

MASTERS ATHLETICS 2010

**PREPARED FOR THE BRITISH MASTERS ATHLETIC FEDERATION,
BY MASTER ATHLETES FOR MASTER ATHLETES AGED 35 YEARS OR MORE!**

AUTUMN no. 93



**European
Championships**

**B.M.A.F
half marathon, 10k ,
Combined Events.
and News**

**GB second
in medal table.**

**GOLDEN
GIRL
VIRGINIA
MITCHELL**

**Pic: Tom
Phillips.**

WORLD TROPHY

50k FINAL

On 29th August 2010, MMAC member and Leamington C & AC athlete, Sue Harrison tackled the 50k event for the first time when she was selected to run for England in the I.A.U World 50k final in Galway, Ireland.

The course consisted of two 13.1 mile (half marathon) laps plus 4 x 1.8km laps of the city centre. Sue targeted Carolyn Hunter-Rowe's British best of 3.18.52 set way back in 1995.

The first half was covered in 1.22 and the second half in 1.22.17 to give Sue victory in the Galway marathon in 2.44.17. She then took just 31.26 to cover the last 5+ miles round the tight city centre course to record a 50k finish time of 3.15.43 to take over 3 minutes from the British record. This time also took Sue to the top of the 2010 World 50k lists beating the time of 3.18.17 set by Russian, Olesya Norgalieva, in the Two Oceans race in South Africa in April.

There was more to come when records were checked and it was found that on her very first attempt Sue had also set a new World Masters Best.

So in just over three and quarter hours of running Sue had become British No.1., 2010 World No.1. and set a new World Masters Best. Not a bad mornings work... (there is always a down side to everything...it then took her over 5 hours to produce a sample for dope testing and she missed her planned treat of an afternoon cream tea promised by the author.

As a side note, Sue ran the race in memory of former Leamington C& A.C President, and former multi World ultra record holder, Cavin Woodward, who sadly passed away earlier this year, and in doing so has raised in the region of £1,000 for charities including the British Heart Foundation.

LES BARNETT.



MASTERS ATHLETICS

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to reach the editor by the
16th November 2010.*

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WINNERS IN THE LATEST DRAWS WERE:

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Colin McCall, Dorothy McLennan,
Shirley Poole,

Donations received from:

Allan Sowden, Nigel Wray.

CHAMPIONSHIPS.

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CHAIRMAN'S REPORT

Arthur Kimber

Since the last issue of the magazine our athletes have been active in a wide range of competitions. The European Track and Field Championships in Nyiregyhaza, Hungary, attracted 274 British entries and we finished second in the medals table, but well behind the indomitable German team. Athletes faced very hot conditions and a violent thunderstorm and flooding, and there were some officiating shortfalls and accommodation problems.

The England Athletics Masters Track and Field Challenge on a warm and sunny day in Solihull was again contested by teams from all the 10 UK regions and proved very competitive, Southern Counties Veterans winning the men's match and Midland Masters the women's and the overall Bill Taylor trophy. The final track and field event of the year was the Decathlon/Heptathlon championships.

On the road our half marathon championship was held in the Burnham Beeches race. The women's race was won by W45 Sarah Gee in a course record time of 1:16:21. Sarah notched up another victory in our 10k championship in Wolverhampton and was first woman to finish in the open race in a fast 34:22, while Gordon Lee was first man home in 31:18. In our 10k race walking championships M60 Ian Richards was the first BMAF man to finish in 49:29, beating all the younger athletes and W45 Diane Bradley the first woman in 54:37. For the rest of the year we look forward to the 10 mile road championships and in cross country the relays and the British and Irish International in Dublin (ED: I have yet to receive Race Walking results hence they are not in this issue.).

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At a recent executive meeting in September it was agreed to standardise age groups from the beginning of 2011 for team scoring in road running, race walking and cross country for men and women, with 10 year age groups, 35-44, 45-54, 55-64, 65-74, and if necessary, 75+

Further meetings with Corporate and Sporting Events and Bourne Sports are planned to discuss additional points of detail about travel and accommodation to international meetings and kit.

On line entries are beginning to be used for International championships and we are considering introducing our own on line system for entries to all BMAF championships. Peter Duhig, Overseas Entries Coordinator, after consultation with the relevant entries secretaries and other members of the executive committee, is prepared to produce such a system.

The bid to host the European Non Stadia Championships in 2013 in Swansea, as pointed out in the last issue, has suffered some delay, and the venue may be switched to Cardiff. We have permission from E.V.A.A to make a late bid, as we were not able to confirm our bid at the General Assembly in Nyiregyhaza.

We have formally placed our prospective bid to host the 2015 World Championships in the Olympic Stadium in London. Three hurdles may stand in our way. One, UK Athletics has made a bid for the IAAF World Championships and if this succeeds we will not be able to continue. Two, there is still uncertainty about the future of the facility after 2012. Three, we need to raise the necessary funding. We expect to face competition from Perth, Australia, Bydgoszcz and Torun, Poland and Lyon, France. A small working party of Maurice Doogan, Phil Bell, Mike May and I will monitor developments and keep you informed.

Have a good autumn. I hope to see many of you in Dublin.

SECRETARY'S REPORT

Bridget Cushen.

We have many members who are working in or retired to other E.U countries and who have unfortunately sometimes experience problems entering competitions or not been awarded medals or prizes. Here we welcome any athlete aged 35 years and over to enter our Championships, either as an Open entry or as a member of one of our clubs, and should they finish in the first three or qualify for a team award they are treated in the same way as British athletes. We submitted a Proposal to the European Veterans A.A General Assembly, held during the Track & Field Championships in Hungary, asking that other E.U countries accord the same facilities. As it was not a Constitutional matter, we could only draw the subject to the attention of other Delegates and hope that they will consider. The Proposal got the E.V.A.A Council's support. Our nomination of Arthur Kimber for Vice President was unsuccessful; Poland's Jerzy Krauze, who finished 4th in the M45 Decathlon, got the majority vote. The election of this very capable multi-linguist to the EVAA Board should assuage any fears that the multi events might be discontinued. Izmir was successful in their bid to hold the 2014 European Track & Field Championships.

Cross-Country Secretary

Philip Lee reported at our A.G.M that he would not be seeking re-election next year and we are now looking for someone to take on this role. If you would like to put something back into Masters Athletics, and this is predominantly a winter job, ask your club to nominate you for election at our A.G.M next year. Meanwhile, both our Road Running and Cross-Country Secretaries would be please to help you if you would like to shadow them now as they compile their 2011 Fixture list and familiarise yourself with B.M.A.F work.

For the benefit of our many new members, we reprint the following information:

"Many Local Authorities operate the Free Access for National Sports People (FANS) scheme. If you have competed in a European or World Masters Championships, the British & Irish Masters International cross-country, hold a World / European age group record or even ranked top in your event, you may be eligible for free use of your local track, gym etc. Your Local Authority will require proof, i.e. your Age Group, event(s) and Championships you have competed in."

Entry Fees for Hungary

At our A.G.M the favourable fluctuation in the £/€ currency at transfer date and whether or not there should be a refund to members, was discussed. The Executive were asked to review. After much discussion, we have now agreed that there would be no refund as B.M.A.F affairs have to be viewed as a whole and not individually event by event. We must cater for all events and disciplines, some of which are profitable and some perpetual loss makers. Overall the profitable events help to support the weaker ones.

First Claim Members

It has been brought to the attention of B.M.A.F that several members have been running as First Claim Members for two U.K.A Clubs in different countries in B.M.A.F Championships. B.M.A.F would like to bring it to the attention of ALL members that they can only be a First Claim Member for ONE U.K.A club when competing in B.M.A.D Championships. There is no Secondary First Claim rule. B.M.A.F suggests that the members concerned decide which is to be their First Claim club they wish to represent and compete for only that one. Failure to do so may result in their disqualification as an individual competitor and also of their club in a team event.

Nyiregyhaza Quiz

Can you remember the summer heat of Hungary, if so relive many of the interesting decisions and occurrences from Nyiregyhaza at www.resultsbox.co.uk/scgi-bin/play.php

Italian athlete Nour Eddine CHAKOUR has been declared guilty of a doping offence. The World Masters Athletics (W.M.A) acknowledges the information recently received from the I.A.A.F that Chakour, a master athlete from Italy, was found guilty of a doping offence. He was sanctioned by F.I.D.A.L with a two years period of ineligibility (from April 20, 2010 until April 19, 2012).

The analysis of the Italian athlete's urine sample, collected on March 3, 2010 at the Italian Marathon Championship in Piacenza, revealed the presence of the prohibited substances Norandrosterone, Furosemide, Betamethasone and Dexamethasone.

His result achieved at the Italian Championship will be disqualified accordingly.

W.M.A Secretary Winston Thomas received the bids for World Masters Athletics Championships Indoor 2014, and Stadia 2015.

The bidding cities are: 2014: Budapest (HUN) and Valencia (ESP)

2015: Bydgoszcz/Torun (POL), London (GBR), Lyon (FRA) and Perth (AUS).

Effective immediately, the minimum period for submission of TUE's has been extended to 30 days before the start of championships.

This change is to comply with the recent I.A.A.F / W.A.D.A variation in submission time.

Stan Perkins
WMA President (23.07.2010)

Four Stadia-Candidates have been nominated for the position of Technical Manager (Stadia), following the resignation of Serge Beckers (BEL).

The following are nominated;
Silvana Delia (ALB), Maurice Doogan (GBR), René Hondelink (NED) and George Kostaras (GRE).

John Crosse M50 Javelin plans a "Charity Challenge" to climb to Everest base camp, Mont Blanc and Kilimanjaro. The first of these is on the 15th of October when he leaves for the Everest attempt, details on how you could help can be found on his website. <http://www.JX2020L.co.uk>.

Controversial action by safety officers in Hungary.

Eric Horwill reports from the European championships, that there were several disqualifications involving older athletes during the championships.

In the first women's 5k track Walk the safety officer disqualified the last two athletes for it is assumed unduly delaying progress of the event. The two athletes concerned were W80 and W85 respectively. They were not in distress and walking quite satisfactory. Considering that they were giving the leaders 15 to 20 years advantage it is illogical to accuse them of being too slow.

Several members of the Great Britain team complained that a M90 Athlete in a 1500 metre race with several younger athletes suffered a similar fate.

Older athletes should be treated as equals with the younger groups and not be penalised by age

discrimination, remember they have paid the same entry fee and incurred the same travelling and accommodation costs as younger athletes. Also many have supported these championships for many years.

Let us hope that the organisers receive many complaints from the member countries, and will reconsider a policy which would appear to be to most people, dramatically unfair.

Alastair Aitken talks to some of our members during the B.M.A.F. Championships in Wales.

Athlete GORDON HICKEY (M75) was County high jumper in the White City stadium days and worked for television. He achieved a first, second, third, and two fifths in his group at Cardiff, which would be surprising when you know that in recent times the doctors took three years to find out he was diabetic and he now has no sensation in his hands and feet, that has naturally effected his throwing. However he won the javelin with a modest 25.32.



TERRY BISSETT (M60) Sprints "I am pleased winning all three sprints and that my leg is still OK. I tore the medial ligament inside, ligament behind the back of the knee and small ligament that goes with the bone to the lower cartilage last Saturday. I have had treatment all week to get me out here. Injections, acupuncture, the lot, just to get me running so I am pleased it is no worse

now, I won the 100 and 400 and I did not believe I would run at Cardiff.

I ran Monday for the club and just about made the end of the 100 before I had to STOP, as I was in so much pain. It was good news because I am going to Hungary in two weeks."

JOHN TILT (M45) Hurdles & 400 " I used to be a rugby player for Cranleigh and Portsmouth. I used to love it till I was 40 but I had also been running just as a summer sport since 25. It got to a stage when rugby was getting too big for me. I thought I would do something a bit safer."

KERMIT BENTHAM (M5) 400 " Once a '46' man at the 400, he has been running the 'Man Killer' event for some time!

" I have been racing for 34 years so that is why my body is falling apart' He joked ' The sprint over 400 keeps me going. The body works but the chassis is knackered."

PAUL TIMMONS (M60) 800/1500 winner from Ireland has had a serious blood disorder in recent years, but has it under control. "Michael Mann and I have been racing against each other for some time now.

'I joined the marathon boom at 30 when I gave up playing football. I was outside right in junior soccer in Ireland. I gave up athletics from 40-50. At 53 I ran my first track race and was 3rd in the Irish Masters in the 800 and won the 1500.'

"I was 3rd in the British Masters at 55 in the 800/1500. I was 60 in November'

'I simply love coming to the vets. I think it is so good, as they give a medal to the first three HOME COMPETITORS and if someone from outside as a guest in the 'Open' event comes in the first three they get a medal too! I think that is fantastic. I think the British Masters is run as good as any major meeting. A great atmosphere."

CAROLINE POWELL (W55 200/400) " I have not raced since the World Championships outdoors, and I have missed racing all Winter because I injured my back. It was the first Race since going to Finland last year."

NEIL GRIFFIN (M60 DISCUS/SHOT PUT ▶ He broke British records indoors this year" I am a lot stronger than last year.' 'I started throwing at the age of 13.

Looking back Gateshead was special 54.29 (M50 Discus Gold medal in World Masters Championships). Of the great competitors, he thought Al Oerter was a great competitor and John Powell, was technically smooth as a discus thrower. Neil competed against them in the preliminarily round of the AAA's when they competed in London'

'When Capes was on form we had some brilliant Southern Counties competitions. I did my PB then of 51.35 in the discus and came sixth and just qualified. You could get a medal with that today. I was in the Olympic Trials when I was 38 years old. I was going to

pack it in at 49 and coach my daughter... Then I thought I am going to train for the 50's age group and I started throwing quite well so I got sponsorship from the Council to go to Gateshead and Italy. (He threw 50.49 in the European Championships winning the M50 discus in 1998) '

He often goes down and trains these days with Chris Melliush. Paul Dickinson and Mark Wiseman He has been advised in his life by Charlie Forsythe, Mike Winch and John Hillier, so plenty of good throwers for him to talk to there...

Like Mick Hazelwood, who was competing in the discus at Cardiff. They both said "It the camaraderie is the best part of Masters Athletics."



I was announcing at Parliament Hill Fields as Highgate Harriers Press secretary, the very Saturday after Cardiff and, there was Neil Griffin throwing the Discus one of the **last** people to leave the track. Of course he picked up valuable points for Windsor's Southern league team.

JOHN BRADLEY & JOHN HOWE (1 & 2 in M65 Pole Vault) John B: - "I am carrying an injury and frightened to put my foot down but I did 3.00 metres. My best ever was in the British League when I did 3.60. I coach my son Tom Davis who won the English Schools.' **JOHN HOWE (2.60)**" I have had two years with a knee injury but it is the best this season so, I am absolutely delighted. I am

on the way back. In 2002 I got medals in Berlin when I was 60.'
'I found doing the decathlon an achievement with the 10 events in two days and I have won five of those competitions' To me the most important thing is the camaraderie, friendships made and the swapping of tea shirts in the Masters athletic movement.. It was the best thing I ever did when coming in at 46."

CLARE ELMS, (W45 1500/5000) "My best performance I think was my British record of 4.33 in the Southern Championships at Crystal Place. I really enjoyed that. I started really slowly. I was really pleased and my Dad was there. My children play football and all sort of things in the weekend. When I won the British Masters in Ireland and then came back to London and won the Southern Championship veteran cross country that was a busy weekend!"



▲ DIANE BRADLEY (W45 WINNER OF 3 & 5K Walk)
"At the AVIVA European Trials I came 5th in Birmingham ahead of people younger than my children (24, 21 and 18)! Each year I have to work a little harder I want to be better and not throw in my shoes yet."

ARTHUR KIMBER CHAIRMAN OF THE BMAF ABOUT HIS YEAR IN OFFICE "Corporate Sporting Events have replaced WGT as our sponsors and they have provided

accommodation & Travel for Hungary which is working well. With Bourne Sports the other contract provided quite a range of kit also a re-designed track suit. That has been good. In my experience the people in the organisation worked extremely hard. PAUL DICKINSON is a great role model for us. When you are involved with the Executive Committee you see the time they spend on it. All the other people who work like Peter Duhig, who does all the entries for the international Championships, the photographers, so many people who work hard and we have a good relationship with Sport England and UK athletics now'

'I have been on the scene for two years Vice Chairman and then Chairman. I always knew they worked hard but did not realise how much. It was good to gain the gold medal on the track the day after becoming Chairman in Birmingham. Last year."

MARY AXTELL W65 100 champion BMAF

"Three in a row indoors and outdoors. I am really; really pleased with the 100 (She is 67 but does not look it!)"

'I first started running at High School in Winchester. My PE teacher got me going.

He said: - 'You are very good, you ought to go to a club so, then I went and joined Southampton- MIKE SMITH was there. He coached me and I went through to from Hampshire Schools up to the English schools and I got silvers and bronzes for the 100, right through to the seniors. I trained to be a PE teacher at Chelsea PE College and I ran for them. (10.9 for the 100yards). I did the Southern, Inter-Counties and did all those kind of events, alongside ANNE PACKER and MARY RAND.

I am a good a friend of Anne Packer. I retired at 27 and I had four children, then I came back to running again when I was 47. In between I played hockey for Hampshire. I was good at hockey for many years and I was playing up till 47 for New Milton hockey club. 'She added ' I was fit so it enabled me to get back to athletics.'

You don't realise actually what athletic training is about. You think you can just go and run. The first I did was the Southern Counties Vets and I pulled a muscle while I was leading. I thought, I have got to take a little while to condition myself better and then the following year I did my first Championship and I won the British indoors at Cosford over 60 and 200.

That would be in the 50's age group. In the race were UNA GORE and PAT McNAB. I went out like a rocket and I could not believe I had won it. They were all thinking 'Who is this person?'

'This person' became quite a regular at all the Championships. I had a fair few injuries. I have had two knee ops' but I have been so pleased to win for three years indoors and outdoors.'

The other things that Mary Axtell does in her busy athletic life:-

"I am a level 5 road official, cross-country official and a track official. I referee matches and things. I am on my Club committee and a Life member of Southampton. 'I have got athletics in my Blood I suppose!"



E.A.M.A INTER AREA CHALLENGE ,SOLIHULL, AUG 9th
WORDS: Brian Owen. PICTURES: Tom Phillips.



MASTERS ATHLETICS AUTUMN 2010

Well what can you say about the inter area, I suppose in the list it's the number two in the UK Masters track and Field scene. It's very enjoyable and the Athletes seem to like it, and it has the backing of England Athletics. However, it has to be asked if the central Norman Green Stadium in Solihull, is really up to the mark for this fixture.

No electronic timing, no wind gauge, a Jumps pit in which the sand level is so low a record could not be even considered. Catering and changing which cannot be considered convenient for competitors and spectators alike, and a very poor public address system.

All this aside, Southern Counties and Midland Masters battled for the lead the whole afternoon, with Southern Counties winning the Male match by just 3.5 points. Midlands had 11 points advantage over Eastern and 33 points over Southern Counties in the Women's match. This meant that Midlands won the combined trophy by 11 points.

My race of the day was the thriller between European 400 metres bronze medallist Bernard Ward, and European 800 metres Champion Rob Andrew over 800 metres. The race was there for the taking by either competitor, until the very last metre when Andrew just managed to secure victory. Talking to Bernard afterwards, it appears he has run very few 800 metres, but honestly his tremendous 400 metres pace would surely serve him well should he try more.

Just one record today, came from Rugby's Kevin Murch with 56.17 in the Javelin, Kevin watched by a large family group made his mark at a distance that would have won a Silver medal in Hungary.

Steve Peters was in terrific form in the sprints as the five times European Champion, recorded a fast 23.7 in the 200 metres. He appeared to be faster than this in the third leg of the Medley as he powered past the change over only just managing to maintain his footing. Steve, who performed wonders for GB in the Olympics assisting the Cycling team, is clearly the World's top man as far as M55 sprints are concerned.

Emma Beales was AAA Heptathlon Champion in 1995, so nice to see her winning Shot and Discus.

Sue Samme running for Northern Vets, was a good winner over 1500 metres, but is possibly happier on the Road as she has a personal best of 1h 24.38 for the Half Marathon.

Jane Pidgeon who now holds World, World Indoor and European Championships for the Steeplechase (3,000 flat in the Indoors), and had a fourth place in the 2002 AAA Championships. Took a few minutes from her role of one of the Track Judges to win the 3,000 metres.

European Champion Sue Yeomans, had three attempts at a new record of 2.81 in the Pole Vault, but was unlucky.

INTER AREA

MEN: 1 SCVAC 410; 2 MMAC 406.5; 3 WMAA 324; 4 EVAC 295; 5 NVAC 270; 6 VAC 162; 7 VAA-NE 155.5; 8 SVHC 109; 9 SWVAC 106; 10 NIMAA 15;

WOMEN: 1 MMAC 315; 2 EVAC 304; 3 SCVAC 282; 4 WMAA 243; 5 NVAC 212; 6 VAC 95; 7 VAA-NE 62; 8 SVHC 25; 9 SWVAC 15;

COMBINED: 1 MMAC 721.5; 2 SCVAC 692; 3 EVAC 599; 4 WMAA 567; 5 NVAC 482; 6 VAC 257; 7 VAA-NE 217.5; 8 SVHC 134; 9 SWVAC 121; 10 NIMAA 15;

M35:

100: 1 B Ward (NV) 11.5; 2 M White (MM) 11.7; 3 I Qasi (SW) 11.8; **200:** 1 J Tipper (MM) 23.0; 2 Qasi 24.2; 3 P Benedickter (EV) 24.5; **400:** 1 Ward 50.7; 2 R Rubenis (MM) 51.7; 3 Benedickter 54.1; **800:** 1 R Andrew (MM) 2:00.4; 2 Ward 2:00.5; 3 S Price (WM) 2:12.0; **1500:** 1 A Haines 4:16.0; 2 P Clamp (MM) 4:19.7; 3 M Tuff (EV) 4:29.7; **3000:** 1 G Lee (MM) 8:49.6; 2 I Johnston (SC) 9:15.4; 3 S McGrory (NIM) 9:27.2; **110H:** 1 P Davey (SC) 16.3; 2 A Young (MM) 17.0; 3 D Wilkinson (EV) 18.5;

2000W: 1 M Williams (MM) 9:10.4; 2 A Dunlop (SVH) 11:20.7; 3 G McDonald (SC) 11:44.7; **Medley:** 1 Midland Masters 3:49.4; 2 Welsh Masters 4:01.0; 3 Eastern Vets 4:04.4; **HJ:** 1 A England (NV) 1.78; 2 A Young (MM) 1.78; 3 Davey 1.70; **PV:** 1 G Showell (MM) 3.70; 2 S Eastwood (EV) 3.60; 3 J Andrews (SC) 3.50; **LJ:** 1 A Thomas (WM) 6.47; 2 N Lincoln (SC) 6.08; 3 D Davenport (MM) 6.06; **TJ:** 1 Davenport 12.70; 2 Lincoln 11.99; 3 England 11.53; **SP:** 1 M Wiseman (SC) 15.46; 2 S Achurch (EV) 12.47; 3 A Turner (WM) 12.37; **DT:** 1 Wiseman 52.06; 2 Turner 36.74; 3 Achurch 36.37; **JT:** 1 T Ratcliffe (SC) 52.84; 2 Achurch 50.27; 3 J Wilkinson (MM) 50.16;

M50:

100: 1 S Peters (NV) 12.0; 2 J Browne (VAC) 12.5; 3 C Bartley (MM) 12.6; **200:** 1 Peters 23.7; 2 T James (EV) 25.1; 3 A Duncan (SC) 25.2; **400:** 1 J Batista NV55.1; 2 I Licietis (EV) 56.0; **800:** 1 D Wilcock (SC) 2:14.8; 2 Licietis 2:17.0; 3 Dunlop 2:17.2; **1500:** 1 M Eustace (MM) 2:26.8; 2 J McMahon (EV) 4:28.0; 3 Wilcock 4:42.3; **3000:** 1 Weatherill (MM) 9:26.3; 2 J McMahon (EV) 9:29.4; 3 S Howells (WM) 10:22.3; **100H:** 1 James 15.5; 2 P Edwards (MM) 15.6; 3 D Talbot (SC) 19.8; **2000W:** 1 N Silvester (SC) 9:25.4; 2 E Horwill (MM) 13:58.9; 3 H Brown (WM) 14:00. ; **Medley:** 1 Eastern 4:17.3; 2 Northern 4:21.0; 3 Midland 4:21.4; **HJ:** 1 T Endrody (SC) 1.65; 2 H Bartl (SVH) 1.45; 3 S Close (NE) 1.35; **PV:** 1 J Bradley (MM) 2.80; 2 A Leiper (SC) 2.60; 3 James 2.50; **LJ:** 1 T Wade (SC) 5.32; 2 Batista 5.31; 3 M Lapka (SW) 5.17; **TJ:** 1 A Earle (MM) 9.83; 2 Wade 10.87; 3 Lapka 10.55; **SP:** 1 Leiper 13.12; 2 K Murch (MM) 10.60; 3 G Packman (EV) 10.26; **HT:** 1 M Roberts (MM) 48.39; 2 Leiper 37.54; 3 I Cooley (NV) 32.13; **JT:** 1 Murch 56.17 (**BRITISH RECORD**); 2 S Langdon (SC) 47.49; 3 I Stephenson (EV) 38.18;

M60:

100: 1 C Gunn (EV) 13.5; 2 G Kitchener (SC) 13.6; 3 B Williamson WM 13.6; **200:** 1 Kitchener 27.3; 2 D Wardle (VAC) 27.6; 3 L Oldfield (MM) 27.7; **400:** 1 Oldfield 61.0; 2 Wardle 61.3; 3 T Wells (EV) 61.6; **800:** 1 I Snow (SW) 2:27.6; 2 B Hendrie (MM) 2:35.1; 3 M Dixon (SC) 2:36.1; **1500:** 1 Snow 4:57.6; 2 J Denyer (SC) 5:23.4; 3 M Davies (WM) 5:25.7; **3000:** 1 S Johnston (WM) 10:53.7; 2 Snow 11:19.5; 3 G Orme (MM) 11:28.1; **2000W:** 1 P Boszko (MM) 10:34.0; 2 P Hannell (VAC) 11:12.8; 3 K Bobbett (WM) 11:30.8; **Medley:** 1 Midlands 4:46.8; 2 Wales 4:50.0; 3 Southern 4:54.4; **PV:** 1 D Cowley (MM) 2.40; 2 M Dixon (SC) 2.30; 3 B Harlick (VAC) 2.00; **LJ:** 1 M Clerihew (SVH) 4.64; 2 Cowley 4.49; 3 Williamson 4.30; **SP:** 1 A Richards (SC) 11.97; 2 W Renshaw (NV) 10.08; 3 P Bramford (EV) 10.06; **DT:** 1 Richards 42.23; 2 Renshaw 40.19; 3 Bramford 37.67;

M70:

100: 1 D Butler NE 14.5; 2 A Mellett (MM) 15.1; 3 T Bowman (NV) 15.2; **400:** 1 Butler 69.4; 2 L Tew (WM) 73.5; 3 Bowman 75.7; **800:** 1 B Swindells (NV) 2:47.3; 2 Tew 2:54.2; **3000:** 1 F Gibbs (NV) 11:48.6; 2 E Hughes (WM) 13:24.3; 3 R Checkley (NE) 14:30.0; **Medley:** 1 Wales 5:47.7; 2 Southern 6:13.7; **HJ:** 1 Butler & A Crocker (MM) 1.30; 3 R Bruck (SC) 1.25; **LJ:** 1 Crocker 4.14; 2 Bruck 3.79; 3 T Pugh (WM) 3.46; **SP:** 1 I Miller (EV) 11.32; 2 C Brand (SC) 10.32; 3 M Jones (MM) 10.11;

W35:

100: 1 K Reynolds (SC) 13.1; 2 L Byfield-Moore (WM) 13.1; 3 V Williams (MM) 13.2; **200:** 1 Byfield-Moore 28.1; 2 A Sampson (EV) 29.3; 3 J Thomas (MM) 29.3; **400:** 1 F Palmer (MM) 61.7; 2 A Wale (WM) 61.9; 3 A Switchen (EV) 63.0; **800:** 1 J Winfield (EV) 2:26.1; 2 J Phillips (WM) 2:33.5; 3 L Willis (MM) 2:39.3; **1500:** 1 Sue Samme (NV) 5:10.7; 2 M Houghton (MM) 5:15.3; 3 M Zubizarreta (WM) 5:24.1; **3000:** 1 J Pidgeon (MM) 10:55.4; 2 S Haikala (WM) 11:23.3; 3 Winfield 12:05.9; **80H:** Reynolds 12.1; 2 W Laing (NV) 13.0; 3 Wale 13.1; **2000W:** 1 H Middleton (EV) 11:04.5; 2 F Meldrum (MM) 14:57.9; **Medley:** 1 WMAA 4:33.2; 2 EVAC 4:36.7; 3 MMAC 4:40.0; **HJ:** 1 Laing 1.50; 2 I Barauskiene (SC) 1.45; 3 R Janson (WM) 1.45; **PV:** 1 Reynolds 1.80; 2 G Clarke (EV) 1.40; **LJ:** 1 Barauskiene (SC) 4.93; 2 Jansen 4.69; 3 L Oliver (MM) 4.39; **TJ:** 1 Barauskiene 10.60; 2 Oliver 9.34; 3 Laing 9.23; **SP:** 1 E Beales (EV) 10.69; 2 S Lawrence (SC) 10.12; 3 Laing 9.40; **DT:** 1 Beales 42.31; 2 Lawrence 32.25; 3 J Cooper (MM) 31.55; **JT:** 1 J Davis (WM) 29.77; 2 Lawrence 28.29; 3 Laing 28.27;

W50:

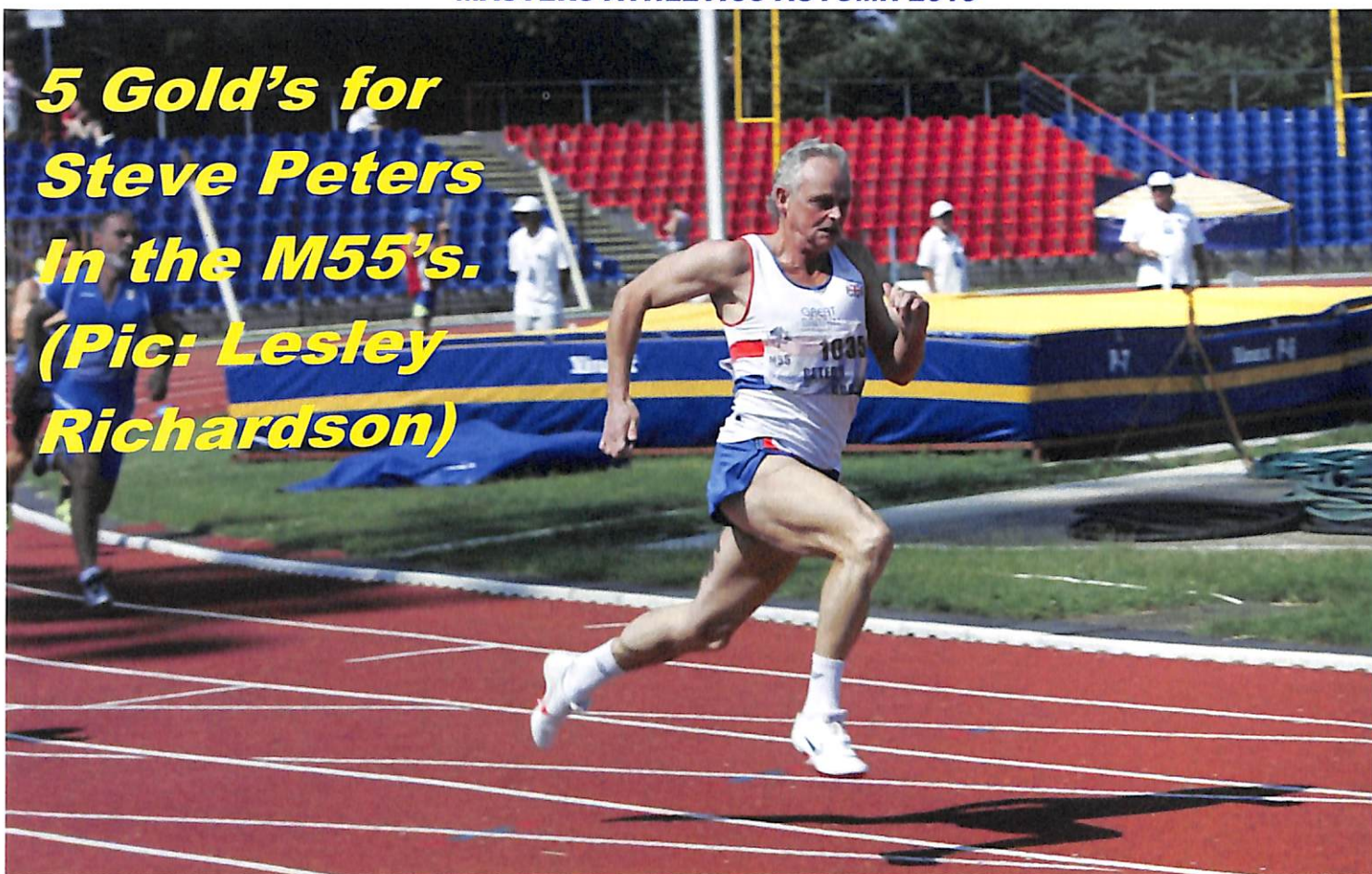
100: 1 J Trimble (VAC) 14.4; 2 A Kelly (NE) 14.7; 3 P Gerner (MM) 15.0; **200:** 1 J Horder (MM) 28.5; 2 Trimble 30.2; 3 Kelly 30.3; **400:** 1 L Talbert (SC) 67.2; 2 J Lazenby (EV) 70.5; 3 A Garnier (VAC) 71.9; **800:** 1 Lazenby 2:40.5; 2 J Saunders-Mullins (SC) 2:42.8; 3 K Brooks (MM) 2:46.7; **1500:** 1 Brooks 5:25.8; 2 S Arden (EV) 3 M Lorraine (NE) 5:40.8; **3000:** 1 Lazenby 11:32.3; 2 Garnier 11:46.2; 3 Lorraine 12:24.0; **2000W:** 1 A Wheeler (MM) 10:47.7; 2 C Duhig (EV) 12:31.8; 3 G Williams (WM) 14:23.8; **Medley:** 1 MMAC 5:01.4; 2 SCVAC 5:06.2; 3 VAC 5:22.6;

HJ: 1 S Frisby (MM) 1.35; 2 H Barker 1.35; 3 S Yeomans (SC) 1.20; **PV:** 1 Yeomans 2.70; 2 J Ibbitson (NV) 2.60; **LJ:** 1 Yeomans 4.02; 2 I Hemming (NV) 3.93; 3 E Restorick (MM) 3.79; **TJ:** 1 Yeomans 8.45; 2 Hemming 7.98; 3 Restorick 7.29; **SP:** 1 V Thompson (SC) 10.43; 2 Barker 10.13; 3 D Murch (MM) 9.72; **DT:** 1 S Quinn (EV) 30.85; 2 Ibbitson 27.77; 3 Thompson 23.65; **HT:** 1 Ibbitson 37.40; 2 Quinn 34.33; 3 W Dunsford (SC) 33.85;

W60:

100: 1 B Fee (VAC) 15.3; 2 E McMahon (SC) 15.7; 3 S Line (MM) 15.8; **400:** 1 Fee 73.4; 2 N Hichmough (MM) 73.9; 3 D Fraser (EV) 88.8; **800:** 1 Hichmough 2:46.2; 2 P Gallagher (WM) 2:49.6; 3 L Lyness (NV) 2:55.2; **3000:** 1 A Copson (MM) 11:49.2; 2 Lyness 11:56.6; 3 A James 13:53.2; **Medley:** 1 MMAC 5:32.6; 2 EVAC 7:8.1; **HJ:** 1 McMahon 1.23; 2 R Chirimes (MM) 1.11; 3 Fraser 0.99; **LJ:** 1 S Hines (MM) 3.41; 2 P Oakes (SC) 2.84; 3 I Hornsey (EV) 2.60; **SP:** 1 Chirimes 9.07; 2 L Sissons (SC) 8.97; 3 A Bramford (EV) 6.55; **JT:** 1 Sissons 26.00; 2 H Cole (WM) 13.63; 3 Bramford 11.56;

**5 Gold's for
Steve Peters
In the M55's.
(Pic: Lesley
Richardson)**



**17th European Veterans Track & Field
Championships, 16-24 July 2010,
Nyiregyhaza, Hungary**

Words: Bridget Cushen

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

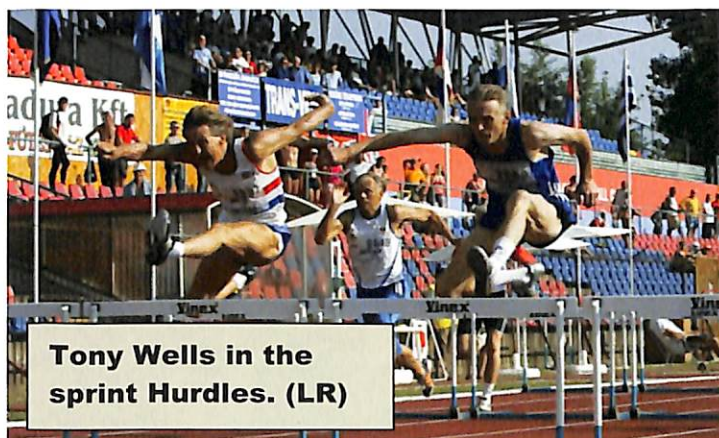
World Records for Irie Hill and the W55 4 x 400 quartet!

Travelling across the Hungarian Plains to this former garrison town in 31° heat / 90° humidity, the 274-strong British team and their supporters were pre-warned as to the likely weather conditions they might have to endure during their competition. Athletes billeted in surrounding hotels had mixed fortunes, but the majority of competitors stayed in the College's halls of residence where some rooms had air conditioning but those allocated otherwise well equipped and spacious rooms without this spent many a sleepless night under a cold shower as daytime temperatures reached a consistent 34-37°. The large communal breakfast room reflected a kaleidoscopic and mixtilineal of Europe as in quintessentially Masters' athletics, old acquaintances were fondly renewed and performances discussed over breakfast as hoards of friendly volunteers re-filled cereal bowls, bread baskets, coffee pots etc. Across the road a large exhibition tent housed the information packs, stands with brochures for future championships, souvenirs etc and beyond that was the main newly resurfaced 8-lane track with excellent facilities. The second stadium was only a short bus ride away; the road walks were held around a pleasant square in town and the marathon on a 7km traffic free course. Entries fell well short of the expected 5000 athletes due no doubt to the current economic situation throughout Europe, 41 countries were present but their teams were smaller – only 23



**Another World Pole Vault
record for Irie Hill**

from Greece, 47 from Portugal - totalling just over 3000 competitors entering a total 6539 events. There were plenty of volunteers officiating but their judging, particularly in the field events, was questionable. What happened in the women's 5/10,000m races was inexcusable as despite the use of chips some competitors had to run an extra lap or were stopped short and subsequently disqualified. W45 Tracey Gibson, W50 Janice Moorkite, Fionnuala McCourt and Ruth McGill were all detrimentally affected.



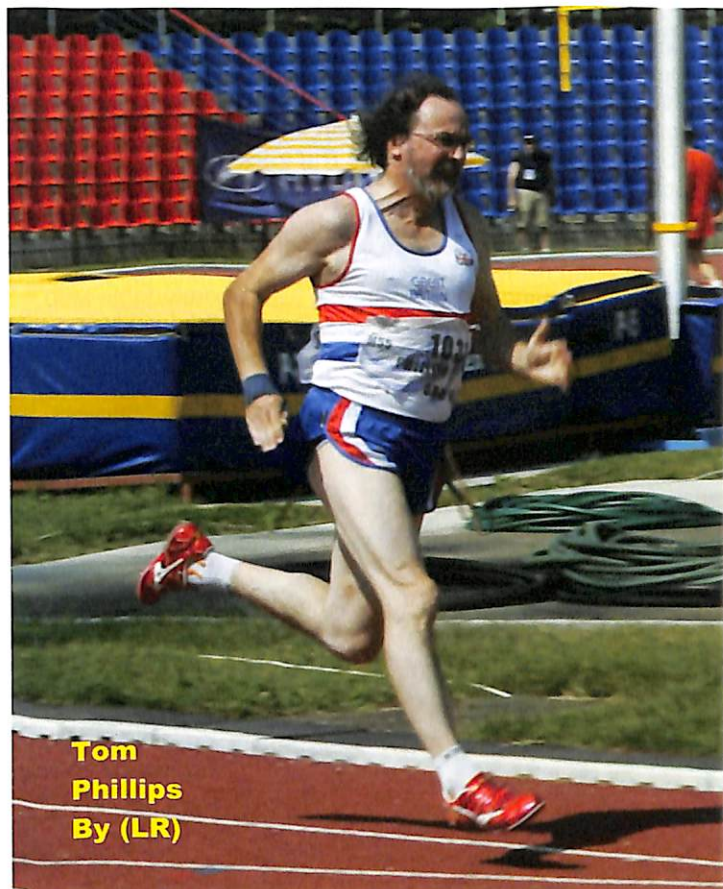
Tony Wells in the sprint Hurdles. (LR)

Whilst we applaud the European Veterans A.A for new initiatives, some of them backfired here. Their proposal last year to try to drop the Heptathlon / Decathlon was openly challenged by the multi-eventers in Lahti, but their introduction of some pre-veteran (30-34) events did go ahead. E.V.A.A's introduction of medal standards caused the most derision. They may look easily achievable on paper but factor in 37° heat plus unbearable humidity and races scheduled for a late morning or early evening start it was little wonder some athletes felt aggrieved. Times in all distance races were slower; most of the 29 entrants in the M60-64 age category recorded their slowest ever 10,000m, run in the midday sun, the M70-74 competing at 20.00, needed to duck under 60 minutes to meet the standard. Is it fair on Organisers or sponsors to see a super fit 90 year old refused a medal simply because they should have been 100th of a second faster? EVAA defends the need for medal standards by showing a video of some older athletes competing in the hurdles or steeplechase who clearly had no technical coaching and only entered in the hope of picking up an easy medal.

E.V.A.A held a seminar for Safety Judges last year. Here they were standing menacingly trackside, yellow / red cards in hand ready to warn or DQ any runner who appeared to be struggling. We accept that Meeting Directors have safety responsibilities, but older experienced athletes generally know when they have had enough and will drop out. Indeed several of them did just that when they found they could not cope with the humidity. After paying their way to get to these Championships some athletes were determined to finish and a few physical altercations ensued. W70 Cecilia Morrison was badly impeded in her race as a male Safety Judge physically removed a female competitor from the track.

Delegates to the next E.V.A.A General Assembly will have to ensure that medal standards never reappear at these Championships and that there is equality for the older age groups teams. Team medals in the 20k road walk for instance, were awarded up to M65+ only, yet Germany, Latvia, Italy, Russia and ourselves could have easily assembled teams from the 37 walkers who entered in the Over Seventies age categories.

Despite the humidity and intermittent heavy thunder storms a remarkable 20 World, 34 European, 103 Championship age group records were set during the ten days of competition.



Tom Phillips By (LR)

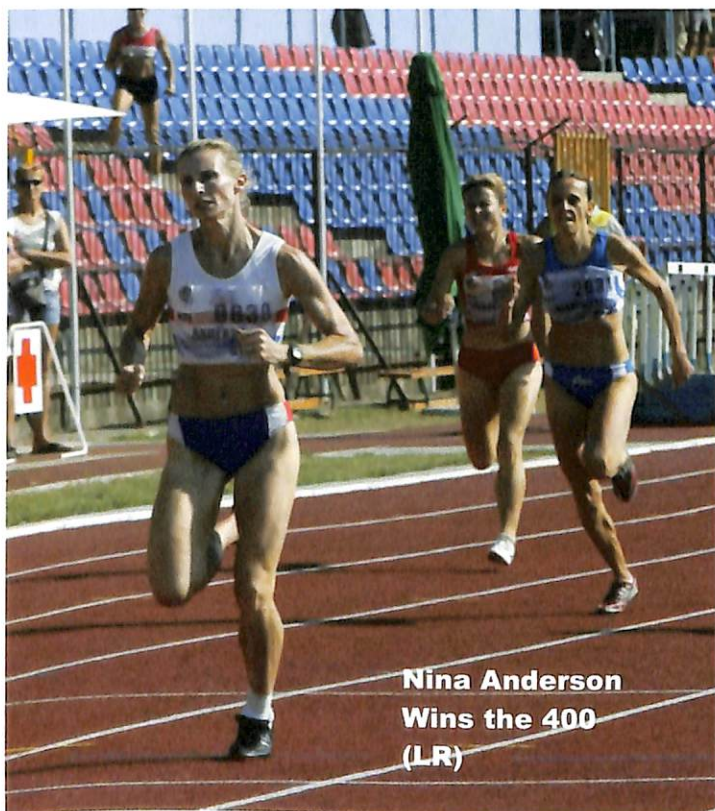
The competition schedule and performances of many of our members over the 10-day Championships in such humidity should drive some Senior international athletes to shame – Virginia Mitchell won her W45 400 Hurdles in a straight final going on to win her heats and finals in both the 400m and 800m from quality international fields. Ditto Stephen Peters in the 100/200/400 heats, semis and final sprints and both relays. Glen Riddington, Jeff Battista, Dunwell, Powell, Scott, Logan, Jonathan Tilt, Tunstall; brilliant M60 hurdler Tony Wells and the defending European champions Jane Horder and Caroline Powell were out on the track practically every competitive day. Little wonder therefore that even the most ardent critic will begrudgingly admit that we are, and have been for some time, the most successful section of British athletics. At the conclusion of yet another European Championship only Germany was ahead of us.



Jane Horder leads in the hurdles (LR)

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The Hept / Decathlon, a Pentathlon for the Over 70's and all the 10kms were held on the first two days, 15/16th July, when the humidity was most intense. At last the Heptathlon was allocated the main stadium alongside the M35-50 Decathlon. Troy Kennedy had a clear 5sec win in his M35 decathlon 1500m, placing him 5th overall and a terrific finish to the M40 1500m saw H-M Bruder of Germany (4.49.45) just hold off Sarmiento, Spain (4.49.61). With 146 entries, plus 58 in the Heptathlon and 36 in the Pentathlon, these three events were well organised and ran smoothly. The track walks on Day 2 attracted a good entry. It was encouraging to see 10 in the M35 age group, 30 in the M60 and 19 W60. 5 men and one woman were DQ'd; all in the older age categories. Arthur Thomson easily retained his M70 track title and the 20k road walk by a whopping four minutes, Ian Richards was a comfortable M60 winner in the 5000m track walk and a class M35 field was headed home by Antonio Porras of Spain in 21.09.63 and the road walk in 1.33.51sec. Our Assistant Team Manager Eric Horwill also managed to walk himself on to the podium.

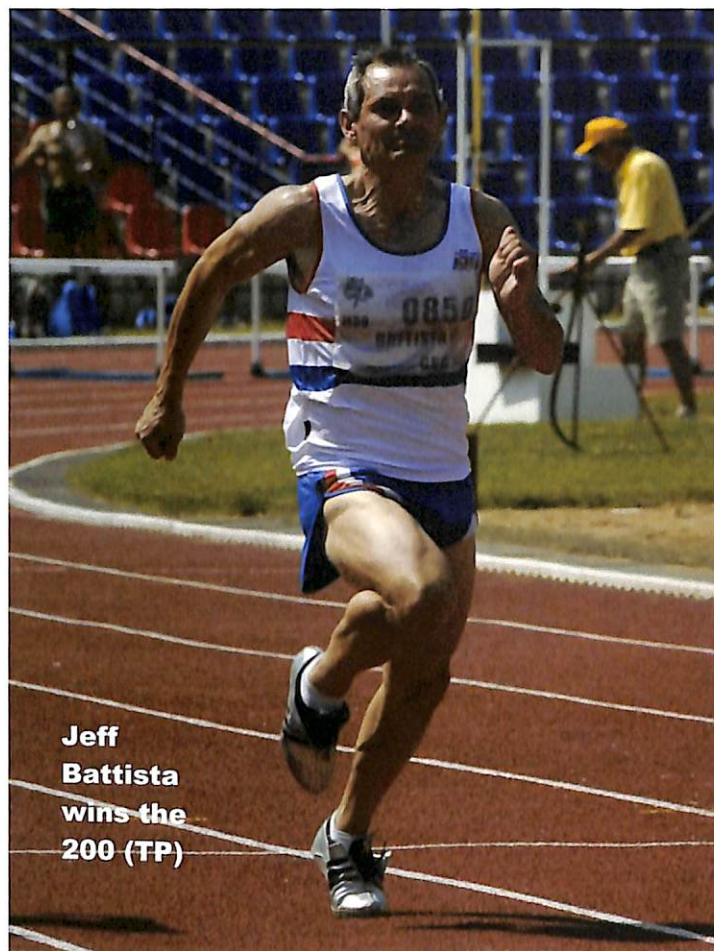


**Nina Anderson
Wins the 400
(LR)**

Weather conditions changed rapidly during the 10-day competition. On Day 4 a heavy thunderstorm and three hours of torrential rain saw cars submerged wheel deep in water. Jumps and throws had to be postponed. The first road walk in the town centre started at 07.30 and only just escaped but the rest had to be postponed until late evening after the fire brigade had pumped the water away. On the evening of Day 8 an exciting M40 pole vault competition was marred, firstly by high winds that unstayed the bar and then a looming thunderstorm affected visibility as flashes of lightning lit up the stadium. M45 Mark Johnson was fortunate that his event had just finished at 17.15 by which time the Yorkshire man had the gold medal in his pocket after his 4.40m clearance in an excellent series. World M55 record holder, Wolfgang Ritte, Germany, drew a crowd of followers in for his 09.00 start. He soared over the 4.30m bar for another major title. The women's championship was poorly supported with only 25 entries overall. Held in the second stadium with the M70-plus (17 entries), it was as graceful, competitive and exciting as ever. Natasha Brunning took the W35 title. Irie Hill re-wrote the record books again breaking her own British, European and World records with a

fantastic new W40 3.85m clearance, confidently coming in at 3.20m and narrowly missed at 4.00m. Hardy perennial Carla Forcellini of Italy also set a new World W50 3.30m mark. Brigitte Van De Kamp of Holland also cleared this height but with more failures. Sue Yeomans took the W55 European title.

The sprinters found the new surface in the main stadium to be very spongy, one describing it as like running in mud and overall times were slow. With up to four heats, (5 in the



**Jeff
Battista
wins the
200 (TP)**

200/400m), semis and finals in age groups up to 50-plus and top quality fields, little wonder those who had done the 100/200 double felt "absolutely knackered" after the relays. Sprinters who also entered the 400m or hurdles and relays would have had to run eleven quality races in ten days. As you will see from the results fully covered in the Results pages here, there were outstanding British victories and all our sprinters are to be congratulated. One absolutely surprised and delighted competitor was Moira West from Hampshire who only recently took up sprinting. In her first ever international championships having turned 60 in April, she clocked her fastest ever time in the 200m for a bronze medal, placed 4th in both the 100/400m and got a silver in both relays. Commiseration to our Photographer Tom Phillips who was shut out of the final and the relays yet again in that most competitive British sprint age group, the M55. With John Browne, Wally Franklyn, Viv Oliver, Chris Padmore, Stephen Peters et al all getting through, the final was a British dominance – perhaps Tom should take a banana skin with him next time! Herbert Kreiner of Austria won the M50 100m hurdles in 14.25sec on his 55th birthday; your age on the first day of competition determines your age category. It will of course be recognised as a new M55 World record.

The 800m heats and finals had their fair share of pile-ups. Adrian Haines being one of the fallers when challenging for a

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medal 200m out in the M40 group. The women's 1500m and M35-45 age categories were straight finals but heats were necessary in the M50-plus. Safety Judges were again very proactive during the steeplechase races.

Out on the field Steve Linsell cleared 1.84m to win the M45 high jump on count back in an entertaining competition from Pistono of Italy who had two earlier failures. Equally as compelling was the dual in the W40 won by the Russian Semashko from Katalin Deak, Hungary, both clearing 1.64m. Rex Cameron won the M45 age category triple jump in Ljubljana; here he just missed the M50 European crown by 0.01cm to the Austrian, Georg Werthner. John Nicholls'



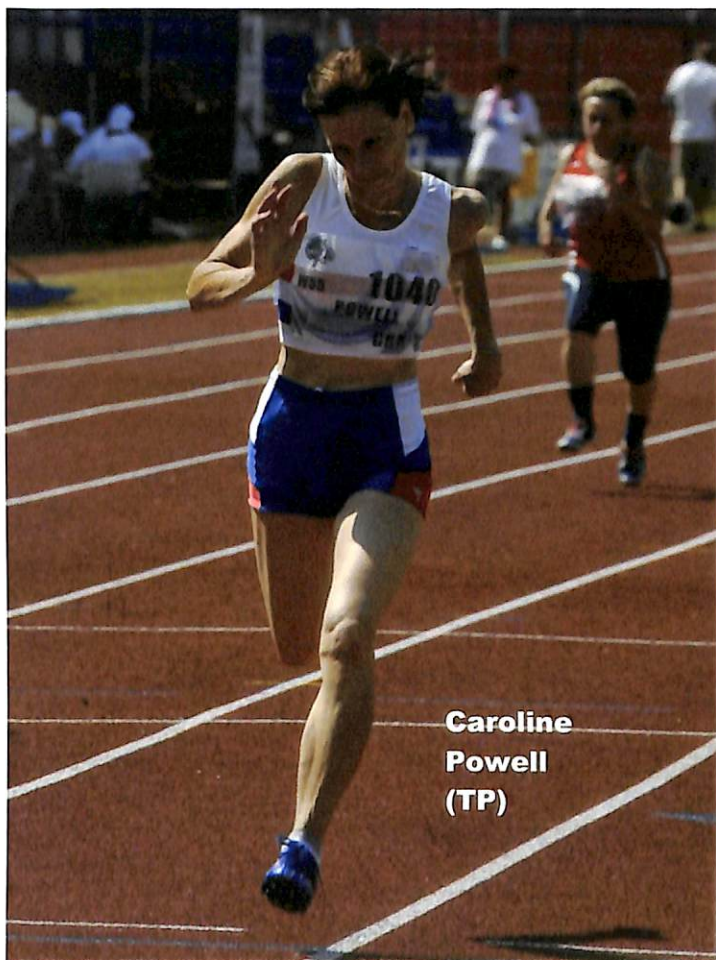
**Darren
Scott
(LR)**

15.35m effort won him the Shot title in the 14-strong M40 field. Rosemary Chrimes' W70 World discus record fell to the Russian ex-triple Olympian, evergreen Tamara Danilova who reached out to 33.55m and how nice to see M70 Bill Gentleman back in the competition ring again after major heart surgery, taking home a handful of medals.

Assistant Team Manager Archie Jenkins reported all back home safely.

The sprint relays reflected the low overall entry with some countries struggling to get an age group quartet together in the older age categories. Team Manager, Maurice Doogan, spent some time firstly rounding up available sprinters and then assembling teams, the resulting medal haul was considerable. Joan Trimble, Joan Howe, Joylyn Saunders-Mullins and Caroline Powell wrote themselves into the history books with a new World W55 4 x 400m record in 4.10.80sec erasing the 4.45.41sec record, also by the British quartet Yvonne Priestman, Nancy Hitchmough, Viv Bonner and Caroline Marler that had stood since Poznan in 2006. Caroline Powell now has a stake in the W50 World 4 x 100m and 4 x 400m records set in Lahti last year although she was 55 at the time.

Overall, members will reflect on an enjoyable Championship despite the conditions and the judging. You might like to pencil in the European Indoor in Gent next March, the road running



**Caroline
Powell
(TP)**

Safety Judges were out on the Marathon course on the final day. Run over an out-and-back 7km coned off mainly flat road in fortunately cooler but still humid conditions under an overcast sky. There was a cut off limit of six hours. In the circumstances this was reasonable as marshals cannot be expected to stay out for longer, but again too many runners were DQ'd and many dropped out. Won in 2.41.44sec by 39 year old Italian Mario Prandi from Georg Ruess, Austria (2.42.54), and winner of the previous two European titles. Christopher Flavell, (7th M40), led the British home. Alan Roberts was our lone M45 entry. Walter Hill 5th M55, David Beattie 5th M60 and Alan Appleby 7th M60 only just missed out on a team medal. Finishers also included M55 Robert Wilson 12th, Maurice Hemingway 16th and John Taylor 8th in the M70 race. The first four in the M50, (won by the Belgian vanHaecke in 2.48.19) were all inside the 3-hour mark. Having completed their track and road walks, Fiona Bishop and Maureen Noel tackled the 26-miles where Maureen got 3rd in the W45 race and with W50 Heather Stuart their cumulative time won them the W45 team gold, a fantastic team performance. At the end of a long day,

and walking Championships in the Moselle district of France in May and the World Masters Athletics Track & Field Championships in Sacramento next July. All are open to any person aged 35 years and over.

Championship records were set by the following BMAF athletes:

W40 Irie Hill, Pole Vault, 3.85m Championships, British, European and World age group record.

W55 Caroline Powell, aged 56, 400m 62.56sec

W55 4 x 400m 4.28.74sec (Joan Trimble, Joan Howe, Joylyn Saunders-Mullins, Caroline Powell) Championships, British, European and World age group record.

W60 Nancy Hitchmough 800m 2.37.42sec also a British record
W70 Cecilia Morrison, 1500m 6.11.05sec and 5000m 23.25.71sec

M35 Joe Lloyd, aged 37, 400mH (0.914+m), 54.51sec

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M35 4 x 400m 3.22.89sec (Bernard Ward, Andrew Moraghan, Jim Tripper, Richard Scott)
M40 Darren Scott 100m (wind +0.3), 10.81sec
M40 Stephen Whyte, Throw Pentathlon 4509pts.
(Hammer/Shot (7.26kg) 56.27m/13.89m, Discus (2kg) 44.61m, Javelin (800g) 45.46m, Weight (15.88kg) 17.09m
M40 4 x 100m relay 42.99sec (Ian Allen, Darren Scott, Will Macgee, Marc Dunwell)
M55 4 x 100m relay 47.49sec (Walwyn Franklyn, John Browne, Stephen Peters, Viv Oliver)

100:

M35 (0.8): 1 BONELLO Mario MLT 11.08; 2 HERRERA Carlos Francisc ESP 11.33; 3 ROTZLER Matthias GER 11.34; 4 BRAITHWAITE Leon GBR 11.35; **M40 (2.2):** 1 SCOTT Darren GBR & NORTH IRELAND 10.81; (10.85/0.3sf) 2 DUNWELL Mark GBR 10.96; 3 CHIAPPERRINI Paolo 1969 M40 ITA 11.24; 4 MACGEE Will GBR 11.30; 8 DORSET Scott GBR 11.79 (11.74sf); (QR): MORGAN Derek GBR 11.74; HENSEY Gerard IRL 11.79; LAUDER Nick GBR 12.84; **M45 (0.7):** 1 POWELL Dalton GBR 11.44; 2 LOGAN Pat GBR 11.57; 3 BARALLE Jean Luc FRA 11.73; 5 REDDINGTON Glen GBR 12.09; 6 BROWN Donald GBR DNF (11.95sf); (QR): 5 KILLILEA Tony GBR 13.17; GRAY Marcel GBR 13.24; DOUGLAS HOME Sholto GBR 13.59; MAY Michael GBR 14.04; **M50 (0.5):** 1 BODNAR Gabor HUN 11.81; 2 BATTISTA Jeffrey GBR 11.91; 3 ZORN DR. Gerhard GER 11.94; **M55 (0.2):** 1 PETERS Steve GBR 11.67; 2 OLIVER Viv GBR 12.19; 3 BROWNE John GBR 12.27; 5 FRANKLYN Walwyn GBR 12.52; 6 PADMORE Chris GBR DNS (12.90ht); (QR): LAPKA Mario GBR 13.12; PHILLIPS Tom GBR 13.13; **M60 (1.0)** 1 VYBOSTOK Vladimir SVK 12.47; 2 HOHL Franz AUT 12.90; 3 HECKNER Winfried GER 12.91; 8 WELLS Tony GBR 13.38; (QR): WILLIAMSON Brian GBR GREAT 13.67; **M65 (0.2):** 1 MANNINEN Jorma FIN 12.98; 2 MEYER-HARTMANN Norbert GER 13.16; 3 FRÜHAUF Hans-jürgen GER 13.17; 4 BISSETT Terry GBR 13.27; 7 SUTTON Glyn GBR 14.10 (13.34ht); 8 NOVELL Victor GBR 14.22 (13.79ht); (QR): FORBES Patrick IRL 13.78; ISETTS Charles GBR 14.46; MADIGAN Trevor GBR 14.78; **M70 (0.0):** 1 MÜLLER Guido GER 13.49; 2 MIKKOLA Aimo FIN 13.64; 3 MOCKA Eugene FRA 14.22; (QR): BOWMAN Tony GBR 14.74; **M75 (-0.8):** 1 SCHRADER Horst GER 14.17; 2 NEUMANN Karl-heinz GER 14.49; 3 MELLETT Alan GBR 14.92; 6 EVANS John GBR 16.39; (QR): FEAST Geoffrey GBR 18.00; **M80 (2.1):** 1 VALIMAKI Terho FIN 14.94; 2 REUTER Wolfgang GER 15.42; 3 EBERLE Hans GER 16.22; **M85 (1.0):** 1 HERBST Gerhard GER 18.14; 2 ALBRECHT Horst GER 18.46; 3 FORONI Eddo ITA 19.01; **M90 (1.0):** 1 SANSONETTI Ugo ITA 18.18; 2 PAUWELS Emiel BEL 26.02; **W35 (1.1):** 1 PAUNICA Emilia ESP 12.40; 2 GOTTVALDOVA Stepanka CZE 12.56; 3 MARTIN Heike GER 12.62; **W40 (0.8):** 1 CARRE Maryvonne FRA 12.42; 2 JÖRG Heike GER 12.47; 3 JEPSEN Mette Brynjolf DEN 12.74; 8 MADIGAN Kathleen GBR 13.41 (13.25ht); (QR): PALMER Fiona GBR 13.73; BARBER Penelope GBR 14.53; RICHARDSON Lesley GBR 16.59; **W45 (1.3):** 1 LAPIERRE Violette FRA 12.52; 2 GRISSMER Angelika GER 13.19; 3 VOUGNER Dominique FRA 13.22; **W50 (0.6):** 1 ALEXIS Nicole FRA 12.96; 2 MCCLELLAND Averil GBR 13.33; 3 JACOBS Tilly NED 13.81; 6 BEADNALL Angela GBR 14.92 (14.86ht); **W55 (0.9):** 1 FUHRMANN Dagmar GER 13.95; 2 POWELL Caroline GBR 14.04; 3 TRIMBLE Joan GBR 14.21; 5 SAUNDERS MULLINS Joylyn GBR 14.28 (14.10ht); (QR): NELSON Anne GBR 15.54; **W60 (-0.5):** 1 GOESSLING Sigrid GER 14.90; 2 REISMANN Gertrude GER 15.07; 3 ZÖRNER Petra GER 15.37; 4 WEST Moira GBR 15.43; **W65 (-1.0):** 1 VENN Hannelore GER 16.48; 2 CECOTTI Pasqualina ITA 16.58; 3 WLADIKI Jacqueline AUT 16.71; **W70 (0.3):** 1 SAUER Erika GER 16.94; 2 FRASER Dorothy GBR 17.31; 3 LOKI Tamasne HUN 18.81; **W75 (-0.4):** 1 MAZZENGA Emma ITA 17.48; 2 NYLAND Ase NOR 17.84; 3 FRANKKE Ingeborg GER 18.18; **W80 (1.6):** 1 REINBERGA Austra LAT 19.58; 2 HAPP Christa GER 20.60; 3 SOPANEN Senni FIN 28.19;

200:

M35: 1 GULINO Alessandro ITA 22.37; 2 BENATTI Andrea ITA 22.48; 3 HERRERA Carlos Francisc ESP 22.63; 4 TIPPER Jim GBR 22.74; **M40 (-1.2):** 1 SCOTT Darren GBR 21.64 (BRITISH RECORD); 2 DUNWELL Mark GBR 22.33; 3 SCARPONI Massimiliano ITA 22.55; 5 MACGEE Will GBR 3.01(22.96ht); (QR): HENSEY Gerard IRL 24.47; OSUNSANI Michael GBR 25.31; GOLDING Leeroy GBR 25.41; LAUDER Nick GBR 25.86; CROFT Lance GBR 25.90; **M45 (1.3):** 1 POWELL Dalton GBR 23.32; 2 LOGAN Pat GBR 23.91; 3 BIANCHI Fausto ITA 24.02; 6 VASSILIOU Michael GBR 24.45 (24.28ht); (QR): LEWIS Bob GBR 25.27; HUNTER Ronnie GBR 25.61; GRAY Marcel GBR 25.69; PALMER Keith GBR 25.76; LOWIS John GBR 26.44; MAY Michael GBR 28.64; **M50 (0.3):** 1 BATTISTA Jeffrey GBR 23.84; 2 FURIA Domenico ITA 23.86; 3 ZORN DR. Gerhard GER 24.22; 8 BENTHAM Kermitt GBR 31.38 (24.65ht); (QR): JAMES Tennyson GBR 24.87; CAMERON Rez GBR 25.92; EDWARDS Paul GBR 26.28; MATTHEWS Brian GBR 26.50; HARRISON Alan GBR 26.73; PENGELLY Clive GBR 27.57; **M55 (0.0):** 1 PETERS Steve GBR 23.72; 2 OLIVER Viv GBR 25.09; 3 BROWNE John GBR 25.13; 5 FRANKLYN Walwyn GBR 25.39; 7 BROADHURST Ian GBR 25.82; (QR): PHILLIPS Tom GBR 26.02; **M60 (-0.4):** 1 FELICETTI Vincenzo ITA 25.68; 2 HOHL Franz AUT 25.99; 3 VYBOSTOK Vladimir SVK 26.29; (QR): KITCHENER Geoffrey GBR 28.38; WILLIAMSON Brian GBR 28.40; HENDRIE Bruce GBR 28.75; **M65 (-0.4):** 1 FRÜHAUF Hans-jürgen GER 26.63; 2 POTAPOV Nikolay RUS 26.91; 3 BISSETT Terry GBR 27.01; 4 SUTTON Glyn GBR 27.16; 7 FORBES Patrick IRL 28.44; (QR): FORBES Patrick IRL 28.44; ISETTS Charles GBR 30.19; MADIGAN Trevor GBR 30.67; **M70 (-1.2):** 1 MÜLLER Guido GER 27.72; 2 MIKKOLA Aimo FIN 28.13; 3 HALLIA Sakari FIN 29.39; 6 BOWMAN Tony GBR 30.76; 7 WILSON John GBR 32.44; **M75 (0.4):** 1 SCHRADER Horst GER 28.47; 2 NEUMANN Karl-heinz GER 30.14; 3 MELLETT Alan GBR 30.53; 7 EVANS John GBR 34.65; 8 FEAST Geoffrey GBR 35.98; **M80 (0.5):** 1 VALIMAKI Terho FIN 31.73; 2 REUTER Wolfgang GER 33.62; 3 MÜLLER Herbert E. GER 35.87; **M85 (1.4):** 1 HERBST Gerhard GER 40.84; 2 BUCHWALD Herbert GER 43.54; 3 TOMASEK Frantisek CZE 43.82; **M90 (1.0):** 1 SANSONETTI Ugo ITA 40.69; 2 PAUWELS Emiel BEL 52.04; **W35 (-0.4):** 1 PAUNICA Emilia ESP 26.33; 2 MARTIN Heike GER 26.53; 3 GOTTVALDOVA Stepanka CZE 26.57; **W40 (2.2):** 1 ICARRE Maryvonne FRA 25.20; 2 JÖRG Heike GER 25.39; 3 WIEDERKEHR Claudia SUI 25.61; 7 MADIGAN Kathleen GBR 27.57 (27.97); (QR): WAKEFIELD Michele GBR 29.36; **W45 (-0.2):** 1 LAPIERRE Violette FRA 25.99; 2 GRISSMER Angelika GER 27.00; 3 ZONGO Joelle FRA 27.29; 8 TIMMIS Denise GBR 30.40 (30.22 ht); **W50 (-0.8):** 1 ALEXIS Nicole FRA 26.74; 2 MCCLELLAND Averil GBR 27.36; 3 DUNN Wendy GBR 28.09; 7 BEADNALL Angela GBR 30.32 (30.28ht); (QR): MAGILL Ruth GBR DNS; **W55 (-0.9):** 1 POWELL Caroline GBR 28.59 (28.46 ht); 2 FUHRMANN Dagmar GER 28.61; 3 SAUNDERS MULLINS Joylyn GBR 29.16; 4 TRIMBLE Joan GBR 29.82; (QR): NELSON Anne GBR 33.07; ARGENT Fiona GBR 34.32; **W60 (-0.7):** 1 KRUIJER FLORIS Afra NED 31.45; 2 LITTENHEIM UllaSWE 31.50; 3 WEST Moira GBR 31.89; **W65 (-2.1):** 1 SOEDERBERG Marianne DEN 33.99; 2 CECOTTI Pasqualina ITA 34.57; 3 VENN Hannelore GER 34.78; **W70 (0.0):** 1 SAUER Erika GER 35.38; 2 FRASER Dorothy GBR 35.60; 3 VITOLA Leontine LAT 35.83; **W75 (0.6):** 1 MAZZENGA Emma ITA 36.65; 2 KUTMAN Maret EST 44.56; 3 NYLAND Ase NOR 49.59; **W80 (0.6):** REINBERGA LAT 44.27;

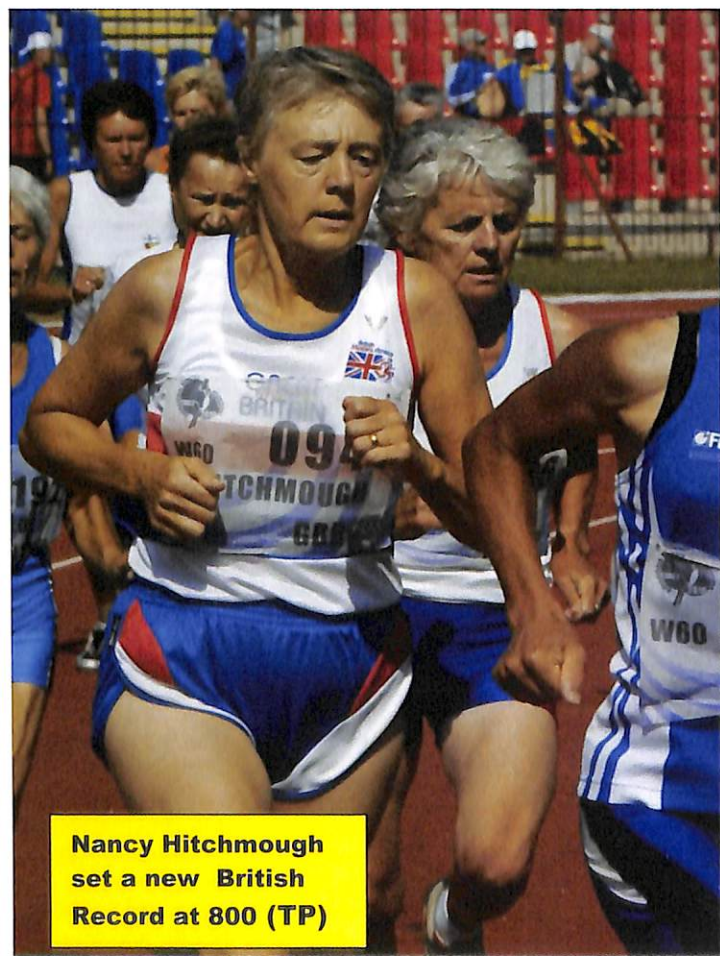
400:

M35: 1 JOERGENSEN Brian O DEN 49.93; 2 GULINO Alessandro ITA 50.03; 3 WARD Bernard GBR 50.20; 4 SCOTT Richard GBR 51.30; **M40:** 1 SCARPONI Massimiliano ITA 50.23; 2 BARCELLA Edgardo ITA 50.75; 3 LACHMANN Bernd GER 51.23; 7 GARDINER Michael GBR 52.85; (QR): GOLDING Leeroy GBR 56.08; CROFT Lance GBR 56.68;

M45: 1 SARACENI Enrico Giorgio ITA 52.41; 2 VASSILIOU Michael GBR 53.31; 3 DEPPE Gert GER 53.59; 5 GREW Robert GBR 53.99; (QR): NOEL Tony GBR 55.45; WATSON Derek GBR 55.48; LEWIS Bob GBR 56.68; LOWIS John GBR 57.53; KILLILEA Tony GBR 57.72; PALMER Keith GBR 58.42; GRAY Marcel GBR 1:02.28; May Michael GBR 1:07.82; **M50:** 1 BENTHAM Kermitt GBR 53.37; 2 BATTISTA Jeffrey GBR 53.61; 3 ELEFTHERIADIS Vladimiro GRE 53.72; 6 JAMES Tennyson GBR 56.10; (QR): MATTHEWS Brian GBR 58.33; HARRISON Alan GBR DNF; **M55:** 1 PETERS Steve GBR 54.85; 2 KREEMKE Wolfgang GER 57.27; 3 BROADHURST Ian GBR 57.27; 5 FRANKLYN Walwyn GBR 57.85; **M60:** 1 FELICETTI Vincenzo ITA 57.47; 2 FREI Rudolf ITA 57.86; 3 BIAUMET Andre BEL 59.50; HAYWARD David GBR DNS (1:02.03ht); (QR): KITCHENER Geoffrey GBR 1:02.52; HENDRIE Bruce GBR 1:04.73; WILLIAMSON Brian GBR 1:09.09; MADDEN Paul GBR DNS; **M65:** 1 FRÜHAUF Hans-jürgen GER 59.86; 2 BISSETT Terry GBR 1:02.00; 3 MEYER-HARTMANN Norbert GER 1:03.82; (QR): BUSH Frederick GBR 1:23.05; **M70:** 1 MÜLLER Guido GER 1:01.00; 2 WENDT Axel GER 1:06.81; 3 JAKOB Karl GER 1:07.63; 7 WILSON John GBR 1:11.43 (1:10.89ht); 8 BOWMAN Tony GBR DNF (1:15.22 ht); (QR): KIMBER Arthur GBR 1:18.24; **M75:** 1 MATTSOON Unto FIN 1:16.99; 2 MÜLLER Herbert E. GER 1:21.71; 3 REUTER Wolfgang GER 1:24.19; (QR): SEYMOUR John GBR 1:17.31; **M85:** 1 HERBST Gerhard GER 1:44.31; 2 BUCHWALD Herbert GER 1:53.23; 3 GOMES Adriano POR 3:07.20; **M90:** 1 SANSONETTI Ugo ITA 1:46.75; 2 PAUWELS Emiel BEL 2:03.35; **W35:** 1 ANDERSON Nina GBR 56.57; 2 BAGGIOLINI Emanuela TA 57.87; 3 ROYO Ana ESP 57.89; 5 WALE Amanda GBR 1:01.06; **W40:** 1 WIEDERKEHR Claudia SUI 58.09; 2 SHELUDINA Elena RUS 59.19; 3 NOACK Simone GER 59.26; 5 PALMER Fiona GBR 1:01.99; (QR): WAKEFIELD Michele GBR 1:08.51; **W45:** 1 MITCHELL Virginia GBR 1:00.18; 2 KRONE Gölre SWE 1:01.70; 3 ZONGO Joelle FRA 1:02.45; **W50:** 1 UNDEHEIM Anny NOR 1:03.99; 2 HORDER Jane GBR 1:04.16; 3 OOST Sonja NED 1:04.94; 4 DUNN Wendy GBR 1:05.72; **W55:** 1 POWELL Caroline GBR 1:02.56; 2 SAUNDERS MULLINS Joylyn GBR 1:05.91; 3 WIZEN Lilly SWE 1:07.40; **W60:** 1 KRUIJER FLORIS Afra NED 1:09.74; 2 JENSEN Ingerlise Villum DEN 1:11.55; 3 LITTENHEIM Ulla SWE 1:12.46; 4 WEST Moira GBR 1:12.57; **W65:** 1 HAAKENSEN Oddbjørn NOR 1:13.56; 2 JONKERS Riet NED 1:14.64; 3 SOEDERBERG Marianne DEN 1:22.18; **W70:** 1 VITOLA Leontine LAT 1:20.39; 2 RITTER Lydia GER 1:21.56; 3 FRASER Dorothy GBR 1:28.17; **W75:** 1 MAZZENGA Emma ITA 1:25.72 (WORLD RECORD); 2 NYLAND Ase NOR 1:29.87; 3 LUZNİK Kazimira SLO 1:46.40;

800:

M35: 1 MILDE Nils GER 1:57.91; 2 MORAGHAN Andrew GBR 1:58.27; 3 FLOREZ Alex ESP 1:59.81; **M40:** 1 BALDOCK Steven GBR 2:00.63; 2 CEPEK Robert CZE 2:01.01; 3 ZEH Florian AUT 2:01.03; 11 HAINES Adrian GBR DNF (2:04.86); **M45:** 1 ANDREW Robert GBR



Nancy Hitchmough set a new British Record at 800 (TP)

2:00.56; 2 NEEFS Marc BEL 2:01.49; 3 ROMEO Giuseppe ITA 2:01.73; 7 ANDERSON Simon GBR 2:04.67; 11 WATSON Derek GBR 2:08.81 (2:06.29ht); (QR): BRYCE Alex GBR 2:07.37; **M50:** 1 NAVAS Antonio ESP 2:05.23; 2 FERRARI Luigi ITA 2:05.45; 3 OSKARSSON Hafsteinn ISL 2:05.80; 8 METCALF Jonathan GBR 2:09.17; 9 THOMSON John GBR 2:10.78 (QR); DANIEL Ray GBR 2:13.84; **M55:** 1 RENTSCH Walter GER 2:11.73; 2 VAN DER HOORN Martien NED 2:12.18; 3 KREEMKE Wolfgang GER 2:13.64; 11 PIDGEON Frederick GBR 2:24.41 (2:21.07ht); (QR)ILLON Kevin GBR 3:23.56; **M60:** 1 BIAUMET Andre BEL 2:18.68; 2 SCHRÖDEL Johann GER 2:19.00; 3 GEISER Konrad ITA 2:20.28; 4 DANIEL Kenneth GBR 2:22.22; 5 TIMMONS Patrick IRL 2:22.58; (QR): HENDRIE Bruce GBR 2:44.45; MINTING Robert GBR DNS; **M65:** 1 DIXON Michael GBR 2:30.39; 2 CANO Francisco ESP 2:31.13; 3 SCHULHAUSER Helmut GER 2:31.15; (QR): BUSH Frederick GBR 3:09.45; **M70:** 1 ESNAULT Jean Louis FRA 2:30.85; 2 TRUMPER Karl Walter GER 2:31.94; 3 WENDT Axel GER 2:35.18; 10 KIMBER Arthur GBR 3:04.20; **M75:** 1 KOCISZEWSKI Jan POL 2:50.51; 2 AHOKAS Pauli FIN 2:51.18; 3 LAURIDSEN Bent DEN 2:53.65; 8 SEYMOUR John GBR 3:20.39; SMITH Ron GBR DNS; **M80:** 1 MATTSOON Unto FIN 3:01.47 (EUROPEAN RECORD); 2 MÜLLER Herbert E. GER 3:20.61; 3 MAGARINI Alcide ITA 4:12.77; **M85:** 1 CANELO Jose POR 4:18.07; 2 BUCHWALD Herbert GER 4:31.99; 3 CORISH Nick IRL 4:38.89; **M90:** PAUWELS Emiel BEL 5:00.07; **W35:** 1 ANDERSON Nina GBR 2:12.40;

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2 GRUTTERS Ingrid NED 2:12.68; 3 ROYO Ana ESP 2:12.75; **W40:** 1 RUPPERT Tanja GER 2:18.86; 2 JIMENEZ Maria Dolores ESP 2:22.29; 3 OLIVEIRA Rosa POR 2:25.11; 5 WELLS Sarah GBR 2:28.69; 8 HOOTON Michelle GBR 2:33.40; **W45:** 1 MITCHELL Virginia GBR 2:18.54; 2 SCHIERJOTT Sylvia GER 2:20.38; 3 WIECIORKOWSKA Zofia POL 2:22.34; **PIDGEON Jane GBR DNS (2:35.58ht); W50:** 1 WAHLSTEDT Karin SWE 2:25.01; 2 KOOP Annette GER 2:25.88; 3 PAGNOTTA Anna ITA 2:31.61; **W55:** 1 ZENTNER Lidia GER 2:35.39; 2 HOWE Joan GBR 2:36.20; 3 WIZEN Lilly SWE 2:36.75; 7 HALSTEAD Mary GBR 2:52.53; 8 BARRUS Joyce GBR 2:57.31; 10 DARBY Anne GBR 3:05.67; **W60:** 1 HITCHMOUGH Agnes GBR 2:37.42 (**BRITISH RECORD**); 2 JENSEN Ingerlise Villum DEN 2:39.22; 3 Egger Waltraud ITA 2:39.58; 6 GALLAGHER Patricia GBR 2:51.11; **W65:** 1 HAAKENSVEEN Oddbjørn NOR 2:50.20; 2 JONKERS Riet NED 2:55.06; 3 OESTERLUND Rigmor DEN 3:02.35; **W70:** 1 RITTER Lydia GER 3:11.29; 2 GALIULLINA Rimma RUS 3:27.40; 3 OSBORNE Eva GBR 3:41.05; 4 STRACEY Betty GBR 3:43.15; **W75:** HODAPP Elfriede GER 3:17.45 (**WORLD RECORD**);

1500:

M35: 1 LORENZO Fernando ESP 4:00.96; 2 FLEMING Paul IRL 4:02.80; 3 MORAGHAN Andrew GBR 4:03.74; **M40:** 1 HEHN German GER 4:09.05; 2 ZEH Florian AUT 4:10.26; 3 HELLINX David BEL 4:11.43; 4 HAINES Adrian GBR 4:15.42; **M45:** 1 ANDREW Robert GBR 4:14.22; 2 ANDERSON Simon GBR 4:14.44; 3 SERAFIN Milan CZE 4:17.61; 6 BRYCE Alex GBR 4:24.95; 10 KILLILEA Tony GBR 4:45.26; **M50:** 1 NAVAS Antonio ESP 4:22.34; 2 BYELYN Olexandr UKR 4:24.45; 3 FERRARI Luigi ITA 4:26.01; 6 THOMSON John GBR 4:30.36; 9 METCALF Jonathan GBR 4:35.06; 13 DARBY David GBR 4:47.54; (QR): KEMP Steve GBR 5:28.70; BRADLEY Mikk GBR 5:29.01; **M55:** 1 KREEMKE Wolfgang GER 4:45.14; 2 RENTSCH Walter GER 4:45.66; 3 PUSHILIN Nikolay RUS 4:45.70; 11 SNOW Ian 5:00.37 (4:57.24ht); (QR): PROFFITT David GBR 5:38.20; **M60:** 1 FUKS Gregori ISR 4:52.29; 2 STOLWIJK Cees NED 4:54.28; 3 TIMMONS Patrick IRL 4:54.86; 5 DANIEL Kenneth GBR 4:59.35; MINTING Robert GBR DNF (5:06.33ht); (QR): DAVIDSON Alan GBR 5:54.11; **M65:** 1 DE LA CAMARA Emilio ESP 5:09.11; 2 CANO Francisco ESP 5:11.60; 3 JEMENSEK Silvester SLO 5:28.88; 4 HORTON John GBR 5:32.49; 16 BUSH Frederick GBR 4:48.92; **M70:** 1 ESNAULT Jean Louis FRA 5:15.22; 2 TRUMPER Karl Walter GER 5:17.06; 3 SAVENKOV Yury RUS 5:38.48; **M75:** 1 AHOKAS Pauli FIN 6:02.97; 2 LAURIDSEN Bent DEN 6:07.40; 3 KHRIPUNOV Vladimir RUS 6:19.11; 8 HOWARTH Derek GBR 7:58.15; SMITH Ron GBR DNF; **M80:** 1 MATTSOON Unto FIN 6:45.83; 2 MÜLLER Herbert E. GER 7:27.60; 3 CSAMANGO Ferenc HUN 7:53.62; 4 WALSHAM Arthur GBR 9:22.81; **M85:** 1 CANELO Jose POR 8:52.50; 2 BUCHWALD Herbert GER 9:00.87; 3 CORISH Nick IRL 9:03.06; **W35:** 1 TISELLI Paola ITA 4:56.84; 2 ROYO Ana ESP 4:57.40; 3 HAAVIKKO Hanna FIN 4:58.4; **W40:** 1 LOUBELE Nathalie BEL 4:32.91; 2 RUPPERT Tanja GER 4:46.32; 3 OLIVEIRA Rosa POR 4:51.14; WELLS Sarah GBR DNF; **W45:** 1 BERES Ileana ROU 5:02.79; 2 PARMANTIER Sylvie FRA 5:05.24; 3 STRAHINIC Jana SLO 5:09.94; 7 GIBSON Tracey GBR 5:42.26; **PIDGEON Jane GBR DNF; W50:** 1 KOOP Annette GER 5:02.35; 2 PICHLER Anita AUT 5:05.11; 3 WAHLSTEDT Karin SWE 5:06.75; 4 CLARKE Jane GBR 5:19.30; **W55:** 1 ZENTNER Lidia GER 5:20.82; 2 DUCKWORTH Gail GBR 5:22.97; 3 HOWE Joan GBR 5:23.97; 6 HALSTEAD Mary GBR 5:57.84; 9 BARRUS Joyce GBR 6:07.76; **W60:** 1 EGGER Waltraud ITA 5:33.80; 2 HITCHMOUGH Agnes GBR 5:34.88; 3 JENSEN Ingerlise Villum DEN 5:43.05; 4 GALLAGHER Patricia GBR 5:49.19; **W65:** 1 OESTERLUND Rigmor DEN 6:20.17; 2 SAGOR Helgi EST 6:24.96; 3 BAUER Leni GER 6:39.78; **W70:** 1 MORRISON Cecilia GBR 6:11.05; 2 1481 RITTER Lydia GER 6:28.67; 3 FLORES Joaquina POR 6:52.38; 5 STRACEY Betty GBR 7:27.42; **W75:** 1 HODAPP Elfriede GER 6:48.26; 2 LUZNICK Kazimira SLO 8:29.10; 3 RADU Lucia ROU 10:29.18;

5000:

M35: 1 MINNOCK Barry IRL 15:09.22; 2 FLEMING Paul IRL 15:16.83; 3 TE BOEKHORST Bernard NED 15:20.37; **M40:** 1 PERMINOV Sergey RUS 15:23.88; 2 KRAPIVIN Oleg RUS 15:47.39; 3 PALMER Colin GBR 15:54.79; **M45:** 1 FONTANEDA Francisco Jav ESP 15:25.01; 2 KADLOT Zoltan HUN 15:39.21; 3 ANDERSON Simon GBR 15:52.34; 7 ALSOP Roger GBR 16:35.59; 9 KILLILEA Tony GBR 17:30.04; 15 DOXEY Steven GBR 18:20.15; **M50:** 1 TIKHONOV Leonid RUS 16:31.09; 2 KIELCZEWSKI Grzegorz POL 16:35.69; 3 ARBUZOV Alexey RUS 16:35.89; 5 FOSTER Bill GBR 16:42.90; 7 DARBY David GBR 17:19.00; 20 BRADLEY Mikk GBR 20:00.48; 22 BANNER Rob GBR 20:11.21; 25 FITZMAURICE Edward GBR 22:17.55; **M55:** 1 VAN DER HOORN Martien NED 17:22.67; 2 KRIVONOSOV Alexey RUS 17:25.05; 3 ISAEV Leonid RUS 17:33.78; 14 SNOW Ian GBR 19:56.50; 18 JENKINS Archie GBR 20:36.47; 23 PROFFITT David GBR 22:24.68; **M60:** 1 FUKS Gregori ISR 18:04.56; 2 O SHEA Patrick IRL 18:12.33; 3 COMETTI Gianfranco ITA 18:17.46; 18 APPLEBY Alan GBR 20:56.69; 19 ROBSON Neil GBR 20:57.07; 24 RICH Alan GBR 21:43.73; 25 BRADSHAW Arnold GBR 22:07.18; 26 DAVIDSON Alan GBR 22:10.76; 28 HEYWOOD John GBR 23:17.63; **M65:** 1 DE LA CAMARA Emilio ESP 18:12.31; 2 MELYKUTI Arpad HUN 19:12.17; 3 LESSING Peter GER 19:32.47; 10 HORTON John GBR 20:55.09; 17 HOLIDAY Alan GBR 28:17.95; BLACK Kenneth GBR DNS; **M70:** 1 TRUMPER Karl Walter GER 19:27.93; 2 ESNAULT Jean Louis FRA 19:29.01; 3 PEREIRA PACHECO Bernard POR 20:43.70; 11 LEGGETT Ian John GBR 25:04.28; 12 GREEN Les GBR 33:17.27; **M75:** 1 LAURIDSEN Bent DEN 21:53.83; 2 KHRIPUNOV Vladimir RUS 22:41.69; 3 VICENTE Francisco POR 22:49.84; 9 HOWARTH Derek GBR 29:13.85; 10 TAYLOR John GBR 29:48.05; **M80:** 1 Müller Herbert E. GER 27:07.37; 2 WALSHAM Arthur GBR 34:35.79; 3 RADU Dumitru ROU 40:11.24; 4 FRANKLIN Ron GBR 40:49.95; **M85:** 1 CANELO Jose POR 31:26.93; 2 BUCHWALD Herbert GER 34:40.31; CORISH Nick IRL IRELAND DQ; **W35:** 1 SIEWERT Carmen GER 17:15.47; 2 HAAVIKKO Hanna FIN 18:35.85; 3 PALACIOS Mercedes ESP 18:48.00; **W40:** 1 LOUBELE Nathalie BEL 17:13.04; 2 GRAZIANI KOULOU Zohra FRA 17:24.97; 3 OLIVEIRA Rosa POR 17:40.98; 5 NEALON Nicki GBR 18:16.15; 10 HOOTON Michelle GBR 19:49.26; **W45:** 1 CASTRO Soledad ESP 18:19.28; 2 LUSE Inara LAT 18:34.86; 3 DUBOVYK Rima UKR 18:59.23; 5 HAWKINS Sharon GBR 19:18.82; 8 GIBSON Tracey GBR 21:32.40; 9 MARR Lynne GBR 23:24.12; **W50:** 1 CACHO Carmen ESP 18:09.09; 2 PICHLER Anita AUT 18:11.02; 3 OLENIEVA Lenina UKR 18:34.90; 7 HALL Lesley GBR 20:48.32; 15 MOORKITE Janice GBR 25:46.96; MCCOURT Fionnuala GBR DNF; MAGILL Ruth GBR DNF; **W55:** 1 BRANNEY Sandra GBR 19:55.63; 2 DUCKWORTH Gail GBR 20:04.62; 3 ZUZARREGUI Macu ESP 21:26.85; 5 MACKIN Mary GBR 22:44.94; 6 DARBY Anne GBR 23:21.00; **W60:** 1 EGGER Waltraud ITA 20:14.89; 2 LAHDENPERA Tuula FIN 21:54.00; 3 MAKAROVA Olga RUS 21:54.16; 10 MC NELIS Evelyn IRL 24:32.19; **W65:** 1 OESTERLUND Rigmor DEN 23:24.48; 2 BAUER Leni GER 23:45.07; 3 RICH Pauline GBR 24:04.40; **W70:** 1 MORRISON Cecilia GBR 23:25.71; 2 FLORES Joaquina POR 23:42.27; 3 TUROSZ Zofia POL 25:57.55; 4 WOODLOCK Ann IRL 26:28.30; 5 STRACEY Betty GBR 27:42.08; **W75:** 1 HODAPP Elfriede GER 25:28.59; 2 LUZNICK Kazimira SLO 33:07.76

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M35: 1 SAGI Jozsef HUN 32:21.27; 2 FRIEDRICH Uwe GER 32:29.58; 3 TE BOEKHORST Bernard NED 32:36.26; **M40:** 1 PERMINOV Sergey RUS 32:26.98; 2 KRAPIVIN Oleg RUS 34:11.12; 3 DI PRAMO Alessandro ITA 34:17.00; **M45:** 1 FONTANEDA Francisco Jav - ESP - 32:40.79; 2 DOLSVAG Helge - NOR 33:20.03; 3 ALSOP Roger GBR 35:09.70; 5 RASHID Sammy GBR 36:31.52; **M50:** 1 KIELCZEWSKI Grzegorz POL 34:55.24; 2 MANZANARES Jesus ESP 35:17.29; 3 TIKHONOV Leonid RUS 35:19.02; **M55:** 1 KRIVONOSOV Alexey RUS 37:16.84; 2 SYVERSEN Lystein NOR 37:18.25; 3 ISAEV Leonid RUS 37:33.33; 17 JENKINS Archie GBR 45:15.87; **M60:** 1 FUKS Gregori ISR 37:36.88; 2 AHRENS Wolfgang GER 38:14.08; 3 O SHEA Patrick IRL 38:36.12; 5 HAMILTON Peter GBR 42:22.69; 6 RENNIE Andrew GBR 43:07.22; 10 APPLEBY Alan GBR 44:02.59; 15 RICH Alan GBR 47:51.39; 16 BRADSHAW Arnold GBR 48:23.86; 17 DAVIDSON Alan GBR 51:21.39; **M65:** 1 DE LA CAMARA Emilio ESP 40:08.81; 2 LESSING Peter GER 40:57.90; 3 BASISTA Vincent SVK 41:06.80; 5 BRACKSTONE Tony GBR 42:13.53; **M70:** 1 SANDKULLA Henry FIN 43:46.20;

2 PEREIRA PACHECO Bernard POR 44:19.72; 3 ALIEV Tarverdi RUS 45:40.53; 12 GREEN Les GBR 1:11:50.26; **M75:** 1 LAURIDSEN Bent DEN 46:27.96; 2 VETSCH Christian SUI 47:15.64; 3 KHRIPUNOV Vladimir RUS 47:45.73; 6 HOWARTH Derek GBR 1:00:22.22; 7 ROBINSON Peter GBR 1:21:53.33; **M80:** 1 SCHWAB Otto GER 1:00:29.30; 2 MÜLLER Herbert E. GER 1:01:23.81; 4 WALSHAM Arthur GBR 1:17:45.53; **M85:** CANELO Jose POR 1:09:13.02; **W35:** 1 SIEWERT Carmen GER 37:11.34; 2 MEYER Bianca GER 38:20.96; 3 SUKHANOVA Aida RUS 43:34.65; **W40:** 1 NEALON Nicki GBR 37:36.16; 2 OLIVEIRA Rosa POR 37:50.83; 3 PETROVA Oksana UKR 38:54.01; 4 BRISTOW Arlene GBR 39:20.37; **W45:** 1 CASTRO Soledad ESP 39:01.26; 2 LUSE Inara LAT 40:14.14; 3 HAWKINS Sharon GBR 40:52.56; 6 MARR Lynne GBR 50:20.82; **W50:** 1 CACHO Carmen ESP 40:21.38; 2 OLENIEVA Lenina UKR 40:27.92 3 HALL Lesley GBR 41:54.09; **W55:** 1 FISCHER Anne 42:10.24; 2 ZUZARREGUI Macu ESP 49:37.36; **W60:** KNAPEN Marianne NED 47:19.00; **W65:** 1 BAUER Leni GER 51:06.00; 2 RICH Pauline GBR 53:21.07; 3 KESSNER Adelheid GER 1:05:00.99; **W70:** 1 FLORES Joaquina POR 51:51.26; 2 TUROSZ Zofia POL 55:18.01;

3000SC:

M35: 1 VERCELLI Stefano ITA 9:46.50; 2 ILISZ Pal HUN 9:51.80; 3 MATISONS Aigars LAT 9:56.30; 7 CONNELL David GBR 10:45.50; **M40:** 1 SANCHEZ Jaime ESP 9:42.00; 2 PALMER Colin GBR 9:48.30; 3 MORGAN Lee Andy GBR 10:02.50; 4 NORRIS Stephen GBR 10:16.20; **M45:** 1 PELLETIER Gilles FRA 9:53.80; 2 RODRIGUES Antonio POR 10:12.60; 3 KILLILEA Tony GBR 11:00.70; **M50:** 1 LANCUCKI Stanislaw POL 11:02.60; 2 HERNANDEZ Tomas ESP 11:33.90; 3 ZSIGMOND Andras ROU 11:36.90; **M55:** 1 VAN DER HOORN Martien NED 11:07.60; 2 BRANDENBURG Jozef POL 11:19.40; 3 YILDIZ Durali TUR 11:29.30; 9 SNOW Ian GBR 13:08.60;

2000SC:

M60: 1 MC EVILLY Martin IRL 7:26.53; 2 SELBERG Lars Eric SWE 7:35.90; 3 SKOTIN Leonid RUS 7:37.07; **M65:** 1 DE LA CAMARA Emilio ESP 7:39.05; 2 BIANCHI Giorgio ITA 8:08.46; 3 DIXON Michael GBR 8:25.96; 4 BONASS Pat IRL 9:00.20; **M70:** 1 WALTER Albert GER 8:48.50; 2 SAVENKOV Yury RUS 8:48.63; 3 SACHKOV Vladimir RUS 9:06.59; **M75:** 1 VICENTE Francisco POR 9:48.85; 2 IONITA Corneliu ROU 15:04.81; STEVANOVIC Vlada SRB DQ; **W35:** 1 RIBEIRO Vanda POR 7:30.90; 2 DOUBKOVA Katerina CZE 7:39.32; 3 MARTINEZ Angela ESP 7:43.63; **W40:** 1 JIMENEZ Maria Dolores ESP 7:24.51; 2 WEISS Annette GER 7:42.62; 3 RAGNETTI sca ITA 8:05.56; 5 FINEGAN Geraldine IRL 8:47.82; **W45:** 1 PIDGEON Jane GBR 7:41.37; 2 WIECIORKOWSKA Zofia POL 7:57.89; 3 HORANYI Susza HUN 11:10.72; **W50:** 1 LEONARD Julie SWE 8:24.38; 2 HENN Elisabeth GER 8:45.89; 3 SCHLACHTER Roswita GER 9:06.34; **W55:** 1 PACRITA Marcela ROU 8:49.81; 2 REIJONEN Eliisa FIN 9:09.63; 3 DARBY Anne GBR 9:31.39; **W60:** CUPALOVA Eva CZE 11:35.94; **W65:** ROCNAKOVA Miloslava CZE 10:51.37;

110H

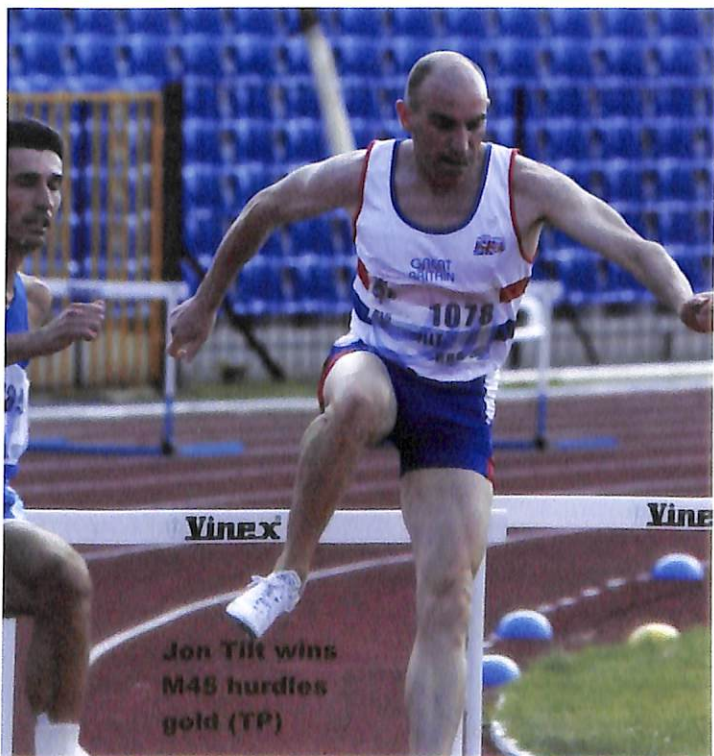
M35 (0.0): 1 MALKIEWICZ Krzysztof POL 15.33; 2 SCOTT Richard GBR 15.51; 3 MAIER DR. Björn GER 16.14; **M40 (0.6):** 1 DOBRYDNEV Volodymyr UKR 15.93; 2 BRUDER Hans-martin GER 16.25; 3 ALLEN Ian GBR 16.35; **M45 (-0.4):** 1 GARRIGUES Marin FRA 15.03 (**EUROPEAN RECORD**); 2 SPIEGEL Horst GER 16.25; 3 BECKERS Serge BEL 16.27; 4 REDDINGTON Glen GBR 16.38;

100H:

M50 (-0.4): 1 KREINER Herbert AUT 14.25; 2 JAMES Tennyson M50 GBR 14.61; 3 DRABEN Helmut NED 14.95; 4 MAYOR John GBR 15.17; (QR): EDWARDS Paul GBR 16.17; PENGELLY Clive GBR 17.34; **M55 (0.0):** 1 RITTE Wolfgang GER 15.55; 2 LORENZ Sylwester POL 16.52; 3 NIKULA Jouko FIN 16.89; **M60 (0.0):** 1 DAVYDOV Valery RUS 15.44; 2 WELLS Tony GBR 15.49 (**BRITISH RECORD**); 3 PUTKINEN Seppo FIN 16.21; **M65 (0.4):** 1 FERGUSON Barry GBR 16.09; 2 BELIANSKY Milan SVK 16.98; 3 OBACK Björn SWE 20.06; **W35 (-0.5):** 1 SOULABAIL Carine FRA 15.75; 2 SESSA Carla ITA

80H:

M70 (-1.0): 1 MÜLLER Guido GER 13.95; 2 HONKANEN Kalevi FIN 14.62; 3 MONG Torbjørn NOR 15.05; **M75 (0.0):** 1 KANDEYDI Dr Hikmet TUR 16.88; 2 VEHKJARVI Pauli FIN 17.23; 3 IONITA Corneliu ROU 19.90; **M80 (-2.7):** 1 PRZYBOROWSKI Jerzy POL 19.21; 2 STOPPEL Albert AUT 19.66; 3 PIERUCCI Silvano ITA 20.29; **M85 (-3.2):** 1 MONZINI Siegfried GER 21.69; 2 ALBRECHT Horst GER 27.00; 3 REIDINGER Walter AUT DNF; **W40 (-0.4):** 1 DEAK DR Katalin HUN 12.00; 2 TUDOR Daniela ROU 12.34; 3 WIEDERKEHR Claudia SUI 12.47; 8 FINEGAN Geraldine IRL IRELAND 13.06; **W45 (0.0):** 1 SCHULZ Romana GER 12.81; 2 WALTER Antje GER 13.17; 3 JOHNSON Charmaine GBR 13.55; **W50 (0.4):** 1 HORDER Jane GBR 13.10; 2 BöSE Sigrid GER 13.31; 3 FORCELLINI Carla ITA 13.55; 4 BARKER Hazel GBR 13.56; **W55 (-0.7):** 1 SANGUOS Maria ESP 13.83; 2 FRIEDRICH Christina GER 14.86; 3 VANHORENBEECK Hildegard BEL 15.16; **W60 (-0.6):** 1 FAIL Jean GBR 14.39 (**BRITISH RECORD**); 2 KOKKONEN Terhi FIN 14.99; 3 KRAEHE Waltraud GER 15.19; **W65 (-0.6):** 1 MAIER Marianne AUT 14.77; 2 WLADIKJA Jacqueline AUT 18.70; 3 NILSSON Kerstin SWE 19.52; **W70 (-0.1):** SAUER Erika GER 18.83;



MASTERS ATHLETICS AUTUMN 2010

400H:

M35: 1 LLOYD Joe GBR 54.51; 2 SCOTT Richard GBR 55.52; 3 HOEDL Norbert AUT 56.42; 4 DODS Darren GBR 59.19; **M40:** 1 SCHULZE Andreas GER 56.05; 2 RAMIREZ Donato ESP 58.42; 3 BENEDICKTER Peter GBR 58.95; **M45:** 1 TILT Jonathan GBR 57.12; 2 TUNSTALL Neil GBR 57.31; 3 PERONI Frederic ITA 1:00.18; **M50:** 1 BECA Antonio POR 1:01.64; 2 SOBA Albert SLO 1:02.48; 3 SANCHEZ Angel ESP 1:02.54; **M55:** 1 BROADHURST Ian GBR 1:05.31; 2 RAPACCIANI Claudio 1:06.61; 3 NIKOLIC Predrag SLO 1:07.98; **W35:** 1 BAGGIOLINI Emanuela ITA 1:02.74; 2 SOULABAIL Carine FRA 1:03.64; 3 WILM Eva GER 1:09.04; **W40:** 1 KREEN Katrin FIN 1:06.05; 2 FERRARINI Barbara ITA 1:06.40; 3 AMIGONI Cristina ITA 1:06.75; 4 FINEGAN Geraldine IRL 1:07.72; **W45:** 1 MITCHELL Virginia GBR 1:06.82; 2 HACHOTTE Dolores FRA 1:09.96; 3 JOHNSON Oriana GBR 1:16.88;

300H

M60: 1 DAVYDOV Valery RUS 45.33; 2 PUTKINEN Seppo FIN 46.20; 3 MONTARULI Antonio ITA 46.66; 4 WELLS Tony GBR 46.69; (QR): KITCHENER Geoffrey GBR 49.40; WEBB Andrew GBR 51.16; **M65:** 1 FRÜHAUF Hans-jürgen GER 47.23; 2 KOSTRO Włodzimierz POL 48.72; 3 FERGUSON Barry GBR 52.27; **M70:** 1 MÜLLER Guido GER 46.57; 2 JAKOB Karl M70 GER 53.25; 3 SOLVBERG Kjartan NOR 55.61; **M75:** 1 SCHRADER Horst GER 53.67 (EUROPEAN RECORD); 2 VEHKJARVI Pauli FIN 57.88; 3 CORNELIS Francois BEL 59.47; **W50:** 1 HORDER Jane GBR 48.03; 2 UNDHEIM Anny NOR 49.66; 3 BASEDA Wiebke GER 52.76; **W55:** 1 FRIEDRICH Christina GER 55.49; 2 PACRITA Marcela ROU 56.16; 3 PATER Jocelyne BEL 57.90; **W60:** 1 KOKKONEN Terhi FIN 55.93; 2 KRAEHE Waltraud GER 57.24; **W65:** 1 HAAKENSVEEN Oddbjorg NOR 55.30 (WORLD RECORD); 2 JONKERS Riet NED 1:00.58; 3 RUUSKANEN Sirkkälisa FIN 1:05.05;

200H:

M80: 1 PRZYBOROWSKI Jerzy POL 42.61 (WORLD RECORD); 2 STOPPEL Albert AUT 45.42; 3 BYGGMASTAR Kurt FIN 47.68; **W70:** 1 SAUER Erika GER 39.72 (WORLD RECORD); 2 SCHADEN Renate AUT 43.00; **W75:** KAAS Leili EST 45.47 (WORLD RECORD);

HJ:

M35: 1 ARDUINI sco ITA 2.02; 2 TONELLO Luca ITA 1.90; 3 CIPA Dirk GER 1.85; **M40:** 1 LASMANIS Ugis LATVIA 1.86; 2 JAKUTIS Romualdas LTU 1.80; 3 ZAPALA Alois CZE 1.80; 5 YOUNG Adam GBR 1.75; 10 ALLEN Ian GBR 1.70; **M45:** 1 LINSEAL Steven GBR 1.84; 2 PISTONO Alessandro ITA 1.84; 3 MCGRATH Michael SWE 1.75; **M50:** 1 MANFREDINI Emanuel ITA 1.80; 2 URDAEV Alexey RUS 1.77; 3 CHEBAKOV Ruslan RUS 1.74; **M55:** 1 FEDORKO Oleg UKR 1.76; 2 LORENC Jaroslav CZE 1.70; 3 KÖHL M55 GER 1.70; **M60:** 1 PREZELJ Dusan SLO 1.65; 2 NIEDER Hans-theo GER 1.62; 3 SARA Istvan HUN 1.59; **M65:** 1 ABRAMOV Alexander RUS 1.55; 2 VYKYDAL Frantisek CZE 1.45; 3 JAGERS Cornelis NED 1.45; TARKKIO Veikko FIN & BORANGA Lamberto ITA 1.40; 13 MADIGAN Trevor GBR 1.30; **M70:** 1 FERNANDEZ Daniel ESP 1.46; 2 MANKOVSKIS Janis LAT 1.41; 3 MOLJK Valentin SLO 1.35; **M75:** 1 ANDERSEN Henry DEN 1.34; 2 KANDEYDI Dr Hikmet TUR 1.28; 3 NAUGHTON Pat IRL 1.15; **M80:** 1 NEVRUP Nils Bertil SWE 1.25; 2 STOPPEL Albert AUT 1.12; 3 PRZYBOROWSKI Jerzy POL 1.12; **M85:** 1 WINDOLF Gerhard GER 1.10; 2 MONZIEN Siegfried GER 1.04; 3 REIDINGER Walter AUT 1.01; **M90:** 1 LANGER Klaus GER 0.98; 2 PAUWELS Emiel BEL 0.98; **W35:** 1 PETERSONE Laila LAT 1.63; 2 PALACIOS Marta ESP & VADASZ Kitty HUN 1.55; **W40:** 1 SEMASHKO Elena RUS 1.64; 2 DEAK DR Katalin HUN 1.64; 3 NACK Lolita FRA 1.55; **W45:** 1 BISKUP Marianna POL 1.51; 2 POTTIEZ Andrea GER 1.51; 3 SNIOKIENE Virginija LTU 1.48; **W50:** 1 BöSE Sigrid GER 1.40; 2 BASEDA Wiebke GER 1.40; 3 BORGWARDT Carola GER 1.40; 4 BARKER Hazel GBR 1.35; **W55:** 1 PREZELJ Stanka SLO 1.30; 2 MATUSOVA Anna SVK 1.30; 3 CASANOVAS Lluïsa ESP 1.25; **W60:** 1 REINBOUD Weia NED 1.42 (EUROPEAN RECORD); 2 ZORZI Ingeborg ITA 1.25; 3 REISMANN Gertrude GER 1.22; 6 OAKES Patricia GBR 1.10; **W65:** 1 SPRINGMANN Erika GER 1.26; 2 MAIER Marianne AUT 1.23; 3 NIX Diethild GER 1.17; **W70:** 1 LEOPOLD Elisabeth GER 0.98; 2 SCHMIDT Brigitte GER 0.95; **W75:** 1 KAAS Leili EST 1.07; 2 JUNGE Ingrid GER 1.04; **W80:** 1 HAPP Christa GER 1.06 (WORLD RECORD); 2 PEDERSEN Rosa DEN 0.95; 3 SOPANEN Senni FIN 0.86;

PV:

M35: 1 BARTL Radek CZE 4.30; 2 KRŠKA Peter SVK 4.10; 3 FIEDLER Pavel CZE 4.00; **M40:** 1 JULIS Petr CZE 4.10; 2 KYNDBOEL Morten DEN 4.10; 3 ANDREINI Fulvio ITA 4.00; **M45:** 1 JOHNSON Mark GBR 4.40; 2 SPONY Marc FRA 4.30; 3 SPIEGEL Horst GER 3.90; **M50:** 1 PAZAK Peter SVK 3.90; 2 BAJNER Miroslav SVK & SCHUETZ Daniel SUI 3.60; 7 MARTIN Wayne GBR 2.80; **M55:** 1 RITTE Wolfgang GER 4.30; 2 MAKO Erno HUN 3.60; 3 LESAK Jiri CZE 3.20; **M60:** 1 FIEDLER Karel CZE 3.70; 2 MARKOWSKI Bogdan GER 3.70; 3 CELA Valdis LAT 3.40; **M65:** 1 OIKKONEN Esko FIN 3.35; 2 SZORENYI Istvan HUN 3.00; 3 ZBIDEN Walter SUI 3.00; **M70:** 1 LAGERQVIST Hans SWE 3.10; 2 KURUNCZI Zoltan HUN 3.00; 3 1164 DAHMS Reinhard GER 2.80; **M75:** 1 KANDEYDI Dr Hikmet TUR 2.40; 2 ANDRECS Hermann AUT 2.40; 3 KONOPKA Manfred GER 2.10; **M80:** STOPPEL Albert AUT 1.40; **W35:** 1 BRUNNING Natasha GBR 3.10; 2 ZACHARIE Karynn FRA 2.60; 3 CAPKOVA Jana CZE 2.20; **W40:** 1 HILL Irie GBR 3.85 (WORLD RECORD); 2 GIRAUD Isabelle FRA 3.10; 3 ZIEMANN DR. Christina GER 3.10; **W50:** 1 FORCELLINI Carla ITA 3.30 (EUROPEAN RECORD); 2 VAN DE KAMP Brigitte NED 3.20; 3 AKOWIEC Ursula GER 2.80; **W55:** 1 YEOMANS Sue GBR 2.70; 2 RITTE Ute GER 2.60; 3 LEAPING RABBIT Grania GER 2.30; **W60:** 1 FOERSTER Karin GER Y 2.30; 2 WIDMANN Dagmar GER 1.60; **W65:** NIX Diethild GER 2.10; **W70:** MCLENNAN Dorothy IRL 1.40; **W80:** HAPP Christa GER 1.40;

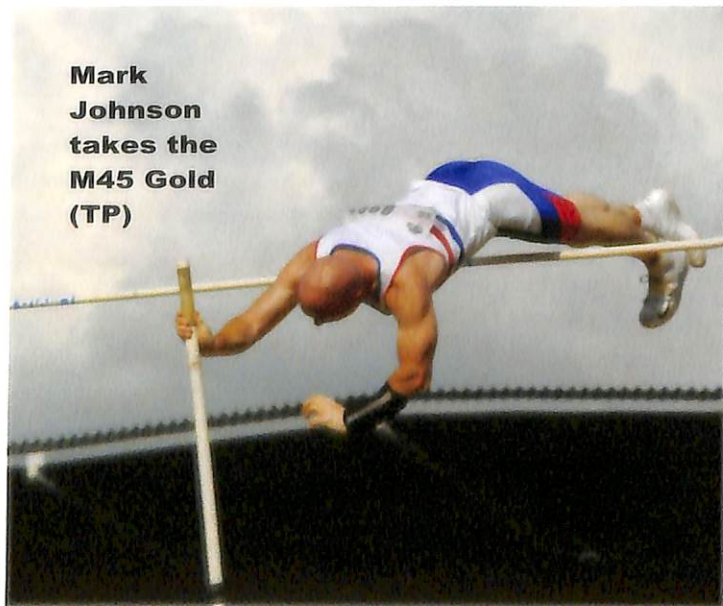
LJ:

M35: 1 DAROUCHE Bakri FRA 7.09; 2 RACKWITZ Stefan GER 6.78; 3 TARI' Stefano ITA 6.59; 5 DODS Darren GBR 6.46(1.0); **M40:** 1 LES Xabier ESP 6.65(-0.3); 2 M'BON Josue SUI 6.52; 3 PANKRATOV Vladimir RUS 6.51(0.1); 5 MUNROE John GBR 6.29(0.0); **M45:** 1 PEREIRA Carlos POR 5.86(-0.3); 2 TELLE Nicolas FRA 5.74(+0.4); 3 HOLLAUF Franz AUT 5.73(+0.0); 6 REDDINGTON Glen GBR 5.12 -0.2; **M50:** 1 OLSSON Anders SWE 5.99 +0.0; 2 GAVENCIAC Igor SVK 5.92 +0.5; 3 WERTHNER Georg AUT 5.69 +0.6; 4 WADE Trevor GBR 5.60 +1.3; **M55:** 1 BALOBANOV Anatoly RUS 5.92 +0.2; 2 NIKULA Jouko FIN 5.70 +0.2; 3 NEAGU Adrian ROU 5.61 -0.8; 8 LAPKA Mario GBR 5.23 +0.6; **M60:** 1 NORDIN Borje SWE 5.32 +1.1; 2 CELA Valdis LAT 5.22 +1.2; 3 BOBRZYK Leszek POL 4.92 -1.0; **M65:** 1 HIETANEN Toivo FIN 5.17 +0.0; 2 BORANGA Lamberto ITA 5.08 -0.2; 3 KREFT Claus-werner GER 5.01 +0.5; 12 MADIGAN Trevor GBR 4.12 +0.4; **M70:** 1 HALLIA Sakari FIN 4.64 +0.3; 2 DAHMS Reinhard GER 4.52 +1.1; 3 BORTOLOZZI Giorgio Mari ITA 4.45 +0.8; **M75:** 1 URBAN Günther GER 4.00 +0.5; 2 KANERVA Antti FIN 3.86 -1.2; 3 STEINER Karl GER 3.81 -2.1; 4 EVANS John GBR 3.80 -0.4; **M80:** 1 STOPPEL Albert AUT 3.75 -1.0; 2 EBERLE Hans GER 3.56 -1.1; 3 REUTER Wolfgang GER Y 3.53 -0.4; **M85:** 1 ALBRECHT Horst GER 2.93 -0.4; 2 WINDOLF Gerhard GER 2.88 +0.2; 3 MAGNUSSON Axel SWE 2.69 +1.4; **W35:** 1 SOROKINA Natalia UKR 6.28 +1.6; 2 AJKLER Zita HUN 6.24w; 3 BORGONOVO Flavia ITA 5.61 +1.6; 6 BRUNNING Natasha GBR 5.11(1.6); **W40:** 1 DEAK DR Katalin HUN 5.75 +1.6; 2 FERRARINI Barbara ITA 5.44w; 3 KREPKINA Valentyna UKR 5.29w; **W45:** 1 BISKUP Marianna POL 5.19 +2.5; 2 PALMQUIST Carina SWE 5.19w; 3 WALTER Antje GER 5.14w; 6 JOHNSON Charmaine GBR 4.65 +1.3; 7 CLARKE Gaye GBR 4.65 +2.0; 9 TIMMIS Denise GBR 4.33 +0.4; **W50:** 1 BORGWARDT Carola GER 5.00 +2.0; 2 BöSE Sigrid GER 4.94 +1.6; 3 JACOBS Tilly NED 4.88 +2.9; **W55:** 1 AKKERMANN Anja NED 4.59w(4.52+0.5); 2 MESA Emilia ESP 4.46; 3 FUHRMANN Dagmar GER 4.24; 5 YEOMANS Sue GBR 4.09; **W60:** 1 REISMANN Gertrude GER 4.15w(4.10+0.8); 2 DAHLER Margarita SUI 4.12 +2.0; 3 GOESSLING Sigrid GER 4.00w(3.82+1.9); 8 OAKES Patricia GBR 3.12 +1.8; **W65:** 1 MAIER Marianne AUT 4.01 +1.9; 2 WLADIKA Jacqueline AUT 3.55 +1.4; 3 ERIKSEN Anne-kathrin GER 3.54 +2.5; **W70:** 1 SAUER Erika GER 3.72 w(3.48+1.3); 2 VITOLA Leontine LAT 3.21w(3.11+1.9); 3 LEOPOLD Elisabeth GER 2.59w(2.47+1.9); **W75:** 1 STANCHEVA Rozka BUL 3.16 +4.2; 2 FRANKE Ingeborg GER 3.01 +2.0; **W80:** 1 PEDERSEN Rosa DEN 2.93 +1.1; 2 HAPP Christa GER 2.82 +1.4; 3 SOPANEN Senni FIN 2.08w(1.90+1.5);

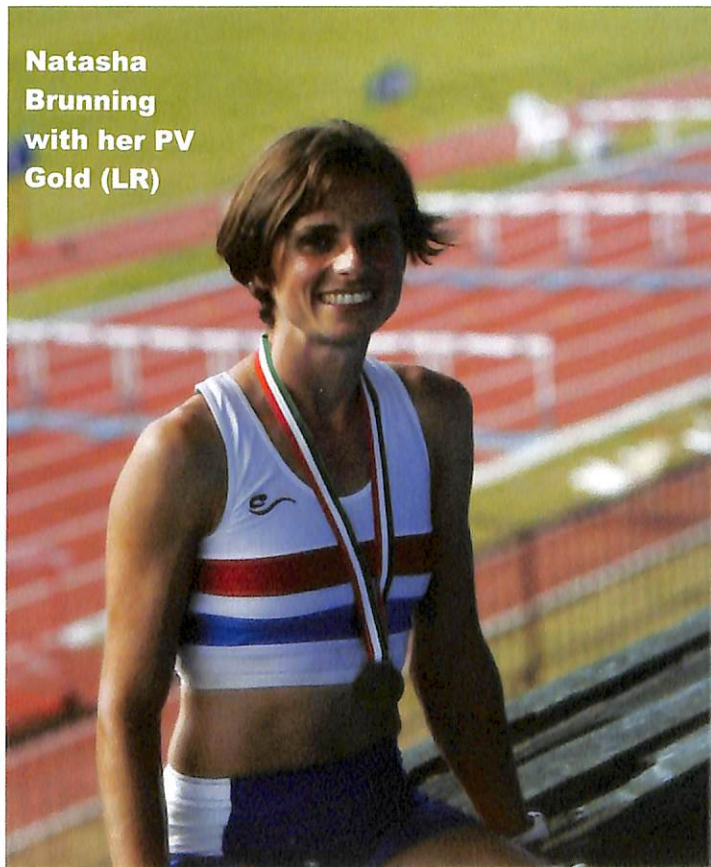
TJ:

M35: 1 GARCINUNO Roberto ESP 13.79 +0.0; 2 LEPIK Stanislav RUS 13.28 +0.6; 3 TONELLO Luca ITA 13.27 -0.0; **M40:** 1 PANKRATOV Vladimir RUS 14.11 +1.3; 2 SKAMANTZOURAS Odiseas GRE 13.80 +1.0; 3 MUDRY Richard SVK 13.16 -1.0; 4 NEWTON Keith GBR 13.03 +0.7; 7 ALLEN Ian GBR 12.16 +0.2; **M45:** 1 NIELSEN Karsten DEN 13.05 -0.0; 2 ZIPPERLE Paul ITA 12.76 +2.0; 3 TELLE Nicolas FRA 12.60w(11.87+0.7); 5 GITTENS Julien GBR 12.49 +1.5; **M50:** 1 WERTHNER Georg AUT 12.77; 2 CAMERON Rez GBR 12.76; 3 CICERI Giancarlo ITA 12.63; 5 DIXON David GBR 12.09; **M55:** 1 ZVEZDKIN Valery RUS 12.48 +1.2; 2 WALTHER Wolfram GER 12.23 +1.2; 3 PUDOVNIKOV Evgeny RUS 12.11 +0.9; 9 LAPKA Mario GBR 10.55 +1.3; **M60:** 1 SHUKVEYCH Yuriy UKR 11.56 +1.3; 2 CHERNYATEVICH Volodymyr UKR 11.06 +0.3; 3 COSTANTINI Giuliano ITA 11.05 +0.6; **M65:** 1 LAMP Jurgen EST 11.58 +1.8; 2 KREFT Claus-werner GER 11.04 +0.8; 3 SCHERBINA Fedor RUS 10.31 +0.0; **M70:** 1 GUVEN Muzaffer TUR 9.79 +0.0; 2 SHECHTER Pincas ISR 9.62 +0.0; 3 BORTOLOZZI Giorgio Mari ITA 9.46 +1.5; **M75:** 1 KANDEYDI Dr Hikmet TUR 8.25 +0.8; 2 EVANS John GBR 7.76 +2.0; 3 URBAN Günther GER 7.33 +1.3; **M80:** 1 STOPPEL Albert AUT 7.52 +0.8; 2 KOVACS Istvan HUN 6.08 +1.0; 3 SPYCHALSKI Leonard POL 6.08 +1.1; **M85:** 1 ALBRECHT Horst GER 6.21 +0.5; 2 TOMASEK Frantisek CZE 5.77 +1.0; **W35:** 1 AJKLER Zita HUN 12.98 +1.0; 2 SZIRBUZ Andrea HUN 12.23 +1.0; 3 PETERSONE Laila LAT 11.82 +0.7; 5 BRUNNING Natasha GBR 11.25w(11.12+0.8); **W40:** 1 DEAK DR Katalin HUN 13.04 +1.2; 2 KREPKINA Valentyna UKR 11.13 +1.0; 3 JATKOLA Kristiina FIN 10.94 +1.3; **W45:** 1 BISKUP Marianna POL 10.66 +1.9; 2 FIEGER Birgitte GER 10.19 -0.8; 3 BOTTIN Hilde BEL 10.02 +0.9; **W50:** 1 BöSE Sigrid GER 10.03 +0.3; 2 UNDHEIM Anny 10.03w; 3 HEDEAGER Susanne DEN 9.92 +0.6; 8 MOORE FOX Lucy IRL 8.14 +0.1; **W55:** 1 FRIEDRICH Christina GER 9.09 +1.1; 2 BARTOSIK Ewa POL 9.08 +0.5; 3 AKKERMANN Anja NED 9.03 +0.7; 4 YEOMANS Sue GBR 8.47 +1.3; **W60:** 1 REISMANN Gertrude GER 8.99 +0.8; 2 DAHLER Margarita SUI 8.16 +1.3; 3 FALDAGER Inge DEN 7.92 +1.5; 5 OAKES Patricia GBR 7.13 +1.0; **W65:** 1 SPRINGMANN Erika GER 8.32 +0.2; 2 WLADIKA Jacqueline AUT 7.18 -0.5; 3 HOUBEN Helgard GER 6.92 +0.3; **W80:** SOPANEN Senni FIN 4.70 +1.6;

Mark Johnson takes the M45 Gold (TP)



Natasha Brunning with her PV Gold (LR)



MASTERS ATHLETICS AUTUMN 2010

SP:

M35: 1 FANARTZIS Imprim GRE 15.91; 2 VARGA Zsolt HUN 15.69; 3 TROFIMOV Boris RUS 14.43; **M40:** 1 NICHOLLS John GBR 15.35; 2 MERTA Dariusz POL 14.77; 3 PAWELSKI Grzegorz POL 14.74; **M45:** 1 ESKELINEN Arto FIN 15.08; 2 PETTERSSON Bengt SWE 14.72; 3 SZPAK Mieczyslaw POL 14.28; **M50:** 1 STETSENKO Anatoliy UKR 14.96; 2 MEDVEDEV Alexandr RUS 14.84; 3 MILADINOVIC Slobodan SRB 14.77; 14 MORELAND John GBR 11.40; **M55:** 1 MANGANAS Vasileios GRE 14.15; 2 KUBACKI Mieczyslaw POL 13.54; 3 HUBACEK Jaroslav CZE 13.03; 17 SAUNDERS MULLINS Timothy GBR 8.99; **M60:** 1 BUSTERUD Arild NOR 15.37; 2 WESTBERG Johan SWE 13.78; 3 NURM Arvo EST 13.41; **M65:** 1 JEREMIAS DR Atilla HUN 13.82; 2 MOHR Felix GER 13.18; 3 UHLIK Frantisek CZE 12.93; **M70:** 1 HYTEN Svein NOR 13.42; 2 URSIC Jozef SLO 13.10; 3 HYVARINEN Taisto FIN 12.48; **M75:** 1 LAINE Reino FIN 12.40; 2 EDLUND Osten SWE 12.25; 3 HUCHTHAUSEN Lothar GER 11.28; **M80:** 1 RZEHAH Richard GER 11.67; 2 FUHRMANN Horst GER 10.77; 3 SKOKO Radomir SRB 10.51; 6 HANUS Jaroslav GBR 8.62; **M85:** 1 ERIKSSON Erik FIN 10.15; 2 REIDINGER Walter AUT 8.68; 3 LARSSON Bertil SWE 8.56; **M90:** 1 FRECH Philipp GER 7.39; 2 LANGER Klaus GER 6.38; **W35:** 1 BERDEN Leonie NED 11.65; 2 ENGEL Petra GER 10.99; 3 JOKUMA Santa LAT 10.73; **W40:** 1 SHIMAN Alena RUS 13.23; 2 ESKELINEN Seija FIN 11.60; 3 LACHAT Daniela SUI 11.06; **W45:** 1 GRELL Carmen GER 12.76; 2 MORKUNIENE Valda LTU 12.08; 3 LAPIENIENE Janina LTU 11.79; 6 JOHNSON Charmaine GBR 10.37; **W50:** 1 MARGHIEVA Alexandra MDA 14.38; 2 ENGELHARDT Ulrike GER 12.55; 3 MUNARRIZ Nekane ESP 12.05; 10 DUNSFORD Wendy GBR 9.48; 13 MOORE FOX Lucy IRL 8.61; 14 MORGAN Angela GBR 8.53; **W55:** 1 LOGHIN Mihaela ROU 13.47; 2 BUFETOVA Tamara RUS 10.30; 3 MESA Emilia ESP 10.84; 5 THOMPSON Vilma GBR 10.72; **W60:** 1 ANDERES Edith SUI 11.70; 2 PALLAY Sandorne HUN 10.64; 3 KERSULIENE Birute LTU 10.59; **W65:** 1 MAIER Marianne AUT 11.04; 2 JAKOBSONE Maija LAT 10.38; 3 SPRINGMANN Erika GER 9.03; 12 STANLEY Patricia GBR 5.14; **W70:** 1 RÜHLOW Anne Chatrine GER 9.74; 2 HAEDE Agnes GER 7.63; 3 THEVESSEN Gisela GER 7.49; 7 CHAMPION Sheila IRL 4.98; **W75:** 1 WISSINGER Susanne GER 9.80; 2 KOVALENSKAYA Galina RUS 9.43; 3 TOROK Sandorne HUN 8.80; **W80:** 1 HANSSENS Rachel BEL 8.29 (**WORLD RECORD**); 2 REINBERGA Austrat LAT 7.21; 3 SCHIRMER Justine GER 6.49; **W85:** 1 PLEUGER Ilse GER 6.86 (**WORLD RECORD**); 2 KUTTI Nora EST 5.94; **W95:** GABRIC Ljubica ITA 5.32 (**WORLD RECORD**);

DT:

M35: 1 BOGNAR Szabolcs HUN 52.12; 2 BACSO Sándor HUN 46.23; 3 STEPIEN Tomasz POL 42.96; **M40:** 1 LYAKHOV Sergey RUS 54.46; 2 NAGY Akos HUN 51.30; 3 BENCZENLEITNER Otto HUN 48.48; **M45:** 1 KOVAR Stanislav CZE 49.07; 2 STOLARCZYK Marek POL 48.83; 3 SZPAK Mieczyslaw POL 47.68; **M50:** 1 JENSEN Tom DEN 52.48; 2 SANCHEZ Domingo ESP 52.37; 3 SIAUDINIS Jonas LTU 52.03; 5 MORELAND John GBR 46.36; **M55:** 1 PONGRATZ Lothar GER 48.26; 2 VALENT Gejza CZE 47.13; 3 KATONA Sándor FRA 46.86; 17 SAUNDERS MULLINS Timothy GBR 20.99; **M60:** 1 LASKA Tadeusz POL 52.99; 2 GRZYC Milos CZE 48.38; 3 ADAMSKI Kjell NOR 48.34; **M65:** 1 UHLIK Frantisek CZE 48.82; 2 MOHR Felix GER 48.55; 3 ROSZCZAK Czeslaw POL 44.24; **M70:** 1 ALBERS Klaus GER 48.23; 2 PETROVIC Mirko SRB 40.36; 3 TILMANN DR. Gerhard GER 39.74; **M75:** 1 EDLUND Osten SWE 41.87; 2 SPECKENS Peter GER 39.18; 3 PETROVIC Ladislav SVK 36.56; **M80:** 1 RZEHAH Richard GER 27.94; 2 HOMME Kurt NOR 27.39; 3 FUHRMANN Horst GER 25.94; 6 HANUS Jaroslav GBR 22.86; **M85:** 1 REIDINGER Walter AUT 22.95; 2 LARSSON Bertil SWE 21.52; 3 NOBBE Paul GER 21.16; **M90:** 1 FRECH Philipp GER 20.76; 2 LANGER Klaus GER 15.25; **W35:** 1 SCHARDT Bettina GER 46.99; 2 BERDEN Leonie NED 44.22; 3 ENGEL Petra GER 39.73; **W40:** 1 MIKELYTE Austrat LTU 44.89; 2 BALSER DR. Sigrid GER 37.10; 3 ESKELINEN Seija FIN 36.76; 11 HALDEN Catarina GBR 28.23; **W45:** 1 RYNNÉ Eha EST 46.99; 2 VAN DIJK Ingrid NED 39.94; 3 KIVISTO Jaana FIN 39.56; **W50:** 1 ENGELHARDT Ulrike GER 40.64; 2 COTOLUPENCO Maria MDA 37.98; 3 NARODOVA Anna SVK 31.74; 8 DUNSFORD Wendy GBR 26.31; **W55:** 1 JENSEN Anne Kirstine DEN 30.97; 2 LIPPA Ilona HUN 29.73; 3 BUFETOVA Tamara RUS 29.68; **W60:** 1 PALLAY Sandorne HUN 32.98; 2 FALDAGER Inge DEN 32.80; 3 TOMANEK Margarethe BEL 32.49; **W65:** 1 JAKOBSONE Maija LAT 28.60; 2 ILLGEN Karin GER 27.57; 3 POLAKOVA Eva SVK 27.09; 12 STANLEY Patricia GBR 12.85; **W70:** 1 DANILOVA Tamara RUS 33.55 (**WORLD RECORD**); 2 ERIKSON Helvi EST 28.87; 3 RÜHLOW Anne Chatrine GER 28.00; 4 DERRIEN Carole GBR 19.41; **W75:** 1 WISSINGER Susanne GER 26.40; 2 SATSI Asta EST 22.36; 3 TOROK Sandorne HUN 22.01; **W80:** 1 HANSSENS Rachel BEL 19.48; 2 SCHIRMER Justine GER 16.67; 3 BAKHOFF Hilja EST 16.18; **W85:** 1 KUTTI Nora EST 15.14; 2 PLEUGER Ilse GER 13.98; **W95:** GABRIC Ljubica ITA 12.86 (**WORLD RECORD**);

HT:

M35: 1 WALCZAK Mariusz POL 63.62; 2 HOFER Michael AUT 56.67; 3 GIJTENBEEK Harald NED 39.00; **M40:** 1 ABIAN Zoltan HUN 60.30; 2 GLEIXNER Martin GER 51.79; 3 PASCAL Alexandru Daniel ROU 47.48; **M45:** 1 LEZSAK Balazs HUN 59.41; 2 JEPSEN Michael Bruun DEN 50.94; 3 LOSKA Sándor HUN 49.27; 11 BURRELL David GBR 39.53; 13 GIBSON Darren 1960 M45 GBR 37.08; **M50:** 1 GASSENBAUER Gottfried AUT 57.43; 2 SABROE Per DEN 53.79; 3 JENSEN Tom DEN 52.92; 9 MORELAND John GBR 42.36; 13 COOLEY Ian GBR 28.84; **M55:** 1 MANGANAS Vasileios GRE 56.08; 2 BAJRIC Mehmedalija BIH 52.71; 3 BOZSA Lajos 52.12; 8 SAUNDERS MULLINS Timothy GBR 31.47; **M60:** 1 BUSTERUD Arild NOR 59.52; 2 ZEITLER Kalman HUN 56.55; 3 MATHIA Jerzy POL 50.54; **M65:** 1 VIERBAUER Heimo AUT 53.13; 2 KRZESINSKI Ryszard POL 46.66; 3 KRAATZ DR. Wilhelm GER 44.62; **M70:** 1 ALBRECHT Hermann GER 51.93; 2 GENTLEMAN William GBR 47.35; 3 BELHAZI Janos HUN 46.86; **M75:** 1 EDLUND Osten SWE 40.83; 2 BOLDAN Arnost CZE 40.04; 3 SPECKENS Peter GER 39.97; **M80:** 1 RZEHAH Richard GER 41.01; 2 HOMME Kurt NOR 31.98; 3 HANUS Jaroslav GBR 30.64 (**BRITISH RECORD**); **M85:** 1 ERIKSSON Erik FIN 30.40; 2 LARSSON Bertil SWE 25.52; 3 NOBBE Paul GER 25.44; **M90:** 1 FRECH Philipp GER 20.38; **W35:** 1 DIVOS Katalin HUN 53.13; 2 SCRIBE Virginie FRA 45.70; 3 HOFFMANN Terez HUN 25.00; **W40:** 1 BLAZKOVA Eva CZE 43.48; 2 LACHAT Daniela SUI 42.10; 3 VOS Ingrid BEL 37.90; 7 HALDEN Catarina GBR 30.63; **W45:** 1 MIK Gony NED 51.01; 2 VAN DIJK Ingrid NED 43.60; 3 HODEL Connie SUI 41.93; **W50:** 1 DUSS Margrith SUI 46.80; 2 ENGELHARDT Ulrike GER 46.48; 3 EHN Gabriela AUT 39.40; 8 DUNSFORD Wendy GBR 34.21; 13 RUSSELL Brenda GBR 29.71; 14 MORGAN Angela GBR 29.30; **W55:** 1 BELLANGER Annie FRA 42.97; 2 BENES Magdalena HUN 40.11; 3 JUNKER Christel GER 35.28; **W60:** 1 FALDAGER Inge DEN 40.92; 2 TOMANEK Margarethe BEL 39.75; 3 NOHL Eva GER 37.13; **W65:** 1 MELLMANN Gudrun GER 35.98; 2 DEL GIUDICE Brunella ITA 34.04; 3 HORN Marita GER 30.47; 12 STANLEY Patricia GBR 15.23; **W70:** 1 ERIKSON Helvi EST 32.87; 2 DERRIEN Carole GBR 26.38; 3 SCHMIDT Brigitte GER 24.99; **W75:** 1 WISSINGER Susanne GER 32.67 (**WORLD RECORD**); 2 KOVALENSKAYA Galina RUS 29.90; 3 JUNGE Ingrid GER 28.80; **W80:** 1 HANSSENS Rachel BEL 25.94 (**WORLD RECORD**); 2 SCHIRMER Justine GER 24.35; 3 FLAIBANI Anna ITA 20.10; **W85:** KUTTI Nora EST 15.83 (**EUROPEAN RECORD**);

JT:

M35: 1 LUOTO Sami FIN 59.85; 2 ALVAREZ Miguel ESP 58.78; 3 FEKETE Geza HUN 54.72; **M40:** 1 RUCKY Miroslav CZE 53.58; 2 HERCZEG Gyorgy HUN 50.01; 3 RIEDEL Andreas GER 48.73; **M45:** 1 GREBER Emmanuel FRA 57.00; 2 KAUSEL Ralf GER 56.96; 3 BARANIAK Miroslaw POL 55.95; **M50:** 1 JENSEN Tom DEN 59.77; 2 BOLGAR Tamas HUN 55.97; 3 MENDEZ Emilio ESP 54.47; 7 LANGDON Stephen GBR 47.81; **M55:** 1 SCHAFFARZIK Josef GER 54.88; 2 KÜHNDEL Walter GER 52.25; 3 GULBIT German RUS 50.70; **M60:** 1 VALDLO Taavi EST 48.89; 2 HESSERT Helmut GER 48.78; 3 DANNENBERG Jürgen GER 46.78; **M65:** 1 EWEN Heiko GER 45.32; 2 SOEDERBERG Torben DEN 44.04; 3 JORDAN Ewald GER 43.53; **M70:** 1 HONKANEN Kalevi FIN 46.42; 2 POROKHIN Vladimir RUS 46.35; 3 TENHU Jouni FIN 43.85; **M75:** 1 HUCHTHAUSEN Lothar GER 40.83; 2 DROHOMIRECKI Michal POL 38.92; 3 KERN Manfred GER 35.57; **M80:** 1 JILEK Pavel CZE 31.70; 2 FUHRMANN Horst GER 30.15;

3 RZEHAH Richard GER 26.18; **M85:** 1 LARSSON Bertil SWE 24.28; 2 REIDINGER Walter AUT 22.22; 3 NOBBE Paul GER 18.54; **M90:** 1 LANGER Klaus GER 18.13; 2 FRECH Philipp GER 17.51; 3 PAUWELS Emiel BEL 14.09; **W35:** 1 BENCZENLEITNERNE Preisi HUN 45.41; 2 SOOS Eszter HUN 37.48; 3 HUB Jana GER 30.60; **W40:** 1 SCHEFFLER Sabine GER 36.30; 2 SHIMAN Alena RUS 34.97; 3 REMUS Mandy GER 32.89; **W45:** 1 SCHOLZ Karen GER 41.26; 2 COGILNICEANU Olga MDA 40.25; 13 GRELL Carmen GER 39.81; 8 GARRATT Caroline GBR 34.85; **W50:** 1 ENGELHARDT Ulrike GER 34.35; 2 ADLEROVA Alexandra CZE 34.15; 3 DE FACENDIS Regina GER 33.52; **W55:** 1 JENSEN Anne Kirstine DEN 36.65; 2 MESA Emilia ESP 34.32; 3 DRAYSS-BITSCH Irene GER 29.08; 10 THOMPSON Vilma GBR 25.12; **W60:** 1 KLIMESOVA Jarmila CZE 34.01; 2 REINBOUD Weia NED 33.88; 3 FARKASNE SZAGRI Zsuzsan HUN 27.75; **W65:** 1 GRABER Adelheid SUI 28.41; 2 KERTESZNE SZENTESI Eva HUN 28.08; 3 SPRINGMANN Erika GER 26.50; **W70:** 1 ERIKSON Helvi EST 24.15; 2 KIESHEVER Brita GER 19.42; 3 HAEDE Agnes GER 14.81; 6 CHAMPION Sheila IRL 6.54; **W75:** 1 WINKELMANN Christa Hert GER 21.94; 2 DWENGER Elisabeth GER 15.69; **W80:** 1 HANSSENS Rachel BEL 21.83 (**WORLD RECORD**); 2 HAP Christa GER 17.52; 3 FLAIBANI Anna ITA 12.12; **W85:** KUTTI Nora EST 12.85; **W95:** GABRIC Ljubica ITA 7.92 (**EUROPEAN RECORD**);

WT:

M35: 1 WALCZAK Mariusz POL 18.94; 2 HOFER Michael AUT 15.24; 3 SCHMID Mario GER 11.43; **M40:** 1 GLEIXNER Martin GER 15.94; 2 PAWELSKI Grzegorz POL 15.65; 3 BACHRATY Roman SVK 13.70; **M45:** 1 LOSKA Sándor HUN 15.06; 2 FREY Stephan GER 14.60; 3 KULBOKAS Linas LTU 14.57; 9 GIBSON Darren GBR 11.56; **M50:** 1 KASTENBERGER Franz AUT 18.86; 2 JENSEN Tom DEN 18.08; 3 SIAUDINIS Jonas LTU 17.79; **M55:** 1 MANGANAS Vasileios GRE 19.48; 2 BAJRIC Mehmedalija BIH 15.73; 3 VOIGT Jan GER 14.71; 9 SAUNDERS MULLINS Tim GBR 10.37; **M60:** 1 ZEITLER Kalman HUN 20.70; 2 MATHIA Jerzy POL 19.10; 3 VARNAS Leonardas LTU 16.97; **M65:** 1 VIERBAUER Heimo AUT 18.31; 2 KRZESINSKI Ryszard POL 17.80; 3 ROSZCZAK Czeslaw POL 16.46; **M70:** 1 ALBRECHT Hermann GER 19.60; 2 GENTLEMAN William GBR 17.27; 3 HYTEN Svein NOR 17.08; **M75:** 1 SPECKENS Peter GER 17.07; 2 EDLUND Osten SWE 15.43; 3 PLUKARZ Henryk SWE 15.15; **M80:** 1 JARVINEN Matti FIN 13.44; 2 HOMME Kurt NOR 13.01; 3 RZEHAH Richard GER 12.94; 5 HANUS Jaroslav GBR 11.62; (**BRITISH RECORD**); **M85:** 1 ERIKSSON Erik FIN 11.23; 2 NOBBE Paul GER 10.48; 3 GOMES Adriano POR 8.28; **M90:** FRECH Philipp GER 8.60; **W35:** SCRIBE Virginie FRA 14.38; **W40:** 1 SIIMUMAE Heidi EST 13.07; 2 BLAZKOVA Eva CZE 12.48; 3 LACHAT Daniela SUI 12.33; 8 HALDEN Catarina GBR 9.32; **W45:** 1 MIK Gony NED 16.18; 2 VAN DIJK Ingrid NED 13.96; 3 HODEL Connie SUI 13.02; **W50:** 1 ENGELHARDT Ulrike GER 15.78; 2 DUSS Margrith SUI 15.29; 3 MARGHIEVA Alexandra MDA 14.28; 9 RUSSELL Brenda GBR 10.29; 10 DUNSFORD Wendy GBR 9.84; 11 MORGAN Angela GBR 8.63; **W60:** 1 FALDAGER Inge DEN 15.74; 2 TOMANEK Margarethe BEL 15.24; 3 ALBRECHT Teodora GER 13.87; **W65:** 1 MELLMANN Gudrun GER 14.25; 2 DEL GIUDICE Brunella ITA 12.54; 3 HORN Marita GER 12.06; 10 STANLEY Patricia GBR 7.49; **W70:** 1 ERIKSON Helvi EST 13.26; 2 SCHMIDT Brigitte GER 10.31; 3 THEVESSEN Gisela GER 9.65; 4 DERRIEN Carole GBR 9.65; **W75:** 1 WISSINGER Susanne GER 12.31 (**WORLD RECORD**); 2 KOVALENSKAYA Galina RUS 12.10; 3 WINKELMANN Christa Hert GER 11.90; **W80:** 1 SCHIRMER Justine 10.27 (**WORLD RECORD**); 2 HANSSENS Rachel; BEL 9.82; 3 FLAIBANI Anna ITA 7.94 **W85:** KUTTI Nora EST 6.85;

5000W:

M35: 1 PORRAS Juan Antonio ESP 21:09.63; 2 MIGUEL ALMEIDA Luis POR 21:22.42; 3 MARTIN Francisco ESP 21:56.57; **M40:** 1 SERNA Jose ESP 24:09.98; 2 MEYER Steffen GER 24:19.25; 3 PRYHOTSKI Anatoliy BLR 25:43.42; **M45:** 1 GNAUCK Dick GER 24:14.09; 2 NASO Andrea ITA 24:25.05; 3 YUZHAKOV Alexander RUS 24:33.06; **M50:** 1 BARABASH Vladimir RUS 24:47.12; 2 SCHRÖTER Uwe GER 25:01.16; 3 LUNIEWSKI Miroslaw POL 25:03.45; **M55:** 1 MELO Ignacio ESP 24:30.71; 2 SHIPITSYN Anatoly RUS 24:39.36; 3 BROCHOT Patrice FRA 25:03.58; 13 DUNN Rod GBR 30:53.27; **M60:** 1 RICHARDS Ian GBR 24:40.00 (**EUROPEAN RECORD**); 2 NIESTELBERGER Ludwig AUT 26:49.18; 3 PONZIO Roby SUI 27:20.79; 15 MC MULLIN John IRL 30:54.67; **M65:** 1 NIIDUSAAR Kalju EST 28:27.38; 2 KARLOV Vladimir RUS 28:42.96; 3 DEGENER Karl GER 29:11.05; **M70:** 1 THOMSON Arthur GBR 28:40.47; 2 SINAGULOV Minivaly RUS 29:13.54; 3 PELLICCIA Romolo ITA 29:50.24; 7 SHILABEER Edmund GBR 30:45.88; 26 STEVENS David GBR 38:48.98; **M75:** 1 TONNINI Alfredo ITA 34:30.11; 2 HORWILL Eric GBR 36:46.92; 3 AMICI Roberto ITA 39:39.34; **M80:** 1 SCHOUCKENS Robert BEL 35:27.96; 2 YVOLA Viljo FIN 35:32.31; 3 TEUFERT Karlheinz GER 35:43.26; **M85:** 1 HERBST Gerhard GER 39:55.92; 2 ALBRECHT Horst GER 43:04.14; 3 ANSIMOV Andrey RUS 43:49.15; **M90:** VACALEBRE Giovanni ITA 45:30.41 (**European Record**); **W35:** 1 SCHENKER Bianca GER 26:13.08; 2 SCHRÖTER Brit GER 26:42.39; 3 ARU Anneli EST 32:15.67; **W40:** 1 LINARES Teresa ESP 25:53.98; 2 PRIMAS Barbara GER 26:43.45; 3 GAVALAKI Kalliopi GRE 27:09.35; **W45:** 1 GARCIA Carmen ESP 27:27.01; 2 TERENTYEVA Natalia RUS 27:50.59; 3 NICOLAS Myriam BEL 28:55.46; 5 NOEL Maureen GBR 30:44.62; 6 GORMLEY Anne IRL 32:01.92 **W50:** 1 VEREMICHUK Olena UKR 27:22.07; 2 LUNIEWSKA Janina POL 28:40.56; 3 JAKOB Dora SUI 28:47.24; 15 BISHOP Fiona GBR 34:03.25; **W55:** 1 FERNANDES Maria Alice POR 29:13.74; 2 MARCENCO Natalia ITA 30:53.77; 3 ALVAREZ Aurora ESP 31:20.18; **W60:** 1 TYSHKO Antonina UKR 31:22.89; 2 NIKOLAYENKO Ganna UKR 31:48.60; 3 SHYMKO Liubov UKR 32:31.31; **W65:** 1 MAEDER Heidi SUI 29:03.31; 2 KARETIE Pirjo FIN 32:09.72; 3 THEUNISSEN Gisela GER 33:44.81; **W70:** 1 ALEKSEYEVA Lyusya UKR 35:42.18; 2 DRÄGER Helga GER 37:56.24; **W75:** 1 ANTRITTER Erna GER 41:57.31; 2 ANDRECS Katharina AUT 44:12.97; 3 RADU Lucia ROU 44:20.98;

10W:

W35: 1 SCHENKER Bianca GER 56:18; 2 SCHRÖTER Brit GER 57:34; 3 ARU Anneli EST 1:05:46; **W40:** 1 LINARES Teresa ESP 54:07; 2 PRIMAS Barbara GER 56:34; 3 GAVALAKI Kalliopi GRE 57:17; **W45:** 1 TERENTYEVA Natalia RUS 57:16; 2 GARCIA Carmen ESP 57:55; 3 NICOLAS Myriam BEL 1:00:27; 5 NOEL Maureen GBR 1:02:23; **W50:** 1 VEREMICHUK Olena UKR 58:19; 2 LUNIEWSKA Janina POL 59:23; 3 JAKOB Dora SUI 59:32; 14 BISHOP Fiona GBR 1:08:02; **W55:** 1 FERNANDES Maria Alice POR 1:01:03; 2 MARCENCO Natalia ITA 1:03:02; 3 ALVAREZ Aurora ESP 1:03:42; **W60:** 1 NIKOLAYENKO Ganna UKR 1:04:44; 2 SHYMKO Liubov UKR 1:07:47; 3 LOYER Suzanne FRA 1:08:09; **W65:** 1 MAEDER Heidi SUI 59:32; 2 KARETIE Pirjo FIN 1:04:39; 3 THEUNISSEN Gisela GER 1:09:28; **W70:** 1 ALEKSEYEVA Lyusya UKR 1:11:53; 2 LEVCHENKO Kateryna UKR 1:12:45; 3 FIJALKOWSKA Janina POL 1:13:16; **W75:** 1 ANTRITTER Erna GER 1:28:57; 2 ANDRECS Katharina AUT 1:29:39; **W85:** CHUB Olena UKR 1:39:10;

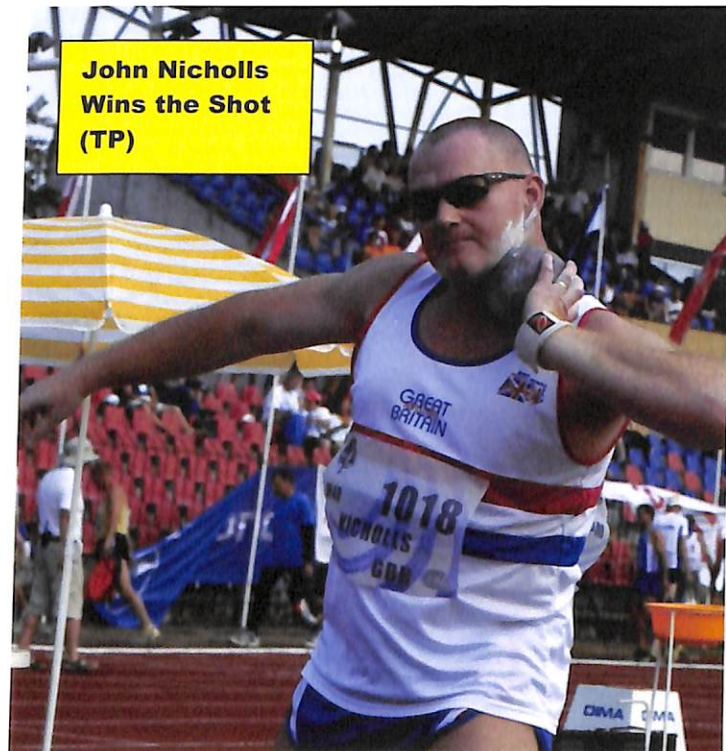
20KW:

M35: 1 PORRAS Juan Antonio ESP 1:33:51; 2 MIGUEL ALMEIDA Luis POR 1:34:43; 3 BORSCH Steffen GER 1:41:59; **M40:** 1 MEYER Steffen GER 1:50:51; 2 HIRSCHMUGL Dietmar AUT 1:56:28; 3 DEVIC Berislav CRO 2:00:02; **M45:** 1 GNAUCK Dick GER 1:44:36; 2 NASO Andrea ITA 1:48:50; 3 DIETSCHKE Klaus GER 1:49:25; **M50:** 1 LUNIEWSKI Miroslaw POL 1:48:36; 2 SCHRÖTER Uwe GER 1:48:37; 3 CALDARELLI Gabriele ITA 1:50:19; **M55:** 1 RUZZIERI Fabio SLO 1:46:27; 2 MELO Ignacio ESP 1:46:44; 3 SHIPITSYN Anatoly RUS 1:47:46; 16 DUNN Rod GBR 2:16:21; **M60:** 1 PONZIO Roby SUI 1:56:38; 2 SIEGEL Johann AUT 2:01:23; 3 LANGNER Gerhard GER 2:02:35; 11 KATES David GBR 2:09:34; 13 MC MULLIN John IRL 2:13:11; **M65:** 1 NIIDUSAAR Kalju EST 1:58:40; 2 DEGENER Karl GER 2:03:57; 3 SCHUMM Peter GER 2:06:37; **M70:** 1 THOMSON Arthur GBR 2:05:01; 2 SINAGULOV Minivaly RUS 2:09:50; 3 PELLICCIA Romolo ITA 2:09:54; 4 SHILABEER Edmund GBR 2:10:36; **M75:** 1 MENAFRO Vincenzo ITA 2:24:10; 2 TONNINI Alfredo ITA 2:35:15; 3 PROIETTI Nazzeno ITA 2:40:05; 4 HORWILL Eric GBR 2:43:48; **M80:** 1 SCHOUCKENS Robert BEL 2:31:53; 2 HYVOLA Viljo FIN 2:33:41; 3 TEUFERT Karlheinz GER 2:38:56; **TEAM M65+:** 1 GER 6h21 29.00; 2 RUS 6h36 11.00; 3 NORWAY 6h53 39.00; 5 GREAT BRITAIN & NORTHERN IRELAND 6h59 25.00

MASTERS ATHLETICS AUTUMN 2010

4x100

M35: 1 ITALY 43.24; 2 GBR (SCOTT Richard - TIPPER Jim - MORAGHAN Andrew - WARD Bernard) 43.84; 3 GERMANY 44.31; **M40:** 1 GBR (ALLEN Ian - SCOTT Darren - MACGEE Will - DUNWELL Mark) 42.99; 2 ITALY 43.78; 3 GERMANY 44.29; **M45:** 1 GBR (LOGAN Pat - POWELL Dalton - REDDINGTON Glen - BROWN Donald) 45.27; 2 FRANCE 46.25; 3 ITALY 47.31; **M50:** 1 GBR (JAMES Tennyson - CAMERON Rez - MAYOR John - BATTISTA Jeffrey) 47.26; 2 GERMANY 48.06; 3 FRANCE 48.85; **M55:** 1 GBR (FRANKLYN Walwyn - BROWNE John - PETERS Steve - OLIVER Viv) 47.49; 2 FRANCE 50.60; 3 GERMANY 52.99; **M60:** 1 GERMANY 51.09; 2 GBR (WELLS Tony - WILLIAMSON Brian - HENDRIE Bruce - KITCHENER Geoffrey) 52.29; 3 RUSSIA 54.70; **M65:** 1 GERMANY 51.78; 2 GBR (FERGUSON Barry - BISSETT Terry - ISETTS Charles - SUTTON Glyn) 53.54; 3 RUSSIA 57.94; **M70:** 1 GERMANY 55.38; 2 FINLAND 56.31; 3 ITALY 1:00.28; **M75:** 1 GERMANY 58.79; 2 FINLAND 1:02.18; 3 GBR (MELLETT Alan - FEAST Geoffrey - SEYMOUR John - EVANS John) 1:05.26; **M80:** GERMANY 1:10.52 **W35:** 1 GERMANY 50.53; 2 ITALY 52.68; 3 SPAIN 53.24; 5 GBR (WALE Amanda - BEADNALL Angela - WELLS Sarah - JOHNSON Charmaine) 57.39; **W40:** 1 RUSSIA 50.90; 2 GBR (MADIGAN Kathleen - WAKEFIELD Michele - TIMMIS Denise - PALMER Fiona) 53.35; 3 ESTONIA 53.56; **W45:** 1 FRANCE 49.33 (**EUROPEAN RECORD**); 2 GERMANY 51.51; 3 POLAND 56.74; **W50:** 1 GBR (BARKER Hazel - DUNN Wendy - HORDER Jane - MCCLELLAND Averil) 54.08; 2 GERMANY 58.05; **W55:** 1 GBR (POWELL Caroline - TRIMBLE Joan - NELSON Anne - SAUNDERS MULLINS Joylyn) 56.45; 2 GERMANY 56.78; 3 BELGIUM 1:00.30; **W60:** 1 GERMANY 1:00.91; 2 GBR (OAKES Patricia - HITCHMOUGH Agnes - FAIL Jean - WEST Moira) 1:05.51; 3 RUSSIA 1:18.06; **W65:** GERMANY 1:06.54; **W70:** 1 GERMANY 1:13.14; 2 GBR (FRASER Dorothy - DERRIEN Carole - OSBORNE Eva - TRACEY Betty) 1:20.44;



John Nicholls Wins the Shot (TP)

4x400

M35: 1 GBR (WARD Bernard - MORAGHAN Andrew - TIPPER Jim - SCOTT Richard) 3:22.89; 2 ITALY 3:27.09; 3 GERMANY 3:38.72; **M40:** 1 ITALY 3:25.39; 2 GERMANY 3:26.78; 3 GBR (OSUNSAM Michael - CROFT Lance - ALLEN Ian - BALDOCK Steven) 3:41.74; **M45:** 1 ITALY 3:35.43; 2 GBR (GREW Robert - LEWIS Bob - WATSON Derek - VASSILIOU Michael) 3:37.23; 3 GERMANY 3:41.92; **M50:** 1 GERMANY 3:46.01; 2 RUSSIA 3:51.90; 3 FRANCE 3:52.34; **M55:** 1 GBR (FRANKLYN Walwyn - OLIVER Viv - BROADHURST Ian - PETERS Steve) 3:55.25; 2 GERMANY 3:56.71; 3 FRANCE 3:57.82; **M60:** 1 GERMANY 4:10.71; 2 GBR (WELLS Tony - HENDRIE Bruce - DANIEL Kenneth - KITCHENER Geoffrey) 4:14.27; 3 RUSSIA 4:31.27; **M65:** 1 GERMANY 4:15.21; 2 GBR (DIXON Michael - HORTON John - ISETTS Charles - BISSETT Terry) 4:53.83; 3 POLAND 5:14.27; **M70:** 1 GERMANY 4:34.48; 2 RUSSIA 4:58.55; 3 GBR (SEYMOUR John - KIMBER Arthur - BOWMAN Tony - WILSON John) 5:08.28; **M75:** 1 GERMANY 5:02.83; 2 FINLAND 5:17.87; **M80:** GERMANY 6:43.12; **W35:** 1 ITALY 4:02.06; 2 SPAIN 4:08.43; 3 GERMANY 4:15.37; 4 GBR (TIMMIS Denise - WAKEFIELD Michele - WALE Amanda - PALMER Fiona) 4:22.31; **W40:** 1 RUSSIA 4:10.32; 2 ESTONIA 4:23.94; 3 ITALY 4:28.07; 4 GBR (JOHNSON Charmaine - BARKER Hazel - HOOTON Michelle - WELLS Sarah) 5:00.62; **W45:** 1 FRANCE 4:20.63; 2 GERMANY 4:25.77; 3 RUSSIA 4:45.03; **W50:** 1 GBR (BEADNALL Angela - MCCLELLAND Averil - DUNN Wendy - HORDER Jane) 4:30.86; 2 GERMANY 4:41.40; 3 HUNGARY 5:52.20; **W55:** 1 GBR (TRIMBLE Joan - HOWE Joan - SAUNDERS MULLINS Joylyn - POWELL Caroline) 4:28.74 (**EUROPEAN RECORD**); 2 GERMANY 4:38.46; 3 BELGIUM 5:07.47; **W60:** 1 GERMANY 5:28.39; 2 GBR (OAKES Patricia - WEST Moira - GALLAGHER Patricia - HITCHMOUGH Agnes) 5:32.49; 3 RUSSIA 6:17.78; **W65:** GERMANY 6:31.58; **W70:** 1 GERMANY 6:10.39;

MARATHON:

M35: 1 PRANDI Mario ITA 2h41:44; 2 ESSO Andras HUN 2h48:45; 3 BUENO Manuel ESP 3h11:12; **M40:** 1 RUESS Georg AUT 2h42:54; 2 LIPOVSKY Vladislav SVK 2h51:14; 3 KOVACS Andras HUN 2h52:17; 7 FLAVELL Christopher GBR 3h02:12; **M45:** 1 PIECZUROWSKI Slawomir POL 2h50:07; 2 BAYERL Georg GER 2h55:35; 3 KULIKOV Petr RUS 3h00:05; 14 ROBERTS Alan GBR 4h22:05; **M50:** 1 VANHAECHE Philip BEL 2h48:19; 2 BERND Uwe GER 2h50:56; 3 SWIETEK Andrzej POL 2h56:41; **M55:** 1 KOMISSAROV Gennady RUS 3h01:19; 2 BOROWSKI Krzysztof POL 3h02:58; 3 KOSTIUK Igor UKR 3h04:50; 5 HILL Walter GBR 3h16:20; 12 WILSON Robert GBR 3h38:31; 16 HEMINGWAY Maurice GBR 3h53:18; **M60:** 1 AHRENS Wolfgang GER 3h02:13; 2 STOLWIJK Gees NED 3h07:02; 3 KONRAD Josef GER 3h24:34; 5 BEATTIE David GBR 3h29:41; 7 APPLEBY Alan GBR 3h35:26; **M65:** 1 BASISTA Vincent SVK 3h15:06; 2 LESSING Peter GER 3h20:47; 3 LEBEDIEV Dmytro UKR 3h25:29; **M70:** 1 ESNAULT Jean Louis FRA 3h32:03; 2 HOLST Friedrich GER 3h37:28; 3 PRIMKE Siegfried GER 4h13:17; 8 TAYLOR John GBR 5h00:23; **M75:** 1 OSIPOV Ivan RUS 4h35:46; 2 FRIMAN Eri FIN 4h41:51; 3 MEI Alvisio ITA 5h13:12; **W35:** 1 SZUNYOG Erika HUN 3h36:02; 2 LESSNER Veronika HUN 4h00:03; 3 CSATHO Tímea HUN 5h16:13; **W40:** 1 IPINO Michela ITA 3h12:42; 2 PAVLISHCHEVA Tetyana UKR

3h29:25; 3 LOMBARDO Paqui ESP 3h46:53; **W45:** 1 ANGEL Heike GER 3h30:35; 2 VATSKICHEVA Malina BUL 4h04:50; 3 NOEL Maureen GBR 4h14:24; **W50:** 1 WITJES Ella NED 3h23:27; 2 HOFMANN Angelika W50 GER 3h32:00; 3 KRCHAKOVA Alena CZE 3h33:21; 6 BISHOP Fiona GBR 4h39:05; 7 STUART Heather GBR 4h48:37; **W55:** 1 FISCHER Anne GER 3h24:47; 2 DILGER Inge GER 3h26:58; 3 GRAF Regina GER 3h35:59;

TEAMS:

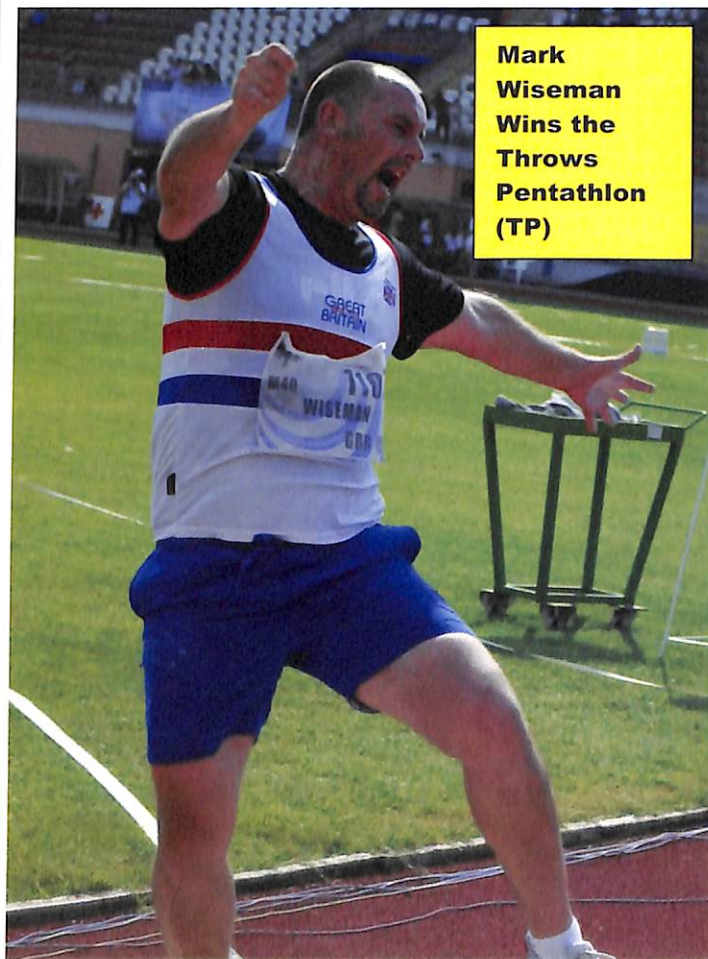
M55-M60: 1 GERMANY 9h51:41.00; 2 POLAND 10h06:59.00; 3 RUSSIA 10h08:57.00; 4 GREAT BRITAIN & NORTHERN IRELAND 10h22:21.00; **W45-W50:** GREAT BRITAIN & NORTHERN IRELAND 13h42:06.00;

DECATHLON

M35: 1 MALKIEWICZ Krzysztof POL 6455; 2 JARV Juri EST 5696; 3 LANGENBACH Jochen GER 5580; 5 KENNEDY Troy GBR 5209 (12.51 / 584 5.52 / 521 10.97 / 568 1.57 / 472 56.16 / 631 17.96 / 544 32.67 / 526 3.00 / 369 38.62 / 429 5:01.79 / 565); **M40:** 1 GERHARD Christopher GER 6468; 2 HOSER Christian AUT 6289; 3 ARVANITIS Nikolaos GRE 6136; 8 O BRIEN Tom IRL 4731; 12 MCKENZIE Edward GBR 4003 (13.29 / 515 4.73 / 411 10.77 / 606 1.42 / 374 1:04.52 / 401 20.71 / 371 30.34 / 532 2.50 / 284 36.01 / 429 7:17.78 / 80); **M45:** 1 DUEZ Jean Luc FRA 6951; 2 NASCHKE Lutz GER 6449; 3 GULBINOVIC Henryk LTU 6416; 11 GLASGOW Derek GBR 4596 (12.98 / 639 4.70 / 465 7.72 / 443 1.42 / 434 1:01.81 / 560 20.34 / 466 20.87 / 370 2.40 / 298 31.33 / 395 5:35.27 / 526); **M50:** 1 MATHIEU DR. Stephan GER 6470; 2 SLADEK Peter SVK 6279; 3 PEDERSEN Knud Erik DEN 6214; **M55:** 1 THREELS Wim NED 6794; 2 KERGAN Aavo EST 6146; 3 FRIC Jaromir CZE 5982; **M60:** 1 CELA Valdis LAT 7026; 2 ZANIAUSKAS Vladas LTU 6155; 3 KYRO Lasse FIN 5823; **M65:** 1 ABRAMOV Alexander RUS 6154; 2 POUTIAINEN Kyosti FIN 5662; 3 NAGY DR Sandor HUN 5380;

HEPTATHLON:

W35: 1 SCHILLING Tatjana GER 4371; 2 WALE Amanda GBR 3964 (16.73 / 655 1.39 / 577 9.02 / 487 28.83 / 632 4.60 / 511 23.98 / 391 2:29.30 / 711); 3 PETERSONE Laila LAT 3665; **W40:** 1 DEAK DR Katalin HUN 5334; 2 FINEGAN Geraldine IRL 4897 (12.95 / 799 1.45 / 736 10.10 / 609 28.41 / 750 4.57 / 578 31.98 / 604 2:27.02 / 821); 3 WIEDERKEHR Claudia SUI 4792; **W45:** 1 SCHULZ Romana GER 5040; 2 ZANNI Rossella ITA 4736; 3 SCHWANKE Ute GER 4325; 4 CLARKE Gaye GBR 4321 (13.26 / 912 1.42 / 783 7.28 / 444 29.72 / 737 4.46 / 628 15.77 / 283 2:59.11 / 534); 10 PATES Christine GBR 2989 (17.80 / 351 1.30 / 621 6.83 / 409 33.31 / 488 3.71 / 393 18.86 / 355 3:16.46 / 372); **W50:** 1 BASEDA Wiebke GER 5130; 2 BORGWARDT Carola GER 4960; 3 BARKER Hazel GBR 4645 (13.72 / 835 1.39 / 855 10.31 / 727 31.77 / 679 4.32 / 674 21.32 / 439 3:18.32 / 436); **W55:** 1 AKKERMAN Anja NED 5421; 2 HILTSCHER Ulrike GER 5102; 3 MATUSOVA Anna SVK 4223; 6 ARGENT Fiona GBR 3361 (18.79 / 402 1.18 / 655 6.31 / 441 34.86 / 568 3.40 / 441 14.94 / 319 3:16.91 / 535); **W60:** 1 DAHLER Margarita SUI 5080; 2 KOKKONEN Terhi FIN 4766; 3 ZORZI Ingeborg ITA 4423; **W65:** 1 MAIER Marianne AUT 6211; 2 RUUSKANEN Sirkkaliisa FIN 4388; 3 WLADIKA Jacquellina AUT 4281;



Mark Wiseman Wins the Throws Pentathlon (TP)

PENTATHLON:

M70: 1 LUSHCHIKOV Vladimir RUS 3650; 2 TILMANN DR. Gerhard GER 3624; 3 TENHU Jouni FIN 3455; **M75:** 1 KALEVE Helmut GER 2938; 2 VYUZHANIN Ivan RUS 2846; 3 KANERVA Antti FIN 2815; 6 NAUGHTON Pat IRL 2993; 7 TAYLOR Clifford GBR 1556 (2.69 / 352 20.75 / 432 44.99 / 129 20.34 / 448 9:36.54 / 195); **M80:** 1 TEUFERT Karlheinz GER 2917; 2 STOPPEL Albert AUT 2156; 3 STANKOVIC Stojan SRB 910; **M85:** 1 REIDINGER Walter AUT 2692; 2 ALBRECHT Horst GER 2267; 3 MONZIEN Siegfried GER 2103; **W70:** 1 SAUER Erika GER (GER) 3930; 2 SCHADEN Renate AUT (ER) 3751; 3 KIESHEYER Brita GER 2301; **W75:** KAAS Laili EST (ER) 4531;

THROWS PENTATHLON:

M35: 1 ALVAREZ Miguel ESP 3082; 2 BOGNAR Szabolcs HUN 2720; 3 GIJTENBEEK Harald NED 2623; **M40:** 1 WISEMAN Mark GBR 3999 (47.13 / 727 15.00 / 894 49.68 / 969 43.74 /

MASTERS ATHLETICS AUTUMN 2010

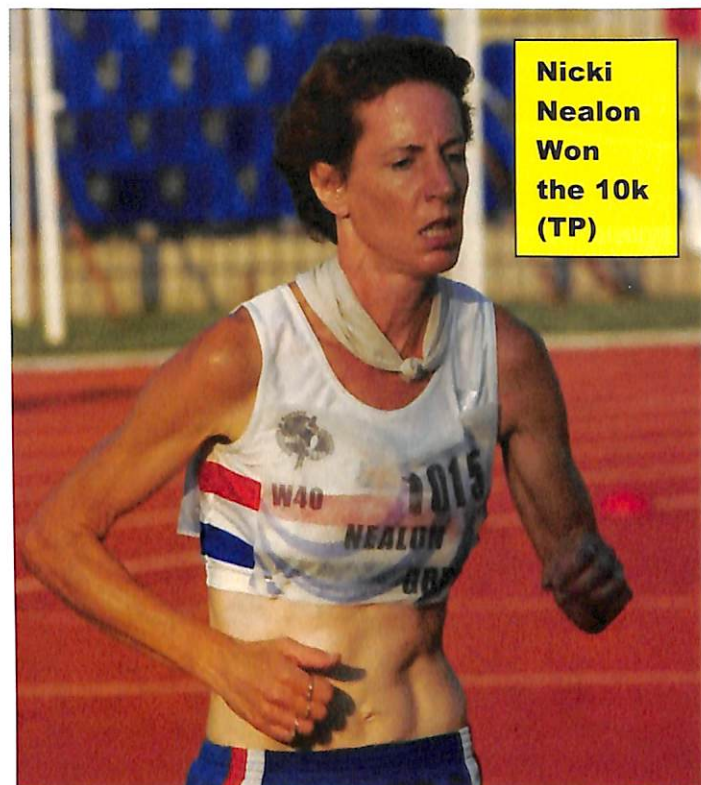
552 15.72 / 857); 2 HYTTEN Iver NOR 3992; 3 BENCZENLEITNER Otto HUN 3986; 10 MCKENZIE Edward GBR 2233 (23.82 / 299 10.45 / 584 26.46 / 448 35.47 / 421 9.66 / 481); **M45**: 1 **WHYTE Stephen** GBR 4509 (56.27 / 1006 13.89 / 894 44.61 / 949 45.46 / 637 17.09 / 1023); 2 DUPUIS Arnaud FRA 3675; 3 BAKALA Jan CZE 3602; 9 BRADY Eric IRL 2419; **M50**: 1 JENSEN Tom DEN 4400; 2 SIAUDINIS Jonas LTU 3867; 3 SABROE Per DEN 3364; **M55**: 1 MANGANAS Vasileios GRE 4134; 2 **SMALL Michael** GBR 3914 (40.89 / 738 13.26 / 903 39.05 / 733 39.11 / 623 16.19 / 917); 3 KRANKOWSKI Wacław POL 3823; 15 SAUNDERS MULLINS Timothy GBR 2383 (32.88 / 565 9.14 / 583 23.39 / 386 24.12 / 331 9.96 / 518); **M60**: 1 BUSTERUD Arild NOR 4563; 2 ADAMSKI Kjell NOR 4040; 3 MATHIA Jerzy POL 3835; **M65**: 1 HACKENSCHMIDT Peter SWE 4273; 2 NOVOTNY Vladimir CZE 4214; 3 VIERTBAUER Heimo AUT 4106; **M70**: 1 ALBRECHT Hermann GER 4698; 2 WILLERSHÄUSER Arno GER 3981; 3 HYVARINEN Taisto FIN 3890; 7 GENTLEMAN William GBR 3676 (47.32 / 1037 9.94 / 691 28.91 / 603 18.65 / 318 17.60 / 1027); **M75**: 1 EDLUND Osten SWE 4598; 2 BOLDAN Arnost CZE 3908; 3 KERN Manfred GER 3551; **M80**: 1 RZEHA Richard GER 4545; 2 FUHRMANN Horst GER 4097; 3 HOMME Kurt NOR 3569; **M85**: 1 ERIKSSON Erik FIN 3920; 2 LARSSON Bertil SWE 3628; 3 MAGNUSSON Axel SWE 2441; **M90**: 1 FRECH Philipp GER 3437 **W35**: 1 SCRIBE Virginie FRA 2422; **W40**: 1 BLAZKOVA Eva CZE 3338; 2 LACHAT Daniela SUI 3282; 3 SIIMUMAE Heidi EST 3246; 8 HALLDEN Catarina GBR 2375 (29.20 / 587 8.14 / 466 26.49 / 454 15.23 / 242 10.28 / 626); **W45**: 1 MIK Gonny NED 4224; 2 VAN DIJK Ingrid NED 4021; 3 CUNHA Maria Ceu POR 3860; **W50**: 1 ENGELHARDT Ulrike GER 3694; 2 PLESAROVA Zdenka CZE 3216; 3 DUELL Agnes GER Y 3075; 6 DUNSFORD Wendy GBR 2844 (34.03 / 792 9.31 / 643 26.25 / 547 12.37 / 220 10.53 / 642); 8 RUSSELL Brenda GBR 2394 (30.83 / 702 7.27 / 475 21.14 / 420 11.03 / 187 10.08 / 610); **W55**: 1 JENSEN Anne Kirstine DEN 4278; 2 BELLANGER Annie FRA 3804; 3 THOMPSON Vilma GBR 3755 (34.19 / 884 10.76 / 843 29.22 / 695 23.54 / 554 11.34 / 779); **W60**: 1 TOMANEK Margarethe BEL 4391; 2 FALDAGER Inge DEN 4338; 3 NOHL Eva GER 3764; **W65**: 1 MELLMANN Gudrun GER 4066; 2 DEL GIUDICE Brunella ITA 3802; 3 HORN Marita GER 3363; 9 STANLEY Patricia GBR 1842 (15.86 / 429 4.92 / 410 13.34 / 349 8.01 / 175 7.38 / 479); **W70**: 1 ERIKSON Helvi EST 5005; 2 DERRIEN Carole GBR 3254 (24.24 / 853 6.36 / 648 19.12 / 640 15.75 / 495 8.21 / 618); 3 THEVESSEN Gisela GER 3165; **W75**: 1 WISSINGER Susanne GER 4924; 2 KOVALENSKAYA Galina RUS 4774 3 WINKELMANN Christa Hert GER 4181; **W80**: 1 HANSSSENS Rachel BEL 4692; 2 SCHIRMER Justine GER 3906; 3 FLAIBANI Anna ITA 3279; **W85**: KUTTI Nora EST 3724;

MEDAL TABLE

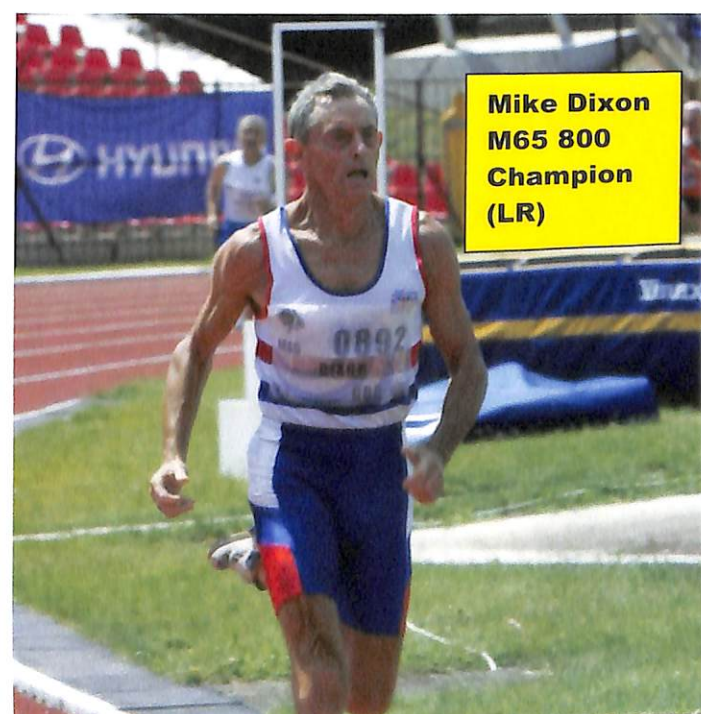
	GOLD	SILVER	BRONZE	TOTAL
1 GERMANY	152	130	108	390
2 GREAT BRITAIN & IRELAND	55	49	35	139
3 ITALY	31	32	38	101
4 SPAIN	30	16	17	63
5 RUSSIA	23	26	31	80
6 FINLAND	23	25	19	67
7 HUNGARY	20	21	16	57
8 FRANCE	19	16	14	49
9 DENMARK	18	11	10	39
10 ESTONIA	18	8	5	31
26 IRELAND	3	4	5	12



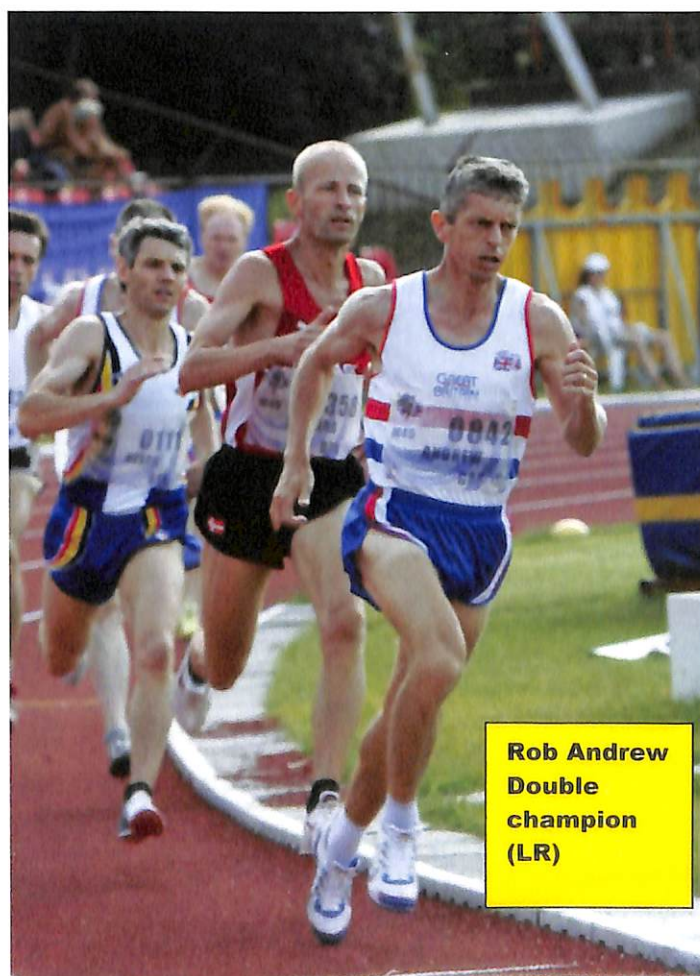
Dalton Powell
Won both
sprints (LR)



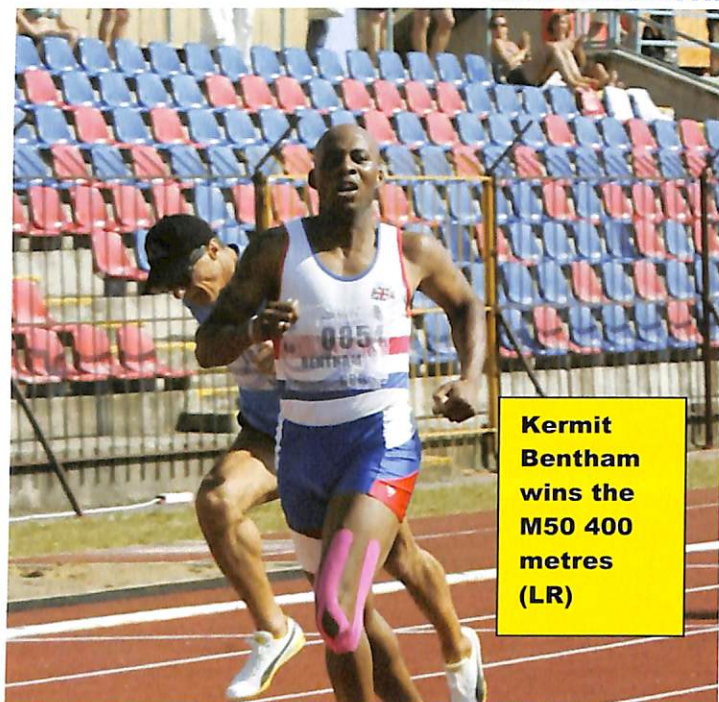
Nicki Nealon
Won
the 10k
(TP)



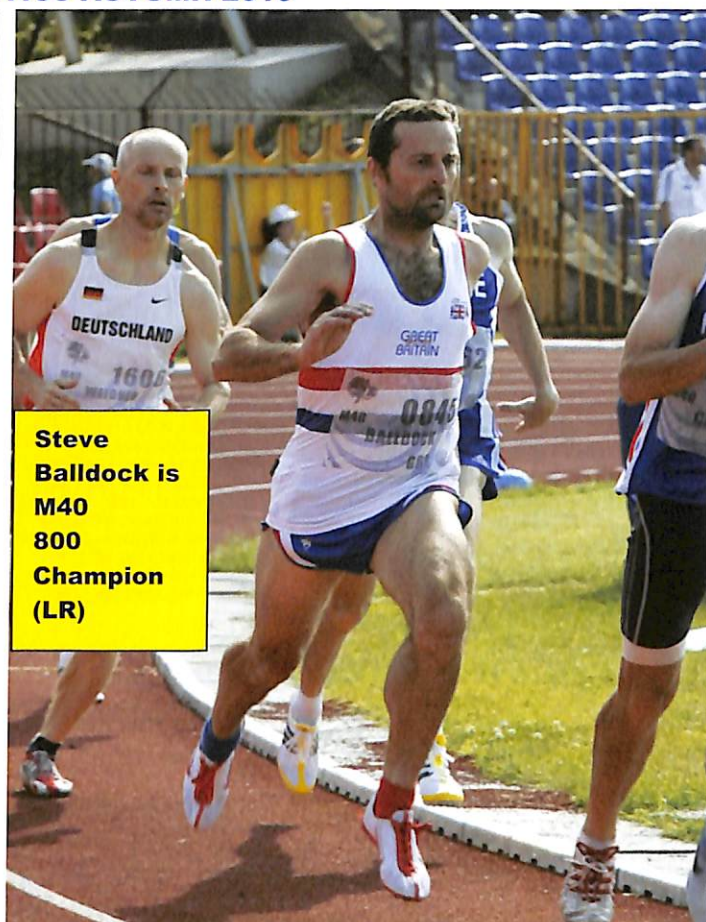
Mike Dixon
M65 800
Champion
(LR)



Rob Andrew
Double
champion
(LR)



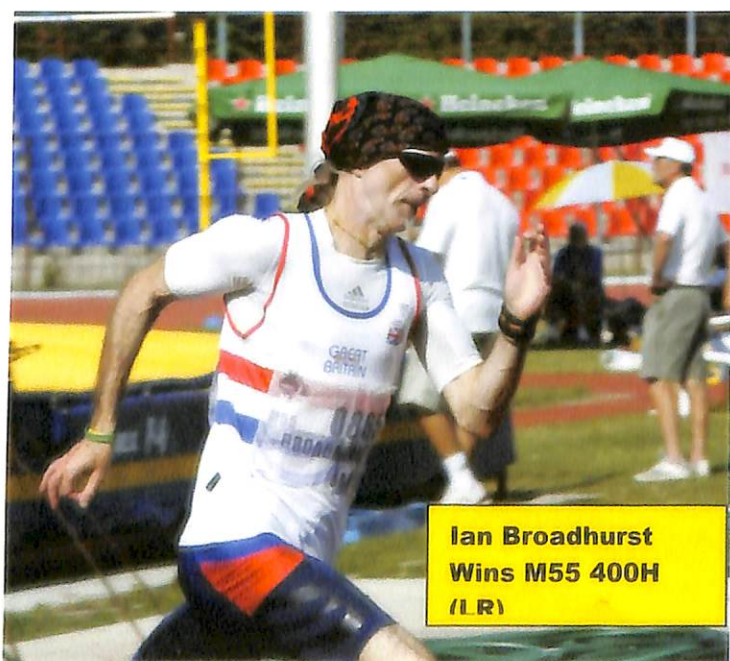
**Kermit
Bentham
wins the
M50 400
metres
(LR)**



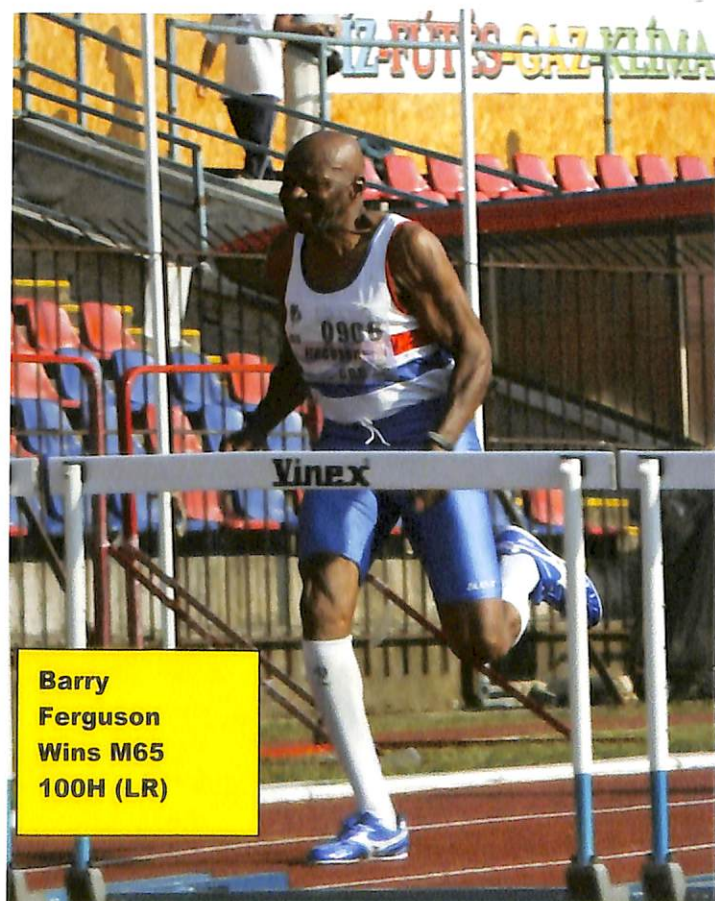
**Steve
Balldock is
M40
800
Champion
(LR)**



**Joe Lloyd wins
M35 400H (LR)**



**Ian Broadhurst
Wins M55 400H
(LR)**



**Barry
Ferguson
Wins M65
100H (LR)**

MASTERS ATHLETICS AUTUMN 2010.

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

MASTERS ATHLETICS AUTUMN 2010.

2010			
3rd OCT	BMAF 10Mile	Oldbury, Gloucestershire.	Oldbury Power Station 10m (BMAF website)
	SVHC Half Marathon	Playdrome, Clydebank	12 noon
17th OCT	SVHC 10k Track Champs	Coatbridge.	13.00h
	Old Guard Winter T&Field	Stourport	http://wp.me/PDL.tv-bo
13th NOV	British & Irish Masters XC International	Santry Park, Dublin.	
12th DEC	SVHC Christmas Handicap	Cartha Rugby Club, G41 4SN	5.3 road race
2011			
23rd JAN	MMAC Cross Country Championships	Droitwich	
5th FEB	MASTERS CC National	Kirkcaldy	
6th FEB	MMAC 5m Handicap	Kingshurst, Solihull	
13th FEB	BMAF Indoor Pentathlon	Lee Valley	
26/27th FEB	BMAF Indoor Championships	Lee Valley	
	BMAF XC Championships	Venue and date T.B.C.	Cancelled as we went to press!
16-20th MAR	EVAA Indoor Championships	Ghent, BEL	
3rd APL	Old Guard Spring T&Field	Stourport	http://wp.me/PDL.tv-bo
17th APL	MMAC Road Relays	Edgbaston, Birmingham	A.G.M. follows event.
13th-15th MAY	EVAA Non Stadia Championships	Thionville / Yutz, FRA	
21st MAY	BMAF ROAD RELAYS	Sutton Park	
12th JUN	MMAC T&Field Championships	Leicester	
19th JUN	BMAF 5k	Horwich	
6th-17th JUL	WMA Championships	Sacramento, USA	
10-17th SEPT	European Masters Games	Lignano, ITA	
2nd OCT	BMAF 10k	Exmouth, Devon	

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

Online Entries arrive for World Masters Championships.

Entry procedures have been turned on their head for the WMA Sacramento Championships. After a couple of frustrating years of looking at ways to make entries to championships easier for the Athlete. The WMA have come up with a acceptable solution for next years championships.

Athletes will pay online to enter the Championships & the WMA will get verification from their affiliated bodies. Thereby getting up to date, eliminating tedious postal systems and making the payment and entry process easier for the Athlete.

BMAF members going onto the Sacramento website will have to provide all the usual information PLUS their BMAF Area Club membership (which must be in date) Letters & numbers. i.e. EVAC 789. Your entry will then be subject to the agreed method of WMA verification with BMAF/Sacramento that will be implemented by our Overseas Entries Secretary.

Entries will open 'Online' as from the 1st October 2010. You will pay the amount required direct to Sacramento by credit/debit card as with any other online purchase. Web address is; www.wma2011.com

People without access to the internet can send paper entries in to myself in the old way. This will cost you \$10 more than entering online. So, if you can get someone, family or friends, to do it online for you then it will save you money.

Forms for downloading for this method of entry are available from myself (send an A5 SAE) or from the BMAF website.

This being a bit of an anomaly as, if you can access these forms there, then you can probably enter Online! "

Meanwhile details of entries for the Euro Indoors at Gent are now live on the BMAF website. BMAF & Gent entry forms are available to download in the usual way. Complete and post to me with due remittance as we have done in previous championships. Exchange rate used is approx Euro 1.15 to the £1. **Closing date is 15th January 2011.** DO NOT TRY TO ENTER ONLINE.

Non-Stadia Euro Championships - Thionville/Yutz. Paperwork will again be available in the old way by post. Forms etc are being put together now and will be posted on the website for the 1st November. **Closing date is the 12th March 2011.** PLEASE DO NOT SUBMIT ENTRY FORMS BEFORE DETAILS ARE POSTED ON THE WEBSITE.

Many thanks - **Peter Duhig, Overseas Entries Secretary.**

Overseas Entries Secretary: P.Duhig. 42 Wimbotsham Rd, Downham Market, Norfolk, PE 38 9PE U.K. 0044 1366 388188

BMAF HALF MARATHON**BURNHAM BEECHES 22ND AUGUST****WORDS : MARTIN DUFF (ATHLETICS WEEKLY)****PICTURES: JEREMY HEMMING**

WHILE the youngest masters generally gave the event a miss, following a recent pattern, there was plenty to cheer about further up the age range

Nevertheless only 91 entered the BMAF championships, a far cry from the 1000 that entered the first at Welwyn in the late 'eighties, when there was also prize money on offer from race sponsors.

**SARA GEE**

Sara Gee was the class act and dominated the women's race from the outset to annex the National Masters championship, in 76:21. The 46-year-old has run 75:59 this year but, deep in preparation for the Toronto Marathon, admitted that her highest ever mileage of 85 to 90 per week was leaving her over-tired. Of her run here Gee said: "I was three minutes faster than last year when I won in 79:30." Her next race was to be the BMAF 10km championships on September 12th.

"I was 28:30 at five and 58:10 at 10 miles," added Gee who left W40 winner Tina Oldershaw six minutes down: "I had a bad night last night as I had a lack of sleep because of nerves," said Oldershaw

Sally Musson continued her W55 domination with 88:35 clocking and said: "It's OK, but it felt quite tough and breathing was difficult also, I had two toenails removed on Monday," added the Tonbridge runner by way of an excuse for what she thought was a slowish time of 88:35, although it was five seconds faster than her previous 2010 best.

New M45 Steve Male was in the first three overall throughout before easily taking the BMAF title in 74:02. The Oxford man had few challengers and said: "I stopped with a stitch at ten." That he was able to still win is a sad reflection on the quality of the entry in the younger men's age groups.

**STEVE MALE**

Masters in the older categories did, however, shine: Dave Cox took the M55 race easily in 79:52 and said: "I took it easy to half-way but the hills were not too bad." Des Michael was always ahead in the M60s but was pressed at half-way, then again later, by Ryde's Peter Young. Before winning in 85:11. "He nearly caught me with two miles to go but I imagined it was a 5km race, at the end," said Michael. Leading M65 Martin Ford was always close behind these two and maintained his challenge to win his group in 85:58 but said: "the hamstring started to tighten and, as I'm training for the World Mountain race in Poland, I thought I'd ease back." John Thomas and Walter McCaskey added the M70 and M75 tiles.

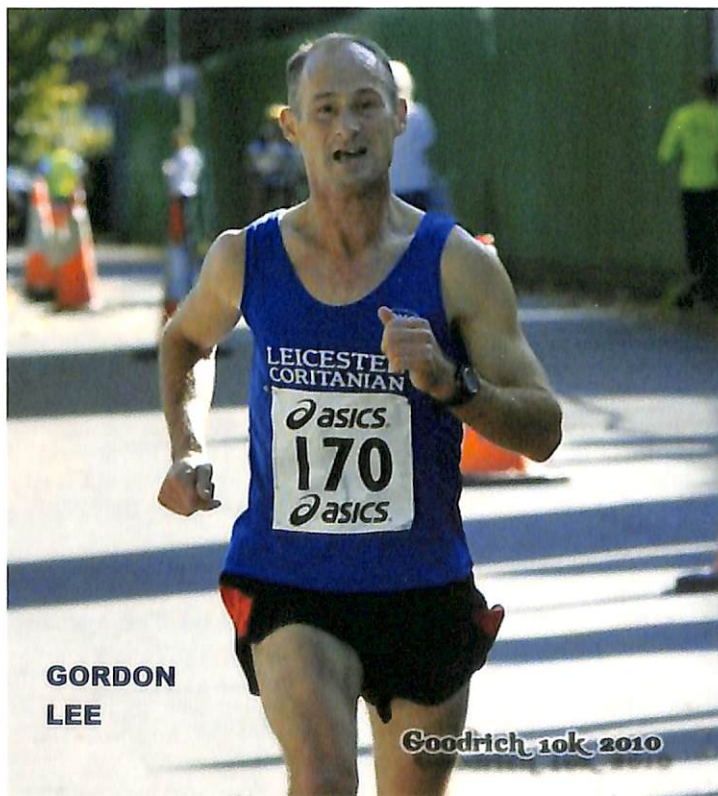
W35: 1 1:24:55 Sarah Urwin-Mann READING RR; 2 1:38:04 Rachel Sammes BURNHAM J; **W4** 1 1:22:55 Tina Oldershaw PADDOCK WOOD AC; 2 1:26:57 Karen Rushton SWVAC; 3 1:31:51 Nicola Froud BARNET & DIS; 4 1:48:38 Sarah Vick THE SAXONS;
W45: 1 1:16:21 Sarah Gee READING RR; 2 1:38:52 972 Celia Findlay DAVID LLOYD PACERS; 3 2:07:57 CAROL BLOWER LEAMINGTON C&AC; **W5** 1 1:32:52 Tracey Lasan ; 2 1:35:12 Lynne Whitaker ROMSEY RR; 3 1:39:50 898 Elizabeth Annetts BURNHAM J; 4 1:438 Helen Ambrosen POOLE R; 5 1:54:02 FIONA JANE BISHOP WOKING AC; 6 1:55:24 JANICE MOOREKITE INVICTA; **W55:** 1 1:28:35 Sally Musson TONBRIDGE AC; 2 1:37:18 Zina Marchant TEAMBATH AC; 3 1:54:57 MADALAINE BROWN 26.2 RRC; 4 2:06:06 KRYSYNA EDWARDS ; 5 2:06:50 MARGARET EHRENBERG SPARKHILL HARRIERS; **W6** 1:44:46 Margaret Moody VAC; **W65:** 1 1:55:34 JUNE JOHNSON LEAMINGTON C&AC; 2 2:01:38 CLARE JOHNSON LES CROUPIERS; 3 2:09:59 ROSEMARY ARMSTRONG DONCASTER AC; **W7** 2:08:27 EILA MANSFIELD; **M35:** 1 1:15:23 Alan Murchison WINCHESTER AND DISTRICT AC; 2 1:18:56 Steve Hallas PRESTON HARRIERS; 3 1:29:34 Ian J Berry WINCHESTER AND DISTRICT AC; **M4** 1 1:14:09 Stephen Mcgrory Annadale Striders; 2 1:15:32 Bernie Murphy LIVERPOOL PEMBROKE SEFTON HAC; 3 1:16:58 John Atyeo OXFORD CITY AC; 4 1:19:02 Julian Richardson OXFORD CITY AC; 5 1:21:33 ; 5 Andrew Gleeson OXFORD CITY AC; 6 2:13:20 MATTHEW MAY SERPENTINE RC; **M45:** 1 1:14:02 Stephen Male OXFORD CITY AC; 2 1:16:29 Michael Grist POOLE RUNNERS; 3 1:17:32 Paul Simons SALFORD HARRIERS; 4 1:18:40 Stephen Murtagh HARLOW RUNNING CLUB; 5 1:19:31 Viesters Dude CRAWLEY AC; 6 1:313 Gary Bonner DUDLEY KINGSWINFORM; **M5** 1 1:21:03 Scott Howell LES CROUPIERS; 2 1:21:18 Robert Fox M LONG

MASTERS ATHLETICS SUMMER 2010

EATON RUNNING CLUB; 3 1:21:36 Keith Donkin ALDERSHOT FARNHAM AND DISTRICT AC; 4 1:21:46 Simon Riley LEAMINGTON C&AC; 5 1:22:00 Raymond Pearce ISTEAD & IFIELD HARRIERS; 6 1:25:49 Dicky Wilkinson LONG EATON RUNNING CLUB; 7 1:27:37 Terence Knightley ILFORD AC; 8 1:33:33 Andrew Dippie TELFORD HARRIERS; 9 1:35:36 Terry Hedge WATFORD HARRIERS; 10 1:37:33 David Bowker FAIRLANDS VALLEY SPARTANS; **M55:** 1 1:19:52 Dave Coxhead WOODFORD GREEN AC; 2 1:24:52 Godfrey Rhimes CITY OF PORTSMOUTH AC; 3 1:27:19 Walter Hill CRAWLEY AC; 4 1:31:41 John Skelton MILTON KEYNES AC; 5 1:35:58 Brian Bower BURNHAM JOGGERS; 6 1:36:17 Steve Connolly SWINDON HARRIERS; 7 1:36:18 Ivon Whitmore MEDWAY & MAIDSTONE AC; 8 1:43:39 Melvyn Bird TONE ZONE RUNNERS; 9 1:49:42 David Preston WESHAM ROAD RUNNERS; 10 1:49:46 Howard Jeffrey OTLEY AC; 11 1:51:0 Andrew Harrop; 12: 2:01:49 DEREK SUMMERS 26.2 RRC; **M6** 1 1:25:11 Michael Desmond BARNET & DISTRICT AC; 2 1:25:28 Peter Young RYDE HARRIERS; 3 1:33:1 Roy Treadwell OXFORD CITY AC; 4 1:33:9 Trevor Edgley INVICTA EAST KENT AC; 5 1:33:51 Michael Davies LES CROUPIERS; 6 1:33:57 David Beattie CRAWLEY AC; 7 1:41:53 Bob Hardman BURNHAM JOGGERS; 8 1:46:59 Russell Devitt SHAFESBURY BARNET HARRIERS AC; **M65:** 1 1:25:58 Martin Ford CHELTENHAM & COUNTY HARRIERS; 2 1:27:53 Geoff Newton TADWORTH AC; 3 1:28:53 Tony Brackstone; 4 1:37:38 Andrew Johnson LEAMINGTON C&AC; 5 1:41:3 John Turner STRATFORD-UPON-AVON AC; 6 1:43:00 Keith Scudamore BURNHAM JOGGERS; 7 1:46:46 James Fitzmaurice SEVENOAKS; 8 1:49:09 Michael Hooker ALTON RUNNERS; 9 1:55:27 PHILIP BRENNAN STRATFORD-UPON-AVON AC; 10 1:59:58 THOMAS FINCH NVAC; **M7** 1 1:39:47 John Thomas CORBY AC; 2 1:45:8 Patrick Dobbs THURROCK HARRIERS; 3 1:57:11 MICHAEL MILLER HILLINGDON AC; 4 2:06:50 PETER MANDER LAUNCESTON ROAD RUNNERS; 5 2:15:22 JIM MCKELLAR MILTON KEYNES AC; 6 2:37:53 KIO VEJDANI LINGFIELD RUNNING CLUB; 7 2:39:21 LESLIE GREEN CANNOCK & STAFFORD AC; **M75:** 1 1:49:32 Walter Mccaskey EDINBURGH AC; 2 1:53:38 ROY WEBB TONE ZONE RUNNERS; 3 1:59:51 JOHN GOULDING ANDOVER AC; 4 2:01:8 MERVYN HUGGINS MIDLAND MASTERS; 5 2:09:26 GEOFFREY GORDON THAMES HARE & HO;

1 Paul Sichermann GER 45:18; 4 Craig Roberts ENG 47:31; 5 Alan Bowness ENG 47:40; 7 Deon McNeilly IRL 48:19; 11 Sean Foley IRL 50:4; 19 Paul Dugdale ENG 51:32; 22 John Lenihan IRL 52:02; 38 Colin Larmour SCO 58:48; 39 Mark Pavior WAL 59:10; 59 John Mayall ENG 1:09:07; 68 Alan Roberts ENG 1:15:34; **Team:** 1 ENGLAND 28pts; 4 IRELAND 40pts; **M5** 1 Ales Stransky CZE 48:37; 3 Martin McDonald IRL 49:44; 11 Andy Normandale ENG 52:45; 13 Gray Brady IRL 54:35; 17 Martin Laing SCO 55:59; 21 Arwel Lewis WAL 57:32; 23 Pat McCavana IRL 58:40; 30 Malcolm Patterson SCO 1:01:5; 32 Andrew Beaty ENG 1:05:2; 50 David Read ENG 1:12:0; 52 Seamus Greenan IRL 1:11:12; **Team:** 2 Ireland 39 pts; 7 England 93pts; **M55:** 1 Milos Smrcka CZE 51:4; 9 John Winn ENG 55:57; 10 Robert Bunn ENG 57:47; 12 Brian Walton ENG 58:43; 24 John Blair-Fish SC) 1:02:17; **Team:** 3 ENGLAND 31pts; **M6** 1 Oldfich Smida CZE 54:52; 7 Michael Walsh ENG 58:29; 17 Richard Evans WAL 1:02:17; 22 Martin Hulme SCO 1:04:39; 29 Steve Herington ENG 1:08:43; 34 James Shemilt ENG 1:11:03; **Team:** 6 ENGLAND 58pts; **M65:** 1 Bruno Innocente ITA 57:46; 3 Martin Ford ENG 1:05:9; 8 Keith Burns SCO 1L08:36; 10 Ken Buckle WAL 1:11:5; 15 Alan Wikeley ENG 1:19:45; 16 David Morgan ENG 1:27:31; **M7** 1 Georg Gross GER 1:01:47; 2 Norman Bush ENG 1:02:46; 5 Peter Covey ENG 1:07:37; 9 Colin Robinson ENG 1:14:13; 13 Peter Taylor ENG 1:18:06; 15 Stephen Watson ENG 1:27:39; **M75:** 1 Bruno Baggia ITA 1:18:22; 9 Alexander Menarry Eng 1:31:06; 11 Peter Duffy ENG 1:35:01; **M8** Jiri Soukup CZE 2:11:08;

BMAF (GOODRICH) 10K, WOLVERHAMPTON, SEPT 12th: WORDS: Mel James PICTURES: Brian Smith



**GORDON
LEE**

Goodrich 10k 2010

Unlike last year's rainy days, our members have been fortunate to have had some fine days for competition, this season.

This year's 10k was back in the Midlands on a fine day after last year's wet event at Magor. The race provided an undulating course, hosted by the Wolverhampton and Bilston Club, who

MISTRZOSTWA ŚWIATA WETERANÓW W BIEGACH GÓRSKICH www.wmmrc2010.org

worldmasters **MOUNTAIN RUNNING CHAMPIONSHIPS** **POLAND-KORBIELÓW 28.08.2010**

Distance 8km, climb 960 metres.

W35: 1 Ivana Sekyrova CZE 52:58; 8 Ginny Willey ENG 1:08:02; **W4** 1 Angela Mudge SCO 51:51; **W45:** 1 Izabela Zatorska POL 55:06; 2 Helen White IRL 58:11; 4 Evelyn Dugdale ENG 1:03:18; 5 Susan Davies WAL 1:04:03; 6 Anne Stafford IRL 1:06:55; 8 Anna Blomfield ENG 1:14:19; 10 Jean Buck ENG 1:14:20; 13 Pauline Larmour SCO 1:13:20; 14 Joanne Pleasance ENG 1:24:42; **Team:** England 22 pts; **W5** 1 Mags Greenan IRL 1:01:06; 5 Majella Diskin IRL 1:05:56; 13 Kathleen Beaty ENG 1:09:12; 15 Elaine Stewart SCO 1:12:24; **W55:** 1 Blanka Paulu CZE 56:42; 5 Jane Kerridge ENG 1:07:14; 7 Anne Stone SCO 1:16:04; 10 Jane Mottram ENG 1:21:10; **W6** 1 Marianne Spronk GER 1:07:34; **W65:** 1 Gerlinda Schmittner GER 1:16:26; 5 Brenda Robinson ENG 1:36:59; **W7** 1 Loska Bratusa SLO 1:15:05; **W75:** Maria Marcibailova SLO 1:25:31; **W8** Xenia Nicolaev MDA 3:02:36; **M35:** 1 marcel Matanin SLO 46:26; 7 Peter O'Farrell IRL 49:10; 9 Robert Malseed IRL 51:05; 10 Richard McCauley IRL 52:55; **Team:** 3 IRELAND 26 pts; **M4** 1 Tamas Geriel HUN 47:59; 9 David Alexander ENG 51:45; 11 Des Kennedy IRL 52:38; 12 Cormac Conroy IRL 53:41; 13 Leo Murray IRL 54:58; 35 Mark Walker ENG 1:19:18; **Team:** 4 Ireland 36pts; **M45:**

MASTERS ATHLETICS AUTUMN 2010

successfully produced for our members, an excellent value for money race.

Although no British Bests were obtained this time, Sarah Gee (Reading R/R) continued her rich reign of form by getting closest, her 34m-32s ladies race winning time, breaking the course record, was 30 seconds outside Joyce Smith's 20 year old best time for an O/45. Many of the five year age band categories brought out some fine contests for medals though.

In the Women's O/35s category, only 2seconds separated the Silver and Bronze medallists, Cathy McCourt (N. Belfast H.) 38m-21s holding off Sarah Urwin-Mann's (Reading R/R) 38m-23s. The Gold went to Camilla Briggs (Bristol & West) in 37m-12s. The o/45s also produced a close finish for Silver and Bronze, Helen Burrell (Redhill R/R) 38m-36s just ahead of Susan Samme (Lytham-st-Annes) by 9 seconds.

The Men's age groups contests were similar in competition. In the Men's o/40's overall race winner Gordon Lee's (Leicester C.) time of 31m-18s, was only 4 seconds ahead of Silver medallist Tim Hartley (Notts AC). The closest of all the day's categories was the o/45 age group. Stephen Male (Oxford City AC) taking Gold in 32m-56s, following him, the race for Silver was won by Alec Woods (Team Bath AC) in 33m-38s holding off Phil Parry (Bristol & W) by 7 seconds. There were a group of seven athletes vying for these places with the 3rd to 8th place, finishing with only a minute between them. In the o/55's Graham Ratcliffe (Wirral AC) took Gold in 35m-46s from Dave Cox (Woodford Green) by 9secs. Peter Giles (Hercules W) managed to take Gold from William Allan (Tadcaster H) by just 4 seconds with Tony Brackstone (SCVAC) only a further 11secs behind. The evergreen Geoff Oliver (100k Ass.) was pushed all the way for his o/75 Gold, with Walter McClaskey just 7secs, behind Geoff's 46m-53s finishing time.

In the Team events the o/40's with four to score, produced a win for North Shields Poly (Iain Twaddle, Guy Bracken, Gary Moore and Vaughan Hemy) from Leicester Corinthian (Gordon Lee, Rob Sheen, Danny Keating and Craig Sabin) with Tipton Harriers (Mark Farnell, Aaron Keene, Richard Brittain and Andrew Williams) taking Bronze.

The O/50 team award went to Long Eaton RC (Robert Fox, John Birch and Dick Wilkinson). The Silver medals went to Cobra AC (Chris Pearson, Dave Daniels and Mike Elwall). Surprisingly no women finished a team.

At a recent Executive meeting it was decided to bring the Men's team 10 year age groups in line with the Women's for next year, starting at 35-44, 45-54, 55-64, 65-74, 75+

I personally, after hearing member's views and votes on this, showed my disapproval and recorded a vote against it. The team composition on this decision will now have to be decided at our October delegates meeting.

M35: 1 32:10 Dave EVANS MMAC; 2 32:29 John PARKER MMAC; 3 33:58 Jon GREEN NVAC; 4 34:53 Emerson COMBSTOCK MMAC; 5 36:47 Adrian COPP EVAC; 6 39:47 Laurence HEATHCOCK MMAC;
M40: 1 31:18 Gordon LEE MMAC; 2 31:22 Tim HARTLEY MMAC; 3 32:14 John HERBERT EVAC; 4 32:54 Iain TWADDLE VAANEE; 5 34:45 Gary MOORE VAANEE; 6 35:52 Chris HOLLINSHEAD MMAC; 7 35:57 David SMITH MMAC; 8 36:16 Robert PALMER EVAC; 9 36:22 Keating DANNY MMAC; 10 36:42 Sean BEARD EVAC; 11 39:28 Richard BRITTAI MMAC; 12 Darren EDWARDS MMAC; 13 40:36 Andrew WILLIAMS MMAC; 14 43:23 Paul TABOR MMAC;
M45: 1 32:56 Stephen MALE SCVAC; 2 33:38 Alec WOODS MMAC; 3 33:45 Philip PARRY MMAC; 4 33:53 Paul WABY MMAC; 5 33:56 MANSBRIDGE Dave; 6 34:00 Paul SIMONS NVAC; 7 34:39 Guy BRACKEN VAANEE; 8 34:45 Rob SHEEN MMAC; 9 35:16 Paul GIBBINGS MMAC; 10 35:21 Peter KNIGHT MMAC; 11 36:02 Paul SPOWAGE EVAC; 12 36:09 Vaughan HENRY VAANEE; 13 36:24 Elvis PARSLEY MMAC; 14 36:52 Mark FARNELL MMAC; 15 37:09 Aaron KEENE MMAC; 16 38:02 Craig SABIN MMAC; 17 39:40 Ian GOWER MMAC;

M50: 1 33:55 Michael DEEGAN NVAC; 2 34:28 Michael BRIDGELAND EVAC; 3 35:05 Greg WILSON MMAC; 4 35:23 Malcolm EUSTACE MMAC; 5 35:49 Nigel WATKIN EVAC; 6 35:50 Robert FOX MMAC; 7 36:13 Mark HALL NVAC; 8 36:15 Peter THOMPSON EVAC; 9 36:50 Ben-Aroya YITZHAK SCVAC; 10 37:00 Alex ROWE NVAC; 11 37:43 Stephen DAVIES WELSHMA; 12 39:58 Tom ULLIOTT VAC; 13 40:42 John BIRCH MMAC; 14 40:48 Andrew COOPER MMAC; 15 40:50 Michael EDE MMAC; 16 41:21 Dicky WILKINSON MMAC; 17 44:47 Martin WILKINSON MMAC; 18 45:59 Brian WORTHINGTON MMAC;
M55: 1 35:46 Graham RATCLIFFE NVAC; 2 35:55 Dave COX VAC; 3 36:25 Stanley OWEN NVAC; 4 38:31 Stewart THORP SCVAC; 5 39:22 Douglas BRISCO SWVAC; 6 40:17 Stuart MCGREGOR SWVAC; 7 40:52 Graham SHAW VAC; 8 41:48 David DANIELS MMAC; 9 42:00 Andy MURRAY VAC; 10 43:46 John KEEGAN MMAC; 11 50:37 Michael ELWELL MMAC;
M60: 1 37:37 Keith WILLIAMS NVAC; 2 37:52 Desmond MICHAEL SCVAC; 3 38:48 Alan DAGLISH EVAC; 4 40:12 David BEATIE SCVAC; 5 40:18 Peter HAMILTON SCVAC; 6 43:20 Ian SNOW SWVAC; 7 46:02 Christophe PEARSON MMAC; 8 48:06 Alan BRITTON MMAC;
M65: 1 39:52 Peter GILES VAC; 2 39:56 William ALLAN NVAC; 3 40:07 Tony BRACKSTONE SCVAC; 4 41:27 Gordon ORME MMAC; 5 43:58 Andrew JOHNSON MMAC; 6 44:19 Derek POOLE MMAC; 7 44:53 John-Kenneth TURNER MMAC; 8 47:16 Michael CURRAN MMAC; 9 49:35 Philip BRENNAN MMAC;
M70: 1 42:04 Fred GIBBS NVAC; 2 44:10 Barry SWINDELLS NVAC; 3 48:54 Richard CASHMORE MMAC; 4 50:07 Gavin KIDMAN MMAC; 5 54:57 Chris WINDLE NVAC; 6 57:31 Michael BUTTERLY MMAC; 7 1:03:33 Clive JUKES MMAC; 8 1:08:59 Les GREEN MMAC;
M75: 1 46:53 Geoff OLIVER MMAC 100k Association; 2 47:07 Walter MCCLASKEY SVHC; 3 51:02 John GOULDING SWVAC; 4 53:00 Mervyn HUGGINS MMAC; 5 56:21 Brian DAWSON MMAC;



**SARAH
GEE**

W35: 1 37:12 Camilla BRIGGS MMAC; 2 38:21 Cathy MCCOURT NIMA; 3 38:23 Sarah URWIN-MANN SWVAC;
W40: 1 36:42 Emma STALLARD SWVAC; 2 38:49 Jane WASSELL MMAC; 3 42:38 Yvonne SCARROTT EVAC; 4 46:41 Beth MASSEY NVAC;
W45: 1 34:32 Sarah GEE SCVAC; 2 38:36 Helen BURRELL MMAC; 3 38:45 Susan SAMME NVAC;
W50: 1 0:40:08 Monica WILLIAMSON MMAC; 2 40:32 Cathy ULLIOTT VAC; 3 41:15 Sian DAVIES MMAC; 4 42:15 Lynne WHITAKER SWVAC; 5 43:29 Kathryn MORTON MMAC; 6 45:01 Joan CLARKE MMAC; 7 47:58 Lorraine DAGLISH EVAC; 8 51:36 Fiona BISHOP VAC; 9 54:15 Ann WHEELER MMAC;
W55: 1 0:41:32 Christine KILKENNY MMAC; 2 43:52 Zina MARCHANT SWVAC; 3 44:33 Jane MULRYAN NVAC; 4 1:01:41 Ursula ELWELL MMAC;
W60: 1 0:42:07 Lou LYNESS NVAC; 2 44:49 Ros TABOR VAC; 3 45:11 Sheila CAREY MMAC; 4 45:13 Lesley GRIFFIN MMAC;
W65: 45:17 Dot FELLOWS MMAC;
W70: 1:26:51 Sheila SYMONDS WELSHMAF;

BMAF CLUB TEAM RESULTS (On cumulative times).

M40: 1 North Shields Poly (Iain Twaddle, Guy Bracken, Gary Moore, Vaughan Hemy); 2 Leicester Corinthian (Gordon Lee, Rob Sheen, Danny Keating, Craig Sabin); 3 Tipton Harriers (Mark Farnell, Aaron Keene, Richard Brittain, Andrew Williams);
M50: 1 Long Eaton R.C. (Robert Fox, John Birch, Dick Wilkinson); 2 Cobra R.C. (Dave Daniels, Chris Pearson, Mike Elwall);

GB V US Combined Events Challenge 2010 Joplin, Missouri 19/20th June Words: Bruce Charles.

The GB team were once again greeted with overwhelming hospitality from our friends in Mid West Missouri and overwhelming temperatures to boot!

Day one saw a favourable breeze and temperatures already in the 90's F by 10am and this got all our athletes off to a cracking start with Claude Peter- Thomas (M45) recording 11.54 for his 100m and Alastair Duncan (M50) 11.84.

Claude followed this up with a 6.16cm long Jump and a 1.66cm High Jump.

In fact all the Brits were performing well with Ken Moncreiff (M50) jumping 5.21 in the Long Jump and 1.55cm in the High Jump.

In the meantime Dave Burton was steadily accumulating an excellent set of points towards a new British M75 age record. David Haines, Lawrie Dunn and Brian Harlick were also performing well.

The day finished with fine 400m runs from Alastair (56.84) and Claude 57.03 leaving the Brits with a narrow lead over the US.

I was concerned overnight that we might falter on Day 2 with the forecast for cloudless skies and track side temperatures over 100F knowing also that Day 2 is always stronger for the US than Day 1 as they inevitably have excellent Discus / Pole Vault and Javelin competitors.

So it proved although our team pulled back points in the 1500m despite running these races at the hottest time of the day.

Outstanding performances on Day 2 came from Claude and Alastair in the Hurdles with 16.02 and 16.66 respectively.

Dave Burton crashed in the Hurdles but got up to cross the finish line still scoring points and with his face streaming blood. Whilst this clearly lost Dave several hundred points he was still able to go on and score 5759 points which gave him the M75 record

On the female side Hazel Barker was always struggling to cope with the heat (you don't get many 100F plus days in Leeds!) but was still delighted with her Shot of 10.75 metres on Day 1 but was really worried about being able to complete the 800m on Day 2. Being Hazel and being sensible however saw her battle through.

The result - the US won back the trophy by 43688 to 42317 points.

I have to say that given the heat over the two days I was really proud of the teams performance.

Recovery was then by way of further hospitality (and Softball!)

British Masters Weights Pentathlon - Milton Keynes - 20 June 2010

Order of events HT,SP,DT,JT,WT

W35:

1 Sue Lawance Thurrock H 33.57-639, 10.86-612, 35.97-602, 29.09-493, 10.54-585 2931; 2 Natasha Mighty Radley AC 30.60-569, 10.65-

598,22.33-335, 26.40-439,11.45-646 2587; 3 Catherine Alford Rhondda AC 32.50-614, 9.24-502, 27.16-428, 16.61-245,9.65-525 2314; 4 Krisztina Black Bournemouth AC 34.95-672,8.86-476,23.99-367, 14.68-207. 10.15-559 2281;

W45

1 Janet Smith WSEH 41.34-990,8.92-572,30.39-589, 18.35-343, 13.44-952 3446; 2 Julie Wilson Reading AC 29.93-669,9.21-594,32.21 - 631,25.26-505, 10.68-728 3127; 3 Karen Llewlin Pembrokeshire H 26.99-587, 8.36-528, 24.16-446, 18.80-353, 8.86-583 2497; 4 Adeline Kam Radley AC 31.91-724, 6.55-388, 20.00-353, 19.12-361, 7.79-498 2324;

W50

1 Jennifer Ibbitson Holmfirth 39.77-956,9.57-665, 28.36-600, 20.08-408, 11.63-723 3352; 2 Claire Cameron Victoria Park City of Glasgow AC 30.38-689, 9.85-688, 31.73-686, 12.88-232, 10.26-623 2918; 3 Wendy Dunsford Epsom & Ewell 31.15-711, 9.49-658, 25.37-525, 13.54-248, 9.71-583 2725;

W55

Fiona Crompton City of York AC 23.74-562,8.31-620, 16.87-356,19.33-439, 8.48-551 2528;

W60

1 Barbara Terry Blackheath & Bromley 26.52-727, 8.84-745, 19.83-494, 17.95-432,9.64-595 2993; 2 Anthea Bramford Cambridge & Coleridge 23.30-618, 5.59-425, 15.53-365,11.09-235, 10.27-642 2285;

W65

Elizabeth Sissons Epsom & Ewell 21.52-638, 9.59-922, 19.96-573, 24.20-702, 10.47-732 3567;

W70

1 Carole Derrien Jersey Sparton AC 23.12-806, 6.50-665, 18.45- 613, 13.53-412, 8.72-663 3159; 2 Barbara Dunsford Epsom & Ewell 15.49-486, 4.94-475, 8.21-222,8.02-211,6.00-420 1814;

M35

1 Graham Holder Shaftesbury Barnet H 54.98-786,11.70-614,36.86-612,32.87-346,14.62-730 3088; 2 Simon Achurch Nene Valley Harriers 41.55-558, 12.22-647, 34.83-570, 47.37-558, 12.64-615 2948; 3 Stephen Minnikin Doncaster AC 53.64-763, 10.18-519, 33.38-541, 27.76-273, 14.00-694 2790;

M40

1 Mark Wiseman Belgrave H 48.51-752, 14.90-888,48.30-937,42.52-532, 14.84-802 3911; 2 AL Nisbet Marshall Milton Keynes AC 36.14-523, 9.95-551, 32.25-574, 29.48-328, 11.15-573 2549 ;

M45

1 Steve Whyte TVH 56.44-1010, 13.46-862, 44.40-943, 44.96-628, 17.38-1042 4485; 2 David Burrell Luton AC 42.74-726, 12.48-790, 36.38-743, 42.83-591, 14.10-820 3670; 3 Anthony Tipping Cambridge Harriers 39.12-652, 11.28-701, 35.94-732, 35.90-472, 11.00-613 3170; 4 Dave Brown Liverpool Pembroke & Sefton H 28.30-432,10.40-637, 28.78-557, 39.91-541, 8.79-468 2635;

M50

1 Bob Broadbridge Newbury AC 45.85-749,13.65-851, 45.15-790, 38.81-554,14.70-758 3702; 2 Chris Privett Belgrave H 44.77-728, 12.00-732,37.24-625,37.54-531,17.12-905 3521; 3 John Moreland Rugby & Northampton 41.29-660,11.24-678, 45.01-787,26.20-330, 15.49 806 3261; 4 David Maggs Gateshead H 44.30-719, 8.54-486, 31.93-516,35.15-488,13.48-685 2894; 5 Jan Drzewiecki Bracknell AC 32.47-488, 8.67-495, 39.97-682, 14.28-128, 12.54-630 2423; 6 Mike Burling Marshall Milton Keynes AC 28.37-409,7.59-419,22.32-325, 21.54-249, 10.87-531 1933; 7 Jim Lawrence Marshall Milton Keynes AC 22.53-298,6.78-363,15.81-201, 22.61-268, 7.78-349 1479;

M55

1 Mike Small Swindon H 40.08-721,12.61-852,42.70-816,37.92-599, 15.04-843 3831; 2 John Wild Richmond & Zetland 34.85-607,8.90-564, 34.26-625,31.03-464, 11.86-639 2899; 3 Clive Howell Stoke AC 38.57 - 688, 7.95-492,22.51-367,22.89-308,14.68-819 2674; 4 Tim Saunders-Mullins Watford Harriers 32.36-554,9.44-606,22.99-377,22.41-299, 10.41-546 2382;

M60

1 Neil Griffin WSEH AC 46.85-864,13.92-936,46.64-861,38.58-656, 16.62-868 4185; 2 Mike Hazelwood Blackburn H. AC 42 58-771,12.75-846,44.89-823,46.24-819,16.05-834 4093; 3 Barry Hawksworth Derby A C 47.25-873,11.62-759,41.48-748,37.49-633 , 16.32-850 3863; 4 Philip Bramford Cambridge & Coleridge 30.91-519, 10.58-679, 38.16-676, 35.61-594, 11.50-563 3031; 5 Anthony Richards Croydon H 25.60-406,12.13-798,33.95-585,34.63-573,10.75-519 2881; 6 Bill Renshaw Northern Vets 32.30-549,10.58-679,37.40-659,20.71-289,12.02-594 2770;

M65

1 David Kuester Bicester AC 33.26-656,10.62-756,30.95-584,34.93-656, 12.93-702 3354; 2 Chris Melliush Cambridge H 45.11-945,9.08-

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628,29.59-552,17.19-255,15.83-887 3267; 3 Richard Jegou White Horse H 30.77-596, 10.73-765,29.89-559,19.00-295,11.93-638 2853;

M70

1 Jack Kee Marshall Milton Keynes AC 43.50-940,10.34-723,29.45-617, 22.93-421,16.61-962 3663; 2 Bill Gentleman Edinburgh AC 44.22-958,9.81-680,30.24-637,17.10-281, 17.42-1016 3572; 3 Colin Brand Blackheath & Bromley 27.27-532, 10.83-764,36.23-794, 36.60-760, 11.65-638 3488; 4 Brian Sumner Tamworth AC 34.14-703,9.27-636, 23.16 457 22.68 415 11.85 650 2861;

M75

1 Ian Miller EVAC 35.80-873, 10.91-859,28.87-692, 25.22-555, 14.06-865 3844; 2 Gordon Hickey Blackheath & Bromley 22.89-504, 9.98-775, 21.66-485, 22.46-479, 10.11-588 2831; 3 Norman Fullick Haslemere Border AC 24.39-547, 7.10-516, 18.54-397, 17.64-347, 5.63- 281 2088; 4 Peter Barber Cambridge Harriers 0.00 0 6.97-504, 21.77-488, 14.69-269, 12.36-745 2006;

M80

Jaroslav Hanus SCVAC 30.82-821, 8.89-741, 22.67-609, 14.19-295, 10.60-668 3134;

M85

Les D'arcy Wakefield H. AC 18.77-557,6.69-610,14.32-424, 10.24-229,6.62-427 2247;

6.95, 1.26, 71.64 23.19 19.29 2.30 32.76 6-18.73) 2461; 7.Mark Day (15.44, 4.41, 5.60, 1.20, 72.38, dnf, 14.72, 1.90, 22.06, 5-54.44) 1838; Wayne Gadd RETD;



Brian Slaughter



Claude Peter-Thomas

BMAF National Decathlon & Heptathlon Championships Oxford 11/12th Sept. WORDS: BRUCE CHARLES PICTURES: LESLEY RICHARDSON:

This was the 5th year with Oxford as the venue and the event drew a record entry of 56 Decathletes (including three ladies!) and 13 Heptathletes.

Fortunately the weather proved more kindly than was forecast and most events on both days were completed in warm and sunny conditions.

The Clarke Cup for the highest age adjusted score in the Decathlon went to Brian Slaughter with 6809 points whilst the Heptathlon equivalent went to Charmaine Johnson with 4670 points.

As expected the highest Decathlon scores came in the very competitive M50 group where Brian Slaughter with 6361 points won from John Mayor with 6215 points.

The only other athlete to top the magic 6000 points marker was Claude Peter-Thomas in winning M45 with 6116 points.

It was great to have two lady competitors (Teresa Eades and Margaret Coombe complete a Decathlon and Teresa was awarded the new trophy for the highest scoring lady Decathlete. In the Heptathlon the outstanding performances came from Gaye Clarke with 4601 points in W50, Charmaine Johnson in W40 with 4399 points and Louise Oliver with 4221 points. Closest competition was W35 where Amanda Wale (4068 points) piped Kate Brook by the tiny margin of 66 points. As usual the combined eventers made running the meeting a real pleasure particularly given the large numbers to get through in the High Jump on Day 1 and the Paul Vault on Day 2.

M35: 1. Darren Dods (11.89, 5.80, 10.49, 1.80, 54.51, 15.95, 28.97, 2.90, 39.11, 5-10.19) 5684; 2. Paul Derrien (13.22, 4.87, 11.65, 1.59, 63.07, 22.11, 33.22, 2.60, 39.85, 6-05.80) 4054; 3. Andrew England (12.45, 5.74, 10.28, 1.71, 66.59, 25.57, 28.69, 2 10, 42 12, 6-18.79) 3902; 4 Mark West (13.08, 4.96, 8.71, 1.50, 58.83, 22.18, 20.70, 2 30, 30.25, 5-16.18) 3754; 5.Kevin Byrne (13.16, 5.18, 7.66 1.65, 61.30, 19.67, 17.92, 2.30, 21.85, 5-31.96) 3689; 6.Ed Saunders (14.23, 4.23

MASTERS ATHLETICS AUTUMN 2010

M40: 1. Adam Young (13.13, 5.66, 9.67, 1.74, 58.57, 17.21, 24.56, 2.80, 32.43, 5-26.14) 5272; 2. Rich. Buckingham (13.24, 5.26, 10.17, 1.56, 62.82, 19.84, 33.02, 2.30, 32.26, 6-20.09) 4455; 3. Paul Flavell (13.73, 4.50, 8.58, 1.32, 58.85, 19.26, 23.97, 2.80, 28.86, 5-05.73) 4337; 4. Gary Palmer (12.93, 4.98, 8.02, 1.56, 58.86, 20.43, 19.50, 1.70, 26.23, 5-13.23) 4196; 5. Ian Bridgeman (13.14, 5.23, 9.54, 1.62, 64.28, 21.85, 21.64, 2.10, 31.29, 6-23.00) 3956; 6. Gian. Marotta (14.68, 4.12, 7.90, 1.47, 68.29, 22.61, 30.00, 2.40, 25.69, 5-52.87) 3376; 7. Derek Warr (14.24, 4.52, 7.23, 1.35, 65.03, 24.52, 21.20, 2.50, 24.40, 5-51.61) 3188; 8. Marc Juffkins (14.43, 4.64, 7.71, nhc, 64.91, 23.25, 20.67, 1.90, 29.06, 5-21.47) 3036; Eddie McKenzie RETD;

M45: 1. Claude P-Thomas (12.08, 6.09, 8.61, 1.68, 58.21, 16.66, 18.50, 3.20, 36.59, 5-47.44) 6116; 2. Derek Osborne (13.55, 5.25, 8.50, 1.50, 60.08, 18.71, 23.05, 2.90, 35.89, 5-01.35) 5417; 3. Derek Glasgow (12.99, 5.27, 7.02, 1.41, 59.78, 20.31, 21.12, 2.70, 20.87, 5-28.76) 4699; 4. Alan Easey (13.35, 5.12, 6.65, 1.26, 60.81, 20.37, 19.55, 2.80, 22.98, 5-49.17) 4330; 5. Keith Powell (13.22, 4.64, 6.49, 1.38, 63.87, 22.21, 26.31, 2.90, 27.65, 6-44.38) 4116; 6. Andy Smerdon (13.75, 4.31, 6.94, 1.41, 63.32, 22.67, 18.74, 2.00, 27.97, 5-35.21) 3879; 7. Martin Weetman (12.83, 4.46, 7.89, 1.26, 60.17, 23.42, 17.48, 2.00, 23.83, 6-03.69) 3848;



M50: 1. Brian Slaughter (13.18, 5.00, 11.34, 1.44, 58.31, 16.68, 34.19, 3.10, 34.23, 5-05.18) 6361; 2. John Mayor (12.89, 5.21, 10.13, 1.59, 57.50, 15.02, 29.43, 2.40, 29.92, 5-30.78) 6215; 3. Peter Ley (14.09, 4.51, 9.24, 1.50, 60.82, 17.11, 33.31, 2.60, 29.49, 5-19.46) 5502; 4. Marc Flannery (13.37, 4.85, 10.48, 1.50, 63.26, 17.62, 33.28, 2.60, 24.40, 5-36.88) 5477; 5. Alastair Duncan (12.47, 4.69, 8.76, 1.41, 56.06, 17.09, 27.35, 2.40, 24.48, dnf) 4946; 6. Peter Stepney (13.62, 4.65, 6.83, 1.44, 62.51, 18.81, 22.09, 2.40, 21.39, 5-19.99) 4733; 7. Clement Leon (13.43, 4.65, 8.50, 1.50, 59.85, 20.60, 21.08, 2.30, 21.97, 5-58.20) 4652; 8. Steven Wadley (13.83, 4.29, 8.02, 1.35, 60.30, 21.26, 27.04, 1.70, 24.81, 4-48.63) 4638; Ken Moncrieff RETD.; Alan Leiper RETD;

M55: 1. Ian Reeve (14.09, 4.64, 7.80, 1.44, 62.57, 18.25, 22.05, 2.90, 31.05, 5-42.82) 5662; Peter Robinson RETD.

M60: 1. Lawrie Dunn (14.83, 4.18, 7.83, 1.32, 69.71, 20.47, 25.52, 2.10, 32.25, 6-20.19) 4987; Robert Heanley RETD.

M65: 1. Brian Loten (16.20, 3.59, 7.93, 1.17, 89.18, 23.86, 30.06, 2.20, 29.13, 8-03.21) 4162; 2. Brian Harlick (18.40, 2.85, 8.31, nhc, 104.15, 24.09, 32.11, 1.70, 25.08, dnf) 2616; David Haines RETD.

M70: 1. Nick Bannenberg (15.71, 3.77, 11.38, 1.23, 75.04, 16.11, 30.03, 1.60, 27.49, 6-59.08) 5965;

M75: 1. Tony Bowman (15.66, 3.14, 7.69, 1.02, 88.61, 16.77, 15.87, 1.10, 22.44, 8-11.83) 4706;

W50: 1. Teresa Eades (15.77, 3.70, 6.18, 1.26, 77.11, 15.84, 10.74, 2.20, 14.02, 7-03.64) 4408;

W65: 1. Margaret Coombe (20.65, 2.83, 6.63, 0.99, 136.73, 21.12, 12.16, 1.70, 20.16, dnf) 3524;

MEN OPEN 1. Tom Grantham (11.81, 5.73, 11.56, 1.74, 51.73, 17.15, 29.01, 3.40, 36.01, 4-28.63) 5762; 2. David Budd (11.99, 6.28, 10.26, 1.74, 53.92, 16.12,

27.38, 3.10, 41.00, 4-59.00) 5557; 3. Steve Wren (12.28, 5.80, 10.26, 1.74, 57.56, 28.40, 25.84, 3.40, 34.36, 5-18.54) 4378;

W35: 1. Amanda Wale (17.28, 1.42, 9.18, 28.42, 4.75, 27.68, 2-31.39) 4068; 2. Kate Brook (16.52, 1.39, 8.14, 28.02, 5.01, 19.19, 2-30.53) 4002;

W40: 1. Louise Oliver (15.03, 1.39, 9.43, 28.47, 4.75, 27.67, 2-44.69) 4221;

W45: 1. Charmaine Johnson (14.06, 1.45, 10.04, 32.56, 4.48, 27.58, 3-15.18) 4399; 2. Lesley Willis (14.39, 1.27, 6.84, 29.36, 4.44, 15.06, 2-35.70) 4194;

3. Ruth Bird (18.00, 1.15, 8.23, 36.56, 3.57, 20.28, 3-29.60) 2602;

W50: 1. Gaye Clarke (13.89, 1.36, 7.95, 31.02, 4.40, 15.15, 3-08.08) 4401; 2. Jan Hardcastle (16.57, 1.24, 6.94, 32.24, 3.98, 11.39, 3-17.78) 3390;

W55: 1. Fiona Argent (19.24, 1.09, 6.44, 34.56, 3.38, 11.82, 3-22.62) 3077;

W60: 1. Sally Hine (16.42, 1.12, 5.96, 33.97, 3.34, 12.51, 3-24.78) 3874;

BMAF 30KM CHAMPIONSHIPS (MEN/WOMEN)

Science Park, Warwick University, Coventry. Saturday 14th August 2010.

Intermittent rain made for miserable conditions, but it wasn't cold. Times were generally much faster than a year earlier on the same course, held in warm sunshine.

Men

1. Paul Evenett Redcar RWC 2.39.07 (M40-1st); 2. Steve Arnold Nuneaton 2.53.21 (M45-1st); 3. John Hall Belgrave H 3.02.45 (M60-1st); 4. Arthur Thomson Enfield & H 3.09.22 (M70-1st); 5. David Manning Birchfield 3.13.26 (M55-1st); 6. Steve Allen Barnet & D. 3.18.25 (M50-1st) 7. John Paddick Redcar RWC 3.19.08 (M65-1st) 8. Dave Jones Redcar RWC 3.24.00 (M60-2nd) 9. Gary McDonald Surrey W.C. 3.31.45 (M50-2nd) 10. Mark Byrne Redcar RWC 3.35.12 (M45-2nd) 11. John Borgas Herts Phoenix 3.42.07 (M60-3rd) 12. Norbert Will N.I.V.A.A. 3.53.24 (M75-1st) 13. Henry DeSilva I.O.M.V. 4.14.39 (M75-2nd) D.Q. Ian Richards (Steyning A.C.), Julian Barnett (Birchfield Harriers) DNF Ed Shillabeer (Ilford A.C.), John Payn (Lancashire W.C.)

Team Result:

1st. Redcar RWC – 9hrs 22mins 15secs
(Evenett, Paddick, Jones)

Women's BMAF 30km Championships

1. Karen Wears Redcar RWC 3.12.31 (W40-1st)
2. Maureen Noel Belgrave H. 3.16.10 (W45-1st)
3. Helen Starling Redcar RWC 3.34.21 (W45-2nd)

COACHING KIDS! ARE WE REALLY LOOKING AFTER THEM? By Tony Crocker and Bill Davies

A couple of years ago we carried out a survey of British master athletes which was published in *Masters Athletics*. One of the things we discovered was that roughly a third of our members are heavily involved in coaching, or managing athletics for youngsters. Whilst only a very small proportion of these budding athletes are ever destined to become national or world champions it's pretty clear we all need to take a look at what we can sometimes be accused of - namely, forgetting that it is their lives not ours we are supposed to be serving! Unfortunately there is a lot of evidence that this isn't always the case. Although the following recently published researches are focused on those highly talented youngsters who have been identified, negative coaching behaviour can be found at all levels in sport.

Some of the clearest evidence of talented children being bullied comes from the world of sport. Parents, teachers and coaches are all identified as involved, along with evidence of the harm this often causes. Romana Weber, (2009), examined the

harmful effects that can result from the exploitation of children who have been identified as having high levels of talent by the pressures imposed upon them in both training and competition, often for the benefit to the coaches' reputation but also because of national cravings for success and prestigious gold medals. Romana points to the damaging physical and psychological pressures that led to the raising of the minimum age for competitors in the Olympic Games to sixteen in 1997 because of the clear evidence of long lasting damage to many very young world class children. Several national sporting bodies have lied about the ages of their highly talented children - such is the hunger for medal glory at this level. Many top coaches have been found to harass, or punish their elite sporting children - often because their own reputations and income depend on the success of their protégées. The figure skater Yelena Berezhnaya, once described how, at age thirteen, she was yelled at and hit by both her coach and her older skating partner. Coaches argue that their behaviour isn't bullying but that their keenness for a child to achieve full potential is misunderstood.

In most areas of sport away from the Olympics minimal age limits do not apply. Medical evidence shows that heavy weights training can seriously damage the bodies of children that are still developing so that it is recommended that this form of training should not be introduced into a youngsters schedule until at least two years after he or she has stopped growing. But success in many sports requires very high levels of muscle power. Current stories about the highly gifted world champion high diving youngster Tom Daley, who has just reached age sixteen, had to withdraw from this year's British Diving Championships because of back problems. Since then he also withdrew from the European Championships and because of fears over risk to his body only dived off the three metre board for ninth place in the first ever *Youth Olympics* in Singapore in August. Another possibility being suggested is that the damage to his body has been caused by the impact that so much high board diving has had on his young body when hitting the water at high speed. Are we are watching another "Too late" warning not progress a youngster too rapidly whilst his or her body is still developing? Other stories point to talented children regularly given body enhancing drugs, without their understanding what they were.

Bullying can take many different forms. About ten years ago a top premier league British soccer coach, had just signed up 24 young 12/13 year olds that had been spotted by talent scouts during the previous year. He said that the club's policy was to 'throw away about 12 at the end of year one' then throw away another 6 by the end of year two. Those children were all labelled as failures. One of the conditions the boy's families had to agree to was that their son would not take part in any other sports. His attitude was put quite bluntly - "If they can't take pressure from me without crying, they will never survive in the soccer world so I chuck them." Is it really necessary to create a world in which 18 gifted children are treated as failures whilst selecting the six we believe to be the most gifted?

Whilst we were writing this article the 2010 European Championships were taking place in Barcelona. The British teams of elite athletes did rather badly in the relays. Mathew Syad (2010), himself a previous international competitor in the 2000 Olympics, reported in *the Times* that Van Commenee, could be heard screaming aggressively at the ladies relay team for their botched handing over of their baton. This had led to their failing to make it to the final. He publicly labelled the women as "a disgrace" and the men as "not much better". Every one of those athletes will have been training together for many weeks and trying as hard as they could. Then they where exposed to the massive pressures of a real, important

competition. The emotional and psychological difference between the training and serious world level competitions is enormous. Syad saw Van Commenee's behaviour as being massively destructive. Van Commenee said he needed to be hard in order to improve performances. But the athletes already knew they had failed. They would have already been distressed by that failure. For teachers and coaches to be unable to tell the difference between getting the best from the children we teach, or the athletes we coach and bullying them as a way to achieve that goal would seem to be a major flaw in their value to the athletes they are supposed to be serving. Simple behavioural psychology points out that we all seek those things which give us pleasure, and where possible avoid those things which give us stress. Negative stress does not provide the motive force for achieving the levels of personal performance matched to our potential.

Romana Weber (2009), pointed out how elite young athletes, lose their free time and their social lives. They often suffer immensely from the impact this has on their education, and their health. For many the ambitions of their coaches, their parents and even their countries mean they are exploited. For these youngsters it is the coaches and parents who make most of the decisions. For many the goals are unachievable because their young bodies and young minds can't take the pressures related to intense rigorous training. The huge energy requirement of intensive training doesn't leave enough for normal bodily development. Injuries are often followed by being chased back to too early returns to heavy training. This can lead to permanent harm to the child's body. Kelly Garison competed whilst with stress fractures; Christine Henwick had a broken foot; Nadia Aomeneci had severe blood poisoning. They all had to carry on. Too often top young athletes can lose the freedom to make decisions about their own lives. Long hours of training every day, week after week, year after year with the lure of huge financial payouts to the very few as a constant factor affecting coaches and parents. Jennifer Capreiti was paid over three million dollars, by a sportswear manufacturer, at the age of 13, for example. But very, very few highly talented youngsters achieve anything like this. Many drop out having found the sacrifices they are expected to pay is too high. Jessica Fraser-Thomas, (2008) found that a common causes of dropping out were being trained by only one coach; bullying and short tempered behaviour of coaches; the lack of similar sporting friends during their teenage years; rivalry with their brothers and sisters; over ambitious parents who often tried to coach them when they were in the middle of a competition; and a dramatic falling off of their educational attainments at school. Often the dropout children said they found that their coaches tended to focus on the very best and ignored those they felt were less able. *Those who didn't drop out mentioned the fun they had with their coaches and friends, whilst training!*

As Cerys Humphreys, (2010), herself a dropout from the Welsh international teenage squad a few years ago, pointed out in a recent article, one of the major reasons that highly talented teenagers in hockey never achieve their potential is because of bullying - whatever alternative/cover-up words coaches, teachers and parents choose to use to defend themselves from accusations about their behaviour and ambitions.

Too often coaches do not follow the *International Olympic Committees Medical Commission's* advice and objectives for safe practices when training elite child athletes. Children of the same age are not all at the same point in their physical development and the disparity between development levels of soft tissues and bone tissues places some elite young athletes at advanced risk. Training should be pleasurable. Perhaps those of us master athletes who still enjoy not only the excitements of doing well, the determination to do better next

time, the social pleasure of meeting other athletes in local, national or international competitions, should also look back to our own teenage years and remember that one reason we are still out there on the track is the wide spread joys we experienced as youngsters. Let's keep it like that.

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OBITUARIES

BRYN JENKINS

Dad was born in Saundersfoot South Wales the eldest of four children, Brynmoor, Idabel, Gerwyn and Blanche. He went to school with Guy Gibson later to lead the dambusters raid on Germany during the Second World War. Dad had other aspirations though. His father, a miner by occupation was also the manager and a coach of Saundersfoot football team before the war. Dad fondly told me of kicking a can down the Ridgeway on the way to and from school hiding it in the hedge during the day. Football was his passion then and continued to be through into his forties. In 1938 tragedy struck not just our family, but many others when the mine they were working in flooded and many were killed. One can only imagine the heartache and loss felt especially as an eighteen year old lad Bryn was working on the pit head when his father was killed.

Life was extremely hard and especially so when only eighteen months later dad was called up into the RAF Transport Department and spent the next five years of his life in the Middle East. He continued to play football though and improved to such an extent that he played for the RAF. On leaving the service soon after the war he was offered football terms with Bradford and Arsenal but turned down the offer of these contracts because it did not pay enough for the family. He made the decision then to continue semi professionally whilst also working. Later he continued in the amateur game into his early forties.

Dad met mum, a land army girl, in 1946 whilst stationed near Huntingdon. Typical of dad was his first date invitation when he asked mum if she would like to watch him box. He always was a sportsman... Mum was not too impressed! He must have made amends though because in April 1946 they were married and a year later almost to the day I arrived. This was not quite my recollection as once, at a time when mum and I were travelling by train, two elderly ladies asked me when I was born. I replied the day before my mummy and daddy got married. Icy silence ensued.

Life continued in South Wales until I was about five, when we moved to Huntingdon because of family ill health there. My grandmother was seriously ill. Dad found work as a postman which he was to continue to retirement. It seemed to me at the time as a young boy, that there was scarcely a person in Huntingdonshire dad did not know.

The months, the years continued, so many memories; the highly polished and lovingly maintained motorcycles and motorcycle combinations; trips to Wicksteed Park where we would promenade down the line of equally polished and maintained vehicles quite apart from the other attractions. The many holidays back in Saundersfoot when the journey was much more of an adventure than now as journey times were much longer. Dad would spend days in servicing the motorcycle or car in preparation. Another memory was getting into a car mum was so excited about on the way home from school only to realise a few minutes later it was dad driving our first car. Moving into our first house together. Since leaving Wales we had lived with my grandparents.

It was dad's injuries caused by knocks playing football which finally began to take their toll. Finally dad had to retire from football and for a time a light had gone from his life. I had been running since 1961 and following a challenge from me in 1970 dad entered his first race the traditional St. Neots to Bedford Boxing Day Road Race. Watching him finish that day was a revelation not least for him. A new life was to begin. Steadily he extended and refined his training and soon it was to become evident that he was to excel. The 1970's and 1980's were very special years for both Mum and dad. In and around Huntingdon and St. Ives at the time were a very close and mutually supportive community of athletes and coaches. Dad and I were very much part of that in what proved to be the start of a running boom which continues to this day. Dad became a founder member of Eastern Veterans and was soon competing at a national level successfully. He trained prodigious distances and was so proud to represent Britain as a veteran athlete, eclipsed only it has to be said, by putting on the red vest in representing his beloved Wales. Mum and dad travelled to many parts of the world with British Veterans but perhaps dad is best known for his excellent performances in marathons (under three hours at the age of sixty seven, his wins in Bruges and as World Championship 10k age group winner in Vancouver, Canada).

It would be easy to think that dad's life was one dimensional, but he was much more than that. He was both proud and contented in helping mum in her role as the Warden for Rectory Gardens Sheltered Housing for the elderly. He would always look for ways in which he could help people even up until last week. He had so many friends from different walks of life.

God bless you dad.

PETER FIELD 1931-2010 Remembered by Arthur Kimber.

Peter died in June after a long battle with cancer. He was born in London and when he was a boy his family moved to Essex where he took up athletics and joined Southend A.C. After national service in the RAF Peter's work took him to Kent, where he joined Dartford Harriers in 1958. He was one of the stalwarts of the club for over 50 years, holding a wide range of key positions, secretary, treasurer, chairman, president, starter, archivist and historian, and he was made a life member to reward all his sterling work. He was a good chairman and committee man. With his extensive knowledge of athletics he

could put forward his well informed views strongly, but at the same time he was an attentive listener to the views of others. Despite his ill health he finally stepped down as president only in November of last year and up to a few days before his death was still working on his contributions to the history of the club.



During these 50 years he was very active as an athlete. He was a totally committed and dedicated clubman, who would sprint, run middle distance, throw or jump to gain points. His main talent lay in hurdling, where he had a very successful record, particularly as a master athlete. Peter said that he was born just at the right time for masters athletics, as the movement was beginning to gain momentum when he turned 40 in 1971. (Veterans A.C. was set up in 1931, the year of his birth.) He competed in the first master's international meeting in Cologne in 1972 and in the first WAVA championships in Toronto in 1975. As the regional master's athletics clubs began to be founded in the late 1960s and 1970s; Peter enthusiastically became one of the earliest members of SCVAC. Apart from a host of medals at regional and national levels, Peter won 11 individual medals at international championships, 6 gold, 2 silver and 3 bronze. His four best gold's came in two European championships, in Malmo in 1996, where he won both hurdles races, and outstandingly in Poznan in 2006 as an M75, where he took the European record for 300m. Hurdles in a time of 55.81 and the British record with 17.18 for 80m.hurdles.

Peter was well known, widely liked and respected by hundreds of master athletes, as shown by the large attendance at his funeral, and from the many apologies received from athletes who could not attend, having already gone to Nyiregyhaza for the European Championships. He leaves a wife, Elsie, brother, Colin and sister, Joy, and many other family members and

good friends, both in the athletics world and elsewhere. He will be missed very much by them all.

YVONNE WITHERS 1936-2010.

Yvonne was born and brought up in Scotland, before moving south to the Potteries in search of employment.

She officially joined City of Stoke A.C in 1972 initially taking part in a jogging group. Arthur Shaw persuaded her to try Race Walking and she became an integral part of the squad that won the "Midland Blaine trophy" and the "National women's 5k Championship" in 1975.

She became a member of the City of Stoke management committee and was part of the organising committee which promoted the "Women's National cross country championships" in 1977.

When she moved to the West Midlands she joined Dudley and Stourbridge harriers and was part of their very successful Women's walking squad for several years, winning National and Area awards.

Yvonne had remarkable successes in some of the early World and European veteran's championships. She won a W40 silver in at the 5000 metres track walk in and Gothenburg in 1977. The greatest achievement came in the European championships in Helsinki where she took W40 gold in both Road Walks. This was followed by a double bronze at W45 in a Puerto Rico in 1983.

Following her marriage to Denis She again won bronze in the 1989 world championships in the USA.

Unfortunately health problems prevented her continuing competition at this level, but she enjoyed travelling all over the world to Masters Championships with Denis.

While at Stoke she became a qualified track official, and then added a race walking qualification when at Dudley.

Yvonne officiated regularly over a period of more than 30 years, and with Denis helped in many Midland masters promotions

Together they enjoyed all the aspects of athletics, socializing with fellow competitors and officials at the completion of the events.

Yvonne was a talented artist, also enjoyed, gardening, music, bowls and genealogy.

Although her health problems lasted many years, she always made light of it and put on a brave face.

Eric Horwill.

We have also received the sad news of the deaths of:

Stan Bradshaw of Burnley.

Miriam Mitchell of Bath.

Jamie Harper 30th Jan 1947-March 2010.

Nettie Porteous 1920-2010.

Brian Ficken.



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