

# **MASTERS ATHLETICS**

*Prepared for the British Masters Athletic Federation by Master  
Athletes for Master Athletes aged 35 years or more !*

**WINTER**

**2010.**

**No. 94**



**MIKE HAGER GETS HIS  
10<sup>th</sup> AGE GROUP WIN IN  
DUBLIN.** *Pic: LESLEY RICHARDSON.*

**ALL THE NEWS from the WORLD  
of MASTERS ATHLETICS.**

A photograph of two female cross-country runners competing on a grassy hill. The runner in the foreground is wearing a white tank top with a bib number 3512 and red shorts. The runner behind her is wearing a black tank top with a bib number 5073 and black leggings. Both runners are wearing athletic shoes and are captured in motion. The background shows a grassy hill with some trees and a cloudy sky.

**CLAIRE MARTIN**  
former Inter  
Counties Silver  
Medallist, who ran  
11<sup>th</sup> in the 2006  
English National  
Cross Country  
Championships,  
was overall  
Women's race  
winner.

**Also pictured is**

**Scotland's Mary  
Miller.**

***Pic: Lesley Richardson***

# MASTERS ATHLETICS

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*Items for inclusion in the "Spring Edition"  
to reach the editor by the  
16<sup>th</sup> March 2011.*

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Frank Dobson, Brian Holden, Keith Whittaker,

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**Nigel Wray, Ursula Duckworth.**

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Ian Foster emailed to say that he was the winner of the M60 100 metres in the Inter Area at Solihull, and not as printed in the last edition of **Masters Athletics**.

M.M.A.C together with Birchfield Harriers have been asked by the B.M.A.F to organise the re-scheduled Cross Country Championships originally to be held at Luton.

The event will now take place on the 12th March 2011 in Perry Park, Birmingham.

Northern Athletics are to hold a Masters Indoor Track and Field meeting at the English Institute of Sport, on Saturday the 5<sup>th</sup> February.

Entries to: Northern Athletics, 7A Wellington Road East, Dewsbury, WF13 1HF by Friday 28<sup>th</sup> January 2011 or online at [www.northernathletics.org.uk](http://www.northernathletics.org.uk).

Enquiries: Telephone 01924 457922,  
e-mail [info@northernathletics.org.uk](mailto:info@northernathletics.org.uk)

All five M80 throws British records were broken this summer, by two athletes who have just moved up to this age group.

Jaroslav Hanus (Barnet) broke the Shot record with a put of 8.92 metres in March, and then threw a Hammer record of 30.82 metres in June, followed by 11.62 metres in the Weight in July.

Hanus also broke the Discus record in July with 24.77 metres, but this distance was further improved in September by Denis Field (Sunderland) with a throw of 25.92 metres and again three days later with 27.05 metres. Field also broke the Javelin record, which had stood since 1986, with a throw of 24.06 metres.

Denis Field  
Veterans NE Vice President

**Tom Morris writes.**

Once again the M.M.A.C on behalf of B.M.A.F are promoting the popular Road Relays at Sutton Park on the 21<sup>st</sup> May 2011. In order to publicise the event as much as possible I have created a dedicated Blog for the event. This proved to be a hit last year with nearly 2000 views between March and May inclusive. The site includes course details, images, location and all entry details as well as results from past years. Any upcoming news that is relevant will be posted on it. As M.M.A.C are now also promoting the B.M.A.F Cross Country next March, I have also added a page for that event. Please take time to pay the site a visit at <http://britishmastersaf.wordpress.com> Team Managers can enter online at <http://www.race-results.co.uk> or download entry details and forms from either the B.M.A.F website; M.M.A.C website or the above blog.

**Shorten the winter, the Old Guard, Track and Field Championships at Stourport on Severn Sports Centre, Worcestershire on the 3<sup>rd</sup> April.**

**Events: 100, 200, 400, 800, long jump, javelin, discus details from [tonycrok@aol.com](mailto:tonycrok@aol.com) Or from Tony Crocker, Croft Cottage, Pershore Road, Upton Snodsbury, Worcestershire. WR7 4NR (SAE please).**



**Marie Kay and Peter Crombie**

this years I.A.A.F Master Athletes of the year. According to the Brochure prepared for the I.A.A.F Gala dinner. It would appear that the awards are based on the achievements achieved at the internationally poorly supported Canadian World Indoor Championships.

Marie set a New world record for the Indoor Pentathlon, breaking the existing record by 300 points, she also won world titles at 200, 400, Long and High jumps.

Peter's award appeared on the basis that he was successful against the American sprinters in these Championships, plus the 45 medals he has won in previous world championships.

I understand that nominations from Europe were for two Spanish Athletes, and the magnificent performances from Steve Peters and Virginia Mitchell in the Europeans do not appear to have been considered.

William Gentleman has just been voted British Hammer Circle Master Thrower of 2010 after his exploits in Kamloops and Hungary. Nice to be recognised by your peers, and a good finish to his first year back following his visit to a stroke ward.

**New Team Scoring System for EVACI and EVACNS 2011**

The E.V.A.A Council has decided in agreement with the L.O.C of Ghent and Thionville / Yutz to change the age-groups in these Championships. Following a successful trial period the non-stadia-teams will be scored in five-year groups, rather than the 10 year groups used previously.

The Technical Manual of Ghent (Indoor) and Thionville/Yutz (Non Stadia) will contain this change in team scoring.

Moreover EVAA Council decided that the age group M75 will have its own team scoring.

E.V.A.A Council has decided that the Spanish city of San Sebastian will host the European Indoor Championships in 2013.

In Ghent (BEL), E.V.A.C.I March 2011, the city of San Sebastian and the L.O.C will be present with flyers and information



**FROM THE  
PRESIDENT  
PAUL  
DICKENSON**

Another year goes by and our sport continues to flourish, particularly in 'The Masters'. There have been some magnificent performances during 2010. I am continually amazed of what the human body is capable..

As a competitor I have now felt the buzz of competing in a British Masters Championship for the first time! Cardiff was my first and it will certainly not be my last. The atmosphere was terrific. People enjoying their sport as well as being ultra competitive too. A heady mix! , It was also a time to renew old friendships and make new friends. Surely some of the prime movers on why we compete for so long!

## MASTERS ATHLETICS WINTER 2010

During this year I have heard the following perennial master's phrase 'I can't wait for next year as I shall be in a new age group!' This must be a positive recipe for sublime optimism, overcoming fitness issues and positive mental attitudes. Surely we should be marketing Masters' sport to the N.H.S, a support mechanism for all those people out there who have low self esteem and poor levels of health and fitness. We must be a very small percentage of the over 35's who actually celebrate getting older.

My thanks as always go to those people who make Masters Athletics happen. You know who you are! My thanks too, to all competitors no matter what your branch of the sport is. Keep training, competing and enjoying the experience. On a very personal note, thanks to all my rivals who make me go training with a smile on my face and a renewed determination and thanks for having me in your midst as a fellow masters 'chucker'.

Good luck for 2011 and stay well.

### ARTHUR KIMBER CHAIRMAN'S REPORT



The last major fixture of the year in November was the British and Irish Masters Cross Country International, this year in Santry Park, Dublin, in much better weather conditions than in Birmingham last year. Closely contested individual and team races contributed to a

very enjoyable day. A full report from Philip Lee follows in this issue.

We have now signed the new contracts with Bourne Sports, our kit supplier, and Corporate and Sporting Events, our travel and accommodation agent. Bridget Cushen, Maurice Doogan, Danny Herman and I met Andrew Bourne in October. The company will provide a new, updated style tracksuit, with other coordinating items, sweatshirts, tee shirts. Polo shirts, rain jackets, and, of course, vests and shorts. All should be available in the New Year and on sale at the national indoor championships in February. The same four Executive members met Lucy Williams from C.S.E. The company will provide early distribution of brochures, a choice of hotels and airports and travel and accommodation packages or accommodation only. We discussed the difficulties that arose in Nyiregyhaza, and C.S.E will aim to avoid such problems in future.

The bid to stage the European Non-Stadia Championships in 2013 is still progressing very slowly

Swansea and now Cardiff appear to be out of the picture, but a third Welsh venue, Llandudno, is under consideration. For the World Masters Championships in the Olympic Stadium in 2015, the first problem facing us has now disappeared, as UK Athletics has withdrawn its bid to stage the I.A.A.F World Championships, but there is still uncertainty about the future of the facility. The position should become clearer in the New Year.

In November Irene Nicholls and I met Andy Day, England Athletics Competitions Manager to discuss funding for the Inter Area Track and Field Challenge and the British and Irish masters Cross Country International. The meeting was very productive. For the Inter Area, funding will be provided for track hire, travelling expenses and refreshments for officials, E.D.M for long throws, and possibly, following further discussion, for photo finish and first aid. Again polo shirts will be provided for officials. Whilst for the Cross Country there will be vests and possibly shower proof tops for the England team athletes and expenses for the team managers' selection meeting.

The indoor season will soon be upon us. If you are planning to go to Ghent for the European Indoor Championships make sure to send your entry to Peter Duhig in good time. Entries close on January 15<sup>th</sup>.

**I wish you all a Happy Christmas and New Year and an injury- free winter's training.**

### SECRETARY'S REPORT BRIDGET CUSHEN



I was once at a seminar on fundraising for voluntary organisations and opposite me sat a bald, leather jacketed ex-Hell's Angel who was representing some motorcycling group and of course he turned up on his motorbike.

At the end of the seminar we were asked to draft out a letter we would send to a potential benefactor. The Hell's Angel commenced his letter thus: "Dear Sir or Madam. As you are now approaching your 75<sup>th</sup> birthday .....!!" Whilst the audacity of a 70-plus still motorcycling fanatic sending out such a letter made the rest of us chuckle, it is not quite as macabre as it sounds as every year thousands of people die without having bothered to make a Will. In such instances if no relatives can be found, the tax man can claim the home and all the deceased's estate however large or small. There are absolutely thousands of registered charities some of whom hold enormous assets and investments and practically all now

employ full time or commission-based staff. For non-Government funded or grant aided voluntary organisations such as the B.M.A.F however, we have to rely on the enthusiasm and willingness of a few Officers to run our sport from their front room or study. With ever increasing costs – track hire, Officials expenses, Inter-Area Track & Field, International Cross-Country etc and some of our championships run at heavy financial losses, making ends meet is more and more difficult. We are fortunate human beings in that we are extremely strong and healthy compared to our contemporaries. However the unexpected sometimes happens, an accident or an undetected illness can hit. If you have not yet decided what to do with your wealth, why not consider making a donation to the B.M.A.F?

### TRACK & FIELD MAURICE DOOGAN.



**EVACS Nyiregyhaza, Hungary.**

**Although, from the medal table, this was a very satisfactory Championship, we were again second in Germany, it was the second time we have taken our gold medal haul above 50, and the highest ever, but in reality it was less golden.**

On the organisation side, this was probably the worst International Championship I have been to. The feared lack of qualified officials was evident throughout, and although in the main, all officials were extremely amenable, the inexperience of a large percentage of officials, made the events fraught with difficulties. Valid throws in the Decathlon were being red flagged whilst some invalid throws were white flagged; this was the first sign of problems to come.

The W.M.A seeding, progression and lane draw procedures were not adhered to, and lap counting, even with chip technology failed to be operated satisfactorily. Even though these issues were raised at the daily Team Managers meetings, very little was rectified.

However, probably the worst 'officiating' was the Safety Officer, nicknamed Doctor Death very quickly, whose role had been added to. We were to learn that his role was also being able to pull athletes out of races, if they were going to hold up the next event. This appears to be been decided on by Project 'Safety Officer', which appears to arrive at nonsensical rules without any comprehension of

the consequences, and when it all goes wrong, conveniently the regulators are out for lunch.

The General Assembly was its usual format, very regimented with little discussion on any subject, and although we did force them to listen to our arguments on our two proposals. We were defeated, but not by much [30 for, 40 against with 10 Abstentions], on the issue of increasing the number of members of the Council. The unelected Technical Board of Managers now only meet once a year, so basically appear to have minimal influence on decision making. I was outvoted for the role of E.V.A.A Stadia Manager as expected; they were never going to elect a poacher as the head gamekeeper. At least they cannot accuse me of not offering, when Team Management continue to raise concerns about the repeated areas of disorganisation of Championships. They never learn and insist on reinventing the wheel.

We did however get the Assembly to request Affiliates to provide better treatment of other nation's athletes living and trying to compete in their country. The Minutes show that this was improved to meet DEMANDS.. So a success, of sorts.

However, it is a sad reflection on the politicising of even Masters Athletics that we celebrate such a very minor success. Why do we need to be even raising this kind of issue, in the days of the alleged strength of European Human Rights?

#### General Report for 2010.

The Indoor Championships were a great success, as we made a profit, and numbers of entries continue to increase, we had a record 553. We however still have dissent from several athletes, who I have warned, but it appears that some people have not 'appreciated' this, and not only athletes. There has also been objections to the use of MY on this issue, as it is BMAF's, but surely as the T+F Secretary, Meeting Director and Meeting Organiser and general dogsbody, I am entitled to use MY – on the lines of the Queen's WE.

This was followed by another record entry for the Outdoor Pentathlon although the 10K Track race numbers were down. This was probably due to the continual changes to the date of these events, which will now be permanently be joined with the Pentathlon and not the September date with the Decathlon. The heat wave at the time added to the low numbers with a lot of no shows. That being said, we again made a profit on this event. Unfortunately not a precursor for things to come.

The Throws Pentathlon had another record entry, with some very stiff competitions throughout. I was advised by numerous athletes there that due to the recession, the Outdoors move to Cardiff, put it a cost too far. The extra 100 miles each way for most people meant they would be forced to stay overnight and as the hotels in Cardiff are at least £10 per head per night more expensive than Birmingham, they had not entered, so that they could go to Hungary. Please note that this event will be brought in house for 2011. This will mean the purchase of Weight

implements, but we will share these implements with the Area Clubs to enable them to include the Weight competition in their Championships.

The Outdoors at Cardiff, although a very good facility, especially the external throws area and the provision of a combined undercover Call Room - which some athletes still endeavour to avoid - being in a fringe area, will always cause problems with entry numbers. The Call Room problem is either due to the not reading of Athletes Instructions or just being members of the 'Awkward Squad'. This meant more disqualifications, although the odd one got through the net, by 'porkies' to Officials. However, we will endeavour to be more diligent, so be warned.

However, the reasons outlined under Throws Pentathlon, together with a lot more officials needing overnight accommodation, shows that Cardiff is a non-viable option for us. Hence, a hopeful return to Alexander Stadium in 2011.

The final Championship of the year, despite clashing with an Executives Meeting, was the Decathlon/heptathlon, another Championship with a record entry, although somewhat light regards the girls. Please note: We had nine M35 entrants and 3 pre-Masters, which shows Mr Duff is not in touch with reality, but was he ever. This fixture also was only just in deficit, which is an expensive Championship to hold, photo-finish required for two days etc., so the future may be not Orange, but still bright. Could it be that the Decathletes were incensed so much by E.V.A.A trying to dump them, that they now fully realise what they have to lose.

So to conclude, the 2010 Championships are now reaching new levels, and despite the expensive blip at Cardiff, not their fault but circumstances, we are virtually where we need to be.

We have almost sufficient high quality officials at all levels, for all of our Championships, which enables them to run to programme and be conducted more than adequately [not perfectly, but for a control freak like me that is unachievable], which with the numbers of athletes involved is no mean feat. These officials actually want to work with us, not because I [we] work them to death, which unfortunately I have to, but mainly because we look after them and their concerns are ours - they are friends rather than Officials. The vociferous e-mails from numerous officials, who spotted that the Inter City Challenge match was trying to nick our booking at Lee Valley was amazing. That is some change from the attitude of officials towards Veterans some ten or more years ago. This must be down to how you athletes conduct yourself, so well done and thank you. However we are not all perfect, so I need your help to police affairs, so that we set the Gold Standard for behaviour and conduct.

We are also at venues that want us and that have all the necessary facilities. OK, the Alexander Stadium outside Throws Area is not first class, but only on our benchmark. The mud bath in Hungary, and International

venues elsewhere for that matter, make Brum's fade into insignificance.

Have a good winters training and I hope to see more of you at the forthcoming Indoor Championships, as well as the European Indoor and Non-Stadia Championships in Ghent and Thionville.

[With England Athletics Competition Licence - grumpy old man division]

## **ROALD BRADSTOCK INTERVIEW JULY 2010 by Alastair Aitken**



ROALD BRADSTOCK at 48, followed up his eighth place in the Javelin at the European Trials & UK Championships, at Birmingham with 65.17 by going on to win in the M45 Javelin in the British Masters Championships at Cardiff International Stadium, on the 3rd of

July. On each of his throws he easily bettered the Championship Best of 55.47 (60.59; 60.31; 63.78, 64.92; 63.92; and 61.62). The wind was very strong and blustery when he threw, with all the '35 to 50's 'I had not thrown in training for a couple of weeks because I was nursing a few little injuries. My focus is all on next year and I am going home on Thursday to the U.S.A to start my preparation.' At Cardiff he experimented with the wind as he said 'The javelin is an aerodynamic implement whereas, a discus thrower knows exactly where the wind is. Many javelin throwers have not got a clue about that. They go out the middle where the wind is the same every time. I am changing height, changing distance and changing angles. It was the first time I have done 'Masters' so doing the best I could on the day. I was having fun, playing around with the wind. In training I would do that rather than in competition where I was under pressure. You can change your approach by about 30 or 40 degrees' He added 'I have thrown so often I can do that in my sleep' He continued 'my goal is to smash the M50 World record of 71.01 with a 700 gram javelin. The way I throw I could do that. My javelin throwing looks very technical but it is very simple. A lot of spin round the rotation. What I look for is a strong cross wind.'

Roald pointed out 'my aim is to do my eighth Olympic trial in the UK (He did do three US Olympic Trials in his time). At the UK trials I would be one step away. Who knows what happens there so, my main goal is to make

the 2012 Olympic Trials, on my home turf Broxbourne where I am from. A nice end to my career and come a full circle. That was why I went to the States to see the Olympics and for my ART.

Regarding his Art and what he does in that direction he replied 'You name it! I am using paintings or traditional mediums or videos' He has been doing that in workshops and Sporting Colleges'

He is dubbed 'The Olympic Picasso' in 2003 he won the prestigious International Sports artist of the Year award. His art is exhibited in the International Olympic Museum in Lausanne as part of the cultural activities that lead up to the 2000 Sydney Olympic Games.

Perhaps the most astonishing thing of all is how he came to do athletics at all. First of all he was born on the 24th of April 1962 in Hertford Heath, Herefordshire and his mother is Norwegian.

'In 1968 as a six year old in the year I was diagnosed with spina bifida and, they told me from x-rays that they did not know why I could walk. I was not to play sport so, I could not play rugby. It was at that time I watched the Mexico Olympics on a black & White TV in my parent's kitchen. I got the excitement from that and, get goose pimples just thinking about it still. That was what I wanted to be a **javelin thrower**' (*The 1968 Olympic javelin was won by Latvian Janis Lusis with 94.58*).

Who then did Bradstock admire as a great javelin thrower and he was emphatic about that.

'Niklos Nemeth (*1976 Olympic Champion with a WR of 94.58*) the way I throw is based on his technique, that rotation. I knew that I had a weak back so I had to come up with something technically where I could lengthen my form in order to throw further to reduce the strain on my back. I looked at him and, always knew that, if I stay healthy it should allow me to have a very long career and, I am still here.' he then commented 'The Mystery of the Javelin Community. I have a short approach, old, balding and wearing colourful outfits!'

He said the first year he felt he had broken through 'It was in 1978 at club meets. At Hastings I threw 66 metres and then 72.72 at the Southern Counties thirty years ago.'

Coming forward to this year he threw, almost the same distance of 71.22 for a British Masters M45 record, on April the 17th in Athens Georgia, USA.

In 1984 he was 7th in the Olympic Final with 81.22 and he was in the Seoul Olympics in 1988 where he threw 75.96.

Back in 1985 he had his furthest ever mark of 91.40 which he did on May the 3rd in Texas then, on the 27th of July '85 he won the javelin competition in the Bislet Games in Oslo with 90.58.

What did he consider his greatest performance? 'My best competition was Bislet 25 years ago.'

## **News from England Athletics Masters Association**

E.A.M.A congratulates all the competitors who donned the England vest for the 23<sup>rd</sup> British and Irish Masters Cross-country, hosted this year by the Republic of Ireland in Dublin on 13<sup>th</sup> November, excellent individual and team results as you will see from the separate report by Phil Lee. Thank you to Team Managers, Harry & Kim and to the Selection Committee.

At their October meeting E.A.M.A agreed to add a Vice Chairperson to their Committee and are now seeking a candidate at their A.G.M in Birmingham on 26 March 2011. The Committee is quite small – Chaired by Irene Nicholls, Secretary Bridget Cushen, and Treasurer Danny Mullane. Eric Horwill looks after the walkers, Arthur Kimber the Track & Field side; Harry Matthews has come on board as Cross-Country Secretary and prolific road runner, Alex Rowe has found the time to devote to the position of Road Running Secretary. As you can see, we are all active members still competing or Officiating. We only have two Committee meetings per year plus the A.G.M and an extra person on board in the role of Vice Chair would fit in nicely as they would deputise for Irene and or help out the Event Secretaries as necessary. If you are interested, get your club to nominate you or if you need any further information, please let us know.

In his first year as Road Running Secretary, Alex staged England Inter-Area awards at 5km and 10km which were incorporated within the B.M.A.F events at Horwich in June and Goodrich in September. At Horwich we had 100 runners, 77 men and 23 women. John Parker M35 of Midland Masters won the men's race outright in 15:37 and Gill Harrison the women's in 18:48min. There were 10 teams in all; N.V.A.C won the M40, M50 and M70 age groups with the M60 going to the S.C.V.A.C. There were 4 M60 and 3 M50 teams with 1 apiece in the M40s and M70s. The N.V.A.C won the W55 team award. In the 10k at Goodrich we had 141 entries and although Alex had to work quickly to abstract the Inter Area Team results, some medals had to be posted as athletes had already left. Gordon Lee was the men's winner in the M40 age group with a swift 31:18. Sarah Gee was outstanding in winning the women's race as a W45 in 34:32. There were 11 men's teams, with Midland Masters winning the M35-49, NVAC the M50 and M70 and SCVAC the M60 team. The women had 5 teams, with Midland winning W35 and W55 and SCVAC W45. The organisers were very good in giving Alex an electronic copy of the results which he was able to use for the team results. No Inter Area individual medals are awarded for this event.

Eric Horwill is also looking at the possibility of an Inter-Area walk, possibly also at Horwich and he is working on the England v Ireland walking match for next year.

**Hon. Secretary  
EAMA**

# RECORD BREAKING IN DUBLIN

**British and Irish Masters Cross Country International.**

**Words: Philip Lee**

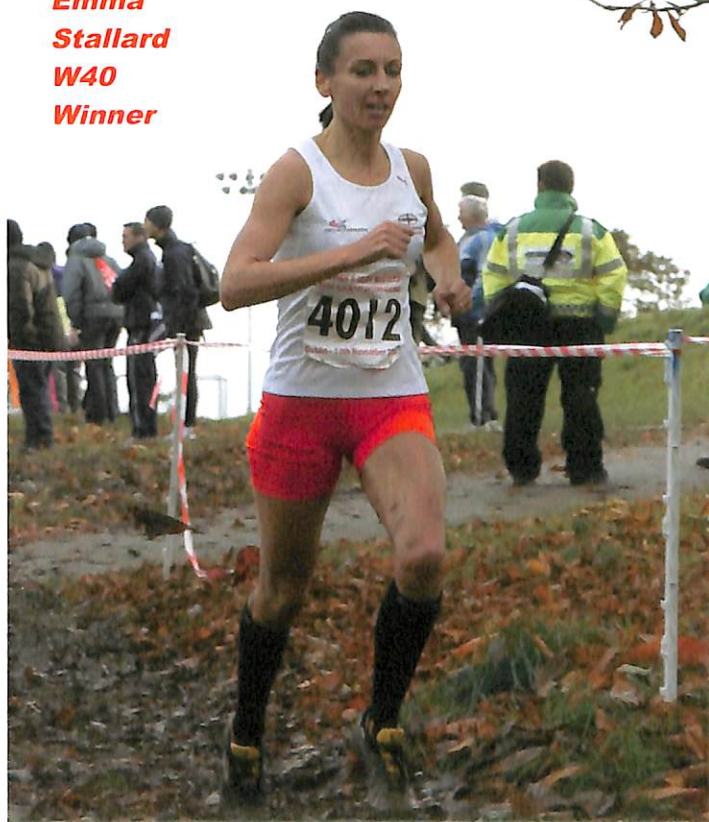
**Pictures: Lesley Richardson**

**W**hen Mike Hager won the M60 race he became the most successful race winner at the cross country International with 10 wins. With the way he is running who would bet against him adding to that total in the future.

The British and Irish Masters Cross Country International was run at Santry Demense in Dublin. Adjacent to the course is the Athletics Track on which **Herb Elliot** broke the world mile record in August 1958. Elliot's time was 3.54.5. Irishman, Ron Delaney also broke the existing world record when he finished second in 3.55.9. But who had been the previous world record holder?

**England** successfully held onto the trophies for Men and Women but were pushed much closer by hosting nation **Republic of Ireland** on a relatively flat but sticky course after overnight rain. As always there were some individual performances of note but also some extremely close racing to determine age group winners.

**Emma Stallard  
W40  
Winner**



this group were **Melissa Whyte** (Scot), **Annette Kealy**, **Donna Mahon** and **Mary Scully** (Rol) and the England contingent of **Sarah Wilkinson**, **Claire Martin**, **Emma Stallard** and **Claire Elms**. As the race progressed over the four laps the group continued to interchange places. The race was won by **Claire Martin** W35 (22.07) who had dictated the pace for the entire race. She was followed home by **Emma Stannard** W40 (22.21) and **Melissa Whyte** W45 (22.26)

**Melisa Whyte  
W45  
Winner**



**W35** **Claire Martin** Eng had opened up a gap on the rest of her age group by Lap 1. Further back **Donna Mahon**, **Mary Scully** Rol, **Cathy McCourt** NI were fighting for the other medal places. On the final lap they were being closed down by **Camilla Briggs** Eng. At the finish it was very close between the Republic of Ireland women.

1. **Claire Martin** Eng 22.07 2. **Donna Mahon** Rol 22.37 3. **Mary Scully** Rol 22.42 Team 1, Republic of Ireland 11, 2. England 19, 3. Northern Ireland 29, 4. Scotland 30, 5. Wales 38

**W40** **Emma Stannard**, **Sarah Wilkinson** Eng, **Annette Kealy** Rol were running hard at the front of the field followed further back by **Carmel Crowley** Rol and **Phillipa Taylor** Eng. As the laps unfolded nothing changed but on the last lap there was a dramatic change to the race order as **Sarah Wilkinson** unfortunately had to pull out which left it to **Emma Stannard** and **Annette Kealy** to battle it out for gold.

1. **Emma Stallard** Eng 22.21 2. **Annette Kealy** Rol 22.27 3. **Phillipa Taylor** 22.33 Team1. England 9, 2. Republic of Ireland 13, 3. Wales 31, 4. Northern Ireland 33, Scotland 40

**W45** **Melissa Whyte** Scot set a hot pace at the front followed by a group of runners which included, **Sue Ridley** Scot, **Niamh O'Sullivan** a previous winner from Rol, **Claire Elms** and **Susan Samme** of England. As the race unfolded it was clear that **Clair Elms** was making headway into the lead. Unfortunately the laps ran out as the finish came too soon to enable a change of leader to take place **Niamh O'Sullivan**

## Race 1 W35+ and M65+, 6K

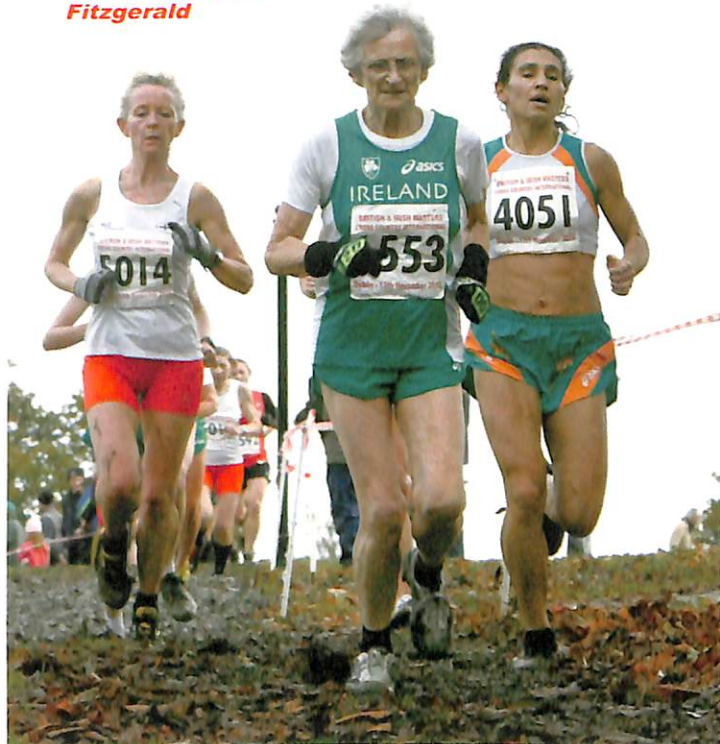
The first race of the day started in bright sunshine with a group of runners making an initial break from the pack. Included in

## MASTERS ATHLETICS WINTER 2010

maintained her hold on the bronze medal to go with the gold she won last year.

1. Melissa Whyte Scot 22.26, 2. Claire Elms Eng 22.31, 3. Niamh O'Sullivan Rol 22.49  
Team 1 England 16, 2. Republic of Ireland 18, 3 Scotland 18, 4. Northern Ireland 32, 5. Wales 50

**Monica Williamson**  
(5014) was **W50**  
**winner.**  
(4051) **Lucy Darcy.**  
(6553) **Maureen**  
**Fitzgerald**



**W50** England did a clean sweep for the medal places in this age group. **Monica Williamson** and **Sue Becconsall** were involved in the fight for the gold medal. The race for the bronze medal was much more disputed between **Anne Luke** Eng, **Ruth Magill** NI, **Anne Donnelly**, **Mags Greenan** and **Mary Sweeney** all from the Republic of Ireland. By the finish **Williamson** had eased ahead of **Becconsall** and **Luke** had pulled well clear of the chasing Irish runners who finished close to each other. This was the first English victory in this age group since 2002.

1. **Monica Williamson** Eng 23.55, 2. **Sue Becconsall** Eng 24.05, 3 **Anne Luke** Eng 24.27; Team 1. England 6, 2 Republic of Ireland 18, Northern Ireland 33, 4. Wales 35, 5. Scotland 45

**W55** This race was dominated by **Carmel Parnell** Rol, who continued her success in winning last years W50-54 age group by romping away with her new age group in a time faster than the winning W50 time. **Gail Duckworth** Eng also put in a strong run to ensure she had no problems in claiming the silver medal. **Jane Waterhouse** Scot, **Helen Ingram** Rol and **Christine Kilkenny** Eng fought out the battle for bronze with the English women winning.

1. **Carmel Parnell** Rol 23.25, 2. **Gail Duckworth** Eng 25.10, 3. **Christine Kilkenny** Eng 26.17; Team 1. England 11, 2. Republic of Ireland 13, 3. Scotland 25, 4. Wales 35

**W60** This age group also had a runaway winner in **Angela Copson** of England. Her time of 25.50 would have given her the bronze medal in the W55 race so quick was her run. Behind

her the race for the other medals was a little closer, with **Ros Tabor** and **Zina Marchant** of England fighting it out.

1. **Angela Copson** Eng 25.50, 2. **Ros Tabor** Eng 26.56, 3 **Zina Marchant** Eng 27.06; Team 1. England 6, 2. Republic of Ireland 23, Scotland 25, Wales 37

(5551) **Carmel Parnell** was  
**W55**  
**Champion.**  
(4552) **Helen White.**  
**6502 Martin Ford.**



**W65** Strong running from **Dot Fellows** Eng took her to a big lead in the race. Behind her Welsh stalwart, **Pat Gallagher**, ensured that she made the silver medal her own with **Katherine O'Brien** of the Republic of Ireland coming home in third place.

1. **Dot Fellows** Eng 27.26, 2 **Pat Gallagher** Wales 28.41, 3. **Katherine O'Brien** Rol 29.55 Team 1. Republic of Ireland 16, 2. England 18, 3. Wales 19



**Angela**  
**Copson**  
**W60**  
**Winner**

## MASTERS ATHLETICS WINTER 2010



**Dot Fellows  
W65 Champion.**

**M65** In this age group England's **Malcolm Renyard** and **Martin Ford** had a close battle for first place. For the third spot a race developed between Northern Irelands **David Seaton** and **Gerry Lynch**, **Richard Bowen** of Wales, **Christy McMonagle** Rol and **William Allan** from England.

1. **Malcolm Renyard** Eng 23.43, 2. **Martin Ford** Eng 23.46, 3 **William Allan** Eng 24.44; Team 1. England 6, 2. Northern Ireland 24, 3. Wales 26, 4. Republic of Ireland 34, Scotland 38

**Malcolm  
Renyard won  
the M65  
Group.**

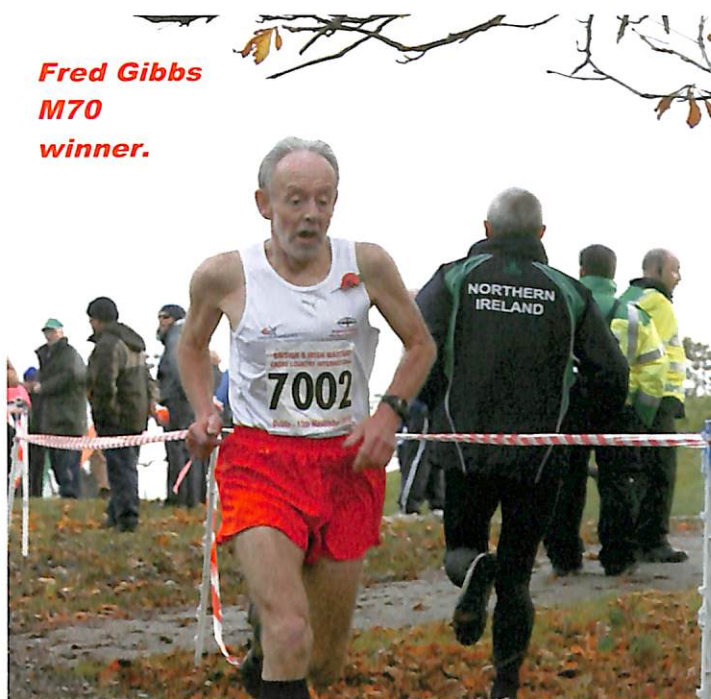


**M70** For a few years England's **Fred Gibbs** has had it all to himself in this age category. He still won but the margin of victory was much closer this year. The Republic of Ireland's **Jim McNamara** got within 18 seconds this year to finish second, a vast improvement from Birmingham, last year, when

he was 3<sup>rd</sup>, 77 seconds adrift. **Peter Leak** Eng held off a strong challenge from **Sean Cooney** Rol to claim the bronze medal.

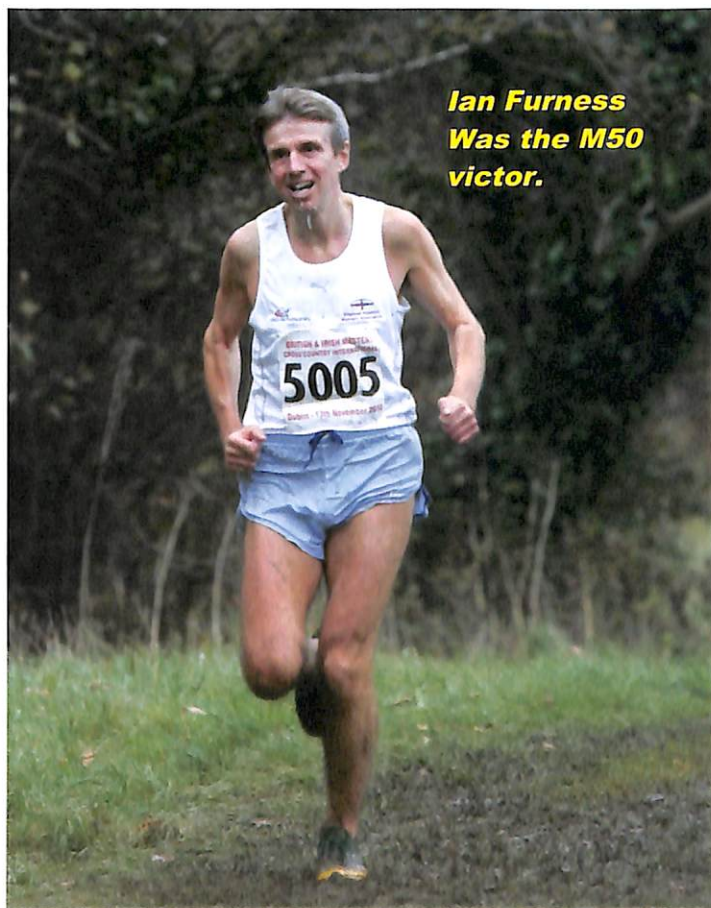
1. **Fred Gibbs** Eng 26.03, **Jim McNamara** Rol 26.21, 3. **Peter Leak** Eng 27.09; Team 1. Republic of Ireland 11, 2. England 13, 3. Wales 33, 4. Northern Ireland 41

**Fred Gibbs  
M70  
winner.**



### Race 2 M50-64 8K

England team managers **Kim** and **Harry Matthews** must have been very happy as this race unfolded at the sight of so many England vests at the front and including all the age race winners.

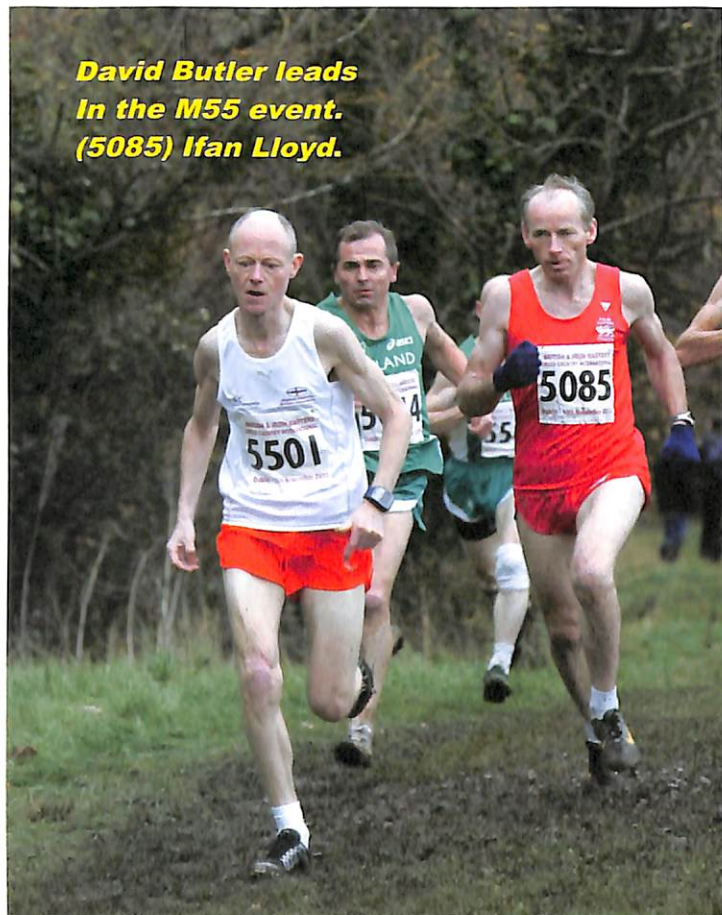


**Ian Furness  
Was the M50  
victor.**

## MASTERS ATHLETICS WINTER 2010

**M50** The early running was made by a group consisting of **Ian Furness**, **Bob Atkinson**, **Mike Deegan** and **Mark Hargreaves** of England and **Tommy Hughes** and **Tommy Payne** Rol. By the fourth lap **Furness** had opened up a 10 second lead on the field that was led by **Hargreaves**. Going into the final lap the lead had been extended to 15 seconds but a strong finish by **Hargreaves** cut that back as the Irish men slipped back and **Ian Campbell** Scot moved up the field.

1. **Ian Furness** Eng 28.33, 2. **Mark Hargreaves** Eng 28.40, 3. **Mike Deegan** Eng 28.43; Team 1. England 10, 2. Republic of Ireland 33, 3. Scotland 46, 4. Wales 69, 5. Northern Ireland 96



**David Butler leads  
in the M55 event.  
(5085) Ifan Lloyd.**

**M55** **David Butler** Eng was part of the early leaders and in doing so soon opened up a gap on the rest. He was followed by **Ben Vaitkevicius** Rol, **Stan Owen** Eng, **John Cullen** and **Brian Lynch** Rol who were closely bunched. By lap 4 **Vaitkevicius** had opened up a gap to **Cullen** who had done the same to **Lynch** as **Owen** slipped back to 5<sup>th</sup>. This was how it remained till the end of the race as the fast running **Butler** continued to increase his lead.

1. **David Butler** Eng 28.59, 2. **Ben Vaitkevicius** Rol 30.12, 3. **John Cullen** Rol 30.56; Team 1. England 9, 2. Republic of Ireland 18, 3. Wales 27, 4. Scotland 29, 5. Northern Ireland 54

**M60** **Mike Hager** was once again in sparkling form and even though he has moved up an age group he hasn't slowed down as he matched strides at the front of the field with M50 and M55's. It meant that the rest of the age group were chasing the silver and bronze medals. On the opening lap a close battle was in progress between **Pat O'Shea**, **J J Murphy** of ROI and **Des Michael**, **Mike Mann**, **Terry Eakin** and **Alan Daglish** of England. As the Irishmen pulled ahead on lap 2 it was left to the English runners to compete for their personal honour. **O'Shea** gradually pulled away from **Murphy** while **Michael** did the same to his team mates.

To put **Hager's** run into context he would have finished as 1<sup>st</sup> M55 and 5<sup>th</sup> M50.

1. **Mike Hager** Eng 28.54, 2. **Pat O'Shea** Rol 31.19, 3. **J J Murphy** Rol 32.02; Team 1. England 12, 2. Republic of Ireland 14, 3. Scotland 28, 4. Wales 38, 5. Northern Ireland 39

### Race 3 M35-49 8K

As the rain fell on the already cut up course we were treated to one of the most exciting and fiercely contested races that I have ever witnessed and there was no English vest in sight! From the start of the race the red vest of Wales was prominent at the front being carried by **Austin Davies**. He was closely followed by fellow countryman **Huw Evans**, **Peter Matthews**, **Ciaran Doherty**, **Paul McNamara**, **Gerry Ryan** and **Pat Byrne** Rol, and **Steve Wylie** Scot.

As the race entered the closing stages finishing speed was going to play a big part in determining the final outcome. Out from the pack emerged **Matthews**, closely followed by **Davies** and **Doherty** all winners of their age group. The first 13 home were within a minute of each other which was indicative of what a good race it was.



**Ciaran Doherty was victorious in the M35 group.**

**M35** With **Evans**, **Wylie**, **McNamara**, **Doherty** and **Byrne** in the leading group it was always going to be a problem for any other runner to come out of the chasing pack to claim a medal. So the race was between the five for the places.

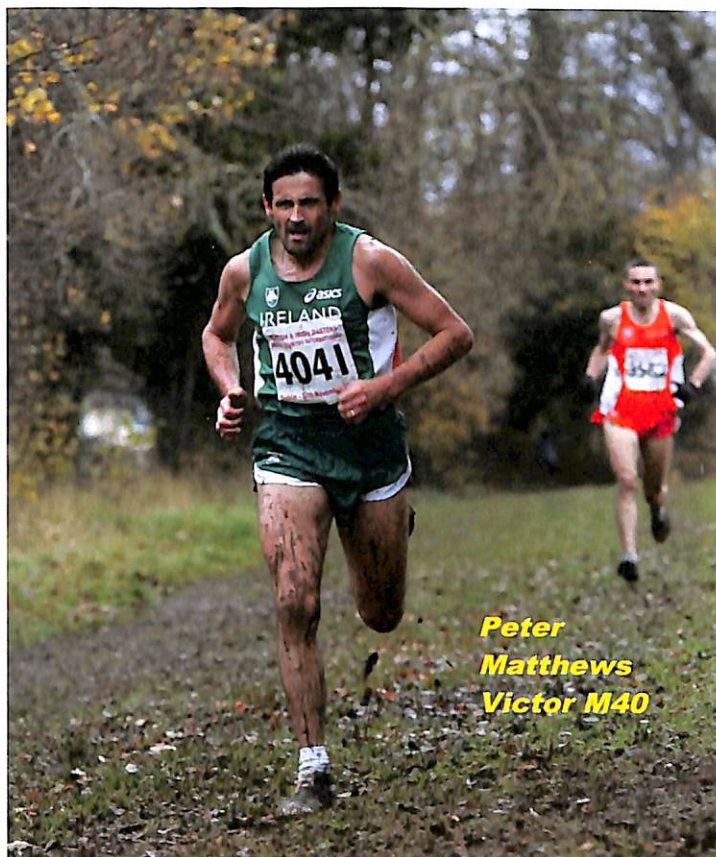
1. **Ciaran Doherty** Rol 27.02, 2. **Paul McNamara** Rol 27.04, 3. **Huw Evans**, Wales 27.23; Team 1. Republic of Ireland 13, 2. England 40, 3. Wales 42, 4. Scotland 59, 5. Northern Ireland 77

**M40** With **Peter Matthews** Rol running away with the front group the main interest was who would come out of the chasing pack in search of the medals. The answer was **John Herbert** Eng and **Dave Morwood** NI. **Morwood** was the first M35 winner in 2007 and had been second M35 in 2009. Although he worked hard and was making inroads each lap he was unable

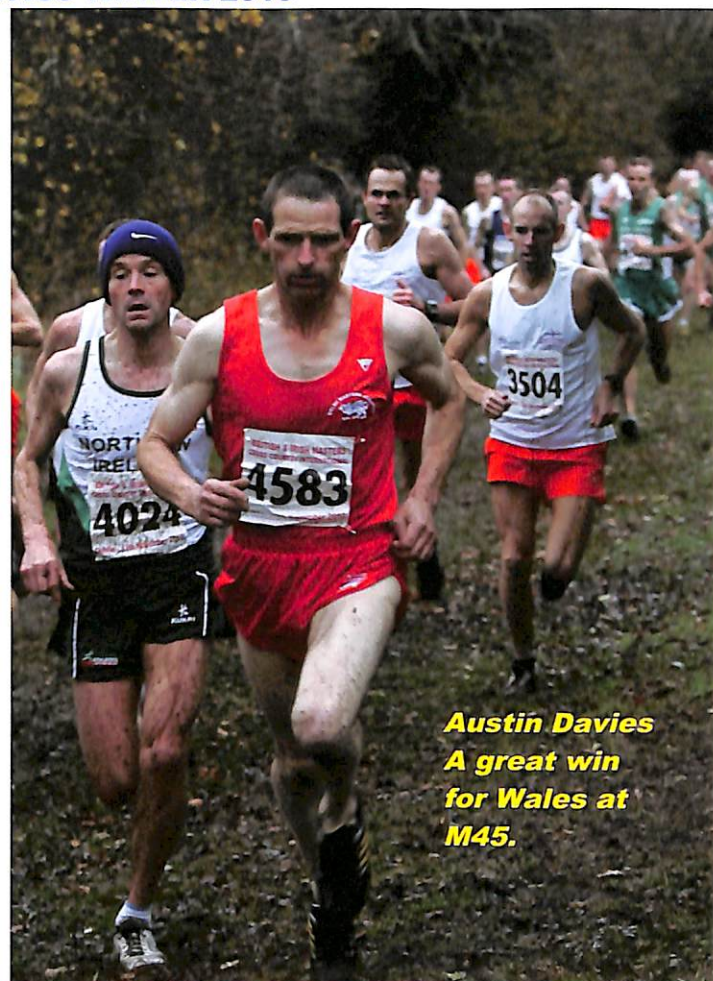
## MASTERS ATHLETICS WINTER 2010

to peg back Herbert who had the advantage of being able to be paced by a couple of M35's who took him along.

1. Peter Matthews Rol 26.57, 2. John Herbert Eng 27.33, 3. David Morwood NI 27.41; Team 1. England 20, 2. Northern Ireland 31, 3. Republic of Ireland 37, 4. Scotland 76, 5. Wales 76



**Peter  
Matthews  
Victor M40**



**Austin Davies  
A great win  
for Wales at  
M45.**

**M45** With Austin Davies Wales and Gerry Ryan Rol setting a hot pace at the front it was left to the rest to fight out for the bronze medal. Mick Traynor, Pauric McKinney Rol and Jon James Eng were the runners who emerged from the chasing pack. Going into the last lap it was Traynor who had a slight advantage over the English man but James finished the stronger to claim third spot.

1. Austin Davies Wales 27.00, 2. Gerry Ryan Rol 27.04 3. Jon James Eng 27.46; Team 1. Republic of Ireland 19, 2. England 25, 3. Wales 63, 4. Northern Ireland 64, 5. Scotland 86

It was another magnificent event, well organised with some close racing. It would be easy to pick a runner of the day from all those who worked so hard to win their race or age group. My choice would be none of those. My choice is a runner who was only selected as second reserve for their age group who down aged. That's nothing I hear you think, lots of runners down aged. True some runners down aged 5 years to compete. This runner down aged 20 years to ensure that his country had the required number of starters. "Ask not what your country can do for you but what you can do for your country" So well done Archie Jenkins, for taking the words of JFK to heart and as a Scot who went from M55 to M35 to help his country out. Truly a brave heart that epitomises the real spirit of Masters Athletics and what this International is about

The answer to the question posed at the start was Derek Ibbotson who was the world record holder with a time of 3:59:2. My thanks to Ray and Sue for that information.

### WOMEN'S RACE 6000 METRES: (Provisional)

1 Caire Martin W35-1 ENG 22:07; 2 Emma Stalland W40-1 ENG 22:21; 3 Melissa Whyte W45-1 SCO 22:26; 4 Annette Kealy W40-2 IRL 22:27; 5 Claire Elms W45-2 ENG 22:31; 6 Phillipa Taylor W40-3 ENG 22:33; 7 Donna Mahon W35-2 IRL 22:37; 8 Mary Scully W35-3 IRL 22:42; 9 Carmel Crowley W40-4 IRL 22:47; 10 Niamh O'Sullivan W45-3 IRL 22:49; 11 Camilla Briggs W35-4 Eng 23:02; 12 Tina Oldershaw W40-5 ENG 23:04; 13 Cathy McCourt W35-5 N/IRE 23:12; 14 Susan Samme W45-4 ENG 23:18; 15 Rhona Lynch W35-6 IRL 23:21; 16 Sue Ridley W45-5 SCO 23:30; 17 Claire McCracken W35-7 SCO 23:32; 18 Carmel Parnell W55-1 IRL 23:35; 19 Ann Thomas W40-6 WAL 23:39; 20 Lesley Chisholm W35-8 SCO 23:50; 21 Anne Curley W35-9 IRL 23:53; 22 Lucy Darcy W40-7 IRL 23:54; 23 Monica Williamson W50-1 ENG 23:55; 24 Helen White W45-6 IRL 23:59; 25 Joanne Donnelly W35-10 WAL 24:00; 26 Roberta Dornan W35-11 N/IRE 24:02; 27 Sue Becconsall W50-2 ENG 24:05; 28 Ann Paul W45-7 N/IRE 24:07; 29 Nicola Lowe W35-12 WAL 24:12; 30 Sharon Leech W40-8 WAL 24:20; 31 Alwynne Shannon W45-8 N/IRE 24:22; 32 Geraldine Brannagh W45-9 IRL 24:26; 33 Anne Luke W50-3 ENG 24:27; 34 Caroline Hewitt W45-10 ENG 24:29; 35 Rhona Bushfield W40-9 SCO 24:30; 36 Gillian Burns W35-13 N/IRE 24:34; 37 Orla Gormley W35-14 IRL 24:53; 38 Stephanie Hambling W40-10 N/IRE 24:54; 39 Ruth Magill W50-4 N/IRE 24:56; 40 Hazel Dean W45-11 SCO 25:00; 41 Louise Rudd W35-15 Eng 25:01; 42 Anne Donnolly W50-5 IRL 25:02; 43 Mags Greenan W50-6 IRL 25:05; 44 Alison Winship W35-16 SCO 25:06; 45 Mary Sweeney W50-7 IRL 25:08; 46 Satu Haikala W35-17 WAL 25:09; 47 Gail Duckworth W55-2 ENG 25:10; 48 Jackie McGinley W40-11 N/IRE 25:11; 49 Sandra Pinkham W45-12 SCO 25:14; 50 Debbie Matchett W40-12 N/IRE 25:15; 51 Catherine McCloskey W40-13 N/IRE 25:16; 52 Ursula Byrne W40-14 IRL 25:18; 53 Sharon Hawkins W45-13 ENG 25:20; 54 Mary McCutcheon W40-15 SCO 25:22; 55 Anne Sullivan W50-8 IRL 25:26; 56 Michelle Hetherington W40-16 SCO 25:37; 57 Jenny Phillips W40-17 WAL 25:41; 58 Jill Harrison W50-9 Eng 25:44; 59 Tanya Taylor W35-18 ENG 25:44; 60 Kirsty Murray W35-19 WAL 25:44; 61 Susan Davies W45-14 WAL 25:44; 62 Jane Coker W45-15 WAL 25:44; 63 Bridgeen Byrne W45-16 N/IRE 25:48; 64 Angela Copson W60-1 ENG 25:50; 65 Anne Sandford W45-17 N/IRE 25:51; 66 Mary Bowen-Rees W45-18 WAL 26:07; 67 Alison Whitelaw W50-10 WAL 26:11; 68 Christine Kilkenny W55-3 ENG 26:17; 69 Laura Mahady W50-11 SCO 26:20; 70 Shona Donnelly W40-18 SCO 26:24; 71 Jane Waterhouse W55-4 SCO 26:27; 72 Geraldine Quigley W35-20 N/IRE 26:29; 73 Beryl Junnier W45-19 SCO 26:38; 74 Caroline Jones W50-12 WAL 26:44; 75 Annie Williams W50-13 WAL 26:44; 76 Helen Ingram W55-5 IRL 26:44; 77 Jane

# MASTERS ATHLETICS 2011 PLANNER

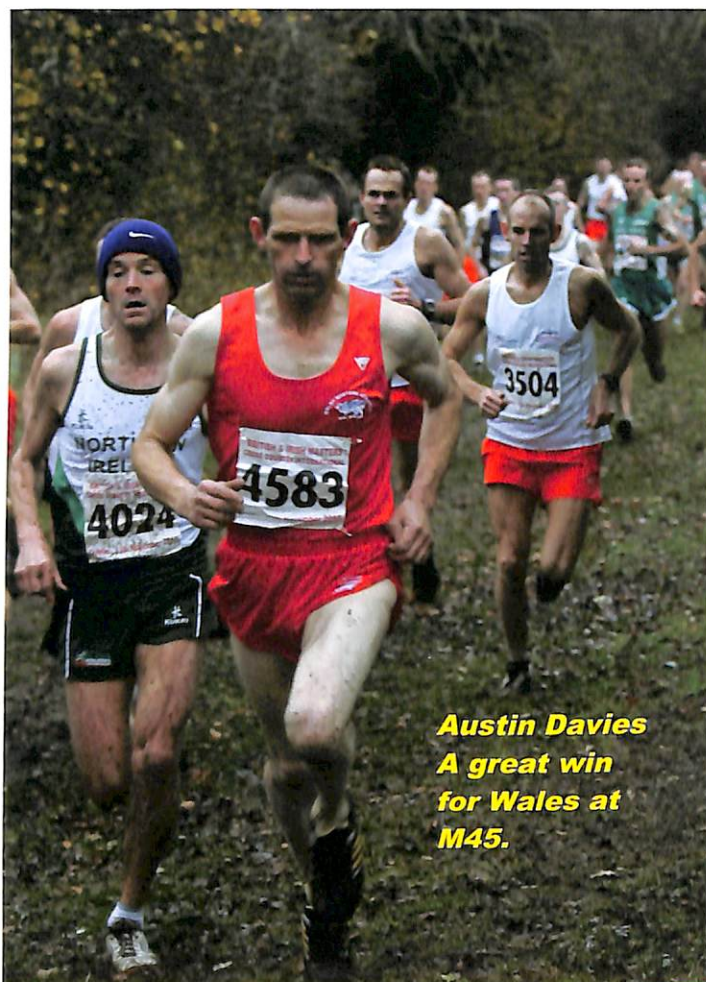
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JANUARY	27	28	29	30	31	1	2 NVAC RUN Old Father Tyme 5m
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16 Welsh XC
	17	18	19	20	21	22	23 MMAC XC
	24	25	26	27	28	29	30 Scottish RR
FEBRUARY	31	1	2	3	4	5 Scottish Masters XC	6 MMAC 5m Handicap
	7	8	9	10	11	12 Scottish Masters Indoor & CE	13 BMAF PENT Scottish Masters Indoor & CE
	14	15	16	17	18	19	20 NVAC XC Champs.
	21	22	23	24	25	26 BMAF INDOOR CHAMPS	27 BMAF INDOOR CHAMPS
MARCH	28	1	2	3	4	5 Welsh Indoor	6
	7	8	9	10	11	12 BMAF XC CHAMPS	13
	14	15	16 EVAA INDOOR Champs	17 EVAA INDOOR Champs	18 EVAA INDOOR Champs	19 EVAA INDOOR Champs VAA-NEE XC Champs	20 EVAA INDOOR Champs NVAC 10m Champs
	21	22	23	24	25	26	27 VAA-NEE 5m Champs
APRIL	28	29	30	31	1	2	3 Old Guard T&F
	4	5	6	7	8	9	10 NVAC Monthly run VAA-NEE 10k Road
	11	12	13	14	15	16	17 MMAC Road Relays
	18	19	20	21	22	23	24
MAY	25	26	27	28	29	30	1
	2	3	4	5	6	7	8 NVAC Monthly Run
	9	10	11	12	13 EVAA Non Stadia	14 EVAA Non Stadia	15 EVAA Non Stadia
	16	17	18	19	20	21 BMAF road relays	22
	23	24	25	26	27	28	29
JUNE	30	31	1	2	3	4	5 Welsh Champs BMAF Pent
	6	7	8	9	10	11	12 MMAC T&F BMAF Throws Pent
	13	14	15	16	17	18	19 BMAF 5k&5W

# MASTERS ATHLETICS 2011 PLANNER

	20	21	22	23	24	25 VAA-NEE T&F BMAF T&F	26 BMAF T&F
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JULY	27	28	29	30	1	2	3
	4	5	6 WMA Champs	7 WMA Champs	8 WMA Champs	9 WMA Champs	10 NVAC Run WMA Champs
	11 WMA Champs	12 WMA Champs	13 WMA Champs	14 WMA Champs	15 WMA Champs	16 WMA Champs	17 WMA Champs
	18	19	20	21	22	23	24
AUGUST	25	26	27	28	29	30	31
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20 BMAF 30W	21 NVAC 10k BMAF HM (tbc)
	22	23	24	25	26	27	28
SEPTEMBER	29	30	31	1	2	3	4 BMAF 10m
	5	6	7	8	9	10 VAA-NEE PENT BMAF Dec/Hept	11 BMAF Dec/Hept
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25 NVAC T&F
OCTOBER	26	27	28	29	30	1	2 BMAF 10k
	3	4	5	6	7	8	9 NVAC Run
	10	11	12	13	14	15	16 NVAC 10k track Old Guard Meet
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
NOVEMBER	31	1	2	3	4	5 NVAC run	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26 B&I XC	27
DECEMBER	28	29	30	1	2	3	4 NVAC Xmas run
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1

## MASTERS ATHLETICS WINTER 2010

Mary Sweeney W50-7 IRL 25:08; 46 Satu Haikala W35-17 WAL 25:09; 47 Gail Duckworth W55-2 ENG 25:10; 48 Jackie McGinley W40-11 N/IRE 25:11; 49 Sandra Pinkham W45-12 SCO 25:14; 50 Debbie Matchett W40-12 N/IRE 25:15; 51 Catherine McCloskey W40-13 N/IRE 25:16; 52 Ursula Byrne W40-14 IRL 25:18;



**Austin Davies**  
**A great win**  
**for Wales at**  
**M45.**

53 Sharon Hawkins W45-13 ENG 25:20; 54 Mary McCutcheon W40-15 SCO 25:22; 55 Anne Sullivan W50-8 IRL 25:26; 56 Michelle Hetherington W40-16 SCO 25:37; 57 Jenny Phillips W40-17 WAL 25:41; 58 Jill Harrison W50-9 Eng 25:44; 59 Tanya Taylor W35-18 ENG 25:44; 60 Kirsty Murray W35-19 WAL 25:44; 61 Susan Davies W45-14 WAL 25:44; 62 Jane Coker W45-15 WAL 25:44; 63 Bridgeen Byrne W45-16 N/IRE 25:48; 64 Angela Copson W60-1 ENG 25:50; 65 Anne Sandford W45-17 N/IRE 25:51; 66 Mary Bowen-Rees W45-18 WAL 26:07; 67 Alison Whitelaw W50-10 WAL 26:11; 68 Christine Kilkenny W55-3 ENG 26:17; 69 Laura Mahady W50-11 SCO 26:20; 70 Shona Donnelly W40-18 SCO 26:24; 71 Jane Waterhouse W55-4 SCO 26:27; 72 Geraldine Qugley W35-20 N/IRE 26:29; 73 Beryl Junnier W45-19 SCO 26:38; 74 Caroline Jones W50-12 WAL 26:44; 75 Annie Williams W50-13 WAL 26:44; 76 Helen Ingram W55-5 IRL 26:44; 77 Jane Georghiou W55-6 ENG 26:45; 78 Fionuala McCourt W50-14 N/IRE 26:51; 79 Ros Tabor W60-2 ENG 26:56; 80 Zina Marchant W60-3 ENG 27:06; 81 Mary Jennings W55-7 IRL 27:20; 82 Dot Fellows W65-1 Eng 27:26; 83 Susan Addison W35-21 SCO 27:30; 84 Mary Butler W55-8 IRL 27:34; 85 Mary Mackin W50-15 N/IRE 27:35; 86 Liz Bowers W55-9 SCO 27:40; 87 Dawn Kenwright W55-10 WAL 27:48; 88 Lou Lyness W60-4 ENG 27:51; 89 Jane Morley W55-11 ENG 27:59; 90 Marie McChord W50-16 SCO 28:04; 91 Hazel Bradley W60-5 SCO 28:15; 92 Joan Coyle W60-6 IRL 28:21; 93 Pat Gallagher W65-2 IND 28:41; 94 Fiona Davies W55-12 WAL 28:45; 95 Phyllis Hands W55-13 SCO 28:52; 96 Kate Todd W60-7 SCO 29:02; 97 Jan

Fellows W55-14 SCO 29:07; 98 Edwina Turner W55-15 WAL 29:31; 99 Caroline Dallimore W55-16 WAL 29:40; 100 Roisin Lynch W60-8 IRL 29:50; 101 Kathleeen O'Brien W65-3 IRL 29:55; 102 Evelyn McNeillis W60-9 IRL 30:05; 103 Phyllis W60-10 IRL 30:22; 104 Ann James W60-11 WAL 30:24; 105 Maureen Oliver W50-17 N/IRE 30:39; 106 Mary Miller W50-18 SCO 30:48; 107 Bridget Quinn W65-4 N/IRE 31:16; 108 Pam Benson W65-5 IRL 32:04; 109 Maggie Oliver W60-12 WAL 32:11; 110 Lesley Bowcott W65-6 ENG 32:17; 111 Ann Bath W60-13 SCO 33:09; 112 Brenda Jones W65-7 IND 33:11; 113 Maureen Fitzgerald W65-8 IRL 33:31; 114 Ann Woodlock W65-9 IRL 33:42; 115 Shelagh Adkins W60-14 WAL 34:13; 116 Carol Farrington W65-10 IND 34:49; 117 Sue Graves W60-15 WAL 35:11; 118 Brenda Robinson W65-11 ENG 35:28; 119 Claire Johnson W65-12 IND 36:01;

### TEAM:

**W35-39:** 1 Ireland 11, 2 England 19, 3 N/Ireland 29; 4 Scotland

30; 5 Wales 38;

**W40-44:** 1 England 9; 2 Ireland 13; 3 Wales 33; 4 N/Ireland 36; 5 Scotland 43;

**W45-49:** 1 England 16; 2 Ireland 18; 3 Scotland 18; 4 N/Ireland 32; 5 Wales 50;

**W50-54:** 1 England 6 11; 2 Ireland 18 15; 3 N/Ireland 33 30 ; 4 Wales 35 32 ; 5 Scotland 45 42;

**W55-59:** 1 England 11; 2 Ireland 13; 3 Scotland 26; 4 Wales 37;

**W60-64:** 1 England 6; 2 Ireland 23; 3 Scotland 25; 4 Wales 37;

**W65+:** 1 Ireland 16; 2 England 18; 3 Wales 19;

### MEN 65+6000 Metres:

1 Renyard Malcolm ENG M65-1 23.43 ; 2 Ford Martin ENG M65-2 23.46 ; 3 William Allen ENG M65-3 24.44; 4 Bowen Richard WAL M65-4 24.49 ; 5 McMonagle Christy IRL M65-5 24.54 ; 6 Seaton David N/IRE M65-6 24.57 ; 7 Lynch Gerry N/IRE M65-7 24.59 ; 8 Giles Peter ENG M65-8 25.58 ; 9 Gibbs Fred ENG M70-1 26.03 ; 10 Fairweather David SCO M65-9 26.04 ; 11 McNamara Jim IRL M70-2 26.21 ; 12 Moody Peter WAL M65-10 26.34 ; 13 Murdock Fred N/IRE M65-11 26.48; 14 Leak Peter ENG M70-3 27.09 ; 15 Williams Don WAL M65-12 27.11 ; 16 Cartwright Pete SCO M65-13 27.18 ; 17 Creagh Christy IRL M65-14 27.21; 18 Cooney Sean IRL M70-4 27.25 ; 19 Healy Pat IRL M65-15 27.33 ; 20 Young Bob SCO M65-16 27.48 ; 21 Campbell Brian SCO M65-17 27.55 ; 22 Buckle Ken WAL M65-18 28.06 ; 23 Nicholl Gary N/IRE M65-19 28.14 ; 24 Mee Terry IRL M65-20 28.23 ; 25 Twoomey Tadhg IRL M70-5 29.16; 26 Mc Evoy Jim IRL M70-6 29.28; 27 McCaskey Walter SCO M70-7 29.44; 28 Hughes David WAL M70-8 30.06; 29 Simpson Edmond ENG M70-9 30.16; 30 Crawford Drew N/IRE M70-10 31.11; 31 Murray Bill SCO M70-11 31.26; 32 Norman Peter WAL M70-12 32.01; 33 Tattersall Mark WAL M70-13 32.57; 34 Blanford Brian WAL M70-14 33.07; 35 Spotswood Michael N/IRE M70-15 34.30; 36 Grimason Berti N/IRE M70-16 38.14;

### TEAMS:

**M65-69:** 1 England 6; 2 N/Ireland 24; 3 Wales 26; 4 Ireland 34;

5 Scotland 38;

**M70-74:** 1 Ireland 11; 2 England 13; 3 Wales 33; 4 N/Ireland 41;

### M50-64 8000 Metres:

1 Furness Ian ENG M50-1 28.33; 2 Hargreaves Mark ENG M50-2 28.40; 3 Deegan Mike ENG M50-3 28.43; 4 Atkinson Robert ENG M50-4 28.53; 5 Hager Mike ENG M60-1 28.54; 6 Butler David ENG M55-1 28.59; 7 Payne Tommy IRL M50-5 29.07; 8 Campbell Iain SCO M50-6 29.18; 9 Hughes Tommy IRL M50-7 29.31; 10 Farquhar Jeff SCO M50-8 29.35; 11 Mc

## MASTERS ATHLETICS WINTER 2010

Mahon James IRL M50-9 29.37; **12** Foster Bill ENG M50-10 29.39; **13** Lloyd Ifan WAL M50-11 29.42; **14** Stafford Jim IRL M50-12 29.57; **15** Bridgeland Michael ENG M50-13 30.01; **16** Mangan Paddy IRL M50-14 30.10; **17** Vaitkevicius Ben IRL M55-2 30.12; **18** Thompson Paul SCO M50-15 30.14; **19** O'Connell Gerry IRL M50-16 30.37; **20** Stewart Ian SCO M50-17 30.49; **21** Cullen John IRL M55-3 30.56; **22** Lynch Brian IRL M55-4 31.05; **23** Davies David WAL M50-18 31.11; **24** Owen Stan ENG M55-5 31.14; **25** O'Shea Pat IRL M60-2 31.19; **26** Hesketh Kevin WAL M55-6 31.24; **27** Davis Steve WAL M50-19 31.26; **28** Clarke David N/IRE M50-20 31.28; **29** Woods Adrian WAL M50-21 31.31; **30** McGeoch Mick WAL M55-7 31.32; **31** Miller Collin SCO M50-22 31.33; **32** Dunlop Alastair SCO M55-8 31.35; **33** Donaghy Derek N/IRE M50-23 31.38; **34** Mc Evoy Eamonn IRL M55-9 31.40; **35** Osbourne Simon WAL M50-24 31.44; **36** Montgomery Gerry SCO M50-25 31.46; **37** Patience John N/IRE M50-26 31.49; **38** McLinden Andy SCO M55-10 31.50; **39** Paterson Ewan SCO M55-11 31.51; **40** Allen David N/IRE M50-27 31.52; **41** Howell Scott WAL M50=28 31.53; **42** Cox David ENG M55-12 31.54; **43** Murphy JJ IRL M60-3 32.02; **44** Radcliffe Graham ENG M55-13 32.02; **45** Michael Des ENG M60-4 32.24; **46** Johnston Laurence N/IRE M50-29 32.28; **47** Lepore Elio WAL M55-14 32.31; **48** Eakin Terry N/IRE M60-5 32.41; **49** Connelly Dermot N/IRE M50-30 32.47; **50** Marshall Robert SCO M60-6 32.52; **51** Mann Mike ENG M60-7 32.55; **52** Law Andy SCO M55-15 33.28; **53** Daglish Alan ENG M60-8 33.38; **54** Collins Pat IRL M60-9 33.43; **55** Tabor Mike WAL M55-16 33.56; **56** Rennie Andy SCO M60-10 34.04; **57** Johnstone Sandy WAL M60-11 34.15; **58** Mitchell George SCO M60-12 34.25; **59** Lilburn Peter N/IRE M55-17 34.29; **60** Evans Dic WAL M60-13 34.32; **61** Smout David WAL M60-14 34.44; **62** Youngson Colin SCO M60-15 35.26; **63** O'Doherty Gerry N/IRE M55-18 36.45; **64** Boal Francis N/IRE M60-16 36.49; **65** Hall Ernest N/IRE M55-19 37.09; **66** Davey Eric WAL M60-17 37.46; **67** O'Driscoll Pat N/IRE M60-18 46.4;

### TEAMS:

**M50-54:** 1 England 10; 2 Ireland 33; 3 Scotland 46; 4 Wales 69;  
5 Northern Ireland 96;  
**M55-59:** 1 Ireland 9; 2 England 18; 3 Wales 27; 4 Scotland 29;  
5 N/Ireland 54;  
**M60-64:** 1 England 12; 2 Ireland 14; 3 Scotland 28; 4 Wales 38;  
5 Northern Ireland 39;

### M35-49 8000 Metres:

**1** Matthews Peter IRL M40-1 26.57; **2** Davies Austin WAL M45-1 27.00; **3** Doherty Ciaran IRL M35-1 27.02; **4** Mc Namara Paul IRL M35-2 27.04; **5** Ryan Gerry IRL M45-2 27.05; **6** Evans Huw WAL M35-3 27.23; **7** Byrne Pat IRL M35-4 27.28; **8** Wylie Steve SCO M35-5 27.33; **9** Herbert John ENG M40-2 27.33; **10** Morwood David N/IRE M40-3 27.41; **11** James Jon ENG M45-3 27.46; **12** Traynor Mick IRL M45-4 27.49; **13** Fleming Paul IRL M35-6 27.50; **14** Greenwood Mark ENG M35-7 27.51; **15** Mc Kinney Pauric IRL M45-5 27.58; **16** Evans David ENG M35-8 28.02; **17** Halford Paul WAL M35-9 28.04; **18** Gardiner Dave SCO M40-4 28.12; **19** Twaddle Iain ENG M40-5 28.20; **20** Parker John ENG M35-10 28.23; **21** Murchison Alan SCO M35-11 28.27; **22** Buttery Andrew ENG M40-6 28.28; **23** Male Stephen ENG M45-6 28.30; **24** Woods Alec ENG M45-7 28.31; **25** Major Stuart ENG M40-7 28.33; **26** Wright Mark N/IRE M40-8 28.34; **27** O'Sullivan Peter IRL M35-12 28.41; **28** White Eamonn N/IRE M40-9 28.42; **29** Maher Tommy IRL M45-8 28.48; **30** Harkin John IRL M40-10 28.56; **31** Mc Grory Stephen N/IRE M40-11 29.04; **32** Damiani Desi WAL M35-13 29.05; **33** Carlin Kieran IRL M40-12 29.09; **34** Dicker Tad ENG M45-9 29.14; **35** Marsh Francis N/IRE M40-13 29.14; **36** Mc Grath Tom IRL M40-14 29.15; **37** Rowlands Darren WAL M40-15

29.17; **38** Shearer Richard ENG M40-16 29.20; **39** Kavanagh Ciaran IRL M40-17 29.21; **40** Parry Phil ENG M45-10 29.22; **41** Cowhie Paul IRL M45-11 29.24; **42** Fulcher Lea IRL M35-14 29.25; **43** Combstock Emerson M35-15 29.26; **44** Bonner Dominic IRL M45-12 29.27; **45** Bell Duncan N/IRE M35-16 29.27; **46** Jones Lee WAL M40-18 29.29; **47** Derrick Alan SCO M45-13 29.37; **48** Troy Cormac IRL M40-19 29.39; **49** Cock Phil WAL M40-20 29.44; **50** Wray Matt N/IRE M45-14 29.46; **51** Moore Gary ENG M40-21 29.48; **52** Mc Kee Brian N/IRE M45-15 30.00; **53** Walker Phil ENG M35-17 30.00; **54** Jones Iwan WAL M35-18 30.01; **55** Fotheringham Alan SCO M40-22 30.03; **56** Coles Peter WAL M45-16 30.04; **57** Griffiths Paul WAL M40-23 30.05; **58** Bell John SCO M40-24 30.07; **59** Glenn Nat N/IRE M45-17 30.09; **60** Mc Kibben Nigel N/IRE M35-19 30.12; **61** Mathers Dale N/IRE M45-18 30.13; **62** Alsop Roger ENG M45-19 30.15; **63** Ward Matt WAL M40-25 30.30; **64** Besford Paul ENG M35-20 30.38; **65** Johnston Ian SCO M40-26 30.42; **66** Mc Carthy Decan N/IRE M45-20 30.44; **67** Upson Chris SCO M45-21 30.45; **68** Robbins Mike WAL M45-22 30.53; **69** Mc Ginty Damian N/IRE M45-23 30.53; **70** O'Hare Louis SCO M35-21 31.17; **71** Penny Stuart WAL M45-24 31.19; **72** Barrett Ian N/IRE M35-22 31.22; **73** Devlin Tony SCO M40-27 31.22; **74** Turtle James N/IRE M35=23 31.27; **75** Martin Scott SCO M35-24 31.31; **76** Williams Denis SCO M45-25 31.32; **77** Greer Nigel N/IRE M35-25 31.34; **78** Crane Peter WAL M45-26 31.59; **79** Ferguson Martin SCO M45-27 32.03; **80** Mackey Euan SCO M45-28 32.14; **81** Jenkins Ian N/IRE M35-26 32.18; **82** Carroll Paul N/IRE M40-28 32.38; **83** Lewis Arwel WAL M40=29 32.51; **84** Coker Paul WAL M35-27 32.54; **85** Rogerson Robert SCO M45-29 33.02; **86** Jenkins Archie SCO M35-28 35.08; **87** Davis Mike WAL M45-30 38.01;

### TEAMS:

**M35-39:** 1 Ireland 13; 2 England 40; 3 Wales 42; 4 Scotland 59;  
5 Northern Ireland 77;  
**M40-44:** 1 England 20; 2 Northern Ireland 31; 3 Ireland 37; 4 Scotland 76; 5 Wales 76;  
**M45-49:** 1 Ireland 19; 2 England 25; 3 Wales 63; 4 Northern Ireland 64;  
5 Scotland 86;

### Open Race 6000 Metres

**1** Declan Fahey M35 IRL 20:49; **2** Paddy Moore M35 N/IRE 20:57; **3** Peter Knight M45 ENG 21:06; **4** Alex Rowe M50 ENG 21:43; **5** Ger Maloney M50 IRL 21:56; **6** Eddie McGrath M40 IRL 22:04; **7** Steve Reenan M35 IRL 22:21; **8** Robert Maher M40 IRL 22:33; **9** Sean Molloy M40 ENG 22:44; **10** Danny Skeffington M45 IRL 22:50; **11** Noel Connor M45 N/IRE 23:10; **12** Keith Downey M45 IRL 23:20; **13** Michael Donovan M35 IRL 23:31; **14** Dessie Shorten M50 IRL 23:36; **15** Oran Mc Bride M40 N/IRE 23:43; **16** Stephen Roberts M55 ENG 23:59; **17** Beverley Jenkins W40 ENG 24:03; **18** Michael Maher M45 IRL 24:16; **19** Simon Brister M60 ENG 24:48; **20** Michael Cormyn M45 IRL 24:49; **21** Henry Heavisides M55 ENG 24:50; **22** Wendy King W35 ENG 24:50; **23** Harry Mathews M60 ENG 25:07; **24** Michelle O'Halloran W35 IRL 25:10; **25** Gordon Orme M65 ENG 25:23; **26** Mick Moorehouse M55 ENG 25:27; **27** Sian Davies W50 ENG 25:29; **28** Anthony Brackstone M65 ENG 25:40; **29** Tim Sutton M40 ENG 26:06; **30** Sue Phillips W45 ENG 26:11; **31** Andy Murray M55 ENG 26:17; **32** Lynne Whitaker W50 ENG 26:35; **33** Sheelagh Jones W50 IRL 26:50; **34** Stephanie Scott W35 ENG 26:58; **35** Aine McNeill W45 N/IRE 27:05; **36** Jane Mulryan W55 ENG 27:10; **37** Vicky Talbot W50 ENG 27:14; **38** Marina Hesketh W55 ENG 27:26; **39** Kathryn Morton W50 ENG 27:49; **40** Margaret Moody W60 ENG 27:57; **41** Lesley Hall W50 ENG 28:43; **42** Denis Marchent M60 ENG 28:52; **43** Lorraine Daglish W50 ENG 29:02.

**44** Diane McKee W40 N/IRE 29:05; **45** Denise Mathers W45 N/IRE 29:05; **46** Amanda Russell W45 N/IRE 29:05; **47** Lynne Marr W45 SCO 29:22; **48** Kirsty Johnson W50 ENG 30:30; **49** Ada Stewart W45 SCO 30:44; **50** Jeniffer Lee W45 IRL 30:59; **51** Janile Moorekite W50 ENG 32:29; **522** Ann Rhodes W55 ENG 33:02;

## **OLDBURY POWER STATION TEN (inc. the BMAF Championships) REPORT: MEL JAMES**

After commenting on how this year's road running events were blessed with fine weather in my Goodrich 10k report, I may have jinxed the ten mile championships. Oldbury-on-Severn was deluged with overnight storms. The village of Oldbury is within twenty miles of the Ryder Cup golf venue (separated by the river Severn) and received the similar storms that cancelled the morning's play there. Luckily the rain stopped during our event.

Oldbury is a very fast course for PB's and many of the course records were broken on the day. The race winner Michael Johnson (Cardiff) proved this, by smashing the 21 year old existing course record, running 50m-19s. (Unfortunately for him, he is too young to join the Masters) Four of our members now hold records there though.

In the o/65 women's category Sandra Poole (Holme Pierrepont) knocked an astonishing 14mins off the existing best. Martin Ford (Cheltenham) continued his good form and took a huge 6mins off the o/65 men's best. Walter McCaskey and William Davies, also now hold the o/75 and o/80 course records.

Such is the high standard of the existing British bests, none were obtained at Oldbury.

At the front end of the race there were some interesting battles taking place between the o/40's and o/45's mixed in with the open race runners. Stephen Male (Oxford City AC) o/45 led the masters home in 54m-19 secs, with Austin Davies o/45 (Brecon AC), just holding off Chris Hollinshead o/40 (Stafford Harriers) by 4 secs for second place. Further down the field, as our masters get older, the categories grow larger in their composition, this attributes to some very competitive racing and it is heart warming to see the strong depth in standard of our athletes. There were close finishes in the o/55's, o/70's and o/75 men's categories for the Gold medals.

In the Women's section there weren't so many close battles and the entries were thinner on the ground, only the o/40's and o/60's finished with three medallists. Only twelve women in total completed the race. First Women home was Jenny Carter o/35 (Team Bath) in 62mins-16secs. The team competition, is sadly, not competitive anymore. Any reasons, suggestions or comments on this, would be constructive for the future. Only one men's and one women's team finished and they both requested to down age before the race. There would not have been any scoring age group teams otherwise. The men's team winners were Tipton Harriers o/35's (Laurence Heathcock, Richard Brittain and Raymond Stanier). The women's team winners also o/35

were Team Bath AC, (Jenny Carter, Margaret Thompson and Janice Rambridge). (It was also fantastic to see Margaret's husband, the great Ian Thompson also competing in the event).

There are no team events in the BMAF Half and Full Marathon Championships and if the team event is not well enough contested in the 10 mile event, there is a risk of losing it.

Please note the Men's age groups are changing from next year. They will be 35 to 44, 45 to 54, 55 to 64, 65 to 74 and 75+. (The composition of team members is not yet decided on).

I would like to take this opportunity to thank Thornbury AC for hosting our event, which overall was a very successful day.

### **Male (Chip Times, Gun to Chip added in Brackets)**

**M35** 1 Nick Dukes Les Croupiers 57m- 22s; 2 Adrian Copp Stopsley S 59m- 35s (+5secs); 3 Laurence Heathcock Tipton H 65m- 04s (+2secs); **M40** 1 Chris Hollinshead Stafford H 55m- 44s (+3secs); 2 Heath Bampton Bristol & W 57m- 25s; 3 Paul Lester Cannock & S 60m- 05s (+2secs); **M45** 1 Stephen Male Oxford C 54m- 19s (+3secs); 2 Austin Davies Brecon AC. 55m- 40s (+2secs); 3 Steven Murtagh Harlow RC. 58m- 14s ; **M50**: 1 Peter Thompson Nene V 59m- 02s (+2secs); 2 Nigel Watkin EVAC 59m- 45s (+4secs); 3 Robert Fox Long Eaton 60m- 48s (+4secs); **M55** 1 Stewart Thorp Oxford C 63m- 21s; 2 Martin Booth Stilton S 63m- 34s (+4secs); 3 Raymond Stanier Tipton H 65m- 03s; **M60**: 1 Peter Willoughby Hogweed T 64m- 57s (+2secs); 2 David Beattie Crawley AC. 66m- 15s (+4secs); 3 Arthur Johns Poole R 67m- 26s ; **M65** 1 Martin Ford Cheltenham & C 64m- 34s; 2 William Allan Tadcaster H 65m- 04s (+4secs); 3 Geoff Newton Tadworth AC. 65m- 22s (+6secs); **M70**: 1 Gavin Kidman Sparkhill H 83m- 13s(+13secs); 3 Mike Horwood Clevedon AC. 83m- 45s (+5secs); **M75**: 1 Walter McCaskey Edinburgh AC. 79m- 54s (+9secs); 2 John Goulding Andover AC. 80m- 41s; 3 Malcolm Ball N. Norfolk Beach R. 88m- 06s (+6secs); **M80**: William Davies Winchester & D. 88m- 06s; **TEAM**: Tipton Harriers (L Heathcock - R Brittain - R Stanier). **W35**: Jenny Carter T Bath 62m- 16s ; **W40**: 1 Michelle Kerfoot Bitton R 65m- 09s; 2 Nina Skilton Stafford H 66m- 09s; 3 Sarah Vick Saxmundham RC. 78m- 28s (+6secs); **W45**: Aileen Brown Gt. Western R. 65m- 53s; **W50**: Angie Sadler Tewksbury AC. 67m- 42s (+6secs); **W55**: 1 Margaret Thompson Team Bath 76m- 56s (+5secs); 2 Ursula Elwell Cobra 96m- 31s (+8secs); **W60**: 1 Margaret Moody Handycross R 77m- 34s (+5secs); 2 Brenda Avery Chepstow H 82m- 21s (+9secs); 3 Janice Rambridge Team Bath 94m- 27s +12secs; **W65**: Sandra Poole Holme Pierrepont RC. 84m- 57s (+6secs); **TEAM**: Team Bath AC. (Jenny Carter-Margaret Thompson-Janice Rambridge)

### **BMAF 10k WALK 4th SEPT 2010.**

**M35**: John Constandinou 58:57; **M40**: 1 Andrew Miller 54:32; 2 Mark Culshaw 59:23; **M45**: 1 Steve Arnold 53:08; 2 Colin Vesty 65:03; 3 Steve Whelan 70:32; 4 Julian Barnett 71:58; **M50** 1 Francisco Reis 52:01; 2 Steve Uttley 53:48; 3 Steve Allen 54:37; 4 Peter Bosko 57:33; 5 Mark Wall 58:38; 6 Paul Hayden 63:26; 7 Gary MacDonald 63:40; 8 Hardeep Minhas 65:19; 9 Neale Smith 71:29; **M55**: 1 Graham Chapman 56:05; 2 Sean Pender 61:32; 3 Jon May 65:54; **M60**: 1 Ian Richards 49:29; 2 John Hall 53:40; 3 Roger Michel 56:26; 4 Gareth Edwards 66:44; 5 Mick Graham 69:16; **M65** Peter Howard 70:45; **W40**: 1 Angie Alstrachen 62:48; 2 Julie Bellfield 66:14; 3 Lynn Bellfield 70:55; **W45** 1 Diane Bradley 54:37; 2 Helen Middleton 58:07; 3 Maureen Noel 61:42; 4 Karen Davies 71:49; 5 Sue Smith 77:14; **W50**: 1 Ann Wheeler 61:29; 2 Sue Rey 70:54; **W55** Serena Queeney 73:50;

**MASTERS ATHLETICS WINTER 2010.**

<b>2010</b>			
12 <sup>th</sup> DEC	SVHC Christmas Handicap	Cartha Rugby Club, G41 4SN	5.3 road race
<b>2011</b>			
2 <sup>nd</sup> JAN	NVAC Monthly Run	Smithhills ,Bolton	
	Olde Father Tyme (Masters only 5mile)	Llandaff Rugby Club, Cardiff	
16 <sup>th</sup> JAN	Open Masters XC	Blackweir Fields, Cardiff	Includes Welsh Masters Championships, <a href="mailto:entries@McCainCardiffxc">entries@McCainCardiffxc</a>
23 <sup>rd</sup> JAN	MMAC Cross Country Championships	Droitwich	
30 <sup>th</sup> JAN	LSK Supplies Open Veterans Road Relays	Strathclyde Park , Glasgow	
5 <sup>th</sup> FEB	Scottish Masters CC	Kirkcaldy	
6 <sup>th</sup> FEB	MMAC 5m Handicap	Kingshurst,Solihull	
13 <sup>th</sup> FEB	BMAF Indoor Pentathlon	Lee Valley	
12/13 <sup>th</sup> FEB	Scottish Masters Indoor and Multi Events	Kelvin Hall, Glasgow	An unfortunate clash with the BMAF Pentathlon.
20 <sup>th</sup> FEB	NVAC XC Championships	Warrington	
26/27 <sup>th</sup> FEB	BMAF Indoor Championships	Lee Valley	
5 <sup>th</sup> MAR	Open Indoor Masters	Cyncoed, Cardiff	Includes Welsh Masters Championships
12 <sup>th</sup> MAR	BMAF XC Championships	Birmingham Alexander Stadium	New venue, as Birchfield Harriers & MMAC stepped in to fill the void.
19 <sup>th</sup> MAR	VAA-NEE XC Champs	North Shields	
20 <sup>th</sup> MAR	NVAC 10 mile Champs	St.Annes	
16-20 <sup>th</sup> MAR	EVAA Indoor Championships	Ghent, BEL	
27 <sup>th</sup> MAR	VAA-NEE 5 Mile Champs.	Hartlepool	
3 <sup>rd</sup> APL	Old Guard Spring T&Field	Stourport	<a href="mailto:tonycrok@aol.com">tonycrok@aol.com</a>
10 <sup>th</sup> APL	NVAC Monthly Run	Gin Pit 5	
	VAA-NEE 10k Road Champs	South Shields	
17 <sup>th</sup> APL	MMAC Road Relays	Edgbaston, Birmingham	A.G.M. follows event.
8 <sup>th</sup> MAY	NVAC Monthly Run	Warrington	
13 <sup>th</sup> -15 <sup>th</sup> MAY	EVAA Non Stadia Championships	Thionville / Yytz, FRA	
21 <sup>st</sup> MAY	BMAF ROAD RELAYS	Sutton Park, Birmingham	
5 <sup>th</sup> JUN	BMAF Pentathlon	Oxford	<i>With 10k Track and 10k Walk Champiobships</i>
	Welsh Masters T&F Championships	Cardiff	<i>TBC</i>
12 <sup>th</sup> JUN	MMAC T&Field Championships	Leicester	
	BMAF Throws Pentathlon	Milton Keynes	
19 <sup>th</sup> JUN	BMAF 5k & 5k Walk	Horwich	
25 <sup>th</sup> JUN	VAA-NEE Track &Field Championships	Jarrow	
26/27 JUN	BMAF T&F Championships	Birmingham or another venue	

**MASTERS ATHLETICS WINTER 2010**

6 <sup>th</sup> -17 <sup>th</sup> JUL	<b>WMA Championships</b>	Sacramento, USA	
10 <sup>th</sup> JUL	NVAC Monthly Run	Ratcliffe	
20 <sup>th</sup> AUG	<b>BMAF 30k Walk Champs</b>	Coventry	
21 <sup>st</sup> AUG	NVAC 10k Champs.	Bispham	
	<b>BMAF Half Marathon</b>	Leek, Staffordshire	TBC
4 <sup>th</sup> SEPT	<b>BMAF 10 Mile</b>	Hexham	
10 <sup>th</sup> SEPT	VAA-NEE Pentathlon	Jarrow	With 5&10k Track Championships
10/11 SEPT	<b>BMAF Decathlon /Heptathlon</b>	Oxford	
25 SEPT	NVAC T&F Champs	Hyndburn	
2 <sup>nd</sup> OCT	<b>BMAF 10k</b>	Exmouth, Devon	
9 <sup>th</sup> OCT	NVAC Monthly Run	Edgeworth	
16 <sup>th</sup> OCT	NVAC 10k Track	Leigh	
	Old Guard Meeting	Stourport	<i>tonycrok@aol.com</i>
5 <sup>th</sup> NOV	NVAC Monthly Run	Leigh	
26 <sup>th</sup> NOV	<b>International XC</b>	Bellahouston Park, Glasgow	<i>www.scottishmastersathletics.webnode.com</i>
4 <sup>th</sup> DEC	NVAC Christmas Run	Leigh	

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

1) **Gent**; entries are open, Postal entries, please send to me as instructed. There is no line for your signature & date on the entry form. This is not required. - **YOU DO NOT NEED TO SIGN THE FORM.** - Hotel bookings are at a premium. I advise you to reserve accommodation ASAP.

2) **Thionville/Yutz**; is also open - Postal entries, please send to me as instructed. There is no provision to purchase results prior to the event.

3) **Sacramento**; **ONLINE ENTRY IS UP AND RUNNING.** Go to <http://www.wma2011.com/en/home.htm> to enter online.

You can enter by Post to me if you have no access at all to the internet and cannot do an online entry. **But, I would advise you to get family or friends to do it for you as it will save you \$10!** This extra fee has nothing to do with the BMAF. It is a WMAA levy.

Team Managers will be selected nearer the time of the events. Watch the Website for further information.

I will be going to Gent & Thionville myself so I look forward to meeting a lot of people that are only familiar names at the moment.

**PETER DUHIG.**

## MASTERS ATHLETICS WINTER 2010.

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**Isle of Man:** Membership-Mary Waters, East Cottage, Beccles Road, Fritton, Norfolk, NR31 9HB. Email-[mary.waters@uea.ac.uk](mailto:mary.waters@uea.ac.uk)  
Mrs Maureen Kelly, 47, Ballacriy Park, Colby, Isle of Man, IM9 4LX ; Email: [mokelly@manx.net](mailto:mokelly@manx.net)  
**Midlands MAC:** Membership) Mike Gellion, 4, Creggan Mooar, Port St. Mary, Isle of Man, IM9 5BB mail: [mikegell@manx.net](mailto:mikegell@manx.net)  
Tom Morris, General & Membership-391, Chester Road, Castle Bromwich, Birmingham B36 0JH;  
email-[mmac.sec@blueyonder.co.uk](mailto:mmac.sec@blueyonder.co.uk) : [www.midlandmasters.org.uk](http://www.midlandmasters.org.uk)  
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email [davidsinnott@bulldoghome.com](mailto:davidsinnott@bulldoghome.com) [www.nvac.co.uk](http://www.nvac.co.uk) ( alex.rowe500@virgin.net )  
**Veterans AA-NE:** Membership- Val Hancock, Low Dryburn Farm, North End, Durham DH1 4NJ. Tele: 07946981780 Mail: [valhancock@talktalk.net](mailto:valhancock@talktalk.net)  
**Northern Ireland MAA:** Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 321731) [www.northernirelandvets.co.uk](http://www.northernirelandvets.co.uk)  
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[djf@dfairweather.plus.com](mailto:djf@dfairweather.plus.com) Website: [www.scottishmastersathletics.webnode.com](http://www.scottishmastersathletics.webnode.com)  
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CHANGES OF ADDRESS TO THE EDITOR- IN WRITING OR BY EMAIL-NO PHONE CALLS PLEASE !

# INTER AREA T&F C.B.P

Should you have a better claim, documentary proof to

brian.owen2@btinternet.com

Performances include older athletes competing in younger age groups, and as such their performance can't be counted in their true age group that would totally confuse the issue.

## M35-49:

100: S Peters EV 11.3 Solihull 1997; 200: D Maynard 22.5 Tidworth 2002; 400: D Maynard WM 49.3 Tidworth 2002; 800: S Toogood EV 1:58.8 Tidworth 2008; 1500: C McQuillan-Wright 4:10.4 Hemel Hempstead 2008; 3000: G Lee (MM) 8:49.6 Solihull 2010; 5000: K McKellann EV 15:38.4 Solihull 1997; 100H: D Wilkinson EV 15.4 Luton 2004; 2000W: M Williams (MM) 8:34.0 Hemel Hempstead 2008; Medley: Eastern Vets 3:34.8 Warrington 2003; HJ: I Allen SW 1.83 Solihull 2009; PV: R Gamage 4.10 Hemel Hempstead 2008; LJ: A Thomas (WM) 6.47 Solihull 2010; TJ: D Davenport 12.70 Solihull 2010; SP: M Wiseman (SC) 15.46; Solihull 2010; DT: K Brown MM 53.36 Solihull 2005; HT: J Pearson MM 60.35 Hemel Hempstead 2008; JT: S Bennett (SW) 62.71 Solihull 2009;

## M50-59:

100: S Peters (EV) 11.8 Luton 2004; 200: S Peters EV 23.3 Luton 2004; 400: S Peters EV 53.8 Solihull 2005; 800: B Naamani WM 2:10.2 Solihull 2005; 1500: M Eustace (MM) 4:26.8 Solihull 2010; 3000: M Cadman (MM) 9:18.4 Solihull 2009; 5000: B Chapman SW 16:52.5 Solihull 1997; 100H: T Wells EV 15.3 Tidworth 2002; 2000W: N Silvester (SC) 9:17.9 Hemel Hempstead 2008; Medley: Eastern Vets 4:06.8 Hemel Hempstead 2008; HJ: B Groves NV 1.68 Solihull 1997; PV: J Bradley (MM) 2.80 Solihull 2010; LJ: T Wade (SC) 5.68 Solihull 2005; TJ: D Folgate EV 12.15 Tidworth 2002; SP: M Small SC 15.22 Luton 2004; DT: J Little NV 44.40 Warrington 2003; HT: M Small SC 49.53 Luton 2004; JT: D Murch 56.17 Solihull 2010;

## M60-69:

100: B Shearsmith NV 13.1 Tidworth 2002 & I Foster EV 13.1 Luton 2004; 200: I Foster EV 26.8 Luton 2004; 400: V Blanchard NV 59.4 Solihull 2005; 800: P Binns EV 2:17.0 Solihull 2009; 1500: I Snow 4:57.6 Solihull 2010; 3000: M Ford MM 10:20.9 Luton 2004; 100H: J Howe WM 17.0 Warrington 2003; 2000W: C Turner MM 10:12.4 Luton 2004; Medley: Midlands 4:11.2 Warrington 2003; HJ: S Power WM 1:55 Luton 2004; PV: D Cowley (MM) 2.40; Solihull 2010; LJ: P Duckers 5.40 Tidworth 2002; TJ: S Power WM 12.41 Warrington 2003; SP: N Griffin SC 13.63 Solihull 2009; DT: N Griffin SC 47.04 Solihull 2009; HT: C Melliush SC 51.33 Luton 2004; JT: P Owen 39.89 Warrington 2003;

## M70 plus:

100: D Butler NE 14.5 Solihull 2010; 400 Butler 69.4; Solihull 2010; 800: B Swindells (NV) 2:47.3; Solihull 2010; 3000: F Gibbs (NV) 11:48.6; Solihull 2010; Medley: Wales 5:47.7; 2 Solihull 2010; HJ: Butler & A Crocker (MM) 1.30; Solihull 2010; LJ: T Crocker 4.33 Solihull 2009; SP: I Miller (EV) 11.32; Solihull 2010;

## W35:

100: J Money NV 12.8 Tidworth 2002; 200: W Dunn EV 26.7 Solihull 1997; 400: D Morley EV 59.6 Solihull 2005; 800: S Heath SC 2:17.0 Luton 2004; 1500: S Heath SC 4:41.6 Luton 2004; 3000: N Nealon MM 10:11.7 Solihull 2005; 5000: L Harding NE 18:14.2 Solihull 1997; 80H: M Laing NV 11.8 Tidworth 2002; 100H: W Laing 14.9 Tidworth 2002; 2000W: S Tonks MM 9:38.3 Solihull 2005; Medley: Northern Vets 4:05.7 Warrington 2003; HJ: J Brown 1.69 Solihull 1997; PV: T Morris MM 2.70 Solihull 2005; LJ: C Goddard EV 5.19 Luton 2004; TJ: J Brown SC 11.16 Solihull 1997; SP: L Henry EV 11.07 Luton 2004; HT: D Smith NV 41.00 Solihull 1997; DT: E Beales 44.08 Solihull 2009; JT: A Houriham WM 33.20 Solihull 1997;

## W50:

100: H Godsell 14.1 Solihull 2009; 200: H Godsell 28.5 Hemel Hempstead 2008 & J Horder (MM) 28.5 Solihull 2010; 400: J Saunders-Mullins EV 64.8 Solihull 2005; 800: N Hitchmough 2:35.5 Solihull 2005; 1500: N Hitchmough 5:06.0 Solihull 2009; 3000: G Duckworth 11:14.5 Solihull 2009; 2000W: 1 A Wheeler (MM) 10:47.7; Solihull 2010; Medley: 1 MMAC 5:00.7 Tidworth 2002; HJ: C Filer & H Barker 1.40 Solihull 2009; PV: S Yeomans 2.70 Solihull 2009 & 2010; LJ: C Filer 4.50 Solihull 2009; TJ: S Yeomans 8.45

Solihull 2010; SP: V Thompson (SC) 10.43. Solihull 2010; DT: S Quinn (EV) 32.59 Solihull 2009; HT: J Ibbison 37.40 Solihull 2010; JT: C Lowndes MM 26.12 Warrington 2003;

## W60:

100: B Fee (VAC) 15.3 Solihull 2010; 200: M West SC 33.4 Solihull 2009; 400: Fee 73.4; Solihull 2010; 800: A Copson 2:42.9 Solihull 2009; 1500: J Royal SW 6:04.8 Tidworth 2002; 3000: A Copson (MM) 11:06.5 Solihull 2009; 2000W: P Horwill MM 13:14.9 Tidworth 2002; Medley: 1 MMAC 5:32.6; Solihull 2010; HJ: E McMahon 1.23; Solihull 2010; LJ: J Charles MM 3.75 Tidworth 2002; SP: L Sissons SC 9.84 Solihull 2009; JT: L Sissons 26.00 Solihull 2010;

At this time of the year I usually study the I.A.A.F top lists in order to determine the fastest and strongest masters in world Track and Field.

I was amazed to discover on the women's 400 metres lists that Tracey Swindell had recorded a fantastic 52.79 seconds for the distance some 89/100's of a second faster than the existing World Record of 53.68 seconds currently held by Sara Montecinos of Chile.

As this was news to me, I wondered why I had not heard of this wonderful feat, which would have put Tracey seventh on the UK seasons lists just behind Nicola Saunders.

Cross checking on the American track and field season's lists, confirmed that the performance should have been credited to America's Tiara Swindell, and Tracey had not after all achieved for Britain a Women's 400 world record.

I mailed the I.A.A.F., who duly acknowledged a mistake had been made on the top performance lists.

Nice to see Larry Achike who I first saw as a promising Junior at Crawley in the British League, heading the World Masters Triple Jump listings.

Joice Maduaka who competed in the Deli Commonwealth Games heads the Masters lists at 200 metres, and Helen Clitheroe and Jo Pavey lead the lists for 1500 and 10,000 metres.

# WORLDS BEST MASTERS PERFORMANCES 2010

Event	Athlete	Country	Year of Birth	Venue	Date 2010
100M	Patrick Johnson	AUS	1972	Perth	19 Feb
10.18					
200M	Clement Campbell	JAM	1975	Bozeman, NJ	1 May
20.82					
400M	Alvin Harrison	DOM	1974	Santo Domingo	14 Feb
45.79					
800M	No O/35 on Top Lists				
1500M	Bernard Lagat	USA	1974	Monaco	22 Jul
3:32.51 (WR)					
5000M	Lagat	USA	1974	Oslo	4 Jun
12:54.12					
10000M	José Manuel Martínez	ESP	1971	Marseille	5 Jun
28:15.54					
Half Marathon	Jaouad Gharib	MAR	1972	Lisbon	21 Mar
1h:00.33					
Marathon	Haile Gebrselassie	ETH	1973	Dubai	22 Jan
2h:06.09					

SC 8:19:15	JoséLuis Blanco	ESP	1975	Barcelona	1 AUG
110MH	No O/35 on Top Lists				
400H 49.12	Danny McFarlane	JAM	1972	Sydney	27 Feb
HJ	No O/35 on Top Lists				
PV 5.81	Derek Miles	USA	1972	Jockgrim	21 Mar
LJ 7.93	James Beckford	JAM	1975	Hania	31 May
TJ 16.67	Larry Achike	GBR	1975	Hania	31 May
SP 21.29	Adam Nelson	USA	1975	Zurich	18 AUG
DT 66.43	Robout Fazekas	HUN	1975	Barcelona	1 AUG
HT 80.99	Koji Murofushi	JAP	1974	Rieti	28 AUG
JT 83.59	Sergey Makarov	RUS	1973	Yvino	11 JUN
20Walk 1h22:43	Andriv Kovenko	UKR	1973	Barcelona	27 JUL
50 WALK 3h47:56	Jesús Angel García	ESP	1969	Barcelona	30 JUL
Event WOMEN	Athlete	Country	Year of Birth	Venue	Date 2010
100M 11.13	Chandra Sturup	BAH	1971	Ostrava	27 MAY
200M 23.33	Joice Maduaka	GBR	1973	Patra	30 JUN
400M	No o/35 on Top lists				
800M 2:00.08	Dianne Cumming	CAN	1974	Kessel-Lo	14 AUG
1500M 4:06.04	Helen Clitheroe	GBR	1974	Gateshead	10 JUL
5000M 14:49.68	Mariya Konovalova	RUS	1974	Saransk	14 JUL
10000M 31:51.91	Jo Pavey	GBR	1973	Birmingham	26 JUN
Half Marathon 1h:07:52	Berhane Adere	ETH	1973	New Orleans	28 FEB
Marathon 2h:23:50	Mariya Konovalova	RUS	1974	Chicago	10 OCT
SC	No o/35 on Top lists				
100MH 12.71	Delloreeen Ennis-London	JAM	1975	New York	12 JUN
400H	No o/35 on Top lists				
HJ 1.95	Venelina Veneva-Mateeva	BUL	1975	Kalamata	29 MAY
PV	No o/35 on Top lists				
LJ 6.64	Eunice Barber	FRA	1974	Walnut,USA	17 APL
TJ	No o/35 on Top lists				
SP 17.91	Laurence Manfredi	FRA	1974	Valance	9 JUN
DT 65.01	Natalya Sadova	RUS	1972	Sochi	27 May
HT 63.75	Sviatlana Sudak-Torum	TUR	1971	Ankara	28 AUG
JT 58.85	Felica Tilea-Moldavan	ROU	1967	Barcelona	9 JUL
20Walk 1h22:43	No o/35 on Top lists				

## OBITUARIES

We have received the sad news of the deaths of:

Bill Morrow.  
Dennis Myers.  
TONY WARD.

Dave Cowley, Rugby & Northampton writes.....

"John 'Janis' Gercs passed away peacefully at home on 24th October 2010 surrounded by his family after battling stomach cancer.

He was 88 years old. A staunch supporter of Rugby AC and later Rugby and Northampton for many years and an advocate of Veterans athletics.

He held several British Age throwing records for older athletes during his athletic career despite his slight appearance. His funeral was on:-Tuesday 9th November, In Rugby, at St Marie's R.C. Church, Dunchurch Rd,

## KEN BRAY (1932 – 2010)

Prompted by the running boom, Ken joined Les Croupiers Running Club in 1982 at the age of 50. Taking up the sport again, he was no stranger to competition. Ken was a successful athlete in the 1950's, competing for Roath Harriers and the RAF. Being competitive for his age, many medals came his way. I can recall being a member of the same winning team at the Finchley "20" in 1984. At that time he helped to form a "vet's team" to compete in the Castles Relay.

Besides competing for the club, Ken decided to devote more time to assist the club in administration. On club nights he would take the members entries and then send them on to the race promoters, pre "electronic mail", this was a boon to athletes and organisers alike. Ken's appetite as an official then grew as the years progressed. He worked on the Castles Relays, Gwent League, Barry 40, Cardiff 10k, Old Father Time, the list is endless. He was so efficient; other race organisers noticed his values and began to request his help at their own events.

Welsh Athletics also noted his valuable work and awarded him the meritorious award for his services to the sport. It was with the Welsh Vets Association, (now Welsh Masters) that Ken will be most remembered. He served as Treasurer for as long as I can remember, continuing in that role up until this year. Ken also gave his time as a selector and assisted on the organisation of the Masters Five Nations Cross Country Internationals every five years when it was the WMAA's responsibility to host them. His dedication was acknowledged with a Life Membership of the Association.

Over the last twenty years plus, club nights were spent with Ken, enjoying his customary glass of red wine alongside the other "vets" in the aptly named "Wrinkles' Corner" of the club, where we discussed how we could put the world to right.

Our thoughts and prayers go out his family, his devoted wife Mavis, "behind every great man there is great woman" and Mavis certainly fits that role, also his two daughters, Yvonne and Jennifer and their families, on this very sad occasion.

He will long be remembered, with affection and respect, by all that knew him.

Mei James.



# British Masters Athletic Federation



**24<sup>th</sup> National Masters Open Road Relay Championships**  
**Saturday, 21<sup>st</sup> May 2011 at Sutton Park, Sutton Coldfield,**  
**Birmingham**

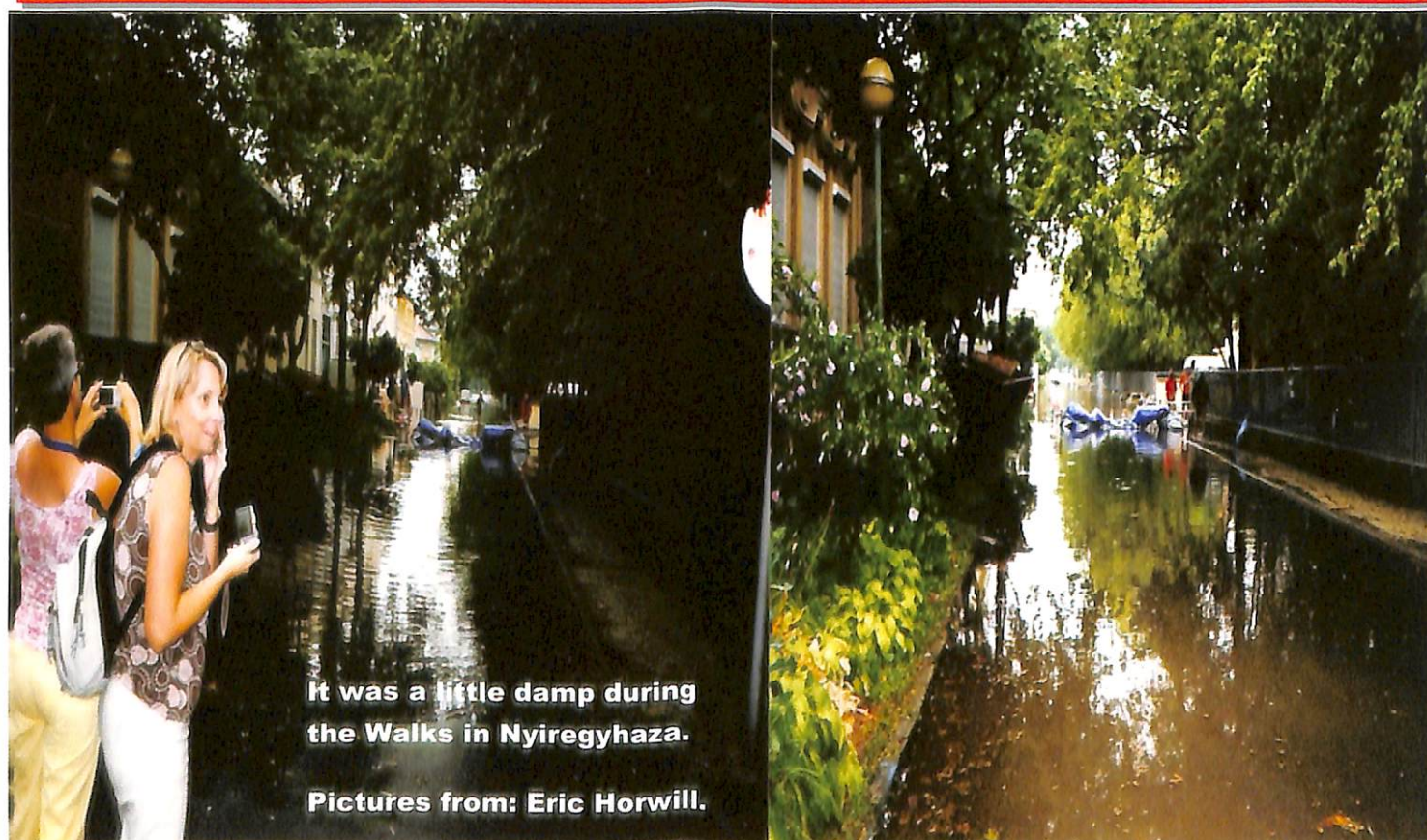
**By kind permission of Birmingham City Council**  
**Open to ALL Affiliated Clubs**

**Promoted by Midland Masters AC for the British Masters Athletic Federation**  
**Championships will be held over a traffic free three mile course**

CHAMPIONSHIP	STAGES	START TIME
Women W35+	4	11.00 am
Women W45+	3	11.00 am
Women W55+	3	11.00 am
Men M65+	3	11.00 am
Men M75+	3	11.00 am
Men M35+	8	1.00 pm
Men M45+	6	1.00 pm
Men M55+	4	1.00 pm

**Medals to first three teams and three fastest individuals in each championship**  
**Entries close midnight on 23<sup>rd</sup> April 2011. Entries for 'B' Teams will not be accepted**  
**Entry Form & other details from: Tom Morris, 391 Chester Road, Castle Bromwich,**  
**BIRMINGHAM B36 0JH (Please include sa size DL).**

**Download Entry Forms from [www.bmaf.org.uk](http://www.bmaf.org.uk) , or [www.midlandmasters.org.uk](http://www.midlandmasters.org.uk)**  
**or <http://britishmastersaf.wordpress.com> , Enter online at <http://www.race-results.co.uk>**



**It was a little damp during  
the Walks in Nyiregyhaza.**

**Pictures from: Eric Horwill.**

# BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS



## SATURDAY 12<sup>TH</sup> MARCH 2011

Alexander Stadium, Perry Barr, Birmingham

(Under UKA rules, permit applied for)



### OPEN to ALL MASTERS

### Women and Men over 35 years of age on Race Day

Race 1 6km	WOMEN (all ages) & MEN over 65	12.00
Race 2 8km	MEN 35 – 64	1.00 pm

<b>ENTRY FEES;</b>	Members of a Masters/Veteran Club	£10
	All other competitors #	£12

# Proof of age required e.g. Photocopy of birth certificate/driving licence/passport etc.

**BMAF Individual Awards** to the first 3 in each 5yr age group

**BMAF Team Awards** for the first 3 teams, **M35 – 44 / M45 – 54** (4 to count);

**M55 – 64 / M65+ (3 to count); W35 – 44 / W45 – 54 / W55+ (3 to count)**

Competitors who wish to count for a younger team must declare on the Entry Form

***Down aging only within the same race***

**ENTRIES:** Please send completed entry Form to;

**BMAF XC Championships, Rainbow Cottage, 15 Meadow Lane, Alvechurch, Worcs B48 7LH**

**Cheques payable to MMAC / Stamped addressed 9"x 6" envelope** for numbers & travel information. Please ensure correct postage as entries will not be collected if undelivered.

Confirmation will be sent out after the **closing date 1<sup>st</sup> March 2011** – no entries on the day.



### BMAF 2011 OPEN CROSS COUNTRY CHAMPIONSHIPS ENTRY FORM

SURNAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ M/F \_\_\_\_\_

AGE ON 13/03/2011 \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POST CODE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

FIRST CLAIM UKA CLUB \_\_\_\_\_ UKA REGISTRATION No. \_\_\_\_\_

BMAF CLUB \_\_\_\_\_ MEMBERSHIP NUMBER \_\_\_\_\_

**YOUNGER TEAM DECLARATION** M35 – 44 / M45 – 54 / M55 – 64 / W35 – 44 / W45 – 54

I wish to be entered for the above championships on 13<sup>th</sup> March 2011 and agree that the Organisers shall not be liable for any accident, loss or damage whatsoever caused as a consequence of my participation in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

I enclose Race Fee of £ \_\_\_\_\_ Tel: (day) \_\_\_\_\_ (evening) \_\_\_\_\_

# BMAF Open Indoor Pentathlon Championships and EVAC / VAC Indoor Championships with Open Events

Lee Valley Athletics Centre, Enfield, Middlesex.

**Sunday 13th February 2011**

(Under UKA/IAAF/WMA Rules)

**FIRST EVENT – Pentathlon [Hurdles] 12.00 Noon.**

**EVAC / VAC Champs:** 60m, 200m, 400m, 800m, 1500m, 60mH, Shot, Long, High and Triple Jumps and Pole Vault.

**Open Events:** 200m, 400m, 800m, 1500m and Shot

**ENTRY FEES: [which are non-refundable]**

**PENTATHLON:** Affiliated: £18.00. Non-affiliated £21.00.

**EVAC / VAC Championships:** First Event £9.00 £5.00 each extra event.

**OPEN Events:** First Event Affiliated: £9.00 / Non-affiliated: £12.00 £5.00 each extra event.

**[Overseas Entries – add £0.60 in lieu of stamp but enclose an Addressed Envelope]**

**CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO **BMAF****

MALE ☐

FEMALE ☐

**Please use capital letters and state FULL POSTAL ADDRESS**

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age Group for Event \_\_\_\_\_

E-mail Address \_\_\_\_\_

Telephone No. Home \_\_\_\_\_ Work \_\_\_\_\_

**YOU NEED TO SPECIFY YOUR BMAF AREA CLUB AND YOUR FIRST CLAIM CLUB AS WELL AS YOUR REG. No.**

BMAF Affiliated Club: EVAC ☐ IoMVAC ☐ MMAC ☐ NVAC ☐ NIMAA ☐ SCVAC ☐ SWVAC ☐

SVHC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please tick ONE CURRENT CLUB ONLY)

**First Claim Club [or Overseas Athlete – Country]** \_\_\_\_\_

**England/Northern Ireland/Scottish/Welsh Athletics Regn. No.** \_\_\_\_\_

**FOR NON BMAF AFFILIATED ATHLETES ONLY [to confirm date of birth]**

I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details

**PB2009/10**

Pentathlon [Total only REQUIRED]		points	
Event -	time/dist/ht	Event -	time/dist/ht

**Payment enclosed for Entry fees as follows:**

£18.00/£9.00/£5.00 for BMAF Affiliated Member £ \_\_\_\_\_

£21.00/£12.00/£5.00 for non BMAF Affiliated Member £ \_\_\_\_\_

£9.00/£5.00 EVAC / VAC Member £ \_\_\_\_\_

Overseas Entries AE but in lieu of stamps [£0.60] £ \_\_\_\_\_

**TOTAL** £ \_\_\_\_\_

**[SAE Essential for Confirmation of Entry(not by phone)/NO RECORDED DELIVERIES ACCEPTED]**

I enclose a cheque/PO in sterling currency payable to BMAF.

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2011 Indoor Pentathlon / EVAC / VAC Championships and Open Events.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**[BEFORE SIGNING PLEASE ENSURE YOU HAVE SUPPLIED ALL REQUIRED DETAILS – IF NOT, REJECTION]**

**Entries close THURSDAY 27th JANUARY 2011**

**ALL ENTRIES TO: Maurice Doogan, 5 Stadium Street, Chelsea, London SW10 0PU**

**[PLEASE NOTE: ATHLETES INSTRUCTIONS ETC., WILL NOT BE FORWARDED UNTIL 5th FEBRUARY 2011]**

# BMAF Open Indoor Track & Field Championships and Winter Throws Championships

Lee Valley Athletics Centre, Enfield, Middlesex.

**Saturday 26th/Sunday 27th February 2011**

(Under UKA/IAAF/WMA Rules)

## FIRST EVENT 9.30am

**SAT:** 60m, 400m, 1500m, 60mH, Long Jump, High Jump(W/M55+), Pole Vault(W/M60+), plus Hammer, Shot and Weight for Women/M65+ and Discus and Javelin for M35 – M60

**SUN:** 200m, 800m, 3000m, 3000mWalk, Triple Jump, High Jump(M35-M50), Pole Vault(M35 – M55), plus Hammer, Shot and Weight for M35-M60 and Discus and Javelin for Women/M65+

**Provisional Timetable/Hotel Accommodation details will be posted on website: ([www.bmaf.org.uk](http://www.bmaf.org.uk))**

**Entry Fees: [which are non-refundable]** Non-affiliated £18.00 first event. Affiliated: £15.00 first event. £6.50 each extra event. **[Overseas Entries – add £0.60 in lieu of stamp but enclose Addressed Envelope]**

**CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO **BMAF****

MALE ☐

FEMALE ☐

**Please use capital letters and state FULL POSTAL ADDRESS:**

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age Group for Event \_\_\_\_\_

Telephone No. Home \_\_\_\_\_ Work \_\_\_\_\_

E-mail Address [PLEASE CONFIRM] \_\_\_\_\_

**YOU NEED TO SPECIFY YOUR BMAF AREA CLUB AND YOUR FIRST CLAIM CLUB AS WELL AS YOUR REG. No.**

BMAF Affiliated Club: EVAC ☐ IoMVAC ☐ MMAC ☐ NVAC ☐ NIMAC ☐ SCVAC ☐ SWVAC ☐

SVHC ☐ VAA-NE ☐ VAC ☐ WMAA ☐ (Please only tick ONE "PAID UP" CLUB)

First Claim Club [or Overseas Athlete – Country] \_\_\_\_\_

England/Northern Ireland/Scottish/Welsh Athletics Regn. No. \_\_\_\_\_

**FOR NON-BMAF AFFILIATED AND OVERSEA'S ATHLETES ONLY [TO CONFIRM DATE OF BIRTH]**

I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details **[A MUST FOR EACH CHAMPIONSHIP]**

EVENT	PB2009/10

EVENT	PB2009/10

### Payment enclosed for Entry fees as follows:

First Event	£18.00 for <b>NON</b> BMAF Affiliated Member	£ _____
	£15.00 for BMAF Affiliated Member	£ _____
Each subsequent Event	£6.50	£ _____
Overseas Entries	AE but in lieu of stamps [£0.60]	£ _____
	<b>TOTAL</b>	£ _____

**[SAE Essential for Confirmation of Entry (not by phone)/NO RECORDED DELIVERIES ACCEPTED]**

I enclose a cheque/PO in sterling currency payable to BMAF

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2011 Indoor Track & Field and Winter Throws Championships.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**[BEFORE SIGNING PLEASE ENSURE YOU HAVE SUPPLIED ALL REQUIRED DETAILS – IF NOT, REJECTION]**

**Entries close Thursday 10th FEBRUARY 2011**

**ENTRIES TO: Maurice Doogan, 5 Stadium Street, Chelsea, London SW10 0PU.**

**[PLEASE NOTE: ATHLETES INSTRUCTIONS WILL NOT BE POSTED UNTIL 19th FEBRUARY 2011]**

Church Street, Stoke on Trent ST4 1DJ. Telephone: 01782 410411

**SKINS SPORT MENS** Skins are machine washable. Use cold water and a mild detergent



**SKINS LONG SLEEVE TOP** Black/yellow, sizes S, M, L and unisex XL  
USUAL £50.00 OFFER £39.00



**SKINS SHORT SLEEVE TOP** Black/yellow, sizes S, M, L and unisex XL  
USUAL £45.00 OFFER £36.00



**SKINS SPORT MENS LONG TIGHTS** Colour black/yellow, available in mens sizes XS, S, M & unisex XL  
USUAL £60.00 OFFER £45.00



**SKINS SPORT MENS 3/4 TIGHTS** Colour black/yellow, available in mens sizes XS, S, M and unisex XL  
USUAL £55.00 OFFER £43.00



**SKINS SPORT MENS HALF TIGHTS** Colour black/yellow, mens sizes XS, S, M and unisex XL  
USUAL £40.00 OFFER £32.00



**SKINS SPORT MENS SHORTS** Colour black/yellow, available in mens sizes XS, S, M and unisex XL  
USUAL £40.00 OFFER £27.00



**Wearing Skins will help to enhance your performance in training, competition and recovery**

**SKINS SPORT SHE** Improved circulation from gentle compression helps to avoid spider and varicose veins



**SKINS SHE LADIES LONG SLEEVE TOP** Colourway black/blue, with V neck, available in ladies sizes XS, S, M and L  
USUAL £50.00 OFFER £40.00



**SKINS SHE LADIES SHORT SLEEVE TOP** Colourway black/blue, available in ladies sizes XS, S, M, L  
USUAL £45.00 OFFER £36.00



**SKINS SHE SLEEVELESS LADIES TOP** Colour black/blue, with V neck, available in ladies sizes XS, S, M, L  
USUAL £40.00 OFFER £32.00



**SKINS SHE LONG TIGHT** Colour black/blue, ladies sizes XS, S, M & L  
USUAL £60.00 OFFER £45.00



**SKINS SHE CAPRI** Colour black/blue, available in ladies sizes XS, S, M & L  
USUAL £55.00 OFFER £43.00



**SKINS SHE SHORTS** Colour black/blue, available in ladies sizes XS, S, M & L  
USUAL £40.00 OFFER £32.00

## SKINS BIOACCELERATION

**Gradient**  
compression accelerates blood flow and oxygen delivery to working muscles. Circulation improvements help eliminate lactic acid allowing you to work at a higher rate for longer.

## SKIN DRY

**Moisture management**  
wicking draws moisture away from the skin to the outer surface where it dissipates keeping you dry and comfortable.

## SKINS TEMP

**Improved circulation**  
optimises your body's natural mechanism for temperature regulation keeping you comfortable.

**SKINS SHE** Skins continue to work on the body even after activity so wear a pair to bed after you exercise



**SKINS SHE LONG SLEEVE** Colour azure, white and emerald, ladies S, M, L & XL  
USUAL £50.00 OFFER £40.00



**SKINS SHE SHORT SLEEVE** Colour azure, white and emerald, available in ladies sizes S, M, L and XL  
USUAL £45.00 OFFER £36.00



**SKINS SHE RACER BACK** Colour azure, white and emerald, available in ladies sizes S, M, L and XL  
USUAL £40.00 OFFER £32.00



**SKINS SHE LONG TIGHT** Colour plain black, available in ladies sizes S, M, L and XL  
USUAL £60.00 OFFER £45.00



**SKINS SHE CAPRI** Colour black, ladies sizes S, M, L, XL  
USUAL £50.00 OFFER £43.00



**SKINS SHE ULTRASHORT** Colour plain black, available in ladies sizes S, M, L, XL  
USUAL £50.00 OFFER £27.00

**SKINS YOUTH** May reduce muscle discomfort or "growing pains"



**SKINS YOUTHS LONG SLEEVE TOP** Black/yellow, youths sizes S, M and L  
USUAL £35.00 OFFER £27.00



**SKINS YOUTHS SHORT SLEEVE TOP** Black/yellow, youths sizes S, M and L  
USUAL £30.00 OFFER £24.00



**SKINS SPORT YOUTHS LONG TIGHTS** Black/yellow, youths sizes S, M & L  
USUAL £40.00 OFFER £33.00



**SKINS SPORT YOUTHS HALF TIGHTS** Black/yellow, youths sizes S, M & L  
USUAL £26.00 OFFER £20.00



**SKINS SPORT YOUTHS POWER SOX** Black/yellow, youths sizes S, M & L  
USUAL £25.00 OFFER £20.00



**SKINS TRAVEL AND RECOVERY TIGHTS (Jetskings)** Scientifically proven to assist in alleviating the major symptoms of jet lag by enhancing circulation and reducing dehydration and also swelling. Colours black/blue or fleshstone, sizes XS, S, M, ML, L, LL, XL, XXL and XXXL  
USUAL £60.00 OFFER £45.00

**SKINS THERMAL**



**SKINS THERMAL COMPRESSION TOPS** Black or white, Mens sizes S, M, L, XL  
USUAL £65.00 OFFER £59.00



**SKINS THERMAL COMPRESSION TOPS** black or white, Youths sizes S, M & L  
USUAL £45.00 OFFER £40.00

**SKINS SNOW** Wearing Skins whilst skiing will help reduce muscle fatigue & injury



**SKINS SNOW MENS LONG SLEEVE TOP** Colour black/orange, sizes S, M, L  
USUAL £50.00 OFFER £45.00



**SKINS SNOW WOMENS LONG SLEEVE TOP** Colour black/silver, sizes S, M, L  
USUAL £50.00 OFFER £45.00



**SKINS SNOW 3/4 TIGHT MENS** colour black/orange, available in mens sizes S, M, L  
USUAL £60.00 OFFER £54.00



**SKINS SNOW 3/4 TIGHT WOMENS** colour black/silver, available in womens sizes S, M, L  
USUAL £55.00 OFFER £50.00

**SKINS CYCLING** Distinct improvements in relation to a quicker recovery by the athletes" Team Rabobank



**SKINS WOMENS BIB SHORT** Sizes S, M, L and XL  
USUAL £129.99 OFFER £123.00



**SKINS MENS BIB SHORT** Sizes S, M, L and XL  
USUAL £129.99 OFFER £123.00



**SKINS WOMENS LONG TIGHT** Available in sizes S, M, L, XL  
USUAL £129.99 OFFER £123.00



**SKINS MENS LONG TIGHT** Available in sizes S, M, L, XL  
USUAL £129.99 OFFER £123.00



**SKINS WOMENS CYCLE SHORT** Sizes S, M, L, XL  
USUAL £100.00 OFFER £95.00



**SKINS MENS CYCLE SHORT** Sizes S, M, L, XL  
USUAL £100.00 OFFER £95.00

You've worn Skins™ to enhance your performance in training & recovery - now wear them to improve your performance while riding. Skins™ cycle incorporates proven BioAcceleration Technology to provide increased performance whilst on your bike. See Bourne Sports website for details.