

# **MASTERS ATHLETICS**

**WINTER 2009** *The official Magazine of the B.M.A.F.*  
**Number 90.**



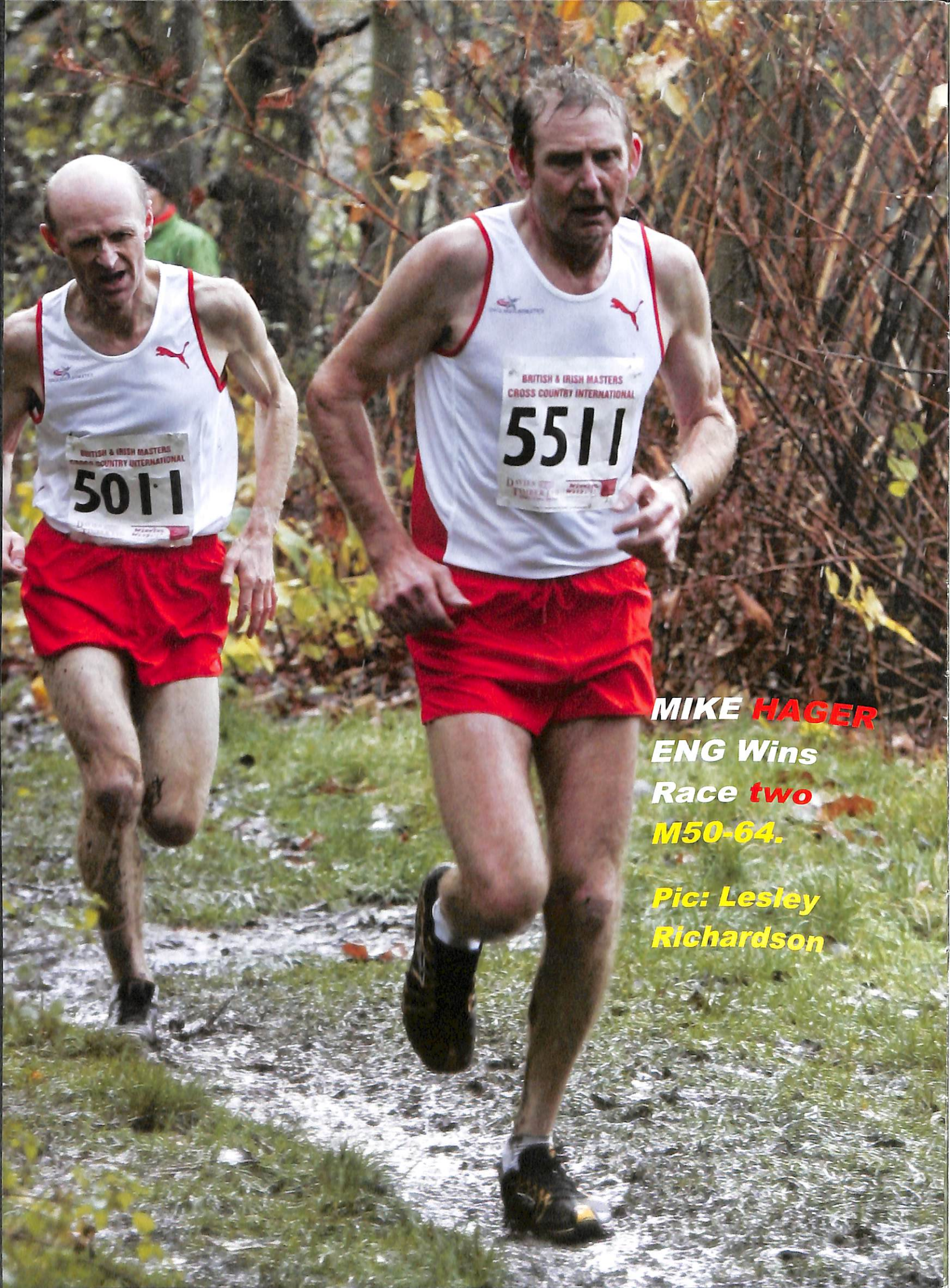
**BRITISH &  
IRISH XC  
INTERNATIONAL  
ISSUE**

**PLUS ALL THE  
MASTER'S  
NEWS.**



**Debbie Walters  
By Lesley  
Richardson**





**MIKE HAGER**  
**ENG Wins**  
**Race two**  
**M50-64.**

**Pic: Lesley**  
**Richardson**



# MASTERS ATHLETICS

## ADVERTISING RATES

**COLOUR:** FULL PAGE: £ 600  
HALF PAGE: £ 350

**BLACK & WHITE:** FULL PAGE: £ 450  
HALF PAGE: £ 250

*Items for inclusion in the "Spring Edition"  
to reach the editor by the  
16<sup>th</sup> April 2010.*

## JOIN THE 300 PLUS CLUB

SHOULD YOU WISH TO JOIN PLEASE SEND  
YOUR DETAILS WITH YOUR CHEQUE FOR  
£ 12, DIRECT TO:

Danny Mullane, 34, Malden Road, Tiptree,  
Colchester, Essex, C05 0TN.

### WINNERS IN THE LATEST DRAWS WERE:

#### SEPTEMBER:

£ 125► Tom Harley.  
£ 10► Usula Duckworth, Ian Jolliffe,  
Morgan Kelly, Allan Simmonds.

#### OCTOBER:

£ 125► Derek Smith,  
£ 10► David Calder, Terry Morris, Stuart Powell,  
Geoff Vance,

### OUR THANKS FOR THEIR DONATIONS:

NIGEL WRAY.

PAGE 3► LETTERS

PAGE 5► ALASTAIR AITKEN on PHIL  
BROWNE.

PAGE 8► PAUL DICKENSON

PAGE 8► ARTHUR KIMBER our Chairman.

PAGE 9► ED WARNER ON MASTERS.

PAGE 10► BRITISH & IRISH XC

PAGE 15► BMAF XC RELAYS.

PAGE 16► YEAR PLANNER.

PAGE 20► BMAF XC ENTRY FORM.

PAGE 21► CONTACTS

PAGE 22► FIXTURES

PAGE 24► BMAF 10 MILE CHAMPIONSHIP.

PAGE 26► BMAF HALF MARATHON.

PAGE 27► WORLD MASTER'S GAMES

PAGE 29► STATISTICS.

THE PICTURES USED IN THIS ISSUE ARE BY

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

JEREMY HEMMING  
[hemming@dircon.co.uk](mailto:hemming@dircon.co.uk)  
<http://imagnetogo.net/go/?19633>

GLENN REDDINGTON



To The Editor,  
MASTERS ATHLETICS



Albert St. Clare Earle phoned to say the card was translated incorrectly in Lahti. His distance in the Triple Jump should have been recorded as 12.17 / + 1.6, and not as published in the last issue.

Dear Brian,

In my dual roles as National secretary for road running in Wales and Regional Secretary for North Wales Athletics, please allow me to respond to Sheila Symonds' letter in the "autumn" edition of your magazine.



## MASTERS ATHLETICS WINTER 2009

Through the good graces of the organisers of the London marathon, the Welsh marathon championships for senior men and women was included in that event, as we believe it gives the best opportunity for our runners to achieve the fastest times against the highest quality opposition. Medals are awarded to the first 3 qualifying Welsh men and women to finish and team medals for Clubs are based on the first 4 men and 3 women in each team. Should one of these athletes be over 35, we would count them as a senior and include them as such in the awarding of medals. However The Welsh Masters A.A. championships are a separate event, this year held within the "Menter Mon" marathon at Anglesey in September. Therefore, Sheila would not have been qualified as an age-category medal winner in the Welsh senior marathon championships at London, as her age-group category was included in the Anglesey event.

Sheila is a well-known and respected figure in Welsh road running and one for whom I have the highest respect. She continues to run through a highly challenging illness and is an inspiration to all our young athletes in the Principality.

Best wishes,  
Paul Brooks

---

Dear Friends,

After turning 70 at the end of last year, I thought this was going to be a successful season. However, the best-laid plans etc.

In late February I was getting fit in the gym under the F.A.N.S scheme but got a little breathless after an indoor 200m at Lea Valley and had had a bit of a cough for a couple of weeks so went to the doctor. It turned out that I had widespread cancer in both lungs and several lymph nodes.

After four cycles of chemo-therapy although some of the symptoms disappeared the cancer didn't. I then went on to a miracle drug that caused a good improvement but only for a few weeks and now, unfortunately, am going downhill rapidly.

I would just like to take this opportunity, while I have the chance, of saying thank you to all my fellow competitors and officials who have made my revived athletic career so enjoyable. I am glad to have been able to contribute to the organisation of the MVAC (now MMAC) although finding sufficient officials for the meeting was difficult, particularly the 103 for the first NIA meeting.

If anyone feels the need to get in touch I am on 023 8027 4514.

Thank you all again for all the friendly but serious competition over the last twenty years, not to mention the days as Junior and Senior in the 50's, 60's and 70's.

Brian Ariss

---

Masters; if you love athletics regardless of whether you are there to win or not then it is certainly for you. Please do not be under the illusion that the sport is full of athletes who never quite made the grade. Just check the W.M.A website and have a look at some of the World Records and you will see it is not the case.

I was former International athlete in Decathlon and Bobsleigh and won A.A.A. bronze medal in the Decathlon and Long jump,

South of England Long jump and a World Silver medal in the Bobsleigh to name but a few.

I was inspired to make an entrance at the Masters World stage by seeing some of my friends competing and doing very well.



Indoor Pentathlon has always been a good event for me and trained for the M40 category. Further inspiration came down the line when Cristian Plaziat, a former European Decathlon Champion was in the line up for the 2008 World Champs in France. I always believed the World Record was within my reach but realised Plaziat may have other ideas.

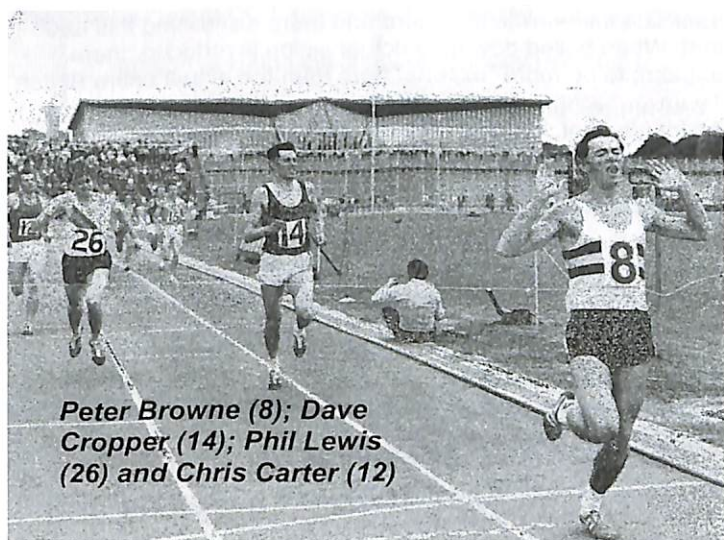
At the champs the 1<sup>st</sup> event (60H) I won in a seasons best of 8.48, and opened up with 6.76m in the long jump. Both events would have been good enough for Gold in the individuals. However I twinged the back of my leg on my 2<sup>nd</sup> attempt in the long and had to pull out. It was very hard to carry on but on such a World stage and atmosphere I just had to. The shot produced a seasons best of 12.96 and the high jump which was the biggest surprise I managed a 1.88m clearance.

I had won four out of the five events and was awaiting the scores before the final event. They seemed very reluctant to get them. Cristian was asking my team mate how fast can I run the 1000m! I was in 1<sup>st</sup> place and needed to run 3.20 in the 1000m to break the World Record of 3976pts. I made sure I was not too far away from Cristian and came home in 3.11. A total points score of 4155pts and a new M40 World Record.

I had done it and what a great feeling. I was hoping to go out and defend the title next year but work commitments would not allow. My goal for the indoor season is to run some 60's, 200's, throw shot and have a crack at the M40 British Record for 60m hurdles.

I love the competition at the Masters and will continue to enjoy and compete as long as the old bones hold out. Anyone who thinks it will be easy please don't be disillusioned, it's highly competitive, enjoyable and you will get a lot out of it.  
Andy Lewis





**Peter Browne (8); Dave Cropper (14); Phil Lewis (26) and Chris Carter (12)**

## PETER BROWNE BY Alistair Aitken

*(Peter Browne was Born 3rd of February 1949 in England and his parents originally came from Wexford)*

PETER BROWNE has been a remarkable middle distance runner after starting his serious athletics as a 400m runner. He won the A.A.A. 800 in 1971 in 1:47.5

He was AAA's Indoor Champion in 1975 and went on to do an M40 World Best (1:51.25) in 1990 and then in 1995 an M45 World indoor time of 1:57.32.

His life time achievements were 8m18s for 3000 at the 'Linford Christie' West London Stadium, but the others were all done at Crystal Palace.

"I used to train there three times a week" he said. Those times were 48.00 as a junior international (47.1 in the relay); 76.4-600; 1:46.2-800; 3:46.6-1500 and a 55.1-400 hurdles. One must also consider Pete Browne has loved running since he was taken on a family walk at the age of 10 and, found a grass track marked out. He asked his Father Peter to time him running round. His Father had to nearly drag him away because; he kept on asking him to do it again and again to better his time! In 2009 all those years later at 60 years of age, he managed to get inside 3 minutes indoors for the 800 (2:28.19) and jogged round the Metropolitan League cross course at Ruislip, in October, in 243rd position out of the 289 finishers as 4th over 60 runner in the race..

Looking back over the years it is easy to notice Peter had a fantastic degree of consistency as a high quality performer over two laps as a younger man, without many injuries which helped. Since then in later times as a Master he has been plagued with them.

One must point out in his years as a Master he had some high pressure and stressful jobs, particularly as an accountant heading up a Finance team.

He also was a Southern, England and then British team Manager in the early 90's, and also takes on tasks for his club Thames Valley Harriers.

Combined with all that, with his wife Jean, he has brought up three children. Sarah born 1975; Julie 1977 and Ken in 1981 and he is also a Granddad to a little boy called Cameron. Put all that together and Peter has not had so much time to train latterly but now, he has become semi-retired and works three or

four days a month and can reflect on his successful professional and athletic career and can set about helping and advising people as much as possible.

Peter Browne's wife Jean is also involved in athletics. As a young woman Jean 'Hamilton' was a sprinter for Highgate Harriers and it was at Parliament Hill Fields that she met Peter. "Highgate Harriers was a vibrant social club then with lots going on" Peter remarked. Jean was Sussex 200 Champion, a National Vets sprint Champion and then a bronze medallist in the European Masters indoors. She was Team Manager for Track & field with Parkside (Now Harrow) for 20 years. She is on the Middlesex County Committee and been their cross-country team Manager for several years.

As a junior Pete competed for Queens Park Harriers and it was in his 40's he became a fervent member of Thames Valley Harriers. His grandfather was a sprint hurdles champion for Ireland!

Looking back to when Browne broke through as a junior. He was friends with outstanding 16/17 year old 'Superstar' John Wilson, who was trained by **Charlie Elliott (Editor of Athletics Arena publications in those days)**. John took Peter along to see his coach and he took him on. "I had been training with the lads at QPH for a year and a half. I did not know what event I wanted to do. A bit of high jump or 200m running. Just drifting along". "There was no indication I was going to be an international. I started with Charlie and after six months I competed internationally in the first ever junior international against France". "I had only been briefly running in club races before that but by the end of the season I was ranked in the top three in my age group" Looking back he said "I believe Charlie Elliott at that stage, 40 years ago, was if not revolutionary was evolutionary and developing on others and refining techniques. A man ahead of his time"

Peter Browne was not a big mileage man, as he felt it did not suit him because when he did 80 or 90 miles it did not work for him. He found 60 to 70 more suitable.

Now for his exciting life as a racer. He ran against Sebastian Coe and Steve Ovett and managed to beat Steve when he in his late teens several times but not Seb Coe. He liked both of them. Did he feel Steve Ovett would become a great athlete at the time?

"Steve Ovett was always destined for greatness and with due respect to Harry Wilson, anybody could coach Steve Ovett. He did not actually and still doesn't realise how good he was"

Peter won the Southern 800 at least 3 times and the **Middlesex Championship 800 12 times**. In 1984 Coe smashed the County record with 1:45.2. "I ran third in 1:51.0. Coe was starting to knock out World Class times on a regular basis then. Coe was a different kind of runner to Ovett. Much more technical and clinical in his approach but again, a very personable guy"

Now for a sprinkling of races from the many Browne ran.

**In the AAA's 800 on 24.7.71 Peter Browne won in 1:47.5.** "It was a strange kind of race. I was confident.

I knew I was in good shape. I hit the front after 400 run at a reasonable pace. We had gone through in 53-54s. There was some bumping behind me and I got shoved in the back. I was leading at the time and it propelled me forward a metre or so at the 350 mark so; this was a sign to go for it.

I kicked in fairly hard and kicked again in the home straight and held on to win by a fairly comfortable margin which was a life time PB at the time. It was quite special in many ways because it was at Crystal Palace and my family was there. A progression from the previous two years when I was 3rd then 2nd."

**The European Games Final in Helsinki on the 12.8.71** was a very strong memory for Peter.



## MASTERS ATHLETICS WINTER 2009

In his heat he ran 1:49.4 where he was 4th to Yevgeniy Arzhanov (SU) who won in 1:49.3.

"It was my first major international Championship. We had trained in the massive Stadium just to get a feel of the track. We came out for the heats of the 800 and that coincided with the final of the 10k. Juha Vaatainen was the great Finnish hope and went on to win that. We warmed up outside, came through the tunnel for the heats and we were totally unprepared for what was about to meet us. The stadium where we trained had become familiar when it was empty. That night we came out and stadium was jammed with screaming Finns all fired up for the 10,000. The sound was physical. We stepped on the track and virtually froze with such a shock, but I managed to recover and I qualified for the semi-finals (**On the 11th of August won by Dieter Fromm of East Germany in 1:48.6 and Peter Browne 3rd in 1:49.0**).

In the Final (**The first 6 out of the 8 were 1, Yevgeniy Arzhanov 1:45.6, 2 Dieter Fromm 1:46.0; 3 Andy Carter (GB) 1:46.2; 4 Hans-Henning Ohlert (EG) 1:46.95; 5 Pete Browne 1:47.0; 6 Jozef Plachy (Cze) 1:47.3.**)

"It was a fast race and I was still in the race with 100 metres to go but I had not got anything to respond when the 'Big Boys' kicked in the straight but it was the most painful experience. We walked to the side of the track where our kit was. I sat down on the bench and could not move. My hamstrings were on fire. It took half an hour before I could stand and walk back"

In 1974 Steve Ovett won the AAA's Final in 1:46.09 from Pete Browne (1:46.43) but Peter was impeded in the race but did not complain.

**In 1989 Pete Browne ran in the World Masters 800 M40 Final in Eugene, Oregon and had a very close race with two other good British Masters Ron Bell and Les Duffy. Browne won in 1:55.2 from Bell and Duffy.**

"It was a mission. My Father had just died. He was always very supportive of me. It was just before my 40th birthday in January that happened. I wanted to do something to make him proud. Ron Bell had 800/1500 M40 World records.

It was the first big Masters Championship I had been to. It was a wet day so it was described as three spitfires coming out of the clouds."

**In 1990 in Budapest, Pete Browne, won three individual M40 gold medals. 400 51.56, 800 1:57.59; 1500 4:07.33--In the latter the 2nd and 3rd were Trevor Alderdice and John Potts.**

"1500 was never my best as my life time best was 3:46.

Because of the programme in Budapest I was able to do all three. The 1500 was obviously the hardest because it was the top of my range."

Peter sums up with a little of his philosophy on life at the age of 60. "It is the age of reflection and you realise what is important in life. What achievements actually mean. Sometimes they are important and sometimes not quite as important as they appear to be at the time. You start to reflect on how your life has gone and what experiences you have had. You realise that life is making the most of your abilities. Not doing things that are destructive or detrimental to others and how important relationships are to both family and friends."

Brian,

In Regard to the open letter concerning BBC's recent coverage of the I.A.A.F World Championships.

Perhaps I 'am older (or more cynical) but I ,certainly , wasn't convinced the B.B.C team gave us "a week of entertainment of the highest order".

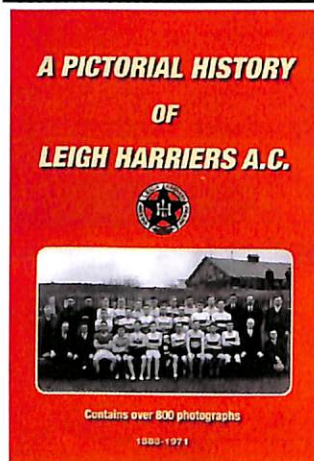
No one can dispute the background of all involved but there's just too much of a jobs for the boys (and girls) scenario here.

Endless blathering in the studio before any action starts, boring trackside interviews, trips here and there discussing this and that. When boiled down the actual action is reduced, there appears to be more "experts" here than the actual entire British Team.

As for Michael Johnson? His knowledge of British Athletics is limited to Olympic and World Championships. I would love to know what price is paid for his expertise , first class Travel and accommodation no doubt.

As for the age thing I have already written about this in a previous issue. Switch to Eurosport Tim Hutchings is physically unable to complete a sentence without mentioning the athletes age, but there is a lot more action than the BBC.

Robin Sykes.



### **A Pictorial History of Leigh Harriers Athletic Club, 1888-1971.**

**Researched and  
compiled by  
Club Historian and  
Athlete  
John Taylor.**

*Produced in A4 hardback. Containing 333 pages and  
over 800 black and white photographs.  
Price £20.00 (£6.30 p&p.)*

Available from:

John Taylor, Leigh Harriers Athletic Club, New Madely Park,  
Turner Way,

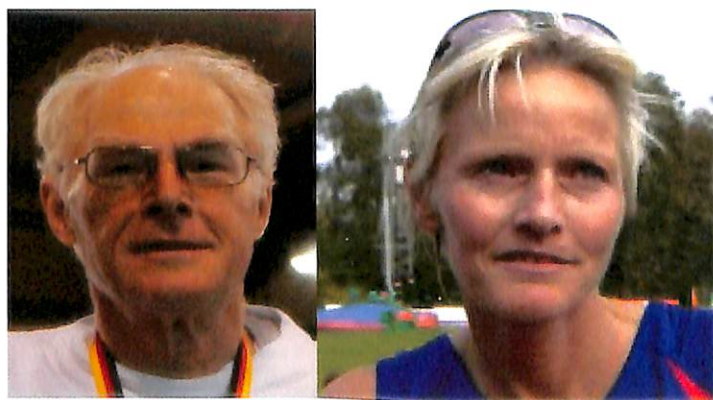
Sports Village, Leigh, Lancashire, WN7 4GX.

E-mail [John.taylorpictorial@yahoo.co.uk](mailto:John.taylorpictorial@yahoo.co.uk)

Also available on eBay- search 'Leigh Harriers'.

Payments can be made by: Paypal, Postal Order or Cheque

payable to Leigh Harriers AC.



At the meeting of the E.V.A.A. Council Guido Müller (GER / M70) and Gitte Karlshøj (DEN / W50) were elected European best Masters for 2009. The award ceremony will take place in Marathon (GRE) on the 23<sup>rd</sup> January 2010



**T**he Gwent CC League held its second match of the season at Bath University on Sunday (Nov 8th).

During the afternoon President, Mary Davies made a series of presentations.

The prestigious Gilbert Legge Trophy for "Sportsmanship, Endeavour & Achievement" was presented to

Carmarthen Harriers in recognition of their long, devoted and successful participation in the league led by the indefatigable Dr Hedydd Davies.

Gwent League plates were also awarded to eight athletes marking their unbroken consecutive appearances in the League.

50 - Philip Jenkins - Bridgend AC; Yvonne Bullen - Les Croupiers RC

75 - Philip Meyler - Pontypridd RRC; John Davies - Port Talbot Harriers

125 Simon Merrick - Swansea Harriers AC; Jeff Aston - Les Croupiers RC; Derek Osborne - Brecon AC; Ian Swanson - Port Talbot Harriers.

*The latter four awards are particularly noteworthy as they represent over 25 years without missing a match. In the cases of Merrick, Aston & Osborne this is despite career demands as a Police Sergeant (Merrick) and heavy commitments as cross country officials (Aston & Osborne). John Davies' achievement is also of interest as he is predominantly a thrower (javelin) and currently President of Welsh Masters AA.*

JOHN COLLINS.

*The W.M.A Council elected, Rita HANSCOM, USA and Guido MÜLLER, GER as the World Best Masters 2009. Congratulations to the athletes, who will be invited by the I.A.A.F and W.M.A to the I.A.A.F Gala on the 22nd November 2009.*

### FROM THE PRESIDENT Paul Dickenson

**T**he end of another busy year! Athletes appear to compete through January to December these days. It certainly has been the case for many years now that your athletics season, which used to be for short bursts in the winter and summer, is now spread out over a much longer period of time. It is November and I am still catching up through the use of the internet and magazines with track and field results that are coming in from all over the world plus of course road

aces, cross country, race walking and other bits and pieces. There is no rest it appears; athletics is not only a global sport but a 12 month a year sport too!

Nils de Vos recently wrote an article in 'The Times' which outlined the 'Diamond League' which starts in 2010. He said that meetings like the Aviva British Grand Prix and the Aviva London Grand Prix "will serve to build the excitement and whet our appetites to see the top global athletes going head to head" and that "it will play an important part in the legacy of London 2012". The I.A.A.F and U.K.A are certainly thinking hard about the future of their sport in terms of its marketability and global attraction in order to protect its future.

I think that Masters Athletics must do the same in order to respond to the global market place and to ensure that it is responding to the exact needs of those who participate year after year and in some cases 12 months of the year!

This means you! Participating athletes need to consider what it is they really want from their sport in terms of competition. What is it that is right for them? What is it that is going to keep them involved and get the juices flowing and what is it that will ensure that Masters Athletics continues to grow and gain popularity.

As always thanks to all those people who support and work to make B.M.A.F a fully functioning body, to those who turn out week after week to organise and officiate at meetings and to the athletes who continue to produce outstanding performances. I wish you a healthy and enjoyable 2010.

**T**he most important event since the last issue of Masters Athletics was the Home International Cross Country at Perry Park, Birmingham on November 14<sup>th</sup>. Despite the appalling weather, heavy rain and strong winds, we enjoyed four very competitive races with many excellent performances in a very friendly atmosphere. The dinner and presentation evening at the impressive Imperial Suite in the National Motorcycle Museum rounded off a very enjoyable and successful day. Thanks must go to all athletes, officials and other helpers, to Birmingham City Council and Birchfield Harriers, who stepped in to ensure that the event could take place after the venue had to be changed at short notice, and especially to Irene Nicholls, EAMA Chair, for her sterling work over many weeks, in the Portland 10 mile in October and half marathon at Stevenage in November, another race seriously affected by heavy rain and strong winds

### CHAIRMAN's REPORT Arthur Kimber

On the road athletes have competed in BMAF championships. Planning for the future and following our meeting with the London Development Agency, Maurice Doogan, Phil Bell and I met officers from Visit London, Jennifer Butler, Karen Webb and Ian Edmundson, to present our proposals for bidding for the W.M.A championships in the Olympic stadium in 2015. Also Maurice Doogan and Brian Owen had a very encouraging meeting with Steve Hollingworth from Birmingham City Council to discuss the possibility of holding the W.M.A indoor championships at the N.I.A in 2014. The next major competitions begin early in the New Year, the first indoor fixture at Lee Valley, our Pentathlon Championship, in January, the W.M.A Indoor Championships in



## MASTERS ATHLETICS WINTER 2009

Kamloops, Canada, our cross country championships in Belfast and our indoor championships at Lee valley, all in March. **Don't forget closing dates. Kamloops closes on January 9<sup>th</sup>.**

I hope that you all have a successful and injury free winter of training and competition.



**Ed WARNER on MASTERS**

**T**he decision taken at the I.A.A.F Congress in Berlin to split the starting age for masters athletes between 35 in stadia and 40 outside has flushed out some curious attitudes towards athletics for those, like me, no longer in the first flush of youth.

First, let's acknowledge just how unsatisfactory the decision-making process was in Berlin. At Bridget Cushen's behest, I spoke out against the proposed rule change at the Area Meeting of European Athletics on the eve of the Congress. I had intended to do so also at the Congress proper, but was assured that the I.A.A.F itself would make clear from the podium that it did not support the proposal. As it was, there was no such clarification and confusion filled the vacuum with the proposal being passed.

As someone who will never be under 40 again, my personal status as a master athlete in any competition is clear. But as B.M.A.F attempts to build interest in master's athletics, it is now faced with explaining to younger newcomers that they may

have to compete for five years on the track as a master before qualifying to do so on the road.

Or, of course, B.M.A.F could simply choose to proceed as if the I.A.A.F Congress had never taken place. I understand that is your plan, and U.K.A is happy to endorse this pragmatic reaction.

Already, the age at which one is considered a Master competitor is higher in athletics than in most other sports. Confusing the issue of qualification would only put us further out of step.

The raising of the age bar outside stadia reflects the advanced age of many of the world's top marathon runners. I'm not aware that any of them, however, are bridling at being technically master's athletes as well as global superstars. Indeed it seems to me a cause for celebration that they are maintaining their competitive peaks beyond the age of 35 rather than something that should trigger a rule change

In supporting B.M.A.F's stance, I have attracted some surprising criticism from within the athletics fraternity for promoting competitive athletics for older runners. One individual pretty high up in the athletics hierarchy told me that ours was a young person's sport and that once individuals had peaked they should turn their hand to coaching, officiating and volunteering to fill the gaps in these fields rather than competing as masters.

You can be sure that I bridled at his suggestion. Not that we haven't gaps in the volunteer sectors that support athletics, but that to my mind competing, officiating and coaching are not mutually exclusive. Indeed I am sure that many B.M.A.F members fill some combination of each of these roles rather than simply pulling on their shorts and training for their own ends.

I recently met with members of B.M.A.F's committee, including Arthur Kimber your new Chairman, and repeated my previous offers of assistance to you as a sister organisation to U.K.A. We don't want to wrest control of masters athletics from B.M.A.F, but we do want athletics to remain a vibrant sport up and down the age scale in the UK, and we are sensitive to the fact that like all of the athletics clubs in the UK you rely entirely on volunteers to oil your wheels and keep your show on the road. If there is practical assistance that we can give, then we're very happy to consider it.

When I glance through the statistics of performances in each edition of "Masters Athletics" I marvel at some of the times, heights and distances posted by British Master athletes. I only wish I could spot a mark that I might seriously hope to challenge when the passage of time places me in the appropriate age category. Alas none have cropped up yet, but I'll keep looking and training! Here's to a successful athletic 2010 for all BMAF members from all at UKA.

### Secretary's Report *Bridget Cushen*

**S**pecifications for the new 2k W75 shot and hammer have been received. Athletes in the 75-plus age categories should not have difficulty in obtaining these through their normal supplier ([see advert on back of cover](#)).

The Draft Equality Bill is now before Parliament. Again competitive sport is excluded, just as it was in the Age Discrimination Act. We have made representations as we do not ever again want to witness blatant discrimination against



## MASTERS ATHLETICS WINTER 2009

any 35-year olds who are good enough to finish in the top three in Senior competition and who had fulfilled every facet of the selection criteria for major international events, being overlooked because of their age.

We welcome new members in the 35-39 age category and assure you that our Championships will include this age group whatever your event or level of fitness. There is also a welcome for you at the World Masters Athletics Indoor and Outdoor Championships. If you hope that one day you may even be selected for your Home Country to run in the annual British & Irish Masters International Cross Country - just think of it, you will have over 35 bites at the cherry!

### During the year we said farewell to:

**Maureen Whitaker:** Maureen joined Airdale Harriers as a teenager. There she was to meet Keith, our former President, founding member and for years a key Officer of the BMAF Executive. She was a successful hurdler until she shattered an elbow in a fall. She was one of a few women who competed in the first BVAF Track & Field Championships organised by Keith and she ensured that as many women's events as possible were included! After the formation of World Masters Athletics, she went on to win a bronze relay team medal in 1977 and again at the first European Championships in Italy in 1978 unaware that she had a heart valve problem and should not have been running at all. When her cardiac problems did prevented her from racing, undaunted she threw herself into voluntary work in their native Yorkshire - Secretary of the Bronte Society and various other Organisations. She slipped away just four days short of her 75<sup>th</sup> birthday. Her GP fittingly summed her up "if she had not done all the things she did; she would not have reached the age she did". We offer our condolence to Keith, their daughter Lyn and their two sons.

**Dick Blois,** he was a prolific marathon runner and a regular member on the annual trip to the Brugge races in the late Sixties/Seventies. He died in June at his home in Essex age 82, he had been out for a run the previous day.

**Roy Fowler.** Renowned as one of England's most tenacious distance runner in the golden Sixties, Roy won the equivalent of the IAAF World Cross Country Championships in 1963. On reaching 40 he joined us and became BVAF cross country champion in 1975/76/77. At our 1976 Track & Field Championships in Stretford he won the 5,000m in 14.54.2 and the 10,000m the following day in 30.55.0sec aged 42, and that was after a week working as a painter/decorator. He competed in the first World Veterans Track & Field in Toronto in 1975, taking the 5/10km and 10k cross country, leading the team of M. Barrett, M. Morrell, G. Harrison and Eric Austin to the World title. In Goteborg in 1977, he retained his 10,000m World crown and was second to the 1964 Olympic 3000m steeplechase gold medallist and long time Belgian international, Gaston Roelants, over the 5km and cross country. Roy died at his Staffs home from cancer in June aged 75.

**Pat Davidson (nee Kippax)** was one of Britain's top 400m runners. She missed the final of the 1964 Tokyo Olympics by 0.2sec, had she been in the next race, she would have got through. As a member of the Women's VAC, she won several age group Cross Country titles in the Seventies. She also succumbed to cancer in August aged 68.

**Phil Munn.** The Mitcham AC hurdler was an active competitor until into his Eighties; he passed away after a short illness.

**Alf Wood.** Alf was a regular at all BMAF and International Championships winning his age group pole vault at the Buffalo World Championships in 1995, and numerous British titles. He

and his wife, who accompanied him everywhere, were a famous trapeze artists duo. He later looked after her devotedly as Alzheimer's disease progressively engulfed her. He was aged 81.

**Shirley Brasher.** The permanently smiling Australian had entered several events at the World Championships in Lahti last July; she was not to get there. She suffered a fatal stroke at her home in Tasmania just weeks before, aged 83. She set 14 World age group records and 22 Australian during her illustrious career.

### British Masters Annual Cross Country International

The Ryder Cup golf competition between the USA and Great Britain & NI, started in 1927. The early matches were fairly even. However after repeated US dominance after the Second World War, Great Britain joined with continental Europe to form a team that has enjoyed more competitive matches.

With England dominance in the annual British Masters Cross Country International, never having been beaten in the overall contests, the format could also be changed to a match between England and the "Celtic" nations, namely Scotland, Wales, Northern Ireland and the Republic of Ireland. An extra trophy presented at the awards ceremony would take no time up at all, the time taken at the presentation could easily be shortened to accommodate this, by better organisation and speeding up of the photo calls. In this suggestion there is no need to do away with the existing 5 nation's age group competitions, only changing the overall format.

Using this years' race at Birmingham as an example, the results in an England v Celtic Nations overall trophy competition would be:

W35: E 7-CN 14; W40: E19-CN 9; W45: E9-CN14;  
W50: E 11-CN12; W55: E9-CN13; W60: E 6-CN19;  
W70: E 11-CN14; Total Women: E 67-CN 95;

M35: E 45-CN10; M40: E 10 -CN 29; M45: E18-CN 26;  
M50: E 22 CN 17; M55: E 20 CN 9; M60: E 22 CN 11;  
M65: E 13 CN 10; M70: E 8 CN 13; Total Men E 158 CN 158;

OVERALL: 1 Celtic Nations 210 points; 2 England 225 points;

In the present format, England again won the Male, Female and Overall trophies, using the method outlined above Celtic Nations win overall by only fifteen points, with the Ladies award going to England, and the Men going to the Combined Nations.

Archie Jenkins

Arrangements are in hand for the A.G.M. of the England Athletics Masters Association.

The meeting will be on the 20<sup>th</sup> March in Birmingham, and a vacancy exists for a Road Race Secretary, and the new post of Vice Chairman will be established.

Proposals for the meeting will be required by the end of February.





## ENGLAND WEATHER STORM IN THE PARK

Words: Philip Lee

Pictures: Lesley Richardson & Jeremy Hemming

**T**he British and Irish Masters Cross Country International was held in Perry Park, Birmingham in atrocious conditions. Just before the start of the first race the storms which had been predicted to hit Birmingham did! The runners had to contend with strong winds or lashing rain or both which meant that the already soft ground began to cut up almost immediately changing what would have been a flat, fast course in the dry into a much stiffer test in the wet for the runners.

While England successfully continued their hold on the trophies they did not have it their own way. England suffered defeat in the W40 team race where they only came third to the winners Wales and second to the Republic of Ireland in the W50 event. In the individual battle, Niamh O'Sullivan, ROI, returned to winning ways after losing her W45 crown to Jane Clarke of England in 2008. She had a tough battle with Sarah Gee, England, and won by a second. The Republic of Ireland also won the W50 race as Carmel Parnell edged home from the chasing pack. Jane Waterhouse of Scotland, W55, gave the Scottish contingent something to cheer about taking her age race.

The England men had less to be happy about as they only won two gold medals in the individual races up to M65 as Wales and the Republic of Ireland both produced two Gold medallists each. England gained some of their pride back by winning the M65 and M70 events. In the team events, strong M35 and M55 ROI teams took the gold medals and the M60 Team event went to a jubilant Welsh squad which contained **Griff Owens** and **Dic Evans** who were part of the Welsh team that won in the first ever XC International in Wales in 1988. I am grateful for that information from my contact who, being much older, can recall these events.

### Race 1 All Women and M65+ over 6k

As this is the largest field of the International, as it accommodates W35 to W65+ and M65 and M70 age groups, races develop all down the field as each age group runner battles to be the winning one. At the front of the field this was not the case. Starting as she left off at Swansea, **Debbie Walters**, Eng, gave another display of strong, front running to win the race and her W40 age group by almost a minute. In the W35 race, **Sarah Jarvis**, Eng, came home in front of fellow compatriot **Claire McKitterick** and last years winner, **Donna Mahon**, ROI. The three of them had been locked in a closely run battle and at the end only 9 seconds separated



**Sarah Jarvis**  
**ENG**  
**(LR)**

them. **Sarah Wilkinson**, Eng, had also been up at the front of this age group but had to pull up with an injury.

*Sarah Jarvis Eng 24.06, Claire McKitterick Eng 24.13, Donna Mahon ROI 24.15*

**Debbie Walters** dominance of the W40 race meant that the focus of attention was further down the field for the other medal places. Second place went to **Carmel Crowley**, ROI, who had finished 5<sup>th</sup> in last years race, although she was almost two minutes down so strongly had **Debbie** been running. **Marilyn Kitching** took bronze ahead of fellow country women, **Ann Thomas** of Wales and reversed last years order although, this time, further up the field.

*Debbie Walters, (Picture front cover) Eng, 23.12, Carmel Crowley ROI, 24.54, Marilyn Kitching Wales, 25.08*



**Niamh O'Sullivan**  
**ROI**  
**(LR)**



## MASTERS ATHLETICS WINTER 2009

**Niamh O'Sullivan**, returned to winning ways in the **W45** race but was made to work hard by an accompanying group of runners which included the eventual second, **Sarah Gee**, **Clare Elms**, who had moved up an age group and **Jane Clarke**, all of England. **Clarke's** effort faded on a course flatter than she likes so the others continued to race to the line which **O'Sullivan** won in one of the closest contests of the day.  
*Niamh O'Sullivan ROI 24.29, Sarah Gee Eng 24.30, Clare Elms Eng 24.41*

The Republic of Ireland also triumphed in the **W50** age category when **Carmel Parnell** came home 5 seconds ahead of second placed **Ann Luke**, Eng, who moved up a place from last year and **Julie Buckley**, also of England  
*Carmel Parnell ROI 25.39, Ann Luke Eng 25.44, Julie Buckley Eng 25.46*



**Jane  
Waterhouse  
SCO (JH)**

The **W55** race saw a strong finish from **Jane Waterhouse**, Scotland; who pipped the long time leader **Susan Cooper**, Eng, on the final lap. **Cooper** had won in 2008 with **Waterhouse** in 5<sup>th</sup> place. **Christine Kilkenny** followed her England team mate home and kept up her form in Internationals.  
*Jane Waterhouse Scot 28.03, Susan Cooper Eng 28.19, Christine Kilkenny Eng 28.28*



**Angela  
Copson  
ENG  
(LR)**

In the **W60** race there could only be one winner. Coming off the back of several World records and impressive displays on the road and track it was inevitable that **Angela Copson** would win

the age group. Her two minute margin was an impressive run but the fact that she was running with younger age groups must surely help her to achieve times which many younger runners, male and female, would be happy to clock. As she said her legs are "young" as she has only been running since 2007. Her England team mates did a good job in ensuring they also won the team event.

*Angela Copson Eng 27.24, Margaret Murray Eng 29.24, Ros Tabor Eng 19.31*



**Lesley  
Bowcott  
ENG (LR)**

The **W65** race produced a new name as **Lesley Bowcott** managed to hold off a strong challenge from both Irelands. **Bridget Quinn** who picked up Northern Ireland's first medal of this race by coming third.  
*Lesley Bowcott Eng 33.57, Pam Benson ROI 34.09, Bridgett Quinn NI 34.31*



**Martin  
Ford ENG  
(LR)**



## MASTERS ATHLETICS WINTER 2009

For the **M65** who also run 6K it was the case of chase the leader as **Martin Ford**, Eng, set a fast pace. Behind him, a group of runners which included, **Christy McMonagle** ROI, **Peter Giles** Eng, **Emyr Davies** Wales, **Pete Cartwright** and **David Fairweather** of Scotland chased hard. As **Ford** continued his way to the gold medal the race for the other medals was hotting up and on the third lap **McMonagle** consolidated his second spot while **Davies** eased his way to the bronze medal.

*Martin Ford Eng 25.36, Christy McMonagle ROI 26.11, Emyr Davies Wales 26.58*



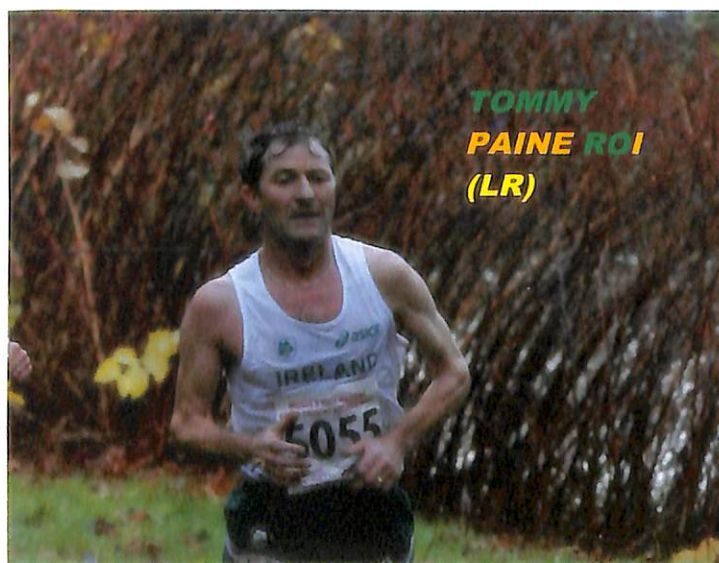
**FRED  
GIBBS  
ENG (LR)**

The **M70** race followed a similar pattern to the **M65** as England's **Fred Gibbs** set a fast pace at the front of the field while the others fought for the remaining medals. The others were **Jim McNamara** ROI, **Les Presland** Eng, **Ian Leggett** Scot and **Edmund Simpson** Eng. The order remained the same for the second lap but a well judged finish from **Presland** enabled him to take silver.

*Fred Gibbs Eng 27.49, Les Presland Eng 28.33, Jim McNamara ROI 29.06*

### Race 2 M50 – 64 8K

By now the course was beginning to cut up with the deluge of rain that had fallen over it before and during the event. This did not stop **Mike Hager** of England from giving a fine demonstration of strong front running as he came home the winner of the overall race. If **Angela Copson** puts her success down to young legs to what can we attribute the phenomenal success of **Hager** as his legs certainly can't be young but they aren't old judging by the way he blitzed the field.



**TOMMY  
PAINE ROI  
(LR)**

The **M50** race saw England's **Bob Atkinson** being the only runner brave enough to compete with **Hager**. With **Andy Wetherill**, Eng, in second spot followed by **Tommy Payne** and **Jim Stafford**, ROI and **Jeff Farquhar** of Scotland. As **Atkinson** continued his battle up front with **Hager**, **Wetherill** was being joined by team mate **Malcolm Eustace** and the group by Wales' **Ifan Lloyd**. As the race entered its final lap the chasing pack were relentlessly closing down on the leader who may have been paying for his efforts at following **Hager's** pace. By the time they got to the lake for the last time **Payne** and **Farquhar** had replaced **Atkinson** at the front and the order stayed that way on the run to the line.

*Tommy Paine ROI 30.52, Jeff Farquhar Scot 30.55, Bob Atkinson Eng 31.07*

The **M55** race belonged to **Mike Hager** who stormed his way to victory. Again the battle was for the other medals. After an initial showing from **John Shapland**, Eng, the race followed a pattern of **Matt Shields** NI leading from **Pat O'Shea** from the Republic and this was how it ended in a very close finish.

*Mike Hager (Picture inside cover) Eng 30.41, Matt Shields NI 32.20, Pat O'Shea ROI 32.20*



**GRIFF  
OWENS  
WAL  
(LR)**

In the **M60** race, **Malcolm Reynard**, Eng, set the early pace as **Griff Owens** and **Sandy Johnstone** of Wales, **Terry Eakin**, NI, and **Andy Rennie** of Scotland followed. As **Reynard** continued to lead the following pack were beginning to close the gap up front. By the last lap **Owens** and **Eakin** had both overtaken **Reynard** with **Johnstone** close on his heels. By the time the line arrived **Johnstone** had overtaken the early leader **Reynard** who despite all his hard work finished out of the medals.

*Griff Owens Wales 34.48, Terry Eakin NI 34.56, Sandy Johnstone Wales 35.00*



## MASTERS ATHLETICS WINTER 2009

### Race 3 M35-49 8k

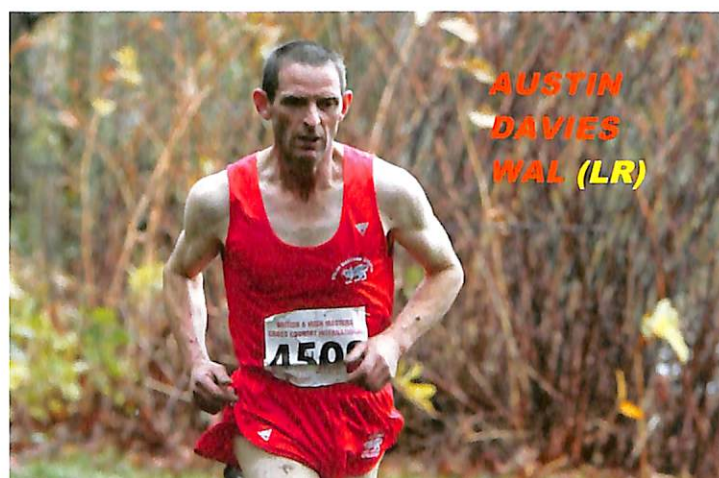
With the course now cutting up badly runners had to decide the best track to follow. On the short sharp climb before the lake section many were picking their way on the extreme edge of the course and some even decided to run outside the markers so desperate was the desire to find fresh ground. If only they had gone further to their right they would have encountered a wide swathe of unused grass. It may have added a metre or two to the distance but the extra purchase gained may have been worth it.

The **M35** race was dominated by the Irish. **Pat Byrne** and **Ciaran Doherty** of ROI, **Dave Morwood** NI were among the early leaders which also included **Huw Evans**, Wales, **Alan Murchison**, Scotland and **Iain Twaddle** of England. As the race progressed the leading three began to increase their advantage so that by the last lap they had the race between them and it was only a case of what order they would finish in. **Morwood** moved up a place with a strong finish to take silver with **Byrne** comfortably in first.

**Pat Byrne** ROI 28.50 (Picture inside rear cover), **Dave Morwood** NI 29.14, **Ciaran Doherty** ROI 29.17

If the Irish were Masters at 35 it was the English who dominated the **M40** race. **Tim Hartley** of England continued where he left off from 2008 with the overall race win. It is interesting to note that his time of 28.04 was the same as he achieved at Swansea on a course that was totally different from Perry Park. England had packed well throughout the race with **Andy Ward**, **Paul Ward**, and **Gordon Lee** battling out between themselves for the medals with only **Mick Traynor** of the Republic of Ireland able to mount any form of challenge.

**Tim Hartley** (Picture inside rear cover) Eng 28.04, **Andy Ward** Eng 28.15, **Gordon Lee** Eng 28.34



The **M45** race was a struggle between the English group of **Ben Reynolds**, **Jon James**, **Simon Wright** and Wales' **Austin Davies**. **Davies** was triumphant to give Wales their second individual gold medal of the International.

**Austin Davies** Wales 28.37, **Ben Reynolds** Eng 29.09, **Jon James** Eng 29.23

A big thank you must go to all the runners, officials and marshals for putting up with such appalling conditions. When England put on this event at Croydon 5 years ago the weather was also abysmal as rain and hail were the order of the day. Perhaps instead of looking towards the Isle of Man as a venue they need to look at the island of Malta to ensure a reasonable day. The irony was that on the Sunday as many runners made their way home the sun was shining and the wind had dropped. Ideal conditions for a race. Let's hope that when the event moves onto Dublin in 2010 conditions are much better.



### Race ONE: Women and M65 plus (6k)

1 Debbie Walters W40(1) ENG 23:12; 2 Sarah Jarvis W35(1) Eng 24:06; 3 C McKitterick W35(2) ENG 24:13; 4 Donna Mahon W35(3) ROI 24:15; 5 Helen Fines W35(4) ENG 24:24; 6 Niamh O'Sullivan W45(1) ROI 24:29; 7 Sarah Gee W45(2) ENG 24:30; 8 Mary Sculley W35(5) ROI 24:33; 9 Clare Elms W45(3) ENG 24:41; 10 Cathy McCourt W35(6) N/IRE 24:54; 11 Carmel Crowley W40(2) ROI 25:01; 12 E Cuskelly W35(7) ROI 25:05; 13 Jane Clark W45(4) ENG 25:06; 14 Marilyn Kitching W40(3) WAL 25:08; 15 Jenny Moore W45(5) ENG 25:14; 16 Ann Thomas W40(4) WAL 25:16; 17 Lucy Darcy W40(5) ROI 25:24; 18 Karen Rushton W40(6) ENG 25:25; 19 Isabel Redfern W35(8) WAL 25:25; 20 Anne Curley W35(9) ROI 25:25; 21 Gillian Burns W35(10) N/IRE 25:36; 22 Martin Ford M65(1) ENG 25:36; 23 Carmel Parnell W50(1) ROI 25:39; 24 Ann Luke W50(2) ENG 25:44; 25 Julie Buckley W50(3) ENG 25:46; 26 Libby O'Duffy W40(7) WAL 25:48; 27 Cath Wheeler W45(6) WAL 25:56; 28 Emma Parry W35(11) WAL 25:58; 29 Breece B-McHale W40 ROI 26:02; 30 Denise Sanders W40(8) WAL 26:07; 31 Kay Byrne W45(7) ROI 26:08; 32 C McMonagle M65(2) ROI 26:11; 33 Sue Ridley W40(9) SCO 26:11; 34 Helen White W40(10) ROI 26:12; 35 Ann Sullivan W50(4) ROI 26:12; 36 Nikki Nealon W40(11) ENG 26:13; 37 Louise Smith W35(12) N/IRE 26:14; 38 Alaisan Winship W35(13) SCO 26:20; 39 Clare Gemmell W40(12) SCO 26:25; 40 S Hambling W40(13) N/IRE 26:28; 41 Claire McCracken W35(14) SCO 26:32; 42 Julia Henderson W35(15) SCO 26:35; 43 G Branagh W45(8) N/IRE 26:37; 44 Caroline Hewitt W40 (14)ENG 26:38; 45 Sharon Leech W35 (16)WAL 26:42; 46 Sonia Armitage W45(9) SCO 26:43; 47 Mags Grennan W50(5) ROI 26:47; 48 M O'Mahoney W45(11) ROI 26:48; 49 Gail Duckworth W50(6) ENG 26:58; 50 Emyr Davies M65(3) WAL 26:58; 51 Peter Giles M65(4) ENG 27:00; 52 T Lewis-Jones W35(17) WAL 27:01; 53 Ruth Magill W50(7) N/IRE 27:04; 54 Orla Gormley W45(11) ROI 27:14; 55 D Fairweather M65(5) SCO 27:18; 56 Claire Heasman W35(18) SCO 27:20; 57 Pete Cartwright M65(6) SCO 27:22; 58 Angela Copson W60(1) ENG 27:24; 59 Bob Young M65(7) SCO 27:25; 60 Lynn Whitaker W50(8) ENG 27:30; 61 Gordon Orme M65(8) ENG 27:38; 62 Beryl Junnier W45(12) SCO 27:39; 63 Fred Gibbs M70(1) ENG 27:49; 64 Debbie Matchett W40(15) N/IRE 27:58; 65 Caroline Jones W45(13) WAL 28:01; 66 Jane Waterhouse W55(1) SCO 28:03; 67 Susan Davies W45(14) WAL 28:08; 68 Peter Newton M65(9) ENG 28:08; 69 Jill Dowie W35(19) N/IRE 28:09; 70 M Hetherington W40(16) SCO 28:11; 71 Pat Bonass M65(10) ROI 28:13; 72 Peter Roberts M65(11) WAL 28:13; 73 Anne Sandford W40(17) N/IRE 28:18; 74 Susan Cooper W55(2) ENG 28:19; 75 C Kilkenny W55(3) ENG 28:28; 76 Les Presland M70(2) ENG 28:33; 77 Marie Rooney W50(9) ROI 28:36; 78 Peter Moody M65(12) WAL 28:40; 79 Fred Muddock M65(13) N/IRE 28:50; 80 Jim McNamara M70(3) ROI 29:06; 81 Brigdeen Byrne W45(15) N/IRE 29:07; 82 Phyllis Hands W50(10) SCO 29:11; 83 Pat Healy M 65 ROI 29:12; 84 Ken Buckle M65(14)WAL 29:16; 85 Marie McChord W50(11) SCO 29:18; 86 Marian Hesketh W55(4) ENG 29:19; 87 Ian Leggett M70(4) SCO 29:19; 88 Susan Addison W45(16) SCO 29:21; 89 Ann Saxena W50(12) WAL 29:22; 90 Alison Whitelaw W50(13) WAL 29:22; 91 Margaret Moody W60(2) ENG 29:24; 92 Lindy Eynon W45(17) WAL 29:30; 93 Ros Tabor W60(3) ENG 29:31; 94 Budge Eynon W50(14) WAL 29:33; 95 Liz Bowers W55(5) SCO 29:35; 96 Amanda Russell W45(18) N/IRE 29:36; 97 Mary Mackin W50(15) N/IRE 29:39; 98 Fiona Davies W50(16) WAL 29:54; 99 Dot Fellows W60(4) ENG 29:54; 100 Carole Munroe W50(17) SCO 29:55; 101 Mags McCreery W55(6) ROI 30:10; 102 Anne McNeill W40(18) N/IRE 30:17; 103 Lynne Marr W40(19) SCO 30:23; 104 Gary Nicholl M65(15) N/IRE 30:28; 105 Sue Ashton W55(7) WAL 30:34; 106 Edmund Simpson M70(5) ENG 30:37; 107 Les Nicol M70(6) SCO 30:42; 108 Hugh Rankin M70(7) SCO 30:44; 109 Jan Fellowes W50(18) SCO 30:48; 110 Evelyn McNellis W60(5) ROI 30:50; 111 Liz McGarry W55(8) SCO 30:56; 112 Hazel Bradley W55(9) SCO 31:00; 113 Christie Creagh M65(16) ROI 31:15; 114 Jim Platt M65(17) N/IRE 31:39; 115 Jane Morely W55(10) ENG 31:40; 116 Tadgh Twoomey M70(8) ROI 31:45; 117 Mary Miller W45(19) SCO 31:52; 118 Edwina Turner W55(11) WAL 31:54; 119 Len Tew M70(9) WAL 32:05; 120 C MalDomhnaill W55(12) ROI 32:08; 121 Maureen Oliver W50(19) N/IRE 32:21; 122 Ann James W60(6) WAL 32:24; 123 Paula McGilloway W45(20) N/IRE 32:28; 124 Roisin Lynch W60(7) N/IRE 32:29; 125 Shelagh Adkins W60(8) WAL 32:33; 126 Margaret Docking W55(13) WAL 32:58; 127 Kathleen O'Brien W60(9) ROI 33:02; 128 Terry O'Keffee M70(10) ROI 33:06; 129 Drew Crawford M70(11) N/IRE 33:13; 130 Walter Ryder M70(12) ENG 33:18; 131 Walter McCaskey M70(13) SCO 33:20; 132 Mary Walsh W60(10) ROI 33:54; 133 Michael Gilmore M65(18) N/IRE 33:55; 134 Lesley Bowcott W65-1 ENG 33:57; 135 Pam Benson W65(2) ROI 34:09; 136 Maggie Oliver W60(11) WAL 34:18; 137 Dave Hughes M70(14) WAL 34:24; 138 Josie Power W55(14) ROI 34:28; 139 Carol Lynch W60(12) ROI 34:31; 140 Bridget Quinn W65(3) N/IRE



## MASTERS ATHLETICS WINTER 2009

34:31; 141 Peter Norman M70(15) WAL 34:37; 142 Ann Bath W60(13) SCO 34:44; 143 June Johnson W65(4) ENG 34:46; 144 Brian Campbell M65(19) SCO 34:56; 145 Sue Hughes W55 (15) WAL 34:58; 146 Brenda Jones W65(5) WAL 35:00; 147 Pam Jones W65(6) ENG 35:04; 148 Cynthia Cooper W65(7) WAL 35:37; 149 Sandra Hughes W60(14) SCO 35:42; 150 Ann Woodlock W65(8) ROI 36:03; 151 Gwyn Howells W60(15) WAL 36:33; 152 Christine Lee W65(9) ENG 36:39; 153 Pauline Thomas W65(10) WAL 36:42; 154 Syd Wheeler M70(16) WAL 37:28; 155 M Fitzgerald W65(11) ROI 38:08; 156 Carol Farrington W65(12) WAL 40:12; 157 Geraldine Walsh W65(13) ROI 41:14; 158 Bertie Grimson M70(17) N/IRE 41:49; 159 John McKeag M70(18) N/IRE 42:37; 160 Jim Metcalfe M70(19) N/IRE 47:27;

### RACE TWO M50-64: (8k)

1 Mike Hager M55(1) ENG 30:41; 2 Tommy Payne M50(1) ROI 30:52; 3 Jeff Farquhar M50(2) SCO 30:55; 4 Robert Atkinson M50(3) ENG 31:07; 5 Malcolm Eustace M50(4) ENG 31:12; 6 Ifan Lloyd M50(5) WAL 31:15; 7 Richard Drage M50(6) ENG 31:18; 8 Jim Stafford M50(7) ROI 31:35; 9 Ian Stewart M50(8) ROI 31:45; 10 Andy Wetherill M50(9) ENG 31:55; 11 Martin McDonald M50(10) ROI 31:56; 12 Brian Gardner M50(11) SCO 31:59; 13 Greg Wilson M50(12) ENG 32:10; 14 Paul Thompson M50(13) SCO 32:17; 15 Matt Shields M55(2) N/IRE 32:20; 16 Pat O'Shea M55(3) ROI 32:20; 17 David Davies M50(14) WAL 32:31; 18 Johnnie Feery M50(15) ROI 32:37; 19 Colin Miller M50(16) SCO 32:40; 20 Steve Davies M50(17) WAL 32:49; 21 Russell Owen M50(18) WAL 32:54; 22 Alex Rowe M50(19) ENG 32:58; 23 Andy McLinden M55(4) SCO 33:03; 24 Tom Meehan M50(20) ROI 33:09; 25 John Patience M50(21) N/IRE 33:12; 26 Craig Ross M50(22) SCO 33:13; 27 Michael Quinn M55(5) ENG 33:13; 28 Noel Hanratty M55(6) ROI 33:15; 29 Derek Donaghy M50(23) N/IRE 33:18; 30 Graham Jones M50(24) WAL 33:20; 31 Doug Cowie M55(7) SCO 33:24; 32 Eugene Moynihan M50(25) ROI 33:39; 33 Jim Woodcock M55(8) WAL 33:41; 34 Eamon McEvoy M55(9) ROI 33:43; 35 Kevin Hesketh M55(10) WAL 33:44; 36 Ian Webb M50(26) WAL 34:03; 37 Mike Tabor M55(11) WAL 34:04; 38 Robert Wilson M50(27) N/IRE 34:05; 39 Ray Curran M55(12) N/IRE 34:08; 40 Jim Newberry M55(13) N/IRE 34:11; 41 John Shapland M55(14) ENG 34:18; 42 Archie Jenkins M55(15) SCO 34:21; 43 Dermot Connolly M50(28) N/IRE 34:23; 44 Dave Oxland M55(16) ENG 34:26; 45 Gerard Coy M50(29) N/IRE 34:28; 46 Frankie Garrihy M55(17) ROI 34:46; 47 Griff Owens M60 (1) WAL 34:48; 48 Terry Eakin M60(2) N/IRE 34:56; 49 Gerry Bell M55(18) N/IRE 34:57; 50 Sandy Johnstone M60(3) WAL 35:00; 51 Malcolm Reynard M60(4) ENG 35:15; 52 George Mitchell M60(5) SCO 35:16; 53 Liam O'Hare M60(6) ROI 35:17; 54 Michael Mann M60(7) ENG 35:38; 55 Jim White M55(19) SCO 35:45; 56 Dic Evans M60(8) WAL 35:46; 57 Andy Rennie M60(9) SCO 35:47; 58 Richard Bowen M60(10) WAL 35:56; 59 Mark McNally M60(11) ENG 36:01; 60 Colin Youngson M60(12) SCO 36:10; 61 Sammy McAnaney M50(30) N/IRE 36:19; 62 David Telford M60(13) ENG 36:36; 63 Frank Yeoman M60(14) SCO 36:41; 64 David Seaton M60(15) N/IRE 36:59; 65 Tom Hunt M60(16) ROI 37:16; 66 Liam Hester M60(17) ROI 38:45; 67 Francis Boal M60(18) N/IRE 39:18; 68 David Hawcroft M60(19) ROI 39:30; 69 Willie Weir M60(20) N/IRE 41:30;



### RACE THREE M35-49:

1 Tim Hartley M40(1) ENG 28:04; 2 Andy Ward M40(2) ENG 28:15; 3 Gordon Lee M40(3) ENG 28:34; 4 Austin Davies M45(1) WAL 28:37; 5 Paul Ward M40(4) ENG 28:40; 6 Pat Byrne M35(1) ROI 28:50; 7 Ben Reynolds M45(2) ENG 29:09; 8 David Morwood M35(2) N/IRE 29:14; 9 Ciaran Doherty M35(3) ROI 29:17; 10 Mick Traynor M40(5) ROI 29:21; 11 Julian Emery M40(6) ENG 29:23; 12 Huw Evans M35(4) WAL 29:35; 13 Eamon White M40(7) N/IRE 29:38; 14 Simon Wright M45(3) ENG 29:39; 15 Neil Wilkinson M40(8) SCO 29:43; 16 Mark Wright M40(9) N/IRE 29:58; 17 Alan Murchison M35(5) SCO 30:00; 18 Gary Dunn M40(10) ENG 30:02; 19 Iain Twaddle M35(6) ENG 30:13; 20 Kieran Carlin M40(11) ROI 30:17; 21 David Byrne M35(7) ROI 30:18; 22 Ian Johnston M40(12) SCO 30:20; 23 Andy Gibbs M45(4) ENG 30:22; 24 Colin Roberts M40(13) ROI 30:23; 25 Gary Crossan M35(8) ROI 30:25; 26 James McMahon M45(5) ROI 30:27; 27 Andy Walling M35(9) WAL 30:29; 28 Darren Rowlands M40(14) WAL 30:31; 29 Tom Kenderdine M35(10) ENG 30:37; 30 Roger Alsop M40(15) SCO 30:42; 31 Dominic Bonner M45(6) ROI 30:49; 32 Iain Campbell M45(7) SCO 30:53; 33 Steve McGory M40(16) N/IRE 31:00; 34 Paul Coles M45(8) WAL 31:02; 35 Catch Grennan M35(11) ROI 31:04; 36 Alex Allardyce M35(12) SCO 31:05; 37 Ian O'Leary M40(17) ROI 31:06; 38 Tony Kelleher M40(18) ROI 31:07; 39 Paul Griffiths M35(13) WAL 31:09; 40 Andy Wright M35(14) ENG 31:09; 41 Rob Downes M45(9) ENG 31:10; 42 Matt Wray M40(19) N/IRE 31:10; 43 Chris Williams M40(20) WAL 31:11; 44 Phil Walker M35(15) ENG 31:12; 45 Lee Jones

M40(21) WAL 31:13; 46 Les Fulcher M35(16) ROI 31:16; 47 John Bell M40(22) SCO 31:17; 48 Paul Halford M35(17) WAL 31:18; 49 Pat Hegarty M45(10) ROI 31:30; 50 Mark Gleeson M45 (11) ROI 31:31; 51 Josh Painter M35(18) ENG 31:32; 52 Phil Cook M40(23) WAL 31:34; 53 Patrick Malone M45(12) ROI 31:36; 54 Steve Hallas M35(19) ENG 31:37; 55 Rob Sheen M45(13) WAL 31:39; 56 Mathew Gurmin M35(20) WAL 31:40; 57 Paul Lemon M45(14) ENG 31:44; 58 Tommy McElwaine M40(24) ROI 31:49; 59 Paul Talbot M35(21) WAL 31:50; 60 Paul Rogan M40(25) SCO 31:56; 61 Mark Wier M35(22) N/IRE 31:57; 62 Brian McKee M45 (15) N/IRE 31:58; 63 Alex Brennan M35(23) N/IRE 32:01; 64 Gary Norgrove M40(26) WAL 32:10; 65 Nick Frost M45(16) WAL 32:12; 66 Lewis Lawson M45(17) SCO 32:17; 67 Declan McCarthy M45(18) N/IRE 32:18; 68 Philip O'Doherty M45(19) ROI 32:27; 69 Stuart Perry M45(20) WAL 32:29; 70 Denis Williams M45(21) SCO 32:30; 71 Mike Robbins M45(22) WAL 32:47; 72 Dale Mathers M45(23) N/IRE 32:55; 73 Martin Duthie M45(24) SCO 32:57; 74 Ian Barrett M35(24) N/IRE 33:04; 75 Nigel Greer M35(25) N/IRE 33:12; 76 James Turtle M40(27) N/IRE 33:21; 77 Eddie Burns M45(25) N/IRE 33:29; 78 Colin Feechan M45(26) SCO 33:34; 79 David Allen M45(27) N/IRE 33:36; 80 Brian Craig M45(28) SCO 33:55; 81 Noel Connor M45(29) N/IRE 34:14; 82 Lee Aherne M40(28) WAL 34:34; 83 David Adam M40(29) SCO 34:43; 84 Paul Jenkins M35(26) N/IRE 34:58; 85 Oran McBride M40(30) N/IRE 35:11;

### RACE FOUR (OPEN) (6k)

1 Laura Kent L35 CLC Stri 25:00; 2 Margaret Deasy L45 Colchstr 25:12; 3 Kirsty Gallagher L35 WoottonB 25:18; 4 Audrey Wilson L35 Wolv&Bil 25:47; 5 M Williamson W45 Leamngtn 25:59; 6 Lucy Kelvey L35 NewquayR 26:22; 7 Sharon Hawkins L45 Invicta 26:40; 8 Dave Waywell M65 WeshamRR 27:10; 9 M Zubizarreta L35 LesCroup 28:28; 10 Michelle Hooton L35 Notts AC 28:31; 11 Robert Dover M65 BingleyH 28:32; 12 Roger Wilson M65 Stratfrd 29:13; 13 John Turner M65 Stratfrd 29:17; 14 Joan Clarke L50 29:22; 15 Tracey Gibson L45 WoldsVet 29:29; 16 Lesley Hall L50 29:50; 17 Joan Hough L50 30:10; 18 Grace Hough L60 Telford 31:16; 19 David Spencer M70 Barrow 31:15; 20 Mike Duggan M65 AlvicRC 31:53; 21 Sue James L55 PaddockW 32:11; 22 Julie Scholey L50 LesCroup 32:37; 24 Katherine Winrow L45 Lanc&Mor 32:45; 25 L Satterthwaite M65 Cnturion 33:09; 26 Michael Curran M65 MMAC 33:29; 27 Janice Moorkite L50 Invicta 33:52; 28 Barrie Roberts M65 Bournvil 33:53; 29 Lisa Dimpleby L35 Birchfld 33:57; 30 Kevin O'Malley M65 Cnturion 34:52; 31 Mark Tattersall M70 Neath H 35:34; 32 Gillian Murphy L55 LesCroup 37:03; 33 Caroline Safe L45 Wolv&Bil 37:20; 34 Brenda Robinson L65 Rochdale 39:00; 35 Ken Parry M80 Birchfld 47:10;

### RACE FOUR (OPEN) 8K:

1 Andy Morgan-Lee M40 Southampton 29:29; 2 Ste Macdonald M40 BingleyH 30:07; 3 Tony Reilly M35 Portlaoi 30:40; 4 Philip Clamp M35 Tipton 30:55; 5 Rob Andrew M45 Bournvil 31:16; 6 Martin Ferguson M45 Edinbrgh 31:39; 7 Danny Keating M40 LeicCori 31:55; 8 Peter Dimpleby M35 Birchfld 32:09; 9 Graham Ratcliffe M55 WirralAC 32:19; 10 Dean Hill M35 Tipton 32:21; 11 Willie Rossiter M35 Ireland 32:22; 12 Peter Rigler M35 Tipton 32:24; 13 M Bridgeland M50 Chelmsfd 32:29; 14 Philip Crane M45 Neath H 33:03; 15 John Foster M50 Liswerry 33:27; 16 Michael Morley M45 Birchfld 33:31; 17 Peter Costley M45 Southampton 33:43; 18 John Hollyoak M45 52 33:53; 19 Robert Jones M50 LesCroup 33:56; 20 Simon Vines M35 Telford 34:05; 21 Graham Hodgson M45 NewquayR 34:38; 22 Darren Edwards M40 Wolv&Bil 35:04; 23 Howard Anderson M50 Nthbrook 35:32; 24 Simon McNamee M35 Birchfld 35:54; 25 Graham Webster M55 Lytham 35:59; 26 Simon Brister M60 Matlock 36:06; 27 Peter Banks M55 CovGodiv 36:10; 28 Mick Smedley M60 Derby AC 36:29; 29 Colin Laidlaw M50 Lytham 36:46; 30 David Davies M60 Neath H 36:47; 31 Ian Gower M45 SphinxAC 36:47; 32 Neil Stretton M55 OakParkP 37:00; 33 Alan Newman M55 PaddockW 37:16; 34 Paul Allen M60 Halesown 37:32; 35 Lee Taylor M35 37:43; 36 Shaun Broome M36 37:45; 37 Ernest Hall M55 Dromore 38:08; 38 Paul Hawkins M50 Stratfrd 38:31; 39 Andy Murray M55 Dulwich 38:47; 40 Jonathan Gibbs M35 Birchfld 39:13; 41 Kevin Secker M45 SneydStr 39:28; 42 Stephen Hopkins M45 Bournvil 40:26; 43 Harvey Hughes M60 SLondonH 41:00; 44 B Worthington M50 Birchfld 42:14; 45 Richard Shields M55 Lanc&Mor 42:21; 46 Colin Downey M50 DudleyKw 42:59; 47 Adrian Lloyd M60 Serpent 43:19; 48 Anthony Edwards M60 Sparkhill 43:36; 49 Jim Griffiths M60 Birchfld 54:57;

### W35 Teams

1: ENG 7 pts ( 24.06 Sarah Jarvis, 24.13 C McKitterick, 24.24 Helen Fines ); 2: Republic Of Ireland 15 pts ( 24.15 Donna Mahon, 24.33 Mary Sculley, 25.05 E Cuskelly ); 3: N Ireland 28 pts ( 24.54 Cathy McCourt, 25.36 Gillian Burns, 26.14 Louise Smith ); 4: WAL 35 pts ( 25.25 Isabel Redfern, 25.58 Emma Parry, 26.42 Sharon Leech ); 5: SCO 42 pts ( 26.20 Alaisan Winship, 26.32 Claire McCracken, 26.35 Julia Henderson );

### W40 Teams

1: WAL 14 pts ( 25.08 Marilyn Kitching, 25.16 Ann Thomas, 25.48 Libby O'Duffy); 2: Republic Of Ireland 15 pts ( 25.01 Carmel Crowley, 25.24 Lucy Darcy, 26.02 Breece B-McHale ); 3: ENG 19 pts ( 23.12 Debbie Walters, 25.25 Karen Rushton, 26.13 Nikki Nealon ); 4: SCO 40 pts ( 26.11 Sue Ridley, 26.25 Clare Gemmell, 28.11 M Hetherington ); 5: N Ireland 48 pts ( 26.28 S Hambling, 27.58 Debbie Matchett, 28.18 Anne Sandford );

### W45 Teams

1: ENG 9 pts ( 24.30 Sarah Gee, 24.41 Clare Elms, 25.06 Jane Clark ); 2: Republic Of Ireland 18 pts ( 24.29 Niamh O'Sullivan, 26.08 Kay Byrne, 26.48 M O'Mahoney ); 3: WAL 33 pts ( 25.56 Cath Wheeler, 28.01 Caroline Jones, 28.08 Susan Davies ); 4: SCO 37 pts ( 26.43 Sonia Armitage, 27.39 Beryl Junnier, 29.21 Susan Addison ); 5: N Ireland 41 pts ( 26.37 G Branagh, 29.07 Brigdeen Byrne, 29.36 Amanda Russell );



## MASTERS ATHLETICS WINTER 2009

### W50 Teams

1: Republic Of Ireland 10 pts ( 25.39 Carmel Parnell, 26.12 Ann Sullivan, 26.47 Mags Grennan ); 2: ENG 11 pts ( 25.44 Ann Luke, 25.46 Julie Buckley, 26.58 Gail Duckworth ); 3: SCO 38 pts ( 29.11 Phyllis Hands, 29.18 Marie McChord, 29.55 Carole Munroe ); 4: WAL 39 pts ( 29.22 Ann Saxena, 29.22 Alison Whitelaw, 29.33 Budge English ); 5: N Ireland 41 pts ( 27.04 Ruth Magill, 29.39 Mary Mackin, 32.21 Maureen Oliver );

### W55 Teams

1: ENG 9 pts ( 28.19 Susan Cooper, 28.28 C Kilkenny, 29.19 Marian Hesketh ); 2: SCO 14 pts ( 28.03 Jane Waterhouse, 29.35 Liz Bowers, 30.56 Liz McGarry ); 3: WAL 31 pts ( 30.34 Sue Ashton, 31.54 Edwina Turner, 32.58 Margaret Docking ); 4: Republic Of Ireland 32 pts ( 30.10 Mags McCreery, 32.08 C MalDomhnaill, 34.28 Josie Power );

### W60 Teams

1: ENG 6 pts ( 27.24 Angela Copson, 29.24 Margaret Moody, 29.31 Ros Tabor ); 2: Republic Of Ireland 24 pts ( 30.50 Evelyn McNellis, 33.02 Kathleen O'Brien, 33.54 Mary Walsh ); 3: WAL 25 pts ( 32.24 Ann James, 32.33 Shelagh Adkins, 34.18 Maggie Oliver );

### W65 Teams

1: ENG 11 pts ( 33.57 Lesley Bowcott, 34.46 June Johnson, 35.04 Pam Jones ); 2: Republic Of Ireland 21 pts ( 34.09 Pam Benson, 36.03 Ann Woodlock, 38.08 M Fitzgerald ); 3: WAL 22 pts ( 35.00 Brenda Jones, 35.37 Cynthia Cooper, 36.42 Pauline Thomas );

### M65 Teams

1: ENG 13 pts ( 25.36 Martin Ford, 27.00 Peter Giles, 27.38 Gordon Orme ); 2: SCO 18 pts ( 27.18 D Fairweather, 27.22 Pete Cartwright, 27.25 Bob Young ); 3: WAL 26 pts ( 26.58 Emyr Davies, 28.13 Peter Roberts, 28.40 Peter Moody ); 4: Republic Of Ireland 26 pts ( 26.11 C McMonagle, 28.13 Pat Bonass, 29.12 Pat Healy ); 5: N Ireland 47 pts ( 28.50 Fred Murdock, 30.28 Gary Nicholl, 31.39 Jim Platt );

### M70+ Teams

1: ENG 8 pts ( 27.49 Fred Gibbs, 28.33 Les Presland, 30.37 Edmund Simpson ); 2: SCO 17 pts ( 29.19 Ian Leggett, 30.42 Les Nicol, 30.44 Hugh Rankin ); 3: Republic Of Ireland 21 pts ( 29.06 Jim McNamara, 31.45 Tadgh Twoomey, 33.06 Terry O'Keffee ); 4: WAL 38 pts ( 32.05 Len Tew, 34.24 Dave Hughes, 34.37 Peter Norman ); 5: N Ireland 46 pts ( 33.13 Drew Crawford, 41.49 Bertie Grimson, 42.37 John McKeag );

### M35 Teams

1: Republic Of Ireland 19 pts ( 28.50 Pat Byrne, 29.17 Ciaran Doherty, 30.18 David Byrne, 30.25 Gary Crossan ); 2: WAL 43 pts ( 29.35 Huw Evans, 30.29 Andy Walling, 31.09 Paul Griffiths, 31.18 Paul Halford ); 3: ENG 45 pts ( 30.13 Iain Twaddle, 30.37 Tom Kenderdine, 31.09 Andy Wright, 31.12 Phil Walker ); 4: N Ireland 71 pts ( 29.14 David Morwood, 31.57 Mark Wier, 32.01 Alex Brennan, 33.04 Ian Barrett );

### M40 Teams

1: ENG 10 pts ( 28.04 Tim Hartley, 28.15 Andy Ward, 28.34 Gordon Lee, 28.40 Paul Ward ); 2: Republic Of Ireland 46 pts ( 29.21 Mick Traynor, 30.17 Kieran Carlin, 30.23 Colin Roberts, 31.06 Ian O'Leary ); 3: N Ireland 51 pts ( 29.38 Eamon White, 29.58 Mark Wright, 31.00 Steve McGory, 31.10 Matt Wray ); 4: SCO 57 pts ( 29.43 Neil Wilkinson, 30.20 Ian Johnston, 30.42 Roger Alsop, 31.17 John Bell ); 5: WAL 78 pts ( 30.31 Darren Rowlands, 31.11 Chris Williams, 31.13 Lee Jones, 31.34 Phil Cook );

### M45 Teams

1: ENG 18 pts ( 29.09 Ben Reynolds, 29.39 Simon Wright, 30.22 Andy Gibbs, 31.10 Rob Downes ); 2: Republic Of Ireland 32 pts ( 30.27 James McMahon, 30.49 Dominic Bonner, 31.30 Pat Hegarty, 31.31 Mark Gleeson ); 3: WAL 38 pts ( 28.37 Austin Davies, 31.02 Paul Coles, 31.39 Rob Sheen, 32.12 Nick Frost ); 4: SCO 69 pts ( 30.53 Iain Campbell, 32.17 Lewis Lawson, 32.30 Denis Williams, 32.57 Martin Duthie ); 5: N Ireland 81 pts ( 31.58 Brian McKee, 32.18 Declan McCarthy, 32.55 Dale Mathers, 33.29 Eddie Burns );

### M50 Teams

1: ENG 22 pts ( 31.07 Robert Atkinson, 31.12 Malcolm Eustace, 31.18 Richard Drage, 31.55 Andy Wetherill ); 2: Republic Of Ireland 33 pts ( 30.52 Tommy Payne, 31.35 Jim Stafford, 31.56 Martin McDonald, 32.37 Johnnie Feery ); 3: SCO 34 pts ( 30.55 Jeff Farquhar, 31.45 Ian Stewart, 31.59 Brian Gardner, 32.17 Paul Thompson ); 4: WAL 54 pts ( 31.15 Ifan Lloyd, 32.31 David Davies, 32.49 Steve Davies, 32.54 Russell Owen ); 5: N Ireland 99 pts ( 33.12 John Patience, 33.18 Derek Donaghy, 34.05 Robert Wilson, 34.23 Dermot Connolly );

### M55 Teams

1: Republic Of Ireland 18 pts ( 32.20 Pat O'Shea, 33.15 Noel Hanratty, 33.43 Eamon McEvoy ); 2: ENG 20 pts ( 30.41 Mike Hager, 33.13 Michael Quinn, 34.18 John Shapland ); 3: SCO 26 pts ( 33.03 Andy McLinden, 33.24 Doug Cowie, 34.21 Archie Jenkins ); 4: N Ireland 27 pts ( 32.20 Matt Shields, 34.08 Ray Curran, 34.11 Jim Newberry ); 5: WAL 29 pts ( 33.41 Jim Woodcock, 33.44 Kevin Hesketh, 34.04 Mike Tabor );

### M60 Teams

1: WAL 12 pts ( 34.48 Griff Owens, 35.00 Sandy Johnstone, 35.46 Dic Evans ); 2: ENG 22 pts ( 35.15 Malcolm Reynard, 35.38 Michael Mann, 36.01 Mark McNally ); 3: SCO 26 pts ( 35.16 George Mitchell,

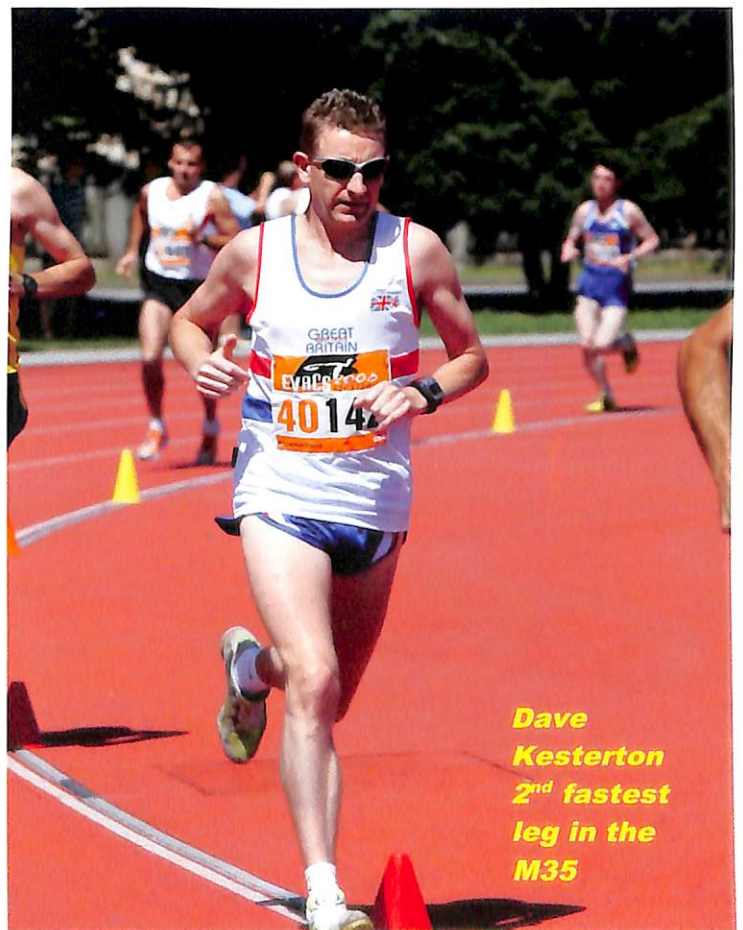
35.47 Andy Rennie, 36.10 Colin Youngson ); 4: N Ireland 35 pts ( 34.56 Terry Eakin, 36.59 David Seaton, 39.18 Francis Boal ); 5: Republic Of Ireland 39 pts ( 35.17 Liam O'Hare, 37.16 Tom Hunt, 38.45 Liam Hester );

## XC RELAYS, MANSFIELD 3<sup>rd</sup> October: Words Phil Lee.

The relays were held at Berryhill Park, Mansfield for another year. The course was undulating and picturesque as usual but dry due to the lack of rain that most of the country had suffered from in September. At times the wind blew stronger along the home straight, usually when runners were making their way towards the finish of their leg, which did not help the tired, incoming athletes.

**W35-44** 8 teams competed in this age group and all the main contenders for victory were up at the front in each of the 3 legs. Chester-le-Street & District AC lead the field with the fastest leg of 15:30 by **Sarah Wilkinson**. She was over a minute faster than **Jane Pidgeon** (16:37) of Notts AC "A" and Redhill Road Runners **Carolyn Hay** in 17:34. A strong run by **Sharon Smith** (16:09) took Redhill into the lead on the second leg. Notts AC runner **Michelle Hooton** also passed Chester-le-Street who slipped back into third.

Toni Minitti (16:23) maintained Redhills lead but a fast time of 16:03 by **Kathryn Foley** enabled Chester-le-Street to grab back second place from Notts AC "A" on the final leg.



**Dave  
Kesterton  
2<sup>nd</sup> fastest  
leg in the  
M35**



# MASTERS ATHLETICS 2010 PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JANUARY	28	29	30	31	1	2	3 WMAA 5m
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17 SVHC XC Relay
	18	19	20	21	22	23	24 BMAF Ind Pent. SAF Ind Masters MMAC XC
	25	26	27	28	29	30	31
FEBRUARY	1	2	3	4	5	6 SAF Masters XC	7 MMAC 5m
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
MARCH	1 WMA Ind Champs	2 WMA Ind Champs	3 WMA Ind Champs	4 WMA Ind Champs	5 WMA Ind Champs	6 WMA Ind Champs	7
	8	9	10	11	12	13 BMAF XC	14 South Midland open
	15	16	17	18	19	20	21
	22	23	24	25	26	27 BMAF INDOOR	28 BMAF INDOOR
APRIL	29	30	31	1	2	3	4
	5	6	7	7	9	10	11
	12	13	14	15	16	17	18 BMAF/SVHC Marathon
	19	20	21	22	23	24	25
MAY	26	27	28	29	30	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15 BMAF Road Relays	16 European Mountain Champs
	17	18	19	20	21	22	23 BMAF Pent
	24	25	26	27	28	29	30
JUNE	31	1	2	3	4	5	6 SCVAC T&F
	7	8	9	10	11	12	13 MMAC T&F
	14	15	16	17	18	19 USA vGB C/E and Sunday.	20 BMAF 5k BMAF Throws Pent.
	21	22	23	24	25	26	27



# MASTERS ATHLETICS 2010 PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JULY	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15 EVAA Champs	16 EVAA Champs	17 EVAA Champs	18 EVAA Champs
	19 EVAA Champs	20 EVAA Champs	21 EVAA Champs	22 EVAA Champs	23 EVAA Champs	24 EVAA Champs	25
AUGUST	26	27	28	29	30	31	1
	2	3	4	5	6	7	8 EAMA Inter Area
	9	10	11	12	13	14 BMAF 30k Walk	15
	16	17	18	19	20	21	22 BMAF H/Marathon
	23	24	25	26	27	28	29
SEPTEMBER	30	31	1	2	3	4	5 SCVAC League Final
	6	7	8	9	10	11 BMAF Dec/Hept	12 BMAF Dec/Hept
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
OCTOBER	27	28	29	30	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
NOVEMBER	1	2	3	4	5	6	7
	8	9	10	11	12	13 B&I XC	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
DECEMBER	29	30	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2



## MASTERS ATHLETICS WINTER 2009

**M35-39** 8 teams also competed in this age group. **Phil Clamp** took Tipton Harriers into the lead with a very fast leg of 13:59, closely followed by **Marc Turner** Halesowen AC (14:04), **Graham Moffatt** (14:05) of Holme Pierrepont RC, Mansfield Harriers & AC's **Marc Johnson** with a 14:07 and **Mike Morley**, Tipton Harriers (14:43).

With so many clubs less than a minute apart, much would depend on the second leg runner. A fast leg by **Dave Kesterton** in 13:59 of Halesowen AC took them into the lead, while **Matthew Grainger** (15:20) moved Holme Pierrepont AC into second place.

Birchfield Harriers moved through the field as **Peter Dimpleby** with a 15:06 leg took them into third spot. Mansfield held onto fourth place.

On the third leg, **Bill Nock** put in the fastest leg of 13:54 to open up a big gap between Halesowen and the rest. Birchfield continued their improvement when **Wayne Bourne** (16:10) took them to second place. Mansfield moved back to 3<sup>rd</sup> while Holme Pierrepont dropped to fifth.

With a 4 minute lead it would need a special run to overturn Halesowen on the last leg and it wasn't forth coming. **Alan Crewe** of Mansfield put in a strong run of 16:10 to claim the silver medal for the local club and swap places with Birchfield. With gradual improvement Long Eaton RC moved themselves into 4<sup>th</sup> spot.

**W45-54** Again 8 teams competed for the medals. With the fastest leg of 16:08, **Helen Burrell** took Redhill Road Runners into a big lead. **Alison Hurford** (17:23) brought Bristol & West AC in second, closely followed by **Lynda Morgan-Jones** of North Derbyshire RC with a time of 17:28. Wolds Vets RC (18:00) and Holme Pierrepont RC "A" (18:22) filled the next places.

Things started to happen on the second leg. **Nicky Bromhall's** 17:53 leg took Bristol into the lead as Redhill dropped to 3<sup>rd</sup>. **Mary Mills** (18:55) took Holme Pierrepont into second place as North Derbyshire dropped to 4<sup>th</sup>. The second fastest leg of 16:38 by **Sian Davies** helped Bristol & West AC to maintain their first place on the final leg. Holme Pierrepont also held onto second place although North Derbyshire gave it a good try and only finished 3 seconds behind in third spot overtaking Redhill Road Runners on the way.

**M40-49** A stronger field of 12 teams helped to make this more of a contest throughout the field. **Gordon Lee's** fastest lap of 13:15 enabled Leicester Coritanian AC to take the early lead. **Michael Jagger** did a 13:53 to ease Wold Veterans RC into the second place. **Simon Wright** of Doncaster AC finished third in 14:03 but had no one to hand over to. Third team in were Sunderland Harriers for whom **Tim Field** did a 14:13 leg piping North East rivals Morpeth Harriers who finished with a 14:28 from **Paul Waterson**. **Doug Ross** of hosting club Mansfield Harriers & AC was next in with a time of 14:35. With everyone out to catch Leicester the second legs produced some quick times. **Phil Walker** with a 14:14 moved Morpeth ahead of Sunderland. England International **Andy Weatherill** (14:19) also moved Redhill into 4<sup>th</sup> only 7 seconds behind Sunderland while Tipton Harriers moved to fifth thanks to a 14:27 by **Henry Piotowski**.

On leg 3 **Simon Cotton** (13:52) maintained Leicester's lead. **Neil Wilkinson** (13:38) took Morpeth to within a minute of first

place. Sunderland held into 3<sup>rd</sup> spot from Tipton. In 5<sup>th</sup> place Derby AC (45:02) lead a close battle between Redhill Road Runners (45:33), Bingley Harriers (45:36) and Bedford & County AC on 45:37.

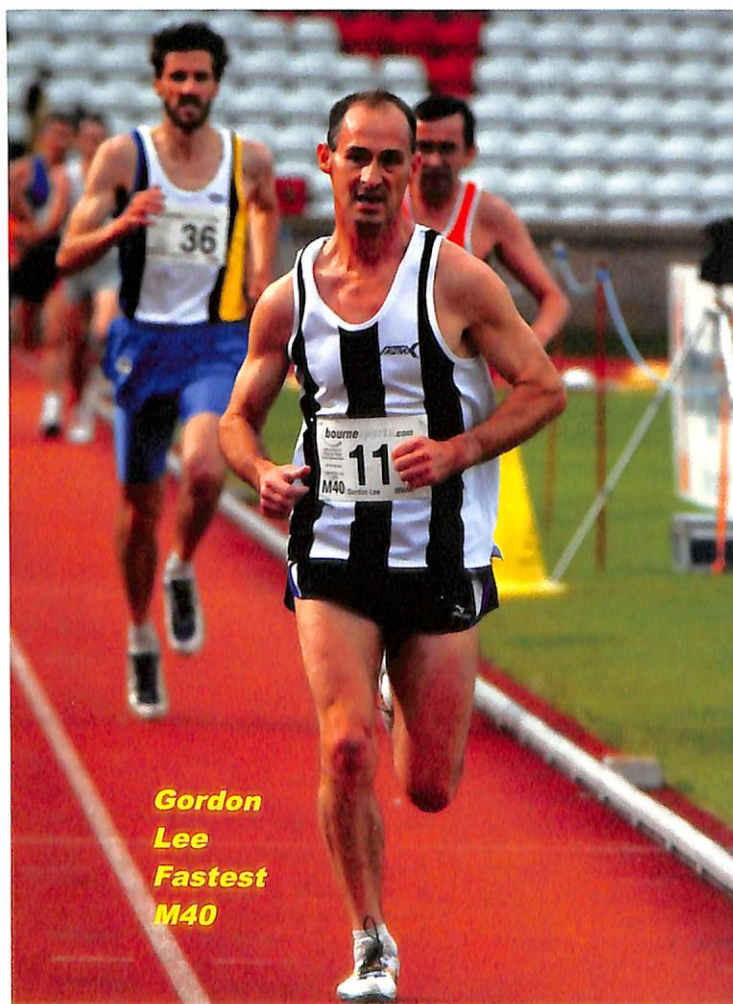
The second fastest leg of 13:32 by **Brian Rusworth** enabled Sunderland to overtake Morpeth in the battle for the silver medal on leg 4. Tipton maintained fourth place.

At the front of the race Leicester continued to hold their lead as **Rob Sheen** put in a 14:22 leg. Sunderland (71:26) continued to extend their lead over Morpeth (73:03). Tipton maintained 4<sup>th</sup> place although Redhill had reduced the gap to 22 seconds thanks to a 13:47 leg from **Alan Smith**.

The final leg saw Leicester Coritanians come home as winners while Sunderland and Morpeth kept station. Redhill's efforts paid off in the end as they were 4<sup>th</sup> five seconds ahead of Tipton.

**W55** Unfortunately only Wolds Veterans RC competed on the day and they took the gold medal.

**M50-59** **Greg Wilson** posted the fastest time of 14:01 as he lead home the first leg. Unfortunately Telford AC could not capitalise on this fine run as they had no other runners. It was left to **Malcolm Eustace** (14:03) to take Tipton Harriers into the lead. Sheffield RC were second as **Sid Cordle** finished his leg in 14:58 with **Brian Green** (15:02) of Oxford City AC in third place. **Keith McLellan** (15:08) had Luton AC in fourth spot. On Leg 2 **Kevin Spare** moved Derby AC from 4<sup>th</sup> to 2<sup>nd</sup> with a 15:27 run, 12 seconds ahead of North Belfast Harriers (31:05), followed by Sheffield (31:19), Oxford City (31:21) and Luton (31:33)



**Gordon  
Lee  
Fastest  
M40**



## MASTERS ATHLETICS WINTER 2009

With times this close Leg 3 would prove to be interesting. **Mike Hager** took over for Tipton and his 14:41 run would have been welcomed by many runners. **Mike Levery** recorded 15:30 to help take Sheffield back into second place while **Phil Huxley** (15:38) moved Oxford back into contention in third. Derby and North Belfast slipped to 4<sup>th</sup> and 5<sup>th</sup> respectively.

With Tipton's lead over 2 minutes the last leg was a formality although a 15:27 from **Trevor Dixon** put Oxford into silver medal place pipping Sheffield who took bronze. North Belfast won their battle for 4<sup>th</sup> with Derby by the slim margin of 5 seconds.

**M 60-69 Mike Smedley** of Derby AC led the 5 competing teams home with a time of 16:34 followed by **Gordon Orem** (16:52), Birchfield Harriers and Oxford City AC's **Dave Parsons** (17:29).

On the second leg International **John Exley** put Oxford into the lead with a superb leg of 16:01 which was the fastest of the race. Birchfield maintained second spot while Derby slipped to 3<sup>rd</sup>.

On the final leg **Roy Treadwell** posted another fast time of 16:17 to maintain Oxford City AC's grip on the gold medal. Birchfield held onto their second place from strong finishing Royal Sutton Coldfield who moved from 5<sup>th</sup> place to 3<sup>rd</sup> on the last leg with a 17:54 from **Roy Humpherson**.

Once again the relays produced some nail biting finishes. It is a pity that more teams do not enter into what is definitely a club event.

### W35:

1 Redhill R C ( Carolyn Hay 17, Sharon Smith 16:09, Toni Minitti 16:23 ) 49:46; **2 Chester Le Street & Dist A C** ( Sarah Wilkinson 15:30, Alison Moore 19:29, Kathryn Foley 16:03 ) 51:02; **3 Notts A C 'A'** ( Jane Pidgeon 16:37, Michelle Hooton 17:31, Fiona Palmer 18:41 ) 52:49; **4 Mansfield Harriers & A C 'A'** ( Kharli Johnson 17:57, Eva Williams 18:26, Claire Coombes 19:31 ) 55:54; **5 Holme Pierrepont R C** ( Ruth Jones 18:52, Dorothy Michalak 19:17, Lorraine Butterfield 19:15 ) 57:24; **6 Notts A C 'B'** ( Tracy Hallam 19:06, Lorraine Botham 21:24, Wendy Kane 19:40 ) 1:00:10; **7 Mansfield Harriers & A C 'B'** ( Carol Hartin 20:17, Katrina Green 20:22, Jane Stafford 20:42 ) 1:01:21; **8 Wolds Veterans R C** ( Susan Hobbins 18:41, Karen Hames 21:2, Julia Johnson 27:03 ) 1:07:05; **Fastest Leg:** Sarah Wilkinson 15:30;

### W45:

**1 Bristol & West A C** ( Alison Hurford 17:23, Nicky Bromhall 17:53, Sian Davies 16:38 ) 51:54; **2 Holme Pierrepont R C 'A'** ( Christine Heaton 18:22, Mary Mills 18:55, Jean Inglis 19:25 ) 56:42; **3 North Derbyshire R C** ( Lynda Morgan Jones 17:28, Fiona Duroe 20:41, Sharon Stevenson 18:36 ) 56:45; **4 Redhill Road Runners** ( Helen Burrell 16:08, Michelle Flint 21:32, Bev Barnes 19:38 ) 57:18; **5 Wolds Veterans R C** ( Tracey Gibson 18:00, Julie Turell 21:10, Barbara Brown 19:15 ) 58:25; **6 Mansfield Harriers & A C 'A'** ( Sue Day 18:31, Wanda Curley 19:47, Maddy Collinge 20:29 ) 58:47; **7 Mansfield Harriers & A C 'B'** ( Julie Grainger 20:53, Denise Winfield 21:40, Michelle Peet 22:46 ) 1:05:19; **Holme Pierrepont R C 'B'** ( Sandy Poole 23:25, Christine Oldfield 26:06 ); **Fastest Leg:** Alison Hurford 17:23 ;

### W55:

**1 Wolds Veterans R C** ( Jane Morley 18:53, Carol Hall 21:48, Susan Green 22:42 ) 1:03:23; **Fastest Leg:** Jane Morley 18:53

### M35:

**1 Halesowen A C** ( Marc Turner 14:04, Dave Kesterton 13:59, Bill Nock 13:54, Tom Kenderdine 14:19 ) 56:16; **2 Mansfield Harriers & A C** ( Mark Johnson 14:07, Jason Gardiner 15:56, Faz Fehy 16:18, Alan Crewe 16:09 ) 1:02:30; **3 Birchfield Harriers** ( Mike Morley 14:43, Peter Dimpleby 15:06, Wayne Bourne 16:10, Simon McNamee 16:46 )

1:02:45; **4 Long Eaton R C** ( Rob Fox 14:59, Ian Chant 15:30, John Birch 16:25, Richard Wilkinson 16:06 ) 1:03:00; **5 Leicester Coritanian A C**

( Craig Sabin 15:46, Phil Hands 15:49, Nev Francis 16:44, John Grindley 15:23 ) 1:03:42; **6 Holme Pierrepont R C** ( Graham Moffatt 14:05, Matthew Grainge 15:20, Neil Devonport 17:38, John Oldfield 19:23 ) 1:06:26; **7 Royal Sutton Coldfield A C** ( John Fletcher 16:06, Steve Larcombe 16:48, Tony Hinchley 16:01, Martin Jones 18:14 ) 1:07:09;

**Tipton Harriers** ( Phil Clamp 13:59, Alan Grice 17:45, Jeff Taylor 18:37 );

**Fastest Legs:** 1 Bill Nock 13.54; 2 Dave Kesterton & Phil Clamp 13.59

### M40:

**1 Leicester Coritanian A C** ( Gordon Lee 13:15, Gareth Deacon 14:13, Simon Cotton 13:52, Derek Guess 14:19, Rob Sheen 14:22, Dave Pearce 14:37 ) 1:24:38;

**2 Sunderland Harriers** ( Tim Field 14:13, George Harden 14:46, Mick Thompson 14:32, Brian Rushworth 13:32, Brian Bewick 14:23, Paul Merrison 14:32 ) 1:25:58;

**3 Morpeth Harriers & A C 'A'** ( Paul Waterson 14:28, Phil Walker 14:14, Neil Wilkinson 13:38, Ian Abiss 15:09, Gavin Bayne 15:34, Alan Shepherd 14:31 ) 1:27:34; **4 Redhill Road Runners** ( Mark Yates 14:47, Andy Wetherill 14:19, Gary McMahon 16:27, Simon Nash 15:36, Alan Smith 13:47, Paul Newton 14:30 ) 1:29:26; **5 Tipton Harriers** ( Chris Flavell 14:54, Henry Piotowski 14:27, Richard Brittan 15:28, Paul Rogers 14:47, Mark Wright 14:58, Steve Ward 14:57 ) 1:29:31;

**6 Bingley Harriers** ( Peter Pyrah 15:21, Malc Teasey 15:22, Richard Balshaw 14:53, Steve Fry 15:50, John Convery 14:11, Stuart MacDonald 14:01 ) 1:29:38;

**7 Bedford & County A C 'A'** ( Robert Payne 17:08, Richard Powell 14:19, Alan Turnbull 14:10, David Cheshire 15:10, Paul Gooding 16:23, Jim McMahon 14:12 ) 1:31:22; **8 Wolds Veterans R C** ( Mick Jagger 13:53, Dave Cole 17:14, Dave Houlton 16:05, Paul Freeman 16:18, Dave Jackson 16:51, Dave Wilson 16:38 ) 1:36:59; **9 Morpeth Harriers & A C 'B'** ( Alistair MacDonald 15:48, David Steel 15:09, Mike Winter 16:16, Gordon Dixon 16:16, Jim Alder 16:48, Steve Beattie 16:51 ) 01:37:08; **10 Derby A C** ( Damon Chambers 15:24, Russell Parkin 15:16, Dav Connor 14:22, Mark Smith 15:47, Duncan Williams 16:39, Karl Petch 20:49 ) 01:38:17; **11 Mansfield Harriers & A C** ( Doug Ross 14:35, Graeme Wilkinson 16:07, Phil Shaw 17:39, Mark Jenkins 16:55, Trevor Hiscox 17:38, Julian Wood 18:33 ) 01:41:27; **12 Belper Harriers** ( Mark Riches 16:11, Chris Gilbert 15:15, Roger Morgan 17:39, Dave Horton 17:18, Steve Meath 18:48, Simon Edwards 16:50 ) 01:42:01;

**Doncaster A C** ( Simon Wright 14:09 ); **Bedford & County A C 'B'** ( Jonathan Roots 16:25 ); **Fastest Leg s:** 1 Gordon Lee 13.15; 2 Neil Wilkinson 13.38, 3 Sunderland Brian Rushworth 13.32 ;

### M50:

**1 Tipton Harriers** ( Malcolm Eustace 14:03, Ray Stainer 15:56, Mike Hager 14:41, Andy Cooper 16:07 ) 01:00:47; **2 Oxford City A C** ( Brian Green 15:02, Stewart Thorp 16:19, Phil Huxley 15:38, Trevor Dixon 15:27 ) 01:02:26; **3 Sheffield R C**

( Sid Cordle 14:58, Gary Podmore 16:21, Mike Levery 15:30, Mike Quinn 15:57 ) 1:02:46; **4 North Belfast Harriers** ( Jim Newberry 15:57, Matt Shields 15:08, Dessi Martin 17:16, Derek Donaghy 15:41 ) 01:04:02; **5 Derby A C** ( Brian Swindell 15:26, Kevin Spare 15:27, Malcolm Edwards 16:25, Ray Macdonald 16:49 ) 01:04:07;

**6 Bingley Harriers** ( Kevin O'Hara 17:46, Carey Gray 16:33, Gerry Bell 16:17, Les Haynes 17:36 ) 01:08:12; **7 Wolds Veterans R C** ( Pete Hutchinson 15:43, Steve Green 17:46, Mark Valter 16:45, John Barker 18:07 ) 01:08:21; **8 Mansfield Harriers & A C** ( Terry Ashmore 16:53, Peter Stafford 15:44, Keith Mellor 18:50, Colin Fell 20:28 ) 01:11:55; **9 Luton A C** ( Keith McLellon 15:08, Tony Thompson 16:25, Gordon Addison 18:45, Chris Stebbings 21:15 ) 01:11:33;

**Telford A C** ( Greg Wilson 14:01 ); **Birmingham Rowheath** ( Richard Gray 14:56 );

**Bedford & County** ( Rob Lands 18:17 ); **Fastest Legs:** Greg Wilson 14.01; Malcolm Eustace 14.03 ;

### M60:

**1 Oxford City A C** ( Dave Parsons 17:29, John Exley 16:01, Roy Treadwell 16:17 ) 49:47; **2 Birchfield Harriers** ( Gordon Orme 16:52, David Boulstridge 18:53, Alan Price 20:37 ) 56:22; **3 Royal Sutton Coldfield A C** ( Clive Sayer 19:02, Doug Hyde 19:39, Roy Humpherson 17:54 ) 56:35; **4 Wolds Veterans R C** ( Denis Brown 17:50, Dave Edwards 19:04, John Hudson 19:53 ) 00:56:47; **5 Derby Athletic Club** ( Mick Smedley 16:34, Stuart Tattersall 19:29, Mick Buttery 25:27 ) 1:01:30; **Fastest Leg:** John Exley 16:01





# BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

**SATURDAY 13th MARCH 2010**

(under UKA rules, permit applied for)

Organised by NIMAA at Stormont Estate, Belfast, Northern Ireland

## OPEN to ALL MASTERS

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

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

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

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

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

M40 -49 , ( 4 to count), M50-59, M60-69, M70+, W35 - 44, W45 - 54, W 55 + ( three to count )

BMAF Championship competitors in M 40-49, M50-59, M60-69, M70+ W 45-54, W 55+ who wish to count for M35-39, M40-49, M50-59, M60-69, W35-44 and W45-54 teams instead of their own age group, **must declare on the entry form.** NB Runners in age category M50+ who wish to down age to M40-49 age group team **MUST run in race 3 Men 35-49 in order to qualify for the team event.**

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

Send completed entry form to: **BMAF XC Championships c/o Race Director, 1 Wilmont Park, Dunmurry, Belfast, BT17 93W.**

Cheques made payable to: NIMAA

**Closing Date : 1<sup>st</sup> March, 2010**

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

### BMAF 2010 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on **13th March 2010**. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

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

Age on 13/3/2010 \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age Group \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

YOUNGER TEAM DECLARATION M 35-39, M40-49, M50-59, M60 - 69W35-44, W45-54

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

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



## MASTERS ATHLETICS WINTER 2009

**Editor:** Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, WR14 3BX (Phone- 01684 565721 Email- [brian.owen2@btinternet.com](mailto:brian.owen2@btinternet.com))  
**Advertising:** Bridget Cushen, 020 8683 2602; Email: [Bcushen@aol.com](mailto:Bcushen@aol.com)  
**Production:** Hastings Printing Company, Drury Lane, St. Leonards-on-Sea, East Sussex TN38 9BJ.  
**Subscription Rates:** £15 per annum (four issues) free to members of affiliated clubs.

### BRITISH MASTERS ATHLETIC FEDERATION

**Website:** [www.bmaf.org.uk](http://www.bmaf.org.uk)  
**President:** Paul Dickenson, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. ([athlete.uk@btopenworld.com](mailto:athlete.uk@btopenworld.com))  
**Life Vice Presidents:** Bridget Cushen, Barbara Dunsford, Jack Fitzgerald, Ron Franklin, George Phipps, Sylvester Stein, Keith Whitaker and Tom Wood.  
**Chairman:** Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 OJD 01634 389554. Mail- [arthur.kimber@talktalk.net](mailto:arthur.kimber@talktalk.net)  
**Vice Chairman Policy and International Affairs :** Kevin Dillon Kevin. Email: [dillon22@yahoo.co.uk](mailto:dillon22@yahoo.co.uk)  
**Hon. Secretary:** Bridget Cushen, 156, Mitcham Road, West Croydon, CRO 3JE. (020 8683 2602) Email: [Bcushen@aol.com](mailto:Bcushen@aol.com)  
**Hon. Treasurer:** Danny Herman, Bow House, 3, Bow Green Road, Bowdon, Altrincham WA14 3LY. Phone 0161 9412154  
**Secretary -Track & Field:** Maurice Doogan, 5, Stadium Street, Chelsea, London SW10 0PU ► Phone 020 7795 2233 E-Mail ► [info@dooganconsulting.com](mailto:info@dooganconsulting.com)  
**Secretary –Road Running:** Mel James , 2, Baglan Cottages, Coytrahen, Nr Bridgend, South Wales, CF32 0DP ► Phone 01656 720579 ► email [mel.james@tiscali.co.uk](mailto:mel.james@tiscali.co.uk)  
**Secretary Race Walking:** John Hall, 201 Ladysmith Road, Enfield, Middlesex, EN1 3AQ; Phone 020 8292 3627 email: [walker@bmaf.org.uk](mailto:walker@bmaf.org.uk)  
**Secretary- XC:** Philip Lee, 85, Parlour Close, Histon, Cambs, CB4 9XR. (01223 234856)  
**Overseas Entries** Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE Mail- [peter@peterduhig.plus.com](mailto:peter@peterduhig.plus.com)  
**Co-ordinator:** Bob Minting " The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. email- [Bob.Minting@btopenworld.com](mailto:Bob.Minting@btopenworld.com)  
**Chairman of Records Committee:** Bob Minting " The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. email- [Bob.Minting@btopenworld.com](mailto:Bob.Minting@btopenworld.com)  
**CHAIR of EAMA :** Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL. Mail - [IRENENN@aol.com](mailto:IRENENN@aol.com)  
**Website Administrator:** Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778) Email: [webmaster@bmaf.org.uk](mailto:webmaster@bmaf.org.uk)

### GENERAL & MEMBERSHIP SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

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

MASTERS ATHLETICS is the official publication of the BRITISH MASTERS ATHLETIC FEDERATION and of the WORLD MASTERS ATHLETICS. The editorial policy is not, unless otherwise stated, that of the BMAF or WMA. Unsolicited material would be welcomed, preferably Microsoft Word or Text. Copy submitted on " CD / Email", by a hard copy would also be helpful. Email attachments are acceptable in any Microsoft format. If you require the return of your information and photographs, please enclose a "stamped Addressed Envelope". MASTERS ATHLETICS cannot accept any responsibility for items lost or damaged in transit, and any correspondence published at the Editors discretion. This Magazine is posted to the home address of all registered B.M.A.F. members, based on the information supplied by Affiliated Clubs and Associations.

Masters Athletics will take every care to ensure that advice and information given to assist readers with training, diet and injuries is safe. Masters Athletics or its contributors cannot, however, accept any responsibility for injury, loss or damage caused by such advice.

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



# MASTERS ATHLETICS WINTER 2009

2009	FIXTURE	VENUE	INFORMATION
5 <sup>th</sup> DEC	MMTG Christmas Weight Pentathlon		www.mmtg.org.uk
6 <sup>th</sup> DEC	NVAC Christmas Handicap	Irlam	
13 <sup>th</sup> DEC	WMAA XC Championships	Builth Wells	
13 <sup>th</sup> DEC	SVHC XMAS Handicap	Cartha Rugby Club	
<b>2010</b>			
3 <sup>rd</sup> JAN	WMAA 5 Mile	Llandaff	"Old Father Tyme Race" Contact: John Griffin, 22, Hoel Waun y Nant, Whitchurch, Cardiff, CF14 1JZ
17 <sup>th</sup> JAN	SVHC XC Relay Championships	Motherwell	
24 <sup>th</sup> JAN	BMAF PENTATHLON	Lee Valley, London	
	MMAC XC	Droitwich	
	SAF Masters Indoor Championships	Kelvin Hall, Glasgow.	Open to all Masters
6 <sup>th</sup> FEB	SAF Masters XC Champs	Forres	Open to all Masters
1-6 <sup>th</sup> MAR	WMA Indoor Championships	Kamloops, Canada	
13 <sup>th</sup> MAR	BMAF XC Championships	Stormont Estate, Belfast	
14 <sup>th</sup> MAR	SOUTH MIDLAND OPEN	STOURPORT	See www.midlandmasters.org.uk
27/28 <sup>th</sup> MAR	BMAF Indoor Championships	Lee Valley, London	Includes Outdoor throws. <b>For various reasons the entry form is not available for publication, and will appear shortly on the BMAF website. Those without internet access should sent a s.a.e. to Maurice Doogan for the entry form.</b>
18 <sup>th</sup> APR	BMAF / SVHC Marathon	Lochaber Marathon Fort William	
	MMAC Road Relays	Edbaston Reservoir	AGM follows.
15 <sup>th</sup> MAY	BMAF Road Relays	Sutton Park, Birmingham	See back cover this issue.
16 <sup>th</sup> MAY	European Masters Mountain Running Championship	Cerdabyola del vallès,ESP	
23 <sup>rd</sup> May	BMAF Pentathlon	Oxford	With 10k Track and Walk (TBC)
6 <sup>th</sup> JUN	SCVAC Track & Field Championships	Julie Rose Stadium, Ashford	
13 <sup>th</sup> JUN	MMAC T&F	Leicester	
19/20 <sup>th</sup> JUN	Transatlantic Trophy Combined Events	GB v USA Joplin , Missouri, USA.	Contact Bruce Charles
20 <sup>th</sup> JUN	BMAF 5k Road & Walks	Horwich	T.B.C.
	BMAF Throws Pentathlon	Milton Keynes	
JULY	BMAF Track & Field	Birmingham or Cardiff	<b>The championships date has yet to be finalised. So will be either 4<sup>th</sup> /5<sup>th</sup> July ,Cardiff. Or 31st July-1<sup>st</sup> August Birmingham.</b>
15 <sup>th</sup> -24 <sup>th</sup> JUL	EVAA T&F Championships	Nyiregyhaza, Hun	
8 <sup>th</sup> AUG	EMAA INTER AREA	Solihull	Contact your club for details on selection
14 <sup>th</sup> AUG	BMAF 30k Walk	Coventry	
22 <sup>nd</sup> AUG	BMAF Half Marathon	Burnham Beeches, Slough	
5 <sup>th</sup> SEPT	SCVAC T&F League Final	Julie Rose Stadium, Ashford	



# MASTERS ATHLETICS WINTER 2009

11/12 <sup>th</sup> SEPT	BMAF Decathlon /Heptathlon	Oxford	
OCT	BMAF XC RELAYS	TBC	
13 <sup>th</sup> NOV	British & Irish Masters XC International	Santry Park, Dublin.	
<b>2011</b>			
16-20 <sup>th</sup> MAR	EVAA Indoor Championships	Ghent, BEL	
20-22 <sup>nd</sup> MAY	EVAA Non Stadia	Thionville / Yutz, FRA	
7 <sup>th</sup> -17 <sup>th</sup> JUL	WMA Championships	Sacramento, USA	
10-17 <sup>th</sup> SEPT	European Masters Games	Lignano, ITA	

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.

Entry details are now posted on the BMAF site for both World Indoor at Kamloops and European Outdoor at Nyiregyhaza, Hungary.

The closing date for entries is indicated beneath the Fixture & the links to the details in **Bold Red**.

Please take heed of it ! I have been advised **NOT** to take any late entries this year.

If your entry is postmarked prior to the closing date it will be OK.

If you forget to post it, or forget to enter before that date, **whatever the excuse**, it will be too late !

**The rule is NO LATE ENTRIES.**

I now have a very small amount of hardcopy entry booklets for both Championships.

It is cheaper and easier for people to use the internet to access details. They are all there in full Technicolor. However, I am aware that not all of us can have access to computers.

Therefore, an A4 envelope with stamps to cover a LARGE letter posted to 'BMAF Overseas, 42 Wimbotsham Rd, Downham Market, Norfolk, PE38 9PE.' will get you a copy.

But most of us these days have friends, family or a local library, that will help you view & print off these documents at a much lesser cost. Peter DUHIG.

**NB: MAURICE DOOGAN is still finalising details on the Indoor Championship, so it will not be possible to include an entry form in this issue until final costs are known. Therefore those with computer access please go regularly to the B.M.A.F. website; those without this facility should send a S.A.E. to Maurice who will return the necessary document when it is available.**

Also due to the resurfacing of Alexander Stadium next year, it is not certain if the Championships will be held in this venue. Details and hopefully entry details will be provided in the Spring issue.

Should you wish to enter Indoor Competitions and can get to Birmingham easily, dates are as follows:

**NB: Championships only for Athletes with East / West Midlands, or South West qualification. [www.midlandsathletics.org.uk](http://www.midlandsathletics.org.uk)**

23 Jan 2010 (Sat)-	Indoor Sprints & Hurdles and Outdoor Shot & Discus-
24 Jan 2010 (Sun)-	Indoor Jumps & Outdoor Javelin & Hammer-
06 Feb 2010 (Sat)-	Birmingham Games (indoors) Day 1-
07 Feb 2010 (Sun)-	Birmingham Games (indoors) Day 2-
13 Feb 2010 (Sat)-	Midland Championships (indoors) Day 1-
14 Feb 2010 (Sun)-	Midland Championships (indoors) Day 2-
21 Feb 2010 (Sun)-	Midland Open Indoors-National Indoor Arena,

Alexander Stadium  
Alexander Stadium  
Birmingham (NIA)  
Birmingham (NIA)  
Birmingham (NIA)  
Birmingham (NIA)  
Birmingham (NIA)





**T**he British Masters 10 Mile Championship was held at Portland, Dorset, the race was well Organised by the S.W.V.A.C & Royal Manor of Portland Running Club, and provided an exciting 10 Mile race to watch. The weather was not what the runners wanted but high winds on the day made it even harder work as it seemed to be coming from all directions.

We had 89 masters taking part in the race, Nevertheless we saw some excellent times, the First Master home was Steven Way (M35), a local runner from Bournemouth AC who completed the course in 54:54, 2<sup>nd</sup> Master was Michael Hager (M55) from Tipton Harriers in 58:09, 3<sup>rd</sup> Master was Alex Rowe(M50) from Wesham RR in 58:32.

The First Lady home in 63:13 was Jenny Moore (W45) Wells City Harriers, 2<sup>nd</sup> Lady was Anne Luke (W50) Tamer Trotters in 64:17 closely followed by Kirsty Gallagher (W35) Wootton Road Runners. in 64:34.

**Performance of the Day** was Angela Copson (W60) – Rugby & Northampton smashing the British W60 Best in a time of 68:01.

#### RESULTS:

1 54:54 WAY, Steven Bournemouth AC M35-1; 2 58:09 HAGER, Michael Tipton Harriers M55-1; 3 58:32 ROWE, Alex Wesham RR M50-1; 4 59:02 SHAPLAND, John north Devon AA M55-2; 5 59:07 THOMPSON, Peter Nene Valley Harriers M50-2; 6 59:19 PITTAWAY, Mark RM Portland AC M45-1; 7 1:00:05 GARDNER, Brian Swindon Harriers M50-3; 8 1:00:10 OWEN, Stanley Nene Valley Harriers M55-3; 9 1:01:22 AUNGER, Ian Nene Valley Harriers M45-2; 10 1:01:27 PENWARDEN, David Poole Runners M35-2; 11 1:02:26 WHITE, Ian Bournemouth AC M35-3; 12 1:02:56 MICHAEL, Desmond Barnet & District M55-4; 13 1:03:13 MOORE, Jenny Wells City Harriers W45-1; 14 1:03:31 BRITTAIN, Richard Tipton Harriers M40-1; 15 1:03:36 STAINER, Ray Tipton Harriers M50-4; 16 1:03:41 KENCHINGTON, Nicholas Bournemouth AC M45-3;

17 1:03:52 BRISCO, Douglas Andover AC M55-5; 18 1:04:17 LUKE, Anne Tamer Trotters W50-1; 19 1:04:29 HUNT, Simon Bournemouth AC M55-6; 20 1:04:34 GALLAGHER, Kirsty Wootton Road Runners W35-1; 21 1:05:15 YOUNG, Peter Ryde Harriers M60-1;

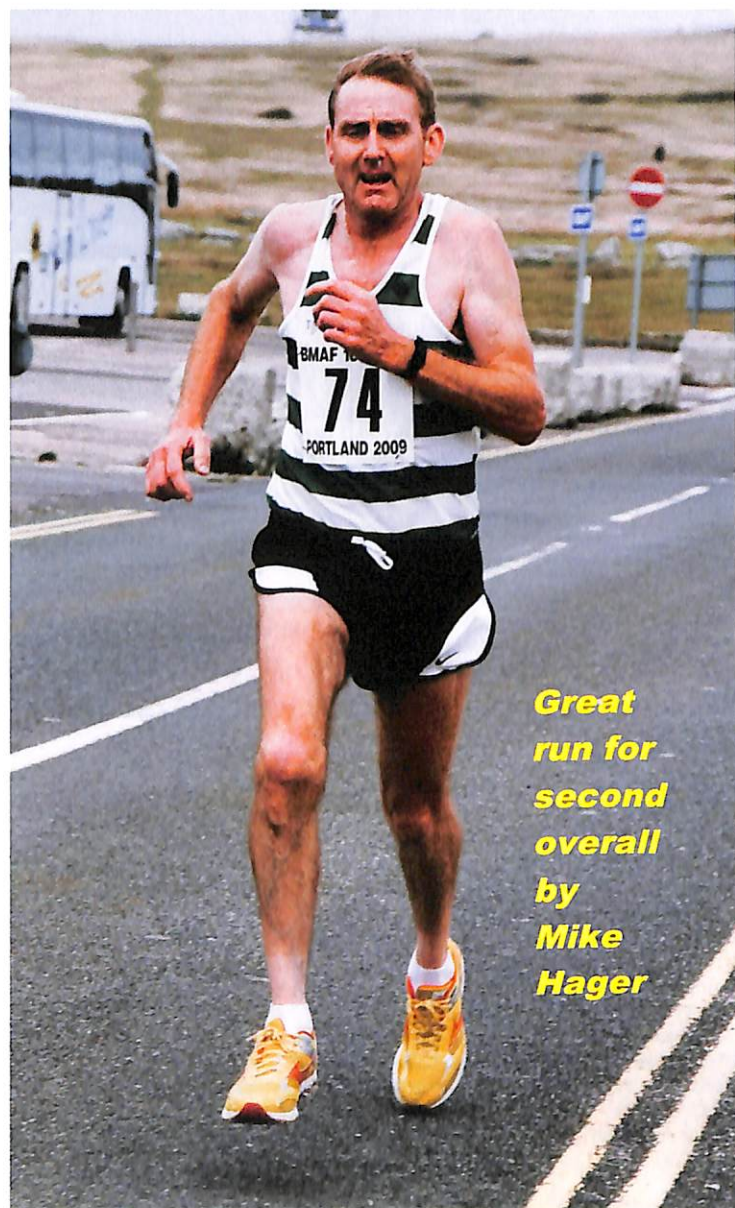


22 1:05:41 BARNSDALE, Michael Nene Valley Harriers M50-5; 23 1:05:52 MILLER, Graeme Bournemouth AC M35-4; 24 1:06:19 JONES, Gareth Oxford City AC M60-2; 25 1:06:26 BEST, Mike Poole Runners M50-6; 26 1:06:30 JOHNS, Arthur Poole Runners M60-3; 27 1:07:02 ULLIOTT, Tom Brighton & Hove M50-7; 28 1:07:10 FORD, Martin Cheltenham Harriers M65-1; 29 1:07:44 JOHNS, Nigel RM Portland AC M50-8; 30 1:07:47 KELLY, Michael RM Portland AC M50-9; 31 1:07:53 THOMAS, Christine Poole Runners W45-2; 32 1:08:01 COPSON, Angela Rugby & Northampton W60-1; 33 1:08:21 ULLIOTT, Cathy Brighton & Hove W45-3; 34 1:08:56 KING, David SWVAC M55-7; 35 1:09:45 GRAHAM, Ian Bournemouth AC M60-4; 36 1:09:48 BENJAMIN, Peter Egdon Heath Harriers M50-10; 37 1:09:58 WHITAKER, Lynne Romsey Road Runners W50-2; 38 1:10:17 WHITE, Des Paddock Wood AC M55-8; 39 1:10:27 CHAPMAN, Janie Bournemouth AC W40-1; 40 1:10:45 HIER, Diane Warminster RC W45-4; 41 1:10:51 TIZARD, Michael RM Portland AC M40-2; 42 1:11:39 APPLEBY, Rod Yeovil Town R R M40-3; 43 1:12:23 HEATH, David Poole Runners M55-9; 44 1:12:39 RICH, Alan Worthing Striders M55-10;



## MASTERS ATHLETICS WINTER 2009

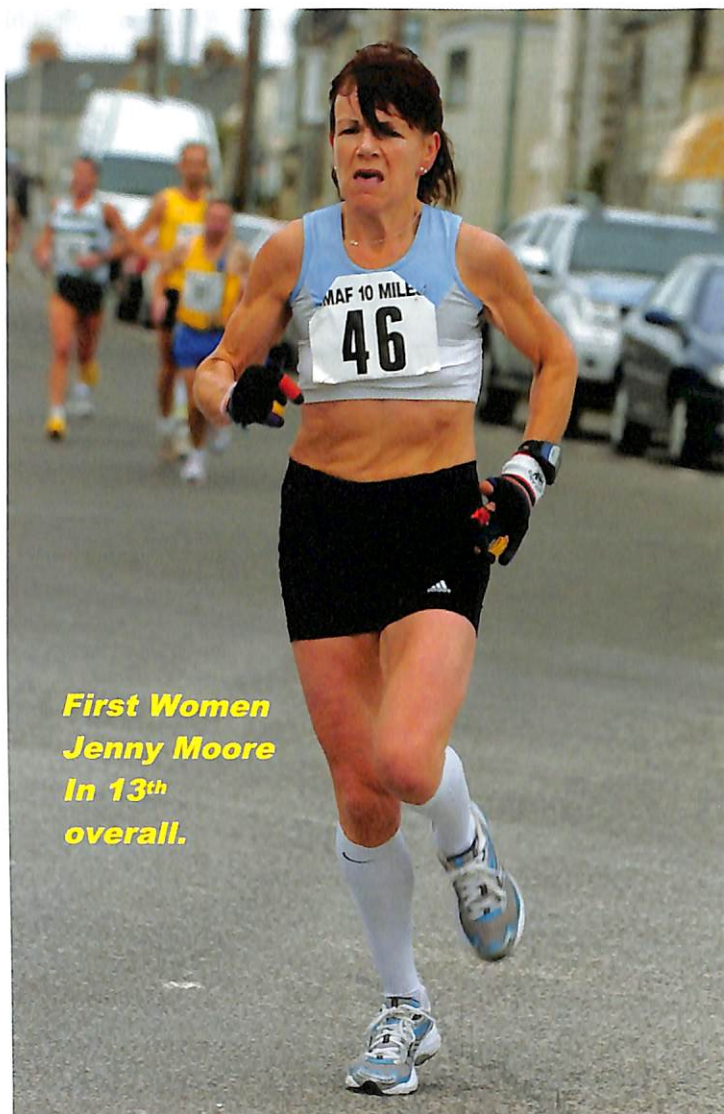
45 1:12:41 ADDRISON, Martin Leighton Fun Runners M50-11; 46 1:13:02 SCOTT, Geoffrey Poole Runners M60-5; 47 1:13:05 MARCHANT, Zina Team Bath AC W55-1; 48 1:13:07 DEPLEDGE, Bob SWVAC M50-12; 49 1:13:46 KHOSHNEVIS, Heather Littledown Harriers W45-5; 50 1:14:05 FEEST, Stephen Worthing Striders M50-13; 51 1:14:18 BUNYAN, Peter Dawlish Coaster M55-11; 52 1:14:48 DOMINEY, Alwyn Poole Runners M60-6; 53 1:14:54 FOOT, Jonathan Poole Athletic Club M50-14; 54 1:14:56 BALE, Rex Poole Runners M60-7; 55 1:15:13 LEGGE, Rex Poole Runners M70-1; 56 1:15:29 JENKINS, Glyn Thanet Road Runners M65-2; 57 1:15:35 SIMPSON, Edmond Overton Harriers & AC M70-2; 58 1:16:40 FOOKES, Kathy Littledown Harriers W50-3; 59 1:17:43 SMITH, Colin Road Runners Club M55-12; 60 1:17:51 DAVIES, Jeff SWVAC M60-8;



*Great run for second overall by Mike Hager*

61 1:18:31 PERRATT, John Exmouth Harriers M70-3; 62 1:18:43 HALSTEAD, Pat Swanley & District AC W55-2; 63 1:19:16 PARKER, Michael M45-4; 64 1:19:37 BRENNAN, Philip Stratford on Avon AC M65-3; 65 1:20:11 TERRY, Mike Littledown Harriers M55-13; 66 1:20:18 FEEST, Michelle Worthing Striders W40-2; 67 1:20:21 HORWOOD, Mike Clevedon AC M70-4; 68 1:21:04 MOLONEY, Jenny RM Portland AC W45-6; 69 1:21:54 VALENTINE, William Torbay AAC M60-9; 70 1:22:34 ADAMS, Mandy Littledown Harriers W40-3; 71 1:23:17 FINCH, Thomas NVAC M65-4; 72 1:25:05 CAMPBELL, Brian Midland Masters M75-1; 73 1:26:00 BALL, Malcolm RM Portland AC M75-2; 74 1:27:01 RICH, Pauline Serpentine Running Club W60-2; 75 1:27:39 CLARKE, Pete Weymouth St Pauls AC M65-5; 76 1:27:59 DOWNEY, Des RM Portland AC M70-5; 77 1:28:11 THOMAS, Idris Cardiff AAC M35-5; 78 1:29:34 WILLIAMS, Richard M55-14; 79 1:30:48 HUGGINS, Mervyn Midland Masters M75-3; 80 1:31:12 TURNER, Les Exmouth Harriers M65-6; 81 1:31:24 GAZE, Peter Bournemouth AC M70-6;

82 1:31:46 HICKS, Bill RM Portland AC M65-7; 83 1:32:04 WHITE, Alison Paddock Wood AC W50-4; 84 1:36:12 MORGAN, Carol SWVAC W50-5; 85 1:36:13 CHALK, Ian Team Southampton M45-5; 86 1:37:02 HAGGER, Ronald M70-7; 87 1:41:04 FRAMPTON, Barbara Wimborne AC W65-1; 88 1:46:05 HEMMENS, Wendy Warminster RC W50-6; 89 1:58:14 WILLIAMS, Moira W55-3;



*First Women Jenny Moore In 13<sup>th</sup> overall.*



*John Perratt*

### TEAM RESULTS

W35-44: Littledown Harriers 3.53.00 (KhoshnevisHeather W45 1 13 46.



## MASTERS ATHLETICS WINTER 2009

Fookes Kathy W50 1.16.40, Adams Mandy W40 1.22.34 );

### M35-39

**Bournemouth AC 3.01.01** ( Way Steven M35 0.54.54, White Ian M35 1.02.26, Kenchington Nicholas M45 1.03.41 );

### M50-59

**1 Nene Valley Harriers 3.04.58** ( Thompson Peter M50 59.07, Owen Stanley M55 1.00.10, Barnsdale Michael M50 1.05.41 ); **2 South West Vets AC 3.39.49** ( King David M55 1.08.56, Depledge Bob M50 1.13.02, Davies Jeff M60 1.17.51 );

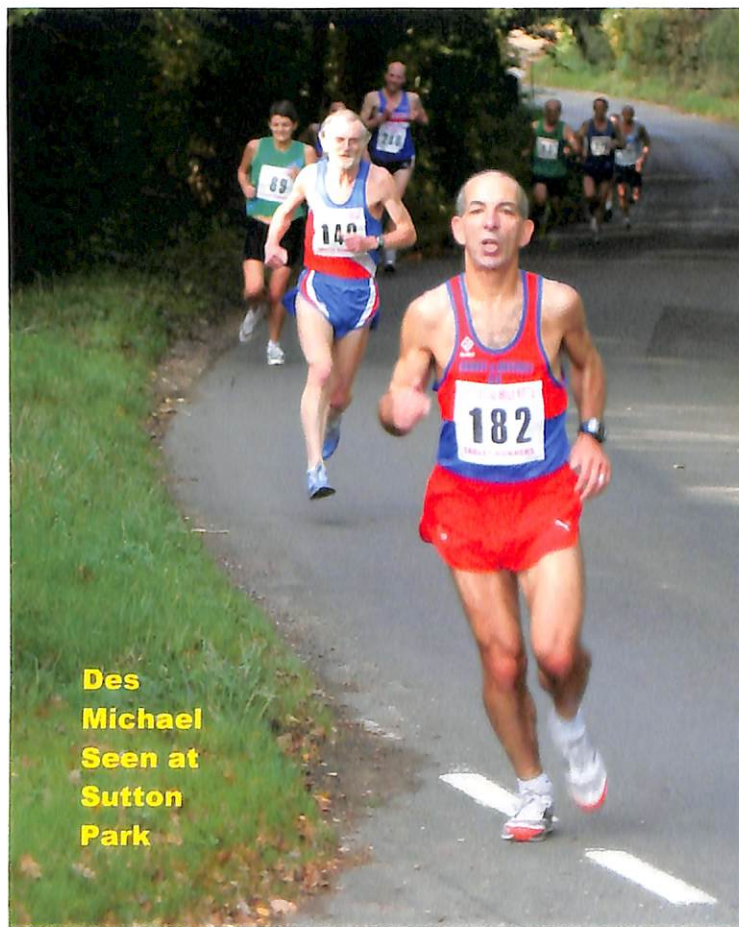
**3 Bournemouth AC 3.45.38** ( Hunt Simon M55 1.04.29, Graham Ian M60 1.09.45, Gaze Peter M70 1.31.24 );

### M60+

**Poole Runners 3.34.20** ( Johns Arthur M60 1.06.30, Scott Geoffrey M60 1.13.02, Dominey Alwyn M60 1.14.48 );

## BMAF HALF MARATHON AT STEVENAGE. NOVEMBER 1<sup>st</sup> by Mel James.

Athletes arriving at the Ridlins Stadium on the outskirts of Stevenage, for the BMAF Half Marathon, were greeted with strong winds and torrential rain. The two lap course was particularly undulating on the underpass sections and with these conditions any thoughts of records or road bests were quickly dismissed. It was also decided that age category numbers would not be a very successful exercise in these conditions.



Des Michael Seen at Sutton Park

In fact it was a replica of last year's event at Bath in many ways, because not only did the weather cause us problems, but the results system, once again, gave us a further headache.

The race produced another replica, the first two BMAF male athletes home, were also the first two male athletes across the line at Margate in the BMAF Marathon. Viesters Dude (Crawley AC) crossed the line in the time of 1 hour, 17m and 47secs, winning the 0/45 section with Peter Thompson (Nene Valley H.) finishing just over 2 minutes behind to win Gold in the 0/50 age group.

There were also some close battles for medals in other age groups, in the 0/55s Des Michael (Barnet & D) held off the challenge of Walter Hill (Crawley AC) by under 2mins and in the 0/70s the battle for Gold was won by Derek Surrey (Shaftesbury Barnet AC) from Michael Miller (Hillingdon AC) by just over 2 minutes.

First lady home in the event overall and 0/45 Gold Medal winner was Sarah Gee (Reading R/R). Her time of 1 hour, 19m and 53secs was also good enough to be 2<sup>nd</sup> BMAF finisher in the race, dividing the first two males. All eyes were on Angela Copson (Rugby & Northampton AC). Angela had broken all the other Four 0/60 British bests this year in BMAF Championship races and needed to run under 1h, 28m, 56secs to break her own British best, unfortunately she just failed by 35secs. Angela and Sarah were among the group of five athletes using this race as a warm up for the forthcoming X/Country International at Birmingham, where they will wear the English Vest.

The largest problem for me, as road race secretary, is the continuing problem of race results. Our branch of the sport relies on third parties, that is other clubs or outside bodies for organisation. We therefore are only as good as the data inputted at events and this is reflected in the poor results systems that evolve. I have produced some guidelines for hosts of our championships and will try to make some further inroads with organisers to try to eliminate this problem, which is frustrating for our athletes and me personally.

**M45:** 1 Viesters Dude Crawley AC 1h - 17 - 49s; 2 Ian Auger Nene Valley H 1h - 23 - 39s; 3 Larry Mangelshot Woodford G & EL 1h - 28 - 37s; **M50:** 1 Peter Thompson Nene Valley H. 1h - 19 - 59s; 2 Keith Mclellan Luton Ath. 1h - 25 - 00s; 3 Tom Ulliott Brighton & Hove AC 1h - 28 - 45s; **M55:** 1 Des Michael Barnet & Dis. AC 1h - 26 - 01s; 3 Walter Hill Crawley AC 1h - 27 - 47s; **M60:** 1 Geoff Newton Tadworth AC 1h - 28 - 03s; 2 David Beattie Crawley AC 1h - 31 - 50s; 3 Richard Bloom Herts Phoenix 1h - 38 - 31s; **M65:** 1 Martin Ford Chelt & County H. 1h - 26 - 55s; 2 John Turner Strat-on-Avon AC 1h - 39 - 02s; 3 Glyn Jenkins Thanet R/Runners 1h - 45 - 10s; **M70:** 1 Derek Surrey Shaftesbury B. AC 1h - 54 - 23s; 2 Michael Miller Hillingdon AC 1h - 56 - 35s; **M75:** 1 Brian Campbell MMAC 1h - 51 - 57s; 2 Malcolm Ball N. Norfolk BR. 2h - 00 - 24s; **W40:** Sarah Vick Saxmundham SR. 1h - 44 - 55s; **W45:** 1 Sarah Gee Reading R/R 1h - 19 - 53s; 2 Jenny Moore Wells City H. 1h - 23 - 26s; 3 Cathy Ulliot Brighton & Hove AC 1h - 29 - 45s; **W55:** 1 Zina Marchant Team Bath 1h - 37 - 26s; 2 Dianne Wooler Colchester & T.AC 1h - 46 - 48s; **W60:** 1 Angela Copson Rugby & North. AC 1h - 29 - 31s; 2 Ann Bath 26.2 Club 1h - 58 - 12s; **W70:** Pam Jones Ilford AC 1h - 59 - 27s;

Start by saying while I was at tracks most of the day every day, I know I didn't see everything. With that in mind I know I suspect I have missed some names or performances.

With the final timetable not available until four weeks before many athletes had already booked flights and found that changes to the days of competition meant they were flying in within 24 hours of their first event or finishing their last competition and heading directly home via the airport. W.M.G accreditation was a nightmare for many of the 28,000 competitors from 28 sports. This nightmare being a queue for accreditation passes, proving a waste of time for everyone concerned all because they had not printed the passes before hand. This was the main reason that local TV gave it a mention the local news. It was worse again for athletes as competition numbers were not available until the day





**WORLD MASTERS GAMES  
WORDS & PICTURES:  
GLEN REDDINGTON(45700):  
SYDNEY 11-18 October:**

before the first day of competition, another queue of up to an hour and a half.

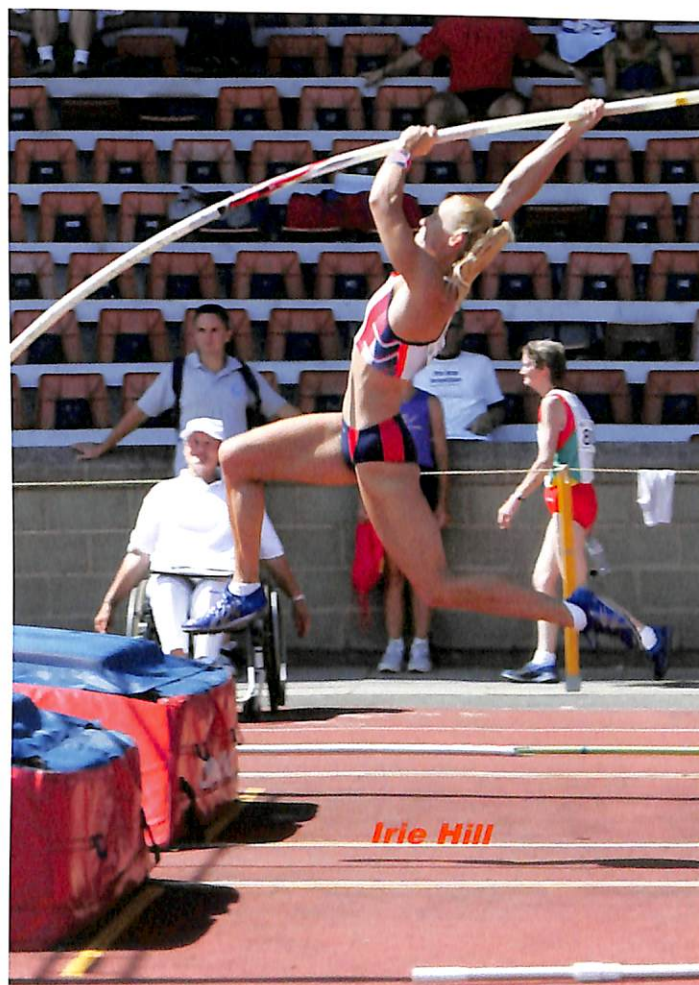
The weather in the few days before the start had a definite chill to it with a good bit of cloud so layers were required. The main stadium was the warm up track for the 2000 Olympics and provided sufficient seating for athletes and family interested in watching. Although it was standing only at the warm up track, both tracks were barely 100m apart and the half marathon and walks starting and finishing just outside of these.

For those who could bear the cost of around \$200 per night the tracks were only minutes walk away. The alternatives appeared to be staying with friends or cheaper accommodation well away from Olympic Park. Getting to the facilities, athletics and others, was relatively easy with free use of the train direct for the centre of Sydney or main line and dedicated link from the outskirts, these trains started as early as 4am more than enough even for a 8am competition.

Many of the other sports that were not located at the Olympic Park were a good train journey away. So while it was free admittance, for the busy athlete seeing other sports was not realistic. Free bus and Ferry travel allowed for day trips around Sydney or leisurely ferry trips to the northern shore of Manly for an alternative Bondi beach if it could be fitted in.

Day one - started early with the 10Km road race located outside the tracks where a handful of Britons competed. As the morning

progressed Hammer, shot and steeplechases began in the dry on the warm up track closely followed by a good soaking of rain which dried for the afternoon. The main stadium hosted the first of the pole vaults and long jumps, and 100m heats where in the men's all progressed to the semis. The major note here being ich Steve Peters choosing not to compete any further due to injury. In the Women's 100m, a banner displaying "Godsell for gold" appeared to be stating the obvious with Helen Godsell winning the W55 13.78 with a big gap to second, Judi Stafford also finishing in 7<sup>th</sup> equal. Judi also managed second in the W55 Pole Vault. Despite a good series of performances in the W50 Shot Hazel Barker collected a silver medal with 10.63. Day one concluded early to allow for the opening ceremony. This was held in the Olympic Stadium where there were no signs that there had ever been an athletic event there with it now being a rugby stadium. The obligatory speeches were made by the dignitaries. Perhaps the notable absentee being Mr Coe. This was followed by some aboriginal didgeridoo playing, John Paul Young with his hit "Love is in the air" and other acts.



Day two began with nearly all sprint hurdles semis being cancelled during warm up or block set up due to athletes not declaring or dropping out, a rather annoying thing for those doing combinations of events which included hurdles. Later in the day those sprint finals saw John Wright second and Jeff Battista third in the M50 100m final. Scott Dorset missed a bronze by 0.01 in M40. With a probable bit of bias here, I consider the most contested event to be the M45 100m. This is where the Canadians were committed with performances that would have been good enough to get 2<sup>nd</sup> to 4<sup>th</sup> in Lahti and certainly would have troubled the notable Saraceni. In the field Janet Smith gained a silver in the W45 Weight throw of 13.61m which was a British record. This day also saw the media interest in Athletics. This was quite minor with the only real story being the oldest



## MASTERS ATHLETICS WINTER 2009

athlete to compete and European royalty spending 20 minutes at the stadium all gaining the 30 second slot on local TV. Day three, saw the sprint hurdle finals, here Pat Oakes was a comfortable second in W60 80mH. Myself, Glen Reddington, picking up a gold for what I consider a very poor performance. On the flat, Brenda Fee was third in W60 400m. While in the field Allan Williams was a comfortable second in the M55 Pole Vault.

There was a the obligatory rest day which the officials probably needed bearing in mind the long unpaid days. So the fourth day of competition saw Carol Filer and Hazel Barker in the W50 Pentathlon. It came down to the last event, 800m, where Carol managed to create a large enough gap in the 800m to win the event. Later in the day, although with a new hurdle specification in W50 Hazel turned the tables by clearly winning the 80mH. In throws, Kevin Brown was a clear first in the M45 Discus, 50.78, with David Burrell placing third. Janet Smith collected Bronze in the W45 Hammer. Josh Painter got a silver medal for his 16:36.2 in the M35 5000m.



Day five, Carole Filer was busy again this time winning the W50 Long Jump. Helen Godsell made it a sprint double gold winning the W55 200m. Brenda Fee also picked up silver in the W60 200m. When it came to the mens 200m there did seem to be something a bit odd with 200m being across 3 days while the 400m were only across 2, each having heats, semis and finals. However, Reddington, M45, Battista and Wright, M50, all won their 200m heats, with Jeff also having won gold the 400m final earlier. In the M55 Triple Jump Paul Oakes achieved a bronze after missing one in the Long jump several days earlier.

Day six and the Filer/Barker competition continued with Carole getting the gold and Hazel silver in the W50 High Jump, other British activity was in qualifiers or at a lower level

Day seven had the last of the non track events, the Half Marathon, starting early again with a handful of Britons taking

part. While back on track Judi Stafford concluded her games with a bronze in the W55 300mH. In the field Janet Smith also ended her busy week with a third medal, bronze in the W45 weight Pentathlon, 3985, another British record. Iain McEwan collected Bronze in the M50 High Jump. In the 200m John Wright and Jeff Battista had a serious battle for the silver and bronze respectively. With the 200m over Peters, Battista and Barker then set a new record for the time to get from Olympic Park to the airport.

The conclusion of events came in with the relays. These were different to those we know with them being a combined age relay, 160+, 200+ etc. and, the use of women in a men's team. While the US and Canada took these seriously, in general these were about taking part. The last of the relays was done about 5pm and Olympic park was a almost empty place with it looking like all other sports were long gone, perhaps to get to the closing ceremony. The ceremony was a significantly lower key affair concluding in a small park in Sydney centre where the Aussie competitors had a good sing along to the band.



On other topics, doping control were present and kept the usual low profile but still pounced quietly. One lesson W.M.A/E.V.A. could learn is that of medal presentation, this was almost immediate. Final results being given in the post competition area and the first three being taken to medal presentation, usually still in competition kit. I'm not sure how they would have handled protests under I.A.A.F rules but to my knowledge there were no issues there. With the W.M.G occurring in a W.M.A outdoor year there has been talk about having the W.M.A champs as part of the W.M.G. That of course raises the question would the medals have on them W.M.A or W.M.G? Even if this does happen, at the rate with which W.M.A move we'll all be one age group, or maybe two, higher by that time.

Another observation of mine during my following holiday was the number of W.M.G branded bags that we were given that I saw around Sydney and the eastern coast in that time. Clearly many had chosen to do the same, which is apparently how the government philosophy for the country appears to be developing.

Finally, despite the queuing incidents at the start, I, and others, have to admit there was a professionalism about the officials, track and field, which I have rarely seen at any EVAC/WMA champs and it's probably only UK officials that can match this standard. Perhaps this is where we really lead the world. Maybe it's a cultural thing or maybe this is their Olympic legacy.



# MASTERS ATHLETICS WINTER 2009



**W40:**  
1 Hill, Irie 3.30m;  
**W45:**  
**SP:** 9 George, Alison 8.86m; 10 Smith, Janet 8.75m; **DT:** 5 Smith, Janet 32.11m **HT:** 3 Smith, Janet 40.59m; **WT:** 2 Smith, Janet 13.61m; 11 George, Alison 7.78m; **WT PENT:** 3 Smith, Janet 3985;  
**W50:**  
**100: (QR)** McEwan, Anne GBR 16.09; **5000:** 15 Lippitt, Anne 24:16.8h;  
**80H (1.1):** 1 Barker, Hazel 13.59; 4 Filer, Carole 14.22; **HJ:** 1 Filer, Carole 1.42m; **LJ:** 1 Filer, Carole 4.50m / 0.6; **SP:** 2 Barker, Hazel 10.63m; **DT:** 11 Sparrow, Wendy Ann 16.82m; **HT:** 8 Sparrow, Wendy Ann 21.21m; **JT:** 8 Sparrow, 15.74m; **WT:** 6 Sparrow, 7.42m; **PENT:** 1 Barker, Hazel 3586; 2 Filer, Carole 3516; **WT PENT:** 8 Sparrow, Wendy Ann 2007;  
**W55:**  
**100 (0.3):** 1 Godsell, Helen 13.78; 7 Stafford, Judi 16.92; **200 (0.7):** 1 Godsell, Helen 29.15; 8 Stafford, Judi 35.54; **300H:** 3 Stafford, Judi 1:05.81; **PV:** 2 Stafford, 2.00m;  
**W60:**  
**100 (0.8):** 4 Fee, Brenda 15.85; **200:** 2 Fee, 34.64; **400:** 3 Fee, 1:16.53; **80H:** 2 Oakes, Patricia 18.24; **HJ:** 6 Oakes, 1.12m; **TJ:** 5 Oakes, 7.23m +0.0; **JT:** 5 Oakes, Patricia 17.29m; **PENT:** 2 Oakes, 2356;



**M35:**  
**5000:** 2 Painter, Josh 16:36.2h; **3000SC:** 1 Painter, 10:22.8h;  
**M40:**  
**100:** 4 Dorset, Scott 11.78; **HJ:** 4 Roach, Mark 1.68m;  
**M45:**  
**100: (QR)** Reddington, Glen 12.20; **200: (0.1):** 5 Reddington, 24.50; **5000:** 16 Roberts, Alan 20:05.6h; **110H (1.2):** 1 Reddington, 17.12; **SP:** 4 Burrell, Dave 11.82m; **DT:** 1 Brown, Kevin 50.78m; 3 Burrell, 39.30m; **HT:** 7 Burrell, 42.12m; **JT:** 8 Burrell, 40.38m; **WT:** 5 Burrell, 12.92m; **WT PENT:** 2 Burrell, 3381;  
**M50:**  
**100 (0.1):** 2 Wright, John 11.76; 3 Battista, Jeff 12.00; **(QR):** McEwan, Iain 12.73; **200 (0.1):** 2 Wright, 24.02; 3 Battista, 24.05; **400:** 1 Battista, 53.45;  
**M55:**  
**100 (QR):** Berry, Eddie 14.11; Peters, Steve 11.98; **200: (QR):** Berry, 30.76; **1500 (QR):** Lippitt, Martin 6:19.19; Dillon, Kevin 7:19.84; **5000:** 10 Lippitt, Martin 23:09.5h; **LJ:** 4 Oakes, Paul 4.80m / 0.1; 9 Berry, 3.97m / 0.9; **TJ:** 3 Oakes, Paul 10.39m / 2.3; 8 Berry, 7.30m +0.0; **PV:** 2 Allan Williams 3.50; .  
**M60:** **5000W:** 5 McMullin, Sean IRL 29:16.2h;

WORLD	BEST	MARKS BY O35's	2009	
Event	Mark	Name	Countr y	Age
100	10.25	Christopher Williams	JAM	M37
	10.26	Maurizio Checcucci	ITA	M35
	10.99	Chandra Sturup	BAH	W37
	11.22	Lucimar de Moura	BRA	W35
	11.43 br	Joice Maduaka	GBR	W35
200	20.62	Christopher Williams	JAM	M37
	23.22 br	Joice Maduaka	GBR	W35
	23.44	Lucimar de Moura	BRA	W35
400	45.68wr	Alvin Harrison	USA	M35
800	2:03.26	Natalya Tsyganova	RUS	W38
1500	4:08.31	Helen Clitheroe	GBR	W35
5000	13:31.30	Kevin Sullivan	CAN	M35
	15:07.78	Jennifer Rhines	USA	W35
10000	27:57.61	José Martinez	ESP	M37
	31:40.97 wr	Alla Zhyilyaeva	RUS	W40
	31:42.94	Ana Dias	POR	W35
	32:20.45	Magdalena Lewry-Boulet	USA	W35
Mar	2:05:27 wr	Jaoud Gharib	MAR	M37
	2:05:29	Haile Gebrselassie	ETH	M35
	2:07:44	Hendrick Ramaala	ETH	M37
	2:22:11	Irina Mikiteenko	GER	W36
	2:23:12	Mara Yamauchi	GBR	W35
	2:25:06	Svetlana Zakharova	RUS	W38
110H	13.42	Allen Johnson	USA	M38
	13.58	Shaun Bowres	RSA	M38
400H	48.13wr	Danny McFarlane	JAM	M37
	50.53	Chris Rawlinson	GBR	M36
	50.59	Ian Weakley	JAM	M35
HJ	1.95	Venelina Veneva-Mateeva	BUL	W35
PV	5.75	Derek Miles	USA	M36
	5.70	Timothy Mack	USA	M36
	5.70	Tim Lobinger	GER	M36
	4.55	Stacy Dragila	USA	W38
TJ	16.97	Charles Friedek	GER	M37
	14.48	Yamilé Aldama	SUD	W38
SP	19.18	Paolo Dal Soglio	ITA	M38
	18.72	Dzmitry Hancharuk	BLR	M38
	18.16	Laurenee Manfredi	FRA	W35
	17.38	Irina Khudoroshkina	RUS	W40
	17.02	Elisângela Adriano	BRA	W36
DT	69.59	Virgilijus Alekna	LTU	M36
	65.17	Aleksander Tammert	EST	M36
	61.98	Michael Möllenbeck	GER	M39
	65.40	Natalya Sadova	RUS	W37
	65.20	Nicoleta Grasu	ROU	W37
	62.66	Iryna Yatchenko	BLR	W41
HT	79.74	Nicola Vizzoni	ITA	M35
	76.52	Aléxandros Papadimitirtou	GRE	M35
	75.44	Dzmitry Marshin	BLR	M36
	74.78	Chris Harmse	RSA	M35



## MASTERS ATHLETICS WINTER 2009

	<b>72.48</b>	<b>Pavel Sedláček</b>	<b>CZE</b>	<b>M41</b>
	<b>68.83</b>	<b>Svia Hana Sudak-Torum</b>	<b>TUR</b>	<b>W37</b>
	<b>66.16</b>	<b>Katalin Divos</b>	<b>HUN</b>	<b>W35</b>
<b>JT</b>	<b>84.24</b>	<b>Sergey Makarov</b>	<b>RUS</b>	<b>M36</b>
	<b>67.30</b>	<b>Steffi Nerius</b>	<b>GER</b>	<b>W37</b>
	<b>60.97</b>	<b>Sávva Lika</b>	<b>GRE</b>	<b>W39</b>
	<b>57.44</b>	<b>Levern Eve</b>	<b>BAH</b>	<b>W43</b>

### BRITISH RECORDS 2009

Event	Mark	Name	Venue	Date
100	11.43	Joice Maduaka W35	Doho, QAT	8/5
200	23.22	Joice Maduaka W35	Hengelo, NED	1/6
400	48.01	Ewan Thomas M35	London (Hendon)	8/8
400	61.90	Caroline Powell W55	Lahti	7/8
800	2:19.50	Laura Mahady W50	Lahti	2/8
	2:42.9	Angela Copson W60	Solihull	16/8
1500	4:26.08	Alistair Dunlop M55	Lahti	6/8
	5:22.92	Angela Copson W60	Birmingham	5/7
	5:54.48	Celia Morrison W65	Kingsmeadow	14/6
5000	17:52.82	Sandra Branney W55	Dunfermline	14/6
	19:04.03	Angela Copson W60	Birmingham	6/7
10000	37:09.27	Sandra Branney W55	Bedford	3/5
	39:43.81	Angela Copson W60	Oxford	13/9
2000sc	8:54.95	Walter Hulme M70	Birmingham	5/7
	7:35.81	Jane Pidgeon W45	Abingdon	19/9
	9:19.20	Anne Darby W55	Birmingham	5/7
110H	15.05	Greg Dunson M45	Lahti	6/8
100H	15.74	Tony Wells M60	Lahti	7/8
HJ	1.85	Steve Linsell M45	Mansfield	5/4
	1.08	James Crehan M80	Sheffield	27/9
PV	3.90	Allan Williams M55	Hastings	11/7
	3.71	Irie Hill W40	Lahti	2/8
	3.00	Jenny Ibbitson W50	Wakefield	2/5
	2.80	Sue Yeomans W55	Stevenage	10/5
LJ	4.72	Anthony Treacher M70	Norrtälje, SWE	22/8
	5.62	Kim Rothman W40	Eton	30/5
TJ	9.88	Carol Webb W50	Crawley	9/5
SP	14.87	Neil Griffin M60	Milton Keynes	21/6
	10.79	Gordon Hickey M75	Kingsmeadow	14/6
	9.04	Rosemary Chrimes W75	Solihull	14/6
DT	40.40	John Watts M70	Solihull	14/6
	9.05	Mary Wixey W85	Cheltenham	10/5
HT	64.35	Mick Jones M45	London (Hen)	29/8
	50.13	Joanne Davison W45	Swindon	30/5
JT	63.11	Daryl Brand M45	Bromley	4/7
	55.77	Kevin Murch M50	Peterborough	31/8
	33.73	Evaun Williams W70	Lahti	3/8
Weight	17.23	Steve Whyte M45	Birmingham	6/7
	18.01	Jack Kee M70	Birmingham	6/7
	13.61	Janet Smith W45	Sydney (AUS)	12/10
5000W	26:32.57	Dianne Bradley W45	Birmingham	6/7

### MASTERS TRACK WALKS RANKINGS 2009

#### 3000M:

**M35:** 1 Garry Witton 14.52.4; 2 Phil Lockwood 15.05.0; 3 John Constandinou 16.24.3; **M40:** 1 Mark Williams 13.38.8; 2 Carl Thomson 13.49.0; 3 Michael George 13.54.6; 4 Paul Evenett 14.39.31; 5 Tim Watt 15.30.79; 6 Mark Culshaw 17.36.5; **M45:** 1 Mark Easton 13.59.1; 2 Peter Kaneen 14.11.0; 3 Jim Ball 14.11.7; 4 Chris Cattano 14.49.44; 5 Martin Slevin 17.16.8; 6 Mark Byrne 17.20.19; **M50:** 1 Trevor Jones 14.20.1; 2 Mark Wall 14.40.4; 3 Nick Silvester 14.57.0; 4 Steve Uttley 15.34.04; 5 Steve Allen 15.56.2; 6 Alan Ellam 16.09.0; **M55:** 1 Andy Cox

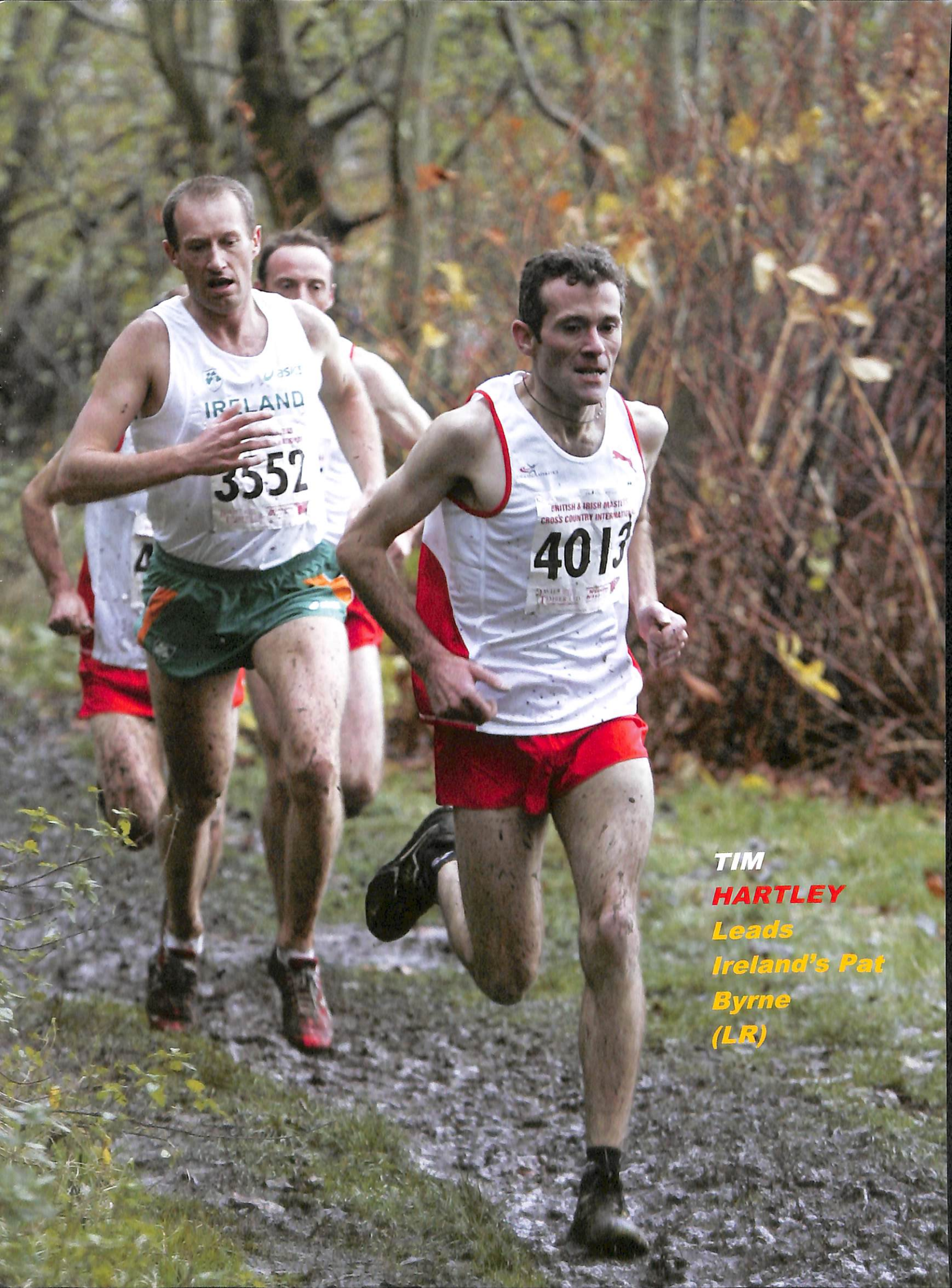
16.09.0; 2 Rod Dunn 16.29.0; 3 Dave Sharpe 16.51.21; 4 Sean Pender 17.46.64; 5 Bill Kingston 17.54.7; 6 John Lovatt 18.26.6; **M60:** 1 Ian Richards 14.23.2; 2 John Hall 14.57.29; 3 Roger Michell 15.18.00; 4 Carl Lawton 16.06.81; 5 Peter Boszko 16.18.72; 6 Lynn Atterbury 17.20.0; **M65:** 1 Shaun Lightman 16.37.0; 2 Ron Penfold 16.51.0; 3 Amos Seddon 16.53.46; 4 Glyn Jones 17.20.4; 5 Peter Hannell 17.24.9; 6 Keith Richards 17.50.1; **M70:** 1 Arthur Thomson 16.04.7; 2 Micky Harran 17.18.9; 3 Ken Ballam 17.56.4; 4 Ron Powell 18.50.0; 5 Norbert Will 19.21.4; 6 Dave Stevens 19.38.3; **M75:** 1 James Munn 19.20.4; 2 Doug Fotheringham 20.34.35; 3 Eric Horwill 21.09.89; 4 John May 21.52.4; 5 Ken Livermore 22.12.84; 6 Geoff Dowling 24.57.9; **M80:** 1 Edwin Grocock 22.31.5; **M85:** 1 Jack Fitzgerald 29.32.8; **W35:** 1 Verity Snook 15.03.5; 2 Estle Viljoen 15.15.99; 3 Maree Jesson 20.26.7; 4 Tracy Taylor Dunne 27.09.8; **W40:** 1 Jo Hesketh 15.33.15; 2 Sarah Sowerby 16.06.0; 3 Julie Bellfield 18.30.85; 4 Lynn Bellfield 20.23.3; 5 Loretta Daly 20.32.5; 6 Roz McKenzie 21.27.72; **W45:** 1 Diane Bradley 15.04.91; 2 Helen Middleton 17.01.14; 3 Maureen Noel 17.54.99; 4 Fiona Bishop 18.26.8; 5 Trish Garner 18.46.3; 6 Susanne Dietrich 19.11.3; **W50:** 1 Ann Wheeler 16.08.27; 2 Joan Lennon 16.15.28; 3 Anne Bellchambers 18.16.12; 4 Fiona Bishop 18.24.3; 5 Jo Miles 19.19.0; 6 Norma Grimsey 20.12.0; **W55:** 1 Diana Braverman 19.03.0; 2 Cathryn Edge 19.11.4; 3 Sue Barnett 20.15.67; 4 Francoise Fernandez 20.30.1; 5 Laura White 20.54.2; 6 Serena Queeney 20.55.0; **W60:** 1 Sandra Brown 16.47.3; 2 Noel Blatchford 19.35.0; 3 Ann Lewis 19.37.0; 4 Val Mountford 20.13.74; 5 Barbara Eldin 23.01.23; **W70:** Jill Langford 20.35.1; **5000M:**

**M35:** 1 Phil Lockwood 26.21.0; 2 John Constandinou 28.30.0; 3 John Dedman 34.00.0; **M40:** 1 Carl Thomson 22.58.0; 2 Mark Williams 23.51.97; 3 Michael George 24.24.05; 4 Mark Culshaw 28.49.0; 5 Costa Michael 34.13.38; **M45:** 1 Jim Ball 24.39.0; 2 Rob Elliott 26.37.0; 3 Steve Whelan 34.34.58; **M50:** 1 Nick Silvester 24.51.85; 2 Steve Uttley 26.54.1; 3 Rob Elliott 27.26.0; 4 Mark Wall 27.26.57; 5 Steve Allen 27.42.02; **M55:** 1 Peter Ryan 26.04.51; 2 Andy Cox 27.42.24; 3 Terry Bates 29.21.0; 4 Dave Sharpe 30.34.71; 5 Sean Pender 30.53.4; 6 Jon May 32.33.67; **M60:** 1 John Hall 25.35.37; 2 Carl Lawton 29.12.16; 3 Peter Boszko 29.17.1; 4 Brian Armstrong 30.15.0; 5 Lynn Atterbury 30.21.0; 6 Stuart Maidment 32.28.0; **M65:** 1 Ron Penfold 28.40.0; 2 Shaun Lightman 29.16.0; 3 Peter Hannell 29.42.0; 4 Ken Bobbett 29.51.17; 5 Mike Hinton 30.35.34; 6 Les Scrivens 32.08.04; **M70:** 1 Arthur Thomson 27.30.77; 2 Micky Harran 30.34.16; 3 Micky L Sauvage 33.21.0; 4 Bernie Hercock 34.40.3; **M75:** 1 Eric Horwill 36.16.38; 2 John May 36.56.7; **M85:** 1 Len Creo 38.38.9; 2 Jack Fitzgerald 50.07.63; **W35:** 1 Estle Viljoen 26.50.6; 2 Sarah Lightman 32.49.7; **W40:** 1 Sarah Sowerby 27.51.0; 2 Karen Wears 27.59.5; 3 Sue Davies 31.32.0; 4 Julie Bellfield 31.52.34; 5 Lyn Bellfield 36.09.7; 6 Kay Coulson 37.08.0; **W45:** 1 Diane Bradley 26.30.85; 2 Helen Middleton 29.23.26; 3 Marie Marshall 30.23.22; 4 Jayne Le Noury 34.11.0; 5 Angela Kikugawa 41.10.8; **W50:** 1 Joan Lennon 28.23.0; 2 Ann Wheeler 28.40.64; 3 Fiona Bishop 31.35.0; 4 Zita McDonald 31.36.66; 5 Sue Rey 33.30.97; 6 Jo Miles 34.40.14; **W55:** 1 Sue Barnett 32.59.84; 2 Carol Bates 35.19.0; 3 Francoise Fernandez 35.41.2; **W60:** 1 Sandra Brown 28.24.0; 2 Ann Lewis 33.56.0; 3 Rose Druckes 35.45.0; **W70:** Jill Langford 33.15.62; **10000:**

**M35:** 1 Phil Lockwood 54.04.0; **M40:** 1 Paul Evenett 48.47.4; 2 Michael George 49.19.8; 3 Mark Williams 53.36.63; 4 Mark Culshaw 59.05.4; **M45:** 1 Peter Kaneen 51.15.7; 2 Jock Waddington 51.22.9; 3 Mark Williams 52.48.6; 4 Steve Arnold 55.17.9; 5 Vinny Lynch 56.35.3; 6 Rob Elliott 58.10.0; **M50:** 1 Trevor Jones 49.43.0; 2 Mark Wall 53.42.79; 3 Steve Uttley 55.01.8; 4 Steve Allen 56.21.5; 5 Laurence Dordoy 59.54.1; 6 Ian Statter 60.58.2; **M55:** 1 Andy Cox 56.22.2; 2 Richard Emsley 57.12.0; 3 Andy Green 58.25.6; 4 Tony Malone 59.52.6; 5 Sean Pender 61.27.0; 6 Dave Hoben 73.45.3; **M60:** 1 Ian Richards 52.16.2; 2 John Hall 53.50.8; 3 Carl Lawton 56.59.4; 4 Chris Berwick 58.58.14; 5 Chris Bent 62.21.6; 6 Chris Flint 63.29.8; **M65:** 1 Ron Penfold 59.04.48; 2 Mike Hinton 62.57.3; 3 Shaun Lightman 64.06.7; 4 Keith Richards 65.49.02; 5 Micky L Sauvage 71.08.0; **M70:** 1 Arthur Thomson 56.04.7; 2 Micky Harran 61.47.0; 3 Ron Powell 65.42.2; 4 Dave Stevens 66.14.0; 5 Bernie Hercock 72.10.5; **M75:** 1 John May 76.54.1; **W35:** 1 Maree Jesson 70.43.78; **W40:** 1 Bridget Kaneen 60.42.6; 2 Julie Bellfield 64.48.99; 3 Karen Sheppard 78.23.0; **W45:** 1 Marie Jackson 57.18.4; 2 Helen Middleton 59.21.14; 3 Fiona Bishop 64.34.7; 4 Maureen Noel 64.48.68; **W50:** 1 Anne Bellchambers 63.20.0; 2 Anne Wheeler 67.51.64; 3 Sue Rey 70.43.36; **W60:** Sandra Brown 56.56.8;

For complete rankings and any additions/amendments please contact: Bob Care 3 Hall Cliffe Crescent, Horbury, Wakefield, WF4 6DF mail-anncare3@aol.com





**TIM**  
**HARTLEY**  
Leads  
Ireland's Pat  
Byrne  
(LR)





# 23<sup>rd</sup> NATIONAL OPEN MASTERS ROAD RELAY CHAMPIONSHIPS

SATURDAY, 15 MAY, 2010 AT SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all Affiliated clubs

Promoted by Midland Masters A. C. for the British Masters Athletic Federation  
Championships will be held over a traffic-free three-mile course

CHAMPIONSHIP	STAGES	START
Women, over 55	3	11.00 am
Women, over 45	3	11.00 am
Women, over 35	4	11.00 am
Men, over 70	3	11.00 am
Men, over 60	3	11.00 am
Men, over 50	6	1.00 pm
Men, over 40	8	1.00 pm
Men, over 35	4	1.00 pm

Medals to first three teams and three fastest individuals in each championship  
**ENTRIES CLOSE ON 17 APRIL.** Entries from B teams will **not** be accepted.

Entry form and other details from: *Mr TOM MORRIS, 391 CHESTER ROAD,  
BIRMINGHAM, B36 0JH. (PLEASE INCLUDE 9" x 4" S.A.E.)*

Entry forms will be available to download shortly from

*www.bmaf.org.uk and www.midlandmasters.org.uk*

*n.b.* A change from previous years. The men over 50 championship now starts at the later time, 1.00 pm.

## **Neuff Athletic Equipment Ltd**

Registered in England & Wales, Company number 630621  
Registered office, South Parade, Norton, YO17 9HL

PO Box 12,  
Rillington,  
North Yorkshire,  
YO17 8YX

VAT Reg. No. GB 512 7390 61

Fax 01653 696 662  
0845 2300 908

e-mail [sales@neuff.co.uk](mailto:sales@neuff.co.uk)  
web site [www.neuff.co.uk](http://www.neuff.co.uk)

Tel 01653 691 865  
0845 2300 907

## ***Supplier of all track and field equipment***

Starting blocks, javelins, shot, discus, hammers,  
medicine balls, training equipment.

All you need for training, coaching and competing.  
We have exceptional expertise in athletics.

**"The new specification weight 2kg hammer and 2kg shot are in stock."**

Details on our web site [www.neuff.co.uk](http://www.neuff.co.uk)  
Catalogues from the address above.