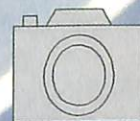


MASTERS ATHLETICS 2010

The official Magazine of the British Masters Athletic Federation **SPRING EDITION NUMBER 91**

**WORLD RECORD
FOR THE FLYING
SCOTT.**

**WORLD RECORD'S
FOR IRIE HILL.
JULIA MACHIN
& ROSEMARY CHRIMES.**



**Darren
Scott by
David
Griffiths**

**A NEW
WORLD RECORD
FOR
JULIA MACHIN
W40.
WITH THIS
CLEARANCE
AT 1.78 WHICH
ADDED 6cm TO
DEBBIE BRILLS
OLD RECORD.
watched by
BRUCE
CHARLES .**

**PICTURE:
BY TOM
PHILLIPS.**



MASTERS ATHLETICS

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Items for inclusion in the "Summer Edition" to reach the editor by the 16th JUNE 2010.

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FEBRUARY:

£ 125- Malcolm Stewart.

£ 10- Mr&Mrs Abell, Brian Holden, Victor Murray, Graham Page.

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JULIA BUCKEL

JOHN GLOVER

DAVID GRIFFITHS

INDEPENDENT PANEL ISSUES TWO-YEAR SUSPENSION TO U.S. TRACK & FIELD ATHLETE, BARNWELL, FOR DOPING OFFENCE Colorado Springs, Colo. (March 3, 2010) -

U.S.A.D.A announced that Val Barnwell, a Masters track and field athlete, has received a sanction for testing positive for a banned substance at the 2009 Masters World Championships in Lahti, Finland.

Barnwell, 52, of Brooklyn, N.Y., tested positive for testosterone prohormones in a sample collected from him on August 3, 2009, after winning a gold medal in the 200 meter event at the Masters World Championships. Testosterone prohormones are prohibited as Anabolic Agents on the World Anti-Doping Agency Prohibited List, which has been adopted by the U.S.A.D.A Protocol for Olympic Movement Testing and the International Association of Athletics Federations ("I.A.A.F") Anti-Doping Rules.

CORRECTED RESULTS FROM LAHTI

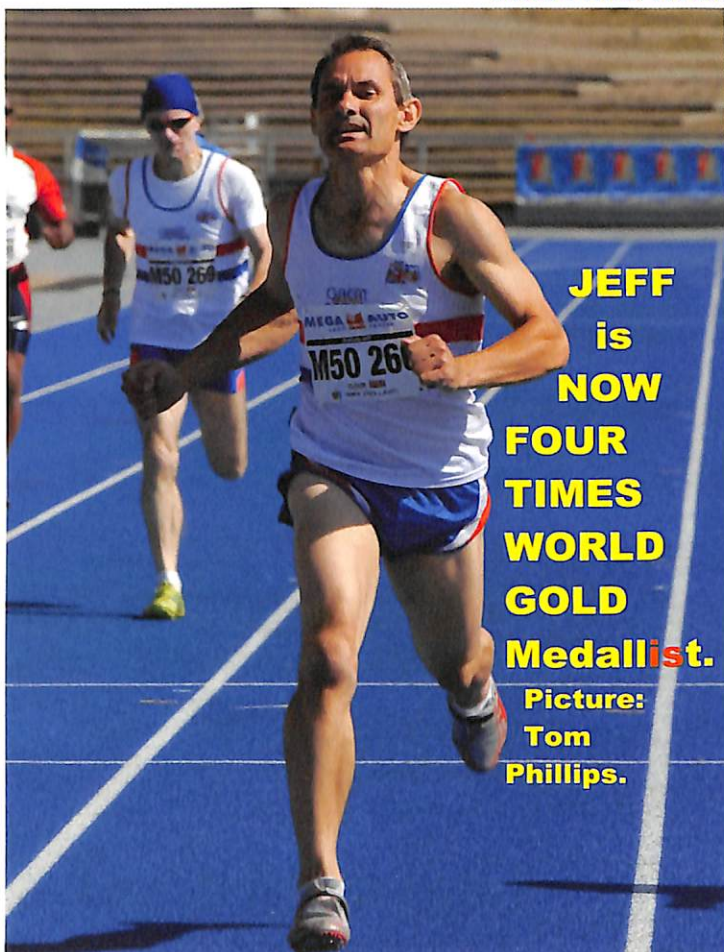
M50 100 m Final Stadium Wind: -0,3

1. Jeff Battista Great Britain & NI 11,87

2. Paul Emile Chenois Belgium 12,05

3. Gerhard Zorn Germany 12,09

5. Peter Hickey Great Britain & NI 12,14



**JEFF
is
NOW
FOUR
TIMES
WORLD
GOLD
Medallist.**
**Picture:
Tom
Phillips.**

M50 200 m Final Stadium Wind: -0,2

- 1. Jeff Battista Great Britain & NI 23,94**
- 2. Paul Emile Chenois Belgium 24,11**
- 3. James Chinn United States 24,44**
- 4. Peter Hickey Great Britain & NI 24,61**
- 5. Eric Smart Great Britain & NI 24,78**

M50 4 x 100 m Final Stadium.

- 1. Great Britain & NI GBR 46,33 (Jeff Battista, Kwei Sankofa, Ian Broadhurst, Eric Smart);**
- 2. Russia RUS 47,24**
- 3. Germany GER 47,51**

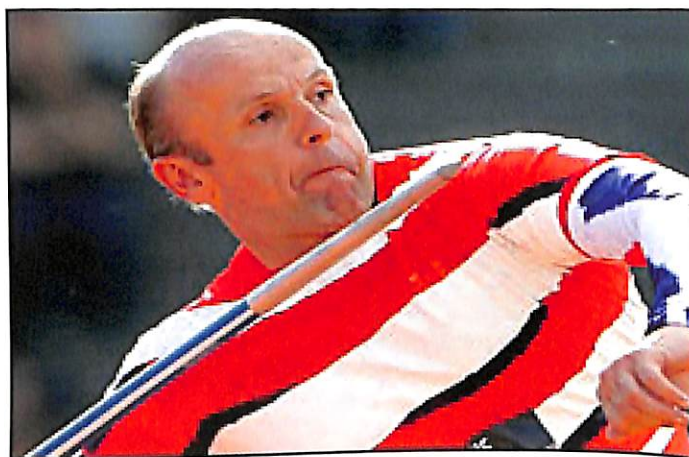
M50 4 x 400 m Final Stadium

- 1. Great Britain & NI GBR 3.46,38 (Ian Broadhurst, Jeff Battista, Brian Matthews, Eric Smart)**
- 2. Germany GER 3.46,48**
- 3. Russia RUS 3.48,28**

Javelin thrower Roald Bradstock is targeting a remarkable comeback for the London Olympics in 2012 - when he will be 50 years old.

Born in 1962, Bradstock twice competed for Great Britain at the 1984 and 1988 Olympics, but believes he still has the ability to throw world-class distances.

A throw of 72.49 metres last year was the fifth best by a British athlete for 2009.



"I grew up in Lea Valley and it would be a fitting end to compete in London as a 50-year-old,"

Although he still trains every day, Bradstock admitted his training schedule has changed significantly since his early days as an athlete.

"On Mondays and Fridays I train twice a day, a couple of hours a session and nine in total a week," he said.

"It's still a lot but nowhere near as much as I used to train.

"I train very differently. Now it's about fitness, I still do throwing, Bounding and plyometrics, but I really minimise how much I do.



In her twelfth appearance at the European Cross Country Championships, Hayley Yelling (Windsor Slough, Eton & Hounslow) won individual gold in the senior women's race a year after announcing her retirement. Emulating the sprint like pace she maintained throughout the trials in Liverpool, she controlled the race from gun to tape with a 25 yard lead all the way for an outstanding seven second victory.

35 year old Yelling said: "I can't believe it, I feel great. I'm in shock, but I said that after Liverpool as well. I just wanted to go out hard, because I know that's how I race better, to just go out and hang on for as long as possible. I expected them to all come past me, but luckily they didn't."

"I was running scared I think, I thought with two medium laps to go that they would come back but I didn't know where they were or how far behind. I thought they might have a quick last lap."

"I had no expectation at all; I just wanted to enjoy it. I was thinking about the team really. I've been back doing training sessions for about a month. I might do a few more races and see how I'm doing but I'm not looking as far as the World Cross or anything."

"I think it's just from all the years of training, recently I have been ticking over running about 40 minutes a day. What was all that 100 miles a week about!? I'm enjoying it so much; I want to get out of the door and run."

New Year Honours

Athletics was well represented in the recent New Year's Honours lists with several key officials receiving recognition for their work following nomination by UKA.

Chris Cohen – U.K.M.C member and high level official received a C.B.E for services to sport, whilst David Littlewood and Jean Pickering received M.B.Es for voluntary services and services to athletics respectively.

The honour marked a double success story for **Jean Pickering** who has seen the Ron Pickering Memorial Fund finalise the financial grant awards made for 2010 in recent weeks and reach a major milestone of its own. The £51,000 awarded to the recipients for this year means the fund has given away more than £1,000,000 to deserving young athletes since it was started following the death Ron Pickering in 1991. Having set a goal of reaching the £1million target by London 2012, the trustees are delighted to have been able to achieve this ahead of schedule.

THERE IS NOW AN ONLINE ENTRY SYSTEM FOR THE BMAF ROAD RELAYS.

THE INTERNET LINK IS:

<http://www.race-results.co.uk>

This is also on the **BMAF** and **MMAC** websites.

If anyone attending the National Road Relays in May who is not running, can they please consider helping out as a marshal. They can marshal either one or both of the races. A £5.00

sustenance allowance is paid and full instructions will be given. Please contact Tom Morris on email at mmac.sec@blueyonder.co.uk as soon as possible.

Details of the event now be accessed on a blog at <http://britishmastersaf.wordpress.com/> here you will find details of location, entry rules and entry forms together with a chance to make comments!

BMAF Half Marathon 2009 at Stevenage Herts. Sunday 1st November

The revised result provided by Mel James.

MALE

M45: 1. Viesters Dude Crawley AC 1h-17 - 49s; 2. Len Reilly Kent AC 1:18:11; 3. Ian Auger Nene Valley H 1h - 23 - 39s;
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 - 45; **M55:** 1. Des Michael Barnet & Dis. AC 1h - 26 - 01s; 2. Walter Hill Crawley AC 1h - 27 - 47s; 3. Peter Fitzpatrick Herts Phoenix 1h - 32 - 40s; **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 Midland VAC. 1h - 51 - 57s; 2. Malcolm Ball N. Norfolk BR. 2h - 00 - 24s; 3. Roy Stringer Ware 2:40:59; **W35:** Sara O'Callaghan Fairlands V Spartans 2h - 02 - 39s; **W40:** 1. Philippa Taylor Stamford 1:25:50; 2. 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 Ulliott Brighton & Hove AC 1h - 29 - 45s; **W55:** 1. Zina Marchant Team Bath 1h - 37 - 26s; 2. Dianne Wooller 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:** 1. Pam Jones Ilford AC 1h - 59 - 27; 2. Valerie Stringer Ware 2:40:28;

The 2009 UK Veteran Women's Track & Field Rankings book is now ready. It can be obtained from Mrs Sally Gande at 4 Westfield Road, Hertford, Herts, SG14 3DJ

The cost is £3.50 for the book (cheques payable to Mrs S Gande please) with an A5 envelope with a 47p (large 2nd class) stamp.



Mara Yamauchi won the New York Half Marathon in a course record one hour nine minutes and 17 seconds.

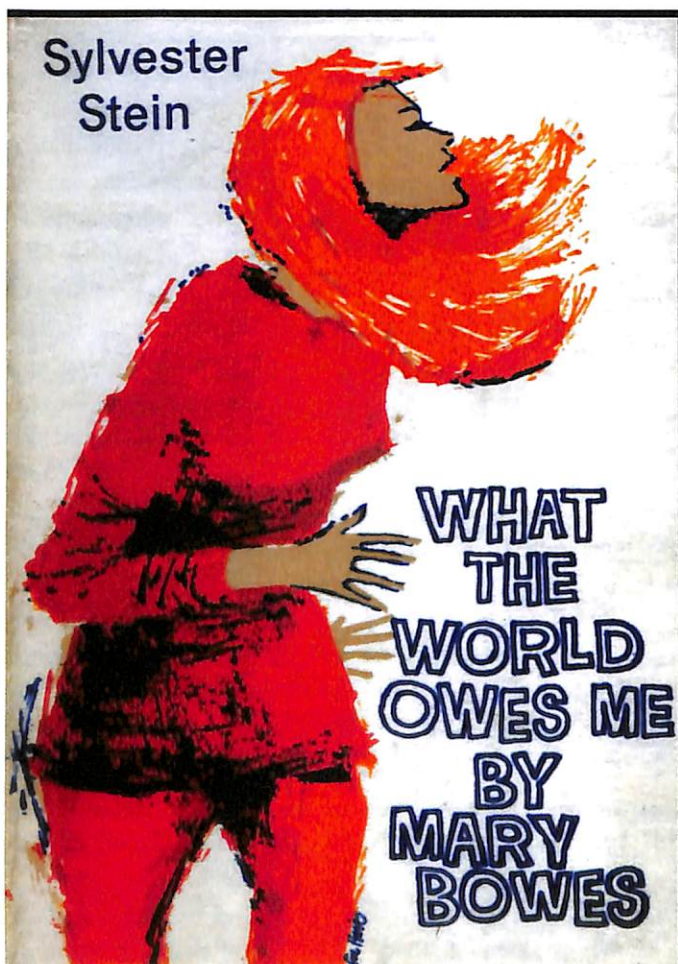
The 36-year-old, using the event as preparation for the London Marathon on 25 April, beat American Deena Kastor by 26 seconds.

Mexican Madai Perez was a further two seconds behind in third.

What's the double?

First, to get hold of Sylvester's literary latest. And secondly to read it in a splendid newly-invented book format as republished by The Nononsense Press: Sylvester Stein's third novel, written in the early '60s, *What the World Owes Me* by Mary Bowes.

<http://www.sylvesterstein.com/publications/publication2.html>



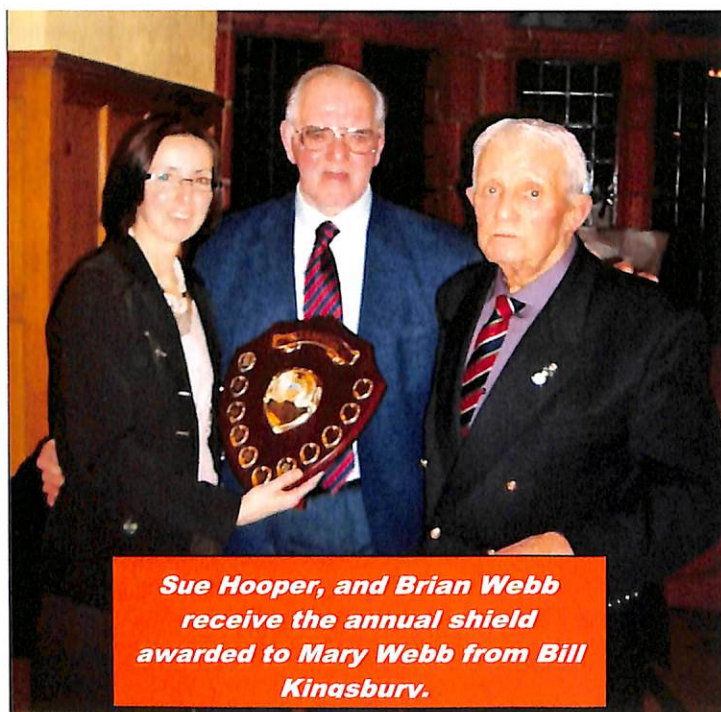
Dear Brian,

At the recent Welsh Masters' Annual Awards Dinner, Bill Kingsbury M.B.E announced that he would be retiring from competition, and taking a much less active participation in the sport. Because of his wealth of sometimes hilarious but always instructive anecdotes, Bill is one of the Award evening's constant and eagerly awaited compere, and it has to be said that this declaration of retirement from Bill is also an annual event which is normally greeted with howls of derisive mirth! However, on this occasion Bill made it clear that for a number

of reasons, not the least some serious health issues over the summer, he really was bringing his illustrious participation in his beloved sport of Athletics to a close.

His personal legacy to Welsh Athletics is almost rivaled by his family's legacy to the sport, a legacy of course nurtured by the man himself. Once again they were in attendance in force, as they are either as competitors or officials at all levels of competition throughout Wales. However, as Bill always readily admits the star of the show as far as he is concerned, the one who in the quiet and strongly supportive background made it all possible, was his beloved wife Mick.

Each year Bill has awarded an annual shield to someone within Welsh Masters Athletics whom he felt displayed many of the kinds of attributes and principles dear to him and that I have tried to describe here, whether they were athletes, administrators or officials. Typically, he captured the reigning mood this year when he awarded it to the recently deceased Mary Webb, who for many years had organised the Awards Evening, and who was a stalwart athlete and tireless organiser within our sport. Her husband Brian gratefully received it on her behalf. The Webb's, Mary, Brian, Susan and her husband Rob, are another family at the heart of Welsh Masters Athletics.



There was another set of awards, the priceless and highly treasured Bill Kingsbury Lollypop awards for outstanding performances/memories from the previous 12 months. This is an award that is highly sought after, and holds a special place in the heart (sometimes the stomach!) of those fortunate enough to be a recipient – I certainly still have mine in pride of place in my own home.

Bill Kingsbury is often described as a legend amongst those within the Welsh Masters fraternity, and within Welsh Athletics generally. This is a description which Bill himself has indicated to me was inappropriate, he said he was more interested in the successes of those around him. Well, I have tried here, probably inadequately, to indicate the depth of respect and fondness that those in the sport in Wales have for Bill, and if I have in any way managed to get close to what we all feel for the man, then I'm afraid Bill, I think most would say that the description, 'a legend in his own time', is one that few would

disagree with. Whilst this is a personal letter, I'm sure that all within Welsh Masters Athletics would want to wish Bill a wonderful 'semi-retirement' from the sport of Athletics, and hope that Mick doesn't have to pull him into line too often when in the pouring Valleys rain he attempts to stray once more towards some muddy throwing area in order to bestow his wisdom on his ever-present disciples. You behave yourself now Bill!

Yours sincerely, Sean Power

Hi Brian

I refer to the article on Peter Browne by Alastair Aitken in the above. I was very flattered to be credited with coming second to Peter in the M40 1500m at the 1990 European Championships in Budapest however John Potts and I were in the M45 age group. For the record John won the gold and I got silver in the 1500m although I was lucky enough to win gold in the 800m. I suspect Alastair misread the photograph of Peter, John and myself which appeared on the front page of 'Veteran Athletics No 15'. Thank him for bringing back some happy memories. Happy New Year to all at Masters Athletics and keep up the good work.

Regards

Trevor Alderdice

IRIE HILL by Alastair Aitken PICTURE BACK INSIDE COVER

IRIE set a new W40 Pole Vault record with 3.75 on March 20th 2010, in Melbourne, Australia.

She was a bronze medallist in the Commonwealth Games of 2002 in Manchester, won the Pole Vault at the British Masters Track and Field Championships on the last July in a Championship best performance of 3:40. Her husband Warren, who coaches her was very short on training but popped over the bar to win the M40 with 2.80.

She also came second in the high jump the day before with 1.45. She explained about her basic problem when she vaulted in the event in Alexander Stadium "I got a migraine and should not have vaulted. I was here and the weather was so nice but I won't do that again with a migraine because it is difficult then to judge your run up".

However she pointed out that the "ESSX" Pole she used felt very good. Hill was really impressive to watch as she is tall, with long blond hair and her preparation and execution was so good in the event.

What did she feel were her most satisfying performances over the years? "Lots of things", obviously a new World record was fantastic. Commonwealth Games was fantastic. Even just jumping in a nice environment with the people you know is

great."

Irie was born near Munich and her Father Pfler was a high jumper before he had a family accident. She has been living in Melbourne, Australia for the last ten years and there is a good vaulting set up for 13 to 60 plus at the University where her husband Warren coaches.

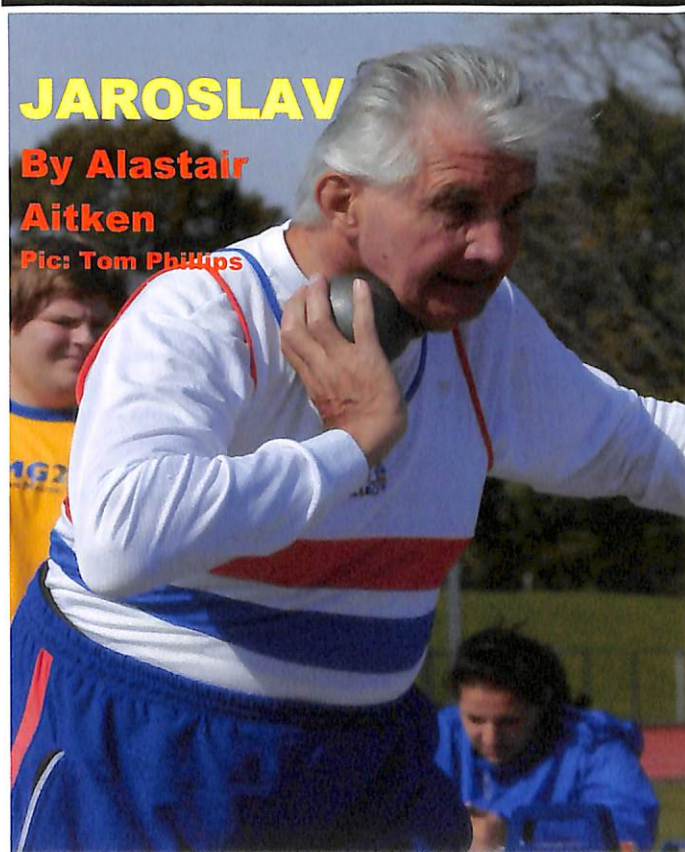
Regarding her training she points out "I do a lot of different things, speed, gymnastics, and upper body strength. If I can't do a handstand then I would have trouble supporting myself! That is what keeps it interesting really." As a young woman she was working very hard in America before starting pole vaulting late at 27. In her first five years doing the event, she found Coaches were not very interested in helping Women vault. Therefore she had to learn a lot by herself, before it became an acceptable event for women to do.

Irie takes up the story further "I was in the Stock Exchange, before pole vaulting, as a Commodity Trading Adviser but I got overworked there, which is easy to do in that market. You make a lot of money, its' very exciting when everybody is doing well.

Then I came back to Europe I started to develop Asthma. Because I was still young I thought, as I have not done sports since I was 14 at school, I would start jogging to alleviate the problem. I thought that was a bit boring and I thought, as I always wanted to try the pole Vault I started that age of 27".

NB: Irie set a new indoor World Record of 3.65 at Sindelfingen on the 29th January. Also breaking her own W40 outdoors with 3.75 in Melbourne on the 20th March. Lifetime best 4.20 in 2000 and 2006.

She holds the British Masters W35 record 4.20 set in 2006, and British Masters Indoor W35 3.80 set in 2004.



Jaroslav told Alastair Aitken exclusively for Masters Athletics:-

"At the second half of 2006 my back deteriorated and Both doctor and physio advised me to retire from athletics. They

said that otherwise I will end up in a wheelchair. At that time I was invited to compete in the South American Masters Championships in Rio de Janeiro. I wanted to go there and I promised both of them that I would retire after competing in Rio.

(Alastair wrote an article in AW 7th December 2006 about Jarosiav retiring from athletics). "I kept my promise and retired. I was thinking for next 3 months what next. I was almost 77 years old and just sitting in an easy chair and doing nothing didn't look very good". "So, I asked my GP Dr. Shah if he would send me to physio in our local hospital". He did and I was introduced to new exercises "Pilates". I was quite sceptical at the beginning. After about 3 sessions I realised that my back was improving. I started athletics again and since then I am doing those Pilates exercises twice a day." It is now 3 years I am in a new age group (M 80) and I was invited by Chairman of the Swedish Masters Athletics Federation Ivar Soderlind to compete in their Indoor Championship in Bollnas on **13 & 14th February**.

*I went there and competed in shot put and weight throw. Both were new **British records**. Shot put was 8.78m and Weight throw was 10.49m. One bronze and one gold medal. I am looking forward to my 16th athletics season this year."*

I was competing in S.E.C.T.A (club) on the 27th February, in Weight Pentathlon in Ewell.

I set a new British record in Weight Pentathlon with 2.825 points. I also set another two British records: In the Shot put 8, 49 m, and the Hammer with 27,31 m.

THE FLYING SCOTT

**A note from the new 200 metre Indoor Record Holder
DARREN SCOTT**

Darren always loved athletics, and was the best sprinter in school from the age of 10.

He was never guided into athletics when he was at school, so he played football, on the wing. One day a guy said to him you are fast, why don't you try running, so he decided he would love to sprint again.

Frodsham Harriers was his first club which he joined in the winter of 1990, he was 21. His first 100m race was in Bebbington on the Wirral in 1991, against his good friend and current Masters rival Tony Lee, who won the race in 11.1. Darren was 2nd in 11.3, Tony was then Cheshire Champion,

Darren had only 4 races in his first season, setting pb's at 100m 11.3 and 200m 22.6. In 1994 he met his current coach, Morris Condon (father of GB International Allyn Condon). and that's when he really started to improve, getting his 100m and 200m bests down from 11.0 and 22.3 to 10.5 and 21.0, based on training just three times a week.

Morris maintained Darren would never reach his full potential, because of being in full time work as a Painter and Decorator. In 1998 he gained his first international call up, for Scotland, and to every ones amazement he won the 200m defeating Christian Malcolm, who that year came 2nd in the

Commonwealth Games. Another thing which was special to him was guiding partially sighted Adekunle Adesoji from Nigeria to a 100m gold and new World Record (10.76) at the 2002 Commonwealth Games in Manchester.

Due to injuries he lost his drive to carry on in Athletics, deciding to stop at the age of 33, he then changed his line of work and became a personal trainer, and then he heard a rumour that the age for masters was dropping down to 35.

Darren always remembered reading about the Masters G.B. Star Steve Peters, so he went back into training and ran his first World Masters Champs in San Sebastian, 2005 finishing 5th 100m and 4th 200m and being so unhappy, because he was carrying a injury and knowing he could of done so much better, but he loved the Championship, and went away thinking, train smart and if he stayed injury free he would come back and win.

From that day Darren has never lost another Masters 200m since 2005. winning the British, European and World championships both Indoor and Outdoor.

2008 was a great year, at the age of 39 running 21.62 indoors and a windy 200m pb of 21.15. Then he was called up again to represent Scotland at the Celtic cup, just. 2009 was an injury plagued year with just six races.

But 2010 was his best ever Indoor Season not just for breaking the world indoor 200m record as a M40, but to get a Silver in the Northern Senior champs, Silver at the Birmingham Games, and finishing 4th at the UK World Indoor Trials.

Darren's Men 40 World Record of 21.71 is strong enough to rank him 11th best on the British Senior rankings, and now Darren plans to break records when the outdoor season starts.

Darren did not make the journey to Kamloops, due to the concern that the flat track could cause damage to him due to the sharp curves.

He thanks all who have supported him this year, and cheered his achievements; he was delighted to be interviewed by Chanel 4 after his fourth place in Sheffield.

He is also delighted to be on the front cover of "Masters Athletics".



W35-

60-J Maduaka-7.29-Sheffield-13/2/10

1500-Helen Clitheroe-4:10.08-Stuttgart-6/2/10

Mile-Helen Clitheroe-4:29.46-Birmingham-20/2/10

3000-H Clitheroe-9:05.87-Glasgow-30/1/10

W40:-

PV: I Hill-3.65-Sindelfingen -29/1/10, (Outdoor) 3.75 Melbourne. 20/3/10.

W55-

PV: S Yeomans-2.80-Eton-6/2/10

M35:

800-Anthony Whiteman-1:52.82-Sheffield-13/2/10

1500-Anthony Whiteman -3:50.72-London 27/2/10.

M40

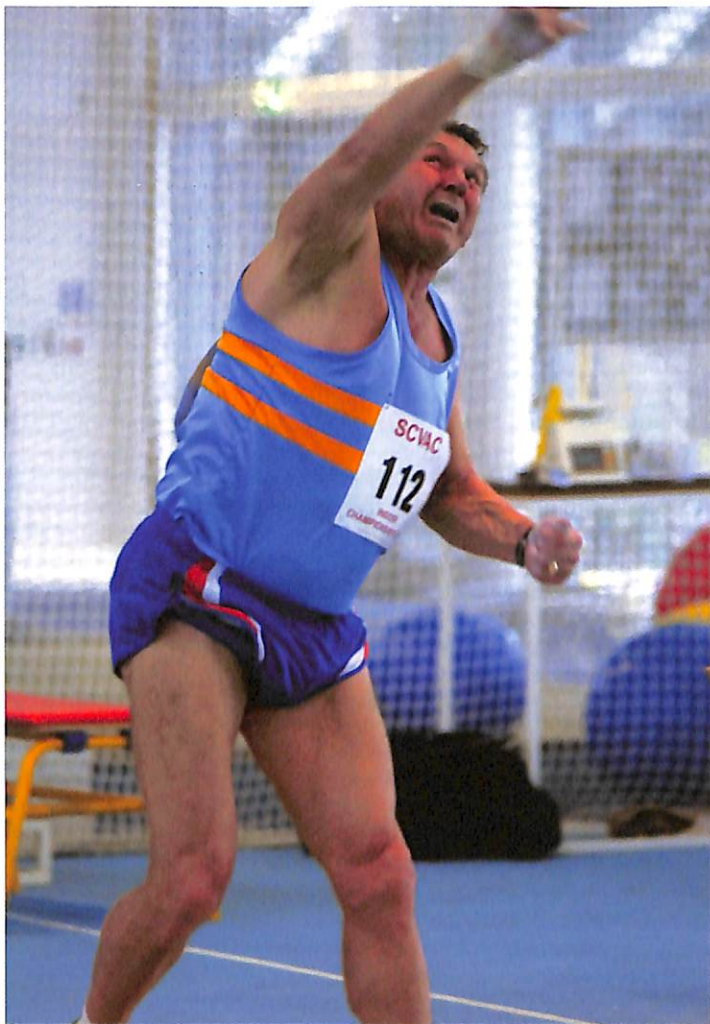
200-Darren Scott-21.71 (WR)-Birmingham-7/2/10

400-Darren Scott-49.35-Birmingham-21/2/10

M45

PV-Mark Johnson-4.35-Sheffield-17/1/10

SP-Steve Whyte-14.46-London (LV)-21/2/04



M60

SP-Neil Griffin-14.25-London (LV)-14/2/10

M65-

400-Terry Bisset-61.34-, Ghent, 21/2/10

SP-G Hickey-12.51-London (CP)-18/4/99

M75:

60H-Colin Shafto-11.82-Lee Valley-24/1/10

HJ-Colin Shafto-1.27-Lee Valley-24/1/10

SP-Ian Miller-11.03-Lee Valley-24/1/10

PENT-Colin Shafto-3533-Lee Valley-24/1/10

M80

SP-Jaroslav Hanus-8.78-Bollnas, SWE-13/2/10

WT-Jaroslav Hanus-10.49-Bollnas, SWE-13/2/10

NB: Does not include records set at the British Indoors.

These are detailed in the results from the meeting.

I hereby give Notice that the Annual General Meeting of the BMAF will be held on Saturday, 3 July 2010 July in the Stadium, Cardiff.

Any proposals or nomination for Officers should reach the Secretary, 156 Mitcham Road, Croydon, CRO 3JE by 2 June. All members may attend and vote.

Signed: Bridget Cushen

OBITUARIES

TERRY SIMONS

All who knew Terry recognized his unique character, his jaunty cap, cheery grin and a full set of magnificent whiskers. He was famous not only for his Race Walking achievements for which he gained many international medals, but for the many Concrete casts he made from moulds made by local craftsmen.

Those he met him could not fail to appreciate the many amusing anecdotes he had at his disposal.

BRIAN ARISS 2.9.1936-6.12.2009

We are sorry to report the death of Brian Ariss, from the Lung Cancer that had stricken him, despite him being a lifelong non smoker.

He was for many years a prominent competitor with "Lozells Harriers", moving into "Masters Athletics" with success at Area and National levels.

We send sincere condolences to Beryl and the family. Beryl would like to thank the many who phoned Brian in the weeks before his death.

Denis Withers

It is with sadness we have to advise you of the death of Denis Withers.

Denis together with his wife Yvonne competed with distinction throughout the World in Race Walks.

For many years he was responsible for taking the entries for the BMAF Road Relays, and additionally was a regular and valued contributor to M.M.A.C Committee Meetings.

Our thoughts go to Yvonne and the family, and esteem in which he was held was confirmed by the large numbers who attended his funeral.

CHAIRMAN'S REPORT

Arthur Kimber

It is with much regret and sadness that we have to announce the passing of Jimmy Bell, one of the country's leading Master athletes at the age of 62. Jimmy bravely fought a battle against cancer for four years. His determination to continue with his athletics career in spite of his illness was a credit to him and became an inspiration to many athletes in his club, Elswick Harriers and throughout the North East regional athletics fraternity.

Jimmy proudly wore the Elswick vest for 21 years and was rated as one of the best Veteran middle and long distance road and cross country runners in Britain. Probably his best distance was the Marathon. He competed in over 50 Marathons both in Britain and abroad. Jimmy twice won a silver medal in the London Marathon including a time of 2 hours 47 minutes at the age of 59 in 2007. Jimmy featured in the Newcastle club's successful veteran team over many years gaining medals in the B.M.A.F championships including the 10 mile road race, cross country and road relays. Prior to his illness, Jimmy was ranked second fastest in the U.K Half Marathon rankings for the 55 to 59 age group with a time of 76 minutes 18 seconds.

Jimmy was a regular member of the England Masters cross country team. He always featured in the team medals and just three years ago, he gained an individual medal in the annual international cross country.

Part of Jimmy's legacy will be the impact he had on so many people involved in athletics. Both fellow athletes and officials regarded him as a very gentle and caring man who always had a kind word to say when in their company.

An example of Jimmy's bravery and sheer determination to continue with his sport was his participation in a 5000 metres track race in Loughborough last September, when he was in the latter stages of his illness and treatment and still managed to produce a time of 18minutes 25 seconds which saw him ranked second in the British Masters track rankings for 2009.

Jimmy will be sadly missed by his friends in Elswick Harriers, those across the region and indeed throughout Masters athletics. Our thoughts are with his devoted wife Anne and all his family.

Kim and Harry Matthews.

We have received the sad news of the Deaths of Max Jones and Kenny Moss.

Executive committee members have been very busy in the last three months at a series of meetings. In December Irene Nicholls and I met Andy Day, Head of Competition at England Athletics, to discuss funding for two 2010 fixtures, the Inter Area Track and Field at Solihull and the Home International Cross Country in Dublin. England Athletics are paying most of the Inter Area expenses as they did last year and making a substantial contribution for Dublin. Andy has also circulated our proposed 2011 fixtures to the England Athletics regions to try to avoid clashes.

In early January Maurice Doogan, Lesley Richardson and I met E.V.A.A vice-president Vesa Lappalainen and Esa Salmineen from Finnish Masters Athletics to discuss possible changes to the governance of E.V.A.A, and our proposed bids for European and World international championships, and they were very supportive of our plans. Later in the month Maurice, Mel James, John Hall and I met Ed Warner and Cherry Alexander from U.K Athletics for a further discussion on our proposed international bids. Ed strongly supports our plans for the European Non-Stadia Championships in Swansea in 2013, but the future of the Olympic stadium after 2012 is still not resolved. Ed pointed out that Seb Coe is keen to bring the I.A.A.F World championships to London in 2015 and that West Ham Football Club are interested in occupying the stadium after 2012. Since our meeting, according to press reports, Olympics minister Tessa Jowell has invited West Ham to put in a formal bid to the Olympic Park Legacy Company, but Margaret Ford, chair of the O.P.L.C, has warned West Ham that they are not 'the only show in town' when it comes to finding a tenant for the stadium and that the club would have to accommodate an athletics track. She told the House of Commons Culture, Media and Sport Select Committee that a decision on the future of the stadium must be finalised this year.

At the beginning of March Bridget Cushen, Maurice and I met Simon Hainsworth, managing director of Corporate and Sporting Events, to finalise their contract with B.M.A.F. We discussed changes to the original contract to benefit our athletes; early distribution of brochures, smaller deposits, later final payments, choices between hotels of different standards, good choice of airports and all-in flights/accommodation packages or accommodation only. Simon accepted all our requests and we are awaiting copies of the contract for signature.

My attempt to arrange free or discounted travel insurance with AVIVA for our athletes for international competitions has moved very slowly, but I now have the appropriate contact person in Danny Nobbs, who is acting on it and hoping to get back to me during the summer. We are also awaiting our promised meeting with Nigel Jones from Swansea Council to discuss further the European Non-Stadia 2013 bid.

Recent competition has included our indoor pentathlon championships, cross country championships in Belfast and the World Indoor Championships in Kamloops, Canada, where a small team of less than 60 British athletes won 23 gold medals and 71 in total, with five double gold medal winners, and the outstanding M40 Mark Wiseman taking three in shot, discus and hammer. A week later a group of our athletes travelled to Gent, Belgium, to compete as guests in the Belgian Masters Championships, producing many good performances and able to experience the superb new stadium that will be the venue for the 2011 European Veterans Championships.

Don't forget closing dates, particularly the one for the European Championships in Nyiregyhaza, now changed so that British entries must be received by Peter Duhig by May 17th.

I wish you all a successful and injury free 2010.

have also had that complaint about the folded number. I would therefore ask, if you could print a reminder about the IAAF rule, (143.8) UKA Rule (18) that states "Numbers must be worn as issued and not be cut, folded or obscured in any way". Even if this was not a rule, it is making recording more difficult and not conducive to the sponsors who help to promote our sport, by advertising on the numbers.

Mel James.

16th Annual General Meeting of EAMA Report from the Chair 20th March 2010.

And so ends our first full year as England Athletics Masters Association

I am always amazed how quickly this AGM Meeting comes around. It does not seem 12 months ago that we were looking forward to hosting the Cross Country International - now it has come and gone and we must now start harnessing our resources for the 2010 event in Dublin.

One of our continuing headaches has been the financial burden to the host country and in this respect we were so fortunate to have developed our partnership with England Athletics at a crucial time. They were most supportive in providing financial help with Officials expenses, practical help with allowing us to use their offices for meetings and by including us in their kit sponsorship with Puma thus enabling us to supply all our runners with new vests and shorts. This arrangement will continue into the current year and hopefully many more to come.

Support for the Inter Area Track & Field Challenge also continues, thanks to Arthur Kimber for all his efforts on our behalf and congratulations to the winners of the various trophies. A most enjoyable competition to be held in August 2010 at Solihull.

Our healthy financial situation is testament to the continuing good management of our Treasurer, Danny Mullane. The International Account still has a few outstanding bills but we should come out in credit. The support received from our member Clubs, especially Midland Masters AC, in hosting the event was greatly appreciated. MMAC donated £500 towards the cost of the most excellent evening entertainment and help was forthcoming from Officials and the local Birchfield AC who gave freely of their time and facilities.

Our England athletes once more surpassed themselves and competed with honour winning many team and individual medals. Thanks to the selectors and Team Managers, Kim & Harry Matthews, for their skilled involvement and wise judgement.

Sadly we are losing Philip Lee from our Committee this year. He has been an important moving force in rationalising the

International selection process and his first hand experience of B.M.A.F matters has been a definite plus. We thank him for his hard work and support over the years.

Our walkers have also been successful this year and hopefully we can continue our match with Ireland in 2010. Unfortunately, as the team is self selected, we are not able to include them in the England Athletics deal. Eric Horwill has worked hard to keep this fixture alive and we are grateful for his efforts on our behalf. Eric has indicated that this will be his last year with our Committee so we shall be seeking a successor in 2011.

It has always been the case with Masters that there is hope at the end of a 5 year period when a new age group is entered, so it should be with our Committee. We look forward with optimism and hope that new ideas and enthusiasm will take us into a new decade with eyes on a bright horizon.

Once more I have to thank Bridget and your Committee for their support through what has been a very busy and exciting year for the Association.

Irene Nicholls, Chair of EAMA

Secretary's Report, Bridget Cushen

BMAF Annual General Meeting

All members are welcome to attend the above to be held at 18.00 on Saturday, 3 July at the Track & Field Championships. We look forward to seeing as many members as possible there as it is your only opportunity to meeting the full B.M.A.F Council.

We have been advised of two positive anti doping tests at the World Masters Track & Field Championships in Lahti. The silver medallist in the M45 shot, Pekka Viippo, Finland, tested positive for Testosterone, Norandrosterone and a diuretic. The former Finnish boxer admitted the offence, returned his medal and has received a two year suspension. There were no British entries in this age group event. Val Barnwell of the USA won four gold medals in the M50 100/200, 4 x 100m and 4 x 400m. He tested positive for Testosterone prohormones and has received a two year suspension effective from last December. He has been stripped of his individual medals and the U.S.A of their relay titles. British sprinters who are directly affected are Jeff Battista; the Derbyshire sprinter now gets his four Gold medals - individual in the 100m (11.87) and the 200m (23.94) and both relays. In the 100m, Paul Chenois of Belgium and Gerhard Zorn, Germany get silver and bronze. Peter Hickey moves up to 5th.

Barnwell is probably the highest profile Masters athlete to get caught and it is to World Masters Athletics' credit that they are doing everything they can to ensure a level playing field for all. Barnwell set a World M50 Indoor 60m record (7.18) in the WMA Championships two years ago, Kevin Burgess was 4th and Tom Phillips 8th on that occasion.

If you are in any way worried about any medication you may be taking, please note that our web site information on TUEs has been updated by the UKA Anti Doping Officer.

England Athletic Masters Association

The association held its 16th A G M on 20 March. Six out of the seven England affiliated clubs were represented

It was reported that the Partnership with England Athletics continues to develop. They provided financial help with Officials expenses, allowed E.A.M.A to use their offices for meetings and supply all the England teams in the International cross-country with new vests and shorts from Puma, England Athletics official clothing supplier. Despite this generous sponsorship and a £500 donation from the Midland Masters AC, the Treasurer Danny Mullane, reported a loss of over £3,700. The financial burden to the host country of this immensely popular annual international event was discussed. The success of the weekend in Birmingham last November was due to the sterling work put in by EAMA Chair, Irene Nicholls, the MMAC and Birchfield Harriers. Congratulations to all teams who again excelled despite the atrocious weather. It was a great weekend and a vote of thanks to everyone involved. After many years in this key role, Philip Lee did not seek re-election as Cross Country Secretary. **Harry Matthews**, VAA-NE now takes over and I am sure many of you will wish to thank Philip for his work in building this event up.

Support for the Inter Area Track & Field Challenge also continues with England Athletics supplying Polo Shirts for the Officials. Arthur Kimber reported that this year it will be on Sunday 8 August in Solihull, W60 and M70 events to be included.

Eric Horwill reported that 2009 was a very special year for Race Walking, the highlight being the Capt. Barclay Bicentenary meeting on 11-12 July in Newmarket. It marked the climax of the jockey, Richard Dunwoody's completion of his 1,000 miles in 1,000 hours challenge. There were other events, 38 finished in the E.A.M.A 3-miles and Sandra Brown won the 100 miles Open event. Eric paid tribute to Ron Wallwork and his team on the organisation of this unique weekend. The regular match with Ireland took place in London in May.

It was noted that at the A.G.M of the Race Walking Association, one of their most prestigious Awards, the Edgar Horton Cup, went to a Masters athlete, Sandra Brown. E.A.M.A congratulates her, husband Richard and their daughter Victoria.

The Election of Officers sees some new faces on the Council in addition to Harry Matthews. The Road Racing Secretary's job has been taken on by prolific racer **Alex Rowe**, NVAC. He is planning to enhance the annual Inter-Area 5 and 10km challenge. Let's hope that the same enthusiasm and club rivalry that the track equivalent now engenders will permeate through to the road.

STORMONT VOTED A SUCCESS

The **BMAF XC CHAMPIONSHIPS** at Stormont Park, Belfast on the 13th March were given the thumbs up by those who took part. A different course from the International, although one just as challenging, created some very close racing, with impressive running from some of the International runners competing.



**Words
Philip LEE.
Pictures
John Glover.**

Dave Morwood wins race three

Unfortunately the numbers who entered were on the low side for which there may have been several reasons. The economic situation may have caused runners to think carefully about their expenditure. A weekend of clashing fixtures may also have depleted the field while the cost of travel to Belfast may have been a contributing factor. For what ever reason the fields were smaller but the racing was still as hotly contested.

6k Race 1 all Women and Men 70+.

This race produced some very close battles. On the first lap **Helen Fines**, **Gillian Burns W35**, **Cathy McCourt W40**, **Helen Wheeler W40** and **Clare Elms W45** were at the front of the field within 2 seconds of each other. By the second lap **Fines** lead from **Wheeler** and **Elms** as **Burns** and **McCourt** dropped of the pace and were joined by **Roberta Dornan W35**. On the last lap **Fines** and **Elms** had dropped **Wheeler** and were fighting it out for the overall race winner. On the long straight to the finishing post **Elms** forged ahead to continue to show the form which was so impressive in the International at Birmingham in November.

In the **W50** race **Sue Beconsell** set the early pace and maintained her lead through out, eventually coming home as 5th finisher overall, with the rest of the age group retaining their positions. This was also true of the **W55's** where **Jane Waterhouse** was a comfortable winner of her age group. The **W60** race once again showed us the strength of **Angela Copson** as she won in a time which made her 13th overall in the field and gave her a two minute gap over the second placed runner.

In the men's race **Fred Gibbs M70** maintained his customary position at the head of the race. However at Birmingham **Gibbs** had finished 1:30 ahead of **Ian Leggett** but this time it was only 43 seconds lead. **Brian Shave** was a worthy winner of the **M75** race. **John McKeag** won the **M85** race and it says much for the man that he is still running strong at his time of life and in a couple of years time he will be able to enter the **M90** race.

Bingley Harriers 82:36 were the winners of **M70** team event which is quite an achievement to be able to field so many capable runners at that age.

A special mention must be made of **Walter Ryder M70** who drove three hours from his North of Scotland home to Edinburgh to catch a flight to Belfast and then had to repeat it all on the way home. A remarkable journey which highlights his dedication to master's athletics. And to think that last year some runners didn't want to drive from the south up motorways to North Wales for last year's championships.

MASTERS ATHLETICS SPRING 2010.



**Clare Elms 4512
was the first
Women in Race one**

W35:

1 Helen Fines BRISTOL & WEST A/C 22:46; 2 Roberta Dornan NORTH DOWN A/C 23:17; 3 Gillian Burns DROMORE A/C 23:30; 4 Cathy Mc Court NORTH BELFAST HARRIERS 23:33; 5 Louise Smith NORTH BELFAST HARRIERS 23:39;

W40:

1 Helen Wheeler FOLKESTONE RUNNING CLUB 22:54; 2 Stephanie Hambling NORTH DOWN A/C 23:53; 3 Debbie Matchett NORTH DOWN A/C 24:44; 4 Anne Sandford NEWCASTLE A/C 25:30; 5 Yvonne Scarott NENE VALLEY HARRIERS 26:19; 6 Christine Murray CO. ANTRIM HARRIERS 26:39;

W45:

1 Clare Elms DULWICH RUNNERS 22:33; 2 Geraldine Branagh Dromore AC 23:56; 3 Anna Kelly CLAYTON LE MOORS 25:01; 4 Pirjo Kivelainen CLEETHORPES ATHLETIC CLUB 26:15; 5 Bridgeen Byrne City of Derry Spartans 26:48; 6 Tracey Gibson WOLDS VETERAN R/C 26:57;

W50:

1 Sue Beconsell BINGLEY HARRIERS 23:27; 2 Gail Duckworth LEIGHTON BUZZARD A/C 24:18; 3 Ruth Magill LAGAN VALLEY 24:36; 4 Lynne Whitaker RAMSEY ROAD RUNNERS 24:56; 5 Irene Roche CLAYTON LE MOORS 27:17; 6 Lorraine Dalglish LUTON A/C 29:34;

W55:

1 Jane Waterhouse CENTRAL A/C 25:29; 2 Jane Morley WOLDS VET A/C 27:30; 3 Carol Hall WOLDS VETERAN R/C 33:27;

W60:

1 Angela Copson RUGBY AND NORTHAMPTON 24:40; 2 Ros Tabor DULWICH RUNNERS 26:42; 3 Lou Lyness BARROW & FURNESS 27:14; 4 Roisin Lynch City of Derry Spartans 31:42;

W65:

1 Brigid Quinn BALLYMENA RUNNERS 31:39; 2 Rosemary Armstrong DONCASTER A/C 34:49;

W70:

1 Mary Holmes CAMBRIDGE & COLERIDGE A/C 34:12; 2 Pamela Jones ILFORD A/C 35:20.

M70:

1 Fred Gibbs BINGLEY HARRIERS A/C 25:25; 2 Ian Leggett LOTHIAN RUNNING CLUB 26:08; 3 Stephen James SOUTHPORT WATERLOO A/C 26:42; 4 Peter Covey BINGLEY HARRIERS 27:22; 5 Walter Ryder MORPEH HARRIERS & A/C 27:26; 6 John Taylor HAILSHAM HARRIERS 27:55; 7 Edmond Simpson OVERTON HARRIERS 28:51; 8 John Smithurst BINGLEY HARRIERS 29:49;

9 Ken Hawtin NIMAA 30:59; 10 Roger Harrison Jones PRESTATYN R/C 31:27; 11 Norbert Will NIMAA 43:06;

M75:

1 Brian Shave HERNE HILL HARRIERS 33:25; 2 Bertie Grimson EAST ANTRIM 37:43; 3 John Cullingham READING A/C 38:48;

M80:

Jim Metcalfe NIMAA 37:19;

M85:

John McKeag BALLYDRAIN HARRIERS 43:24;

M70 TEAM: Bingley Harriers

8k Race 2 M50 to 69

The largest field of the day, which included many current and former International runners, produced some closely fought races throughout the field.

Ian Furness M50 continued his strong showing in Masters XC by leading the field on the first lap with **Mick O'Doherty M50** closely followed by **Mark Aspinall M50** and the ever formidable figure of **Mike Hager M55**. On the second lap **Furness** opened a small gap on **O'Doherty** as did **Hager** on **Aspinall**. The gaps were increased on the third lap although all runners were still in touch with each other. On the final lap the positions remained the same despite a strong effort from **Aspinall** which enabled him to close the gap on **Hager** but he just couldn't get in front of him by the line.

Further down the field the rest of the **M55** were engaged in an absorbing tussle. On lap one **Matt Shields** had managed to open a gap up as **Graham Ratcliffe**, **Stan Owen**, **Dave Cox** and **Raymond Lees** were locked together. By lap two **Ratcliffe** had managed to break away from the group into third spot. Positions were maintained on lap three but **Cox** was joined by **Lees**. Lap four saw no further changes to placings.

The **M60** race had **Des Michael** competing for the first time having only just turned 60. So being the youngest person in the age group he was obviously out to impress and so he did. He lead the first lap and was closely followed by a bunch which included **Griffith Owens**, **Malcolm Renyard**, a previous winner, and **Terry Eakin**. On the second lap **Owens** was still in contention but **Renyard** and **Eakin** had drifted back. A strong lap from **Charlie Dickinson** moved him nearer to the front runners. On Lap three **Michael** had increased his lead on **Owens** who had opened up a bigger gap to **Renyard** while **Dickenson** was even closer to **Eakin**. A strong final lap from **Michael** put paid to any ideas the others had of catching him. **Owens** and **Renyard** maintained their placings while a fast finish enabled **Dickinson** to move ahead of **Eakin**.

Special mention must be made of **Des Michael** who opted out of the chance of running the next day in a local Masters event to travel all the way to Belfast to compete in the B.M.A.F Championships. His dedication was rewarded by running well to win his age Championship.

Strong Running from **Martin Ford** ensured that he was a deserved winner of the **M65** age group. At no time was he ever headed and it was left to the rest of the field to fight it out for the medals.

1 Ian Furness DUDLEY & STOURBRIDGE 26:29; 2 Mick O'Doherty BRISTOL & WEST A/C 26:57; 3 Mark Aspinall CLAYTON LE MOOR 27:16; 4 Iain Campbell METROPOLITAN POLICE A/C 27:33; 5 Vytautas Vaitkevicius MULLINGAR HARRIERS 27:38; 6 Jeff Farquhar PITREAVIE AAC 27:38; 7 Ifan Lloyd SWANSEA HARRIERS 27:39; 8 Alan Camp BLACKHEATH & BROMLEY 27:42; 9 Richard Drage TAVISTOCK A/C 28:11; 10 Alex Rowe WESHAM ROAD RUNNERS A/C 29:10; 11 Stephen Smythe DULWICH RUNNERS 29:19; 12 Robert Wilson NIMAA 29:36; 13 Sammy McAnaney CITY OF DERRY SPARTAN A/C 29:44; 14 John Roche CLAYTON LE MOORS 29:53; 15 Dermot Connolly CITY OF DERRY SPARTAN A/C 30:07; 16 Brian Craig IRVINE A/C 30:15; 17 John Patience NORTH BELFAST HARRIERS 30:21; 18 Jimmy Renfrew ENNISKILLEN R/C 31:14

MASTERS ATHLETICS SPRING 2010

19 Mike Levery SHEFFIELD R/C 31:25; 20 Paul King TEAM BATH A/C 31:32; 21 Gary Podmore SHEFFIELD R/C 31:37; 22 Stephen Purdie NORTH DOWN A/C 31:47; 23 Greg McClure NORTH BELFAST HARRIERS 31:48; 24 Barry Greaves ROYTON ROADRUNNERS 31:50; 25 Nick Watson TEAM BATH A/C 32:36; 26 James Wallace WIMBLEDON WINDMILLERS 32:42; 27 Gerry O'Doherty SPRINGWELL R/C 32:47; 28 James McQuade KIRKINTILLOCH OLYMPIANS 33:55; 29 Robert Bigger CITY OF DERRY A/C 34:30; 30 Mike O'Brien MANCHESTER YMCA HARRIERS 35:30;

33:57; 4 Fred Murdoch North Down A/C 34:41; 5 Brian Smith NORTH DOWN A/C 34:53; 6 Richard Hammerson READNG ROADRUNNERS 35:57; 7 Drew Crawford (M70) NORTH BELFAST HARRIERS 41:34;
M50 TEAM: 1 Clayton Le Moors Harriers 1:26:18; 2 North Belfast harriers 1:30:33; 3 Irvine 1:31:00; 4 Sheffield 1:32:32; 5 City of Derry Striders 1:34:21; 6 Team Bath 1:35:18;
M60 TEAM: North Down AC 1:48:15



Ian Furness 5021
Was the victor in
race two.

M55:

1 Michael Hager TIPTON HARRIERS 27:12; 2 Matt Shields NORTH BELFAST HARRIERS 28:24; 3 Graham Ratcliffe WIRRAL A/C 28:33; 4 Stanley Owen SALFORD 28:57; 5 Dave Cox WOODFORD GREEN A/C 29:07; 6 Raymond Lees CLAYTON HARRIERS 29:09; 7 Mike Quinn SHEFFIELD R/C 29:30; 8 Ian Berryman IRVINE A/C 29:39; 9 Ray Curran BALLYMENA RUNNERS 30:11; 10 George Nixon PRESTATYN R/C 31:06; 11 Tom Hutchison TEAM BATH A/C 31:10; 12 Hugh Gallagher GIFFNOCK NORTH 32:40; 13 Peter Weatherhead WIRRAL ATHLETIC CLUB 33:08; 14 Andrew Murray DULWICH RUNNERS 33:29; 15 Mick Moorhouse MATLOCK A/C 33:55; 16 Julian Kennedy BALLYMENA & ANTRIM 37:37;

M60:

1 Desmond Michael BARNET & DISTRICT A/C 29:48; 2 Griffith Owens PRESTATYN R/C 30:15; 3 Malcolm Renyard HARDLEY RUNNERS 30:39; 4 Charles Dickinson BELGRAVE HARRIERS 30:46; 5 Terry Eakin North Down AC 30:50; 6 Robert Marshall GALA HARRIERS 30:56; 7 Harry Matthews ELSWICK HARRIERS 31:15; 8 Andrew Rennie SCOTTISH VETS H/C 31:16; 9 Alan Dalglish LUTON A/C 31:46; 10 Simon Brister MATLOCK A/C 32:05; 11 Liam O'Hare BARNET & DISTRICT A/C 32:15; 12 David Seaton NORTH DOWN A/C 32:44; 13 David Telford NORTHERN VETS 32:46; 14 Bob Chapman SW VETS A/C 33:28; 15 Francis Boal BALLYDRAIN HARRIERS A/C 34:19; 16 Edwin Oxlade ANNADALE STRIDERS 34:46; 17 Willie Weir DROMORE A/C 35:02; 18 Sean McMullin MULLINGOR HARRIERS A/C 36:38; 19 John Heywood HUNCOTE HARRIERS A/C 36:48; 20 Pat O'Driscoll NORTH DOWN A/C 40:40;

M65:

1 Martin Ford MIDLAND MASTERS 31:20; 2 Michael Smith BINGLEY HARRIERS 33:26; 3 Tony Brackstone SOUTHERN COUNTIES VETS

8K Race 3 M35 – 49

As more runners are moving into the **M35** age group the standard is getting higher and this race was no exception. Previous winner, **David Morwood**, was able to defend his title on home soil, one of the advantages in moving the championship around the clubs. He set off closely followed by a several runners including **David Evans**, **Jamie Reid**, **Alan Murchison (M35)**, **Steve Cairns M40** and **Brian Rusworth M45**. On lap two **Morwood** increased his lead and an equally quick lap from **Rusworth** moved him into second place overall. This was how it was to continue with **Rushworth** keeping in close touch until Lap four when **Morwood** put in the fastest lap of the day to draw ahead. Further back a gallant effort by **Cairns** was not quick enough to overhaul **Rushworth**.

It was another excellent run from **Rushworth**, who is two age groups older than **Norwood**, as he continued his run of Championship wins.

In the race for the medals **Evans** and **Reid** matched strides till the last lap when **Evans** forged ahead.

One of the tightest finishes for years in the team event had all four teams within one minute of each other.

A big thank you must go to N.I.M.A.A for their organisation of these championships. In Stormont Park they have a picturesque venue with the possibility of many different courses.

1 Dave Morwood ANNADALE STRIDERS 25:25; 2 David Evans WOLVERHAMPTON & BILSTON A/C 26:01; 3 Jamie Reid RONHILL CAMBUSLANG HARRIERS 26:21; 4 Alan Murchison SCOTTISH VETERANS 26:38; 5 Paul Blaney NORTH BELFAST HARRIERS 27:17; 6 William Richardson SCOTTISH VETERANS H/C 27:44; 7 Alex Allardyce IRVINE A/C 27:50; 8 Glen McKendry NORTH BELFAST HARRIERS 29:19; 9 Adam Holland NORTH BELFAST HARRIERS 29:29; 10 Conor McMullan ANNADALE STRIDERS 29:43; 11 Martin Southwood ANNADALE STRIDERS 29:57; 12 Marcus Devine SPRINGWELL 30:08; 13 Paul Jenkins NORTH BELFAST HARRIERS 30:43; 14 Michael Devine SPRINGWELL 32:31; 15 Thomas Moore Springwell RC 32:48; 16 Matthew Dolan 33:52;

M40:

1 Steve Cairns Annadale Strders 25:55; 2 Paul Carroll ANNADALE STRIDERS 26:15; 3 Francis Marsh HERNE HILL HARRIERS 26:44; 4 Neil Carly NORTH BELFAST HARRIERS 27:30; 5 David Smith MIDLAND MASTERS 28:48; 6 Peter Savage NORTH BELFAST HARRIERS 28:53; 7 Colin Davidson EAST ANTRIM HARRIERS 28:57; 8 James Turtle BALLYMENA RUNNERS 29:27; 9 Michel LeVelly ANNADALE STRIDERS 29:40; 10 Douglas Connery IRVINE A/C 29:52; 11 Darren Edwards WOLVERHAMPTON & BILSTON A/C 30:11; 12 Oran McBride CITY OF DERRY SPARTANS A/C 30:55; 13 Jim Sneddon SCOTTISH VETS H/C 31:53;

M45:

1 Brian Rushworth SUNDERLAND HARRIERS AC 25:47; 2 Roger Alsop HERNE HILL HARRIERS 26:02; 3 Peter Knight MIDLAND MASTERS A/C 26:52; 4 Alec Woods BRISTOL & WEST A/C 26:57; 5 Rob Andrew BOURNVILLE HARRIERS 27:09; 6 Andy Gibbs VALE ROYAL A/C 27:17; 7 Paul Spowage COLCHESTER HARRIERS 27:41; 8 Brian McKee DROMORE A/C 28:08; 9 Craig Hutchinson LARNE A/C 28:20; 10 Noel Conner BALLYMENA RUNNERS 29:17; 11 Karl Dines WILLOWFIELD HARRIERS 29:22; 12 Steven Doxey SWINTON RUNNING CLUB 29:27; 13 David Allen Albertville Hrs 29:41; 14 Liam Keenan EAST DOWN A/C 29:48; 15 Ronnie Marshal NORTH BELFAST HARRIERS 34:56;

MEN 35 TEAM: 1Wolverhampton & Bilston 85:00; 2 Annadale Striders 85:05; 3 Irvine AC 85:26; 4 North Belfast 86:05;

MEN 50 TEAM: 1 Clayton le Moors 86:18; 2 North Belfast 90:33; 3 Irvine 91:10; 4 Sheffield 92:32; 5 City of Derry 92:32; 6 Team Bath 95:18;

Nyiregyhaza, Hungary 15th–24th July 2010

European Veterans Athletics Championships



Destination & Package Information

Situated in the north east of Hungary Nyiregyhaza is the county town of the region and it is located within close proximity of the borders of Romania and the Ukraine.

Nyiregyhaza is the seventh largest town in Hungary, with a population of 120,000. It has several museums and exhibitions showing the city's rich cultural heritage. Some of the most popular attractions can be found north of the city in the suburb of Sosto.

ACCOMMODATION OPTION 1: PARK HOTEL NYIREGYHAZA

The 3* Park Hotel lies in Sostofurdo, in the middle of a beautiful 4.5 acre oak wood making it the ideal place to relax after a long day of competition. The hotel is located just over 2 miles from the main stadium.



ACCOMMODATION OPTION 2: EUROPA HOTEL NYIREGYHAZA

The 3* Europa Hotel is situated 5 minutes from the centre of Nyiregyhaza. There are sixty air conditioned en suite bedrooms with TV and minibar. The hotel is located less than 2 miles from the main stadium.



FLIGHT INFORMATION:

Main UK departure days will be the 14th, 15th and 17th July to Budapest and will return on the 24th & 25th July 2010. Anyone arriving or departing outside these days will have transfers booked by rail.

LUTON OPTION

Out: 13:15 – 16:45 (14th & 15th)
12:55 – 16:25 (17th)
Return: 16:55 – 18:30 (24th)
21:20 – 22:55 (25th)

MANCHESTER OPTION

Out: 14:30 – 18:20
Return: 18:50 – 20:50

** Flights are available from Heathrow but these will carry an additional supplement

** Alternative dates are available on request but may carry a supplement depending on availability

** Budapest is approximately a 2 hour 45 minute coach journey from Nyiregyhaza.



Your package will include...

- Return flights from Luton or Manchester including tax
- 6 night's accommodation at the Park Hotel or Europa Hotel
- Buffet breakfast each day
- Return transfers from Budapest Airport
- Services of a CSE representative
- All surcharges and taxes
- GB Polo shirt

PARK HOTEL

£529.00 per person based on two people sharing a twin or double room

£639.00 per person in single rooms

£47.50 per person extra night charge – twin rooms

£69.00 per person extra night charge – single rooms

EUROPA HOTEL

£495.00 per person based on two people sharing a twin or double room

£639.00 per person in single rooms

£42.00 per person extra night charge – twin rooms

£69.00 per person extra night charge – single rooms

*Insurance quotes available on request

MASTERS ATHLETICS SPRING 2010.

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

MASTERS ATHLETICS SPRING 2010.

2010			
11th APR	SVHAC 10 mile Champs	Strathclyde Park	
	NVAC Monthly Run	Gin Pit, Tyldesley	5mile paths
14th APR	NVAC Track & Field League	Cleckheaton	
18th APR	BMAF / SVHC Marathon Lochaber Marathon	Lochaber Marathon Fort William	
	MMAC Road Relays	Edbaston Reservoir	AGM follows.
5th May	SVHC 4.8k Road Race	Snowhall	7:30pm
9th MAY	NVAC Monthly Run	Stockton Heath	10k paths.
15th MAY	BMAF Road Relays	Sutton Park, Birmingham	See back cover this issue.
16th MAY	European Masters Mountain Running Championships	Cerdabyola del vallès,ESP	
23rd May	BMAF Pentathlon	Oxford	With 10k Track and Walk (TBC)
6th JUN	SCVAC Track & Field Championships	Julie Rose Stadium, Ashford	
9th JUN	SCVHC 5m Road Race	Edinburgh	7:30pm
13th JUN	MMAC T&F	Leicester	
19/20th JUN	Transatlantic Trophy Combined Events	GB v USA Joplin , Missouri, USA.	Contact Bruce Charles
20th JUN	BMAF 5k Road & Walks Horwich 5k	Horwich	Entry form in this issue.
	BMAF Throws Pentathlon	Milton Keynes	
3/4th JULY	BMAF Track & Field	Cardiff International Stadium	
15th-24th JUL	EVAA T&F Championships	Nyíregyháza, Hun	
8th AUG	EMAA INTER AREA	Solihull	Contact your club for details on selection
14th AUG	BMAF 30k Walk	Coventry	
22nd AUG	BMAF Half Marathon	Burnham Beeches, Slough	
5th SEPT	SCVAC T&F League Final	Julie Rose Stadium, Ashford	
11/12th SEPT	BMAF Decathlon /Heptathlon	Oxford	
12th SEPT	BMAF 10k (Goodrich 10k)	Wolverhampton	Goodrich 10k (details BMAF website)
3rd OCT	BMAF 10Mile	Oldbury, Gloucestershire.	Oldbury Power Station 10m (BMAF website)
OCT	BMAF XC RELAYS	TBC	
13th NOV	British & Irish Masters XC International	Santry Park, Dublin.	
2011			
16-20th MAR	EVAA Indoor Championships	Ghent, BEL	
20-22nd MAY	EVAA Non Stadla	Thionville / Yutz, FRA	
21st MAY	BMAF Road Relays	Sutton Park	
19th JUN	BMAF 5k	Horwich	
7th-17th JUL	WMA Championships	Sacramento,USA	
10-17th 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.

**WMA INDOOR CHAMPIONSHIPS
KAMLOOPS, BRITISH COLUMBIA
– 1ST to 6TH MARCH
Words John Hall,
Pictures: Lesley Richardson**

I'd never heard of Kamloops until learning two years ago that it was to be the venue for the 4th World Masters' Indoor championships. Where is it? In a straight line, about 125 miles north-east of Vancouver. It is on the Trans-Canada Highway and main rail route across Canada and stands at the confluence of the North and South Thompson rivers.

Kamloops calls itself Canada's "Tournament Capital". The indoor facility is pretty good, although the 200m track is permanently flat – not something to endear it to sprinters! There is an excellent 400m outdoor track for warming-up but no provision for coping with bad weather. The throwing areas are better than many in Europe.

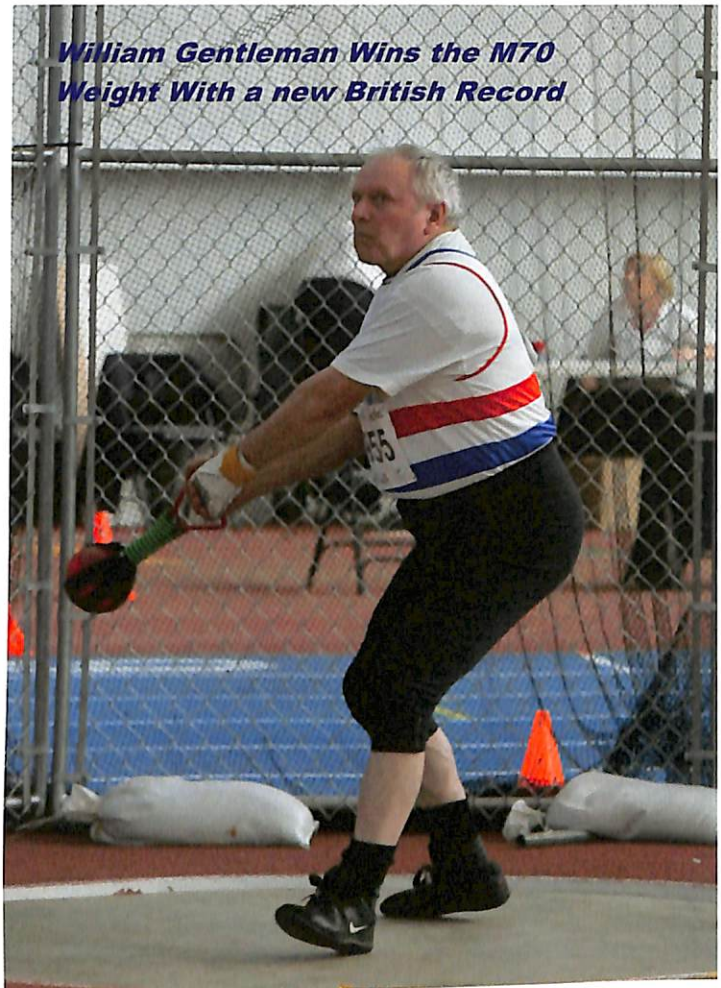


**Three gold's For Mark
Wiseman this one in
the shot**

The Canadian people were unfailingly friendly and helpful so that any problems were dealt with cheerfully. There were said to be 1,000 volunteers helping, so we were never far away from someone willing to guide or help. The officials were excellent, leading some of our athletes to say that they were the best they had encountered in any championship. One experienced GB athlete said she normally comes back from a championship with a list of things that frustrated her, but this time had no complaints, only praise.

The number of competitors, at around 1,400, was well down on what could be expected in Europe. The economic situation and

remoteness of the venue must have been major factors in this. Not surprisingly it meant the overall standard of performance was on the low side for a world championship. There was still some great competition, with a sprinkling of very good performances.



**William Gentleman Wins the M70
Weight With a new British Record**

Inevitably the host nation fielded the biggest contingent, with neighbours the USA not far behind. These two headed the medal table with our great rivals the Germans next and GB trailing a bit in 4th place. Considering the small size of our team this was an excellent result.

Just 58 GB Masters Athletes turned up but two of those were then unable to compete because of injury flare-ups. The athletes were supported by a small group of family and friends. We had four residents of North America in our team – three from the U.S.A and one from Vancouver. Three of these four were newcomers to international Masters Competition and two of them picked up individual medals. Of these, Simon Martin, resident of Boulder, Colorado, performed well above his declared performances, which had been achieved at altitude. He won the M55 cross-country in one of the highlights of the week for the GB team, three Britons battling it out all the way with one Norwegian. No prizes for guessing which team won that age-group! Simon's team-mates, David Oxland (who did much of the leading until the closing stages) and Archie Jenkins, had an inkling something special was afoot when Simon in mid-race said "OK, which of us is Coe and who's Ovett and who's Cram?" Cheeky, but he delivered.

We had one athlete, Sonia Armitage, who was born at nearby Merritt and who spent her first four years in Kamloops before her family decamped back to Scotland. Sonia's brilliant 800/1500 double wasn't done the easy way – she went right to

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the front and opened a gap, making herself a target for the rest of the field. Sure enough they gathered themselves and charged after her in the closing stages, but Sonia had done just enough to prevent them catching her.

A tally of 71 medals (23 Gold, 27 Silver and 21 Bronze) from such a small team was a tremendous return. There were some outstanding individual efforts. It was wonderful to see Bill Gentleman back in action after a stroke, winning two gold medals, including an impressive effort in the M70 hammer (all 5 legal throws over 45 metres, with the best 47.33m). Other great throws performances came from Mark Wiseman (M40 treble gold), Camilla Thrush (W40) and Carol Derrien (W70).

It was nice to see Susie Tawney's efforts rewarded with double gold on the track, in hard-fought races, plus cross-country team and relay silvers; and a hurdles gold and pentathlon silver for Hazel Barker, together with relay silver. Simon Anderson struck double gold as well, by a clear margin in the cross-country and by a narrower margin in the 1500 metres with a great finish, which was a fitting reward after the devastating disappointment of his dramatic fall in the world outdoors in Lahti, Finland, last summer while in a comfortable 2nd place. Simon also picked up silvers in the 3,000 metres and cross-country team, plus bronze in the relay, for a total of five medals.

There was double gold in the walks for Colin Turner, who is proving such a consistent performer in international indoor championships. Colin doesn't do the summer international championships because he concentrates on officiating at many meetings. Yours truly had the galling experience of picking up an injury after 7k of the 10k road walk while leading my big Austrian rival and so lost the chance of avenging my indoor defeat! Here's looking forward to the European championships in Hungary in July!

Steve Hallas exemplified the determination in the team by picking himself up from his sick bed to run 3,000 metres on Wednesday evening and then win his age-group in the half marathon on Saturday, followed by a creditable 1500 metres final the same day!

There were some very good team efforts. All four cross-country teams we were able to field won medals, two of them gold; and five more medals came from the nine scratch relay teams that were made up from almost anyone still standing on the last day.

The general feeling among our athletes was that the championships were a great success. The small team helped to engender really good team spirit. Those of experience expressed the view that these were the friendliest championships they had been to. The tone was set by the opening ceremony, which was the best I have experienced. My grateful thanks to all of the team and supporters, and to the Canadian people, for their wonderful spirit and friendliness.

60M:

W35: Dena Birade USA 7.93; **W40:** Maryvonne Icarre FRA 7.93; (QR): Lesley Richardson 10.15; **W45:** Noella Lee Pong CAN 8.15; **W50:** 1. Tilly Jacobs NED 8.50; 3. Averil McClelland GBR 8.65 (8.52qr); **W55:** Karla Del Grande CAN 8.49; (QR) Grete Howarth 11.20; **W60:** Brenda Matthews USA 9.04; **W65:** Carol LaFayette-Boyd CAN 9.14; **W70:** Louise Reed CAN 11.16; **W75:** Gwendolyn Boivin CAN 12.22; **W80:** Sumi Onodera-Leonard USA 13.13; **W90:** Olga Kotelko CAN 15.14 (**World Record**); **M35:** Alf Pettes USA 7.00; **M40:** 1. Reggie Pendland USA 7.20; 2. Gerard Hensley IRL 7.33; 3. Will J. MacGee GBR 7.34 (7.29qr); **M45:** Aaron Thigpen USA 7.10 (**7.02qr Equals World Record**); (QR) Sholto Douglas-Home 8.20; Michael R. May 8.40; **M50:** Michael Waller USA 7.34; (QR) Clement Leon 8.19; Brian M. Matthews 8.34; **M55:** Bill Collins USA 7.47; **M60:** Vladimir Vybostok SLO 8.17; **M65:** Peter W. Crombie AUS 8.35; **M70:** 1. James Paddie USA 8.53; 8. Ernest Caffrey IRL 9.57 (9.55qr); **M75:** 1. Dick Richards USA 9.33; 2. David Burton GBR 9.47;

M80: Norm Lesage CAN 9.92; **M85:** Horst Albrecht GER 11.16; **M90:** Ugo Sansonetti ITA 11.57;

200:

W35: Latrica Dendy USA 25.96; **W40:** Maryvonne Icarre FRA 26.02; **W45:** Noella Lee Pong CAN 27.17; **W50:** 1. Marie Kay AUS 27.33; 2. Averil McClelland GBR 28.15; **W55:** Karla Del Grande CAN 28.35; **W60:** Phil Raschker USA 31.19; **W65:** Carol LaFayette-Boyd CAN 31.86 (31.56QR); **W70:** Jeanne Daprano USA 38.40; **W75:** Klazina Noort CAN 45.63; **W80:** Betty McQuarrie CAN 48.64; **W90:** Olga Kotelko CAN 60.72 (**World Record**); **M35:** Alf Pettes USA 23.50; **M40:** 1. Robert Thomas USA 23.31; 2. Will J. MacGee GBR 23.76; **M45:** Andre Francois CAN 23.01; (QR): Michael R. May GBR 28.40; **M50:** Michael Waller USA 24.17; (QR): Clement Leon GBR 27.16q; Brian M. Matthews GBR 27.41q; **M55:** Bill Collins USA 24.32; **M60:** Vladimir Vybostok SLO 27.34; (QR) Philip G. Felton GBR 29.93; **M65:** Peter W. Crombie AUS 26.95; (QR) Barry I. Ferguson GBR 32.03; **M70:** James Paddie USA 29.78; **M75:** 1. Robert Hewitt USA 31.58; 3. David Burton GBR 33.40; **M80:** Norm Lesage CAN 34.86; **M85:** Horst Albrecht GER 42.82; **M90:** Ugo Sansonetti ITA 41.13;

400:

W35: Dendy Latrica USA 57.42; **W40:** 1. Daley Lisa USA 60.01; 3. Finnegan Gerladine Ireland 62.81; **W45:** Belanger Renee CAN 63.87; **W50:** Kay Marie AUS 62.96; **W55:** Del Grande Karla CAN 66.32; **W60:** Raschker Phil USA 75.60; **W65:** Allison Marjorie J AUS 74.05; **W70:** Daprano Jeanne USA 1:28.37; **W75:** Boivin Gwendolyn CAN 2:54.49; **W80:** Onodera-Leonard Sumi USA 2:28.23; **M35:** Williams Lawrence CAN 51.71; **M40:** 1. Lawson Peter CAN 51.75; (QR) Hensley Gerard IRL 55.82; **M45:** 1. Saraceni Enrico ITA 51.80; 6. Gannaway Andy W. Great Britain 58.35; **M45:** (QR): May Michael R. GBR 64.41; **M50:** Waller Michael USA 54.40; (QR) Leon Clement GBR 59.99; Matthews Brian M. GBR 61.32; **M55:** Collins Bill USA 56.06; **M60:** Partzsch Thomas GER 63.32; **M65:** Pierce Roger USA 61.33; (QR) Jones Eric GBR 73.41; **M70:** Aadmi Andy CAN 69.29; **M75:** Clark William USA 1:27.74; **M80:** Lesage Norm CAN 1:32.53; **M85:** Thompson Harry CAN 1:41.51; **M90:** Sansonetti Ugo ITA 1:46.78 (**World Record**);

800:

W35: Ellen Reiner-Vestli NOR 2:33.05; **W40:** 1. Nicola Everton CAN 2:24.93; 3. Bernadine H. Pritchett GBR 2:26.62; 4. Gerladine Finnegan IRL 2:27.56; 6. Sarah J. Wells GBR 2:32.52; **W45:** Sonia Armitage GBR 2:26.26; **W50:** Julie Hayden USA 2:40.15; **W55:** Kathryn Martin USA 2:42.84; **W60:** Judy Warick CAN 3:11.89; **W65:** Riet Jonkers NED 2:58.59; **W70:** Jeanne Daprano USA 3:26.09; **W75:** Helly Visser CAN 3:54.76; **W80:** Ruth Angelis GER 6:03.75; **M35:** Nils Milde GER 1:58.39; **M40:** 1. Nicholas Berra USA 1:59.41; 3. Adrian R. Haines GBR 2:03.99; **M45:** 1. Giuseppe Romeo ITA 2:03.89; 6. Andy W. Gannaway GBR 2:11.97; 10. Alan Roberts GBR 2:38.70; **M50:** Jeff Lindsay USA 2:10.70; **M55:** Francois Martel CAN 2:13.17; **M60:** Nolan Shaheed USA 2:14.79; **M65:** 1. Barrie Dargie CAN 2:28.25; 3. Michael J. Dixon GBR 2:36.04; 4. Michael Smith GBR 2:36.44; 5. John Garder GBR 2:40.69; 7. Eric Jones GBR 2:54.54 (2:52.21q); **M70:** Sid Howard USA 2:43.48; **M75:** Jerzon Munoz Velez MEX 3:51.10; **M80:** Karel Matzner CZE 3:40.76; **M85:** Harry Thompson CAN 4:10.23; **M90:** Ugo Sansonetti ITA 4:43.49;

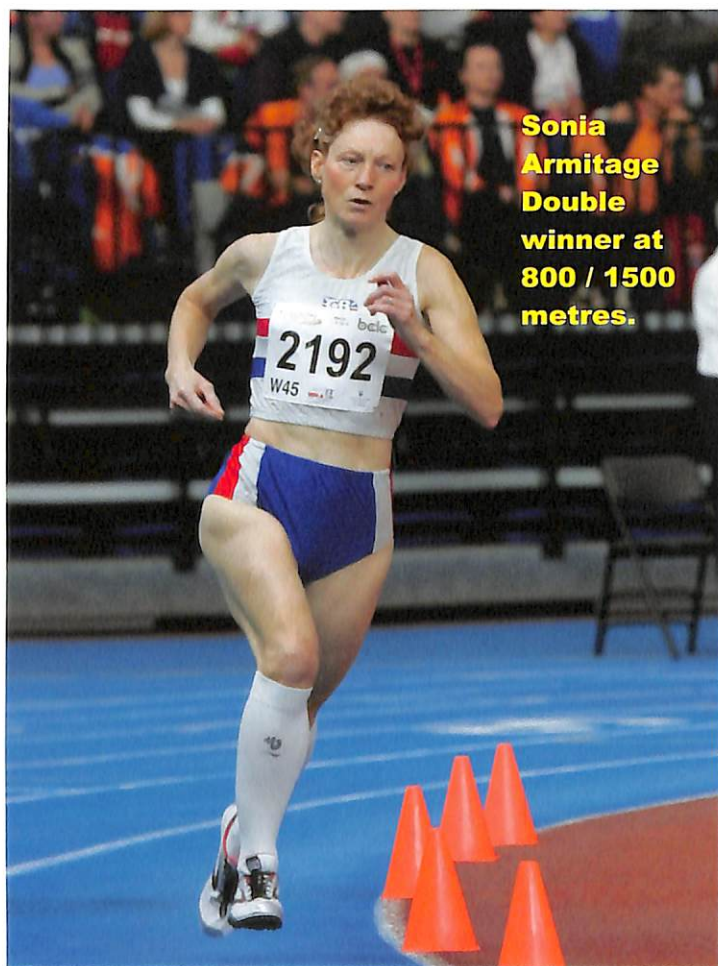
1500:

W35: Camp Andi USA 4:48.51; **W40:** 1. Everton Nicola CAN 4:50.20; 3. Pritchett Bernadine H. GBR 4:56.20; 5. Wells Sarah J. GBR 5:18.27; **W45:** 1. Armitage Sonia GBR 4:56.34; 7. Pidgeon Jane GBR 5:08.89; 9. Marr Lynne GBR 6:05.93; **W50:** Tawney Susie C. GBR 5:28.20; **W55:** Martin Kathryn USA 5:24.34; **W60:** Warick Judy CAN 6:35.98; **W65:** Jonkers Riet NED 6:22.34; **W70:** Daprano Jeanne USA 7:36.38; **W75:** Visser Helly CAN 7:48.18; **W80:** Estrada Esquivel Petra MEX 10:11.45; **M35:** 1. Milde Nils GER 4:22.34; 6. Hallas Steve J. GBR 4:39.77; **M40:** 1. Berra Nicholas USA 4:12.23; 3. Haines Adrian R. GBR 4:17.58; **M45:** 1. Anderson Simon R. GBR 4:10.21; 9. Gannaway Andy W. GBR 4:36.76; (QR): 13. Roberts Alan GBR 5:22.52; **M50:** 1. Cannon David USA 4:19.87; 3. Foster Bill R. GBR 4:27.29; **M55:** 1. Chantry Stephen USA 4:36.58; 7. Martin Simon GBR 4:48.09; 12. Jenkins Archie A. GBR 4:56.70; **M60:** Shaheed Nolan USA 4:36.92; **M65:** 1. Dargie Barrie CAN 5:01.48; 2. Dixon Michael J. GBR 5:22.09; 3. Smith Michael GBR 5:24.10; 5. Garber John GBR 5:39.75; **M70:** Howard Sid USA 5:42.06; **M75:** Munoz Velez Jerzon MEX 7:54.66; **M80:** Matzner Karel CZE 7:52.77; **M85:** Thompson Harry CAN 8:52.15; **M90:** Rogers Orville USA 10:11.48;

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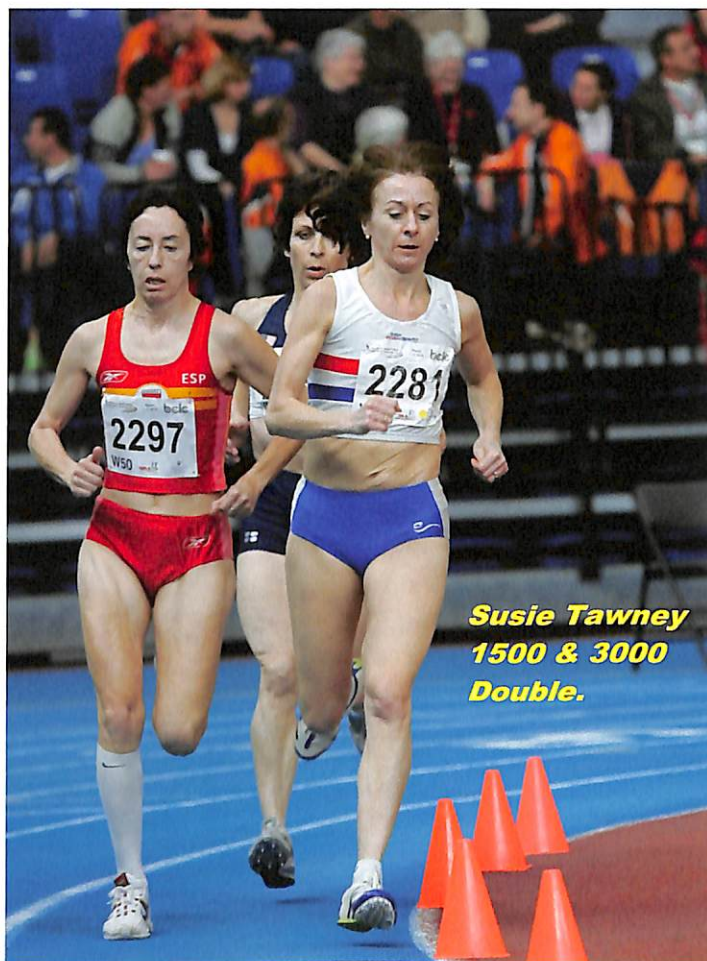
3000:

W35: Andi Camp USA 10:39.99; **W40:** 1. Rosa Maria Oliveira POR 10:51.39; 2. Bernadine H. Pritchett GBR 10:55.32; 3. Susan P. Ridley GBR 10:56.96; **W45:** 1. Jane Pidgeon GBR 10:58.85; 7. Lynne Marr GBR 12:42.25. **W50:** Susie C. Tawney GBR 11:40.02; **W55:** 1. Kathryn Martin USA 11:31.65; 2. Susan Cooper GBR 11:42.61; 3. Anne M. Lippitt GBR 14:25.33; **W60:** Ma De Los Angeles Rivera MEX 14:42.45; **W65:** Miloslava Rocnakova CZE 15:25.76; **W70:** Mary Harada USA 15:55.51; **W80:** Zdenka Kirsch GER 19:07.34 (**World Record**)
M35: 1. Jose Ramon Arredondo Perez ESP 9:01.32; 4. Steve J. Hallas GBR 9:36.08; **M40:** Elarbi Khattabi MAR 9:01.47; **M45:** 1. 270 Burdett Francis USA 9:07.41; 2. 319 Anderson Simon R. GBR 9:15.57; 10. 324 Roberts Alan GBR 11:20.39; **M50:** 1. 483 Foster Bill R. GBR 9:23.28; 5. 486 Oxlade Colin GBR 10:32.12; **M55:** 1. 578 Chantry Stephen USA 9:54.22; 4. 629 Oxland David GBR 10:10.51; 5. 627 Martin Simon GBR 10:12.72; 8. 625 Jenkins Archie A. GBR 10:44.79; 11. 626 Lippitt Martin D. GBR 13:39.93; **M60:** Winn Doug USA 10:19.23; **M65:** Dargie Barrie CAN 10:53.02; **M70:** Wittig Klemens GER 11:53.79; **M75:** Munoz Velez Jerzon MEX 16:53.09. **M80:** Leovic Radovan AUS 17:16.96.
M85: Velasco Tomas MEX 19:57.51; **M90:** Rogers Orville USA 22:57.41;



**Sonia Armitage
Double
winner at
800 / 1500
metres.**

W50: Janice McCaffrey CAN 15:24.99; **W55:** Johanna Flipsen CAN 17:00.52; **W60:** Heather R. Carr AUS 15:54.75 (**World Record**); **W65:** Riet Jonkers NED 19:49.59; **W70:** 1. Bev McCall USA 20:03.45; 2. Jill L. Langford GBR 20:09.07; **W75:** Ruth Carrier CAN 25:04.56; **W80:** Petra Estrada Esquivel MEX 23:53.84; **M40:** Christer Svensson SWE 13:38.39; **M45:** Guadalupe De Los Angeles MEX 13:19.52; **M50:** Jonathan Matthews USA 13:05.14; **M55:** Alfons Schwarz GER 15:37.36; **M60:** 1. Ludwig M. Nielstelberger AUT 15:03.35; 2. John D. Hall GBR 15:17.08; **M65:** Colin Turner GBR 15:59.55; **M70:** Zigurds Irbe LAT 17:33.23; **M75:** 1. Alfred Du Bois USA 20:04.35; 4. Henry De Silva GBR 21:57.33; 5. John C. May GBR 22:25.83; **M80:** John Starr USA 20:45.90. **M85:** Horst Albrecht GER 25:05.13.



**Susie Tawney
1500 & 3000
Double.**

60H:

W35: Dias Donita BRA 10.44. **W40:** 1. Canedo Reyes Bertha MEX 9.71; 2. Finnegan Gerladine IRL 9.72; **W45:** Upshaw Joy USA 9.44; **W50:** Barker Hazel A. GBR 9.92; **W55:** 1. Sanguos Maria ESP 10.15 (**European Record**); 5. Howarth Grete GBR 14.67; **W60:** Raschker Phil USA 10.40; **W65:** Allison Marjorie J AUS 11.05; **M35:** Kroeker Timothy CAN 8.11; **M40:** Drummond Don USA 8.24; **M45:** McCloud Dexter USA 8.68; **M50:** Eaton Kenneth USA 8.69; **M55:** Broun James USA 9.07; **M60:** Johnston Frederick USA 10.06; **M65:** 1. Söderström Jan SWE 9.67; 5. Ferguson Barry I. GBR 10.52; **M70:** McKisson Richard USA 10.37; **M75:** Clark William USA 12.26; **M80:** Daprano William USA 14.75. **M85:** Albrecht Horst GER 14.72

3000W:

W35: Caroline Samson CAN 17 20 83. **W40:** Milena Megli ITA 15 33 20
W45: 1. Ada G Booyens RSA 15 57 06. 3. Anne Gormley IRL 18 27 12.

HIGH JUMP:

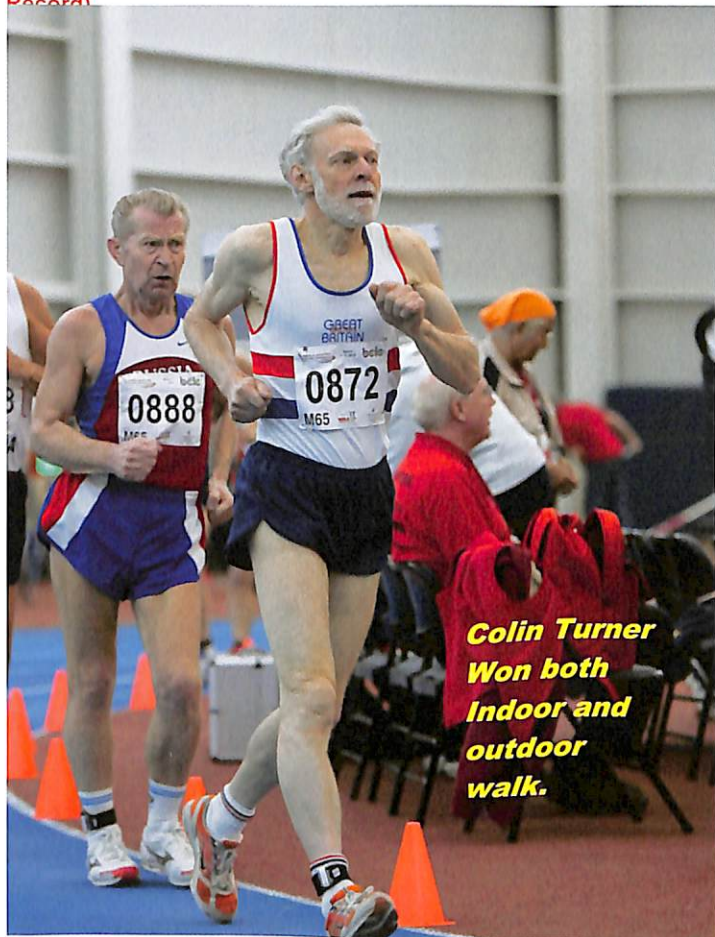
W35: Petersone Laila LAT 1.63m. **W40:** Mohr Christina CAN 1.35m. **W45:** Porter Patricia USA 1.50m; **W50:** 1. Kay Marie AUS 1.50m; 2. Barker Hazel A. GBR 1.35m; 3. Barrett Mary IRL 1.30m; **W55:** Hanscom Rita USA 1.30m; **W60:** Steekelenburg Annelies NED 1.35m; **W65:** Allison Marjorie J AUS 1.15m; **W70:** Sisley Becky USA 1.06m; **W75:** Donley Christel USA 1.03m; **W80:** Wippersteg Christiane GER 0.85m; **W90:** Kotelko Olga CAN 0.75m. **M35:** Iancu Augustin ROM 1.75m; **M40:** Gross Kevin USA 1.90m; **M45:** Van Zandt Thomas USA 1.85m; **M50:** McBarnette Bruce USA 1.85m; **M55:** 1. Bednarski Dariusz POL 1.70m; 6. Talbot Duncan GBR 1.50m; **M60:** Hawkins John CAN 1.65m; **M65:** Johnston William USA 1.50m; **M70:** Moljk Valentin SLO 1.45m; **M75:** Kandeydi Hikmet TUR 1.22m; **M80:** Donley Jerry USA 1.05m; **M90:** Pauwels Emiel BEL 0.95m (**European Record**);

POLE VAULT:

W35: Helen Croskell USA 2.35m; **W40:** Christina Ziemann GER 3.35m; **W45:** Daphne Sluys USA 2.20m; **W50:** Carla Forcellini ITA 2.50m; **W55:** 1. Rita Hanscom USA 2.70m; 2. Sue L. Yeomans GBR 2.60m; **W60:** 1. equal. Phil Raschker USA & Wilma A. Perkins AUS 2.40m; **W65:** Sandy Anderson CAN 1.30m; **W70:** 1. Becky Sisley USA 1.90m; 2. Dorothy McLennan IRL 1.40m. **W80:** Johnnye Valien USA 1.10m. **M35:** Marcus Gunther GER 1.60m. **M40:** Arbuthnot Howard A AUS 4.40m; **M45:** Psotka Wayne CAN 3.80m; **M50:** Shugart Charlie USA 3.80m; **M55:** Bentz Kirk USA 3.85m; **M60:** Altendorf John USA 4.05m

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(World Record); **M65:** Booth Howard USA 3.05m; **M70:** Fulton Robert USA 2.90m; **M75:** Kandeidi Hikmet TUR 2.35m; **M80:** Donley Jerry USA 2.20m; **M90:** Zensch Emmerich AUT 1.60m. (Equals European Record)



**Colin Turner
Won both
Indoor and
outdoor
walk.**

LONG JUMP:

W35: Flavia Borgonovo ITA 5.41m; **W40:** Bertha Canedo Reyes MEX 4.95m; **W45:** Joy Upshaw USA 4.92m; **W50:** Marie Kay AUS 5.19m; **W55:** 1. Rita Hanscom USA 4.50m; 3. Sue L. Yeomans GBR 4.11m (British Record); 8. Grete Howarth GBR 2.89m. **W60:** Phil Raschker USA 4.19m; **W65:** Carol LaFayette-Boyd CAN 4.11m; **W70:** Elisabeth Leopold GER 2.48m. **W75:** Christel Donley USA 2.89m; **W80:** Johnnye Valien USA 2.12m; **W90:** Olga Kotenko CAN 1.67m. **M35:** Alf Pettess USA 6.25m; **M40:** Yannick Le Mouel FRA 6.15m; **M45:** Viulsrod Oddvar NOR 6.12m; **M50:** Bissenden Jim CAN 6.16m; **M55:** Nikula Jouko Finland 5.68m; **M60:** Cela Valdis LAT 5.02m; **M65:** Kreft Claus-Werner GER 5.15m; **M70:** Roytman Vladimir RUS 4.37m; **M75:** 1. Richards Dick USA 4.16m; 4. 1024 Burton David GBR 3.79m; **M80:** Chalmers Gordon CAN 3.27m; **M85:** Albrecht Horst GER 2.77m. **M90:** Zensch Emmerich AUT 2.59m.

TRIPLE JUMP:

W35: Borgonovo Flavia ITA 11.64m; **W40:** 1. Krepkina Valentyna UKA 11.15m; 4. Finnegan Gerladine IRL 10.51m. **W45:** Goetz Angelika GER 9.34m. **W50:** 1. Gieni Muriel CAN 8.60m; 4. Moore-Fox Lucy IRL 8.02m; **W55:** 1. Cohn Linda USA 8.96m; 4. Yeomans Sue L. GBR 8.36m; 5. Howarth Grete GBR 5.53m; 6. Harrison Linda J. GBR 5.52m. **W60:** 1. Raschker Phil USA 9.03m; 6. Oakes Patricia I. GBR 6.99m; **W65:** LaFayette-Boyd Carol CAN 8.29m; **W75:** Boivin Gwendolyn CAN 5.54m. **W80:** Sopanen Senni FIN 4.33m; **W90:** Kotenko Olga CAN 4.14m (World Record). **M35:** Hughes Valence FRA 13.94m; **M40:** 1. Arvanitis Nikolaos GRE 13.36m; 3. Newton Keith GBR 12.72m; 5. Haines Adrian R. GBR 11.30m. **M45:** McFadgen David USA 13.64m; **M50:** 1. Hankerson Brian USA 12.44m; 7. Leon Clement GBR 10.62m; **M55:** Nikula Jouko FIN 11.95m. **M60:** Cela Valdis LAT 10.62m; **M65:** Kreft Claus-Werner GER 11.16m. **M70:** Roytman Vladimir RUS 9.80m. **M75:** Hewitt Robert USA 8.51m; **M80:** Chalmers Gordon CAN 6.73m; **M85:** Albrecht Horst GER 6.46m. **M90:** Zensch Emmerich AUT 6.12m.

SHOT:

W35: Geraldine George-Francis TRI 11.81m; **W40:** 1. Silke Stolt GER 11.62m; 3. Jane Camilla Thrush GBR 10.85m. 4. Gerladine Finnegan

IRL 10.49m; 7. Liz McCarthy-Coomey IRL 8.49m. **W45:** 1. Ingrid Van Dijk NED 10.22m; 4. Wendy J. Dunsford GBR 8.58m. **W50:** 1. Ulrike Engelhardt GER 12.11m; 2. Mary Barrett IRL 11.34m; 7. Hazel A. Barker GBR 9.94m; 9. Lucy Moore-Fox IRL 8.30m; **W55:** Svetlana Melnikova RUS 10.37m; **W60:** Margarethe Tomanek BEL 10.35m; **W65:** 1. Janice L Banens AUS 7.60m; 6. Patricia A. Stanley GBR 5.28m. **W70:** Mary Roman USA 7.26m; **W75:** Galina Kovalenskaya RUS 8.10m; **W80:** Rachel Hanssens BEL 7.15m (World Record); **W85:** Ilse Pleuger GER 5.50m. **W90:** Olga Kotenko CAN 4.90m (World Record). **M35:** Andy Dittmar GER 18.62m; **M40:** Mark Wiseman GBR 15.40m; **M45:** Jeffrey Bott USA 13.22m; **M50:** Alexandr Medvedev RUS 14.96m; **M55:** Timothy Muller USA 13.55m; **M60:** Dennis Mathies USA 12.97m; **M65:** Marek Glowacki CAN 11.88m; **M70:** Jozef Ursic Slovenia 12.23m; **M75:** Ray Feick USA 9.94m; **M80:** Rainer Sillantaus CAN 11.45m; **M85:** Paul Nobbe GER 8.52m; **M90:** Emmerich Zensch AUT 8.02m.

WEIGHT:

W35: Schardt Bettina GER 12.50m; **W40:** 1. Thrush Jane Camilla GBR 11.61m; 6. McCarthy-Coomey Liz IRL 9.69m. **W45:** 1. Van Dijk Ingrid NED 13.51m; 2. Dunsford Wendy J. GBR 8.27m. **W50:** 1. Engelhardt Ulrike GER 15.59m (World Record); 3. Moore-Fox Lucy IRL 9.24m; **W55:** 1. Junker Christel GER 11.99m; 6. Harrison Linda J. GBR 6.79m; **W60:** Faldager Inge DEN 15.63m; **W65:** 1. Banens Janice L AUS 12.47m; 7. Stanley Patricia A. GBR 7.26m. **W70:** 1. Roman Mary USA 9.34m; 2. Derrien Carole GBR 9.00m (British Record); **W75:** Kovalenskaya Galina RUS 10.25m (World Record); **W80:** Hanssens Rachel BEL 8.01m (World Record); **W90:** Kotenko Olga CAN 6.32m (World Record); **M35:** Ngayo Guy Major FRA 11.97m; **M40:** 1. Maplethorpe Ian CAN 17.38m; 3. Wiseman Mark GBR 14.99m; **M45:** van Rensburg Tone RSA 14.40m; **M50:** Jansson Ken USA 19.96m; **M55:** Muller Timothy USA 15.25m; **M60:** Konen Hank USA 18.66m; **M65:** Cahners Robert USA 17.89m; **M70:** Gentleman William s. GBR 16.68m (British Record); **M75:** Feick Ray USA 11.43m; **M80:** Wojcik Gerald USA 13.09m; **M85:** Nobbe Paul GER 10.56m.

PENTATHLON:

M35: Jeferson Souza BRA 3320; **M40:** Yannick Le Mouel FRA 3499; **M45:** Christopher Bates USA 4110 (World Record); **M50:** Martin Vogel GER 4155; **M55:** William Murray USA 4097; **M60:** John Hawkins CAN 4090; **M65:** Doug Renwick CAN 3118; **M70:** 1 Vladimir Lushchikov RUS 4064; 10 Ernest Caffrey IRL 2624; **M75:** Robert Hewitt USA 3876; **M80:** Danny Daniels CAN 2627; **M85:** Horst Albrecht GER 1964; **W40:** 1 Gerladine Finnegan IRL 3514; 5 Liz McCarthy-Coomey IRL 1849; **W45:** Daphne Sluys USA 2827; **W50:** 1 Marie Kay AUS 4906R (World Record); 2 Hazel A. Barker GBR 3612; 3 Mary Barrett IRL 3322; **W55:** Rita Hanscom USA 4190; **W60:** 1 Phil Raschker USA 4532; 4 Patricia I. Oakes GBR 2269; **W65:** Marjorie J Allison AUS 4199; **W75:** Christel Donley USA 3481;

4x200:

W80: Canada 4:15.33. **W70:** Canada 3:04.74; **W65:** Germany 2:42.42; **W60:** Australia 2:15.78; **W55:** Great Britain (Howarth Grete, Oakes Patricia I. Harrison Linda J., Stanley Patricia A.) 3:13.56. **W50:** 1. Canada 1:58.88; 2. Great Britain 'A' (Barker Hazel A., Tawney Susie C., Cooper Susan, McClelland Averil) 2:07.21; **W45:** 1. United States 1:55.79; 3. Great Britain (Armitage Sonia , Dunsford Wendy J. , Marr Lynne , Pidgeon Jane) 2:34.48. ; **W40:** 1. United States 1:51.14; 5. Great Britain (Richardson Lesley , Wells Sarah J. , Purdham Janette , Pritchett Bernadine H.) 2:14.33. **W35:** United States 1:56.08; **M80:** Canada 2:40.99; **M70:** Germany 2:18.32; **M65:** 1 Canada 2:01.80; 4. Great Britain 'A' (Jones Eric , Dixon Michael J. , Ferguson Barry I., Smith Michael) 2:03.89. **M60:** 1. United States 1:53.35; 6. Great Britain 'A' (Garber John , Gentleman William s Hall John D. , Evans Richard J.) 2:31.69; **M55:** 1. United States 1:46.96; 3. Great Britain (Jenkins Archie A. , Martin Simon , Dillon Kevin J. , Felton Philip G.) 2:08.73. **M50:** 1. United States 1:39.38; 4. Great Britain (Matthews Brian M., Talbot Duncan , Oxlade Colin,Leon Clement) 1:56.57; **M45:** 1. United States 1:43.58; 3. Great Britain (May Michael R. , Anderson Simon R. ,Roberts Alan , Gannaway Andy W.) 1:54.85; **M40:** United States 1:36.00; **M35:** United States 1:37.61;

DISCUS:

M35: Gerard Sluiter NED 46.28m; **M40:** Wiseman Mark GBR 48.21m; **M45:** Brown Kevin CAN 45.15m; **M50:** Neubauer Lance USA 43.80m; **M55:** Allemeersch Donald CAN 42.93m; **M65:** Mike Miyoshi CAN 32.07m; **M70:** Jozef Ursic SLO 34.08m; **M75:** Wayne Sabin USA 26.97m; **M80:** Gordon Chalmers CAN 21.61m; **M85:** William Falconer CAN 12.10m. **W35:** Bettina Schardt GER 43.05m. **W40:** 1. Silke Stolt GER 41.42m. 2. Jane Camilla Thrush GBR 30.84m. **W45:** 1. Ingrid Van Dijk NED 35.22m. 2. Wendy J. Dunsford GBR 25.70m. **W50:**

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Ulrike Engelhardt GER 36.07m; **W55**: 1. Svetlana Melnikova RUS 26.94m; 6. Linda J. Harrison GBR 13.17m. **W60**: Margarethe Tomanek BEL 32.19m; **W65**: 1. Eva Polakova SLO 26.23m; 6. Patricia A. Stanley GBR 13.03m. **W70**: Carole Derrien GBR 19.55m. **W75**: Galina Kovalenskaya RUS 19.29m; **W80**: Rachel Hanssens BEL 19.03m; **W85**: Ilse Pleuger GER 14.90m. **W90**: Olga Kotelko CAN 12.99m.

HAMMER:

W35: Schardt Bettina GER 42.85m; **W40**: 1. De Wolf Kathleen M BEL 35.56m; 2. 2100 Thrush Jane Camilla GBR 35.15m; 5. 2103 McCarthy-Coomey Liz IRL 33.40m; **W45**: 1. 2197 Van Dijk Ingrid NED 42.12m; 2. 2193 Dunsford Wendy J. GBR 28.55m. **W50**: 1. 2298 Duss Magy SUI 48.06m; 4. 2285 Moore-Fox Lucy IRL 23.64m; **W55**: 1. Junker Christel GER 36.77m; 7. Harrison Linda J. GBR 18.07m. **W60**: Faldager Inge Denmark 41.45m; **W65**: 1. 2480 Banens Janice L AUS 34.00m; 6. Stanley Patricia A. GBR 17.81m. **W70**: 2531 Derrien Carole GBR 24.89m; **W75**: Kovalenskaya Galina RUS 25.39m; **W80**: Hanssens Rachel BEL 20.34m. **W90**: Kotelko Olga CAN 13.92m (**World Record**); **M35**: Wilson Kier CAN 40.35m; **M40**: Mark Wiseman GBR 49.13m; **M45**: Aivar Rani EST 57.09m; **M50**: Ken Jansson USA 54.25m; **M55**: Lembit Talpsepp EST 38.26m; **M60**: Todd Taylor USA 50.62m; **M65**: Heimo F. Viertbauer AUT 47.49m; **M70**: William s. Gentleman GBR 47.33m; **M75**: Ray Feick USA 28.18m; **M80**: Gerald Wojcik USA 31.13m; **M85**: Paul Nobbe GER 26.46m;

JAVELIN

W35: Geraldine George-Francis TRI 41.06m; **W40**: Gerladine Finnegan IRL 30.48m; **W45**: Rute Velnecker BRA 26.44m; **W50**: Linn Dunton USA 35.18m; **W55**: Linda Cohn USA 37.19m; **W60**: Aivi Ojala Finland 25.11m; **W65**: Marg Radcliffe CAN 26.34m; **W70**: Becky Sisley USA 18.18m; **W75**: Galina Kovalenskaya RUS 20.73m; **W80**: Rachel Hanssens BEL 19.85m; **W90**: Olga Kotelko CAN 12.45m. **M35**: ErinBevans CAN 61.77m; **M40**: Graham Morfitt CAN 60.29m; **M45**: Konstantinos Chamouroudis Greece 44.21m; **M50**: Reinhold Paul GER 52.99m; **M55**: Dale McRoberts CAN 46.67m; **M60**: Banens Robert J AUS 49.22m; **M65**: Hegedus Antal HUN 40.04m; **M70**: Lushchikov Vladimir RUS 32.79m; **M75**: Feick Ray USA 23.57m; **M80**: Sillantaus Rainer CAN 27.74m; **M85**: Nobbe Paul GER 18.41m. **M90**: Pauwels Emiel BEL 13.61m.

8000 XC:

W35: Cynthia Wonham CAN 33:42.90; **W40**: 1. Rosa Maria Oliveira POR 31:26.40; 2. Susan P. Ridley GBR 31:44.10; **TEAM: 1st GBR 1:41:58**; **W45**: 1. Sheryl R. Miller USA 32:16.60; 3. Jane Pidgeon GBR 33:14.30; 6. Lynne Marr GBR 36:57.60; **W50**: 1. Heather Price CAN 34:07.80; 4. Susie C. Tawney GBR 36:34.60; **TEAM: 2nd GBR 1:58:59**; **W55**: 1. Kathryn Martin USA 32:27.60; 2. Susan Cooper GBR 35:08.40; 6. Anne M. Lippitt GBR 47:14.60; **W60**: Ma De Los Angeles Rivera MEX 43:49.60; **W65**: Shirley Gray CAN 42:35.40; **W70**: Zofia Turosz POL 44:07.70; **W75**: Erika Krueger GER 59:10.90; **W80**: Zdenka Kirsch GER 1:00:12.60. **M35**: Jose Ramon Arredondo Perez ESP 24:45.90; **M40**: Elarbi Khattabi MAR 24:09.00; **M45**: 1. Simon R. Anderson GBR 25:03.50; 7. Alan Roberts GBR 32:25.60; **TEAM: 2nd 1:26:01**; **M50**: 1. David Cannon USA 24:55.50; 6. Colin Oxlade GBR 28:30.20; **M55**: 1. Simon Martin GBR 29:57.20; 3. David Oxlade GBR 30:07.60; 4. Archie A. Jenkins GBR 31:41.60; 5. Roger Handling CAN 32:13.20; 8. Martin D. Lippitt GBR 40:28.90; 11. Kevin J. Dillon GBR 52:21.60. **TEAM: 1st 1:31:48**; **M60**: 1. Roger Price USA 32:02.00; 2. Richard J. Evans GBR 32:10.90; **M65**: 1. Jose Antonio Arias De La Cruz ESP 32:47.00; 2. Michael Smith GBR 33:03.90; **M70**: Klemens Wittig GER 35:06.90; **M75**: Lewis Butcher CAN 52:02.60; **M80**: Grant Yule CAN 53:15.30;

10K ROAD WALK:

W35: Bergeson Jolene Can 1:06:29.40; **W40**: Megli Milena ITA 54:06.80; **W45**: 1. Booyens Ada G RSA 54:23.30; 3. Gormley Anne IRL 1:05:18.10; **W50**: McCaffrey Janice CAN 55:24.20; **W55**: Flipsen Johanna CAN 57:14.80; **W60**: Carr Heather R. AUS 56:17.10; **W65**: Nagell-Dahl Haldis M. NOR 1:11:29.90; **W70**: 1. McCall Bev USA 1:09:22.50; 2. Langford Jill L. GBR 1:09:36.80; **W80**: Estrada Esquivel Petra MEX 1:23:38.00; **M40**: Svensson Christer SWE 48:08.60; **M45**: De Los Angeles Guadalupe MEX 47:13.70; **M50**: Matthews Jonathan USA 46:34.20; **M55**: Dragomir Gerald CAN 52:31.10; **M60**: 1. Niestelberger Ludwig M. AUS 53:45.20; 2. Hall John D. GBR 55:29.70; **M65**: Turner Colin GBR 56:11.80; **M70**: Irbe Zigurds LAT 1:01:30.00; **M75**: 1. Du Bois Alfred USA 1:09:25.40; 2. De Silva Henry GBR 1:15:22.90. **M80**: Starr John USA 1:13:14.00.

HALF MARATHON:

W35: Renwick Maureen CAN 1:49:00.60; **W40**: 1. Castro Solino Maria Soledad ESP 1:23:09.10; 2. Purdham Janette GBR 1:28:54.90;

W45: Rodriguez Piedad ESP 1:28:12.80; **W50**: Rhodes Cindy CAN 1:27:53.30; 2. **W55**: McKelvey Diane CAN 1:50:17.70; **W60**: Simmonds Mary CAN 2:00:57.50. **W65**: Gray Shirley CAN 1:51:41.00; **W70**: Turosz Zofia POL 1:59:34.50. **W75**: Krueger Erika GER 2:28:43.60. **W80**: Kirsch Zdenka GER 2:40:38.10. **M35**: Hallas Steve J. GBR 1:19:10.80; **M40**: King Donald CAN 1:13:39.30; **M45**: Young Don USA 1:17:30.20; **TEAM: 2nd GBR 4:23:00**; **M50**: 1. Navarro Jose ESP 1:14:55.10; 4. Oxlade Colin GBR 1:24:19.20; **M55**: Trongmo Oeyvind NOR 1:17:20.00; **M60**: Evans Richard J. GBR 1:27:13.70; **M65**: Arias De La Cruz Jose Antonio ESP 1:28:05.50; **M70**: Wittig Klemens GER 1:33:37.50; **M80**: Yule Grant CAN 2:31:01.80.



**SOME OF THE
TEAM (taken at Lee
Valley) by Lesley
Richardson**

2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010 Kamloops Canada Medal Count Combined: Men + Women

Team	Gold	Silver	Bronze	Total
1)United States	146	99	81	326
2)Canada	97	100	84	281
3)Germany	48	32	35	115
4)Great Britain	23	27	21	71



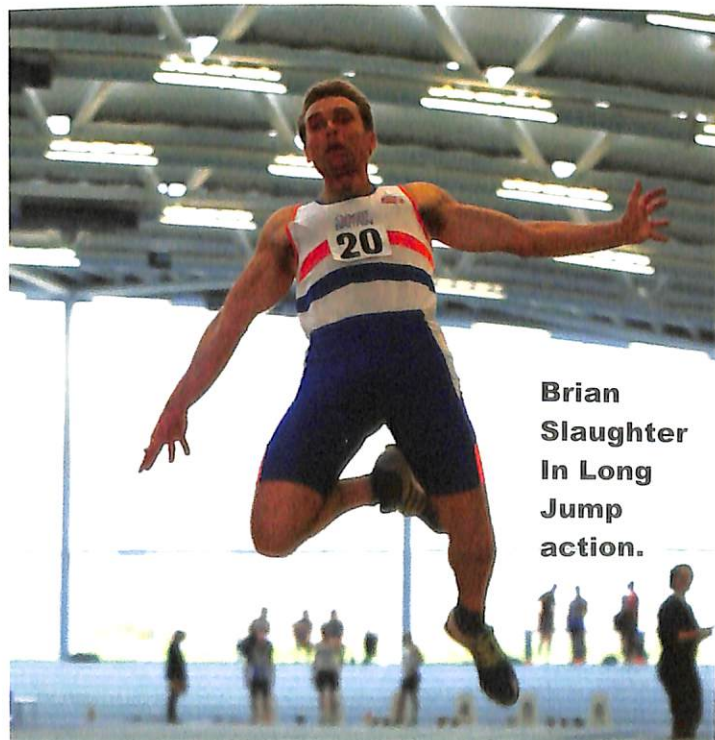
Three British Records for Colin

*Words-Bruce Charles
Pictures-Julia Buckel*

BMAF Indoor Pentathlon - Lee Valley - 24/01/10

Given the really hard winter we have had and the early date for the competition, I felt that the turnout and the standard of performance was excellent. Many of the athletes would only have had access to outdoor training facilities and would not have had the opportunity to practice the high jump and the sprint hurdles so congratulations to all. The men's competition not only contained the outstanding results we come to expect from seasoned competitors like John Charlton, Brian Slaughter and Ian Reeve but also threw up some interesting new champions such as Pete Stepney in M45.

In several age groups medal positions were very highly competitive. In M45 Mark Thomas lost out to Alan Easey's silver medal by the tiny margin of 6 points and in M65 the gold went to Mike Dixon by 71 points from David Haines. Mike's determination was shown by running the 1000m heavily turbaned after splitting his head open in the HJ.

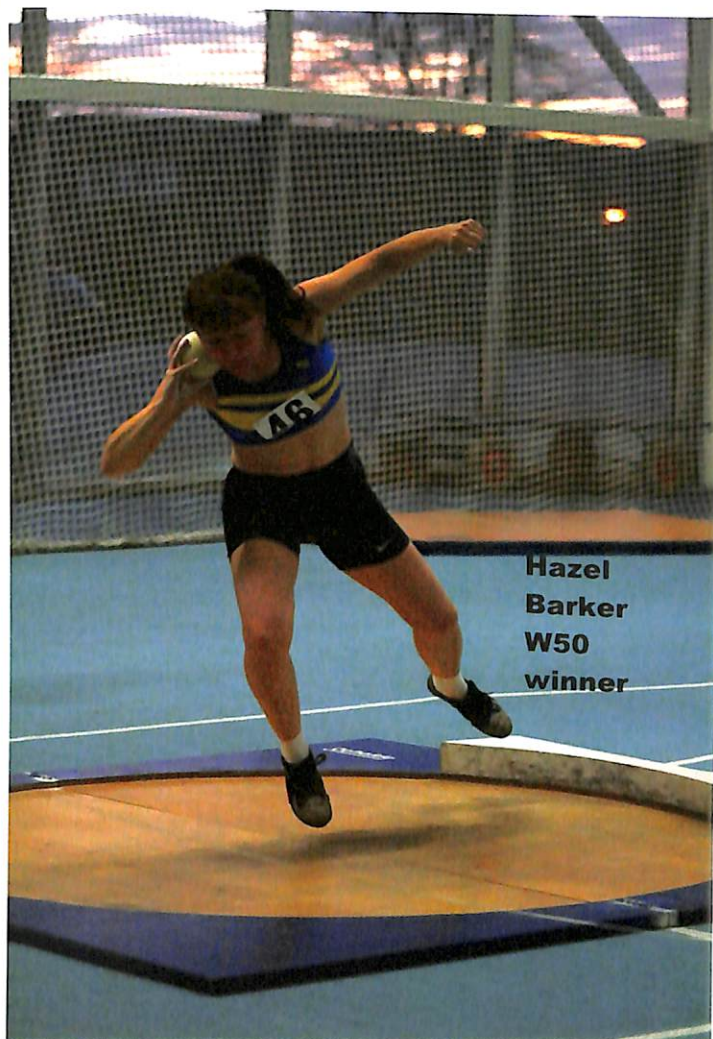


**Brian
Slaughter
In Long
Jump
action.**

My benchmark for excellence in Pentathlon is a score of 3000 plus points and it was therefore good to see that nine men and three ladies topped this mark. Even better was the fact that four of them exceeded 3500 points which would almost certainly guarantee them medals at the major international events. A healthy picture then for Combined Events in GB.

Outstanding performances in the mens section came from Brian Slaughter with 3835 points in M50, John Charlton 3695 points in M60 and a new British Record for Colin Shafto with 3568 points in M75. Not content with one record Colin also broke the British Indoor H J record along the way with 1m27.

Turning to the ladies we saw Hazel Barker win W50 with an excellent 3568 points which contained a hurdles performance of 10.3 sec. which converted to 987 points, the highest points awarded for a single event all day.



**Hazel
Barker
W50
winner**

There were also other excellent 3000 plus scores from Christine Clements W55 with 3124 points and Sally Hine with 3052 points. Lesley Willis in W45 ran an exceptional 800m at the end of a very long day in 2min. 46.11sec.

As an official it was great to be a part of the atmosphere that the athletes had created.

As an aside I was also instructed by the ladies to comment in my report that they all looked great (which they did) and that none of them looked their age (which they don't!!)

All in all an excellent day.

**British Masters Indoor Pentathlon - Lee Valley - 24 January 2010
(60H-Long Jump-Shot Putt-High Jump-800m):**

M35: 1 Wayne Gadd-EVAC **2585**-(9 75-560, 5 26-485, 9 11-432, 1 60-528-3 10.27-580); 2 Julian Langley-Walton AC **2027** (10.54-416, 4 62-354, 7 78-353, 1.42-381, 3-16 72-523);

M40: 1 Peter Benedickter EVAC **2886** (9.73-679, 5.22-544, 7.46-346, 1.57-569, 3:01.72-748); 2 Adrian Haines VAC **2687** (11.06-437, 4.99-490, 7.00-318, 1.57-569, 2:49.36-873); 3 Andrew Kennard SCVAC **2649** (9.14-802, 4.71-427, 7.27-334, 1.51-512, 3:20.60-574); 4 Geoff Butler Basingstoke & Mid Hants **2308** (11.32-395, 4.81-449, 8.12-386, 1.57-569, 3:28.29-509); 5 Richard Buckingham VAC **1730** (10.12-603, 5.60-635, 9.84-492, xxx); 6 Derek Warn SCVAC **1399** (12.67-212, 4.10-299, 7.65-357, 1.30-338, 4:15.03-193);

M45: 1 Peter Stepney SCVAC **2565** (11.22-519, 4.65-477, 5.36-246, 1.48-560, 3:08.80-763); 2 Alan Easey VAC **2318** (11.76-432, 5.01-565, 6.68-333, 1.27-367, 3:24.51-621); 3 Mark Thomas SCVAC **2312** (11.50-471, 4.82-519, 6.29-307, 1.30-396, 3:24.83-619); 4 Andy Smerdon Fleet & Crookham AC **2213** (12.72-296, 4.36-407, 7.03-356, 1.45-528, 3:23.92-626); 5 Jim Gillespie EVAC **605** (3.23-174, 8.17-431);

M50: 1 Brian Slaughter SCVAC **3835** (9.54-925, 5.22-709, 11.40-672, 1.48-636, 3:03.52-893); 2 Alastair Duncan SCVAC **3130** (10.62-711, 4.74-574, 9.43-534, 1.45-602, 3:23.49-709);

M55: 1 Ian Reeve EVAC **3261** (10.59-800, 4.56-610, 8.11-505, 1.42-653, 3:34.27-693); 2 Duncan Talbot SCVAC **2904** (11.38-658, 3.97-445, 7.99-496, 1.51-758, 3:52.94-547); 3 Adrian Essex SCVAC **2578** (12.42-491, 4.12-485, 7.87-487, 1.33-560, 3:51.89-555); 4 Ian Turner SCVAC Ea **1927** (12.72-447, 4.04-465, 9.87-641, 1.15-374, xxx);

M60: 1 John Charlton NVAC **3695** (9.94-851, 5.05-878, 10.85-715, 1.30-610, 3:49.92-641); 2 David Cowley MMAC **3323** (10.28-784, 4.37-650, 9.34-598, 1.36-679, 3:53.72-612); 3 William Bradley EVAC **2880** (12.42 - 421, 3.94-516, 9.34-598, 1.27-577, 3:33.99-768); 4 Lawrie Dunn MMAC **2874** (12.26-445, 4.26-617, 8.22-512, 1.33-644, 3:48.03-656);

M65: 1 Michael Dixon SCVAC **3217** (12.68-560, 3.80-567, 8.44-632, 1.27-670, 3:40.17-788); 2 David Haines SCVAC **3146** (12.82-539, 4.07-659, 8.26-616, 1.30-705, 4:01.13-627); 3 Allan Long VAC **2885** (12.75-549, 3.93-610, 8.35-624, 1.15-528, 4:08.50-574); 4 Tom Farr MMAC **1892** (16.07-163, 3.10-348, 4.68-300, 1.12-488, 4:05.74-593);

M70: Roger Bruck SCVAC **2626** (13.40-447, 3.44-548, 8.49-549, 1.28 - 794, 5:10.33-288);

M75: 1 Colin Shafto NVAC **3533** (**BRITISH RECORD**) (11.82(**BRITISH RECORD**)-737, 3.77-811, 7.94-603, 1.27 (**BRITISH RECORD**)- 915, 5:00.13-467); 2 Clifford Taylor VAC **2168** (15.68-229, 2.78-411, 8.72-674, 1.09-644, 5:54.15-210);

60 H-High Jump-Shot Putt-Long Jumps- 800m

W40: 1 Monica Brown EVAC **2239** (12.16-410, 1.36-610, 6.31-360, 4.37-508, 3:10.25-320); 2 Angie Alstrachen EVAC **2038** (11.43-551, 1.18-399, 7.06-417, 3.72-331, 3:07.98-340); 3 Catherine Goddard EVAC **1368** (10.22-758, 1.36-610, xxxx);

W45: 1 Lesley Willis MMAC **2922** (11.22-738, 1.27-599, 6.77-458, 4.04 - 490, 2:46.11-637); 2 Caren Ware Non Affiliated USA **2759** (11.88-634, 1.30-632, 6.90-469, 3.99-474, 2:54.18-550); 3 Christine Feely EVAC **2094** (13.74-374, 1.21-523, 5.59-358, 3.50-331, 2:58.20-508);

W50: 1 Hazel Barker NVAC **3568** (10.31-987, 1.36-842, 9.61-749, 4.02-570, 3:15.41-420); 2 Penny Butcher EVAC **2454** (12.07-690, 1.15-544, 5.84-406, 3.40-371, 3:12.82-443);

W55: 1 Christine Clements Dartford Harriers **3124** (12.00-895, 1.27-842, 7.34-605, 3.46-472, 3:42.74-310); 2 Fiona Argent SCVAC **2780** (14.17 -585, 1.15-655, 7.16-587, 3.27-406, 3:14.22-547);

W60: Sally Hine MMAC **3052** (12.27-925, 1.09-678, 6.15-550, 3.03-408, 3:35.47-491);

BRITISH RESULTS FROM THE BELGIUM MASTERS CHAMPIONSHIPS:

60: COLLINS MARK M35 7.30; MKPA DRACO M35 7.51; SAMUEL ROHAN M40 7.50; LOGAN PAT M45 7.50; REDDINGTON GLEN M45 7.63; WOODS ANDY M45 8.05; PHILLIPS TOM M55 8.07; FOSTER IAN M65 8.36 ; NOVELL VICTOR M65 8.45 ; ISETTS CHARLES M65 8.78 ; JOHNSON PHILIP M65 9.11;

200: COLLINS MARK M35 23.52 ; MKPA DRACO M35 24.36; BENEDICKTER PETER M40 24.64; LOGAN PAT M45 24.30; JAMES TENNYSON M50 25.04; BROADHURST IAN M55 25.66 ; PHILLIPS TOM M55 26.04 ; PERCIVAL LES M55 26.46; BELL PHILIP M55 27.82; BISSETT TERRY M65 27.20 ; NOVELL VICTOR 27.69; FOSTER IAN M65 27.84 ; ISETTS CHARLES M65 29.93;

400: BENEDICKTER PETER M40 54.55; SLAUGHTER BRIAN M50 57.29; BROADHURST IAN 58.08; BELL PHILIP M55 62.30; BISSETT TERRY M65 61.34 (**British Record**); HAYWARD DAVID 1:03.42; KIMBER ARTHUR M70 1:18.40;

800: ARCHER KEVIN M55 2:16.51; KIMBER ARTHUR M70 3:10.50;

1500: ARCHER KEVIN M55 4:52.31;

60H: REDDINGTON GLEN M45 8.97; JAMES TENNYSON M50 9.30; PENGELLY CLIVE M50 10.07;

HJ: LINSELL STEVE M45 1.80;

PV: ANDREWS JOHN M45 3.60; EASTWOOD SIMON M40 3.40; WATERHOUSE RICHARD M40 3.20; SLAUGHTER BRIAN M50 3.00; MARTIN WAYNE M50 3.00; EASEY ALAN M45 3.00; HARLICK BRIAN M65 2.20;

LJ: EASEY ALAN M45 4.66;

TJ: Rez Camerom M45 16.64;

SP: WHYTE STEPHEN M45 14.01; BURRELL DAVID M45 12.24; LEIPER ALLAN M45 11.97;

4x200: GBR M45 1:40.65 ; GBR M35 1:41.58;

60: TAYLOR KIRSTIE W35 8.36; WILLIAMS KATY W35 9.03; HINDLE KAREN W40 8.42; GOAD ANNE W50 9.58; TRIMBLE JOAN W55 8.95 ; DASSIE SUE W55 9.55; LAWSON JAN W55 9.70 ; NELSON ANNE W55 9.89;

200: HINDLE KAREN W40 27.50; WAKEFIELD MICHELE W40 30.60; TRIMBLE JOAN W55 30.53; DASSIE SUE W55 33.13; NELSON ANNE W55 33.82;

400: WAKEFIELD MICHELE W40 67.53; ARGENT FIONA W55 1:22.45;

800: SMITH CAROLE W50 2:38.39; FARMER DIANE W50 2:59.06; BARRUS JOYCE W55 2:57.96;

1500: SMITH CAROLE W50 5:36.19; HALSTEAD PAT W55 5:47.97; FARMER DIANE W50 5:59.36;

60H: HARDCASTLE JAN W50 12.00;

HJ: EADES TERESA W50 1.30; ARGENT FIONA GBR W55 1.05;

PV: DUKE ALISON W40 2.70; EADES TERESA W50 2.00;

LJ: DUKE ALISON W40 4.40; HARDCASTLE JAN W50 3.93;

SP: GOAD ANNE W50 9.52;

4x200: GBR W40 1:56.40 ;

BRITISH MASTERS INDOOR T&F CHAMPIONSHIPS & OUTDOOR WINTER THROWS MEETING

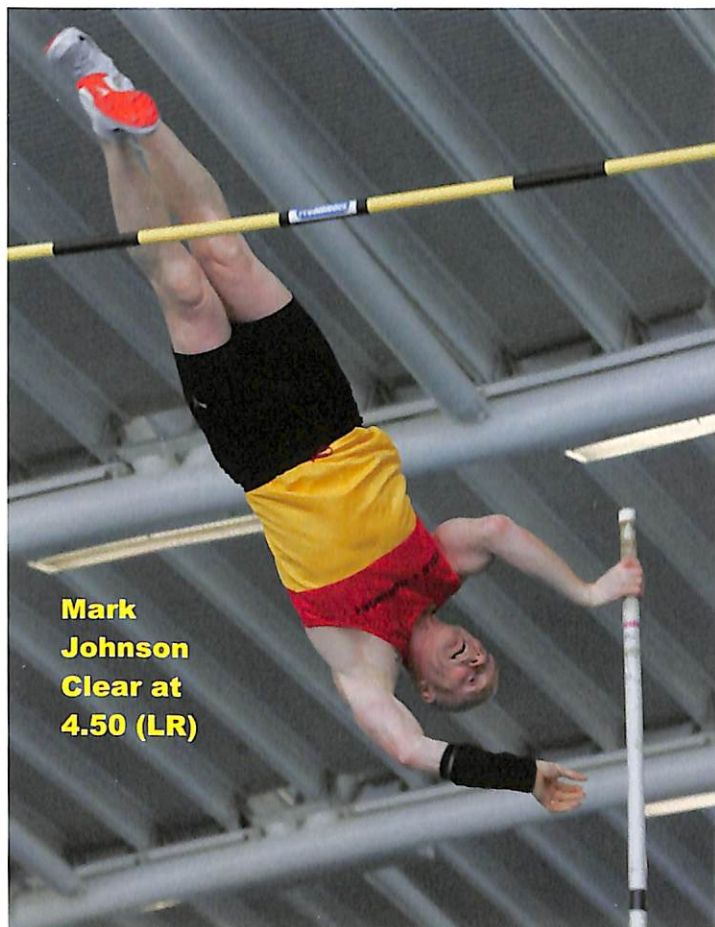
**Words: Martin Duff.
Pictures: Lesley Richardson
& Tom Phillips**

A host of British and a smattering of World records were set as the two day event saw more than 500 Masters from age 35 upwards gather for their annual championships.

MASTERS ATHLETICS SPRING 2010

Former Commonwealth Games high jumper Julia Machin (nee Bennett) was beaten by Debbie Brill of Canada back then but responded by wresting the W40 world record from her at a new height of 1.78m by way of a belated revenge. After celebrating her 40th birthday the previous day Machin then added the long jump title with 5:46.

1970 Commonwealth discus champion Rosemary Chrimes, now in the W75 age group also set a new high jump mark, at 1.16m before adding a second world mark in the shot putt at 9.12m. There was also a W75 60 metres record of 10.86. Elsewhere in the high jump, Steve Linsell set a new M45 British record of 1.85m.



**Mark
Johnson
Clear at
4.50 (LR)**

Matt Johnson was challenging the roof rafters of the sports centre as he set his second and third M45 British pole vault records of the year. The 45-year-old initially improved on his 4:35, set in the World Trials, with 4.40 before setting a new mark at 4.50. "I was hoping for 4.40 so to get 4.50 was a real bonus," said the Enfield and Haringey vaulter. Johnson will now go to the European outdoor championships in Hungary this summer and there go for 4.60 and a new outdoor mark.

Three time World champion, from Kamloops earlier this year, Mark Wiseman, was again on form with a handful of M40 victories. There was a 47.59 hammer and 47.37 discus and 14.25 shot, as well as a weight, however he regretted the absence of stiffer competition. "I was hoping John Nicholls was throwing today but he was injured," said Wiseman.

Elsewhere, Steve Whyte was just one cm shy of his M45 British shot record set earlier this year, with 14.45. "I'm going to Hungary to try to add to my M40 World record for the weight pentathlon," added the Thames Valley Harriers thrower who still competes in the British league. He later added the weight at 16.53m.

Jaroslav Hanus was also in record breaking form with new British bests of 28.01 in the M80 hammer and 8.83 in the shot, also adding a discus victory. Other UK bests came from Ian Miller and Les D'Arcy in the M75 and M85 events. While M60 shot winner Neil Griffin narrowly failed to improve his British Mark

On the track over two laps there were a series of British records as Terry Bissett ran 61.99 (**61.34 in Ghent**) to take the 400 metres M65 gold, as Alan Mellett set a new mark of 78.77 in the M75 group and Tom Clowry 82.41 for an M80 best.

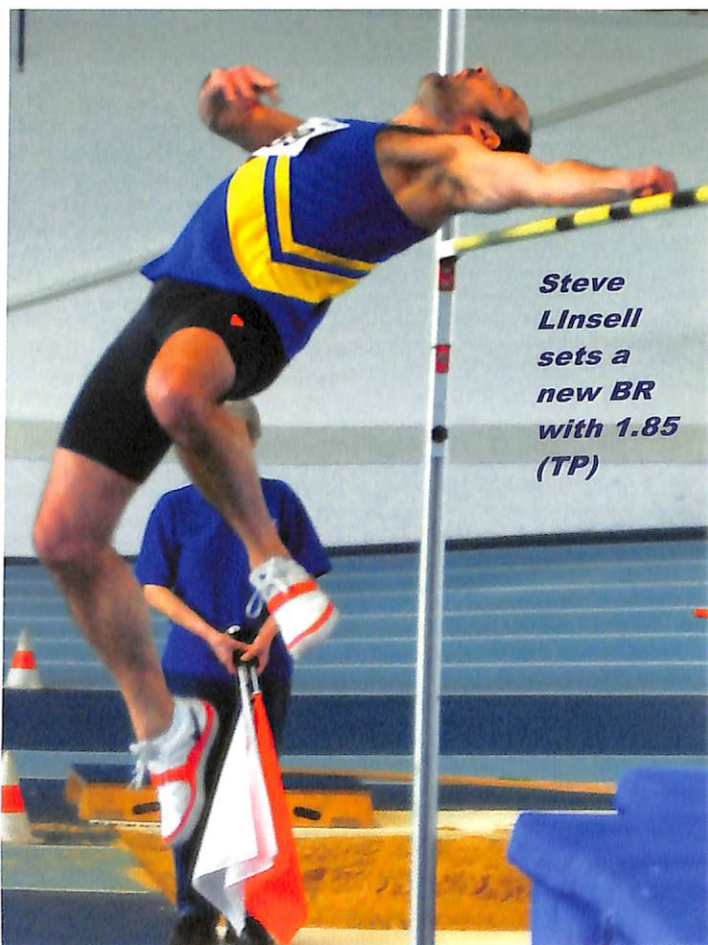
Sharon Trusch with a 27.20 and 60.09 200/400 W35 double was disappointed with her times: "I wanted 26.8 and 58, but I was by myself as the entry was very disappointing" said the 38-year-old. M40 60m sprint winner Mark Dunwell ran a useful 7.12 while Viv Oliver had a couple of narrow M55 sprint wins.

Kamloops W50 winner Susie Tawney won again, over 1500, as Kathleen Stewart set a new Mark at 6:47.59 for the W70 age group before returning on the second day to post a double by adding the 800 in 3:20.8 and another British best. Clare Elms just did enough to win a couple of W45 races sandwiching a nippy 10km road run at Eastleigh on the Sunday morning.

Denise Morley looked impressive in adding W40 800 gold in 2:18.27: "that's good for this time of year," she said. For the men, Simon Anderson's 4:10.18 in the M45 group stood out.

Over the hurdles, Greg Dunson defeated former European champion Glen Reddington to post a new 60m mark of 8.67 in the M45s.

In the 3000M walk, Arthur Thompson continued with his M70 clean sweep over four years, while Maureen Spellman improved the W70 record to 22:24.72.



**Steve
Linsell
sets a
new BR
with 1.85
(TP)**

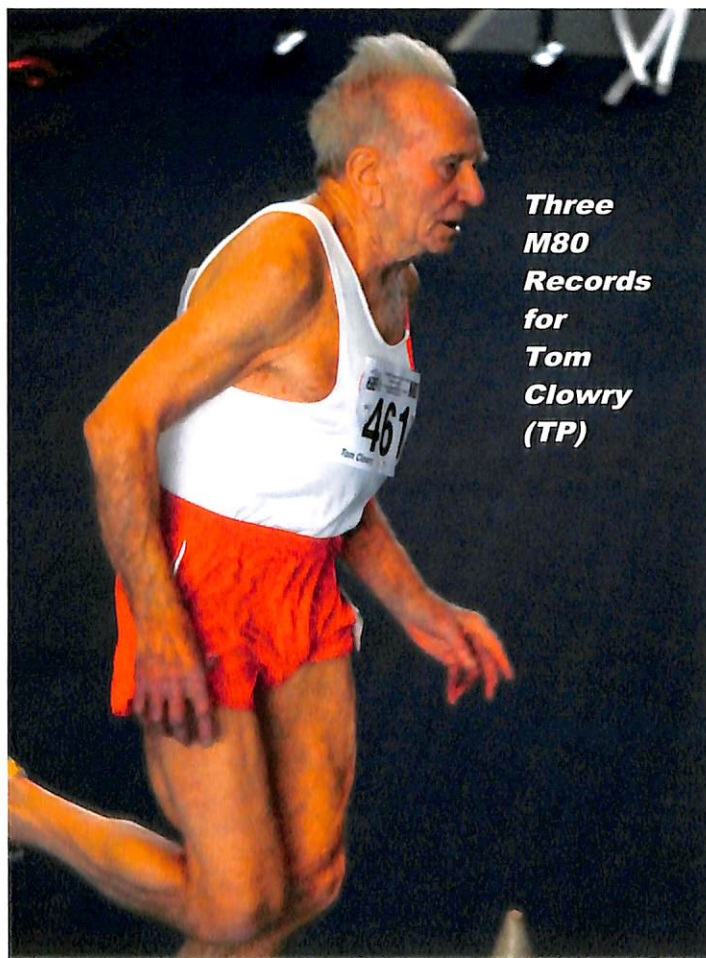
60:

M35: (H1) 1.Mark Collins SCVAC 7.34; 2.Michael Culshaw NVAC 7.55; 3.Kwadjo Adjepong OPEN 7.65; 4.Stephen Thorpe NVAC 7.66; 5.David Olusanya SCVAC 7.87; 6.Joshua Wood EVAC DISQ; **(H2)** 1.Scott Craddock SCVAC 7.40; 2.Tim Barton OPEN 7.47; 3.Richard Higson-Blythe NVAC 7.54; 4.Tim Auty SCVAC 7.75; 5.Scott Allaway OPEN 7.87; 6.Constant Servo SCVAC 8.37; **FINAL** 1.Mark Collins SCVAC 7.22; 2.Scott Craddock SCVAC 7.26; 3.Tim Barton OPEN 7.31; 4.Richard Higson-Blythe NVAC 7.45; 5.Kwadjo Adjepong OPEN 7.59; 6.Michael Culshaw NVAC 7.61; **M40: (H1)** 1.Mark Dunwell MMAC 7.33; 2.Paul Donaghy VAA-NE 7.55; 3.Barrington King SCVAC 7.80; 4.Simon Emmings EVAC 8.25; 5.Bruno Laasna SWVAC 8.80; **H 2:** 1.Jason Carty SCVAC 7.38; 2.Andrew Lewis SCVAC 7.50; 3.Ian Allen SWVAC 7.70; 4.Richard Buckingham VAC 8.14; 5.Trevor Lake EVAC 10.44; **(H3):** 1.Derek Morgan SWVAC 7.45; 2.Sea Saxon MMAC 7.50; 3.Ben Radcliffe SCVAC 7.72; 4.Raphael Smith MMAC 7.78; **FINAL:** 1.Mark Dunwell MMAC 7.12; 2.Jason Carty SCVAC 7.21; 3.Derek Morgan SWVAC 7.32; 4.Andrew Lewis SCVAC 7.40; 5.Paul Donaghy VAA-NE 7.46; 6.Sea Saxon MMAC 7.64; **M45: (H1)** 1.Dalton Powell MMAC 7.60; 2.Lincoln Campbell SCVAC 7.63; 3.Chris Georgiou MMAC 7.77; 4.Glen Reddington SCVAC 7.78; 5.Peter Ilo SCVAC 7.91; 6.Michael May VAC 8.59; **(H2):** 1.Pat Logan SCVAC 7.63; 2.John Statham MMAC 7.82; 3.Ronnie Hunter SVHC 7.90; 4.Donald Brown MMAC 7.95; 5.David Benham SCVAC 8.06; 6.Sholto Douglas Home SCVAC 8.50; **FINAL** 1.Pat Logan SCVAC 7.42; 2.Dalton Powell MMAC 7.46; 3.Lincoln Campbell SCVAC 7.49; 4.John Statham MMAC 7.75; 5.Glen Reddington SCVAC 7.79; 6.Chris Georgiou MMAC 7.85; **M50: (H1)** 1.Cecil Moven MMAC 7.84; 2.Alastair Duncan SCVAC 7.95; 3.Robert Cawson MMAC 8.01; 4.Brian Slaughter SCVAC 8.30; 5.Roderick Davies SCVAC 8.60; **(H2):** 1.Ricky Huskisson EVAC 7.72; 2.Kwei Sankofa SCVAC 7.72; 3.Clement Leon SCVAC 8.18; 4.Philip Clayton MMAC 8.32; 5.Wilson Paterson EVAC 8.42; **(H3):** 1.Dougie Donald MMAC 7.87; 2.Keven Burgess OPEN 7.87; 3.Tennyson James EVAC 8.04; 4.Dennis Minn SCVAC 8.14; 5.Peter Morgan VAC 9.11; 6.Simon Pugh NVAC 9.37; **FINAL:** 1.Cecil Moven MMAC 7.60; 2.Kwei Sankofa SCVAC 7.65; 3.Ricky Huskisson EVAC 7.66; 4.Keven Burgess OPEN 7.79; 5.Dougie Donald MMAC 7.81; 6.Alastair Duncan SCVAC 7.91; **M55: FB** 1.Les Percival EVAC 8.14; 2.Ken Jackson SWVAC 8.42; 3.Keven Downes OPEN 8.95; **FA:** 1.Viv Oliver MMAC 7.84; 2.Ray Watkins SCVAC 7.90; 3.Alasdair Ross SCVAC 7.97; 4.Chris Padmore SCVAC 8.15; **M60:** 1.Glyn Sutton WMAA 8.17; 2.Stephen Henderson OPEN 8.51; 3.Thomas Clinton IRL (G) 8.78; 4.Lawrie Dunn MMAC 8.80; 5.Roderick Howe WMAA 8.98; **M65:** 1.Ian Foster EVAC 8.40; 2.Victor Novell SCVAC 8.44; 3.Charles Isetts VAC 8.78; 4.Barry Ferguson VAC 8.92; 5.Frederick Turner AUS (G) 9.32; 6.David Haines SCVAC 9.71; **M70:** 1.Donald Butler VAA-NE 9.09; 2.John Ross SVHC 9.09; 3.Tony Bowman NVAC 9.18; 4.Colin Field SCVAC 9.41; 5.David Whitton SWVAC 10.13; 6.John Godbeer VAC 10.86; **M75:** 1.George Cheetham MMAC 9.59; 2.Alan Mellett MMAC 9.60; 3.John Evans MMAC 10.09; 4.Hubert Daniels WMAA 10.55; 5.Geoffrey Feast VAC 10.56; 6.Colin Sheppard SCVAC 10.97; **M80:** 1.Allan Meddings MMAC 10.06; 2.Bill Morrow MMAC 14.59; **W35:** 1.Natasha Mighty OPEN 8.89; 2.Katy Williams MMAC 8.92; 3.Lorraine G-Mulvaney WMAA 9.47; **W40:** 1.Angela Bates SCVAC 8.36; 2.Karen Hindle EVAC 8.40; 3.Christine Hawker MMAC 8.74; 4.Joanne Regan SCVAC 8.90; 5.Shirley Rowbotham SCVAC 9.58; **W45: FB:** 1.Monica Brown EVAC 8.68; 2.Gaye Clarke EVAC 8.99; 3.Amanda Rochester SCVAC 9.05; 4.Angela Kelly SVHC 9.19; **FA:** 1.Julie Money NVAC 8.40; 2.Kirstin King SCVAC 8.41; 3.Anita Sampson EVAC 8.54; 4.Angela Griffiths SCVAC 9.07; **W50:** 1.Linda Nicholson SVHC 8.80; 2.Chris Salvary SCVAC 9.48; **W55:** 1.Joan Trimble VAC 8.83; 2.Sue Dassie SCVAC 9.49; 3.Emily McMahon SCVAC 9.51; 4.Yvonne Newton OPEN 9.74; 5.Anne Nelson SCVAC 9.74; 6.Anna Garnier VAC 10.04; **W60:** 1.Moria West SCVAC 9.62; 2.Brenda Fee VAC 9.67; 3.Janette Turner AUS (G) 9.73; 4.Patricia Oakes SCVAC 11.30; 5.Daphne Marler SCVAC 13.02; **W65:** 1.Mary Axtell SCVAC 10.14; 2.Mollie Mills MMAC 10.37; 3.Ann Bolitho SCVAC 10.52; **W75:** Rosemary Chrimes MMAC 10.86 **(BRITISH RECORD);**

200:

M35: (B): 1.Stephen Thorpe NVAC 24.80; 2.Richard Higson-Blythe NVAC 25.16; 3.John McKeown SVHC 25.86; **(A)** 1.Mark Collins SCVAC 24.00; 2.Geoffrey Hill SWVAC 24.18; 3.Draco Mkpa SCVAC 24.27; 4.Gary Wyne-Jones WMAA 26.24; **M40: (B)** 1.Raphael Smith MMAC 25.87; 2.Barrington King SCVAC 26.62; 3.Trevor Lake EVAC 34.49; **(A):** 1.Paul Donaghy VAA-NE 24.46; 2.Leeroy Golding NVAC 25.56; 3.Michael Osunsami SCVAC 25.94; 4.Antony Babbs EVAC 26.70; 1.Donaghy 2.Golding 3.Smith; **M45: (B)** 1.Petros Anastasi SCVAC 25.36; 2.Keith Palmer EVAC 26.08; 3.Michael May VAC 28.09;

4.David Richardson SWVAC 28.57; **(A):** 1.Pat Logan SCVAC 24.28; 2.Glen Reddington SCVAC 24.93; 3.Patrick Bass MMAC 25.02; 4.Donald Brown MMAC DNF; **M50: (H1)** 1.Alastair Duncan SCVAC 25.38; 2.Peter Hickey NVAC 25.80; 3.Dougie Donald MMAC 26.08; 4.Brian Slaughter SCVAC 26.74; 5.Clive Pengelly SWVAC 27.37; **(H2):** 1.Kwei Sankofa SCVAC 25.11; 2.Eric Smart VAA-NE 25.86; 3.Robert Cawson MMAC 26.47; 4.Dennis Minn SCVAC 27.00; 5.Craig Douglas SVHC 27.20; 6.Roderick Davies SCVAC 27.30; **(F):** 1.Kwei Sankofa SCVAC 24.78; 2.Alastair Duncan SCVAC 25.24; 3.Eric Smart VAA-NE 25.26; 4.Peter Hickey NVAC 25.42; 5.Dougie Donald MMAC 25.88; **M55: (B)** 1.Ray Watkins SCVAC 26.15; 2.Peter Mould MMAC 26.99; 3.John Moore EVAC 28.14; 4.Robin Mumford SCVAC DNF; **(A)** 1.Viv Oliver MMAC 25.58; 2.Ian Broadhurst WMAA 25.75; 3.Les Percival EVAC 26.62; 4.Douglas Lucas VAC 26.66; 1.Oliver; 2.Broadhurst; 3.Watkins; **M60: (B):** 1.Roderick Howe WMAA 29.21; 2.Lawrie Dunn MMAC 29.59; 3.William Bradley EVAC 29.80; 4.John Steel MMAC 30.68; **(A):** 1.John Charlton NVAC 28.16; 2.Bruce Hendrie MMAC 28.45; 3.Geoffrey Kitchener VAC 28.47; 4.Thomas Clinton IRL (G) 28.55; **M65: (B):** 1.Frederick Turner AUS (G) 30.19; 2.David Whittaker VAC 31.38; 3.Allan Sowden VAC 33.92; **(A):** 1.Terry Bissett SCVAC 27.23; 2.Victor Novell SCVAC 27.95; 3.Ian Foster EVAC 28.26; 4.Charles Isetts VAC 29.89; **M70:** 1.John Ross SVHC 30.52; 2.Tony Bowman NVAC 31.20; 3.Colin Field SCVAC 31.77; 4.John Wilson NVAC 33.16; **M75:** 1.Alan Mellett MMAC 32.18; 2.George Cheetham MMAC 34.49; 3.John Evans MMAC 34.87; 4.Hubert Daniels WMAA 37.86; 5.Peter Dibb NVAC 37.95; **M80:** Tom Clowry MMAC 35.63; **W35:** 1.Sharon Trusch NVAC 27.20; 2.Katy Williams MMAC 30.74; 3.Nicola Long MMAC 33.18; **W40:** 1.Karen Hindle EVAC 28.03; 2.Deborah Doherty SCVAC 30.01; 3.Shirley Rowbotham SCVAC 30.49; **W45: (B)** 1.Lesley Willis MMAC 29.73; 2.Angela Kelly SVHC 31.13; 3.Amanda Rochester SCVAC DNF; **(A)** 1.Kirstin King SCVAC 27.49; 2.Jayne Willock EVAC 27.83; 3.Anita Sampson EVAC 27.98; 4.Julie Money NVAC 28.44; **W50:** 1.Lynn Talbert SCVAC 29.91; 2.Isabel McMillan NVAC 31.50; 3.Chris Salvary SCVAC 31.52; 4.Teresa Eades SCVAC 33.02; **W55:** 1.Joan Trimble VAC 30.16; 2.Emily McMahon SCVAC 32.92; 3.Anne Nelson SCVAC 33.38; 4.Sue Dassie SCVAC 34.08; 5.Fiona Argent SCVAC 35.71; **W60:** 1.Moria West SCVAC 32.11; 2.Brenda Fee VAC 32.63; 3.Janette Turner AUS (G) 33.56; **W65:** 1.Mary Axtell SCVAC 35.46; 2.Mollie Mills MMAC 37.23; 3.Ann Bolitho SCVAC 37.59; **W70:** Dorothy Fraser EVAC 37.63;



Three
M80
Records
for
Tom
Clowry
(TP)

MASTERS ATHLETICS SPRING 2010

400

M35: 1.Geoffrey Hill SWVAC 53.35; 2.Peter Davey SCVAC 56.26; 3.Gary Wyne-Jones WMAA 58.03; **M40:** (B) 1.Leeroy Golding NVAC 57.28; 2.Antony Babbs EVAC 58.03; 3.Bruno Laasna SWVAC 65.22; (A) 1.Peter Benedickter EVAC 54.25; 2.Michael Osunsami SCVAC 56.23; 3.Lance Croft EVAC 57.57; 4.Gary Palmer VAC 58.10; **1 Benedickter; 2 Osunsami; 3 Golding; M45:** (B) 1.Peter Ilo SCVAC 58.03; 2.Ty Holden SCVAC 58.84; 3.Ronnie Hunter SVHC 62.16; 4.David Richardson SWVAC 63.38; (A) 1.Jonathan Tilt SCVAC 54.06; **2.Sean Price WMAA 54.77; 3.Neil Tunstall SWVAC 57.29; 4.Keith Palmer EVAC 59.55; M50:** (H1) 1.Kwei Sankofa SCVAC 55.40; 2.Tennyson James EVAC 58.32; 3.Brian Slaughter SCVAC 58.57; 4.Clement Leon SCVAC 58.95; 5.Wilson Paterson EVAC 64.09; (H2): 1.Alastair Duncan SCVAC 57.81; 2.Ivars Licietis EVAC 57.90; 3.Craig Douglas SVHC 58.33; 4.Ray Daniel VAC 59.13; 5.Simon Pugh NVAC 66.91; (F): 1.Kwei Sankofa SCVAC 55.12; 2.Alastair Duncan SCVAC 56.75; 3.Tennyson James EVAC 57.05; 4.Ivars Licietis EVAC 58.04; **5.Craig Douglas SVHC 60.12; 6.Brian Slaughter SCVAC DNF; M55:** 1.Ian Broadhurst WMAA 57.63; 2.Les Percival EVAC 60.13; 3.Roy Buchanan SVHC 61.42; 4.John Moore EVAC 62.65; 5.Chris Padmore SCVAC 63.77; **M60:** 1.Derek Wardle VAC 61.50; 2.David Hayward VAC 61.95; 3.Bruce Hendrie MMAC 61.95; 4.John Charlton NVAC 63.95; 5.Roderick Howe WMAA 66.33; 6.Stephen Henderson OPEN 69.92; **M65:** 1.Terry Bissett SCVAC 61.99; 2.Richard Barrington MMAC 69.25; 3.Richard Somers VAC 69.95; 4.Melvyn James WMAA 70.47; 5.David Haines SCVAC 70.86; 6.Frederick Turner AUS (G) DNF; **M70:** 1.John Ross SVHC 69.40; 2.John Wilson NVAC 72.49; 3.Tony Bowman NVAC 78.21; 4.Arthur Kimber SCVAC 79.65; **M75:** 1.Alan Mellett MMAC 78.77 (**British Record**); 2.Seymour John SCVAC 79.04; 3.Peter Dibb NVAC 81.09; **M80:** 1.Tom Clowry MMAC 82.41 (**British Record**); 2.George Hopecroft SCVAC 113.64; **W35:** Sharon Trusch NVAC 60.09; **W40:** 1.Denise Morley EVAC 61.78; 2.Angela Bates SCVAC 65.12; 3.Deborah Doherty SCVAC 66.13; 4.Michele Wakefield SCVAC 68.30; 5.Shirley Rowbotham SCVAC 69.05; 6.Timea Latinovics MMAC 69.14; **W45:** 1.Anita Sampson EVAC 63.71; 2.Tracy Burrows SCVAC 65.34; 3.Amanda Rochester SCVAC 66.51; 4.Angela Kelly SVHC 71.92; 5.Christine Feely EVAC 74.06; **W50:** 1.Lynn Talbert SCVAC 66.68; 2.Isabel McMillan NVAC 70.96; **W55:** 1.Fiona Argent SCVAC 80.96; 2.Sue James SCVAC 82.71; **W60:** 1.Moria West SCVAC 77.14; 2.Brenda Fee VAC 77.69; **W65:** Iris Hornsey EVAC 89.40; **W70:** Dorothy Fraser EVAC 89.05;

800

M35: 1.Michael Hunt OPEN 2-04.41; 2.Christopher Symonds SCVAC 2-08.50; **M40:** 1.Steven Baldock SCVAC 2-05.21; 2.Adrian Haines VAC 2-07.01; 3.Robert Maher OPEN 2-08.29; 4.Craig Johnston SVHC 2-10.68; 5.Antony Mead OPEN 2-11.51; 6.Geoff Gallagher SCVAC 2-12.55; 7.Grant Stenhouse SCVAC 2-12.75; 8.Dean Casella OPEN 2-15.64; **M45:** 1.James MacDonald SVHC 2-09.46; 2.Sean Price WMAA 2-12.05; 3.Malcolm Tuff EVAC 2-13.31; 4.Michael Scott EVAC 2-20.28; 5.Dave Stanfield SWVAC 2-21.65; 6.Michael Maher IRL (G) 2-21.73; 7.David Richardson SWVAC 2-32.54; 8.Ty Holden SCVAC DNF; **M50:** 1.Jonathan Metcalf EVAC 2-13.16; 2.Kevin Pye MMAC 2-13.75; 3.Ray Daniel VAC 2-14.48; 4.Richard Jenkin VAC 2-15.12; 5.Robert Bigger NIMAC 2-16.41; 6.Ivars Licietis EVAC 2-16.63; 7.Geoffrey Brewster EVAC DNF; **M55:** 1.David Bedwell MMAC 2-15.68; 2.Fred Pidgeon MMAC 2-26.25; 3.Bill Birmingham VAC 2-36.55; 4.Michael Elwell MMAC 2-41.98; **M60:** 1.Michael Mann VAC 2-26.43; 2.Ed Connolly SCVAC 2-26.67; 3.Stephen Knight VAC 2-33.52; 4.William Bradley EVAC 2-35.71; **M65:** 1.Rod Scholes NVAC 2-30.43; 2.Michael Smith NVAC 2-30.51; 3.Mike Dixon SCVAC 2-36.51; 4.John Garber EVAC 2-40.35; 5.Patrick Healy IRL (G) 2-42.87; 6.Richard Somers VAC 2-44.40; 7.Melvyn James WMAA 2-49.02; 8.Peter Tabenor SWVAC 2-55.08; 9.David Cowgill NVAC 3-08.07; **M70:** Geoff Hudson MMAC 3-11.01; **M75:** 1.Len Tew WMAA 2-56.45; 2.Peter Dibb NVAC 3-12.19; 3.Seymour John SCVAC 3-18.07; 4.John Cullingham VAC 3-45.01; **M80:** 1.Tom Clowry MMAC 3-41.13 (**British Record**); **W35:** 1.Sharon Trusch NVAC 2-23.65; 2.Cara Oliver SCVAC 2-28.38; **W40:** 1.Denise Morley EVAC 2-18.27; 2.Timea Latinovics MMAC 2-36.36; **W45:** 1.Clare Elms VAC 2-28.20; 2.Anita Sampson EVAC 2-32.15; 3.Tracy Burrows SCVAC 2-32.67; **W55:** 1.Anna Garnier VAC 2-38.81; 2.Nancy Hitchmough MMAC 2-43.65; 3.Liz Bowers SVHC 2-55.54; 4.Pat Halstead SCVAC 2-56.38; 5.Joyce Barrus MMAC 3-00.49; **W65:** Iris Hornsey EVAC 3-24.3; **W70:** 1.Kathleen Stewart VAA-NE 3-20.8 (**British Record**); 2.Dorothy Fraser EVAC 3-45.8; 3.Betty Stracey EVAC 3-45.9;

1500:

M35: 1.Michael Hunt OPEN 4-15.24; 2.Christopher Symonds SCVAC 4-16.52; 3.Huw Evans WMAA 4-16.53; 4.Steve Hallas NVAC 4-23.96;

M40: 1.Adrian Haines VAC 4-18.50; 2.Chris Daniels VAC 4-19.39; 3.Robert Maher OPEN 4-19.95; 4.Andrew Del Nevo SCVAC 4-40.92; **M45:** 1.Simon Anderson SWVAC 4-10.18; 2.Rob Andrew MMAC 4-15.42; 3.Paul Spowage EVAC 4-25.27; 4.Danny Skeffington IRL (G) 4-27.85; 5.Malcolm Tuff EVAC 4-30.69; 6.Andy Gannaway VAC 4-36.63; 7.Craig Sabin MMAC 4-44.80; 8.Michael Maher IRL (G) 4-45.51; 9.Dave Stanfield SWVAC 4-51.44; 10.Malcolm Down EVAC 4-57.80;



Two records for Kathleen Stewart at 800 & 1500 (LR)

M50: 1.Stephen Smith NVAC 4-17.92; 2.Malcolm Eustace MMAC 4-29.68; 3.Richard Jenkin VAC 4-37.03; 4.Jeremy Hogan SWVAC 4-38.96; 5.Dickie Wythe SWVAC 4-39.22; 6.Jonathan Metcalf EVAC 4-41.30; 7.Stephen Smythe VAC 4-49.20; 8.Keith McLellan EVAC 4-53.16; 9.Colin Oxlade SCVAC 4-53.71; 10.Robert Bigger NIMAC DNF; **M55:** 1.David Bedwell MMAC 4-35.04; 2.David Oxland MMAC 4-41.54; 3.Paul Gasson OPEN 4-47.20; 4.Ken Daniel SCVAC 4-47.87; 5.George Maybury IRL (G) 4-57.94; 6.Archie Jenkins SVHC 4-59.48; 7.Alan Newman SCVAC 5-29.39; 8.Martin Lippitt SCVAC 6-13.32; **M60:** 1.Patrick Timmons IRL (G) 4-51.04; 2.Michael Mann VAC 4-52.45; 3.Stephen Knight VAC 5-10.44; 4.Mick Smedley MMAC 5-31.73; 5.Peter Duhig EVAC DNF; **M65:** 1.Michael Smith NVAC 5-19.99; 2.Patrick Healy IRL (G) 5-32.29; 3.John Garber EVAC 5-33.63; 4.Peter Tabenor SWVAC 5-51.29; **M70:** 1.Edmond Simpson VAC 6-04.54; 2.Michael Sawyer VAC 6-07.01; **M75:** 1.Len Tew WMAA 6-00.10; 2.Peter Dibb NVAC 6-39.38; **W35:** Cara Oliver SCVAC 5-05.19; **W40:** Andrea Pickup VAC 5-00.92; **W45:** 1.Clare Elms VAC 4-47.10; 2.Jane Pidgeon MMAC 5-08.61; 3.Joan Lasenby EVAC 5-16.69; **W50:** Susie Tawney MMAC 5-22.98; **W55:** 1.Nancy Hitchmough MMAC 5-33.90; 2.Anna Garnier VAC 5-34.28; 3.Pat Halstead SCVAC 5-48.59; 4.Liz Bowers SVHC 5-55.44; 5.Joyce Barrus MMAC 6-04.34; 6.Sue James SCVAC 6-26.38; 7.Anne Lippitt SCVAC 6-46.29; **W60:** 1.Ros Tabor VAC 5-50.80; 2.Susan Barnett EVAC 6-44.64; **W70:** 1.Kathleen Stewart VAA-NE 6-47.59 (**British Record**); 2.Betty Stracey EVAC 7-28.86; 3.Eva Osborne EVAC DNF;

3000

M35: 1.Huw Evans WMAA 9-00.29; 2.Steve Hallas NVAC 9-10.94; 3.Adrian Copp EVAC 9-45.65; **M40:** 1.Mick Jagger NVAC 9-02.04; 2.Kevin Downie SVHC 9-05.63; 3.John Scott OPEN 9-06.83; 4.Ian Johnston SVHC 9-09.47; 5.Andrew Del Nevo SCVAC 10-05.85; **M45:** 1.Simon Anderson SWVAC 9-03.10; 2.Paul Spowage EVAC 9-22.81; 3.Declan McCarthy NIMAC 9-57.45; 4.Craig Sabin MMAC 10-06.18; **M50:** 1.Malcolm Eustace MMAC 9-34.28; 2.Dickie Wythe SWVAC 9-57.54; 3.Keith McLellan EVAC 10-10.81; 4.Colin Oxlade

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SCVAC 10-17.25; 5. James Wallace VAC 10-54.17; **M55**: 1. David Oxland MMAC 9-51.86; 2. Archie Jenkins SVHC 10-50.89; 3. George Maybury IRL (G) 11-16.77; 4. Michael Elwell MMAC 12-03.94; 5. Martin Lippitt SCVAC 13-18.86; **M60**: 1. Patrick Timmons IRL (G) 10-34.11; 2. Michael Mann VAC 10-38.16; 3. Terry Eakin NIMAC 10-40.43; 4. Tony Cousins VAC 11-23.13; 5. Mick Smedley MMAC 11-49.90; 6. Stephen Knight VAC DNF; **M65**: 1. Peter Giles VAC 10-49.04; 2. Patrick Bonass IRL (G) 11-39.12; 3. Russell Williams SCVAC 12-13.18; 4. Rod Scholes NVAC DNF; **M70**: 1. Edmond Simpson VAC 12-57.65; 2. Michael Sawyer VAC 13-12.49; **M75**: Brian Shave SCVAC 15-15.06; **W45**: 1. Jane Pidgeon MMAC 10-56.58; 2. Lynne Marr VAA-NE 12-31.39; **W50**: 1. Gail Duckworth EVAC 11-02.73; 2. Lucy Hickey NVAC 12-41.37; **W55**: 1. Joan Howe NVAC 12-02.66; 2. Anne Lippitt SCVAC 14-04.00;

3000m Walk

M45: Francisco Reis SCVAC 14-25.55; **M50**: Steve Allen OPEN 16-15.06; **M55**: Sean Pender VAC 17-47.81; **M60**: 1. Sean McMullin IRL (G) 16-32.42; 2. Michael O'Connor IRL (G) 17-27.38; 3. Howard Brown WMAA 19-39.07; 4. John Hall VAC DNF; **M65**: 1. Peter Hannell VAC 17-15.46; 2. Ronald Penfold VAC 17-35.49; 3. Peter Howard EVAC 19-12.00; **M70**: 1. Arthur Thomson VAC 16-14.13; 2. Ron Powell SCVAC 19-05.31; 3. Dave Stevens VAC 20-11.50; 4. Bernard Hercock VAC 21-27.72; **W35**: 1. Joanna Stringer SCVAC 18-36.38; **W40**: Priscilla O'Sullivan IRL (G) 20-23.25; **W45**: 1. Helen Middleton EVAC 16-28.52; 2. Maureen Noel VAC 18-30.87; **W50**: 1. Ann Wheeler MMAC 17-15.02; 2. Fiona Bishop VAC 19-12.43; 3. Norma Grimsey SCVAC 21-02.53; **W55**: Cath Duhig EVAC 18-30.81; **W60**: 1. Ann Lewis SCVAC 19-09.91; 2. Susan Barnett EVAC 19-16.98; **W75**: Maureen Spelman VAC 22-24.72 (**British Record**);



Greg Dunson
sets a new 60H
record (TP)

60m Hurdles

M35: 1. Peter Davey SCVAC 8.98; 2. Tim Auty SCVAC 9.85; 3. Kwadjo Adjepong OPEN 11.95; **M40**: 1. Andrew Lewis SCVAC 8.53; 2. Sean Saxon MMAC 8.88; 3. Andrew Kennard SCVAC 9.12; 4. Ian Allen SWVAC 9.50; **M45**: 1. Greg Dunson MMAC 8.67 (**British Record**); 2. Glen Reddington SCVAC 8.98; 3. Neil Tunstall SWVAC 9.61; **M50**: 1. Tennyson James EVAC 9.25; 2. John Mayor EVAC 9.40; 3. Brian Slaughter SCVAC 9.61; 4. Clive Pengelly SWVAC 10.34; 5. Simon Pugh NVAC 12.35; **M55**: Roy Buchanan SVHC 9.82; 2. Duncan Talbot SCVAC 11.15; **M60**: David Cowley MMAC 10.25; **M65**: 1. Barry Ferguson VAC 10.26; 2. Richard Barrington MMAC 12.41; **M70**: Donald Butler VAA-NE 11.01; **M75**: Colin Shafto NVAC DNF; **W35**: Natasha Mighty OPEN 10.71; **W40**: Michelle Hazell OPEN DNF; **W45**: 1. Wendy Laing NVAC 9.81; 2. Gaye Clarke EVAC 10.00; 3. Charmaine Johnson VAC 10.19; **W50**: Hazel Barker NVAC 10.18; **W60**: Sally Hine MMAC 12.49;

High Jump:

M35: Peter Davey SCVAC 1.60; **M40**: 1. Ian Allen SWVAC 1.75; 2. Mark Roach SWVAC 1.70; 3. Phillip Chalke SCVAC 1.65; **M45**: 1. Steve Linsell NVAC 1.85 (**British Record**); 2. Andrew Waddington SWVAC 1.65; 3. Donald Brown MMAC 1.65; 4. Diarmuid Quill IRL (G) 1.55; 5. Adrian James OPEN 1.55; **M50**: 1. Colin Hague SWVAC 1.50; 2. Joe McColgan MMAC 1.50; 2. Clement Leon SCVAC 1.50; 4. Brian Slaughter SCVAC 1.50; **M55**: 1. Duncan Talbot SCVAC 1.55; 2. David Blunt SCVAC 1.50; **M60**: Lawrie Dunn MMAC 1.36; **M65**: 1. Jim O'Shea IRL (G) 1.31; 2. Edward Wagner NVAC 1.25; 3. John Howe WMAA 1.19; **M70**: 1. Tony Crocker MMAC 1.37; 2. Roger Bruck SCVAC 1.25; **W35**: Natasha Brunning SCVAC 1.45; **W40**: Julia Machin SCVAC 1.78 (**World Record**); **W45**: 1. Wendy Laing

NVAC 1.55; 2. Charmaine Johnson VAC 1.40; 3. Amanda Rowley-Jones VAC 1.35; 4. Gaye Clarke EVAC 1.25; **W50**: Hazel Barker NVAC 1.35; **W75**: Rosemary Chrimes MMAC 1.16 (**World Record**);

Pole Vault

M40: 1. Simon Eastwood EVAC 3.40; 2. Richard Waterhouse SCVAC 3.20; 3. Robert Peers SCVAC 2.60; 4. Andrew Del Nevo SCVAC 2.40; **M45**: 1. Mark Johnson NVAC 4.50 (**British Record**); 2. Allan Leiper SCVAC 3.20; 3. Nicholas Walker SWVAC 3.20; 4. Alan Easey VAC 3.00; **M50**: 1. Wayne Martin SCVAC 3.20; 2. Brian Slaughter SCVAC 3.00; **M55**: 1. Allan Williams SCVAC 3.50; 2. Stuart Tufton OPEN 3.20; **M60**: 1. Bruce Hendrie MMAC 2.90; 2. David Cowley MMAC 2.60; **M65**: 1. John Bradley MMAC 2.70; 2. Brian Harlick SCVAC 2.40; 2. John Howe WMAA 2.40; **M75**: Robert Brown MMAC 2.40; **W35**: Natasha Brunning SCVAC 3.00; 2. Hayley Fox EVAC 2.30; **W40**: Alison Duke SCVAC 2.60; **W50**: Teresa Eades SCVAC 2.10; **W55**: Sue Yeomans SCVAC 2.60; **W70**: Dorothy McLennan IRL (G) 1.80;

Long Jump

M35: 1. Andrew Thomas WMAA 6.36; 2. Neil Lincoln SCVAC 5.98; 3. Steve Lake SCVAC 5.61; 4. Tim Auty SCVAC 5.36; **M40**: 1. Ian Allen SWVAC 5.86; 2. Ben Radcliffe SCVAC 5.81; 3. Andrew Kennard SCVAC 5.56; 4. Richard Buckingham VAC 5.42; 5. Leeroy Golding NVAC 5.26; **M45**: 1. Donald Brown MMAC 5.51; 2. David Benham SCVAC 5.51; 3. Peter Ilo SCVAC 5.46; 4. Adrian James OPEN 5.40; 5. Andrew Waddington SWVAC 5.28; 6. Alan Easey VAC 5.13; 7. Stephen Carr SCVAC 4.69; **M50**: 1. Ricky Huskisson EVAC 5.15; 2. Brian Slaughter SCVAC 5.13; 3. Clement Leon SCVAC 4.65; 4. Roderick Davies SCVAC 4.59; **M55**: 1. Ken Jackson SWVAC 4.85; 2. Alasdair Ross SCVAC 4.68; 3. David Blunt SCVAC 4.63; 4. Ian Turner SCVAC 4.01; **M60**: 1. Lawrie Dunn MMAC 4.39; 2. David Cowley MMAC 4.35; **M65**: 1. Allan Cheers SCVAC 4.30; 2. Allan Long VAC 4.02; 3. Robert Ruff SCVAC 3.99; 4. David Haines SCVAC 3.99; 5. Frederick Turner AUS (G) 3.98; **M70**: 1. Tony Crocker MMAC 3.98; 2. Roger Bruck SCVAC 3.70; **M75**: 1. John Evans MMAC 3.65; 2. Colin Sheppard SCVAC 3.22; 3. Geoffrey Feast VAC 3.05; **M80**: 1. Tom Clowry MMAC 3.17 (**British Record**); 2. Bill Morrow MMAC 1.79; **W35**: Natasha Brunning SCVAC 5.01; **W40**: 1. Julia Machin SCVAC 5.56; 2. Joanne Regan SCVAC 4.48; 3. Alison Duke SCVAC 4.36; **W45**: 1. Wendy Laing NVAC 4.65; 2. Gaye Clarke EVAC 4.46; 3. Angela Griffiths SCVAC 4.33; 4. Charmaine Johnson VAC 4.17; 5. Monica Brown EVAC 4.03; 6. Amanda Rowley-Jones VAC 3.91; 7. Christine Feely EVAC 3.49; **W50**: 1. Linda Nicholson SVHC 4.57; 2. Hazel Barker NVAC 3.74; 3. Chris Salvary SCVAC 3.69; **W55**: 1. Sue Yeomans SCVAC 3.63; 2. Linda Harrison SCVAC 2.62; **W60**: 1. Patricia Oakes SCVAC 3.18; 2. Sally Hine MMAC 3.10; 3. Daphne Marler SCVAC 2.44; **W70**: Anne Martin EVAC 3.08;

TRIPLE JUMP

M35: 1. Steve Lake SCVAC 12.26; 2. Neil Lincoln SCVAC 11.93; **M40**: 1. Leeroy Golding NVAC 10.35; 2. Paul Harrison EVAC 9.99; **M45**: 1. Julien Gittens NVAC 11.99; 2. Clifford Warren VAC 10.44; 3. Donald Brown MMAC 10.42; 4. Dave Shields WMAA 9.85; **M50**: 1. David Dixon VAA-NE 11.67; 2. Albert Earle MMAC 11.61; 3. Steve Wallace SVHC 10.73; 4. Clement Leon SCVAC 10.64; **M55**: 1. David Blunt SCVAC 9.98; **M60**: 1. David Cowley MMAC 9.91; 2. Kristian Lundby MMAC 9.55; **M65**: 1. Allan Cheers SCVAC 9.22; 2. Robert Ruff SCVAC 7.91; **M75**: John Evans MMAC 7.68; **W45**: 1. Lesley Willis MMAC 9.00; 2. Clare St John Coleman EVAC 7.96; **W55**: 1. Sue Yeomans SCVAC 7.80; 2. Linda Harrison SCVAC 5.55; **W60**: 1. Patricia Oakes SCVAC 7.11; 2. Daphne Marler SCVAC 5.31; **W70**: Anne Martin EVAC 6.37;

Shot Putt

M35: 1. Ken Baker OPEN 13.81; 2. Mark Pendlebury NVAC 12.07; 3. Simon Achurch EVAC 11.73; **M40**: 1. Mark Wiseman SCVAC 14.25; 2. John Twiddle NVAC 12.78; 3. Dave Brown NVAC 10.28; 4. Paul Smith MMAC 8.59; 5. David Glendower SCVAC 6.99;

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M45: 1.Stephen Whyte EVAC 14.45; 2.Allan Leiper SCVAC 12.52; 3.David Burrell EVAC 11.91; 4.Tetsuro Sawaki JAP (G) 10.45; 5.Glyndwr Pugh WMAA 10.19; **M50:** 1.Bob Broadbridge SWVAC 13.27; 2.John Fenton SCVAC 11.76; 3.Steve Woolley MMAC 11.40; 4.John Moreland MMAC 11.32; 5.John Mayor EVAC 9.76; 6.John Birkett SVHC 9.19; **M55:** 1.Michael Small SWVAC 12.58; 2.Graeme Packman EVAC 10.38; 3.Karlis Bricis LAT (G) 10.02; 4.Clive Howell MMAC 9.22; 5.Philip Bramford EVAC 8.96; 6.Tim SaundersMullin SCVAC 8.53; **M60:** 1.Neil Griffin SCVAC 14.22; 2.Michael Hazlewood NVAC 12.20; 3.Barry Hawksworth MMAC 11.91; 4.Anthony Richards VAC 11.64; 5.Robert Richards EVAC 9.60; 6.William Bradley EVAC 8.53; **M65:** 1.John Scott SVHC 11.61; 2.Peter Virgo VAC 11.26; 3.Richard Jegou MMAC 10.37; 4.Richard Turner OPEN 9.78; 5.David Kuester VAC 9.55; **M70:** 1.Bill Legg SWVAC 10.40; 2.Eric Kitney SCVAC 9.13; 3.Peter Shevlane EVAC 8.75; 4.John Love MMAC 7.92; **M75:** 1.Ian Miller EVAC 11.15 (**British Record**); 2.Gordon Hickey VAC 9.56; 3.Peter Barber SCVAC 6.69; 4.Norman Fullick SCVAC 6.66; 5.Philip McEvoy NVAC 5.43; **M80:** 1.Jaroslav Hanus VAC 8.83 (**British Record**); 2.Keith Dutton MMAC 8.68; **M85:** Leslie D'arcy NVAC 7.26 (**British Record**); **W35:** 1.Sue Lawrence SCVAC 10.93; 2.Catherine Alford WMAA 9.15; 3.Natasha Mighty OPEN DISQ; **W40:** 1.Camilla Thrush SCVAC 10.35; 2.Priscilla O'Sullivan IRL (G) 9.31; 3.Maureen Glanton IRL (G) 7.80; **W45:** 1.Charmaine Johnson VAC 10.30; 2.Wendy Laing NVAC 9.77; 3.Julie Wilson SCVAC 9.10; 4.Alison George MMAC 8.83; 5.Karen Llewlin WMAA 8.56; 6.Janet Smith SCVAC 8.31; **W50:** 1.Hazel Barker NVAC 10.07; 2.Wendy Dunsford SCVAC 9.85; **W55:** 1.Vilma Thompson SCVAC 10.63; 2.Sue Dassie SCVAC 8.37; 3.Fiona Crompton NVAC 8.26; **W60:** 1.Mo Pearson SWVAC 9.50; 2.Barbara Terry SCVAC 8.02; 3.Anthea Bramford EVAC 6.57; **W65:** Elizabeth Sissons VAC 9.22; **W70:** Anne Martin EVAC 7.00; **W75:** 1.Rosemary Chrimes MMAC 9.12 (**World Record**); 2.Marie Grant Stevens SCVAC 5.64;

WINTER THROWS Weight (Outside):

M35: 1.Graham Holder WMAA 15.00; 2.Simon Achurch EVAC 12.89; 3.Nicholas Goodwin MMAC 11.54; **M40:** 1.Mark Wiseman SCVAC 15.00; 2.Dave Brown NVAC 9.75; 3.John Twiddle NVAC 8.97; 4.David Glendower SCVAC 7.44; 5.Paul Smith MMAC 7.13; **M45:** 1.Stephen Whyte EVAC 16.53; 2.David Burrell EVAC 14.47; 3.Russell Payne MMAC 11.86; 4.Graham Middleton MMAC 10.59; 5.Samuel Moylan SCVAC 9.48; 6.Glyndwr Pugh WMAA 9.15; **M50:** 1.Bob Broadbridge SWVAC 17.54; 2.John Moreland MMAC 15.94; 3.Martin Roberts MMAC 14.97; 4.Steve Woolley MMAC 14.68; 5.Mike Burling EVAC 10.93; **M55:** 1.Clive Howell MMAC 14.70; 2.Michael Small SWVAC 14.34; 3.Clive Thomson SCVAC 11.87; 4.Philip Bramford EVAC NVT; 5.Tim SaundersMullin SCVAC NVT; **M60:** 1.Barry Hawksworth MMAC 16.83; 2.Paul Dickenson SCVAC 15.99; 3.Michael Hazlewood NVAC 14.20; **M65:** 1.Christopher Melliush SCVAC 15.43; 2.David Kuester VAC 12.05; 3.Richard Jegou MMAC 10.49; 4.Richard Turner OPEN 9.73; **M75:** 1.Ian Miller EVAC 13.49; 2.Peter Barber SCVAC 11.82; 3.Gordon Hickey VAC 9.82; 4.Norman Fullick SCVAC 8.11; **M80:** Jaroslav Hanus VAC 10.27; **M85:** Leslie D'arcy NVAC 7.98; **W35:** 1.Sue Lawrence SCVAC 11.38; 2.Natasha Mighty OPEN 11.21; 3.Catherine Alford WMAA 10.00; 4.Nicola Long MMAC 6.32; **W40:** 1.Camilla Thrush SCVAC 11.69; 2.Priscilla O'Sullivan IRL (G) 11.26; 3.Maureen Glanton IRL (G) 9.94; 4.Cathrina Halladen SWVAC 9.27; **W45:** 1.Janet Smith SCVAC 11.01; 2.Julie Wilson SCVAC 10.08; 3.Karen Llewlin WMAA 8.29; **W50:** 1.Wendy Dunsford SCVAC 9.73; 2.Pat Higgins MMAC 8.74; **W55:** 1.Vilma Thompson SCVAC 11.90; 2.Fiona Crompton NVAC 8.53; 3.Linda Harrison SCVAC 7.39; **W60:** 1.Rosemary Hutton SWVAC 11.19; 2.Barbara Terry SCVAC 10.33; 3.Anthea Bramford EVAC 9.69; **W65:** Elizabeth Sissons VAC 11.86; **W70:** Carole Derrien SWVAC 8.49;

WINTER THROWS Discus

M35: 1.Simon Achurch EVAC 36.44; 2.Mark Pendlebury NVAC 32.52; **M40:** 1.Mark Wiseman SCVAC 47.37; 2.Leeroy Golding NVAC 31.62; 3.Dave Brown NVAC 30.86; 4.Paul Smith MMAC 26.03; **M45:** 1.Gerrard Farrell SVHC 36.67; 2.David Burrell EVAC 36.01;

3.Glyndwr Pugh WMAA 31.59; 4.Graham Middleton MMAC 31.41; 5.Nicholas Walker SWVAC 31.27; **M50:** 1.John Moreland MMAC 45.65; 2.Bob Broadbridge SWVAC 42.63; 3.Steve Woolley MMAC 35.05; 4.Wayne Martin SCVAC 29.11; 5.John Mayor EVAC 28.47; **M55:** 1.Michael Small SWVAC 41.33; 2.Philip Bramford EVAC 31.65; 3.John Howard OPEN 29.70; 4.Ian Turner SCVAC 24.66; 5.Tim SaundersMullin SCVAC 23.26; **M60:** 1.Michael Hazlewood NVAC 45.62; 2.Barry Hawksworth MMAC 43.05; 3.Bill Renshaw NVAC 40.86; **M65:** 1.Brian Harlick SCVAC 36.19; 2.David Kuester VAC 33.13; 3.Richard Jegou MMAC 29.40; 4.Frederick Turner AUS (G) 23.13; **M70:** 1.Colin Brand SCVAC 34.02; 2.Jack Kee EVAC 31.68; 3.John Love MMAC 25.08; **M80:** Jaroslav Hanus VAC 23.30; **W35:** Sue Lawrence SCVAC 37.12; **W40:** 1.Rebecca Hardy OPEN 36.82; 2.Maureen Glanton IRL (G) 31.80; 3.Cathrina Halladen SWVAC 27.76; 4.Priscilla O'Sullivan IRL (G) 25.57; **W45:** 1.Julie Wilson SCVAC 30.43; 2.Helen Daniel VAC 28.15; 3.Karen Llewlin WMAA 25.56; **W50:** 1.Claire Cameron SVHC 29.02; 2.Wendy Dunsford SCVAC 25.85; **W55:** 1.Vilma Thompson SCVAC 22.02; 2.Fiona Crompton NVAC 20.01; 3.Linda Harrison SCVAC 11.87; **W60:** 1.Mo Pearson SWVAC 24.52; 2.Anthea Bramford EVAC 15.79; **W65:** Elizabeth Sissons VAC 20.91; **W70:** Carole Derrien SWVAC 18.06;

WINTER THROWS Hammer

M35: 1.Glen Kerr OPEN 57.72; 2.Graham Holder WMAA 51.68; 3.Simon Achurch EVAC 43.06; 4.Nicholas Goodwin MMAC 31.25; **M40:** 1.Mark Wiseman SCVAC 47.59; 2.Darren Kerr OPEN 43.54; 3.John Twiddle NVAC 38.11; 4.Dave Brown NVAC 30.75; 5.Paul Smith MMAC 23.34; 6.David Glendower SCVAC 20.95; **M45:** 1.Stephen Whyte EVAC 55.48; 2.David Burrell EVAC 45.26; 3.Russell Payne MMAC 44.84; 4.Graham Middleton MMAC 37.03; 5.Glyndwr Pugh WMAA 32.78; **M50:** 1.Nigel Winchcombe EVAC 53.36; 2.Martin Roberts MMAC 50.39; 3.Bob Broadbridge SWVAC 45.10; 4.John Moreland MMAC 44.50; 5.Steve Woolley MMAC 38.10; 6.Mike Burling EVAC 29.21; **M55:** 1.Michael Small SWVAC 40.06; 2.Clive Howell MMAC 38.86; 3.Clive Thomson SCVAC 37.02; 4.Tim SaundersMullin SCVAC 28.36; 5.Philip Bramford EVAC 24.64; **M60:** 1.Barry Hawksworth MMAC 48.53; 2.Paul Dickenson SCVAC 46.01; 3.Michael Hazlewood NVAC 39.71; **M65:** 1.Christopher Melliush SCVAC 43.16; 2.David Kuester VAC 32.26; 3.Richard Jegou MMAC 29.17; 4.Brian Harlick SCVAC 26.40; 5.Richard Turner OPEN 25.89; **M70:** 1.Jack Kee EVAC 45.75; 2.Peter Shevlane EVAC 29.97; **M75:** 1.Ian Miller EVAC 33.78; 2.Peter Barber SCVAC 32.35; 3.Norman Fullick SCVAC 24.92; **M80:** Jaroslav Hanus VAC 28.01 (**British Record**); **M85:** Leslie D'arcy NVAC 19.52; **W35:** 1.Sue Lawrence SCVAC 36.38; 2.Catherine Alford WMAA 30.53; 3.Natasha Mighty OPEN 26.60; 4.Nicola Long MMAC 26.20; **W40:** 1.Camilla Thrush SCVAC 37.11; 2.Priscilla O'Sullivan IRL (G) 34.78; 3.Maureen Glanton IRL (G) 27.98; 4.Cathrina Halladen SWVAC 27.75; **W45:** 1.Janet Smith SCVAC 37.81; 2.Julie Wilson SCVAC 31.54; 3.Karen Llewlin WMAA 27.62; **W50:** 1.Wendy Dunsford SCVAC 29.78; 2.Pat Higgins MMAC 27.59; **W55:** 1.Vilma Thompson SCVAC 31.87; 2.Fiona Crompton NVAC 22.82; 3.Linda Harrison SCVAC 19.88; **W60:** 1.Rosemary Hutton SWVAC 30.01; 2.Barbara Terry SCVAC 26.59; 3.Anthea Bramford EVAC 19.57; **W65:** Elizabeth Sissons VAC 27.39; **W70:** 1.Carole Derrien SWVAC 21.81; 2.Anne Martin EVAC 18.44;

WINTER THROWS Javelin

M35: Simon Achurch EVAC 41.38; **M40:** Dave Brown NVAC 39.17; **M45:** 1.Trevor Ratcliffe SCVAC 50.79; 2.David Burrell EVAC 43.82; 3.Samuel Moylan SCVAC 38.61; 4.Nicholas Walker SWVAC 37.57; 5.Andrew Waddington SWVAC 37.05; 6.Donald Brown MMAC 30.45; **M50:** 1.John Fenton SCVAC 43.00; 2.Steve Woolley MMAC 40.32; 3.Bob Broadbridge SWVAC 37.70; 4.Peter Morgan VAC 23.34; 5.John Birkett SVHC 21.92; **M55:** 1.Philip Bramford EVAC 35.75; 2.Ian Turner SCVAC 28.20; **M60:** 1.Michael Hazlewood NVAC 41.77; 2.Barry Hawksworth MMAC 40.13; **M65:** 1.David Kuester VAC 35.86; 2.Ashley Fox SCVAC 32.63; 3.Brian Harlick SCVAC 24.93; **M70:** Colin Brand SCVAC 36.79; **W35:** Sue Lawrence SCVAC 28.24; **W40:** Deborah Doherty SCVAC 26.61; **W45:** Julie Wilson SCVAC 24.82; **W55:** 1.Vilma Thompson SCVAC 25.33; 2.Fiona Crompton NVAC 20.16; **W60:** Anthea Bramford EVAC 13.39; **W65:** Elizabeth Sissons VAC 22.81;

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**THIS WINTER
IRIE HILL HAS SET
WORLD RECORDS
FOR W40
POLE VAULT
3.65 INDOORS &
3.75 OUTDOORS (20th
March).**

**PICTURE: TOM
PHILLIPS.**



HORWICH CARNIVAL RACES

**EMERSON GROUP BMAF Championship
5k Run & Walk SUNDAY 20th JUNE 2010**

UKA permit applied for

**SPONSORS – HORWICH TOWN COUNCIL,
BOLTON COUNCIL, BOLTON ARENA
& BLUEMANTLE.**

Entry Form.

tick 5k run

☐

tick 5k Walk

☐

Race No.

SURNAME.....First Name's

ADDRESS.....

POST CODE.....PHONE.....

FIRST CLAIM CLUB.....

MASTERS OR VETERAN CLUB.....MEM/ NO.....

D.O.B.....AGE GROUP (ON 20/6/2010).....M/W.....

EAMA INTER AREA AWARDS will be included in this race. Under UKA, RRC, RWA and BMAF rules.

ENTRY FEES: £7 (BMAF affiliated) £9 (non affiliated)

Please include SAE (9x6 inch) with your entry form and cheque.

ENTRIES CLOSE: (RUN) 5th JUNE 2010. (WALK) 12th JUNE 2010.

Signed

Date.

Online entry is available at - www.race-results.co.uk

RACE ENTRIES TO:

Peter Watson, "Sunnydale",
Grimeford Lane, Blackrod,
Bolton BL6 5LD. Phone: 01257 481264

Cheques:

"Horwich Carnival Races Committee"

WALK ENTRIES TO:

Eric Horwill, 79, Enville Road, Wall
Heath, Kingswinford, West Midlands,
DY6 0JCX

Phone 01384 273851

Cheques: BMAF.