairman for Policy and International Affairs, and John Hall as Race Walking Secretary. Kevin has been a regular competitor at international championships for many years and John has achieved a high level of success at race walking both in this country and abroad, winning international medals. Maurice Doogan returns as Track and Field Secretary and EAMA Chair Irene Nicholls' position on the executive has now been formally recognised by the constitutional amendment to rule 6a. passed at the AGM.

Since the AGM athletes have been very busy in a wide range of competition. On the road the BMAF 10k was held in July at Magor Marsh in Wales and the marathon in September in Thanet.

The walkers have had the opportunity to compete in July in the Captain Barclay 100 miles and a Masters' Open International at Newmarket, the 30k championships in August at Coventry and in September the 10k at Leicester.

In track and field the main event was the WMA championships in July / August in Lahti, Finland, where the British team finished fourth in the medals table and four outstanding athletes were Caroline Powell, who set a world record of 61.90 in the W55 400, M55 sprinter Steve Peters who took five gold medals, three individual and two relays, while W70 thrower Evaun Williams, four golds and M70 walker Arthur Thomson, three golds.

In September the BMAF combined events championships took place at Oxford.

At the WMA General Assembly in Lahti two international fixtures were confirmed, the World Indoor Championships back in Finland in 2012 at Jyväskylä and in 2013 the outdoor in Porto Alegre, Brazil.

Two important meetings, looking forward to the future, took place in London in September. Maurice Doogan, Phil Bell and I met key members of the London Development Agency, Greg Smith, the Head of Park and Venue Legacy, and Mark Downes, Olympic Venues Project Director, to discuss the possibility of holding the WMA championships in the Olympic stadium in 2015. Details of how the facility will be used after 2012 are not yet finalised, but we expect another meeting sometime next year.

Bids for other international events are under consideration, for the 2013 European Non-Stadia Championships at Swansea (Maurice Doogan and Mel James recently met Swansea's Events Manager to discuss this) and the 2014 World indoor Championships in Birmingham.

The second meeting was with UK Athletics Chairman Ed Warner, where five members of the Executive, Bridget Cushen, Mel James, Maurice Doogan, Danny Herman and I represented BMAF. The main points on the agenda were the recognition of BMAF by UKA, for funding, and the recent changes, passed at the IAAF Council meeting in Berlin, increasing the minimum age for Masters competition to 40 for Road, road race walking and cross country. BMAF and WMA championships will apparently not be affected by this. At the time of writing EVAA has not ruled on the issue. On recognition Ed pointed out that the BMAF is an autonomous organisation with its own governance, and so UKA does not want to interfere in the way that we run it, but supports BMAF in its work. On funding he suggested a number of ways in which we might improve our position and where UKA might help us. The issues raised at these meetings will be fully discussed at our next Executive in October, after which we will hold follow up meetings with LDA and UKA.

TRACK & FIELD MATTERS

MAURICE DOOGAN

You may or may not be aware that an incredulous decision was reached at the IAAF Congress in Berlin on 12th August, which has been misreported. I would therefore wish to clarify this before going on to outline what will actually happen.

The proposals to amend the IAAF Rules of Competition as approved on 12th August 2009 and EFFECTIVE 1st November 2009 are as follows, regards Masters Age Groups:

Rule 141 - Age Groups. As amended - Master Men and Women: Any athlete who has reached his/her 35th birthday /for stadia events and 40th birthday for out of stadia events. [Pity the IAAF cannot even get our title right, we are as an individual a Masters athlete, which is ungendered, not Master athlete].

However, I have been in contact with Stan Perkins, President of WMA and Dieter Massin President of EVAA for clarification. Stan has replied as follows:

I can advise that we do not intend to change our age groups. You will recall that previous to the decision to reduce the men's age to 35 we had conducted events for 'pre-veterans', therefore the new situation is not dissimilar and we have grounds to continue as usual.

Therefore please be assured, that until you hear to the contrary, **NOTHING HAS CHANGED.**

This proposal does not, in theory, become effective until 1/11/09 anyway and there are ways of getting around it, which both WMA and EVAA will be looking into.

Yet again we have the politicians interfering, those who are more interested in their vested interests than the general benefit of Athletics as a whole - taking a lot out but putting very little back. So nothing has changed then, apart from trying to make our National and International Championships unworkable. Unfortunately for them, they have chosen the wrong fight.

Secretary's Report

Bridget Cushen September 2009

As the dust settles on another successful and enjoyable World Track & Field Championships, our thoughts turn to 2010. The organisers of the WMA Indoors in Kamloops gave an encouraging update at the WMA General Assembly in Lahti. Some of our members are a bit worried about what the weather may be like in early March for the outdoor events, the Canadians tell us that there could be snow but golf courses there open on 1 March. The cross country will be held over a 2km circuits around playing fields on a local island. The half Marathon finishes in a Wildlife Park. The Kamloops track is not banked, but World records set there have been recognised. Using Calgary airport is advisable as the Winter Olympics are being held in Vancouver.

A meeting of the European VAA was held prior to the WMA General Assembly. The issue of deleting the Decathlon / Heptathlon from the programme in Hungary was discussed. We are very grateful to our top multi-events - Hazel Barker, Alex Kruger, Pat and Paul Oakes and John Charlton - who sacrificed their free day to sit in with us as delegates and contribute to an amicable solution, viz: the M/W35 through to 65 age groups will now compete in these events in Hungary, but there will be a Pentathlon for the M/W70-plus. The updated Entry Form is now on web site www.evacs2010.hu. The EVAA President, Dieter Massin, outlined the problems in Hungary through lack of funding to upgrade the stadiums, congested programme etc. Some Over 70 members may feel aggrieved, but we did ask for your views in the last issue of Masters Athletics and a full discussion can be tabled at the EVAA General Assembly next July.

At a packed WMA General Assembly where our five Delegates, Kevin Dillon, Maurice Doogan, John Hall, Arthur Kimber and I, spent a long but fruitful day, we congratulate our ex-Chairman, Winston Thomas, on his re-election unopposed as Secretary for another term. WMA voted in a new leader by just one vote, Australian Stan Perkins now takes over as President to lead the World Governing Body and we wish him well in this demanding post. Our thanks must also go to his, oh so close runner up, Rex Harvey of the USA. Rex has devoted 22 years of hard work to WMA, latterly in the demanding role as Vice President, Track & Field. This post now goes to the Belgian hurdler, Serge Beckers. Vesa Lappalainen, Finland takes over as Executive Vice President and will be Perkins' right hand man. Canadian, Brian Keaveney remains as V-P Non Stadia and the new Treasurer is Francesco de Feo, Italy. The Council was completed after an intriguing fight for Women's Representative between three able candidates, Marilyn Mitchell, USA, Lynne Schickert, Australia and Selma Turkkal from Turkey. Selma joins the Board. We wish them well as they have a daunting 4-year term ahead of them.

Rule Changes

At the IAAF Congress in Berlin Delegates voted in favour of amending Rule 141 to read:

"Masters Men and Women: Any athlete who has reached his/her 35th birthday for stadia events and 40th birthday for out of stadia events."

The Proposal came from the IAAF Cross Country Committee / Road Running Commission and the USA. It also had the backing of the IAAF Council and their Technical Committee. [See report Masters Athletics No 87]

The BMAF Executive had a meeting with the Chairman of UK Athletics on 10 September, he confirmed that we have the autonomy to run our own affairs and that UKA has no objection to us recruiting and providing competition for the 35-39 age categories. The status quo therefore remains.

Please note that a men's 35-39 age category will still be included in the British & Irish Masters International Cross County; Cross Country Championships, and the popular Road Relays. Women's Team events remain unchanged.

World Masters Athletics has now written to all its Affiliates to confirm that the 35-39 age groups will be retained in all their Championships. The European VAA meets in October, but is likely to follow the WMA decision.

At the World Masters Athletics General Assembly in Lahti, the following **Rules of Competition changes** were made:

The weight of the Women's age groups 75-plus shot and hammer reduced from 3kg to 2kg (the BMAF is waiting for specifications from WMA).

W75-plus discus is now 0.75kg.

W75 weight (heavy Hammer) now 4kg.

Men 80-plus long hurdles reduced to 200m event with 5 (five) hurdles.

Men 60-69 Outdoor and Indoor Hurdles distance "to 1st hurdle" changed to 12m.

M60-69 60m hurdles (indoor) specifications now are:
Height .840 Number of hurdles 5. Distance to 1st 12m.
Distance between 8m. To Finish 16m.

Some Amendments to the Constitution and Bye-Laws
WMA Anti Doping Rules accepted. New Bye-Law 3.3.3 (They were published on the BMAF and WMA web sites in Draft form for months).

A Motion: That the updated WMA Age Grading tables as proposed on the WMA web site be adopted for WMA use effective May 1, 2010, was carried.

The BMAF Motion on Race Walking, "straight knee" was heavily defeated despite John Hall's citation.

Amendments to the Bye-Laws from the WMA Law & Legislation Committee, at 3.4.4.3, are replaced by: "The act by any WMA Office holder of promoting, organising, conducting or advertising any international masters competition, not sanctioned by WMA that is in direct competition with WMA events." And at 3.4.4.6.1 (new paragraph) "Having conflict of Interests." Were carried.

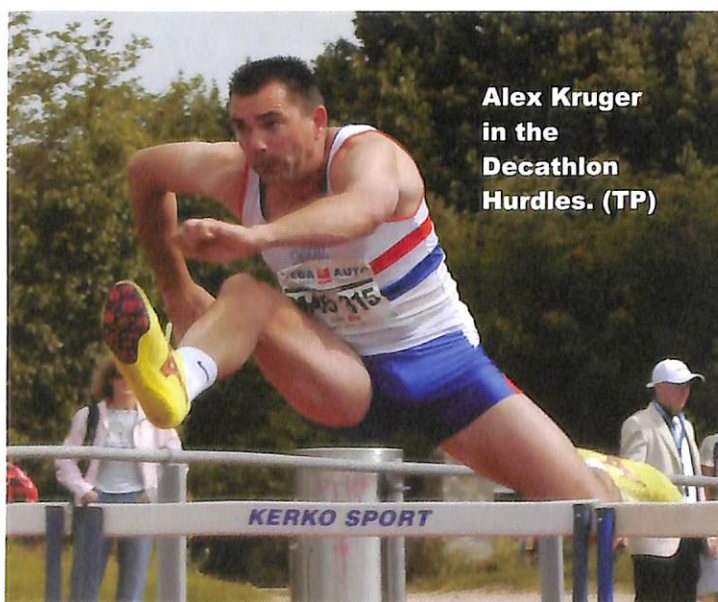
To clarify: "In all WMA sanctioned championships the 'Gun time' will be used in all cases where the chip or similar "worn" electronic timing device is used."

18th World Masters Athletics Track & Field Championships Lahti, Finland. 28 July-8 August 2009:

Words: Bridget Cushen.

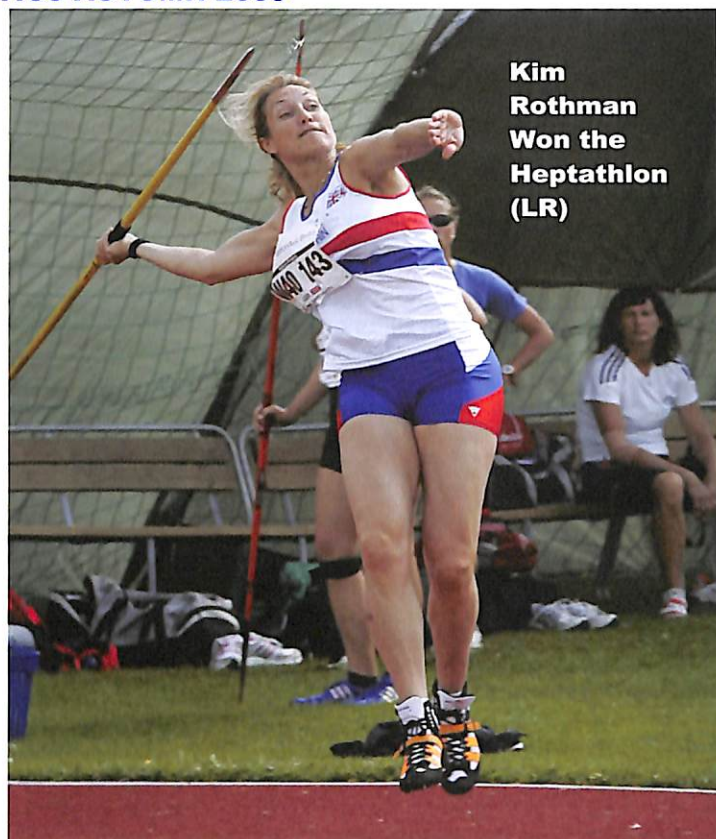
**Pictures: Lesley Richardson &
Tom Phillips.**

Glorious weather, excellent competition and first class organisation -the Finns know their athletics – greeted the 5300-plus competitors from 86 countries who entered a staggering 9560 events in the 18th staging of these biennial Championships. Over 1000 people had volunteered to help at the 10-day extravaganza. Entries were well down on the 9,000 in Italy two years ago as the World-wide credit crunch took its toll and those who did travel long distances were mostly medal contenders. The smaller than usual Australian team of 107 won 91 medals and the 31 South Africans collected a total of 21. The sprinters loved the hard track in the main stadium, the second track was 1km away and the middle distance runners welcomed the springy track in Nastola, a town some 25 minutes drive away; ample refreshments and other facilities were readily available in each stadium with shuttle buses running on time. The throwers were again on their own in centrally located parks where facilities met safety regulations. The only minor criticism that could be levied was the lack of local accommodation, some of our athletes were based well out of town and incurred additional travelling expenses, but that could hardly be laid at the Organisers door. Training anywhere in the Lahti vicinity was a real pleasure – along trails through pine forests or around freshwater lakes and wide pedestrian-only paths.



**Alex Kruger
in the
Decathlon
Hurdles. (TP)**

The 64 heptathletes and 216 entries in the decathlon were spread between the three stadiums on the first day of competition as 600-plus runners, less than anticipated, headed for the 8km cross country. Alex Kruger moved into the M45 age category at the end of last year and was quickly establishing himself as the World's No 1 decathlete after the first day's competition, conducted in ideal conditions in contrast to what they had to endure in Riccione two years ago when competition ended after midnight. He won the shot, discus, javelin and his 1.84m high jump would also have equalled first



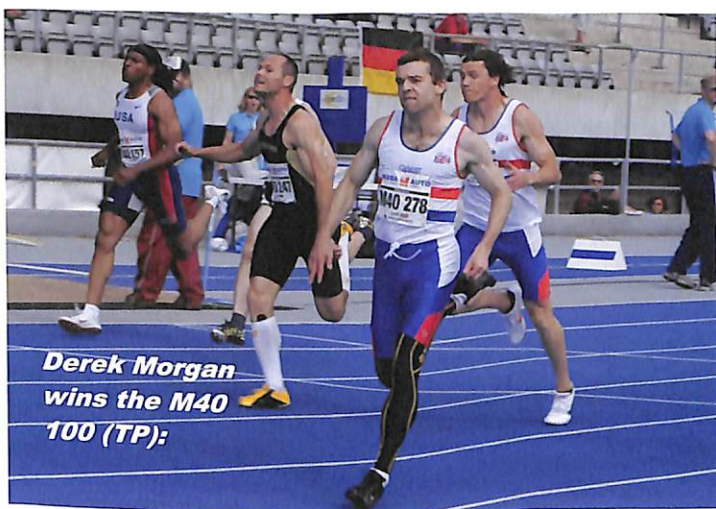
**Kim
Rothman
Won the
Heptathlon
(LR)**

in the individual competition. John Mayor, M50 and M60 John Charlton were making their own mark on the track in Nastola as Kimberley Rothman was moving into pole position in the W40 age group, in the second stadium. An injured Hazel Barker was a DNF in the W45 event where Marie Kay of Australia went on to win every discipline, breaking her own World mark with a final score of 6185 points. New World marks (6272) were also notched up by the incredibly consistent ex-Swiss international, Christine Muller in the W50 group and the ubiquitous W65 Austrian, Marianne Mailer, scoring 6573. Two decathlon records also went in the M65 to Rolf Geese of Germany, 8260pts, and in the M85 event. There was a late finish in the M35 group in the main stadium following an entertaining four-way battle in the high jump between the Pole Malkiewicz, Ekler of Hungary, the eventual winner Patrick Valette of France, and Ondrej Kasl from the Czech Republic who, with his remarkable short run up, was so unlucky not to clear 1.78m. They all had to settle for 1.75m. A 70 year old German suffered a cardiac seizure on the first day at Nastola, but reportedly recovered well in a Helsinki hospital.

At the cross country, run over slightly undulating forest trails adjacent to the main stadium in overcast but humid conditions, Pam Jones was quickly on the victory podium for an individual W70 silver and a team gold, followed by the W55/W50/45 teams all closing in for age group medals. Nicky Nealon 4th, Satu Halkala 10th and Christine Murray 14th snatched the W40 team gold in a combined W35-45 race dominated by two Belgians, W40 Nathalie Loubele and W45 the defending Corinne De Baets. Sadly an injured Bernadine Pritchett could only look on. Nigel Gates went on to win the M55 event. A combined M45/50 race saw Phil Bowes of Australia set a brisk pace but he was soon overhauled by a group of 10 mainly Italian and Finnish runners and the race winner, M50 Kikkanen of Finland; only seconds separated the teams in one of the keenest fought races. Tim Hartley and Colin Palmer were left running for individual awards as we did not have a team in the 35-40 age category, Hartley moved up to 4th on the second of the four circuits coming through strongly for the silver behind the Italian, Brignone and Cesar Troncoso of Argentina and a brace of M35 Spaniards.

MASTERS ATHLETICS AUTUMN 2009

The main stadium had a capacity schedule on 30 July with the start of the many 100m, 800m and 400mH heats, women's triple jump, some brilliant men's pole vaulting and javelin. There was plenty of drama in the 100m heats. 37 year old International footballer, Nnamdi Anusim, was drawn in Heat 4 of the M35 series. He had a car on standby in the stadium to rush him all the way to Espoo where his team, Lahden Ahkera, was playing later that evening. He and the three British entries got through to the semis. In the second false start in Heat 3, the American Mahasse Cornileus, appeared oblivious to three recall shots and got beyond the 80m mark before an Official flagged him down! Anusim returned to take the final in 10.94 on 1 August. The runner-up, Mario Bonnellino gained Malta's first ever medal at a World Athletics Championships; he went on to take the 200m title on 3 August from Amit Khanna of India. It is very encouraging for our sport not only to see a high profile sportsman like Anusim compete, but also see such a wide medal distribution. British sprinters were prominent in all age groups.



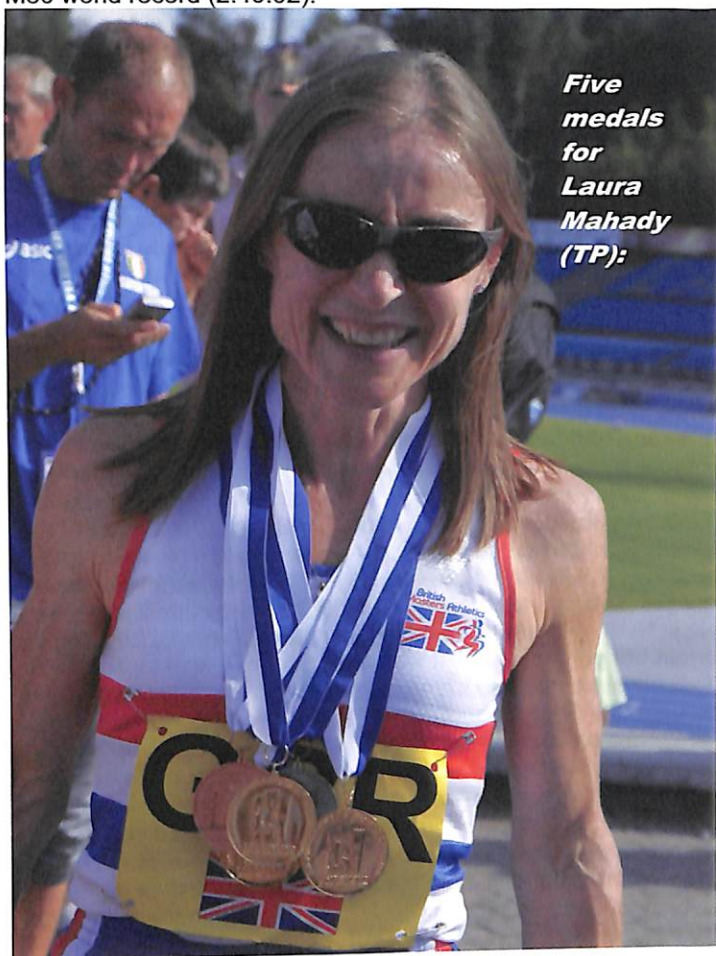
**Derek Morgan
wins the M40
100 (TP):**

Derek Morgan had a good win in the M40 with Will McGee 3rd and Scott Dorset 7th. It was silver and bronze for Dalton Powell and Donald Brown behind the flamboyant Italian, Enrico Saraceni in the M45 100/200 sprints as the previous winner, the American Val Barnwell, has moved up to the M50 group and easily won that double. Jeff Battista has also moved up snatching the silver in both. Joylyn Saunders-Mullins produced a W55 13.71 season's best as Stephen Peters yet again saw off all comers in his 200/400 sprints, and this time he also won the 100m. He entered three events plus both M55 relays and did not blot his copybook; five gold medals wins in 11.57sec, 23.50, 54.53, plus heats and semis; to add to his illustrious collection of World and European age group titles. Surely he must now rank as one of the greatest Master sprinters of all time?

In Lahti our male sprinters were more numerous; but the distaff side continues to have a huge impact on the World scene. Even in the absence of luminaries such as Averil McClelland, Helen Godsell and Virginia Mitchell, SWVAC club member, Caroline Powell's W55 400m World record in 61.90sec on 7 August and her leg in the W50 4 x 400 in another World record time (4.10.80) the following day, was the female performance of the Championships.

Londoner, Nina Anderson added another W35 800m World Championships title to her growing tally but she had to dig deep to hold off the Australian Suzy Cole, who was making her first appearance at these Championships. There was a British record for Laura Mahady in the W50 race after a fast opening lap, and Pat Gallagher was a comfortable W60 winner. John Gercs from the Midland Masters AC took home the M40 800m

gold won in a blanket finish. The Canadian, Earl Fee set a new M80 world record (2.49.92).



**Five
medals
for
Laura
Mahady
(TP):**

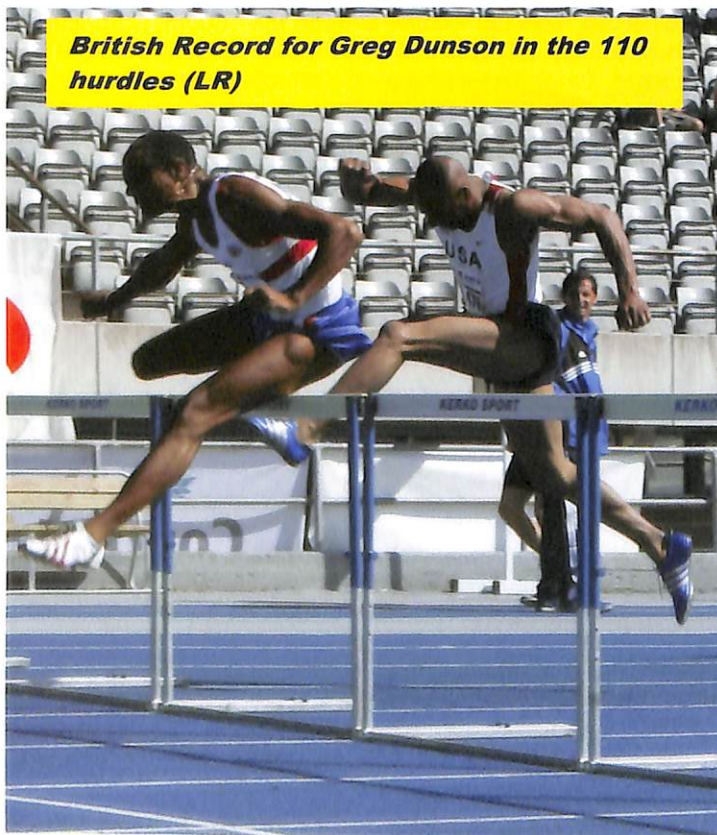
A total of 304 men/129 women entered the 1500m. Surprisingly the host country only won three age group titles, all in the M75+ categories. Sarah Wells appeared a reluctant early leader in the W35 race as Jane Pidgeon found herself in a very fast W45 final. David Cowlshaw was runner up to the American Charles Kern, who clocked 3.53sec earlier this season, in the M40 where Tom Brannon got 6th. There was a dramatic finish in the M45 1500 final. After the first 3 laps in which the South African, Phillander, Dave Taylor and Simon Anderson shared the lead, it was anyone's race coming off the final bend in the closely packed 15-man final. Borrego of Spain took off in defence of his 4.04.74 win in Italy two years ago, but was instantly challenged by Anderson, within metres of the finish Anderson appeared to trip, bringing down the Canadian Paul Osland, who had just slipped past on his outside. The Canadian crashed over the line, Anderson tried to crawl but in the ensuing melee Marcus Zeres of Germany and Taylor got through on the inside for 3rd and 4th. Osland, who is Vice Chairman of the Ontario Masters and competed in the 1988 Olympics; suffered a badly glazed shoulder and concussion, Anderson was furious with himself as he saw a World Championships medal slip through his fingers. Borrego's winning time here was 4.01.68sec. Anselm LeBourne, USA, whose M40 800m record stood for years, is now in the M50 category. Here he finished 2nd in the 800m, sat on Steve Smith's shoulder in the 1500m and admitted he went a bit earlier than he planned and won in 4.11.58. Steve said afterwards he had tried to pull him back, but Anselm's 400m time is superior. Steve however should be well pleased with his second medal after his series of qualifying 800/1500 races, where there were up to 15 in each heat. Scotsman Alastair Dunlop got his second bronze medal in the M55 race and there was a grandstand finish in the M70 1500 between the American, Sidney Howard, Blandford of Australian and the Russian Savenkov.

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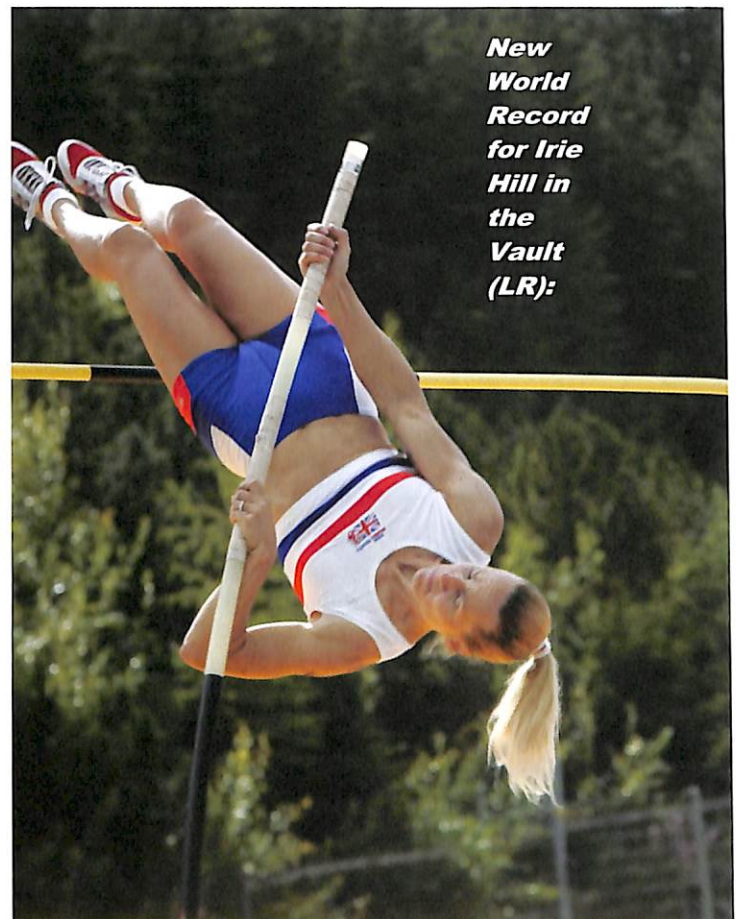
Ex-Scottish International marathon runner, Sandra Branney is just getting faster the shorter the races she runs. Not only did she retain her W55 World 1500 crown, but she did so in a much faster time, winning here by an 18sec margin in 4.58.52. Four days earlier, she had led all the way to retain her 5000m World title. The Portsmouth runner, Cecilia Morrison, got two W65 silver medals again but this time in the 1500/5km.

On 30 July in the second stadium, Tim Hartley found himself in the M40 B seeded 5000m race as he had not put down a Best time on his entry form. By the half way mark he had lapped the 11-strong field, going on to a 2min.17sec winning margin. He had a nail biting wait by the finish during the A race as first the American Burdett, then Troncoso of Argentina and the cross country winner, Brignone made a break some 4 laps out. Only the Italian bettered Tim's 14.50.47 time by 4sec. With a total of 24 runners signing in, it would have been possible to have run one race and the outcome may have been different. Ben Reynolds broke away from the Norwegian ex-International cross country runner, Dolsvåg, to take the M45 title, Dave Taylor held on for 3rd with Simon Anderson 5th and Stuart McLay 6th. Out in Nastola on 1 August where all the women's and the M55+ races were run, Nigel Gates collected his second gold in the M55 race, a total of 47 had entered this age group. Nicki Nealon found herself up against the Belgian, Loubele, again but got a bronze. It was a W55 bronze also for Roz Tabor whose birthday came only days too late as otherwise she would have been re-born (!) into the W60 category. Pam Jones ran to her second silver in the W70 race, but later won the 10,000m. There were up to three seeded races in many age groups, run in succession; yet the timetable was so well planned and so athlete-friendly that no distance runner had to compete between 11.30-15.30. The younger age groups had ideal running conditions in the slightly humid pellucid late evenings. Seeded races were also necessary in the M50/55/60 10,000m.

going on to take the 100mH and 2nd in the 300mH finals in British M60 records. Greg Dunson was also in record breaking mode speeding to a European 110mH record (15.05) in the M45 semi and winning the final in 15.21, wind -1.2. Joe Appiah later took the M35 crown. There was plenty of local support for the Los Angeles Olympic bronze medalist, Arto Bryggare, running in the M50 group. He won his 100mH semi when the other Finn Esa Graigius, hit the decks at the final hurdle when a clear second. Bryggare, the 1977 European Junior record holder who also won a silver medal at the first IAAF World Championships in Helsinki in 1983, had to concede defeat to Alfred Burgos of the Dutch Antilles in the final. Barry Ferguson also found himself in a fast final as Rolf Geese went on to break his second M65 World record. Jane Horder now has Christine Muller in her group, but collected two silver medals. There was a great 1-2 victory in the M35 400mH from Cheltenham's Joe Lloyd and Exeter's Richard Scott. Scotsman Robert Stevenson made no mistakes in his bid to retain his World title, this time in the M55 group.



British Record for Greg Dunson in the 110 hurdles (LR)



New World Record for Irie Hill in the Vault (LR):

Entries in the steeplechase on the final day were average; again BMAF members were amongst the medallist. Steven Linsell was a bit unlucky in the M45 high jump when the bar was raised from 1.78m to 1.84. Only the Italian Segatel cleared it, Steven had to settle for joint 2nd Pam Garvey cleared the same height as the winner in the W55, but was placed 2nd. The pole vault competition attracted the attention of the Press and national TV as the Finnish ex-Minister for Finance, Antti Kalliomäki, tackled the M60 event. Ambitiously coming in at a 3.40m height, he failed his three attempts. The remarkably youthful looking 1976 Olympic medallist who held the World record at 5.66 in 1980, said his heavy Parliamentary duties prevents him from putting in the training necessary for these Championships, but paid tribute on TV to all Masters and Officials for their dedication and example. The M35 title went to Finland as Marko Heiska soared over 4.80m and Emerson Obiena of the Philippines finally got it right on the day to win the M40 Championships. Irie Hill always gets it right on the big day,

Some hurdle races were run as straight finals with few entries declaring, there were only two in the W35 race. Gayle Clarke, Hazel Barker, Grete Howarth and Donald Brown all got through to their finals in the short hurdles as Tony Wells won his semi,

setting a new W40 3.71 World record and the W35 title went to Natasha Bunning. W55 Sue Yeomans cleared 2.70 behind the American, Rita Hanscom. One of the best competitions however was the men's 55 category where Wolfgang Ritte of Germany still dominates the events, clearing 4.25m. M65 John Bradley was 2nd behind yet another ex-Olympian, Hans Lagerqvist of Sweden.

As expected the Finns dominated the javelin competition, but the appearance of the Latvian, Dainis Kula, who threw 91.20m to win the 1980 Olympic title for Russia, brought a crowd of devotees to the second stadium. He turned 50 in April, but his best throw, 61.64m, placed him 2nd behind Noqueira of Spain who reached out to 67.68m. Evaun Williams still stands head and shoulders above her rivals, setting a W70 World record in the javelin, winning the shot, hammer, and second in discus. The former top Masters hurdler, Connie Roovers of Holland was an interesting third in the latter event.

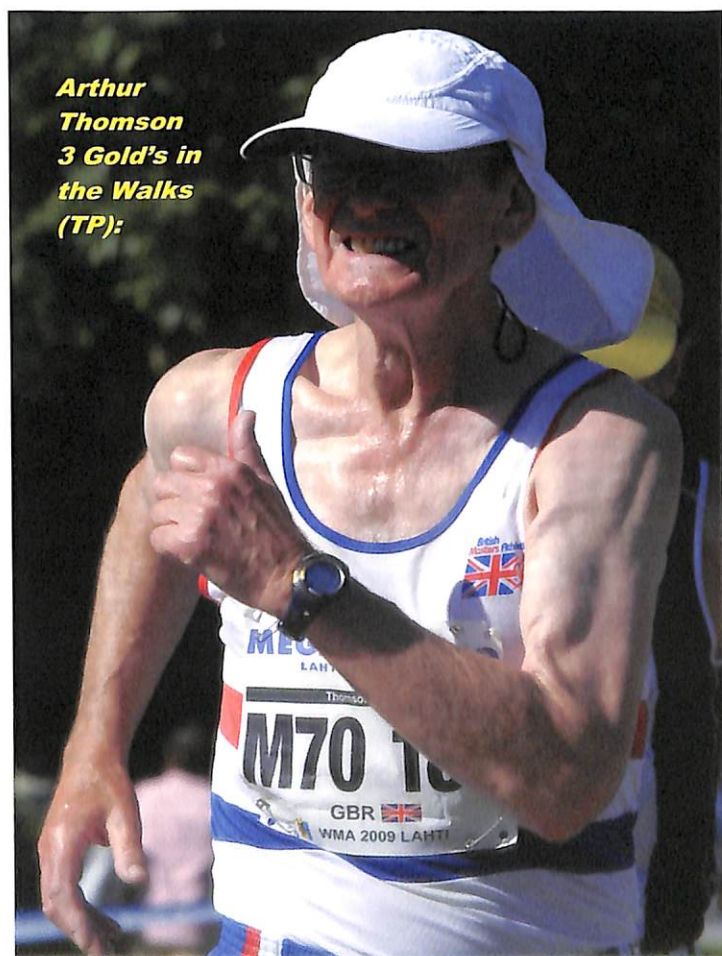
Our walkers were thin on the ground, again the organisation was perfect, a circuit around a small park adjacent to the main stadium, but the number of countries represented was very encouraging. Arthur Thomson rose to the occasion yet again with over a minute to spare over Murray Dickinson of Australia in both the M70 5/10km track and a clear six minutes lead in the 20k road walk. John Hall walked away with an M60 silver and two bronze whilst Diane Bradley also had two 3rd placing.

Lahti city's first ever international marathon, starting at 09.00 in a cool 15° took its 1,000 approx strong field out over two slightly undulating circuits that rounded the Sibelius Hall, skirted Lake Vesijarvi and passed by other attractions. At the half way stage

2.30.27. Dennis Walmsley was in the following group of six and his win in the M45 group in 2.33.17(4th overall), must rank as one of his best international marathons to date. Although portable cooling showers were operating out on the course, when the sun broke through the humidity rose quickly. There was a surprise 3rd team placing in the M60 race for William Willmitt 8th, David Beattie 9th and M65 John Taylor closing in. The Colombian, Rios, won the M70 in 3.01.27. Eila Mansfield's W70 win was equally as emphatic and her medal record at World Championships is remarkable. Margaret Ehrenberg finished 3rd in the W55 group. Irish International and Beijing Olympics representative, Pauline Curley had an untroubled overall victory.

Back in the main stadium, the relays were as exciting as ever. Composite age group teams gave individuals another chance to get a medal. The Australian W40 4 x 100 team set a new World mark in 48.01; the German quartet won both W45 relays, but on the fast track the British flying squad of Caroline Powell, Jane Horder, Laura Mahady and Joylyn Saunders-Mullins broke the W50 World 4 x 400 (4.15.40) set by Puerto Rico two years ago, racing to a 4.10.80 win, a clean sweep in both W50 relays. There were double victories also for our M35 and M55 quartets and a fistful of medals in the other age groups, a great climax to a wonderful World Championship.

Organising a Farewell Banquet for over a thousand people is another nightmare, here again the Organisers got it right. Cuisine to suit all tastes as well as National dishes and lots of it, music and dancing overlooking the Lake as the harbour lights twinkled and the Moon light up the forest beyond. The 274 British competitors and their supporters left with fond memories of a well organised, athlete-friendly Championships and a Thank you to Lahti.



Arthur Thomson
3 Gold's in
the Walks
(TP):

the defending champion, Georg Ruess of Austria, was closing slightly on the Russian, Sergey Perminov, who had established a commanding early lead, holding on to win the M40 title in

M35

100: (+1,2): 1) Nnamdi Anusim FIN 10.94, 2) Mario Bonello MLT 10.99, 3) Amit Khanna IND 11.01, 4) Guy Mormin FRA 11.10, 5) Paolo Chiapperini ITA 11.27, 6) Ricardo Lemos POR 11.28, 7) Mark Collins GBR 11.30 (11.26qr), 8) Mahasse Cornileus USA 11.63. **(QR):** Leon Braithwaite GBR 11.40, Matthew Richards GBR 11.47, **200: (+2,2):** 1) Mario Bonello MLT 21.91, 2) Amit Khanna IND 22.22, 3) Nnamdi Anusim FIN 22.31, 6) Jim Tipper GBR 22.67 (22.65qr), **(QR):** Leon Braithwaite GBR 23.25, Matthew Richards GBR 23.29, **400 :** 1) Terrance Spann USA 48.14, 2) Brian Overgård Jørgensen DEN 49.23, 3) Richard Rubenis GBR 49.43, 4) Bernard Ward GBR 49.94, **(QR):** Richard Scott GBR 50.90; **800:** 1) German Hehn GER 1.58.76, 2) Brian Sax USA 1.59.03, 3) Juha Menna FIN 1.59.16, **1500:** 1) Casper Dirks NED 4.07.97, 2) Juha Menna FIN 4.10.96, 3) Jose Ramon Arredondo ESP 4.11.78, 6) Josh Painter GBR 4.15.13, 7) Philip Clamp GBR 4.16.05, **5000:** 1) Jose Ramon Arredondo ESP 15.19.93, 2) Jaakko Kero FIN 15.20.57, 3) Marko Heiskanen FIN 15.20.65, **10000:** 1) Predrag Mladenovic SRB 31.16.76, 2) Jaakko Kero FIN 32.07.74, 3) Bernard Te Boekhorst NED 32.07.95, **110H: (+0,7):** 1) Joe Appiah GBR 14.50, 2) Gunnar Walter GER 14.53, 3) Julien Triaire FRA 14.62, **400H:** 1) Joe Lloyd GBR 54.29, 2) Richard Scott GBR 55.09, 3) Bradley Dittmar USA 56.44, **3000SC:** 1) Mikko Virta FIN 9.26.90, 2) Josh Painter GBR 10.18.86, 3) Thomas Rouyer FRA 10.27.50, **HJ:** 1) Jan-Erik Wanhainen SWE 2.02, 2) Francesco Arduini ITA 1.99, 3) William Dukic FRA 1.93, **PV:** 1) Marko Heiska FIN 4.80, 2) Sergey Tsinin RUS 4.40, 3) Pavel Fiedler CZE 4.00, **LJ:** 1) Stefan Rackwitz GER 6.93, 2) Joe Appiah GBR 6.63, 3) Maxime Mormin FRA 6.59, **TJ:** 1) Trond Erik Nilsen NOR 14.62, 2) Roberto Garcinuño ESP 14.61, 3) Maxime Mormin FRA 14.55, **SP:** 1) Anatoliy Pinchuk UKR 14.08, 2) Timo Kyllönen FIN 13.40, 3) Janne Toikkanen FIN 13.31, **DT:** 1) Alexander Borichevskiy RUS 58.22, 2) Mika Loikkanen FIN 57.47, 3) Gerard Sluiter NED 47.24, **HT:** 1) Tero Mäkelä FIN 56.95, 2) Ryo Takeuchi JPN 54.03, 3) Mathys Venter RSA 52.66, **JT:** 1) Mikko Karjalainen FIN 57.95, 2) Mika Hovinen FIN 55.63, 3) Toni Rahunen FIN 50.43, **WT:** 1) Tero Mäkelä FIN 19.04, 2) Antonios Kontos GER 16.73, 3) Mathys Venter RSA 16.71, **5000W:** 1) Etel Soto Maldonado MEX 22.46.15, 2) Ross McDonald RSA 24.40.22, 3) Pasi Moisander FIN 27.22.90, **10KW:** 1) Juan Antonio Porras ESP 44.07, 2) Etel Soto Maldonado MEX 45.04, 3) Christer Svensson SWE 46.41, **20KW:** 1) Juan Antonio Porras ESP 1.33.42, 2) Etel Soto Maldonado MEX 1.35.45, 3) Ross McDonald RSA 1.49.44, **DEC:** 1. Patrick Valette FRA 6220; 2. Krzysztof Malkiewicz POL 5897; 3. Jefferson Ricardo Souza BRA 5571; 7. Troy Kennedy GBR 5128 (12.60-5.63-10.67-1.54-56.12-17.69-31.16-2.80-36.52-4.59.78); 13. Andrew Danny England GBR 4482 (12.80-5.84-9.82-1.72-1.01.03-19.41-27.33-2.70-36.43-6.05.67); 16. Nathan Kitchen GBR 2890 (14.34-4.17-9.02-1.45-1.05.62-22.50-23.34-NH-25.19-5.24.94); **8KXC:** 1. Jukka Kero FIN 24.45; 2. Jose Ramon Arredondo ESP 24.56; 3. Deogracias Villalta ESP 25.14; **MAR:** 1) Torsten Schneider GER 2.40.01, 2) Jürgen Fellner AUT 2.43.50, 3) Stefano Ipino ITA 2.44.40, **4x100:** 1) GBR 43.60, (Bernard Ward, Jim Tipper, Richard Scott, Richard Rubenis), 2) FIN 44.54, 3)

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IND 44,80, **4 x 400:** 1) GBR 3.22,71, (Bernard Ward, Jim Tipper, Richard Scott, Richard Rubenis), 2) ITA 3.23,34, 3) ESP 3.29,36, **TP:** 1. Erno Ranta FIN 3579; 2. Tero FIN 3526; 3. Mathys Venter RSA 3456;

M40:

100 (+1,2): 1) Derek Morgan GBR 11,02 (11.01qr), 2) Robert Thomas USA 11,24, 3) Will Macgee GBR 11,29 (11.17qr), 7) Scott Dorset GBR 11,52 (11.41qr), **(QR):** Barrington King GBR 12,29, **200: (+0,1):** 1) Massimiliano Scarponi ITA 22,51, 2) Mauro Graziano ITA 22,77, 3) Bernd Schauwecker GER 22,77, 4) Derek Morgan GBR 22,88, 5) Will Macgee GBR 22,89, **(QR)** Scott Dorset GBR 24,11, Michael Osunsami GBR 24,68, Barrington King GBR 26,34, **400:** 1) Robert Thomas USA 49,62, 2) Dinesh Rawat IND 50,01, 3) Massimiliano Scarponi ITA 50,09, 4) Mark Ward GBR 50,13, 5) Michael Gardiner GBR 50,70, **(QR):** Michael Osunsami GBR 54,65, Andy Hunt GBR 57,47, **800:** 1) John Gercs GBR 1,57,50, 2) Neil Fitzgerald USA 1,57,55, 3) Thomas Biedermann GER 1,59,03, 8) Thomas Alan Brannon GBR 2,01,37, **1500:** 1) Charles Kern USA 4,04,75, 2) David Cowlishaw GBR 4,05,43, 3) Matthias Luck GER 4,08,14, 6) Thomas Alan Brannon GBR 4,10,19, **5000:** 1) Valerio Brignone ITA 14,46,22, 2) Tim Hartley GBR 14,50,47, 3) Cesar Troncoso ARG 15,08,00, **10000:** 1) Cesar Troncoso ARG 31,27,88, 2) Miguel Angel Fernandez ESP 32,33,14, 3) Jouko Mähmä FIN 32,35,71, **110H (+0,7):** 1) Mike Godbout USA 14,32, 2) Marin Garrigues FRA 14,92, 3) Frank Moreau FRA 15,47, 4) Sean Saxon GBR 15,68, **400H:** 1) Christopher Grant JAM 56,58, 2) Nuno Alpiarça POR 56,88, 3) Vesa-Pekka Pihlavo FIN 57,83, 4) Peter Andrew Benedickter GBR 58,78, **(QR):** Andy Hunt GBR 1,03,99, **3000SC:** 1) Christophe Le Bihan FRA 9,35,29, 2) Colin Palmer GBR 9,39,15, 3) Miguel Angel Fernandez ESP 9,39,94, **HJ:** 1) Karl Hawke USA 1,87, 2) Igor Svintsov RUS 1,81, 2) Alois Zapala CZE 1,81, 6) Ian Allen GBR 1,75, **PV:** 1) Emerson Obiena PHI 4,35, 2) Hans Pompen 4,25, 3) Petri Laitinen FIN 4,10, **LJ:** 1) Andreas Schindwein GER 6,66, 2) Edson Junior Pessanha BRA 6,55, 3) Giorgio Federici ITA 6,53, 4) John Munroe GBR 6,47, 11) Ian Allen GBR 5,96, **TJ:** 1) Dmitry Bykov RUS 15,03, 2) Jiri Smetana CZE 14,19, 3) Andre Briscan FRA 13,77, 4) Keith Newton GBR 13,52, 11) Richard Buckingham GBR 11,35, **SP:** 1) Ivars Logins LAT 15,81, 2) Mark Wiseman GBR 15,54, 3) Sergey Lyakhov RUS 15,45, **DT:** 1) Yuri Seskin RUS 54,38, 2) Johan Åkerlund FIN 53,13, 3) Mark Wiseman GBR 52,62, **HT:** 1) Ralf Jossa GER 66,79, 2) Olesandr Drygol UKR 64,14, 3) Zoltán Fábiani HUN 61,49, **JT:** 1) Ilkka Kontinaho FIN 63,97, 2) Graham Morfitt CAN 61,08, 3) Robert Sklenár CZE 59,08, **WT:** 1) Ralf Jossa GER 20,02, 2) Olesandr Drygol UKR 19,16, 3) Martin Gleixner GER 16,10, 5) Mark Wiseman GBR 15,44, **5000w:** 1) Tapani Niilonen FIN 25,44,95, 2) Madars Breide LAT 26,13,96, 3) Khaksari Behrooz IRI 28,28,46, **10KW:** 1) Stuart Kollmorgen AUS 50,03, 2) Tapani Niilonen FIN 53,38, 3) Madars Breide LAT 53,47, **20KW:** 1) Stuart Kollmorgen AUS 1,44,39, 2) Cristiano Zanoli ITA 1,54,13, 3) Dietmar Hirschmugl AUT 1,55,53, **DEC:** 1) Stephan Andres GER 6647; 2) Christopher Gerhard GER 6421; 3) Nikolaos Arvanitis GRE 6299; 10. Richard Buckingham GBR 5034 (12,75-5,48-10,18-1,57-58,75-17,76-32,17-2,40-34,18-6,14,10); 15. Edward McKenzie GBR 4057 (12,75-4,42-11,00-1,36-1,02-45-20-63-27,88-2,30-34,68-6,47,56 **8K XC:** 1. Valerio Brignone ITA 24,07; 2. Tim Hartley GBR 24,24; 3. Cesar Troncoso ARG 24,40; 9. Colin Palmer GBR 25,56; **MAR:** 1) Sergey Perminov RUS 2,30,27, 2) Georg Ruess AUT 2,31,07, 3) Lauri Friari FIN 2,32,42, 6) Edward Fitzgerald McEntee IRL 2,43,41, 12) Christopher Flavell GBR 2,52,22, **Team:** 4 Great Britain & NI 9,13,07, **4 x 100:** 1) ITA 42,96, 2) USA 43,93, 3) GBR 44,84, (Barrington King, Donald Brown, Michael Osunsami, Michael Gardiner), **4 x 400:** 1) USA 3,23,44, 2) CAN 3,25,39, 3) ITA 3,26,60, 5) Great Britain & NI GBR 3,32,01, (Michael Osunsami, Andy Hunt, Mark Ward, Michael Gardiner), **TP:** 1. Iver Hytten NOR 3886; 2. Mark Wiseman GBR 3787 (42,80-14,86-51,05-48,63-14,96); 3. Ralf GER 3499; 16. Edward McKenzie GBR 2260 (29,85-10,90-28,68-36,25-8,67); 18. Erick Brady IRL 1772;

M45:

100 (0,0): 1) Enrico Saraceni ITA 11,22, 2) Donald Brown GBR 11,41, 3) Dalton Hugh Powell GBR 11,50 (11.49qr), **(QR):** Ronnie Hunter GBR 12,46, Michael May GBR 13,89, 33) Sholto Douglas-Home GBR 14,01, **200 (-1,5):** 1) Enrico Saraceni ITA 22,61, 2) Dalton Hugh Powell GBR 23,23, 3) Donald Brown GBR 23,37, **(QR):** Ronnie Hunter GBR 25,37, Michael May GBR 27,34, **400:** 1) Enrico Saraceni ITA 50,29, 2) Michael Sherar CAN 51,26, 3) Corey Moody USA 51,42, **(QR):** David Kemp GBR 56,72, Paul Ttereve GBR 58,03, Andy Gannaway GBR 58,63, Michael May GBR 1,03,80, **800:** 1) Michael Sherar CAN 2,01,37, 2) Jesus Borrego ESP 2,02,27, 3) Paul Osland CAN 2,02,78, 11) Alex Bryce GBR 2,07,49 (2,07,46); **(QR):** Kofi Agyei GBR 2,09,08, Andy Gannaway GBR 2,11,88, Mark Kevin Ashby GBR 2,13,42, **1500:** 1) Jesus Borrego ESP 4,01,66, 2) Paul Osland CAN 4,07,19, 3) Markus Zerres GER 4,07,46, 4) David Taylor GBR 4,10,33, 12) Alex Bryce GBR 4,23,66, 13) Valery Semenov RUS 4,24,21, 14) Simon Anderson GBR 4,24,77(4:16.65qr), **(QR):** Mark Kevin Ashby GBR 4,35,22, Steven Dooxey GBR 4,37,46, **5000:** 1) Ben Reynolds GBR 15,14,90, 2) Helge Dolsvåg NOR 15,29,22, 3) David Taylor GBR 15,38,26, 5) Simon Anderson GBR 16,06,15, 6) Stuart Mclay GBR 16,19,92, 7) Paul Cowhie IRL 16,21,27, **10000:** 1) Jose Ramon Torres ESP 32,20,36, 2) Helge Dolsvåg NOR 32,46,84, 3) Stuart Mclay GBR 33,47,49, **110H:** (-1,4) 1) Greg Dunson GBR 15,21 (15.05 -1.2qr **(European Record)**), 2) David Ashford USA 15,56, 3) Serge Beckers BEL 15,97, 4) Donald Brown GBR 16,40 (16.26qr); **400H:** 1) Darnell Gatling USA 56,49, 2) Getulio Echeandia PUR 57,06, 3) Neil Tunstall GBR 58,36, 7) Danny Hodge GBR 1,04,82 (1:02.35qr), **3000SC:** 1) Gilles Pelletier FRA 9,46,02, 2) Tobias Phillander RSA 10,00,41, 3) Andrew Tindall GBR 10,10,00; **HJ:** 1) Marco Segatel ITA 1,84, 2) Steven Linsell GBR & Thomas Vanzandt USA 1,78, **PV:** 1) Markku Tuomaala FIN 4,05, 2) Marc Spony FRA 3,95, 3) Asko Peltoniemi FIN 3,85, 6) Alan Anderson-Easey GBR 2,95; **LJ:** 1) Kent Nygren SWE 6,37, 2) Masakatsu Kondo GBR 6,34, 3) Oddvar Vulsrod NOR 6,19, **TJ:** 1) Oddvar Vulsrod NOR 12,96, 2) Igor Gavenciak SVK 12,95, 3) Paul Zipperle ITA 12,90, **SP:** 1) Bengt Pettersson SWE 15,47, 2) Pekka Viipio FIN 14,91, 3) Fernand Heintz LUX 14,34, **DT:** 1) Arnaud Dupuis FRA 42,80, 2) Reima Sillanpää FIN 40,70, 3) Jan Bakala CZE 38,25, **HT:** 1) Aivar Rani EST 57,69, 2) Per Sabroe DEN 51,26, 3) Altamiro Medici Severino BRA 50,16, 9) Darren Gibson GBR 32,16, **JT:** 1) Mikko Anttonen

FIN 62,94, 2) Timo Suomalainen FIN 61,98, 3) Jorma Mäkinen FIN 59,45, **WT:** 1) Erwin Suvaal NED 15,32, 2) Stephan Frey GER 14,95, 3) Jan Bakala CZE 13,77, **5000W:** 1) James Mc Donald IRL 22,11,61, 2) Axel Ollech GER 22,13,65, 3) Urbain Girod SUI 22,23,54, **10000W:** 1) James Mc Donald IRL 46,37, 2) Sergio Gutiérrez Brenes CRC 47,17, 3) Urbain Girod SUI 47,34, **20KW:** 1) Axel Ollech GER 1,37,34, 2) Sergio Gutiérrez Brenes CRC 1,40,15, 3) Urbain Girod SUI 1,43,04, **DEC:** 1. Alexander Kruger GBR 7111(**British Record**) (12,91-5,99-12,71-1,84-1,00,83-18,02-40,73-3,70-51,61-5,58,46); 2. Lutz Naschke GER 6850; 3. Masahiro Ikeno JPN 6678; 7. Derek Osborne GBR 5750 (13,40-5,52-6,69-1,54-58,17-8,69-23,45-3,00-33,97-4,59,79); 12. Derek Glasgow GBR 4904 (12,91-4,90-7,91-1,45-59,52-20,97-20,39-2,50-31,99-5,24,15); 17. Alan Anderson-Easey GBR 3896 (13,86-5,01-6,71-1,24-1,12-10,21,86-16,74-3,00-24,65-5,42,33); 18. Matthew Rudd GBR 3849 (13,69-4,19-7,44-1,27-1,04,49-21,62-23,81-NH-33,22-5,39,79); 20. Allan Leiper GBR 3659 (12,72-5,02-11,70-1,57-DNF-DNF-31,57-NH-38,48-DNF); **8KXC:** 1. Jari Hemmälä FIN 26,43; 2. Juha Koskinen FIN 26,45; 3. Ivan Postnikov RUS 26,52; 15. Steven Dooxey GBR 28,40; **MAR:** 1) Dennis Walmsley GBR 2,33,17, 2) Javier Colomo ESP 2,39,43, 3) Ismo Pudas FIN 2,40,09, 57) John Landy IRL 3,35,09, **4 x 100:** 1) USA 45,22, 2) FIN 45,26, 3) GER 46,86, 5) GBR 49,76, (Michael May, Clive Pengelly, Allan Leiper, Brian Matthews), **4 x 400:** 1) RUS 3,35,61, 2) USA 3,36,71, 3) FIN 3,37,11, 6) GBR 3,55,38, (Donald Brown, Andy Gannaway, Allan Leiper, Clive Pengelly), **TP:** 1. Stephen Whyte GBR 4188 (57,73-13,69-44,03-42,96-16,39); 2. Arnaud Dupuis FRA 3557; 3. Pekka Sinisaari FIN 3486; 15. Darren Gibson GBR 2249 (30,54-10,27-30,17-24,14-8,29);

M50:

100 (-0,3): 1) Val Barnwell USA 11,40, 2) Jeff Battista GBR 11,87(11.62qr), 3) Paul Emile Chenois BEL 12,05, 6) Peter Hickey GBR 12,14(11.86qr), **(QR):** Eric Smart GBR 12,29 (12.19qr), **(QR):** Anthony Martin IRL 12,48, Brian Matthews GBR 13,23, **200 (-0,2):** 1) Val Barnwell USA 23,61, 2) Jeff Battista GBR 23,94 (23.91qr), 3) Paul Emile Chenois BEL 24,11, 5) Peter Hickey GBR 24,61 (24.41qr), 6) Eric Smart GBR 24,78 (24.51qr), **(QR):** Anthony Martin IRL 25,02, Ian Broadhurst GBR 25,24, Clive Pengelly GBR 26,39, 24) Brian Matthews GBR 26,54, **400:** 1) Israel Melo BRA 52,68, 2) Kwei Sankofa GBR 53,28, 3) James Chinn USA 53,54, **(QR):** Jeff Battista GBR 54,17; Gerard Starrs GBR 55,68; Anthony Martin IRL 55,86, Ian Broadhurst GBR 56,23, Eric Smart GBR 57,50, Brian Matthews GBR 58,69, **800:** 1) Andre Lafere BEL 2,00,99, 2) Anselm Le Bourne USA 2,01,40, 3) Steven Smith GBR 2,04,65, 7) Gerard Starrs GBR 2,06,81; 13) Ray Daniel GBR 2,10,41; **1500:** 1) Anselm Le Bourne USA 4,11,58, 2) Steven Smith GBR 4,14,51, 3) Andrew Stark NZL 4,16,37, 6) John Thomson GBR 4,19,23, 11) Richard Holland GBR 4,32,14, 13) David McGregor GBR 4,36,78; **5000:** 1) Sergio Fernandez ESP 15,56,35, 2) Seppo Kykkänen FIN 16,10,29, 3) Francisco Javier Delgado ESP 16,16,48, 6) Bill Foster GBR 16,31,15, 14) David McGregor GBR 17,23,18, 15) David Darby GBR 17,25,01, 33) Brian Worthington GBR 21,09,11, **10000:** 1) Sergio Fernandez ESP 32,58,18, 2) Francisco Javier Delgado ESP 33,32,13, 3) Seppo Kykkänen FIN 33,35,46, 7) Bill Foster GBR 34,45,25, 25) Brian Worthington GBR 43,19,18, **100H:** (-0,9): 1) Alfred Philip Burgos AHO 14,85, 2) Arto Bryggare FIN 14,90, 3) Helmut Drabben NED 15,08, 5) Paul David Edwards GBR 15,62, **(QR):** Clive Pengelly GBR 16,47, 13) David Moles GBR 16,59, **400H:** 1) Manuel Blanco ESP 59,85, 2) Alfred Philip Burgos AHO 1,00,34, 3) Antonio Beça POR 1,00,86, 8) Ian Broadhurst GBR 1,03,59 (1:02.63); **(QR):** Brian Slaughter GBR 1,03,10, 10) David Moles GBR 1,03,54, **3000SC:** 1) Cesar Perez ESP 10,21,74, 2) Stanislaw Lancucki POL 10,29,07, 3) Mindaugas Dinda LTU 10,32,56, **HJ:** 1) Bruce Mcbarnette USA 1,90, 2) Ari Liisanantti FIN 1,84, 3) Emanuel Manfredini ITA 1,78, **PV:** 1) Daniel Schuetz SUI 3,95, 2) Mogens Sørensen DEN 3,95, 3) Ern Makó HUN 3,80, 10) Wayne Martin GBR 3,05, **LJ:** 1) Greg Petrosian USA 6,32, 2) Stein Tore Klungland NOR 6,08, 3) Jürgen Wörner GBR 6,03, 8) Trevor Wade GBR 5,47, **TJ:** 1) Giancarlo Ciceri ITA 12,69, 2) Stein Tore Klungland NOR 12,64, 3) Albert Earle GBR 11,77, **SP:** 1) Henryk Radzikowski POL 15,63, 2) Karl Jorgen Hoff NOR 15,22, 3) Pieter Gerrit Meijdam NED 13,99, **DT:** 1) Pieter Gerrit Meijdam NED 56,77, 2) Jonas Siaudinis LTU 52,96, 3) Domingo Sanchez ESP 51,34, 6) John Moreland GBR 47,57; **HT:** 1) Bernard Ulrich GER 62,51, 2) Gottfried Gassenbauer AUT 57,72, 3) Esa Paasonen FIN 54,95, 17) Ian Cooley GBR 29,90, **JT:** 1) Luis Nogueira ESP 67,68, 2) Dainis Kula LAT 61,64, 3) Josef Schaffarzik GER 55,60, **WT:** 1) Ralf Högnäs FIN 18,51, 2) Pieter Gerrit Meijdam NED 18,34, 3) Hartmut Nuschke GER 18,09, **5000W:** 1) Mikhail Kiselev RUS 24,10,25, 2) Vladimir Barabashi RUS 24,18,40, 3) Mark Donahoo AUS 24,21,84, **10000W:** 1) Mikhail Kiselev RUS 49,59, 2) Helmut Prieler GBR 50,29, 3) Mark Donahoo AUS 51,58, **20kW:** 1) Helmut Prieler GBR 1,45,18, 2) Vladimir Barabashi RUS 1,52,01, 3) Sergey Lyzhin RUS 1,53,52, **DEC:** 1. Saulius Svilainis LTU 7165; 2. Brian Slaughter GBR 6818 (12,91-5,06-11,74-1,48-57,30-17,60-37,78-3,20-36,41-4,54,60); 3. John Mayor GBR 6788(12,54-5,60-10,20-1,63-56,70-15,29-33,41-2,70-27,72-5,23,90); 11. Henry Rudd GBR 5523 (13,34-4,78-8,98-1,48-1,00,75-18,07-24,96-2,60-22,86-5,05,42); **8KXC:** 1. Seppo Kykkänen FIN 26,31; 2. Kari FIN 26,34; 3. Jukka Kauppila FIN 26,39; 38. Michael Bradford GBR 32,50; 46. Brian Worthington GBR 35,03; **MAR:** 1) Philip Vanhaecke BEL 2,39,48, 2) Manuel Delgado ESP 2,46,53, 3) Tapio Tikkanen FIN 2,47,01, **4 x 100:** 1) USA 45,82, 2) GBR 46,33, (Jeff Battista, Kwei Sankofa, Ian Broadhurst, Jeff Battista, Brian Matthews, Eric Smart), 3) GER 3,46,48, **TP:** 1. Karl Jorgen Hoff NOR 4119; 2. Ralf Högnäs FIN 4015, 3. Juha Hietala FIN 3916; 5. Robert Broadbridge GBR 3617 (44,24-13,66-44,65-36,74-14,21); 12. John Moreland GBR 3243 (40,45-11,28-45,94-29,27-13,89);

M55:

100 (+2,9): 1) Stephen Peters GBR 11,57, 2) Kerry Smith CAN 11,83, 3) Gojko Banjevic MNE 11,87, 5) Tom Phillips GBR 12,15, 7) Walwyn Franklyn GBR 12,36, **200 m (-0,1):** 1) Stephen Peters GBR 23,50, 2) Kerry Smith CAN 24,45, 3) Thomas Dickson CAN 25,15, 4) Tom Phillips GBR 25,17 (25.12qr), 6) Walwyn Franklyn GBR 25,28, **M55 (QR):** Stephen Peters GBR 25,00, Tom Phillips GBR

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25,41, Walwyn Franklyn GBR 25,88, Geoff Walcott GBR 26,44, Philip Bell GBR 27,71; **400:** 1) Stephen Peters GBR 54,53, 2) Mauri Lyytikäinen FIN 56,43, 3) Walwyn Franklyn GBR 57,07, 4) Robert Stevenson GBR 57,69, 5) Geoff Walcott GBR 58,78, 8) Philip Bell GBR 1.01,87 (1:01,16qr); **800:** 1) Francois Martel CAN 2.09,17, 2) Jorge Ortiz Rivera PUR 2.09,58, 3) Alastair Dunlop GBR 2.10,11, **1500:** 1) Jorge Ortiz Rivera PUR 4.25,63, 2) Walter Rentsch GER 4.25,89, 3) Alastair Dunlop GBR 4.26,08, 4) David Bedwell GBR 4.26,35, **(QR):** David Proffitt GBR 5.35,73, **5000:** 1) Nigel Gates GBR 16.38,78, 2) Martien Van Der Hoorn NED 16.44,44, 3) Wilhelm Schüttler GER 16.47,74, 13) Joseph Rankin IRL 18.47,64, 18) Archie Jenkins GBR 19.39,22, 19) Rob Sargent GBR 20.19,55, 21) David Proffitt GBR 20.34,09, 24) Brian Cook GBR 21.35,60, 32) William Valentine GBR 23.45,05, **10000:** 1) Heimo Kärkkäinen FIN 34.53,19, 2) Xose Luis Otero ESP 35.19,28, 3) Klaus Goldammer GER 35.55,07, 7) Joseph Rankin IRL 38.29,65, 13) Archie Jenkins GBR 40.15,24, 15) Andrew Murray GBR 41.11,02, 16) Rob Sargent GBR 41.34,14, 24) William Valentine GBR 49.02,57, **100H:** (-1,8): 1) Thaddeus Wilson USA 15,28, 2) Wolfgang Ritte GER 16,09, 3) James Broun USA 16,17, **400H:** 1) Robert Stevenson GBR 1.04,46, 2) Thaddeus Wilson USA 1.06,14, 3) Gamini Weerasinghe SRI 1.07,96, **3000SC:** 1) Martien Van Der Hoorn NED 10.43,48, 2) Masao Sono JPN 11.07,51, 3) James Robinson USA 11.07,75, **HJ:** 1) Jaroslav Lorenc CZE 1.75, 2) Jan Huijbers NED 1.72, 3) Dariusz Bednarski POL 16.9, **PV:** 1) Wolfgang Ritte GER 4.25, 2) William Murray USA 3.85, 3) Valeriy Plotnikov RS 3.35, **LJ:** 1) Jouko Nikula FIN 5,90, 2) Wolfgang Ritte GER 5,82, 3) Adrian Neagu ROU 5,77, **TJ:** 1) Heinz Arno Küppers GER 12,41, 2) Valery Zvezdkin RUS 12,22, 3) Vladimir Polakovs LAT 11,90, **SP:** 1) Vasilios Manganas GRE 15,03, 2) Raimo Sarv EST 14,53, 3) Tim Muller USA 14,10, **DT:** 1) Sandor Katona FRA 50,72, 2) Lothar Pongratz GER 49,01, 3) Gejza Valent CZE 48,92, **HT:** 1) Heikki Kangas FIN 57,49, 2) Vasilios Manganas GRE 55,10, 3) Victor Guerrero CHI 52,41, 16) Tim Saunderson-Mullins GBR 30,88; **JT:** 1) Michael Brown USA 62,20, 2) Walter Kuehndel GER 53,95, 3) Jan Olof Damgren SWE 51,96, **WT:** 1) Vasilios Manganas GRE 20,21, 2) Andrzej Piaczkowski POL 17,57, 3) Jerzy Mathia POL 17,15, 12) Tim Saunderson-Mullins GBR 9,21, **5000W:** 1) Jose Luis Lopez Camarena MEX 23.56,61, 2) Fabio Ruzzier SLO 24.01,86, 3) Patrice Brochot FRA 24.02,64, **10000W:** 1) Ignacio Melo ESP 49,28, 2) Fabio Ruzzier SLO 49,38, 3) Jose Luis Lopez Camarena MEX 50,21, **20kW:** 1) Jose Luis Lopez Camarena MEX 1.42,28, 2) Fabio Ruzzier SLO 1.42,40, 3) Patrice Brochot FRA 1.45,48, **DEC:** 1) William Murray USA 8087, 2) Klaus Peter Neundorff GER 7179, 3) Markku Rautasalo FIN 6735, 13) Stephen Nelson GBR 4783 (13,74-4,38-7,41-1.30-1.01,17-28,08-24,13-1.90-24,4-5.26,69); **8KXC:** 1) Nigel Gates GBR 27,24; 2) Alexey Krivonosov RUS 27,34; 3) Martien Van Der Hoorn NED 28,05; 18) Joseph Rankin IRL 31,31; 23) Archie Jenkins GBR 32,13; 26) Rob Sargent GBR 33,37; 42) William Valentine GBR 39,09; **TEAM:** 4 GBR 1:33.13; **MAR:** 1) Antoni Cichonczuk POL 2.44.54, 2) Bogdan Barewski POL 2.50.54, 3) Antonio Di Somma ITA 2.54.59, 13) Robert Wilson GBR 3.08.16, 28) David Michael King GBR 3.20.28, 34) Andrew Murray GBR 3.27.16, **Team:** 5 Great Britain & NI 9.55.59, **4 x 100:** 1) GBR 47,41, (Walwyn Franklyn, Geoff Walcott, Tom Phillips, Stephen Peters), 2) FIN 50,26, 3) USA 50,96, **4 x 400:** 1) GBR 3.56,46, (Walwyn Franklyn, Geoff Walcott, Robert Stevenson, Stephen Peters), 2) FIN 4.05,53, 3) GER 4.06,25, **TP:** 1) Vasilios Manganas GRE 4386; 2) Michael Small GBR 4301 (43,81-13,38-44,64-40,48-16,95); 3) Lembit Talpsepp EST 3875; 21) Tim Saunderson-Mullins GBR 2273 (30,74-8,96-20,95-22,42- 9.57);

M60:

100 (+0,9): 1) Keith Howden AUS 12,61, 2) Pentti Karppinen FIN 12,64, 3) Alan Coleman AUS 12,66, **200 (+0,3):** 1) Vincenzo Felicetti ITA 25,70, 2) Keith Howden AUS 25,78, 3) Yoshio Aiba JPN 26,32, **400:** 1) Vincenzo Felicetti ITA 56,77, 2) Keith Howden AUS 58,98, 3) Rudolf Frei ITA 59,08, 7) David Hayward GBR 1.02,17, **800:** 1) Johann Schrödel GER 2.18,57, 2) Hans Smeets NED 2.19,87, 3) Kevin Solomon AUS 2.20,18, **(QR):** David Will GBR 2.49,05, **1500:** 1) Johann Schrödel GER 4.43,40, 2) Kevin Solomon AUS 4.44,39, 3) Hans Smeets NED 4.44,39, **5000:** 1) Gregori Fuks ISR 17.10,87, 2) Franz Herzgssell GER 17.11,92, 3) Kauko Kuningas FIN 17.55,05, 20) Arnold Bradshaw GBR 20.17,05, **10000:** 1) Gregori Fuks ISR 35.14,10, 2) Albert Anderegg SUI 35.28,38, 3) Franz Herzgssell GER 35.32,37, 21) John Heywood GBR 43.19,97, 24) Arnold Bradshaw GBR 44.04,68, **100H (-1,1):** 1) Tony Wells GBR 15,74, **(British Record):** 2) Seppo Putkinen FIN 16,02, 3) Jürgen Hacker GER 16,18, **300H:** 1) Seppo Putkinen FIN 45,37, 2) Tony Wells GBR 46,09, **(British Record):** 3) Adolf Heine GER 47,52, **2000SC:** 1) Aleksander Swieczicki GBR 7.14,66, 2) Steef Kijne NED 7.18,90, 3) Martin Mc Evilly IRL 7.25,52, **HJ:** 1) Dusan Prezeli SLO 1.74, 2) Francis John Hawkins CAN 1.66, 3) Hans-Theo Nieder GER 1.64, **PV:** 1) Jarmo Lipasti FIN 3,70, 2) Karel Fiedler CZE 3,70, 3) Matti Kilpeläinen USA 3,70, **LJ:** 1) Jorge Paez ESP 5,68, 2) Pertti Ahomäki FIN 5,44, 3) Vesa Mäki FIN 5,36, **TJ:** 1) Bernard Lejeune FRA 11,77, 2) Pertti Ahomäki FIN 11,66, 3) Valentin Stabrovskiy RUS 11,52, **SP:** 1) Arild Busterud NOR 15,21, 2) Matti Jouppila FIN 13,98, 3) Jöran Westberg SWE 13,51, **DT:** 1) Tadeusz Laska POL 55,98, 2) Milos Gryc CZE 49,31, 3) Leszek Bobrzyk POL 47,75, **HT:** 1) Arild Busterud NOR 60,83, 2) Antti Örn FIN 51,97, 3) Barry Hawksworth GBR 48,95, **JT:** 1) Esa Kiuru FIN 61,70, 2) Wolfgang Vogt GER 49,99, 3) Juhani Nummela USA 48,13, **WT:** 1) Arild Busterud NOR 21,42, 2) Seppo Hjelm FIN 18,87, 3) Jorge Grave POR 18,19, 4) Barry Hawksworth GBR 18,18, **5000W:** 1) Andrew Jamieson AUS 25.01,01, 2) Ludwig Niestelberger AUT 25.15,77, 3) John Hall GBR 25.35,57, **10000W:** 1) Andrew Jamieson AUS 51,46, 2) John Hall GBR 53.08, 3) Ludwig Niestelberger AUT 53.22, **20kW:** 1) Andrew Jamieson AUS 1.44.11, 2) Ludwig Niestelberger AUT 1.52.44, 3) John Hall GBR 1.53.28, **DEC:** 1) Stefan Hallgrímsson ISL 7463, 2) John Charlton GBR 7341 (13,29-5,24-10,90-1.33-1.03,84-16,74-32,94-2.90-40,18-6.11,29); 3) Valdis Cela LAT 7261; **8KXC:** 1) Albert Anderegg SUI 28,12, 2) Franz Herzgssell GER 28,36, 3) Valery Krasnov RUS 29,14, 14) Martin Mc Evilly IRL 31,08, 26) Arnold Bradshaw GBR 33,58, 30) John Heywood GBR 34,48, **MAR:** 1) Stepan Ytkin RUS 3.02,21, 2) Jaakko Rohiainen FIN 3.09,05, 3) Eduardo Almeida POR 3.09,49, 8) William John Willmitt GBR 3.20,10, 9) David Beattie GBR 3.21,51, **Team:** 3) Great Britain & NI 10.52.57, **4 x 100:** 1) FIN 52,17, 2) GER 52,97, 3) GBR 1.04,13, (David

Hayward, Frederik Bush, John Heywood, Tony Wells), **4 x 400:** 1) ITA 4.00,78, 2) GER 4.03,05, 3) AUS 4.14,13, 5) GBR 4.51,17, (David Hayward, Eric Jones, John Heywood, Tony Wells), **TP:** 1) Arild Busterud NOR 5087; 2) Michael Hazlewood GBR 4598 (42,68-13,16-48,28-46,37-17,69); 3) Seppo Hjelm FIN 4490; 6) Barry Hawksworth GBR 4007 (46,78-10,72-39,05-38,85-16,02); 13) Thomas Farragher IRL 3249;

M65:

100 (+2,4): 1) Jorma Manninen FIN 12,69, 2) Neville McIntyre AUS 12,73, 3) Colin Buyers AUS 12,76, 4) Terry Bissett GBR 13,06, **(QR):** Richard Stanton GBR 14,05 (13.86qr), **200 (-0,1):** 1) Colin Buyers AUS 26,38, 2) Neville McIntyre AUS 26,54, 3) Hans Jürgen Wolff GER 26,76, 4) Terry Bissett GBR 26,85, (26.72qr); **(QR):** Richard Stanton GBR 28,81, Eric Jones GBR 31,54, **400 :** 1) Colin Buyers AUS 59,53, 2) Neville McIntyre AUS 1.00,75, 3) Terry Bissett GBR 1.00,98, 7) Laurence Colin Oldfield GBR 1.10,41 (1:01.05qr), **(QR):** Richard Stanton GBR 1.07,21, Eric Jones GBR 1.10,24, Frederik Bush GBR 1.22,30, **800:** 1) Ragnar Jakobsen NOR 2.23,97, 2) Sten Haglund GBR 2.26,23, 3) Donald Mathewson AUS 2.27,24, 6) Michael Smith GBR 2.30,15, **(QR):** Eric Jones GBR 2.45,03, **1500:** 1) Donald Mathewson AUS 4.59,04, 2) Ragnar Jakobsen NOR 5.00,00, 3) Jaakko Heikkinen FIN 5.02,34, 4) Michael Dixon GBR 5.04,79, 8) Michael Smith GBR 5.11,23, 12) John Horton GBR 5.21,98, **5000:** 1) Stig Haglund FIN 18.33,27, 2) Peter Lessing GER 18.36,23, 3) Peter Sandery AUS 18.42,44, 12) John Frederick Batchelor GBR 20.07,89, 15) John Horton GBR 21.00,97, 27) Alan Holiday GBR 26.34,45, **10000:** 1) Peter Lessing GER 38.43,01, 2) Jose Antonio Arias De La Cruz ESP 39.03,69, 3) Angel Martinez Cartagena PUR 40.51,97, **100H: +0,3:** 1) Rolf Geese Dr. GER 15,47, **(World Record):** 2) Barry Ferguson GBR 16,36, 3) Takehiro Yasui JPN 16,95, **300H:** 1) Leonardo Pedro Salvarrey Saravia URU 48,27, 2) Manuel Union ESP 49,23, 3) Takehiro Yasui JPN 49,65, 4) John Mac Dermott IRL 50,07, 5) Barry Ferguson GBR 50,87, **2000SC:** 1) Jaakko Heikkinen FIN 7.48,17, 2) Michael Dixon GBR 7.59,70, 3) Albert Carse AUS 8.05,88, 3) Olle Johansson SWE 1.50, 2) Seppo Sarna FIN 1.48, 3) Kyösti Poutiainen FIN 1.44, **PV:** 1) Hans Lagerqvist SWE 3.10, 2) John Bradley GBR 3.00, 3) Josef Halder GER 2.90, **LJ:** 1) Lamberto Boranga ITA 5,03, 2) Jürgen Lamp EST 4,90, 3) Alexander Vnukov RUS 4,88, **TJ:** 1) Jürgen Lamp EST 11,26, 2) Manuel Union ESP 10,57, 3) Koji Nakamura JPN 10,53, **SP:** 1) Glenn Sasser USA 13,93, 2) Attila Jeremiás HUN 13,83, 3) Felix Mohr GER 13,35, **DT:** 1) Klaus Liedtke GER 52,98, 2) Julio Calvo ESP 52,87, 3) Klaus Albers GER 49,03, **HT:** 1) Heimo Viertbaker AUT 54,79, 2) Ed Burke USA 50,41, 3) George Mathews USA 48,49, **JT:** 1) Esko Kuutti FIN 48,27, 2) Seppo Lehtovuori FIN 45,83, 3) Anatoly Kosikov RUS 45,29, **WT:** 1) Heimo Viertbaker AUT 19,52, 2) Ed Burke USA 18,99, 3) George Mathews USA 18,98, 14) Godfrey Leak GBR 13,99, **5000W:** 1) Ants Palmar EST 27.31,80, 2) Hermann Strieder Ing. AUT 28.43,61, 3) Bill Purves HKG 28.48,21, **10000W:** 1) Karl Degener GER 55.56, 2) Hermann Strieder Ing. AUT 57.49, 3) Bill Purves HKG 1.01.01, **20kW:** 1) Karl Degener GER 1.57,26, 2) Ants Palmar EST 1.58,31, 3) Hermann Strieder Ing. AUT 2.02,57, **DEC:** 1) Rolf Geese Dr. GER 8264, **(World Record):** 2) Kyösti Poutiainen FIN 6643; 3) Horst Schafer GER 6463; **8KXC:** 1) Emilio De La Camara ESP 29,27; 2) Peter Lessing GER 30,17; 3) Peter Sandery AUS 31,32; 8) Michael Smith GBR 32,31; 14) Michael Dixon GBR 34,24; 21) John Horton GBR 35,16; **TEAM:** 4 GBR 1:42,49; **MAR:** 1) Vincent Basista SVK 3.06,20, 2) Dmytro Lebediev UKR 3.09,38, 3) Aulis Kilpeläinen FIN 3.13,04, 23) John Taylor GBR 4.10,57, **4 x 100:** 1) GER 51,18, 2) FIN 52,46, 3) AUS 52,77, 4) GBR 55,00, (Richard Stanton, Barry Ferguson, Terry Bissett, Eric Jones), **4 x 400:** 1) AUS 4.14,38, 2) GBR 4.20,78, (Richard Stanton, Michael Smith, Terry Bissett, Michael Dixon), 3) GER 4.22,46, **TP:** 1) Peter Hackenschmidt SWE 4836; 2) Esko Kuutti FIN 4641; 3) George Mathews USA 4608;

M70:

100 (+0,6): 1) Guido Müller GER 13,17, 2) Aimo Mikkola FIN 13,24, 3) Hermann Beckering GER 13,63, **(QR):** Anthony Treacher GBR 14,15, Ernest Caffrey IRL 17,65, **200 (-2,1):** 1) Guido Müller GER 26,81, 2) Aimo Mikkola FIN 27,67, 3) Roberto Vaghi ITA 29,07, 8) Anthony Treacher GBR 30,04 (29.62ht), **400:** 1) Guido Müller GER 59,34, **(World Record):** 2) Willi Klaus GER 1.04,08, 3) Willi Scheidt GER 1.04,92, **(QR):** Arthur Kimber GBR 1.12,94, Wilfred Morgan GBR 1.13,51, **800:** 1) Alan Bradford AUS 2.28,78, 2) Sidney Howard USA 2.29,01, 3) Willi Scheidt GER 2.34,08, **1500:** 1) Sidney Howard USA 5.19,51, 2) Alan Bradford AUS 5.20,60, 3) Yuri Savenkov RUS 5.23,01, **5000:** 1) Hernan Barreneche Rios COL 19.22,27, 2) Klemens Wittig GER 19.28,29, 3) Manuel Rosales ESP 19.40,14, 23) Les Green GBR 33.04,10, **10000:** 1) Tarverdi Alev RUS 41.26,40, 2) Manuel Rosales ESP 41.38,54, 3) Bernardino Pacheco Pereira POR 42.40,73, 10) John Ian Leggett GBR 52.11,93, **80H: (-0,6):** 1) Donald Chambers AUS 14,16, 2) Ioannis Bellos GRE 14,45, 3) Bernardino Lombao ESP 14,72, **300H:** 1) Willi Klaus GER 51,59, 2) Oswald Rogers TRI 53,13, 3) Donald Chambers AUS 53,74, **2000SC:** 1) Alan Bradford AUS 8.23,56, 2) Walter Hume NZL 8.26,85, 3) Yuri Savenkov RUS 8.31,66, **HJ:** 1) Carl-Erik Särndal SWE 1.54, 2) Arno Willershäuser GER 1.40, 3) Oiva Hauha FIN 1.40, **PV:** 1) Reinhard-Franz Dahms GER 290, 2) Gerhard Lickfett GER 280, 3) Bernardino Lombao ESP 280, **LJ:** 1) Hermann Beckering GER 4.91, 2) Manfred Edelbüttel GER 4.65, 3) Wolfgang Tuchen GER 4.57, 4) Anthony Treacher GBR 4.54, 23) Ernest Caffrey IRL 3.26, **TJ:** 1) Vladimir Roytman RUS 9.97, 2) Muzaffer Güven TUR 9.70, 3) Giorgio Bortolozzi ITA 9.37, **SP:** 1) Karl-Heinz Marg GER 14.93, 2) Franz Ratzer AUT 14.93, 3) Roland Heiler GER 14,30, **DT:** 1) Roland Heiler GER 45.16, 2) Franz Ratzer AUT 43,80, 3) Östen Edlund SWE 43,05, **HT:** 1) Ajmer Singh Ajmer Singh IND 52,42, 2) Waldemar Villhauer GER 48,28, 3) Arno Willershäuser GER 47,80, **JT:** 1) Kalevi Honkanen FIN 48,21, 2) Vladimir Porokhin RUS 45,73, 3) Paavo Niemelä FIN 45,30, **WT:** 1) Andrzej Rzepecki RSA 18,64, 2) Waldemar Villhauer GER 18,01, 3) Richard Hotchkiss USA 17,43, **5000W:** 1) Arthur Thomson GBR 27.47,44, 2) Murray Dickinson AUS 28.19,20, 3) Minivali Sinagulov RUS 27.47,32, **10000W:** 1) Arthur Thomson GBR 56.27, 2) Murray Dickinson AUS 57.54, 3) Minivali Sinagulov RUS 58.56, **20kW:** 1) Arthur Thomson GBR 1.58.19, 2) Minivali Sinagulov RUS 2.04.44, 3) Gunars Rubenis

MASTERS ATHLETICS AUTUMN 2009

LAT 2.05.02, **DEC:** 1. Emil Pawlik USA 7814; 2. Willi Klaus GER 7704; 3. Kjartan Sovlberg NOR 7428; **8kXC:** 1. Klemens Wittig GER 32.36; 2. Tarverdi Aliev RUS 33.00; 3. Kaspar Scheiber SUI 33.23; 24. Les Green GBR 53.21; **MAR:** 1) Hernan Barreneche Rios COL 3.01.27, 2) Klemens Wittig GER 3.19.52, 3) Tarverdi Aliev RUS 3.24.33, 22) Les Green GBR 5.55.30, **4 x 100:** 1) GER 53.07, 2) FIN 54.48, 3) AUS 56.42; 5) GBR 1.07.36, (Wilfred Morgan, Clifford Taylor, Arthur Kimber, John Seymour), **4 x 400:** 1) GER 4.17.47 (**World Record**); 2) AUS 4.42.54, 3) FIN 4.53.50; 5) GBR 5.50.33, (Wilfred Morgan, Arthur Kimber, John Seymour, Clifford Taylor), **TP:** 1. Franz Ratzler AUT 4879; 2. Arno Willershäuser GER 4679; 3. Andrzej Rzepecki RSA 4612;

M75:

100 (-0,1): 1) Bruno Kimmel GER 13.63, 2) Rudolf Böckl GER 13.97, 3) Alan Mellett GBR 14.45, **200 (+1,1):** 1) Rudolf Böckl GER 30.04, 2) Alan Mellett GBR 30.43, 3) Francois Cornelis BEL 31.08, **400:** 1) David Carr AUS 1.07.67, 2) Kosmas Kapassakalis GER 1.12.47, 3) Friedrich Ingenrieth GER 1.13.14, 7) John Seymour GBR 1.17.28, **800:** 1) Janusz Kociszewski POL 2.44.23, 2) David Carr AUS 2.44.90, 3) Pauli Ahokas FIN 2.51.69, 7) John Seymour GBR 3.11.01, **1500:** 1) Pauli Ahokas FIN 5.59.70, 2) Francisco Vicente POR 6.09.05, 3) Ivan Osipov RUS 6.17.10, 10) William Dunne IRL 9.05.51, **5000:** 1) Kunio Ichikawa JPN 21.20.07, 2) Francisco Vicente POR 22.42.19, 3) Eric Berglund SWE 22.54.30, 9) Derek Howarth GBR 26.12.29, 16) Arthur Walsham GBR 30.24.16, **10000:** 1) Kunio Ichikawa JPN 44.45.42, 2) Ivan Osipov RUS 45.49.79, 3) Gury Sitskiy RUS 49.37.60, 5) Derek Howarth GBR 54.06.57, 8) Arthur Walsham GBR 1.09.10.30, **80H (-1,2):** 1) Reino Tikkanen FIN 16.26, 2) Lars-Åke Hedlund SWE 17.86, 3) Osmo Tuorila FIN 19.06, **300H:** 1) Lars-Åke Hedlund SWE 56.18, 2) Matti Korpi FIN 58.35, 3) Viljo Knaappila FIN 1.02.95, **2000SC:** 1) Kunio Ichikawa JPN 9.14.78, 2) David Carr AUS 9.40.10, 3) Gury Sitskiy RUS 10.30.96, **High Jump:** 1) Henry Andersen DEN 1.34, 2) Harald Sobstad NOR 1.32, 3) Samuli Korpi FIN 1.30, **PV:** 1) Ilpo Sopanen FIN 2.75, 2) Hikmet Kandeydi TUR 2.45, 3) Åke Lund FIN 2.30, **LJ:** 1) Dick Richards USA 4.57, 2) Timo Junttila FIN 4.48, 3) Viljo Knaappila FIN 4.12, **TJ:** 1) Timo Junttila FIN 9.58, 2) Samuli Korpi FIN 8.71, 3) Viljo Knaappila FIN 8.64, **SP:** 1) Bernhard Karlsson SWE 12.95, 2) Ilpo Sopanen FIN 11.67, 3) Heinz Brandt GER 11.03, 13) Clifford Taylor GBR 8.55, 15) John James Leonard Dunsford GBR 6.25, **DT:** 1) Leonard Jansen GER 36.83, 2) Arnost Boldan CZE 36.01, 3) Anton Laus EST 35.84, **HT:** 1) Arnost Boldan CZE 43.42, 2) Antanas Cerniauskas LTU 39.82, 3) Zdenek Benek CZE 39.46, **JT:** 1) Antanas Cerniauskas LTU 41.19, 2) Manfred Hoffmann GER 40.62, 3) Takumi Matsushima BRA 37.78, **WT:** 1) Zdenek Benek CZE 15.36, 2) Werner Erben GER 15.12, 3) Arnost Boldan CZE 15.08, **5000W:** 1. Jack Bray USA 31.45.30; 2. Carlos Acosta USA 32.38.30; 3. Alfred Du Bois USA 32.39.14; 7. John May GBR 36.56.70; **10000W:** 1) Jack Bray USA 1.04.47, 2) Carlos Acosta USA 1.05.43, 3) Alfredo Tonnini ITA 1.05.47, 9) John May GBR 1.16.09, **20kW:** 1) Jack Bray USA 2.16.35, 2) Carlos Acosta USA 2.17.39, 3) Alfredo Tonnini ITA 2.17.58, **DEC:** 1. Ilpo Sopanen FIN 6803; 2. Anatoli Sillari EST 6056; 3. Raul Lopez Barrera URU 5719; **8k XC:** 1. Kunio Ichikawa JPN 34.39; 2. Ivan Osipov RUS 37.04; 3. Francisco Vicente POR 37.22; 8. Derek Howarth GBR 41.41; 14. Arthur Walsham GBR 51.52; 15. William Dunne IRL 58.47; **TEAM:** 3 GBR 2.41.45; **MAR:** 1) Ivan Osipov RUS 4.04.33, 2) Michal Stadniczuk POL 4.25.52, 3) Heikki Linna FIN 4.28.39, **4 x 100:** 1) GER 56.75 (**World Record**); 2) FIN 1.01.51, **4 x 400:** 1) FIN 5.02.87, 2) GER 5.05.88, 3) Japan JPN 6.52.48, **TP:** 1. Antanas Cerniauskas LTU 5267; 2. Arnost Boldan CZE 4801; 3. Väinö Isosaari FIN 4135; 14. Clifford Taylor GBR 2906 (26.03-8.92-19.17-20.99-8.54);

M80:

100 (-0,8): 1) Yoshiyuki Shimizu BRA 15.07, 2) Hideya Yamazaki JPN 16.10, 3) Luis Hernando Osorio COL 16.25, **200 (-0,7):** 1) Yoshiyuki Shimizu BRA 31.77, 2) Luis Hernando Osorio COL 35.07, 3) Takashi Inoue JPN 35.31, **400:** 1) Earl Fee CAN 1.13.23, 2) Luis Hernando Osorio COL 1.20.27, 3) Takashi Inoue JPN 1.21.39, **(QR):** Kenneth Crooke GBR 1.53.87, **800:** 1) Earl Fee CAN 2.49.92 (**World Record**); 2) Rainer Pelkonen FIN 3.07.36, 3) Yrjö Torikka FIN 3.13.13, 10) Nick Corish IRL 4.22.21, 11) Kenneth Crooke GBR 4.46.24, **1500:** 1) Rainer Pelkonen FIN 6.43.32, 2) Yrjö Torikka FIN 6.46.16, 3) Gunnar Linde USA 6.53.38, 7) Nick Corish IRL 8.50.78, **5000:** 1) Irwin Barrett-Lennard AUS 25.07.41, 2) Gunnar Linde USA 26.24.33, 3) Seryozha Sarukhanyan ARM 33.06.34, 5) Nick Corish IRL 35.17.90, 6) Ron Franklin GBR 41.22.50, **10000:** 1) Irwin Barrett-Lennard AUS 51.34.24, 2) Karl-Heinz Noack GER 1.04.17.99, 3) Humberto Torres Rosa PUR 1.04.30.77, **80H: (+1,2):** 1) Motoichi Tasaki JPN 16.64, 2) Karri Wichmann FIN 19.38, 3) John Devasirvatham Tyagaraj IND 20.48, **300H:** 1) Motoichi Tasaki JPN 1.09.56, 2) Kurt Byggmästar FIN 1.17.41, **2000SC:** 1) Gunnar Linde USA 11.23.34, 2) Neagu Mazilu ROU 12.08.14, 3) Humberto Torres Rosa PUR 12.16.19, **HJ:** 1) Nils-Bertil Nevrupe SWE 1.22, 2) Karri Wichmann FIN 1.18, 3) Eero Salonen FIN 1.08, **PV:** 1) Munehiro Toriya JPN 1.90, 2) Jalmar Katk SWE 1.90, 3) Karri Wichmann FIN 1.80, **LJ:** 1) Aatos Sainio FIN 3.75, 2) Eino Tuomisto FIN 3.32, 3) Johann Schneider GER 3.12, **TJ:** 1) Yoshiyuki Shimizu BRA 8.66, 2) Aatos Sainio FIN 8.14, 3) Eino Tuomisto FIN 7.13, **SP:** 1) Leo Saarinen FIN 13.50, 2) Arnie Gaynor USA 13.38, 3) Tauno Kivi FIN 12.46, **DT:** 1) Arnie Gaynor USA 33.39, 2) Sigurdur Haraldsson ISL 30.55, 3) Martti Kamila FIN 29.62, **HT:** 1) Manfred Rittweger GER 38.90, 2) Leo Saarinen FIN 38.62, 3) Sigurdur Haraldsson ISL 33.61, **JT:** 1) Pavel Jilek CZE 33.12, 2) Matti Kamila FIN 31.58, 3) Antti Kryssi FIN 29.54, **WT:** 1) Sigurdur Haraldsson ISL 14.83, 2) Manfred Rittweger GER 14.10, 3) Matti Järvinen FIN 14.06, **5000W:** 1) William Moremen USA 34.03.21; 2) Viljo Hyvölä FIN 34.04.97; 3) Robert Schouckens BEL 34.15.80; **10000W:** 1) Viljo Hyvölä FIN 1.09.00, 2) William Moremen USA 1.10.05, 3) Günter Ciesielski GER 1.10.18, **DEC:** 1) Karri Wichmann FIN 5923, 2) William Daprano USA 4870; 3) Danny Daniels CAN 4640, **20kW:** 1) Viljo Hyvölä FIN 2.24.05, 2) Günter Ciesielski GER 2.25.37, 3) William Moremen USA 2.30.10, **8k XC:** 1) Irwin Barrett-Lennard AUS 41.26; 2) Karel Matzner CZE 44.59; 3) Jokin Sarasola ESP 48.45; 9. Ron Franklin GBR 1.08.13, **MAR:** 1) Manfred Tjeben GER 4.40.35, 2) Jokin Sarasola ESP 5.40.48, 3) Karl-Heinz Noack GER 5.43.32, **4 x 100:** 1) FIN 1.06.05, 2) GER 1.10.66,

3) JPN 1.11.71, **4 x 400:** 1) FIN 6.02.59 (**European Record**); 2) GER 6.32.53, **TP:** 1. Leo Saarinen FIN 4985; 2. Arnie Gaynor USA 4761; 3. Sigurdur Haraldsson ISL 4417;

M85:

100 (-0,9): 1) José L. Ubarri Peroza PUR 16.40, 2) Hugo Antonio Delgado Flores PER 16.46, 3) Melvin Larsen USA 16.74, **200 (+0,1):** 1) Hugo Antonio Delgado Flores PER 34.96, 2) José L. Ubarri Peroza PUR 36.88, 3) Gerhard Herbst GER 38.19, **400:** 1) Gerhard Herbst GER 1.30.47, 2) Viljo Tuovinen FIN 1.35.89, 3) Antonio Tejada Vergara MEX 1.41.96, **800:** 1) Pentti Saukkosaari FIN 3.56.49, 2) Antonio Tejada Vergara MEX 4.00.00, 3) Herbert Buchwald GER 4.00.00, **1500:** 1) Pentti Saukkosaari FIN 7.57.82, 2) Antonio Tejada Vergara MEX 8.27.14, 3) Herbert Buchwald GER 8.35.59, **10000:** Herbert Buchwald GER 1.09.17.86, **80H (+0,7):** 1) Hugo Antonio Delgado Flores PER 18.27, 2) Juji Tanaka JPN 18.78, 3) Horst Albrecht GER 19.10, **300H:** 1) Hugo Antonio Delgado Flores PER 1.07.99 (**World Record**); 2) Pekka Penttilä FIN 1.18.29, **2000SC:** 1) Soichi Tamoi JPN 11.45.91, 2) Teruo Narita BRA 14.14.78, **HJ:** 1) Gerhard Windolf GER 1.16, 2) Mitsuyoshi Fujita JPN 1.04, **PV:** 1) Juji Tanaka JPN 1.80, 2) Mitsuyoshi Fujita JPN 1.70, 3) Pekka Penttilä FIN 1.70, **LJ:** 1) Gerhard Windolf GER 3.47, 2) Juji Tanaka JPN 3.21, 3) Gudmund Skrivervik NOR 2.92, **TJ:** 1) Juji Tanaka JPN 7.47, 2) Gerhard Windolf GER 7.27, 3) Horst Albrecht GER 6.55, **Shot Put:** 1) Erik Eriksson FIN 11.13, 2) Gerhard Windolf GER 8.86, 3) Jussi Karjalainen FIN 6.76, **DT:** 1) Bertil Larsson SWE 21.77, 2) Viljo Pykkö FIN 20.03, 3) Marcel Batby FRA 19.86, **HT:** 1) Erik Eriksson FIN 30.41, 2) Valto Mäkelä FIN 25.12, 3) Marcel Batby FRA 24.96, **JT:** Bertil Larsson SWE 25.02, **5000W:** 1. Gerhard Herbst GER 37.41.99; 2. Väinö Rantio FIN 37.44.64; 3. Horst Albrecht GER 39.35.43; **10000W:** 1) Gerhard Herbst GER 1.18.57, 2) Taavi Hokkanen FIN 1.29.11, 3) Jussi Karjalainen FIN 1.54.12, **DEC:** 1. Pekka Penttilä FIN 7265 (**World Record**); 2. Mitsuyoshi Fujita JPN 3840; 3. Lasse Taiminen FIN 3378; **8k XC:** 1. Pentti Saukkosaari FIN 51.18; 2. Herbert Buchwald GER 54.47; **4 x 100:** FIN 1.29.13, **4 x 400:** FIN 8.43.75 (**World Record**); **TP:** 1. Erik Eriksson FIN 4902; 2. Bertil Larsson SWE 4398; 3. Valto Mäkelä FIN 3979;

M90:

100 (+1,0): 1) Ugo Sansonetti ITA 17.82 (**European Record**); 2) Herbert Liedtke SWE 19.83, 3) Ilmari Koppinen FIN 21.48, **200 (+0,6):** 1) Ugo Sansonetti ITA 39.90, 2) Herbert Liedtke SWE 46.68, 3) Emiel Pauwels BEL 49.77, **400:** 1) Ugo Sansonetti ITA 1.35.04 (**World Record**); 2) Holger Josefsson SWE 1.46.27, 3) Emiel Pauwels BEL 2.01.70, **800m** Holger Josefsson SWE 4:04.85 (**World Record**); **1500:** 1) Holger Josefsson SWE 8.07.17 (**World Record**); 2) Emiel Pauwels BEL 9.53.07, 3) Efrain Wachs ARG 15.33.31, **5000:** 1) Julian Bernal ESP 35.50.80, 2) Ricardo Chiaparelli ARG 51.11.31, 3) Efrain Wachs ARG 51.33.46, **10000:** Julian Bernal ESP 1.17.06.10, 2) Ricardo Chiaparelli ARG 1.55.23.59, 3) Efrain Wachs ARG 1.55.36.95, **80H (+0,7):** Ilmari Koppinen FIN 27.04 (**European Record**); **HJ:** 1) Klaus Langer GER 100, 2) Emiel Pauwels BEL 096, 3) Ilmari Koppinen FIN 088, **LJ:** 1) Ilmari Koppinen FIN 2.33, 2) Efrain Wachs ARG 1.27, **TJ:** 1) Ilmari Koppinen FIN 5.02, 2) Efrain Wachs ARG 3.04, **SP:** 1) Klaus Langer GER 7.36, 2) Ilmari Saunamäki FIN 6.99, 3) Frederico Guilherme Hochstatter BRA 6.06, **DT:** 1) Giuseppe Rovelli ITA 18.06, 2) Helge Lönnroth FIN 16.38, 3) Klaus Langer GER 16.15, **00:** 1) Holger Josefsson SWE 4.04.85, 2) Emiel Pauwels BEL 4.40.30, 3) Julian Bernal ESP 4.51.96, **HT:** 1) Giuseppe Rovelli ITA 21.43, 2) Helge Lönnroth FIN 20.44, 3) Onni Huotari FIN 13.52, **JT:** 1) Klaus Langer GER 20.99, 2) Helge Lönnroth FIN 20.43, 3) Ilmari Saunamäki FIN 15.90, **5000W:** Giovanni Vacalebre ITA 50.26.36; **8k XC:** Efrain Wachs ARG 1.36.25; **TP:** 1. Helge Lönnroth F IN 4486; 2. Giuseppe Rovelli ITA 4017;

M100:

Shot / Discus: Alfred Proksch AUT 2.84 / 5.61 (**Both European Records**);

W35:

100 (+0,8): 1) Stepánka Gottvaldová CZE 12.75, 2) Heike Martin GER 12.81, 3) Merlina Arnaudova BUL 12.91, **200 (-0,7):** 1) Lisa Daley USA 25.83, 2) Stepánka Gottvaldová CZE 26.02, 3) Heike Martin GER 26.74, **400:** 1) Latricia Dendy USA 55.35, 2) Lisa Daley USA 57.14, 3) Nina Anderson GBR 57.27, 4) Corinne Groene GER 59.03, 5) Maurelhena Walles USA 59.23, 6) Eulalia Torrecasana ESP 1.00.24, 7) Sarah Wells GBR 1.07.23 (1:05.59qr); **800:** 1) Nina Anderson GBR 2.21.32, 2) Suzy Cole AUS 2.22.09, 3) Paola Tiselli ITA 2.22.91, 9) Sarah Wells GBR 2.32.43, **1500:** 1) Paola Tiselli ITA 4.48.97, 2) Suzy Cole AUS 4.50.58, 3) Isabel Rodriguez ESP 4.53.09, 7) Sarah Wells GBR 5.09.39, **5000:** 1) Carmen Siewert GER 17.00.32, 2) Jutta Brod GER 17.18.57, 3) Mercedes Palacios ESP 18.07.51, 9) Michelle Hooton GBR 19.37.84, **10000:** 1) Jutta Brod GER 35.37.43, 2) Carmen Siewert GER 35.57.76, 3) Mercedes Palacios ESP 39.01.82, **100H: (-0,2):** 1) Toni Phillips AUS 16.23, 2) Tatjana Schilling GER 16.97, **400H:** Latricia Dendy USA 1.01.19, **2000SC:** 1) Suzy Cole AUS 7.25.87, 2) Vanda Kaderábková CZE 8.08.19, 3) Visnja Odri SRB 13.45.47, **HJ:** 1) Kimiko Nakatake JPN 1.56, 2) Tatjana Schilling GER 1.50, 3) Neelu Anand Dubey IND 1.23, **PV:** 1) Natasha Brunning GBR 3.00, 2) Christel Valette FRA 3.00, 3) Melanie Lienemann GER 2.70, **LJ:** 1) Johanna Beran GER 5.45, 2) Natasha Brunning GBR 5.36, 3) Paula Laakso FIN 4.82, **TJ:** 1) Audrea Szirbucz HUN 12.47, 2) Natasha Brunning GBR 11.42, 3) Ruthlyn Greenfield-Webster USA 10.76, **SP:** 1) Geraldine George-Francis TRI 11.79, 2) Daniela Lachat SUI 11.11, 3) Santa Jokuma LAT 10.95, **DT:** 1) Bettina Daniela Schardt GER 43.03, 2) Santa Jokuma LAT 38.27, 3) Sigrid Balser GER 36.47, **HT:** 1) Virginie Scribe FRA 49.45, 2) Bettina Daniela Schardt GER 45.30, 3) Tiina Ranta FIN 42.78, **JT:** 1) Ágnes Benczenleitenerné Preisinger HUN 47.69, 2) Geraldine George-Francis TRI 44.95, 3) Rita Ramanauskaitė LTU 44.75, **WT:** 1) Virginie Scribe FRA 14.40, 2) Tiina Ranta FIN 12.06, 3) Yvette Bot-Vleerlaag NED 11.39, **10000W:** 1) Hanne Liland NOR 55.35, 2) Orsolya Gruber HUN 57.05, 3) Jenny Coromot Acuña Leal VEN 59.04, **20kW:** Jenny Coromot Acuña Leal VEN 2.11.51, **HEPT:** 1) Birgit Riedel GER 4361, 2) Simone Burgstein

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GER 4298; 3. Tatjana Schilling GER 4042; 4. Amanda Wale GBR 3921 (16,36-1.36-8,98-28,27-4,78-24,86-2.33,20); 8kXC: 1. Jutta Brod GER 28.19; 2. Tatiana Alexeeva RUS 29.59; 3. Sonia Marongiu ITA 30.27; 6. Michelle Hooton GBR 32.29; 9. Kimberley Mangelsht GBR 40.27; **MAR:** 1) Minna Kainlahti FIN 2.51.49, 2) Laura Markovaara FIN 2.58.04, 3) Mirka Suominen FIN 3.11.27, **4 x 100:** 1) USA 49.04, 2) GER 50.01, 3) FIN 53.13, 6) GBR 56.32, (Michele Wakefield, Amanda Wale, Michelle Hooton, Fiona Palmer), **4 x 400:** 1) USA 3.53.80, 2) GER 4.14.00, 3) ITA 4.14.90, 6) GBR 4.24.90, (Michele Wakefield, Michelle Hooton, Sarah Wells, Fiona Palmer),

W40:

100 (+0,9): 1) Julie Brims AUS 12.44, 2) Kylie Strong AUS 12.61, 3) Claudia Wiederkear SUI 12.79, (QR): Fiona Palmer GBR 13.81, **200 (+0,8):** 1) Julie Brims AUS 25.41, 2) Claudia Wiederkear SUI 25.78, 3) Charmaine Roberts USA 25.90, (QR): Michele Wakefield GBR 29.11, **400:** 1) Charmaine Roberts USA 57.68, 2) Claudia Wiederkear SUI 57.88, 3) Julie Brims AUS 59.75, 8) Fiona Palmer GBR 1.03.70 (1:02.53qr); (QR): Fiona Palmer GBR 1.02.53, Michele Wakefield GBR 1.05.66, **800:** 1) Lisa Valle USA 2.18.17, 2) Annette Weiss GER 2.18.84, 3) Maria Dolores Jimnez ESP 2.20.05, **1500:** 1) Lisa Valle USA 4.34.82, 2) Nathalie Loubele BEL 4.35.17, 3) Annette Weiss GER 4.36.45, **5000:** 1) Nathalie Loubele BEL 17.12.13, 2) Rosa Oliveira POR 17.26.75, 3) Nicki Nealon GBR 17.45.87, **10000:** 1) Rosa Oliveira POR 36.08.78, 2) Lorella Pagliacci ITA 36.10.71, 3) Soledad Castro ESP 36.11.81, 4) Nicki Nealon GBR 36.20.06, **80H (-1,5):** 1) Oxana Doronkina RUS 12.13, 2) Claudia Wiederkear SUI 12.32, 3) Andrea Thirney GER 12.37, 5) Geraldine Finnegan IRL 12.87, **400H:** 1) Cristina Amigoni ITA 1.06.13, 2) Katrin Kreen FIN 1.06.84, 3) Wanda I. Velazquez Roman PUR 1.07.38, 4) Geraldine Finnegan IRL 1.09.04, **2000SC:** 1) Lisa Valle USA 7.01.91 (World Record), 2) Annette Weiss GER 7.01.95 (European Record); 3) Galina Kiseleva RUS 7.55.51, **HJ:** 1) Elena Semashko RUS 1.62, 2) Kristiina Jatkola FIN 1.59, 3) Lolita Nack FRA 1.56, **PV:** 1) Irie Hill GBR 3.71 (World Record), 2) Christina Ziemann GER 3.25, 3) Kirsti Siekkinen FIN 2.80, 4) Alison Duke GBR 2.60, **LJ:** 1) Elma Posadas PHI 5.24, 2) Oxana Doronkina RUS 5.19, 3) Claudia Wiederkear SUI 5.16, 11) Alison Duke GBR 4.41, **TJ:** 1) Valentyna Krepkina UKR 11.20, 2) Kaisa Wallinheimo FIN 11.14, 3) Kristiina Jatkola FIN 11.00, **SP:** 1) Kerstin Seng GER 12.12, 2) Gwendolyn Smith TRI 11.17, 3) Seija Eskelinen FIN 11.06, **DT:** 1) Austr Mikelyle LTU 47.47, 2) Seija Eskelinen FIN 33.65, 3) Kerstin Seng GER 33.52, **HT:** 1) Gonny Mik NED 49.40, 2) Kathleen De Wolf BEL 41.29, 3) Kirsii Spoof FIN 40.32, 10) Jane Camilla Thrush GBR 31.54, **JT:** 1) Heli Ruoho FIN 43.09, 2) Gwendolyn Smith TRI 38.06, 3) Sabine Scheffler GER 37.40, **WT:** 1) Kathleen De Wolf BEL 12.93, 2) Jane Camilla Thrush GBR 12.04, 3) Lilian Sepp EST 11.89, **HEPT:** 1. Kimberly Rothman GBR 4995 (13.53-1.54-8,89-27,76-5,21-27,54-2.33,84); 2. Geraldine Finnegan IRL 4871 (12.83-1.36-10.40-28.63-4,51-32,79-2.28,64); 3. Terje Öiglane EST 4799; **5000W / 10000W:** Ingrid Gabel GER 33.54,26 / 1.08.41. **8k XC:** 1. Nathalie Loubele BEL 28.26; 2. Rosa Oliveira POR 28.45; 3. Soledad Castro ESP 28.47; 4. Nicki Nealon GBR 29.15; 10. Satu Haikala GBR 31.54; 14. Christine Murray GBR 33.38; **TEAM:** 1 GBR 1:34.46; **MAR:** 1) Pauline Curley IRL 2.43.56, 2) Michela Ippino ITA 3.02.05, 3) Lorna Thomson USA 3.05.23, 32) Sarah Vick GBR 4.33.08, **4 x 100:** 1) AUS 48.01 (World Record); , 2) RUS 51.98, 3) FIN 52.19, **4 x 400:** 1) AUS 4.04.84, 2) FRA 4.05.07, 3) USA 4.12.67; **TP:** 1. Gonny Mik NED 4004; 2. Kathleen De Wolf BEL 3497; 3. Jane Camilla Thrush GBR 3367 (36,06-10,61-27,92-25,40-11,82);

W45:

100 (0,0): 1) Renee Henderson USA 12.22, 2) Angelika Grissmer GER 12.43, 3) Gianna Mogentale AUS 12.55, (QR): Kirstin King GBR 13.21, Lesley Hopkins GBR 13.95, **200 (0,0):** 1) Renee Henderson USA 25.33, 2) Angelika Grissmer GER 25.56, 3) Gianna Mogentale AUS 26.36, (QR): Lesley Hopkins GBR 28.80, Gaye Clarke GBR 29.98, **400:** 1) Marie Kay AUS 59.44, 2) Petra Kauerhof GER 1.00.77, 3) Gianna Mogentale AUS 1.00.91, (QR): Lesley Hopkins GBR 1.04.52, **800:** 1) Karin Wählstedt SWE 2.22.40, 2) Renee Belanger CAN 2.24.86, 3) Lorraine Jasper USA 2.26.52, **1500:** 1) Olga Neljubova RUS 4.32.05, 2) Corinne De Baets BEL 4.35.29, 3) Karin Wählstedt SWE 4.52.22, 7) Jane Pidgeon GBR 5.03.37, **5000:** 1) Corinne De Baets BEL 16.53.00, 2) Nadia Dandolo ITA 17.23.08, 3) Nina Edovina RUS 17.28.43, 16) Tracey Gibson GBR 21.08.84, **10000:** 1) Inara Luse LAT 38.47.73, 2) Marineide Silvestre Da Nobrega BRA 39.17.80, 3) Franziska Gruber AUT 39.27.66, 9) Tracey Gibson GBR 44.57.50, **80H (+0,2):** 1) Liubov Stolyar RUS 12.03, 2) Romana Schulz GER 12.29, 3) Arja Ruotsalainen FIN 12.38, 4) Gaye Clarke GBR 12.67, 7) Hazel Barker GBR 13.88, **400H:** 1) Marie Kay AUS 1.05.16, 2) Dolores Hachotte FRA 1.09.54, 3) Romana Schulz GER 1.11.61, **2000SC:** 1) Jane Pidgeon GBR 7.43.72, 2) Marie-Claude Bodilis-Loaec FRA 7.44.17, 3) Tiina Koskiahio FIN 8.04.32, **HJ:** 1) Marianna Biskup POL 1.56, 2) Helga Freyer-Krause GER 1.53, 2) Arja Ruotsalainen FIN 1.53, **PV:** 1) Pascal Wolff FRA 3.20, 2) Carla Forcellini ITA 2.80, 3) Susanne Hedeager DEN 2.55, **LJ:** 1) Marie Kay AUS 5.23, 2) Joy Upshaw-Margerum USA 5.20, 3) Marianna Biskup POL 5.18, 10) Denise Timmis GBR 4.52, 11) Gaye Clarke GBR 4.33, **TJ:** 1) Liubov Stolyar RUS 10.77, 2) Dominique Beaufort FRA 10.53, 3) Marianna Biskup POL 10.52, **SP:** 1) Eha Rünne EST 13.36, 2) Tiit Pärnik EST 10.85, 3) Jannet Van Noord NED 10.84, 4) Alyson Hourihan GBR 10.72, 8) Wendy Jean Dunsford GBR 9.06, **DT:** 1) Jaana Kivistö FIN 42.88, 2) Ingrid Van Dijk NED 42.26, 3) Alyson Hourihan GBR 38.04, 7) Julie Wilson GBR 31.48, 9) Wendy Jean Dunsford GBR 26.38, **HT:** 1) Connie Hodel SUI 44.19, 2) Ingrid Van Dijk NED 43.98, 3) Ann-Britt Jakobsson SWE 37.39, 6) Alyson Hourihan GBR 31.61, 7) Wendy Jean Dunsford GBR 28.90, **JT:** 1) Karen Scholz GER 43.36, 2) Olga Cogilniceanu MDA 42.13, 3) Kirsii Smulter FIN 40.78, 7) Alyson Hourihan GBR 30.10, **WT:** 1) Ingrid Van Dijk NED 14.66, 2) Connie Hodel SUI 13.82, 3) Sabine Rogge GER 12.27, 4) Julie Wilson GBR 10.64, 5) Alyson Hourihan GBR 10.26, 8) Wendy Jean Dunsford GBR 8.77, **HEPT:** 1) Marie Kay AUS 6185 (World Record); 2. Romana Schulz GER 4961; 3. Mariann Sandsund NOR 4632; Hazel Barker GBR DNF **5000W:** 1. Ada Booyens RSA 26.26.26. 2. Lesley Van Buuren RSA 26.31.78; 3. Maria Ghisleni RSA 26.38.72. 8. Helen Middleton GBR 30.56.84. 11. Anne Gormley IRL

33.10.28; **10000W:** 1) Ada Booyens RSA 54.12, 2) Lesley Van Buuren RSA 54.23, 3) Diane Bradley GBR 55.30, 7) Helen Middleton GBR 1.00.16, 11) Anne Gormley IRL 1.12.16, **20kW:** 1) Lesley Van Buuren RSA 1.52.39, 2) Maria Ghisleni RSA 1.54.38, 3) Diane Bradley GBR 1.56.48, 6) Helen Middleton GBR 2.04.11, **Team:** 3) Great Britain & NI 6.27.22. **8k XC:** 1. Corinne De Baets BEL 28.08; 2. Nina Edovina RUS 28.53; 3. Inara Luse LAT 29.18; 7. Jane Pidgeon GBR 32.12; 14. Tracey Gibson GBR 34.27; 24. Lynne Marr GBR 37.21; **TEAM:** 3 GBR 1:43:59; **MAR:** 1) Anna Maria Caso ITA 3.13.53, 2) Irina Kuznetsova RUS 3.16.29, 3) Anneli Södergärds SWE 3.20.06, 38) Tanya Layden GBR 4.41.16, **4 x 100:** 1) GER 49.39 (World Record); , (2) FIN 51.51, 3) USA 51.87, 4) GBR 55.16, (Hazel Barker, Gaye Clarke, Denise Timmis, Lesley Hopkins), **4 x 400:** 1) GER 4.08.32 (World Record);, 2) FRA 4.18.08, 3) SWE 4.26.62, 6) GBR 4.38.83, (Jane Pidgeon, Denise Timmis, Tracey Gibson, Lesley Hopkins). **TP:** 1. Ingrid Van Dijk NED 4664; 2. Eha Rünne EST 4577; 3. Connie Hodel SUI 4182; 4. Alyson Hourihan GBR 3965 (32,23-10,73-37,09-31,69-10,23); 6. Julie Wilson GBR 3447 (31,36-9,06-31,81-24,79-9,68); 10. Wendy Jean Dunsford GBR 2854 (28,59-8,64-27,19-13,85-8,61);

W50:

100 (+1,5): 1) Marie Lande Mathieu Michell PUR 12.84, 2) Maria S. Vega Ramos PUR 13.07, 3) Hermine Roggeban-De Vrieze NED 13.26, **200 (+0,2):** 1) Marie Lande Mathieu Michell PUR 26.68, 2) Christine Mueller SUI 26.89, 3) Nilsa P. Millán PUR 27.81, **400:** 1) Marie Lande Mathieu Michell PUR 58.35, 2) Laura Mahady GBR 1.01.05, 3) Nilsa P. Millán PUR 1.02.82, 4) Jane Horder GBR 1.03.89 (1:03.74qr), **800:** 1) Laura Mahady GBR 2.19.50 (European Record); 2) Annette Koop GER 2.23.11, 3) Cristine Penn AUS 2.26.62, 6) Cushman Murphy-Hehir IRL 2.36.70, **1500:** 1) Annette Koop GER 4.46.98, 2) Aurora Perez ESP 4.47.70, 3) Laura Mahady GBR 4.50.73, 10) Joan Hough IRL 5.45.92, **5000:** 1) Gitte Karlshøj DEN 17.24.63, 2) Carmen Ayala-Troncoso USA 17.44.70, 3) Carmen Cacho ESP 17.49.76, 22) Anne Lippitt GBR 23.53.14, **10000:** 1) Carmen Cacho ESP 38.57.45, 2) Marisol Ramos ESP 40.30.41, 3) Salme Pihjala FIN 40.45.54, **80H (+0,1):** 1) Christine Mueller SUI 12.25, 2) Jane Horder GBR 13.06, 3) Maria Sanguos ESP 13.69, **300H:** 1) Christine Mueller SUI 46.88, 2) Jane Horder GBR 47.53, 3) Maria Sanguos ESP 53.63, **2000SC:** 1) Julie Leonard SWE 8.04.14 (European Record); 2) Elisabeth Henn GER 8.25.83, 3) Hannele Uusitalo FIN 8.48.64, **HJ:** 1) Martha Mendenhall USA 1.52, 2) Marija Multane LAT 1.43, 3) Wiebke Baseda GER 1.39, 4) Lucy Moore-Fox IRL 1.27, **PV:** 1) Dawn Hartigan AUS 3.20, 2) Ursula Makowiec GER 2.95, 3) Bhuvanewari Ranganathan IND 1.30, **LJ:** 1) Christine Mueller SUI 5.23, 2) Tilly Jacobs NED 4.90, 3) Martha Mendenhall USA 4.49, **TJ:** 1) Conceição Geremias BRA 10.07, 2) Annie Dorina FRA 8.57, 3) Lucy Moore-Fox IRL 8.27, **SP:** 1) Alexandra Marghiva MDA 14.24 (World Record); 2) Yaneth Tenorio COL 13.42, 3) Maria Cotelupenco MDA 12.94, **DT:** 1) Carol Finsrud USA 42.70, 2) Alexandra Marghiva MDA 42.33, 3) Maria Cotelupenco MDA 41.31, **HT:** 1) Mägy Duss SUI 48.07, 2) Jutta Neumann GER 40.19, 3) Gabriela Ehn AUT 40.14, 7) Angela Morgan GBR 32.85, 15) Lucy Moore-Fox IRL 19.48, **JT:** 1) Laine Pöllänen FIN 38.11, 2) Barbara Dabrowski CAN 36.99, 3) Lisa Kinimaka USA 35.85, **WT:** 1) Alexandra Marghiva MDA 16.21, 2) Mägy Duss SUI 15.03, 3) Carol Finsrud USA 14.84, **HEPT:** 1. Christine Mueller SUI 6272 (World Record); 2. Conceição Geremias BRA 5665; 3. Wiebke Baseda GER 4996; 4. Danea Herron IRL 4560 (15,70-1,33-9,09-33,57-4,21-25,38-2,57,80); 6. Paula Booth GBR 3825 (15,18-1,15-8,05-34,36-3,66-23,27-3,14,57); **5000W:** 1. Lynne Ventris AUS 25.48.07; 2. Janine Vignat FRA 27.11.40; 3. Tetyana Kryvokhyzna UKR 28.04.94; 10. Fiona Jane Bishop GBR 34.06.44; **10 kW:** 1) Lynne Ventris AUS 53.08, 2) Janine Vignat FRA 56.47, 3) Tetyana Kryvokhyzna UKR 56.59, 10) Fiona Jane Bishop GBR 1.09.11, **20kW:** 1) Lynne Ventris AUS 1.48.04, 2) Natali Marcenco ITA 2.06.58, 3) Anneli Kuukkanen FIN 2.11.14, 6) Fiona Jane Bishop GBR 2.26.24, **8k XC:** 1. Carmen Ayala-Troncoso USA 29.10; 2. Maria Lorenzoni ITA 30.16; 3. Anne Fischer GER 30.56; 7. Ruth Magill GBR 32.48; 8. Fionnuala Mccourt GBR 33.06; 14. Mary Mackin GBR 35.25; 16. Diane Farmer GBR 36.33; 18. Joan Hough IRL 36.47; 26. Anne Lippitt GBR 42.06; 28. Wendy Doxey GBR 52.01; **TEAM:** 2 GBR 1:41:18; **MAR:** 1) Seija Nurmi FIN 3.11.40, 2) Gabriele Celette GER 3.12.15, 3) Elena Shemyakina USA 3.13.31, 42) Fiona Jane Bishop GBR 5.02.22, **Team:** 3) Great Britain & NI 13.00.16. **4 x 100:** 1) GBR 54.25, (Caroline Powell, Jane Horder, Laura Mahady, Joylyn Saunders-Mullins), 2) PUR 59.50, (3) FIN 1.00.76, **4 x 400 m:** 1) GBR 4.10.80 (World Record), (Laura Mahady, Jane Horder, Joylyn Saunders-Mullins, Caroline Powell), 2) SWE 4.48.43, 3) 4.57.83, **TP:** 1. Carol Finsrud USA 4492; 2. Mare Kūlv EST 3755; 3. Monica Widjeskog FIN 3623;

W55:

100 (+0,9): 1) Karla Del Grande CAN 13.34, 2) Dagmar Fuhrmann GER 13.62, 3) Joylyn Saunders-Mullins GBR 13.73 (13.71qr), 5) Caroline Powell GBR 14.24 (14.17qr), (QR): Grete Howarth GBR 17.98. **200 (+0,1):** 1) Karla Del Grande CAN 27.83, 2) Dagmar Fuhrmann GER 28.14, 3) Joylyn Saunders-Mullins GBR 28.18, **400:** 1) Caroline Powell GBR 1.01.90 (World Record), 2) Joylyn Saunders-Mullins GBR 1.02.34, 3) Dagmar Fuhrmann GER 1.04.05, **800:** 1) Lidia Zentner GER 2.37.52, 2) Ingerlise Villum Jensen DEN 2.42.35, 3) Eliisa Reijonen FIN 2.47.18, 7) Joyce Barrus GBR 2.54.94, 8) Carol Hall GBR 3.16.93, **1500:** 1) Sandra Branney GBR 4.58.52, 2) Lidia Zentner GER 5.10.00, 3) Ingerlise Villum Jensen DEN 5.26.91, 4) Rosalino Tabor GBR 5.34.05, 7) Joyce Barrus GBR 6.01.84, 10) Carol Hall GBR 6.39.80, **5000:** 1) Sandra Branney GBR 18.38.82, 2) Helena Rantakari FIN 20.33.89, 3) Rosalino Tabor GBR 20.43.60, 6) Anne Darby GBR 22.21.47, 9) Margaret Ruth Ehrenberg GBR 23.01.66, **10000:** 1) Danielle Justin BEL 42.07.59, 2) Helena Rantakari FIN 42.17.05, 3) Liudmila Miroslavova RUS 45.37.58, **80H (-0,6):** 1) Rita Hanscom USA 13.89, 2) Hildegard Vanhorenbeeck BEL 14.85, 3) Helena Maria Pires De Carvalho POR 15.13, 8) Grete Howarth GBR 20.49, **300H:** 1) Rita Hanscom USA 53.25, 2) Marcela Pacrita ROU 55.21, 3) Jocelyne Pater BEL 55.86, **2000SC:** 1) Eliisa Reijonen FIN 8.57.81, 2) Marcela Pacrita ROU 9.17.73, 3) Anne Darby GBR 9.33.84, **HJ:** 1) Elena Vyukova RUS 1.31, 2) Pamela Garvey GBR 1.31, 3) Liuisa

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Casanovas ESP 1.23, **PV:** 1) Rita Hanscom USA 2.70, 2) Sue Yeomans GBR 2.70, 3) Ute Rittig GER 2.60, **LJ:** 1) Rita Hanscom USA 4.55, 2) Emilia Mesa ESP 4.31, 3) Helga Schüssler GER 4.14, 11) Grete Howarth GBR 3.00, **TJ:** 1) Ewa Bartosik POL 9.13, 2) Linda Cohn USA 9.03, 3) Sue Yeomans GBR 8.62, 9) Grete Howarth GBR 5.74, **SP:** 1) Anne Kirstine Jensen DEN 11.23, 2) Vilma Thompson GBR 10.66, 3) Karin Schmitt GER 10.46, **DT:** 1) Gwen Bird GBR 35.27, 2) Anne Kirstine Jensen DEN 31.89, 3) Claudia Vollert GER 30.03, 9) Margaret Ruth Ehrenberg GBR 16.48, **HT:** 1) Anne Kirstine Jensen DEN 36.81, 2) Hilka Huhta-Koivisto FIN 36.78, 3) Magdolna Bénéš HUN 36.44, **JT:** 1) Linda Cohn USA 38.12, 2) Erlinda Lavandía PHI 36.07, 3) Anne Kirstine Jensen DEN 35.52, 10) Vilma Thompson GBR 21.07, **WT:** 1) Magdolna Bénéš HUN 11.66, 2) Lone Meyer Sørensen DEN 11.43, 3) Hilka Huhta-Koivisto FIN 10.98, **HEPT:** 1) Rita Hanscom USA 6382 (**World Record**); 2) Grania Leaping Rabbit GER 4501; 3) Helena Maria Pires De Carvalho POR 4314; **5000W:** 1) Maria Alice Fernandes Silva POR 27.14, 18; 2) Heather Carr AUS 27.55, 78; 3) Marianne Martino USA 28.49, 74; **10kW:** 1) Maria Alice Fernandes Silva POR 56.46, 2) Heather Carr AUS 58.08, 3) Marianne Martino USA 59.18, **20kW:** 1) Maria Alice Fernandes Silva POR 2.00.25, 2) Marianne Martino USA 2.02.18, 3) Heather Carr AUS 2.03.36, **8k XC:** 1) Helena Rantakari FIN 33.09; 2) Mirjam Tynkkynen FIN 33.19; 3) Ritva Patomäki FIN 33.30; 10) Anne Darby GBR 37.09; 11) Maureen Patricia Oliver GBR 37.21; 17) Carol Hall GBR 41.27; **TEAM:** 3 GBR 1:55.56; **MAR:** 1) Hellevi Mankki FIN 3.20.47, 2) Mirjam Tynkkynen FIN 3.23.18, 3) Margaret Ruth Ehrenberg GBR 3.41.30, **4 x 100:** 1) GER 56.93, 2) AUS 59.55, 3) FIN 1.04.95, **4 x 400:** 1) FIN 5.03.47, 2) AUS 5.17.36, 3) GBR 5.21.59, (Rosalino Tabor, Cecilia Morrison, Joyce Barrus, Anne Darby), **TP:** 1) Anne Kirstine Jensen DEN 4608; 2) Hilka Huhta-Koivisto FIN 3638; 3) Vilma Thompson GBR 3632 (32,79-9,97-26,27-24,88-9,75);

W60:

100 (+0,5): 1) Petra Zörner GER 15.04, 2) Terhi Kokkonen FIN 15.23, 3) Kate Johnstone AUS 15.41, **200 (-0,6):** 1) Ulla Littenheim SWE 31.74, 2) Terhi Kokkonen FIN 32.29, 3) Jacqueline Wladika AUT 37.33, **400:** 1) Ulla Littenheim SWE 1.11.45, 2) Waltraud Kraehe GER 1.11.55, 3) Hillen Von Maltzahn GER 1.12.68, **800:** 1) Patricia Ann Gallagher GBR 2.51.01, 2) Ulla Littenheim SWE 2.54.30, 3) Rosemarie Lang GER 2.54.60, **1500:** 1) Irene Rodriguez COL 6.14.15, 2) Olga Makarova RUS 6.14.38, 3) Susanne Waru NZL 6.24.35, **5000:** 1) Tuula Lahdenperä FIN 21.25.42, 2) Olga Makarova RUS 22.15.50, 3) Elaine Greenblatt RSA 22.17.67, 5) Evelyn Mc Nelis IRL 22.40.69, **80H (+0,5):** 1) Waltraud Kraehe GER 14.12, 2) Terhi Kokkonen FIN 14.32, 3) Margarita Dähler SUI 14.34, **300H:** 1) Waltraud Kraehe GER 54.52, 2) Terhi Kokkonen FIN 55.55, 3) Rhona Trott CAN 57.24, **2000SC:** 1) Hillen Von Maltzahn GER 9.34.12, 2) Irene Rodriguez COL 9.35.97, 3) Miloslava Rociňková CZE 10.31.69, **HJ:** 1) Margaret Taylor AUS 1.30, 2) Ingeborg Zorzi ITA 1.27, 3) Margarita Dähler SUI 1.24, **PV:** 1) Hillen Von Maltzahn GER 2.65 (**European Record**); 2) Mary Trotto USA 1.10, 3) Lakshmi Karuppaswamy IND 1.05, **LJ:** 1) Margarita Dähler SUI 4.21, 2) Margaret Taylor AUS 4.15, 3) Waltraud Kraehe GER 4.09, **TJ:** 1) Margaret Taylor AUS 9.03, 2) Margarita Dähler SUI 8.47, 3) Hillen Von Maltzahn GER 7.92, 5) Patricia Oakes GBR 7.33, **SP:** 1) Birute Kersulienė LTU 11.30, 2) Edith Anderes SUI 11.21, 3) Zsuzsanna Pallayné Nyitrai HUN 11.20, 15) Josephine Revell GBR 6.31, **DT:** 1) Inge Faldager DEN 31.24, 2) Edith Anderes SUI 30.20, 3) Miriam Ivonne Fiochiotti Malan URU 28.04, 16) Josephine Revell GBR 11.98, **HT:** 1) Inge Faldager DEN 40.45, 2) Annie Van Anholt NED 38.30, 3) Eva Nohl GER 37.18, 9) Josephine Revell GBR 20.88, **JT:** 1) Jarmila Klimesova CZE 33.21, 2) Jadviga Putiniene LTU 32.93, 3) Anja Koskinen FIN 28.01, 11) Josephine Revell GBR 16.29, **WT:** 1) Annie Van Anholt NED 16.21, 2) Inge Faldager DEN 15.05, 3) Eva Nohl GER 13.32, 10) Josephine Revell GBR 6.81, **HEPT:** 1) Margarita Dähler SUI 5782; 2) Terhi Kokkonen FIN 5590; 3) Ingeborg Zorzi ITA 5352; 8) Patricia Oakes GBR 3308 (18,92-1.09-7.51-40,63-3.01-18,98-4.49,40); **5000W:** 1) Liz Feldman AUS 30.28, 77; 2) Suzanne Loyer FRA 31.19, 19; 3) Janine Bernier FRA 31.35, 18; **10 km Race Walk:** 1) Liz Feldman AUS 1.02.55, 2) Suzanne Loyer FRA 1.03.46, 3) Janine Bernier FRA 1.04.45, **20kW:** 1) Liz Feldman AUS 2.12.10, 2) Suzanne Loyer FRA 2.14.26, 3) Janine Bernier FRA 2.22.53, **8k XC:** 1) Tuula Lahdenperä FIN 34.51, 2) Elaine Greenblatt RSA 36.56; 3) Petrina Trowbridge AUS 37.15; 5) Evelyn Mc Nelis IRL 37.54; **MAR:** 1) Liz Ruickbie RSA 3.32.45, 2) Helga Napierki GER 3.42.45, 3) Pirjo Kurppa FIN 3.44.14, **4 x 100:** 1) FIN 1.02.56, 2) AUS 1.03.63, **4 x 400:** 1) GER 5.14.23, 2) FIN 5.22.01, 3) COL 6.24.26, **TP:** 1) Inge Faldager DEN 4295; 2) Eva Nohl GER 4023; 3) Jarmila Klimesova CZE 3802; 10) Josephine Revell GBR 2298 (22,27-6,30-12,15-15,96-7,30);

W65:

100 (+1,0): 1) Peggy MacIver AUS 15.51, 2) Hannelore Venn GER 15.88, 3) Noreen Parrish AUS 16.20, (**QR:** Iris Holder GBR 17.18, **200 (-1,4):** 1) Peggy MacIver AUS 32.15, 2) Edith Graff BEL 32.64, 3) Marianne Maier AUT 33.61, **400:** 1) Riet Jonkers NED 1.12.76 (**European Record**); 2) Peggy MacIver AUS 1.13.24, 3) Hannelore Venn GER 1.16.45, **800:** 1) Riet Jonkers NED 3.01.27, 2) Rigmor Østerlund DEN 3.03.81, 3) Leena Halme FIN 3.07.23, **1500:** 1) Rigmor Østerlund DEN 5.57.13, 2) Cecilia Morrison GBR 6.05.24, 3) Helgi Sagor EST 6.19.63, **5000:** 1) Rigmor Østerlund DEN 22.03.52, 2) Cecilia Morrison GBR 22.07.90, 3) Maria Joaquina Flores POR 22.41.69, 14) Bridget Cushen GBR 29.57.30, **10000:** 1) Maria Joaquina Flores POR 46.37.47, 2) Leena Saari FIN 47.20.54, 3) Barbara Prymakowska POL 49.56.53, 9) Bridget Cushen GBR 1.02.28.91, **80H (+1,2):** 1) Edith Graff BEL 14.33, 2) Marianne Maier AUT 14.68, 3) Hiroko Miyamoto JPN 16.98, **300H:** 1) Riet Jonkers NED 59.15, 2) Hiroko Miyamoto JPN 1.02.92, 3) Erika Sauer GER 1.03.05, **2000SC:** Lynne Schickert AUS 14.05.11, **HJ:** 1) Ursula Stelling GER 1.30, 2) Edith Graff BEL 1.27, 3) Erika Springmann GER 1.24, **PV:** 1) Pirkko Pitkänen FIN 2.35 (**European Record**); 2) Kirsti Viitanen FIN 200, 3) Inkeri Fält FIN 190, **TJ:** 1) Edith Graff BEL 9.13, 2) Erika Springmann GER 8.56, 3) Helgard Houben GER 7.67, 4) Iris Holder GBR 7.60, **SP:** 1) Marianne Maier AUT 10.37, 2) Tomoko Kanari JPN 10.37, 3) Monika Bernert GER 10.09, 13) Patricia Stanley GBR 5.55, **DT:** 1) Tamara Danilova RUS 33.80, 2) Tomoko Kanari JPN 27.80, 3) Karin Illgen GER 27.07, 17) Patricia

Stanley GBR 12.42, **HT:** 1) Helvi Erikson EST 35.29, 2) Brunella Del Giudice ITA 34.35, 3) Georgia L Cutler USA 31.48, 12) Patricia Stanley GBR 17.47, **JT:** 1) Adelheid Graber SUI 27.55, 2) Monika Bernert GER 27.45, 3) Kirsti Viitanen FIN 26.94, **WT:** 1) Brunella Del Giudice ITA 13.40, 2) Helvi Erikson EST 13.13, 3) Kirsti Viitanen FIN 12.99, 12) Patricia Stanley GBR 6.86, **HEPT:** 1) Marianne Maier AUT 6579 (**World Record**); 2) Hiroko Miyamoto JPN 4940; 3) Katerina Shvedova UKR 4440; **5000W:** 1) Heidi Maeder SUI 28.28.24; 2) Pirjo Karetie FIN 31.33.84; 3) Hatsue Matsumoto JPN 33.07.26; **10 km Race Walk:** 1) Heidi Maeder SUI 57.28, 2) Pirjo Karetie FIN 1.05.01, 3) Jolene Steigerwalt USA 1.06.34, **20kW:** 1) Heidi Maeder SUI 2.00.03, 2) Jolene Steigerwalt USA 2.18.08, 3) Hatsue Matsumoto JPN 2.20.29, **8k XC:** 1) Leena Saari FIN 37.12; 2) Riitta Rasimus FIN 37.31; 3) Maria Joaquina Flores POR 37.48; 19) Bridget Cushen GBR 49.45; **MAR:** 1) Riitta Rasimus FIN 3.42.11, 2) Leena Saari FIN 3.45.18, 3) Monique Blattmann SUI 3.54.02, **4 x 100:** 1) GER 1.04.18, 2) FIN 1.06.60, 3) SWE 1.10.70, 4) GBR 1.16.02, (Dorothy Fraser, Cecilia Morrison, Bridget Cushen, Iris Holder), **4 x 400:** 1) GER 5.37.63, 2) FIN 5.50.99; **TP:** 1) Helvi Erikson EST 4486; 2) Brunella Del Giudice ITA 4471; 3) Kirsti Viitanen FIN 4393; 12) Patricia Stanley GBR 2142 (16,70- 5,44-13,24- 9,01-7,63);

W70:

100 (+0,4): 1) Christiane Schmalbruch GER 15.62, 2) Renate Kimmel GER 15.85, 3) Noriko Nakamura JPN 15.97, 5) Dorothy Fraser GBR 17.57, **200 (+0,7):** 1) Noriko Nakamura JPN 33.37 (**World Record**); 2) Marguerite De Lavergne FRA 36.45, 3) Jean Daprano USA 37.03, 5) Dorothy Fraser GBR 37.80, **400:** 1) Lydia Ritter GER 1.20.51, 2) Marguerite De Lavergne FRA 1.21.39, 3) Jean Daprano USA 1.21.47, **800:** 1) Lydia Ritter GER 3.07.31, 2) Jean Daprano USA 3.11.29, 3) Ikuko Suzuki JPN 3.16.09, **1500:** 1) Lydia Ritter GER 6.28.73, 2) Jean Daprano USA 6.33.14, 3) Ikuko Suzuki JPN 6.40.62, 4) Ann Woodlock IRL 6.45.39, **5000:** 1) Zofia Turosz POL 25.47.20, 2) Pamela Jones GBR 25.50.65, 3) Ann Woodlock IRL 26.00.23, **10000:** 1) Pamela Jones GBR 51.15.21, 2) Zofia Turosz POL 51.59.31, 3) Mariela Restrepo De Giraldo COL 58.29.18, **80H (+1,5):** 1) Becky Sisley USA 17.34, 2) Renate Schaden AUT 17.99, **200H:** (-0,3): 1) Noriko Nakamura JPN 39.26, 2) Renate Schaden AUT 40.39, 3) Becky Sisley USA 41.08, **Triple Jump:** 1) Christiane Schmalbruch GER 8.65, 2) Noriko Nakamura JPN 7.10, 3) Anne Martin GBR 6.84, **2000SC:** 1) Anne Martin GBR 11.16.1, 2) Maria Ivone Madeira De Carvalho Lobo POR 13.41.7, 3) Kimiko Nakamura JPN 17.13.6, **HJ:** 1) Christiane Schmalbruch GER 1.23, 2) Leili Kaas EST 1.12, 2) Christel Donley USA 1.12, **PV:** 1) Becky Sisley USA 2.10, 2) Kimiko Nakamura JPN 1.90, 3) Dorothy Mc Lennan IRL 1.80, 4) Sheila Champion IRL 1.40, **LJ:** 1) Christiane Schmalbruch GER 4.04, 2) Renate Kimmel GER 3.69, 3) Noriko Nakamura JPN 3.43, **TJ:** Christiane Schmalbruch GER 8.65 (**World Record**); **SP:** 1) Evaun Williams GBR 10.17, 2) Anne-Chatrine Rühlow GER 9.93, 3) Rose Marie Von Westerholt GER 8.46, **DT:** 1) Anne-Chatrine Rühlow GER 28.86, 2) Evaun Williams GBR 25.33, 3) Corrie Roovers-Van Den Bosch NED 20.21, 4) Asta Satsi EST 19.60, 5) Kirsten Abshagen DEN 19.27, 6) Carole Derrien GBR 19.24, 7) Joan Berman USA 17.91, 8) Margaret Peggy Alice Morfitt CAN 6.79, **HT:** 1) Evaun Williams GBR 36.18, 2) Galina Kovalenskaya RUS 25.99, 3) Brigitte Schmidt GER 25.59, 4) Carole Derrien GBR 22.44, **JT:** 1) Evaun Williams GBR 33.73 (**World Record**); 2) Becky Sisley USA 26.55, 3) Rose Marie Von Westerholt GER 24.07, **WT:** 1) Irma Niemi-Pynttari FIN 11.07, 2) Brigitte Schmidt GER 10.05, 3) Irene Merjamaa FIN 9.99, **HEPT:** 1) Becky Sisley USA 6050; 2) Renate Schaden AUT 5780 (**European Record**); 3) Christel Donley USA 5284; **5000W:** 1) Hanna Laurila FIN 36.35.48; 2) Sanni Väyrynen FIN 36.38.95; 3) Margaret Beaumont AUS 38.46.37; 7) Sheila Champion IRL 43.42.96; **10 km Race Walk:** 1) Hanna Laurila FIN 1.16.13, 2) Margaret Beaumont AUS 1.17.15, 3) Galina Borisova RUS 1.23.07, **8k XC:** 1) Zofia Turosz POL 40.30; 2) Pamela Jones GBR 40.44; 3) Asta Severinkangas FIN 41.36; 5) Eila Mansfield GBR 43.42.6, Anne Martin GBR 44.08; **TEAM:** 1 GBR 2:08:33; **MAR:** 1) Eila Mansfield GBR 4.16.25, 2) Jan Fleming NZL 4.50.28, 3) Aila Ritala FIN 5.11.00, **4 x 100:** 1) GER 1.06.13, 2) USA 1.22.92, 3) FIN 1.25.40, **4 x 400:** 1) USA 7.15.40, 2) RUS 7.26.60 (**European Record**); **TP:** 1) Evaun Williams GBR 5771 (35,24-10,09-26,65-28,06-11,92); 2) Galina Kovalenskaya RUS 3882; 3) Brigitte Schmidt GER 2562;

W75:

100 (-1,9): 1) Margaret Peters NZL 16.46, 2) Ernestina Ramirez Garcia MEX 18.78, 3) Christine McLennan GBR 19.53, **200 (+0,7):** 1) Margaret Peters NZL 34.55, 2) Ernestina Ramirez Garcia MEX 40.58, 3) Christine McLennan GBR 42.06, **400:** 1) Margaret Peters NZL 1.27.17 (**World Record**); 2) Ernestina Ramirez Garcia MEX 1.41.65, 3) Christine McLennan GBR 1.47.81, 4) Kirsti Kyllönen FIN 2.03.86, **800:** 1) Alice Cole CAN 3.35.54, 2) Helly Visser CAN 3.46.83, 3) Dawn Cumming NZL 3.48.99, **1500:** 1) Alice Cole CAN 7.17.89, 2) Dawn Cumming NZL 7.19.33, 3) Helly Visser CAN 7.31.55, **5000:** 1) Rosa Cotutca AUT 28.58.82, 2) Maria Borokova RUS 30.00.95, 3) Mitico Nakatani BRA 30.21.61, **10000:** 1) Maria Borokova RUS 1.04.13.83, 2) Mitico Nakatani BRA 1.04.18.51, 3) Ruth Helfenstein SUI 1.04.50.71, **2000SC:** 1) Dawn Cumming NZL 12.03.04 (**World Record**); 2) Clasina Van Der Veen NZL 13.04.82, **HJ:** Christa Happ GER 1.12, **PV:** Christa Happ GER 1.30, **LJ:** 1) Christa Happ GER 2.93, 2) Eila Mikola FIN 2.58, 3) Clasina Van Der Veen NZL 2.57, **Triple Jump:** Eila Mikola FIN 5.27, **DT:** 1) Ingeborg Pfuller ARG 22.36, 2) Ruth Baumann GER 18.04, 3) Annemarie Scholten GER 14.96, **SP:** 1) Annemarie Scholten GER 5.82, 2) Taeko Mitomo JPN 5.18, 3) Aurelia Marin ESP 4.87, **HT:** 1) Maria Lidia San Martin Conti URU 20.97, 2) Annemarie Scholten GER 19.34, 3) Maria Mejia COL 18.89, **JT:** 1) Christa Happ GER 18.20, 2) Maria Mejia COL 14.69, **WT:** 1) Eila Mikola FIN 8.24, 2) Annemarie Scholten GER 7.11, 3) Taeko Mitomo JPN 6.03, **5000W:** 1) Dawn Cumming NZL 39.59.77; 2) Mitico Nakatani BRA 41.17.64; 3) Grace Moremen USA 42.47.23; **10kW:** 1) Grace Moremen USA 1.26.50, 2) Clara Elkins USA 1.31.48, **8k XC:** 1) Dawn Cumming NZL 48.09; 2) Maria Borokova RUS 50.16; 3) Clarisa Van Der Veen NZL 50.47; 4) Ruth Helfenstein SUI 53.25; 5) Lydia Frei SUI 1.14.02; **4 x 100:** FIN 1.42.14, (**European Record**); **4 x 400:** NZL 6.58.70, **TP:** 1) Maria Lidia San

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Martin Conti URU 3404; 2. Annemarie Scholten GER 2999; 3. Taeko Mitomo JPN 2401;

W80:

100 (-2,0): 1) Austra Reinberga LAT 19,77, 2) Bhopinder Kaur IND 20,49, 3) Sumi Onodera-Leonard USA 21,47, **200(-0,6):** 1) Marcia Petley NZL 46,36, 2) Sumi Onodera-Leonard USA 48,77, 3) Flora Doreen Mcleod-Smith CAN 53,87, **400:** 1) Nina Naumenko RUS 1.43,01, 2) Marcia Petley NZL 1.51,06, 3) Sumi Onodera-Leonard USA 2.00,45. **800:** 1) Nina Naumenko RUS 3.53,43, 2) Marcia Petley NZL 4.37,68, 3) Sumi Onodera-Leonard USA 5.25,02, **1500:** Nina Naumenko RUS 7.44,38, **5000:** 1) Ruth Angelis GER 40.57,12, 2) Maria Correa Alves BRA 50.10,75. **10000:** Ruth Angelis GER 1.22.26,55. **HJ:** 1) Chieko Minami BRA 0.85, 2) Anna-Liisa Lehtovuori FIN 0.79, 3) Senni Sopanen FIN 0.79, **PV:** Johnnye Valien USA 1.10, **LJ:** 1) Johnnye Valien USA 2,09, 2) Senni Sopanen FIN 2,08, 3) Chieko Minami BRA 2,01, 4) Anna-Liisa Lehtovuori FIN 1,87; **TJ:** 1) Johnnye Valien USA 4,63, 2) Senni Sopanen FIN 4,28, 3) Anna-Liisa Lehtovuori FIN 3,68, **SP:** 1) Rachel Hanssens BEL 7,52, 2) Marianne Neubert GER 7,27, 3) Austra Reinberga LAT 6,56, **HT:** 1) Marianne Neubert GER 22,65 (**World Record**), 2) Rachel Hanssens BEL 21,89, 3) Justine Schirmer GER 20,89, **DT:** 1) Rachel Hanssens BEL 19,76, 2) Hilja Bakhoff EST 18,52, 3) Marianne Neubert GER 17,26, **JT:** 1) Rachel Hanssens BEL 21,21 (**World Record**), 2) Johnnye Valien USA 12,61, 3) Martta Nyström FIN 12,34, **Weight:** 1) Marianne Neubert GER 8,66, 2) Rachel Hanssens BEL 8,44, 3) Justine Schirmer GER 7,84, **HEPT:** Chieko Minami BRA 2702; **5000W:** 1. Elena Pagu ROU 41.27,63; 2. Miriam Gordon USA 42.42,62; 3. Athanasia Thomas USA 44.22,13; **10kW:** 1) Elena Pagu ROU 1.24.19, 2) Miriam Gordon USA 1.31.32, **8k XC:** 1. Nina Naumenko RUS 49.20; 2. Maria Correa Alves BRA 1.22.05; **TP:** 1. Rachel Hanssens BEL 5225 (**World Record**); 2. Marianne Neubert GER 4628; 3. Hilja Bakhoff EST 4227;

W85:

100 (-0,1): / **200 (0,3)** Mitsu Morita JPN 20,09 / 47,39. **SP:** 1) Ilse Pleuger GER 5,99 (**European Record**); 2) Nora Kutti EST 5,39. **DT:** 1) Ilse Pleuger GER 14,82, 2) Nora Kutti EST 14,66. / **HT / JT / WT / TP:** Nora Kutti EST 12,52 / 12,83 / 5,29 / 4168; **5000W:** Olena Chub UKR 49.40,72;

W90:

100(-0,1): 1) Olga Kotelko CAN 25,05, 2) Modesta Martinez Ramirez MEX 31,18, 3) Maria Ramirez Vda De Bañuelos MEX 34,53. **200 (+0,3):** 1) Olga Kotelko CAN 56,46 (**World Record**); 2) Modesta Martinez Ramirez MEX 1.09,09. **HJ / LJ / TJ / HT / WT / TP:** Olga Kotelko CAN 082 (**World Record**), 1,77. (**World Record**) / 4,02 (**World Record**) / 12,91 / 6,49 (**World Record**); / 5905; (**World Record**); **SP:** 1) Olga Kotelko CAN 4,86, 2) Ljubica Gabric Gabric ITA 4,73 (**European Record**); 3) Sirkka Rannema FIN 3,78. **DT:** 1) Olga Kotelko CAN 13,92 (**World Record**); 2) Ljubica Gabric Gabric ITA 12,55 (**European Record**); 3) Sirkka Rannema FIN 7,20. **JT:** 1) Olga Kotelko CAN 13,54 (**World Record**); 2) Ljubica Gabric Gabric ITA 7,36. **5000W:** Maria Ramirez Vda De Bañuelos MEX 52.43,63; **10KW:** Maria Ramirez Vda De Bañuelos MEX 1.48.07.

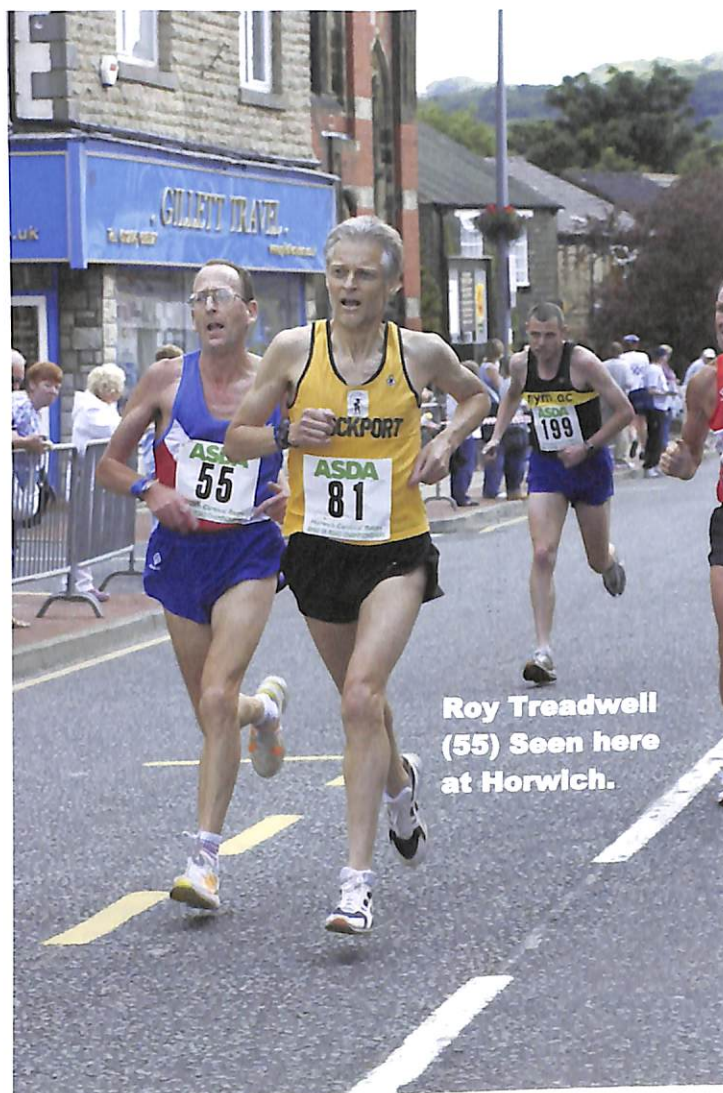
MEDAL TABLE

TEAM	GOLD	SILVER	BRONZE	TOTAL
1-Finland	102	114	103	319
2-Germany	99	97	88	284
3-United States	63	43	41	147
4-Great Britain & NI	46	46	48	140
5-Australia	41	23	27	91
6-Russia	30	33	24	87
7-Italy	25	19	21	65
8-Canada	19	10	6	35
9- Sweden	18	8	10	36
10-Spain	16	19	22	57
35-Ireland	3	1	4	8

BMAF 10k 2009 at Magor Marsh Words: Mel James.

There are not many rural 10k courses in Wales that organisers can profess to call flat. Magor Marsh, just inside the Welsh border is exactly that. Hosting the BMAF Champs with a barbeque after, in July, sounds

like an excellent idea. The only element in the ingredient that could spoil it is the British weather, and it did. Although there were sunny spells, when it rained it teemed and the athletes had to endure these conditions during the race. A flat course is conducive to records and this one produced a British best for Angela Copson o/60, trimming another 37secs off Carol Wolstenholme's 2007 best. Angela is in a rich vein of form at present, breaking the World 5k track record only two weeks before, in Birmingham.

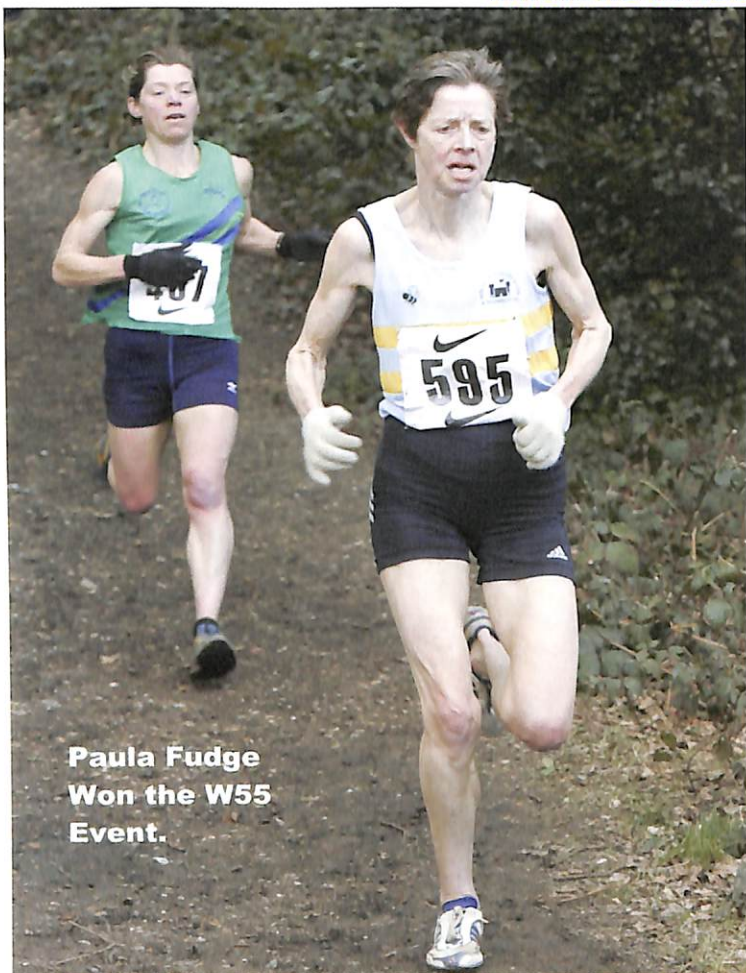


**Roy Treadwell
(55) Seen here
at Horwich.**

Andy Ward o/35 was the overall race winner, clocking an excellent 31m-44s, with Sarah Gee o/45 taking the first lady home title in 36m-03, finishing in front of the younger age groups.

As usual the age groups produced some thrilling finishes. In the male o/50, only 23secs covered the first three medallists, with Malcolm Eustace taking Gold from Greg Wilson by only 3secs. The o/55 age group was similar with only 31secs covering the first three, Dave Cox taking Gold. In the Women's o/40 age group Karen Rushton held off Liz Hartney by 5secs for Gold with Kirsty Gallagher separating them for her o/35 gold.

The teams also mirrored the individuals for exciting finishes. In the o/50 section, Les Croupiers RC just pipped Oxford City AC for Gold by an amazing 3secs with Bridgend AC just a further 24secs behind for bronze. In the Women's team section Reading Road Runners took Gold in the o/35s and Les Croupiers were the o/55 winners.



**Paula Fudge
Won the W55
Event.**

Ron Franklin Barnet & District 1h-18m-47s

TEAMS

MALE o/50

1 Les Croupiers RC (M.McGeogh- R.Jones- M.Tabor) 113m – 04s; 2 Oxford City AC (B.Green- P.Huxley- S.Thorp) 113m– 07s; 3 Bridgend AC (P. Davies- J.Embling- H.Roberts) 113m– 31s

FEMALE o/35

1 Kirsty Gallagher Wootton R/R 37m-29s; 2 Lucy Kelvey Newquay R/R 39m-32s;

FEMALE o/40

1 Karen Rushton Southampton AC 37m-27s; 2 Liz Hartney Reading R/R 37m-32s;

FEMALE o/45

1 Sarah Gee Reading R/R 36m-03s; 2 Monica Williamson Leamington C&AC 38m-45s; 3 Carol Bowker Reading R/R 40m-04s;

FEMALE o/50

1 Anne Luke Tamar Trotters 37m-26s; 2 Joanna Thompson Team Bath AC 37m-53s ; 3 Lynne Whittaker Ramsey R/R 42m-07s;

FEMALE o/55

1 Paula Fudge Windsor SE&H AC 40m-56s; 2 Marian Heskith Preston Harriers 42m-24s; 3 Zina Marchant Team Bath AC 44m-14s;

FEMALE o/60

1 Angela Copson Rugby & N AC 39m-34s (**New British Best**); 2 Margaret Moody Vets AC 44m-19s; 3 Pauline Rich Serpentine RC 47m-49s;

FEMALE o/65

June Johnson Leamington C&AC 47m-57s;

FEMALE o/75

Sheila Symonds Bro Dysyni AC 77m-08s;

TEAMS

FEMALE o/35

READING ROAD RUNNERS 113m-39s (S.Gee-L.Hartney-C.Bowker) ;

FEMALE o/55

LES CROUPIERS RC 171m-03s (A.Conroy-G.Murphy-M.Rowson)

**REPORT on 2009 BMAF
Marathon Champs at
Margate.
6th September
Words: Mel James**

Although total individual entries are plentiful, the interest in team competition in the 10k seems to be waning and it is something that the BMAF may have to look at long term.

On behalf of the BMAF, I would like to offer our thanks to Chepstow Harriers for organising the event. Bill Bewg as Race Director and his team for the results and Derek Williams in his role as Race Referee.

2009 10k BMAF MEDAL WINNERS @ Magor Marsh, Nr Chepstow.

MALE o/35

1 Andy Ward Clowne R/R 31m-44s; 2 Huw Evans Tonbridge AC 32m-56s

MALE o/40

1 Gary Hope Severn AC 33m-00s; 2 Andrew Gleason Oxford City AC 36m-40s; 3 Peter Costley Southampton AC 37m-24s;

MALE o/45

1 John James Wells City H. 33m-13s; 2 Philip Parry Bristol & W. AC 33m-24s; 3 Alex Hope Severn AC 34m-36s;

MALE o/50

1 Malcolm Eustace Tipton Harriers 34m-23s;
2 Greg Wilson Telford Harriers 34m-26s; 3 Alex Rowe Wesham R/R 34m-36s;

MALE o/55

1 Dave Cox Woodford Green AC 35m-24s; 2 John Shapland N. Devon R/R 35m-36s; 3 Stanley Owen Nene Valley Harriers 35m-55s

MALE o/60

1 Roy Treadwell Oxford City AC 37m-09s; 2 Michael Mann Dulwich Harriers 38m-42s; 3 Peter Young Ryde Harriers 38m-43s;

MALE o/65

1 Martin Ford Cheltenham H 39m-20s; 2 Gordon Orme Birchfield H 39m-43s; 3 John Turner Stratford on Avon AC 42m-42s;

MALE o/70

1 Fred Gibbs Bingley Harriers 41m-51s; 2 Edmond Simpson Overton Harriers 45m-28s; 3 Syd Wheeler Chepstow Harriers 53m-41s;

MALE o/75

1 Brian Campbell Midland Masters 49m-21s; 2 Brian Shave Herne Hill Harriers 50m-33s; 3 William Davies Winchester & District 51m-51s

MALE o/80

Although the weather was mild and dry, the athletes faced an overcast start to their marathon challenge on the Kent coastal pathway. It is a picturesque course with the first half of the marathon heading out east of Margate returning to run west of the town for the 2nd half.

Most of the age groups produced finishing times quicker than last year's more undulating Anglesey marathon. First BMAF member over the line was Viesturs Dude from Crawley AC, finishing in a time of 2h-50-32s. The closest contested age group were the o/55s with just over 6 minutes separating Gold and Bronze positions. David Worcester (Chichester R&AC) winning Gold from David Smyth (Folkestone RC.) and SCVAC Road Running secretary Walter Hill from the Crawley Club receiving Bronze. Also amongst this group was the overall women's race winner Sharon Hawkins of the Maidstone Harriers club in a creditable time of 3h-03-23s gaining Gold in the o/45 age group and o/60 winner Trevor Edgley with a 3h-05-10s finish. The second BMAF finisher, Peter Thompson (Nene Valley Harriers) gave us all a few minutes of anxiety as he collapsed immediately after crossing the line and needed medical assistance, thankfully he recovered quickly and was able to receive his o/40 Gold medal.

Two masters bettered their 2008 BMAF marathon times. Martin Wilkinson (Birchfield Harriers) now in the o/50 section ran 3 minutes quicker than his o/45 time and Ann Bath (26.2 Road runners Club) in the o/60 age group reduced her last year's time by a massive 13 minutes.

MASTERS ATHLETICS AUTUMN 2009

My thanks go out to the Thanet Club, especially Race Director Phil Kinnell for a well organised event and for hosting our Championships. Next year we are up in Scotland for the Lochaber Marathon taking place on the 18th April, a week before the London Marathon.

KENT COASTAL MARATHON, (Inc. BMAF Marathon Champs)

M45:

Viesturs Dude Crawley AC. 2h- 50- 32s

M50:

1 Peter Thompson Nene Valley H. 2h- 51- 29s; 2 Raymond Pearce Istead & Ifield H. 2h- 55- 52s; 3 Martin Wilkinson Birchfield H. 3h- 27- 35s

M55:

1 David Worcester Chichester R & AC. 3h- 03- 04s; 2 David Smyth Folkestone R.C. 3h- 07- 41s; 3 Walter Hill Crawley AC. 3h- 09- 33s;

M60:

1 Trevor Edgley Invicta East Kent AC. 3h- 05- 10s ; 2 William Willmitt Liverpool RC. 3h- 19- 04s;

M65:

1 Roger Low Highgate H. 3h- 58- 52s ; 2 Glyn Jenkins Thanet R. AC. 4h- 02- 54s; 3 Alexander - Davidson Elliot Birchfield H. 4h- 03- 26s;

W45:

1 Sharon Hawkins Maidstone H. 3h- 03- 23s ; 2 Victoria Talbot Rosner Invicta East Kent AC. 3h- 33- 40s; 3 Karen Samuel Kent AC. 4h- 23- 41s;

W50:

1 Carol Emery Paddock Wood AC. 3h- 40- 18s ; 2 Janice Moorekite Invicta East Kent AC. 3h- 54- 23s; 2 Sue Cooper Invicta East Kent AC. 4h- 30- 36s;

W55:

Miriam Dorrity Paddock Wood AC. 4h- 38- 01s ;

W60:

Ann Bath 26.2 R/Runners Club. 3h- 56- 52s;

W70:

Kathleen Stewart North Shields Poly.AC. 4h- 43- 52s ;

Milesi, Davide (1964) Italy-00:39:54; 2.-Krischer, Siegfried (1968) Germany-00:40:43; 3.-Echtler, Martin (1969) Germany-00:41:16; 6.-Alexander, David (1968) England-00:44:12; 8.-Dugdale, Paul (1965) England-00:45:30; 18.-Taylor, Roger (1967)

England-00:49:37; 25.-Garner, William (1965) England-00:52:20; 38.-Birbeck, Mark (1968) England-01:01:08; M45: 1.-Roberts, Craig (1963) England-00:39:47; 2.-Marzec, Stanislaw (1961) Poland-00:40:32; 3.-Obexer, Martin (1964) Italy-00:40:57; 12.-Foley, Sean (1962) Ireland-00:44:04; 15.-Barrett, Richard (1964) England-00:45:32; 17.-McLoone, Stephen (1962) Scotland-00:45:56; 20.-Woods, Adrian (1960) Wales-00:47:49; 33.-Rainford, John (1961) England-00:51:48; 40.-Paviour, Mark (1962) Wales-00:52:36; 42.-Kenney, Ray (1960) England-00:53:09; 56.-Roberts, Alan (1964) England-00:58:53; 57.-Williams, Morgan (Timothy) (1963) England-00:59:00; 60.-Thompson, Gordon (1960) England-01:01:03; M50: 1.-Strobl, Helmut (1959) Germany-00:41:34; 2.-Baldaccini, Gianfranco (1957) Italy-00:41:57; 3.-Senoner, Hugo (1955) Italy-00:42:12; 11.-Mc Donald, Martin (1956) Ireland-00:44:46; 12.-Brady, Gerry (1955) Ireland-00:45:30; 22.-Shorten, Desie (1956) Ireland-00:48:19; 23.-McGreevy, Dominic (1957) North Ireland-00:49:13; 25.-McMahon, Gary (1955) England-00:49:35; 27.-Shuttleworth, Colin (1958)

England-00:50:03; 31.-Beaty, Andy (1958) England-00:51:26; 51.-Evans, Clifford (1958) Wales-00:56:33; 55.-Holliday, Steven (1957) England-00:57:27; 56.-Grogan, Kevin (1955) Ireland-00:57:57; M55: 1.-Smrčka, Miloš (1954)

Czech Republic-00:40:50; 2.-Puchner, Alois (1952) Austria-00:44:34; 3.-Wolfberger, Kurt (1953) Austria-00:44:47; 12.-Winn, Jackie (1951) England-00:47:40; 36.-McLoughlin, Michael (1952) England-00:57:25; 51.-Brown, Willie John (1952) North Ireland-01:02:00; M60: 1.-Smida, Oldrich (1948) Czech Republic-00:45:14; 2.-Barbonetti, Pierino (1948) Italy-00:45:15; 3.-Krsek, Miroslav (1949) Czech Republic-00:46:20; 11.-Grant, Bernard (1948) England-00:49:31; 13.-Evans, Richard (Dic) (1946) England-00:50:40; 18.-Herington, Steve (1948) England-00:52:42; M65: 1.-Innocente, Bruno (1943) Italy-00:48:51; 2.-Reitmeir, Helmut (1944) Germany-00:50:36; 3.-Leszkow, Petr (1944) Czech Republic-00:50:45; 5.-Howard, Geoffrey (1944) England-00:52:24; 12.-Buckle, Kenneth (1941) Wales-01:00:48; 21.-Watson, Stephen (1940) England-01:15:10; M70: 1.-Scheiber, Kaspar (1939) Switzerland-00:53:13; 2.-Groß, Georg (1938) Germany-00:53:27; 3.-Nino, Menghi (1938)

Italy-00:53:43; 18.-Duffy, Peter (1935) England-01:15:57; M75: 1.-Angelo, Cerello (1934) Italy-00:59:32; 2.-Baggia, Bruno (1934) Italy-01:01:08; M80: Lavelli, Rino (1928) Italy-01:14:19;

TEAMS:

W35 Italy-; W40: Germany; W45: England- (Eagle, Alison, Dugdale, Evelyn

Buck, Lindsay Jean); W50: Germany; W55: Italy-; W60: Germany; M35: ITALY: M40: Germany-; M45: Switzerland; M50: Germany; M55: Italy; M60: Czech Republic;



W35: 1.-Ursella, Laura (1969) Italy-00:45:40; 2.-Santamaria, Marta (1970) Italy-00:45:50; 3.-Brod, Jutta (1973) Germany-00:47:18; 14.-Berends, Lindsey (1973) England-01:03:51; W40: 1.-Pakosz, Irena (1966) Poland-00:45:58; 2.-Kruse, Sabine (1968) Germany-00:47:15; 3.-Härtl, Anke (1966) Germany-00:47:25; 4.-Ridley, Susan (1965) Scotland-00:49:45; 5.-O'Kane, Shileen (1968) Ireland-00:52:13; 6.-White, Helen (1965) Ireland-00:52:23; 11.-Sandford, Anne (1965) Ireland-00:57:18; 13.-Davies, Susan R. (1964) Wales-00:57:27; W45: 1.-Heilig-Duventäster, Marie-Luise (1961) Germany-00:45:26; 2.-Kubicka, Irmi (1960) Austria-00:47:04; 3.-Dal Pos, Morena (1963) Italy-00:48:38; 5.-Eagle, Alison (1962) England-00:54:08; 6.-Dugdale, Evelyn (1964) England-00:55:06; 10.-Woods, Sharon (1960) Wales-01:01:20; 14.-Buck, Lindsay Jean (1960) England-01:09:24; W50: 1.-Greenan, Mags (1957) Ireland-00:51:12; 2.-Bergler, Uschi (1958) Germany-00:51:41; 3.-Sachs, Christine (1957) Germany-00:53:36; 12.-Beaty, Kathleen (1958) England-00:59:40; 13.-Crabtree, Linda (1958) England-01:00:03; 20.-Oliver, Jane (1959) Scotland-01:12:25; W55: 1.-Paulů, Blanka (1954) Czech Republic-00:49:01; 2.-Pattis, Rosa (1952) Italy-00:54:55; 3.-Zipperle, Marlene (1954) Italy-00:55:43; W60: 1.-Spronk, Marianne (1948) Germany-00:55:39; 2.-Plener, Lilo Charlotte (1945) Germany-00:56:37; 3.-Bauer, Leni (1945) Germany-01:01:00; W65: 1.-Berghaus, Bärbel (1940) Germany-01:03:22; 2.-Kraus, Anni (1944) Germany-01:07:28; 3.-Furegon, Erminia (1942) Italy-01:19:23; W70: 1.-Bratuša, Lojzka (1939) Slovenia-01:04:29; 2.-Marcibalova, Maria (1934) Slovakia-01:13:59; 3.-Fragiacomo, Maria Cristina (1938) Italy-01:24:58; M35: 1.-Matanin, Marcel (1973) Slovakia-00:39:12; 2.-Brod, Carsten (1972) Germany-00:40:26; 3.-Škopac, Ivica (1974) Croatia-00:40:35; 14.-Sayer, Steve (1972) England-00:46:38; M40: 1.-

DENIS FIELD PROVIDES M75/80 Throws RANKING 2009:

M75:

HT: 1 Peter Barber 34.86; 2 Jaroslav Hanus 28.87; 3 Phil McEvoy 28.71; DT: 1 Denis Field 30.95; 2 Hanus 26.21; 3 Gordon Hickey 26.11; JT: 1 Field 25.75; 2 Hickey 25.44; 3 Cliff Taylor 20.99; WT: 1 Barber 12.96; 2 Hickey 11.88; 3 McEvoy 10.78; SP: 1 Hickey 10.79; 2 Taylor 9.60; 3 Hanus 8.52;

M80:

HT: 1 Allan Lester 24.20; 2 Derek Harper 23.57; 3 William Kingsbury 22.90; DT: 1 Robert Laidler 20.78; 2 Ian Briggs 20.24; 3 Lester 18.11; JT: 1 Laidler 20.75; 2 Kingsbury 7.54; WT: 1 Laidler 9.24; 2 Kingsbury 8.98; SP: 1 Laidler 7.89; 2 Lester 7.03; 3 Kingsbury 4.72;

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

MASTERS ATHLETICS AUTUMN 2009

2009	FIXTURE	VENUE	INFORMATION
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
14 th NOV	BRITISH & IRISH INTERNATIONAL XC	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			
3 rd JAN	WMAA 5 Mile	Llandaff	"Old Father Tyme Race" Contact: John Griffin, 22, Hoel Waun y Nant, Whitchurch, Cardiff, CF14 1JZ
24 th JAN	BMAF PENTATHLON	Lee Valley, London	
1-6 th MAR	WMA Indoor Championships	Kamloops, Canada	
13 th MAR	BMAF XC Championships	Stormont Estate, Belfast	
27/28 th MAR	BMAF Indoor Championships	Lee Valley, London	
18 th APR	BMAF Marathon	Lochaber Marathon Fort William	
15 th MAY	BMAF Road Relays	Sutton Park, Birmingham	Details will be publish in Xmas Edition
16 th MAY	European Masters Mountain Running Championshlp	Cerdabyola del vallès,ESP	
19/20 th JUN	Transatlantic Trophy Combined Events	GB v USA Joplin , Missouri, USA.	Contact Bruce Charles
20 th JUN	BMAF 5k Road	Horwich	T.B.C.
3/4 th JUL	BMAf Track & Field Championships	Birmingham	At this stage a provisional date TBC.
15 th -24 th JUL	EVAA T&F Championships	Nyíregyháza, Hun	
22 nd AUG	BMAF Half Marathon	Burnham Beeches, Slough	
20 th NOV	BRITISH & IRISH INTERNATIONAL XC	Santry Demense,IRELAND	Same venue as 2005.
2011			
16-20 th MAR	EVAA Indoor Championships	Ghent, BEL	
20-22 nd MAY	EVAA Non Stadia	Thlonville / 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.

Closing date for World Indoors Kamloops, Canada looks like being early January.

Entry Booklet & ENTRY FORM are available to download from ;

<http://www.kamloops2010masters.com/athletes.php>

Hungary 2010

At the time of going to print only a Hungarian language website available on;

<http://www.evacs2010.hu/info/> Awaiting readable entry booklets & Entry Forms.



Alastair Aitken

Talks to members after the Track and Field in B'ham.

MARK WILLIAMS M40 3 & 5k Champion

"I was a runner as junior but I like race walking for the endurance side'
' I did have a bit of a break with injuries but will be contesting the UK Championships next week.'
His time for the 5k on the second day of the British Masters Championships was 23:51.97 and had he done that time and not 24:49.52 for sixth place in the UK Championships he would have been third!

MICHAEL MANN M60 1500/5k Champion

"I am faster on the track over 5000 than the road. I first started in 1993 but did not compete seriously till I was approaching 50. It is only in the last 10 years I have been competing seriously"

STEVE PETERS 100/200/400 M55

Champion Regarding his work with the British Olympic Cycling team.
"It's brilliant, a privilege to be part of the Olympic teams. To contribute sometimes a lot, sometimes a little. Obviously just on trial still and we are waiting for London. I do the mental skills, anything to do with people. Its great fun and a fantastic privilege."

You have done well at different age groups through the years!

"I had a year off. This is my first year back in. It was tough but that was OK. (Just after his 200 win). I think part of the secret with all of this is that those of us who manage to stay injury free and keep supple, that is hard, as the body starts giving up. You can't do what you did 20 years ago but the bottom line for me, it's only my opinion, is that if you are going in with the right attitude---It is all about, once you have had fun you can win. If you are not smiling when you passed the line you are probably losing. I know in the World Masters Final 400, someone had a go at me and, they caught me on camera

laughing. In the last 30 metres. I was not fit enough to do it and lost places and ended up third **BUT** to me that was one of the best races I have ever run so that's a test. It's only fun, it's only old men and women enjoying themselves, as long as we keep that in mind. I do take the racing seriously though."



TREVOR WADE 2nd in the M50 Long jump with 5.69 and 2nd in the triple jump but one must not forget he was an international long jumper back in the 1980's

What has kept his interest in competing going having been as good as a younger man so long ago?

"Just love the sport. I spend some time coaching. I went back into competition because it was something to do.'
'I do want to be jumping 5.90/6 metres now. I do high jumping and triple jumping but that is a trade off. It is just the Long jump I concentrate on."

With so much experience what was his idea of great long jumpers?

'Larry Myricks and Ivan Pedroso. Pedroso were very, very smooth and consistent for quite a few years. Larry Myricks had style, technique and it was the way he jumped. He also ran 20.3 for 200"

DIANE BRADLEY

W45, 3/5k walk titles

"I started competitive race walking 31/2 years ago. Pete Selby, the Tonbridge walking coach, introduced me to it when I got injured from running ' Why don't you have a go, your daughter does it so, I have gone from there and love it but I have still got a lot to learn"

BOB FRAZER (62) M60 200 winner and back as a 55 year old won the 100/200/400 in these Championships.

"I was competing 3 years ago. 3 weeks ago I competed in an event at Battersea and I felt good so, I went home and filled in a form for this. I had not done any

training. I am amazed I lasted the whole 200. I struggled in the last 5 metres but the old instincts came back.

I had a knee operation 3 years ago. I then concentrated on cricket which is my first love. In cricket though, I am battling against youngsters and the ball is coming down at you at 85-90 miles an hour, it is unusual to be able to handle that as a 60 year old as a batsman. I will give it another year."



JOHN BATCHELOR (68) M65 (5K Champion in 19:15.69. He has won the Over 65' British 5k three times in four years and as a young man ran 49.30 for 10 miles in the hilly Hampstead 10. A keen Ilford AC clubman)

"The race win was as good as I could expect for the condition I am in. Not quite there yet. Had a bit of time out with two bouts of Achilles. Three weeks ago my elbow came up swollen so, I could not train. Bursitis might be the cause by gout, rupturing and going into the arm. I had to pick myself up from nowhere and I did a 5000 in 20.04, which was a personal worst, but I had just done a 71.6 400 twenty minutes before. Looking back I won the Essex Vets four times in my 40's (He was also British Vets 5 and 10 k Champion on the track in his 40's). After that the only running I did was at the firm I worked for which was at a relatively low level. I did keep running every day when I felt like it. It is actually guilt that drives you Alastair. You can't sit in a chair and say I don't want to run anymore or anything like that. Something is telling you, have got to get up and go out there or something is wrong. The main influence is peer pressure. You can call it loyalty to your club mates and them dragging you out or whatever. It is peer pressure and personal guilt about not making the best of what you can do with yourself. In My 50's I ran a further couple of times but got so many

injuries calf pulls, hamstring pulls but I have got some idea why now!
'At the age of 54 I bought myself a treadmill on the basis that, if the muscle went I did not have to walk home and injure myself more by walking home from 3 miles away! With the treadmill I did not get any injuries on that. I trained solidly on that for three years. I did not do anything else. I was called out to do a relay for the club after three years of that. Found out how different it was to running on the road BUT it was only when I retired from work I really started running again and I enjoyed it again!
'At the moment I am alternating between outdoor runs and the treadmill. I take a back pack and go by train for say over an hour and get off and run by the canals, rivers or old railway tracks. Resistance work. I always make sure the wind is behind me. I plan it that way."

ERIC HUGHES (70 on April 12th 1500 champion) M70 First race of the Championships: - "I had not run for 4 weeks as I had calf strain. I took them by surprise in the back straight which was what I wanted to do. My twin brother Lynne was a World distance veteran record holder but he did not beat me when we raced against each other."

DAVID BEDWELL (M55) 1500 "I did not start running till I was in my late 20's, doing marathons 2.49 a couple of times. I peeked at 2:32-33 and carried it over. It is a big incentive running vets."

JOHN THOMPSON (M50) 1500 "I started running when I was 30 and ran 4:09 at 35. In the European Vets Outdoors I was 3rd and 3rd indoors this year."

"This is a secondary thing that I enjoy but my main thing is the Highland Games on the grass, professional stuff. I have been to Australia many times as they have got a big circuit."

KAY REYNOLDS (W40) a competitor for Radley AC. She won the 80hurdles and 100m

"I have been running since I was 12. I have done County, World, and Olympic trials over the years. Last year was my first Masters Championships and I only came because last year, at the county Championships I broke the British W40 record with 11.6 for hurdles but it was not ratified. The conditions at the British Masters were not good as it was wet. I crashed and still ran 12.1 last year and, I am running better this year."

GREG DUNSON (M45) last year ran the impressive time of 14.7 in this Championship as an M40. As an M45 he ran the 110 hurdles in 15.53 against the wind. He was RAF Champion for 400 hurdles 22 times. He is now a Flight Lieutenant at Brize Norton.

"I am not going too bad but not running fast enough basically but there was a headwind"
'I am still enjoying it. New challenges and this year a new job." he added 'I am not someone who is geared on performances but going out there and doing the best I can."

Dunson who has won the RAF 110 hurdles over 17 times has been coached for at least 15 years by sprinter Conrad Phillips who said
"If I had coached him while he was young he would have made the Olympics!"



ANDY TURNER (M45) a keen Bournemouth AC competitor. He was 2nd in the SP, 1st in Discus, 4th weight.
"It's going OK on the '45' level and was last year. Still trying to keep going in the events for the club. Still enjoying it which is the important thing. Best for this year was 13.'32 (SP), 44.00 (Discus) and 44' hammer which is not bad. I did the Masters Weight Pentathlon and won that which was good"



TONY WELLS (M60). A very popular Master, who has been one of the best hurdlers over the years at Masters Level and, a good athlete before that. He won the European Indoors for 60m hurdles in

Ancona in a British record of 9.35 but, has had work commitments as Headmaster of the Farnborough School of Technology: -
"We are going through difficult times. The school next to ours is closing so we spent the whole of this year planning for additional accommodation. The additional numbers coming in September, and we should have a new school built to accommodate it all and we don't have it yet. It will take two years. I find it increasingly difficult. It takes so much out of you because you have to be there. Just when you think 'I'll go training' another issue arises. What I am finding I am doing at the moment is running between injuries because I am having an injury and spending money on a physio to put that right."

ANGELA COPSON (W60). Now 62. At the Championships achieved a British W60 1500 record; a World W60 5000 record and an 800 Championship Best. **Saturday:-1500 British Record.**

IAN WILSON who was English cross country team manager from 1989-95 and twenty times in the Kent cross-country team for the Inter-Counties has been coaching Angela Copson recently:

"She has been running for 2 1/2 years and had her first 800 race in the Midland League. She did not know where to break from the lanes!"
'It all began because she wanted to fund raise because her husband (Harry) had a major heart operation, which he recovered from and she was so grateful to the hospital she ran the London Marathon to raise money for Charity. She ran that in 2007 (Just under 4 hours). Last year's London she broke the British W60 record with 3.16."

Angela Copson "I used to ride. I have always ridden horses since I was tiny. That was the only sport."

'The girls I now run with near Brixworth are my friends and we enjoy running over the fields. I love being out on the road I have got to say. Probably, because the first race I did was the London Marathon although, I did not look at it as a race. I looked at it as a challenge. I think because that sticks in my mind the road is a place out there to relax and just do what you want to. Track is something new. I think because I have been training for London I have not been on the track. I just need a little time to settle in there."

'I train most days, not always hard. Do something-six mile run cross-train'
'I am lucky because I have got Ian now. He sets out what I am to do so I don't have to think about that'

Sunday-5000 WR (and 800 CBP)

"In the 5000 I could not underestimate Janette. I knew if I was going to get there I would have to work for it."

There were three of you together, with you just leading the three of you into the final straight?

"I was running my own race. I knew I had to do a bit to keep up there. I was not sure how Janette ran over 5k. I did not even know her till she got the record for 3000. I had heard of her and knew she was good and experienced, which I was not. Yesterday the 1500 was a shorter race. I planned about four times going round and got it right in the end."

Caster Semenaya. One of the world's most highly talented sporting teenage athletes. Or is she a cheat?

Professor Tony Crocker and Dr Bill Davies, The School of Sport, University of Wales Institute, Cardiff.

Less than a week after the World Championships finished in Berlin eighteen years old Caster Semenya arrived back home in South Africa to be greeted by a huge crowd of excited fans with joy in their hearts. But in Berlin she had been scorned by lesser 800 metres runners and accused of being a man in disguise. Unheard of in the world beyond her village only a few months earlier this teenager burst upon the world scene. At the world championships she out-performed her rival competitors with a personal best time some four seconds faster than she had ever run before. "Impossible" went the mutterings, especially by some of her defeated rivals; "unless she was on drugs". Testing proved she wasn't. "Impossible" they muttered, "Unless she's a man in disguise - AND she's ugly -AND she's got facial hair!"

Back as a young teenager Tony believed he was destined to become the world's leading half mile champion. Between ages 15 and 18 his times for the half mile had come down from a first attempt of 2 minutes 32 seconds to 2 minutes 2 seconds, running on a grass track. Not brilliant stuff even in those days, but it roughly averaged out at 10 seconds improvement per year. Several of his friends made the same sort of progress. Focussing training, in the hands of teachers, many of whom had represented Britain in the Olympics, or England, Wales, Scotland, and their counties in such as hockey, cricket and soccer was enormously valuable. Regular training, good facilities, acquisition of better pace judgement; plus the progress which results from the huge developmental spurt associated with the passage through puberty; and also very important, the physical and mental advantages that come from tougher competition. We must not forget that Caster is only eighteen years old now for heavens sake! There is no real reason for being surprised at her rapid progress once her potential talent was transferred to an ideal setting. Caster Semenaya passed the first test with us. For a gifted youngster, given the right environment and facilities, being able to run a lot faster than ever before isn't such a big surprise.

A chromosome check proved she was female, - 'or did it?' screamed her rivals, and some of the media. Her gold medal has been withheld, (Slot 2009), until full examinations and testing, by a team of endocrinologist, gynaecologists, gender experts and psychologists, have completed their tests and submitted their reports.

Caster has already passed the second test with the geneticists. She has got two 'X's and no 'Y's in her genetic makeup.

So, back to Caster's biological femaleness. What are some of the scientific facts that are accepted with regards to human gender? Basically most humans have 46 tiny particles in their body cells called chromosomes. Half have come from the father and half from the mother. The particle which decides we are male is called the "Y" chromosome by scientists. It is very small. The particles which decide we are female are called "X" and is quite a lot bigger. Girls have two X's, boys have one X and one Y. That isn't true for every single person alive. Occasionally some females have three X's whilst other have only one. Again, rarely, some males have two 'X's as well as a 'Y'. However the basic requirement for being regarded as male is the presence of a Y chromosome. For a girl it is the absence of a Y chromosome.

Caster passed the second test with the geneticists. She has got two 'X' chromosomes and no 'Y's. But that doesn't mean that X chromosomes are identical. Along with all the other chromosomes there are big differences between all chromosomes. That's why humans are different from each other. That's one of the reasons why some humans run faster than others, why some live longer than

others, why some reach puberty later than others.

But what about the discovery that she had very high levels of the 'male' hormone testosterone? Well firstly there is a common error in that many people believe testosterone is only found in males. In fact the amount present varies enormously in both males and in females. Typically females have less than males. The amount we produce affects various aspects of body development in both sexes. Higher than average levels are linked to bigger bodies, deeper voices, facial hair, being taller. What else do we know about the effects of this testosterone stuff? Well; it is present in females, including when they are pregnant! This significantly affects the development of babies before they are born. It doesn't change the child's sex chromosomes but it can affect various developmental aspects, such as those seen in young Caster. Should Caster's mum be checked? Would it make any difference? Should everybody who isn't average be banned from competitive sport? Shouldn't males with very high levels of testosterone also be banned for the 'unfair' advantage that this gives them? Should very tall women be wrongly labelled hermaphrodites as well as those showing high levels of testosterone? - the latest suggestion levelled at Caster. (Broadbent 2009).

What about all the other males and females who aren't physically average? Antonia Senior, (2009), points out that the world famous swimmer Michael Phelps has a body that isn't "normal." His arm length is extra ordinary, his legs are short, his body long. Close to ideal for a fish. But for a man? Nobody queries his masculinity or his humanness. That takes us on to cheating. Rebecca Adlington lost out in the same World Championships because she refused to wear the new tightly fitting bathing costumes favoured by so many of the successful competitors. By the end of the championships it was decided by the world swimming authorities to ban their use from next year. The materials now being used to create very tight fitting, all-over costumes, are more slippery than those of old. This reduces friction in the water. AND, very importantly, also provides a major advantage because they hug the body very tightly. This changes bodily functions so that fatigue is delayed when racing. It has now been decided that these very expensive costumes offer an unfair advantage to rich swimmers/rich nations.

One question that is sometimes more implied than asked outright when considering Caster's femininity is how aware were the South African Authorities of her possible "maleness". Were they actually cheating in order to have the huge accolades that would come with a World Championships medal? And it seems that Caster has undeveloped testees in her abdomen, but the South African Authorities kept this secret to themselves, so that even Caster didn't know what they had found. But even that doesn't make her a male. It's been done blatantly before. In 1936 the Olympics were held in Germany. Young Gretel Bergmann at the age of 17 had become Germany's leading high jumper. But Gretel was Jewish. The Nazi sports chiefs had no wish to upset Adolf Hitler. She was replaced by Horst Ratgen. With long hair, strapped up male organs and a change of first name to "Dora" his true sex remained undiscovered. He came fourth in the women's high jump. Apparently none of the other women competitors suspected his true sex. Two years later, still posing as a woman, he broke the world record. Then was disqualified after a doctor, whilst examining him, discovered his fully developed genitals. That had been officially condoned. That was cheating.

Something that is often under-weighted in sport is the advantage that luck of the draw provides. When we are born; where we are born; the experience and wealth of our parents; interest and commitment to different sports in different parts of the world. Wiebke Arit, Professor of Medicine at Birmingham University, points out that social, as well as biological factors, are very, very important. Should we be banning people who have had a social or environmental or financial advantage?

What about testing by psychologists? Sometimes the levels of true expertise actually possessed by "experts" is questionable. "Heaven alone knows what psychologists can do, that is valid, to check Caster's biological femaleness." What knowledge will any enquiring psychologist have regarding the culture in which Caster grew up? Let alone the way of life she experienced until very shortly before she was discovered. Interestingly to support our query on this last point

the American Psychological Association, (APA), at its annual conference in August this year adopted a formal declaration, based on evidence from 83 research reports, that contrary to claims about sexual changes and orientation, there is little evidence to support the use of psychological interventions. Effectively psychologists don't know enough to be of any use. (APA 2009)

Taking this idea of expert knowledge a little further. Another talented athletic, youngster, only recently entering the realms of adulthood, is Usain Bolt. He is huge. Expert human scientists knew for years that huge men and women could not possibly move their massive bulk from being stationary and then pick up speed fast enough to win short races like the 100 metres. Similarly scientists have known for many years that bumble bees are totally the wrong shape and so can't possibly fly. Well both Usain and the bumble bees have proved the scientists can be very wrong. The facts don't support the theory.

There is a large amount of evidence which shows that children who are born in the early months of the school year are more successful than those born in the latest months of the school year. This is widely demonstrated in both academic performance and sport in many countries. In England for example children born in, September/October/November have for many years been shown to be more likely to do well in national examinations and go to university than those born in May/ June/July. Similarly a bigger proportion of clever sports youngsters from the autumn group are noticed when very young and finish up in national premier club football teams than do summer born youngsters. In America the same trend has been identified in sports such as American football, and ice-hockey. In southern countries like Australia guess what? The reversed school year links in with the same trend, but the opposite way round. One theory about the academic effect used to be that babies born in the hotter summer months ran the risk of having their brains 'cooked' a little. However, a more generally explanation nowadays is based on the difference in ages when these children start formal schooling and the effect this has on their experience, body development, language development etc. Take two absolutely normal boys or girls, one born in September the other born in the following July. The September child is ten months older, is bigger, stronger, has more experience of the world and has the language development of a six year old. The other is more typically like a five year old. But they are in the same class. Teachers, other children and the two children themselves very quickly notice which one is better at many things. The older one learns he is good. The younger one learns that he is not. Rosemary Cheeseman's research showed in the 1980's, that by the age of seven the children living together in their classrooms can accurately predict, and accept, which ones are regarded as the most talented by their teachers. This knowledge-effect remains throughout the school years and beyond, despite the dwindling actual bodily and intellectual differences as the years pass by. Should we start banning people from sport or university if they are born in the autumn months and so acquire an unfair advantage?

What about those keen young athletes who are trained by excellent, knowledgeable, coaches, compared with others in the care of well meaning but not very knowledgeable coaches? Once poor techniques have been practiced over and over again the dendrite pathways through the brain grow and become developed to the point where it is very difficult to change the skills associated with them; particularly when under pressure, such as in a very tight competition. In recent years quite large groups of youngsters have been competing in the high jump at the National Indoor Arena in Birmingham. Nowadays they almost all use the Fosbury Flop. A very high proportion of them run round in beautiful semi circles and then follow this with a terrible 'W' shaped jump over the bar. They have been ruined. How they jump is too often initially ignored whilst initially concentrating on running in a circle. Top ballet schools turn down dozens of youngsters every year who dance gracefully but have been allowed, or taught, to use poor footwork. The ballet school experts base their decision on the knowledge that correcting this sort of 'brain damage' is very difficult to reverse. Talented children are being ruined to the point where they never achieve their innate potential. (Davies and Crocker, 2007)

Still looking at social factors one of our own recent post graduate researchers Cerys Humphreys, (2006), found, when she followed the

progress of talented youngsters in hockey and soccer, that once they'd been spotted many were pressurised/bullied, by their coach or their father, to the point where joy was replaced by anxiety and unhappiness. As a top soccer coach once "explained" about ten years ago – "Yes he did put the pressure on, and yes some of the kids did break down and cry. And yes some didn't come back the next day. – But if they couldn't cope with his mild bullying they wouldn't be any good at the top of the soccer world." And anyway, he started each year with 24 promising youngsters. He only needed six by the end of year two." Escaping from this sort of pressure often only became possible via dropping out of their sport. Cerys also found that where talented youngsters lived in Wales was another major factor in its effect on their sporting development. Living near to major facilities meant they could regularly take part in training with the top squad members. Living miles away, out in the country, made this much more difficult and led to frequent drop out by talented youngsters.

Another and possibly worse effect is the growing evidence of the destruction of the bodies of many youngsters via huge pressures on their developing bodies. Advise from the medical world is clear. Children should not be involved in heavy weight training until at least two years after they have their bodily growth has ceased. Ever heard of a girl called Olga Korbut? For many years now she's been a badly crippled adult. Or read about the emerging worries being expressed over our brilliantly talented 14 year old high diving world champion marvel?

Should we ban the good teachers and coaches, the youngsters who have the luck to attend sports mad schools, those with parents who support them and take them to competitions and training sessions regularly? After all is it fair if these potential good athletes enjoy such advantages when others don't? Or should we accept that athletes with physical and social advantages are lucky but they are also normal? Would there be any competition if we were all the same? Would Masters Athletics exist?

Just one final thought? Older master athletes will remember the days when as youngsters we were all told that sport – including the Olympics – was all about the joys and honour of taking part. Today this seems to have been overtaken by the idea that winning an Olympic or World Championship Gold Medal is the only thing worth doing. Coming second is failure. With the current obsessions of only being regarded as successful if a person is the best in the world would the current complaints and medical investigations on Caster Semenya wouldn't be happening if she had come fourth?

Reading the paper today brought a whole new thought about cheating. Years ago the Japanese Olympic athletics track was made harder than the rules allow – the Japanese knew that their best chance of having the glory of a world record, was in the sprints, where the harder the track the faster the athletes can run. They built an illegally hard track. The International Olympic chiefs found out, but kept quiet. Reading today's paper, (Saturday 24th September 2009), the BOA chief – Andy Hunt – said that to maximise Britain's medal chances, "We have an unprecedented opportunity to optimise every aspect in every venue. It's not cheating." This will include providing greater access to the Olympic venues for training by British athletes and block booking seats near to the finishing line for British supporters, so that they can galvanise British athletes to screw their last ounces of energy into their chase after an Olympics medal. But, maximising opportunities for our own team will be via minimising opportunities for athletes from other countries. If that isn't cheating what is?. Fortunately there isn't much evidence that we do that in Masters Athletics. We still have much to be proud of. Let's keep it that way.

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John Mayor (JB):

The Heptathlon equivalent went to Hazel Barker. The Jim Thorpe medal went to Alex Kruger for his M40 Decathlon win in the World Masters in Finland.



Alastair Duncan heads Bruce Hendrie in a tight finish (JB):

BMAF DECATHLON & HEPTATHLON
Plus 10,000 metres.
Words: Bruce Charles
Pictures: Julia Buckel & Tom Phillips.

Oxford was again the venue for this year's event and we were blessed with good weather particularly on the Saturday. This immediately created a great atmosphere which was maintained throughout the two days.

Highlight of the first day was the 54.92sec 400m by M50 Alastair Duncan and the 12.07metre Shot Put by M45 Alan Leiper. Also of note was the 1.77m High Jump of M35 Andrew England.

Day 2 saw both Andrew England and David Long throw the Javelin beyond 43 metres whilst Nicolas Walker posted 3.20 metres in the Pole Vault. Not to be outdone M50 John Mayor started the day with an excellent 100m Hurdles in 15.30 sec.

The overall best scores at the end of Day 2 came from Ian Reeve (M55) with 6206 points and John Mayor (M50) with 6372 points. Other high scorers were Dave Cowley (M60) with 5961 points and Mike Dixon with a much improved PB of 5997 points. We were once again delighted to have amongst our guests Tom Thorne from the USA and a young lady Decathlete in Claire Capon.

Turning now to the ladies where there were two outstanding Heptathlon performances from Hazel Barker who came close to the W50 British Record with 5065 points and Lesley Willis with 4346 points to win Gold in W45. Louise Oliver was delighted to make a considerable improvement to her personal best in winning W35 with 3207 points.

The Clarke Cup for the highest age adjusted Decathlon score went to Ian Reeve beating John Mayor by the tiny margin of some 20 points.

All in all a great two days with a near record entry in the Decathlon. We could however do with greater support from our lady combined eventers - Ladies take note!

Next year sees the GB/USA Challenge return to the USA on 19th/20th June so Combined Eventers please mark this in your diaries if you want to take advantage of the great hospitality which will be on offer.

Decathlon: (100m, LJ, SP, HJ, 400m, Hurd, DT, PV, JT, 1500m):

M35-39

1 Steve Ladd (SWVAC) 5005 (11.80, 5.70, 10.17, 1.71, 56.36, 18.20, 21.52, 2.80, 32.24, 5-17.99); 2 Troy Kennedy (NVAC) 4858 (12.57, 5.50, 10.64, 1.50, 57.14, 17.92, 29.73, 2.70, 38.95, 5-24.88); 3 Andrew England (NVAC) 4663 (12.38, 5.54, 10.89, 1.77, 63.87, 19.69, 30.03, 2.70, 43.00, 5-59.89); 4 David Long (Donc) 4484 (12.26, 5.57, 9.60, 1.53, 61.00, 18.74, 25.97, 2.50, 43.78, 5-55.71); 5 Nathan Kitchen (SWVAC) 2627 (14.40, 3.74, 9.18, 1.47, 67.16, 23.51, 26.40, 1.50, 25.64, 6-21.35);

M40-44

1 Rich. Buckingham (VAC) 5175 (12.49, 5.84, 10.43, 1.59, 59.36, 17.80, 34.17, 2.20, 35.27, 6-16.42); 2 Eddie McKenzie (SCVAC) 4284 (12.89, 4.80, 11.33, 1.38, 61.17, 20.78, 28.20, 2.40, 37.63, 6-40.28); 3 Geoff Butler (Bas) 4016 (13.81, 4.92, 7.76, 1.50, 63.65, 20.74, 22.51, 2.20, 26.64, 5-12.34); 4 Derek Warn (SCVAC) 3979 (13.37, 4.82, 7.45, 1.41, 62.06, 21.36, 21.30, 2.50, 28.16, 5-25.61); 5 Gian Marotta (Guild) 3369 (14.25, 4.18, 7.74, 1.44, 69.53, 22.21, 30.22, 2.50, 23.06, 6-05.79);

M45-49

1 Donald Brown (MMAC) 5721 (12.10, 5.61, 10.58, 1.65, 61.86, 16.72, 25.83, 2.50, 35.20, 6-48.35); 2 Nicholas Walker (SWVAC) 5545 (13.05, 5.49, 10.25, 1.47, 62.42, 18.58, 28.94, 3.20, 39.90, 6-24.97); 3 Peter Ley (E&H) 4994 (13.65, 5.02, 8.06, 1.41, 61.31, 20.50, 31.30, 2.50, 32.98, 5-22.57); 4 Derek Glasgow (SVH) 4930 (12.84, 5.15, 8.29, 1.44, 59.68, 20.86, 18.18, 2.50, 30.33, 5-23.86); 5 Geoff Powley (EVAC) 4866 (12.99, 5.06, 8.44, 1.38, 74.65, 20.74, 26.00, 2.90, 37.19, 5-10.03); 6 John Dickinson (Fleet) 4782 (13.28, 4.89, 7.38, 1.38, 59.54, 20.83, 20.41, 2.80, 28.77, 5-23.60); 7 Pete Stepney (SCVAC) 4375 (13.37, 4.81, 5.97, 1.41, 60.79, 20.96, 17.53, 2.50, 19.70, 5-13.03); 8 Andy Smerdon (Fleet) 4062 (13.53, 4.54, 6.68, 1.47, 64.10, 23.17, 20.59, 2.30, 25.03, 5-41.90); 9 Alan Easey (VAC) 4034 (13.44, 5.06, 6.94, 1.29, 64.76, 20.97, 18.36, 2.80, 23.49, 6-33.24); 10 Keith Powell (NewPH) 4028 (12.89, 4.64/+0.0, 7.79, 1.35, 63.21, 21.79, 24.55, 2.60, 22.67, 7-17.60); 11 Jim Gillespie (EVAC) 3311 (13.96, 3.63, 8.24, 1.23, 64.99, 19.90, 19.87, 1.40, 21.46, 6-51.28);

M50-54

MASTERS ATHLETICS AUTUMN 2009

1 John Mayor (EVAC) 6372 (12.55, 5.21, 10.13, 1.59, 56.60, 15.30, 30.81, 2.30, 28.52, 5-41.01); 2 Alastair Duncan (SCVAC) 5632 (12.19, 4.96, 9.80, 1.47, 54.92, 17.16, 26.20, nhc, 23.39, 5-30.66);

M55-59

1 Ian Reeve (EVAC) 6206 (13.64, 4.71, 7.95, 1.44, 62.19, 18.25, 25.23, 2.80, 32.32, 5-19.02); 2 Adrian Essex (SCVAC) 4417 (13.45, 4.36, 7.21, 1.35, 64.22, 23.01, 20.05, 1.20, 17.58, 5-58.74);

M60-64

1 Dave Cowley (MMAC) 5961 (14.26, 4.62, 9.56, 1.38, 70.43, 17.72, 28.16, 2.50, 26.58, 6-25.06); 2 Lawrie Dunn (MMAC) 5539 (14.32, 4.50, 8.42, 1.35, 67.05, 20.47, 26.92, 2.00, 30.03, 6-16.72); 3 Bruce Hendrie (MMAC) 5383 (14.28, 4.17, 7.44, 1.29, 64.31, 21.41, 20.74, 2.40, 21.65, 5-30.70);

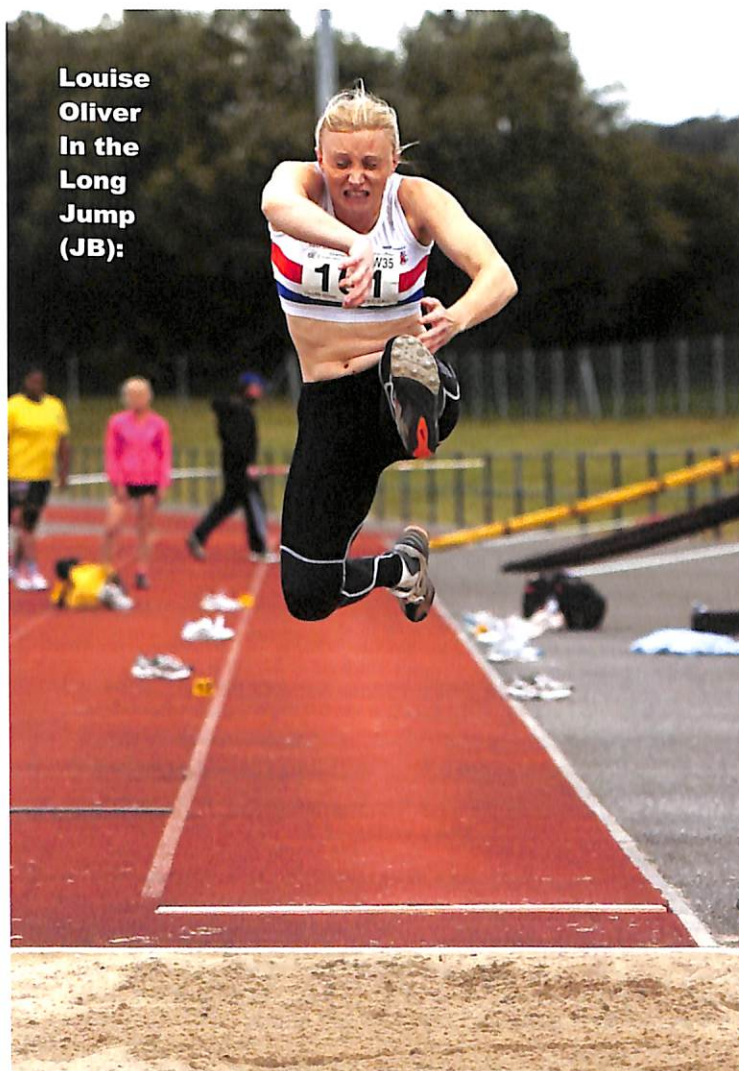
M65-69

1 Mike Dixon (SCVAC) 5997 (15.11, 3.84, 7.56, 1.26, 65.74, 21.41, 18.30, 2.20, 30.10, 5-22.02); 2 Brian Loten (Yeovil) 5732 (15.28, 3.94, 8.62, 1.20, 72.84, 21.57, 32.29, 2.20, 31.79, 6-54.02); 3 David Haines (SCVAC) 5536 (15.06, 4.17, 8.11, 1.26, 72.44, 22.51, 25.27, 2.20, 23.29, 6-29.44); 4 Tom Thorne (USA) 3603 (17.56, 3.39, 8.66, 1.20, 148.24, 27.04, 26.05, 2.00, 28.78, 13-33.08);

M70-74

1 Dave Burton (MMAC) 5273 (14.88, 3.81, 7.99, 1.14, 79.84, 17.79, 22.55, 1.90, 17.81, 7-13.85);

Heptathlon: (Hurd, HJ, SP, 200m, LJ, JT, 800m):



**Louise Oliver
In the
Long
Jump
(JB):**

W35-39

1 Louise Oliver (SCVAC) 3207 (20.66, 1.36, 9.91, 29.01, 4.36, 29.19, 2-56.96); 2 Natasha Mighty (Rad) 2411 (19.34, 1.27, 11.10, 35.55, 4.02, 27.53, dnf);

W40-44

1 Ruth Bird (MMAC) 1840 (19.79, 1.15, 7.93, 36.60, 3.16, 18.62, 3-42.12);

W45-49

1 Lesley Willis (Rugby) 4346 (14.80, 1.27, 7.09, 28.55, 4.63, 13.97, 2-41.15);

W50-54

1 Hazel Barker (NVAC) 5065 (13.42, 1.39, 10.38, 30.30, 4.23, 22.98, 3-16.82); 2 Janice Hardcastle (EVAC) 3519 (18.44, 1.30, 7.12, 30.86, 3.99, 11.34, 3-27.33);

W55-59

1 Sally Hine (Rugby) 3487 (16.88, 1.12, 5.84, 34.27, 3.46, 11.48, 3-33.12); 2 J

Coville (EVAC) 2523 (21.22, 1.03, 6.51, 39.26, 3.13, 16.19, 4-07.62);

W60-64

1 Pat Oakes (SCVAC) 3319 (18.69, 1.09, 7.37, 40.16, 3.15, 16.40, 4-44.21); 10000 metres M35 FINAL 11. Huw Evans WMAC 32-25.19bp; 2. Steve Hallas NVAC 32-32.25; 3. Josh Painter VAC 33-48.97; 10000 metres M40 FINAL 11. Gary Hope MMAC 32-29.76; 2. Ian Johnston SCVAC 32-48.35; 3. Andrew Wright MMAC 33-47.26; 10000 metres M45 FINAL 11. Paul Lemmon VAC 33-36.78; 2. Alex Hope MMAC 34-25.98; 3. Luke Armitage SCVAC 34-28.36; 4. Paul Spowage EVAC 34-45.60; 5. Sean McCormack WMAA 35-24.11;

10000 metres M50 FINAL 11. Mike Cadman MMAC 34-42.94; 2. Malcolm Eustace MMAC 34-50.19; 3. Michael Bridgeland EVAC 34-50.94; 4. Richard Holland VAC 34-57.95; 5. Richard Gray MMAC 35-44.54; 6. Tom Ulliott VAC 39-04.02;

10000 metres M55 FINAL 11. John Shapland SWVAC 35-07.42; 2. Dave Cox VAC 35-18.84; 3. David Oxland MMAC 36-37.66; 4. Gerry Bell NVAC 38-40.63; 5. Stewart Thorp SCVAC 38-41.45;

10000 metres



**Peter Hamilton
leads Peter Giles
(Guitarist with
Rock Group King
Crimson) Angela
Copson who set a
new European
Record is
Fourth in the
Group. (TP)**

M35: 1. Huw Evans WMAC 32-25.19 (cbp); 2. Steve Hallas NVAC 32-32.25; 3. Josh Painter VAC 33-48.97; **M40:** 1. Gary Hope MMAC 32-29.76; 2. Ian Johnston SCVAC 32-48.35; 3. Andrew Wright MMAC 33-47.26;

M45: 1. Paul Lemmon VAC 33-36.78; 2. Alex Hope MMAC 34-25.98; 3. Luke Armitage SCVAC 34-28.36; 4. Paul Spowage EVAC 34-45.60; 5. Sean McCormack WMAA 35-24.11; **M50:** 1. Mike Cadman MMAC 34-42.94; 2. Malcolm Eustace MMAC 34-50.19; 3. Michael Bridgeland EVAC 34-50.94; 4. Richard Holland VAC 34-57.95; 5. Richard Gray MMAC 35-44.54; 6. Tom Ulliott VAC 39-04.02;

M55: 1. John Shapland SWVAC 35-07.42; 2. Dave Cox VAC 35-18.84; 3. David Oxland MMAC 36-37.66; 4. Gerry Bell NVAC 38-40.63; 5. Stewart Thorp SCVAC 38-41.45; **M60:** 1. Peter Hamilton SWVAC 39-34.79;

2. Peter Young SWVAC 39-35.50; 3. Mick Smedley MMAC 40-01.38;

4. David Beattie SCVAC 40-18.92; 5. John Heywood MMAC DNF; **M65:**

1. Peter Giles VAC 39-35.05; 2. Bob Dover NVAC 40-48.14; 3. Russell Williams SCVAC 43-00.76; **M70:** Edmund Simpson VAC 45-08.87; **M75:** Brian Shave VAC 50-36.50;

M80: Steve Charlton VAC 47-35.94; **W45:** 1. Andrea Dennison NVAC 38-31.45; 2. Sharon Hawkins SCVAC 38-33.56; 3. Cathy Ulliott VAC 41-17.77;

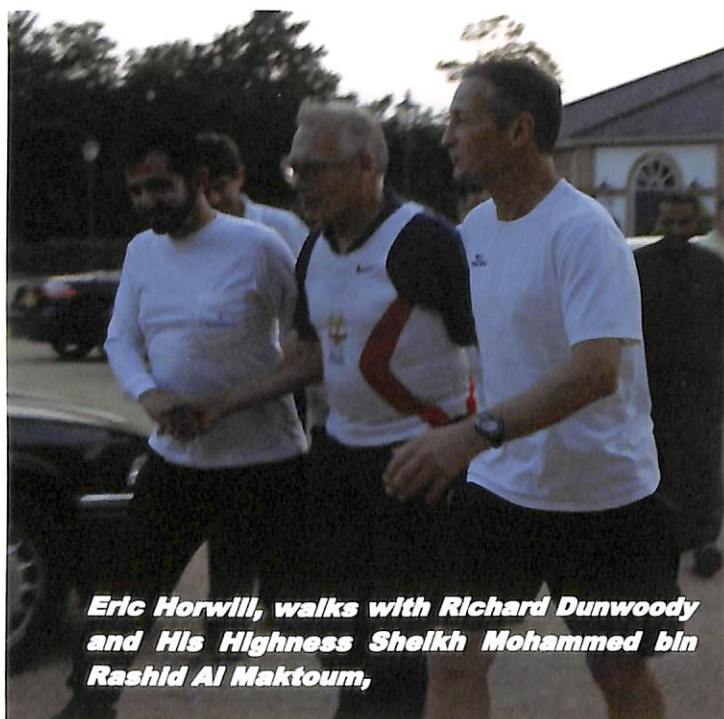
W50: 1. Janice Moorekite SCVAC 46-58.51; 2. Fiona Bishop VAC 49-38.28;

3. Christine Lloyd MMAC 49-46.26; **W60:** 1. Angela Copson MMAC 39-43.81 (**European Record**); 2. Margaret Moody VAC 43-17.68; **W65:** June Johnson MMAC 49-28.89;

Barclay Bicentenary Celebration Words: Ron Wallwork

At 3.37pm on 12th July 1809 at Newmarket, Captain Barclay Allardice completed the final mile in an event that had started almost forty-two days earlier on 1st June, since when he had walked a single mile in every one of the thousand hours that passed in between, to win a wager that he couldn't walk 1000 miles in 1000 consecutive hours for 1000 guineas, a sum that today would be worth several million pounds.

At 3.37pm on 12th July 2009, the Entrance Hall of the Rowley Mile Racecourse on Newmarket Heath, resounded to loud cheers and applause from a large gathering of race walkers, race walking enthusiasts and their friends, to mark the historic moment, salute The Captain and twenty-first century "ped" Richard Dunwoody. A memorable forty-four day celebration of Barclay's feat had come to an end!



Eric Horwill, walks with Richard Dunwoody and His Highness Sheikh Mohammed bin Rashid Al Maktoum,

The celebration not only confirmed Newmarket's special place in the annals of pedestrianism, it also, in forty-five year old Richard Dunwoody, produced an athlete to rival the Captain himself. Not only did Dunwoody match Barclay hour by the hour, but he too attracted huge interest and a following that resulted in hundreds of people, wanting to walk with him. The Bury Road pavement probably had more footfalls on it in the six weeks between 29th May and 10th July than in the previous six years. There was such a clamour to walk with him, day or night, that the umpires were actively discouraging people from doing so between 9pm and 5am. All who walked with him were astonished by his relaxed and courteous manner, regardless of the time of day or the weather conditions. In spite of Richard's relaxed manner, the miles were reeled off at an average speed of 15 minutes and 21 seconds apiece and his last hundred miles were his quickest taking 24 hours 33 minutes and 66 seconds, compared the 26.46.48 of his first hundred.

Dunwoody's 1000th hour commenced at 2pm on 10th July. He strode the last mile in the precincts of the July racecourse, before being joined by his boyhood hero, the legendary Lester Piggott, and to a tumultuous reception from thousands of race goers, walked the final two hundred yards on the lush racing turf to finish at the winning post in front of the grandstand.

A little more than twenty-four hours later he was at Newmarket's other racecourse, The Rowley Mile, to send seventy-two walkers, twenty-five of which were from abroad, whose targets ranged from twenty to one hundred miles, off on their way.

Dutchman Marcelino Sobczak winner of the last two hundreds staged in the UK was the strong favourite, but he was never very far ahead of Sandra and Richard Brown, so when he retired at forty miles, the Brown's were well clear, Sandra edging ahead to be first to finish in a time just under twenty hours. Six hours of consistent rain during the night made conditions particularly unpleasant, but it did not stop twenty-eight walkers from achieving their target; to walk one hundred miles in twenty-four hours, eleven of them for the first time thus qualifying for membership of the exclusive *Centurions* brother/sisterhood.

The Sunday programme included two walking races: An international Veterans/Masters three miles, an Open five miles and for the less energetic a ramble around the historic Town Plate course which is the oldest racecourse in the country. Helen Middleton from Bedford proved to be the top lady winning both races and Steyning's Trevor Jones did likewise in the men's events. Ramblers enjoyed the company of a number of local trainers including Sir Michael Stoute, Mark Tompkins and Chris Wall. Stories and pictures on the thousand miles challenge can be seen on

BMAF LONG DISTANCE CHAMPIONSHIP (100 Miles) 11& 12 JULY

1 Sandra Brown w60-1 19:57:24; 2 Richard Brown M60-1 20:12:44; 3 Gerard Heunks NED m50-1 20:49:27; 4 Mark Wall m50-2 21:08:39; 5 Maureen Radder-Willems NED w55-1 21:14:15; 6 Boetjie Huliselan NED m50-3 21:23:40; 7 Ludo Schaerlaeckens BEL m45-1 21:37:37; 8 Robert de Wolf BEL m60-2 21:46:24; 9 Kevin Marshall M45-2 22:00:38; 10 Marie-Paule Vandenabeele BEL w45-1 22:25:06; 11 Frans Derijcke BEL m55-1 22:25:06; 12 Carol Baird AUS W60-2 22:34:05; 13 Frank van der Gulik NED 22:40:45; 14 Jaap Visser m70-1 22:44:34; 15 Johan Koning NED 23:01:59; 16 Marc Haumesser FRA M50-4 23:05:39; 17 Boudewijn Blom-Hertbeek NED M55-2 23:07:48; 18 Martin Fisher M45-3 23:09:03; 19 Christopher Flint M60-3 23:14:05; 20 Adrie Zoon NED M50-5 23:17:55; 21 Steve Kemp M45-4 23:21:20; 22 Andrew Trigg M45-5 23:21:41; 23 Jan Asselberghs M50-6 23:23:29; 24 Hedwig Vandenputte M50-7 23:34:22; 25 Willy Vermeulen M60-4 23:38:16; 26 Michael Sutton M45-6 23:45:18; 27 Marcel Dekker NED M50-8 23:47:53; 28 Oliver Browne M55-3 23:49:31;

EAMA 3 MILES OPEN INTERNATIONAL:

1 Trevor Jones M50-1 24:50; 2 John Hall M60-1 25:24; 3 Arthur Thomson M70-1 27:08; 4 Hans van der Knaar NED M55-1 27:17; 5 Andrew Cox M55-2 27:29; 6 Rod Dunn M55-3 27:43; 7 Helen Middleton W45-1 28:03; 8 Steve Allen M50-2 2:14; 8 Steve Allen M50-2 28:14; 9 Michael Harran M70-2 29:15; 10 Ian Statter M50-3 29:18; 11 Ken Bobbett M65-1 29:26; 12 Stephen Sergeant M60-2 29:35; 13 Petter Hannell M65-2 29:38; 14 Anne Belchambers W50-1 30:18; 15 Fiona Bishop W50-2 30:25; 16 Peter Crane M60-3 31:49; 17 Susan Barnett W55-1 31:56; 18 Peter Howard M65-3 32:01; 19 Jo Miles W50-3 32:34; 20 Jon May M55-4 32:35; 21 Mike Spragg M60-4 32:41; 22 Brian Sturt M65-4 32:50; 23 Terry Braverman M60-5 33:19; 24 Alan O'Rawe M65-5 33:22; 25 Bernie Hercock M70-3 33:32; 26 Francoise Fernandez W55-2 33:58; 27 Doug Fotheringham M75-1 34:05; 28 Mick Graham M60-6 35:23; 29 Bee Chapman W40-1 35:34; 30 Eric Horwill M75-2 35:41; 31 Marian Fawkes W60-1 36:21; 32 Anne Scriven W75-1 38:33; 33 Chris Matthews W50-4 39:08; 34 Dave Ainsworth M60-7 39:54; 35 Ken Livermore M75-3 40:30; 36 Alan Flavell M75-4 42:08;

B.M.A.F. 30KM WALKING CHAMPIONSHIPS (held in conjunction with Midland Championships) Warwick University, Coventry. 22nd August

Men
M35: 1. John Constandinou 3:34:53; M40: 1. Paul Evenett 2:46:21; 2. Colin Vesty 3:39:46; M45: 1. Steve Arnold 3:03:00; 2. Mark Byrne 3:24:22; 3. Vincent Starling 4:03:29; 4. Julian Barnett 4:06:57; M50: 1. Steve Allen 3:34:52; 2. Gary McDonald 3:36:30; M55: 1. Sean Pender 3:33:07; M60: 1. Dave Jones 3:27:02; M65: 1. John Paddick 3:21:24; 2. Tony Collins 3:28:30; M70: 1. Will Norbet 4:11:01; M75: 1. John Payn 3:48:11; 2. Eric Horwill (DASH) 3:59:18;
Men's Team: 1. Redcar RWC - 9hrs 30mins 07secs (Evenett, Paddick, Byrne); 2. Birchfield Harriers - 11hrs 10mins 20secs (Collins, Constandinou, Barnett)
Women
W45: 1. Maureen Noel 3:25:10; 2. Helen Starling 3:50:11; 3. Karen Davies 3:55:06; W50: 1. Fiona Bishop 3:40:24;

Pictures: Tom Phillips.



Southern Counties Win E.A.M.A. Inter Area!

MASTERS INTER AREA 16th AUGUST, SOLIHULL

COMBINED: 1 SCVAC 699; 2 MMAC 596; 3 EVAC 506; 4 NVAC 419; 5 WMAA 382; 6 SVHC 211; 7 VAC 114; 8= SWVAC & VAA-NE 112; 10 NIMAA 78;
WOMEN: 1 EVAC 320; 2 SCVAC 317; 3 MMAC 270; 4 NVAC 114; 5 WMAA 92; 6 SVHC 69; 7 NIMAA 50; 8 VAA-NE 23; 9 SWVAC 16; 10 VAC 9;
MEN: 1 SCVAC 382; 2 MMAC 326; 3 NVAC 305; 4 WMAA 290; 5 EVAC 186; 6 SVH 142; 7 VAC 105; 8 SWVAC 96; 9 VAA-NE 89; 10 NIMAA 28;

This worthwhile competition organised by the England Athletics Masters Association, and assisted by England Athletics was well organised and administered by all concerned.

The overall winners were Southern Counties who had 103 points to spare over Midland Masters. Southern Counties won the Men's match pretty comprehensively, but were edged out by Eastern in a closely contested Women's event.

The decision as to who was the Star of a beautiful August afternoon took a few thousand's of a second to decide as 62 year old Angela Copson raced firstly to a new British Record over 800 metres of 2:42.9 (Hand timing can be recognized for distances in excess of 400 metres). Nancy Hitchmough who ran with her in at mixed W50 / W60 race and who finished just ahead in 2:41.3 gave the Rugby and Northampton star, a target to chase in the event.

The Ian Wilson trained Athlete was in a mood to make the day truly memorable and the chance came in the 3000 metres where she added the 3,000 metre World Record to the 5,000 set in the British Championships in July. Angela's time for the infrequently attempted distance was 11:06.5 third to Jayne Clarke and Jane Pidgeon over the distance, but

she was ahead of several younger performers in the Women's race.



Angela Copson with coach Ian Wilson

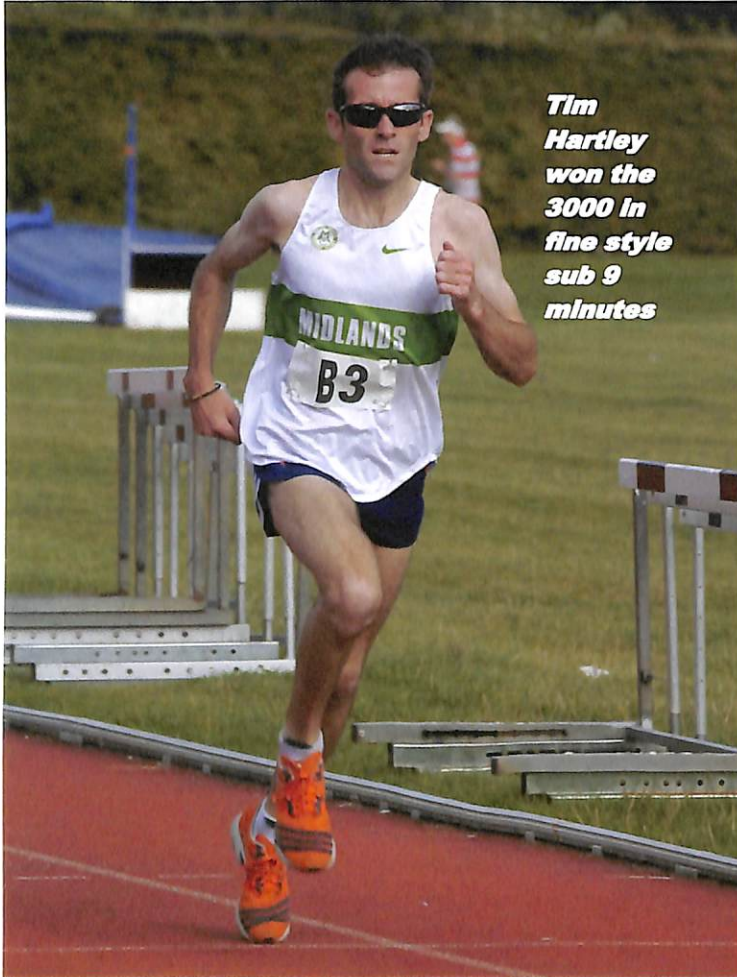
Steve Peters running for the North secured a great double at 100 and 200; Peters had a massive haul of 5 gold's from the Lart World Championships. On the day he was a winner from Clemment Bartley and Tom Phillips.

Chris McQuillan-Wright had an 800/ 1500 double, as did Mark Wiseman at Shot and Discus. Glyn Price was in outstanding form winning the Pole Vault with 4.00.

In the M50's Dave Wilcock had a double at 800/1500 metres, whilst Guy Perryman had a Shot Discus double

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In the M60's Peter Binns doubled at 800/1500, as did John Charlton at 200 and Long Jump.
Neil Griffin repeated the performance in the Shot and Discus.



**Tim
Hartley
won the
3000 In
fine style
sub 9
minutes**

Lolita Byfield-Moore was a double sprint winner for Wales at 100 and 200 in the W35's, whilst Imeta Barauskiene won High, Horizontal and Triple Jumps plus other placings to achieve a major impact on the Southern Counties score.

In the Walk Verity Snook who has several A.A.A. and R.W.A. titles to her credit was a convincing winner in the Sprint Walk held over 2,000 metres.

Jayne Clarke won the 3,000 metres in addition to the 1500 metres she won earlier in the afternoon.

Helen Godsell had a sprint double in the W50's, as did Nancy Hitchmough at 800 and 1500 metres

Carole Filer won the High and Long Jumps, whilst Shirley Quinn had success at Discus and Hammer.

Moria West won both W60 sprints.

MEN 35:

100: 1 Rohan Samuel SC 11.6; 2 Chris Millard WM 11.6; 3 Pat Logan VAC 11.9; 4 Nick Rawcliffe NV & Ricy Huskison EV 12.4; 6 Kevin Nicholson NE 12.5; 7 Donald Brown MM 13.1; 8 Eddie Costley SVH 13.7; 9 Jonathon McWhinney NI 14.0; **200:** 1 Jim Tipper MM 23.1; 2 Mark Collins SC 23.2; 3 Millard 23.3; 4 Logan 24.5; 5 Huskison 26.6; 6 Leeroy Golding NV 27.7; 7 Costley 28.1; **400:** 1 Bernard Ward NV 50.4; 2 Richard Rubenis MM 52.0; 3 Gary Palmer VAC 56.5; 4 Andrew Ronald SVH 56.8; 5 Huskison 58.1; 6 Rob Kirtley NE 63.0; 7 Rob Howe WM 65.2; 8 Des Michael SC 74.9; **800:** 1 Chris McQuillan-Wright SC 2:05.1; 2 Tommy Brannon NE 2:05.7; 3 Sean Price WM 2:05.7; 4 Colin Palmer MM 2:07.6; 5 Ronald 2:09.2; 6 Nigel Brookes NV 2:10.6; 7 Andy Gannaway VAC 2:11.8; **1500:** 1 McQuillan-Wright 4:16.0; 2 Palmer MM 4:16.1; 3 George Harden NE 4:24.0; 4 Ronald SVH 4:27.8; 5 Phil Crane WM 4:30.7; 6 Steve Doxey NV 4:40.7; **3000:** 1 Tim

Hartley MM 8:59.3; 2 Huw Evans WM 9:08.1; 3 Steve Hallas NV 9:09.8; 4 Ian Johnston SVH 9:27.7; 5 Steve Norris SC 9:38.1; 6 George Routeledge NE 9:50.3; 7 Steve Herring EV 10:16.6; 8 Derek Donaghy NI 10:29.9; 9 Gannaway 10:45.9; **110H:** 1 Claud Peter-Thomas NV 19.8; 2 Glen Reddington VAC 18.2; 3 Geoff Powley EV 20.3; **2KW:** 1 Mark Williams MM 9:13.5; 2 Gary McDonald SC 11:59.5; 3 Ricky Fox WM 15:56.5; 4 Mike May VAC 18:28.2; **Medley 200-200-400-800:** 1 SC 3:52.7; 2 MM 3:54.9; 3 WM 3:56.7; 4 NV 4:05.7; 5 SVH 4:14.8; **HJ:** 1 Ian Allen SW 1.83; 2 Andrew England NV 1.75; 3 Adam Young MM 1.75; 4 Ian Bridgemen SC 1.70; 5 Jonathan Powell WM 1.55; 6 Gary Palmer VAC 1.55; 7 George Harden NE 1.45; 8 Powley EV 1.45; **PV:** 1 Glyn Price WM 4.00; 2 Gavin Showell MM 3.70; 3 Powley EV 3.00; 4 Peter-Thomas NV 2.60; **LJ:** 1 Neil Lincoln SC 6.02; 2 Allen SW 5.93; 3 Richard Ledger WM 5.59; 4 Donald Brown MM 5.32; 5 Powley EV 4.82; 6 Golding NV 4.47; 7 Kirtley NE 3.94; **TJ:** 1 Peter-Thomas NV 12.04; 2 Dave Richards WM 11.14; 3 Bridgemen SC 11.06; 4 Adam Young MM 11.04; 4 John Culshaw MM 9.46; 5 Ken Moncrieff SVH 8.97; 6 Duncan Steward WM 8.50; 7 Gary Palmer VAC 8.06; **SP:** 1 Mark Wiseman SC 14.75; 2 Simon Bennett SW 13.03; 3 John Twiddle NV 12.44; **DT:** 1 Wiseman SC 51.27; 2 Ian Taylor MM 41.84; 3 Twiddle NV 36.63; 4 Jonathon Powell WM 30.29; 5 McWhinney NI 29.30; 6 Powley EV 25.99; 7 Ken Moncrieff SVH 25.55; 8 Mike May VAC 7.71; **JT:** 1 Bennett SW 62.71; 2 Lee Peters MM 51.82; 3 Ledger WM 44.58; 4 John Fenton SC 44.39; 5 England NV 41.72; 6 Powley EV 38.75; 7 Moncrieff SVH 30.36; 8 Kirtley NE 22.43; 9 Palmer VAC 21.10;



**Guy
Perryman
In the
Hammer**

MEN 50:

100: 1 Steve Peters NV 12.2; 2 Clement Bartley MM 12.5; 3 Tom Phillips SC 12.5; 4 Ivars Licietis EV 12.9; 5 John McGarry SVH 13.2; 6 Ken Jackson SW 13.4; 7 Duncan Steward WM 13.8; **200:** 1 Peters NV 24.4; 2 2 Bartley MM 25.6; 3 Phillips SC 25.9; 4 Ian Broadhurst WM 26.0; 5 McGarry SVH 27.4; 6 Jim Lawrence EV 29.1; **400:** 1 Alistair Duncan SC 55.3; 2 Jeff Battista NV 55.9; 3 Tennyson James EV 54.6; 4 Ian Broadhurst WM 57.4; 5 Costley SVH 63.5; **800:** 1 Dave Wilcock SC 2:12.8; 2 Licietis EV 2:17.0; 3 Dave Oxland MM 2:20.6; 4 Ian Snow SW 2:25.8; 5 Simon Pugh NV 2:29.3; 6 Bob Douglas SVH 2:42.3; 7 Bill Namani WM 3:08.6; **1500:** 1 Dave Wilcock SC 4:37.2; 2 Oxland MM 4:39.2; Alex Rowe NV 4:40.5; 3 Jeremy Hogan SW 4:42.4; 4 David Crane WM 4:49.2; 5 A N Other 5:16.4; **3000:** 1 Mick Cadman MM 9:18.4; 2 Rowe NV 10:12.3; 3 Jim Newberry NI 10:26.4; 4 Des Michael SC 10:30.6; 5 Dave Crane WM 10:34.2; 6 Ian Snow SW 10:51.4; 7 Archie Jenkins SVH 11:31.1; **100H:** 1 Tennyson James EV 15.5; 2 Duncan Talbot SC 19.2; 3 Ken Moncrieff SVH 19.8; 4 Simon Pugh NV 21.4; 5 Brian Williamson WM 29.1; **2KW:** Nick Silvester SC 9:29.2; 2 Allan Mann WM 15:02.8; **Medley 200-200-400-800:** 1 WM 4:13.9; 2 MM 4:15.6; 3 NV 4:15.8; 4 SC 4:19.1; **HJ:** 1 Ken Moncrieff SV & Duncan Talbot SC 1.55; 1.55; 3 Joe McColgan MM 1.55; 4 Dave Robinson NV 1.30; 5 Ken Jackson SW 1.20; **PV:** 1 Tim Brooking EV 2.70; 2 Robinson NV 2.10; **LJ:** 1 Trevor Wade SC 5.38; 2 Battista NV 5.33; 3 Jackson SW 4.92; 4 Steward WM 4.79; 5 Moncrieff SVH 4.56; **TJ:** 1 Wade SC 10.17; 2 Allan Cheers WM 9.59; 3 Ken

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MORE FROM THE WORLD'S

Jackson SW 9.00; 4 Robinson NV 8.89 **SP:** 1 Guy Perryman SC 12.77; 2 John Moreland MM 10.81; 3 Terry Lalley WM 10.67; 4 Graeme Packman EV 10.33; 5 Robinson NV 9.90; 6 Bob Douglas SVH 9.02; **HT:** 1 Perryman 43.31; 2 Moreland 37.13; 3 Lalley 35.84; 4 Tim Needham EV 29.99; 5 Bobb Douglas SVH 21.86; 6 Dave Robinson NV 13.71; 7 George Routledge NE 13.50;

MEN 60:

100: 1 Manowar Singh MM 14.1; 2 Derek Wardle VAC 14.1; 3 Les Wood SC 14.2; 4 Rod Scholes NV 15.1; 5 Barrie Roberts WM 15.6; **200:** 1 John Charlton NV 28.0; 2 Wardle VAC 28.2; 3 Bruce Henrie MM 28.8; 4 Wood SC 29.0; 5 Kevin Davies WM 35.7; 6 A N Other NE 46.2; **400:** 1 Wardle VAC 61.7; 2 Terry Bissett SC 62.9; 3 Hendrie MM 63.7; 4 Scholes NV 64.7; 5 Mel James 71.1; 6 Bill Valentine SW 91.5; 7 George Routledge NE 100.3; **800:** 1 Peter Binns EV 2:17.0; 2 Mike Dixon SC 2:30.1; 3 Scholes NV 2:41.4; 4 Jim Munro MM 2:44.0; 5 Wessely VAC 2:51.4; 6 Roberts WM 2:52.1; 7 Arthur Potter NE 3:24.0; 8 Valentine SW 3:36.7; **1500:** 1 Peter Binns EV 5:05.3; 2 John Denyer SC 5:11.3; 3 Dick Evans WM 5:18.9; 4 Mick Smedley MM 5:19.1; 5 Walter Wessely VAC 5:58.6; 6 Potter NE 6:41.3; **3000:** 1 Alex Sweilwicki EV 10:25.3; 2 Denyer SC 11:21.2; 3 Mick Smedley 11:32.3; 4 Ken Buckle WM 12:12.3; 5 Scholes NV 12:57.6; 6 Wessely VAC 13:10.7; 7 Valentine SW 14:13.5; **2KW:** 1 Peter Hannell SC 10:18.9; 2 Norbert Will NI 12:55.0; 3 John Crahan NV 13:33.4; 4 Howard Brown WM 14:00.9; 5 Eric Horwill MM 14:03.8; **Medley 200-200-400-800:** 1 MM 4:49.7; 2 SC 4:57.5; 3 WM 5:16.8; **LJ:** 1 John Charlton NV 4.82; 2 Mike Clerihew SVH 4.41; 3 Allan Cheers WM 4.25; 4 Les Wood SC 4.11; 5 Lawrie Dunn MM 3.22; **SP:** 1 Neil Griffin SC 13.63; 2 Barry Hawkesworth MM 10.62; 3 Bill Renshaw NV 10.37; 4 Godfrey Leak EV 10.24; 5 Mike Clerihew SVH 8.00; 6 George Routledge NE 6.88; **DT:** 1 Griffin SC 47.04; 2 Renshaw NV 38.76; 3 Hawkesworth MM 38.37; 4 Leak EV 35.29; 5 Clerihew SVH 28.92; 6 Routledge NE 18.20;

MEN 70:

100: 1 Alan Mellett MM 15.0; 2 Colin Field SC 15.3; 3 Len Tew WM 15.6; 4 Charles Avis EV 17.8; 5 Peter Dibb NV 17.8; **800:** 1 Tew WM 2:51.3; 2 Arthur Kimber SC 2:54.1; 3 Reg Checkley NE 3:12.5; 4 A N Other MM 3:13.2; 5 Dibb NV 3:20.3; 6 Avis EV 3:55.7; **LJ:** 1 Tony Crocker MM 4.33; 2 Rodger Bruck SC 3.60; **SP:** 1 Colin Brand SC 10.72; 2 Bob Beales EV 6.97; 3 Eric Horwill MM 5.03;

WOMEN 35:

100: 1 Lolita Byfield-Moore WM 13.7; 2 Anita Samson EV 14.3; 3 Katie Williams MM 14.9; 4 Lyn Talbert SC 15.0; 5 Andrea Heslip NI 16.5; 6 Sharyn Ramage SVH 17.9; **200:** 1 Byfield-Moore 27.7; 2 Mel Brown EV 27.9; 3 Fiona Palmer MM 28.7; 4 Michelle Wakefield SC 29.7; 5 Caroline Lawless SVH 36.3; **400:** 1 Tracy Webb MM 62.4; 2 Samson 63.4; 3 Wakefield 68.1; 4 Ramage 71.6; 5 Ruth Jenson WM 91.7; **800:** 1 Cara Oliver SC 2:31.4; 2 Lesley Willis MM 2:34.3; 3 Samson 2:34.9; 4 Ramage 2:47.3; 5 Sian Gifford WM 2:35.6; 6 Heslip 2:47.3; **1500:** 1 Jayne Clarke EV 5:01.6; 2 Oliver 5:05.5; 3 Monica Williamson MM 5:06.0; 4 Lawless 5:28.1; **3000:** 1 Clarke 10:46.2; 2 Jane Pidgeon MM 10:56.4; 3 Sally Woolhouse NV 11:26.5; 4 Oliver 12:02.3; 5 Heslip 12:33.6; 6 Lynn Marr SVH 12:39.2; **80H:** 1 Gaye Clarke EV 13.3; 2 Imeta Barauskiene SC 13.7; 3 Pidgeon 18.5; **2KW:** 1 Verity Snook SC 10:01.1; 2 Julie Bellfield MM 12:16.4; 3 Loretta Davy WM 13:31.2; 4 Di Farmer EV 15:07.9; **Medley 200-200-400-800:** 1 EV 4:29.4; 2 SC 4:37.9; 3 MM 4:42.7; 4 SVH 5:28.0; **HJ:** 1 Barauskiene 1.50; 2 Laing 1.45; 3 Gaye Clarke 1.30; 4 Pam Garvey MM 1.25; **PV:** 1 Teresa Eades SC 2.10; 2 Clarke 1.40; **LJ:** 1 Barauskiene SC 4.97; 2 Ruth Jansen WM 4.72; 3 Tracy Webb MM 4.49; 4 Wendy Laing NV 4.49; 5 Gaye Clarke 4.33; 6 Lawless 2.94; **TJ:** 1 Barauskiene 10.89; 2 Gaye Clarke 9.21; 3 Laing 9.13; 4 Willis 9.08; 5 Jo Davis WM 7.78; **SP:** 1 Jansen 10.67; 2 Emma Beales EV 10.46; 3 Sue Lawrence SC 10.32; 4 Laing 9.02; 5 Jenny Cooper MM 8.31; **DT:** 1 Beales 44.08; 2 Lawrence 33.79; 3 Cooper 33.11; 4 Laing 19.64; 5 Jansen 17.98; **JT:** 1 Lawrence 27.96; 2 Davis 27.93; 3 Karen Addis MM 27.10; 4 Margaret Coombe EV 19.03;

WOMEN 50:

100: 1 Helen Godsell SC 14.1; 2 Jan Hardcastle EV 15.1; 3 Polly Gerner MM 15.3; 4 Liz McGarry SVH 18.0; 5 Suzanne Pickersgill NV 18.5; **200:** 1 Godsell 29.4; 2 Hardcastle 31.6; 3 Elaine Restorick MM 33.3; 4 McGarry 37.6; 5 Pickersgill 38.9; **400:** 1 Talbert 68.6; 2 Carole Filer EV 73.8; 3 Restorick 80.6; 1 Nancy Hitchmough MM 2:41.3; 2 Maggie Loraine NE 2:47.0; 3 Pat Halstead SC 3:00.9; 4 Farmer 3:10.3; **1500:** 1 Hitchmough 5:06.0; 2 Anna Garnier VAC 5:22.8; 3 Halstead 5:55.1; 4 Farmer 6:08.9; 5 Liz McGarry SVH 6:46.4; **3000:** 1 Gail Duckworth EV 11:14.5; 2 Chris Kilkenny MM 11:45.5; 3 Lesley Hall SC 12:02.2; **2KW:** 1 Ann Wheeler MM 10:54.9; 2 Ann Lewis 12:56.5; 3 Sue Rey EV 14:00.6; 4 Rosemary Hutton 14:09.9; 5 Cath Edge WM 15:56.6; **Medley 200-200-400-800:** 1 SC 5:12.4; 2 EV 5:12.7; 3 MM 5:23.2; **HJ:** 1 Filer & Hazel Barker NV 1.40; 3 Teresa Eades SC 1.30; **PV:** 1 Sue Yeomans SC 2.70; 2 Margaret Coombe EV 1.80; **LJ:** 1 Filer 4.50; 2 Hazel Barker NV 3.98; 3 Anne Goad SC 3.95; 4 Gerner 3.52; 5 Cath Edge WM 1.61; **TJ:** 1 Eades 8.24; 2 Hardcastle 7.90; 3 Lorraine 7.55; **SP:** 1 Barker 9.86; 2 Goad 9.28; 3 R Martin EV 8.72; 4 Pat Higgins MM 6.75; **DT:** 1 Shirley Quinn EV 32.59; 2 Goad 21.61; 3 Barker 19.77; 4 Maguire 18.31; 5 Margaret Ehrenburg MM 15.62; **HT:** 1 Quinn 31.64; 2 Rosemary Hutton SW 30.00; 3 Higgins 28.30; 4 Jenny Piercy SC 26.24; 5 Maggie Loraine NE 15.60;

WOMEN 60:

100: 1 Moria West SC 15.8; 2 Elsbeth MacPherson NV 16.6; 3 Anne Maguire NI 16.7; 4 Viv Kirkland MM 18.0; 5 Margaret Coombe EV 19.7; **200:** 1 West 33.4; 2 Maguire 36.7; 3 Jackie Charles MM 41.7; 4 Hornsley 42.4; **800:** 1 Angela Copson MM 2:42.9 (**British Record**); 2 Iris Hornsey EV 3:38.6; **3000:** 1 Copson 11:06.5 (**World Record**); **LJ:** 1 MacPherson 3.38; 2 Pat Oakes SC 3.21; 3 Combe 2.94; 4 Kirkland 2.68; **SP:** 1 Liz Sissons SC 9.84; 2 Maguire 7.43; 3 Kirkland 6.61; 4 Coombe 6.44;



Four Brits in the in the first 6 in the M45 5000 , Ben Reynolds 325 won! (TP):



Richard Scott 2nd in the 400 metres Hurdles (LR)



Joe Appiah hears he had won the Sprint Hurdles (TP)

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SALE

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SALE

BE SEEN IN THE DARK

SALE

MENS & WOMENS VIZION RONHILL RUNNING SERIES

MENS P/LITE TIGHT;
• Power mesh inserts
• Reflective tape
• Sizes S, M, L, XL
Col: black/ fluo yell, all black
RRP-£38

£34

£68

MENS RIPZIP JACKET;
Jacket to Gilet - sleeves rip off back zip pocket • 360 degrees reflectivity • Sizes S, M, L, XL, Col: fluo yell/black, black/fluo yell RRP-£75

£45

MENS WINDLITE JACKET;
Water repellent treatment • 360° reflective • LED compatible • Sizes S, M, L, XL, XXL Col: fluo yell/black, black/fluo yell RRP-£50

£34

MENS SPORTS JACKET;
Wind resistant • water repellent • hood rolls away • 360 degrees reflectivity • Velcro cuffs • Sizes S, M, L, XL, XXL Col: fluo yell/black RRP-£38

£27

MENS LS CREW;
Ultrawick fabric - breathable and lightweight with premium quality treatment • Sizes S, M, L, XL Col: fluo yell/black RRP-£30

£27

MENS LS CREW;
Ultrawick fabric - breathable and lightweight with premium quality treatment • Sizes S, M, L, XL Col: black/fluo yell RRP-£30

£40

MENS ACTIVE WOOL 1/2 ZIP;
25% merino wool and 75% polyester thermal with moisture management • zip pocket • Sizes S, M, L, XL Col: black/fluo yell RRP-£45

WOMENS P/LITE TIGHT;
New fabric
• High in lycra
• Power mesh inserts
• Reflective tape
• UPF 50 - 98% UV rays blocked
• Sizes 8, 10, 12, 14, 16
Col: black/fluo pink, black/fluo yell, all black
RRP-£38

£34



£27

WOMENS L/S CREW;
Breathable • UPF 50 - 98% UV rays blocked • 360° reflective • Sizes 8, 10, 12, 14, 16, 18 Col: fluo pink/black, black/fluo pink RRP-£30

£45

WOMENS WINDLITE JACKET;
Durable water repellent • 2 zip pockets • MP3 pocket • Sizes 8, 10, 12, 14, 16 Col: fluo pink/black, fluo yell/black RRP-£50

£68

WOMENS RIPZIP JACKET;
Jacket to Gilet - sleeves rip off back zip pocket • 360 degrees reflectivity • Sizes S, M, L, XL Col: fluo pink/black, black/fluo pink RRP-£75

£40

WOMENS ACTIVE WOOL 1/2 ZIP;
25% merino wool / 75% polyester thermal with moisture management • Sizes S, M, L, XL Col: black/fluo pink, fluo pink/black RRP-£45

£36

WOMENS WINDLITE GILLET;
Water repellent treated • 360° reflective • Micro fleece lined collar • LED compatible • Sizes 8, 10, 12, 14, 16 Col: fluo pink/black RRP-£40

WOMENS P/LITE CAPRI;
New fabric • High lycra content • Power mesh inserts • Security pocket • UPF 50 - 98% UV rays blocked
• Sizes 8, 10, 12, 14, 16, 18
Col: black/fluo pink, black/fluo yell, all black
RRP-£35

£32



£27

WOMENS L/S CREW;
Breathable/lightweight • 360° reflective • Sizes 8, 10, 12, 14, 16, 18 Col: fluo yell/black, fluo pink/black, RRP-£50

£45

WOMENS WINDLITE JACKET;
Durable water repellent treatment • 2 zip pockets • Sizes 8, 10, 12, 14, 16 Col: fluo yell/black, fluo pink/black RRP-£50

£16

VIZION PRO BIB;
Weatherstop • 360° reflective • adjustable waist strap • Includes Vizion LED • One Size, Col: fluo yell, fluo pink RRP-£18

£10

ADVANCE HAT;
100% Acrylic • One Size, Col: black/fluo yell, fluo yell/black, pink RRP-£12
ASPIRATION HAT;
100% Acrylic • One Size Col: black/fluo pink RRP-£12

£15

VIZION BEANIE/GLOVE SETS;
Thermo Lite stretch fabric • contrast mesh panels for ventilation • One Size Col: black/fluo yell, black/fluo pink RRP-£17

SALE

JUNIOR VIZION RONHILL RUNNING SERIES

1. JUNIOR TEAM TIGHT
RRP-£22
NOW £20
2. JUNIOR RUN PANT;
• Sizes 7-8, 9-10, 11-12
Col: black/reflect
RRP-£20
NOW £18

£20



£16

JUNIOR JACKET; • Sizes S, M, L, XL, XXL Col: fluo yell/black RRP-£22

£7

JUNIOR LS CREW; • Sizes S, M, L, XL Col: black/fluo yell RRP-£18

£9

JUNIOR GLOVES; Sizes 7-8, 9-10, 11-12 Col: black, fluo yell, fluo pink RRP-£8
JUNIOR BEANIE; 100% Acrylic • One Size Col: black, fluo yell, fluo pink RRP-£8
JUNIOR BIB; One Size, (see pic right) RRP-£8 | NOW £7

£9

VIZION ADULT & JUNIOR BIB;
Mesh design • contrast binding • elasticated body for a snug fit • reflective strips front/back • One Size Col: fluo yell, fluo pink RRP-£10

£15

THERMOSTRETCH LITE GLOVE;
Ideal for racing and training • ribbed cuff • fast drying properties • Sizes S, M, L Col: fluo pink/fluo yell, black RRP-£10
WINDGUARD RUNNER GLOVE;
Excellent fabric, ThermoStretch Pro - breathable thermal fleece palm • Sizes S, M, L Col: black RRP-£17

SALE

BROOKS NIGHTLIFE SERIES FOR MEN & WOMEN

£60

WOMENS JACKET; 3M Scotchlite 500 candle power retroreflectivity • water/wind resistant • Internal Pockets • Sizes S, M, L Col: Nightlife RRP-£65

£45

WOMENS GILLET; Water and wind resistant • core stays comfortable and dry • MP3 player zip pocket • Sizes S, M, L Col: Nightlife RRP-£50

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WOMENS VAPOR DRY 3D 1/2 ZIP; Ultimate moisture-transfer fabric • MP3 player zip pocket • "see me" logo on • Sizes XS, S, M, L Col: Nightlife RRP-£45

£60

MENS JACKET; Scotchlite 500-candle power retroreflectivity • enhanced visibility • water/wind resistant Internal pockets • Sizes S, M, L, XL Col: Nightlife RRP-£65

£45

MENS GILLET; Water and wind resistant • core stays comfortable, dry, and thermally balanced • MP3 player zip pocket • Sizes S, M, L, XL Col: Nightlife RRP-£50

£40

MENS VAPOR DRY 3D 1/2 ZIP; Ultimate moisture-transfer fabric • MP3 player zip pocket • "see me" logo on back • Sizes S, M, L, XL Col: Nightlife RRP-£45

£27

WOMENS PODIUM 1/2 ZIP; • Sizes S, M, L Col: Nightlife RRP-£27

£16

UNISEX RACER CAP;
• Rear flashing LED light
• high visibility colors
• adjustable hook and loop backstrap • One Size Col: Nightlife RRP-£16

£15

UNISEX NIGHTLIFE VAPOUR DRY HEADBAND;
UNISEX VAPOUR DRY RACER HAT • Sizes S, M, L Col: Nightlife EACH, RRP-£15

£20

UNISEX VAPOR DRY GLOVES; Easy MP3-player navigation on the run • magnet holds gloves together Sizes S, M, L, XL Col: Nightlife RRP-£20

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REFLECTIVE VEST;
Lightweight high visibility mesh • fits over any top • adjustable • Sizes S, L Col: Nightlife RRP-£13

£27

MENS PODIUM 1/2 ZIP; • Sizes S, M, L, XL Col: Nightlife RRP-£27

TRACKSTERS

Ron Hill Tracksters

• Black / White band
• Mens Size S, M, L, XL
• Womens Size 10, 12, 14, 16
Col: all black
RRP-£19.99



£11