

# **MASTERS ATHLETICS**

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

**SPRING  
2011.  
No. 95.**



**Second in Ghent  
in European Masters!  
Martin Cox & Lucy Elliott  
win BMAF XC.  
BMAF Indoor and Pentathlon  
Championships.**

Sue Dassie sings along  
with the National  
Anthem  
Picture: Tom Phillips.





**LUCY ELLIOTT WAS  
THE OVERALL  
WINNER  
IN THE WOMEN'S  
RACE  
IN THE B.M.A.F.  
CROSS  
COUNTRY  
CHAMPIONSHIPS.**

**THE GB  
INTERNATIONAL HAS  
REPRESENTED THIS  
NATION IN BOTH THE  
WORLD AND  
EUROPEAN CROSS  
COUNTRY  
CHAMPIONSHIPS.**



# MASTERS ATHLETICS

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## CHAIRMAN'S REPORT- ARTHUR KIMBER

Since the last issue of "Masters Athletics" athletes have had plenty of opportunity for competition, at the BMAF Indoor Pentathlon and Indoor Championships, both at Lee Valley in February, the BMAF Cross Country Championships in Birmingham and the European Masters Indoor Championships in Ghent, Belgium in March.

The BMAF will unfortunately not be hosting the European Non-Stadia Championships in 2013. After the delays in our attempts to make arrangements with possible host cities Swansea and Cardiff, the EVAA decided that it could not delay a decision any longer and that the championships will be held in Upice, Czech Republic. For the World Masters Championships in the Olympic Stadium in 2015 one problem has now disappeared; UK Athletics has withdrawn its bid to stage the IAAF World Championships. Resolution of the second problem is still uncertain, as there are still doubts as to whether football and athletics can coexist well when West Ham move in for the 2014-15 season. Two other problems remain, one, we need to raise the necessary funding, and two, we expect to face competition from Perth, Australia, Bydgoszcz and Torun, Poland and Lyon, France.

In February Bridget Cushen and I met Alan Waddington, Stewart Rioch and Claire Macintyre, all managers with Staysure, over 50 insurance specialists, who may be able to provide our athletes, and not just over 50s, with competitive travel insurance and other types of insurance. We also discussed sponsorship of the BMAF and Staysure seemed very interested in exploring further the possibility with us.



Summer is at last approaching and I hope you all have a good outdoor season.

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## Annual General Meeting

I hereby give notice that the Annual General Meeting of the BMAF will be held on Saturday, 25 June 2011 in the Alexander Stadium, Birmingham. Proposals or nominations for the election of Officers may be submitted by the Committee of any constituent Association or Club to be received by the Honorary Secretary by 26 May.

The Cross-Country Secretary, Philip Lee, is not seeking re-election and deserves our thanks for his great efforts on our behalf, and the Road Running Secretary, Mel James, is resigning from that post and standing for election in another capacity. Should you feel you would make an excellent choice for an office please contact

**Bridget Cushen .**  
**156 Mitcham Road**  
**Croydon, Surrey**  
**CRO 3JE**

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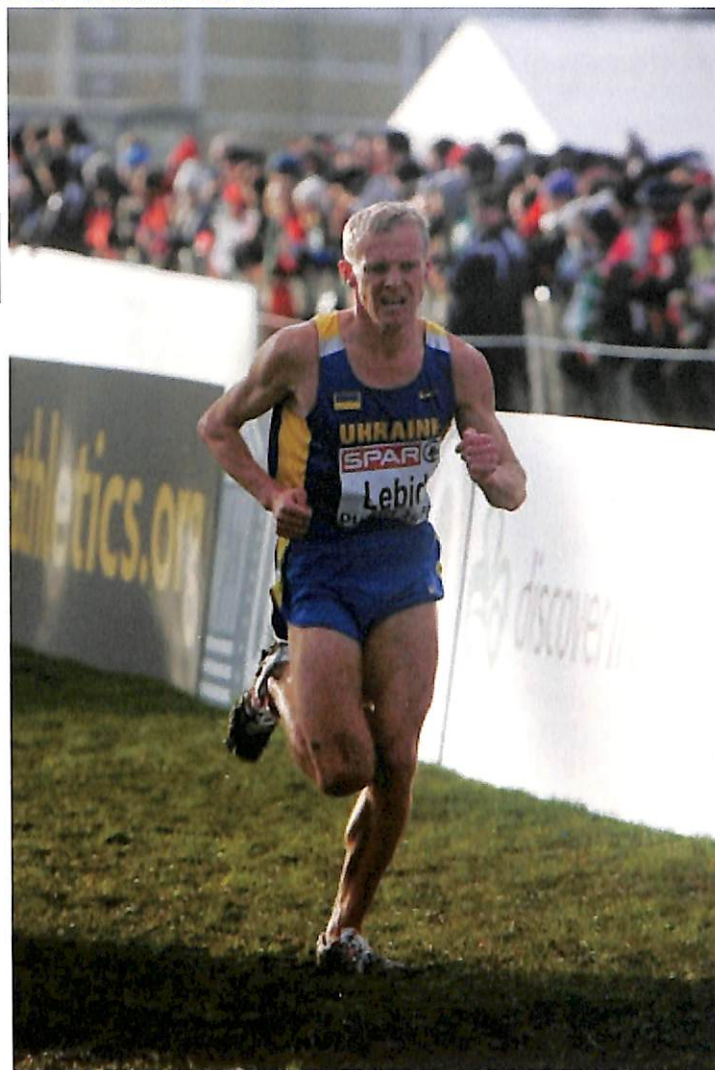
### INTER AREA CBP's

We have received a number of amendments to the performances reported in our last edition.

Bob Care and Sean Power write to claim the following best performances:

Bob Care 2000W M35-49 8:28.4 Solihull 1994  
and M50-59 8:50.8 Watford 1999.

Whilst Sean Power Triple Jumped to 13.68 at Battersea in 1985 in the M35-49 age group. Then jumped 12.69 in 1998 at Warrington.



SERGIY LEBID won his ninth European Cross Country Championship in Albufeira, the Ukrainian has now joined the Masters ranks as he celebrated his 35<sup>th</sup> Birthday last July.

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Dear Editor

Thank you for the comprehensive coverage of the British and Irish Masters Cross Country International races in Dublin in November.

It was an excellent event and I thoroughly enjoyed the day – well worth the trip home to Dublin. As the last finisher in the Open Race I would point out, however, that I ran for my native Ireland and not for England as listed in the results.

I appreciate that you have published the official results – I have in vain asked for them to be adjusted to show my Irish colours. This, apparently, cannot be done so I would just like to set the record straight. It is not often I get to run in my Irish vest! Many thanks.

Regards  
ANN RHODES



## Sarah Gee announces retirement from athletics

After narrowly failing to gain a place in the England Commonwealth Games team last autumn, Sarah Gee lost a lot of motivation to continue with her all too brief but high quality athletics career, writes Martin Duff



However, it was the decision of the Virgin London Marathon organisers not to grant her an elite start position for the third year in a row that finally sealed the 46-year-old's disillusionment with the sport.

"I must say that many factors contributed to it but one of the most devastating blows that made me have little faith in England Athletics was Glen Laimter's reply that I could not, for the third year running, go off the elite line," said Gee, who was 14 seconds outside qualifying time, for the London Elite start.

"Having run for my country and been top performer and winner of Edinburgh, he said he would not devalue the elite start. He is more than prepared to give those with no marathon experience but fast half to go off that start," added Gee who was very supportive of the help and support that this writer has given her.

"I'm also grateful to Ian Ladbroke for selecting me for Toronto, he didn't have to and I think he might have received some flak for putting me in a 'developmental' team. That is just my hunch, with no evidence," said Gee.

"I've totally moved on and want to exit with aplomb. I don't want to be an age grouper, I did the real thing and I want to go out from there. I did a 74 half and would really be unhappy to be running slower than 76, so I would stop enjoying running once I started

to slow up, which would happen with age and less training," added the Reading Roadrunner.

Gee also has two very talented young daughters and she said: "the girls are more demanding and they deserve my attention. I took time out to achieve a goal and would have loved the Commonwealth, but you helped me achieve Toronto and, for that, I am so grateful and happy."

Gee had also announced her intention of adding to the quality of the field in Tim Hutchings' Brighton Marathon but she has been forced to advise them that she will not after all grace the start line. Gee's absence from the sport will be a great loss.

## PERTH WESTERN AUSTRALIA BIDS FOR 2015 WMA CHAMPIONSHIPS

In partnership with the State Government, Western Australia's athletics community is making a combined effort to bring the world's masters/masters athletes to Perth in October 2015. Perth athletes now enjoy competing at the brand new WA Athletics Stadium and proudly claim their track is probably the fastest in the country to assist sprinters. All previous athletics meets in the west were at Perry Lakes Stadium, built for the 1962 Commonwealth Games. It has finally been replaced by a truly magnificent new stadium with excellent facilities and state-of-the art information technology.

Following on from the very successful Australian Masters Athletics Championships and the 88<sup>th</sup> Australian Athletics National Championships in April 2010, an Expression of Interest for the 2015 WMA Championships has been lodged with the WMA Council and a formal presentation will be made to the WMA General Assembly in Sacramento next July.

A committee has been set up comprising representatives of Eventscorp from the WA State Government, the CEO of Athletics WA and four local Masters Athletics members representing the local WA masters club, Australian Masters Athletics and Oceania Association of Masters Athletes. The committee is meeting regularly to ensure all criteria for hosting the championships is addressed prior to an inspection visit early in 2011 by the three WMA Vice Presidents in charge of championship organisation.

### Perth's credentials as host city

In addition to the main venue, a secondary track and a warm-up track will be located in the adjacent UWA Sports Park with a third track easily accessible to the east of the city. The cross country and walks venues will also be located close to the main stadium and the marathon will be run along the river edge. With a history of hosting large-scale national and international events, Perth can offer a full range of accommodation options



to suit all budgets and transport will be provided between the CBD and the venues.

For overseas and interstate visitors, Perth provides a friendly, welcoming environment, being the only capital city in Australia which offers the opportunity to explore a world-class wine region, picnic in one of Australia's oldest conservation areas or watch the sunset over the ocean, all within 30 minutes from the city. A visit to Kings Park and Botanic Gardens is a must for visitors to enjoy the breathtaking views over the city skyline and Swan River. A short ferry ride provides an opportunity to visit the quaint holiday island of Rottnest, home to WA's famous quokkas. So there is plenty to do on non-competition days.

And after the championships, tourism opportunities abound with the South West offering world class food and wine, beautiful beaches, and forests of tall trees. The Golden Outback is where you'll find historic townships and gold rush history. The Coral Coast is home to awesome marine life, endless white sand beaches and the warm turquoise waters of the Indian Ocean. The Kimberley region in the North West is one of the world's last true wilderness areas.

The Oceania region has hosted three previous WMA championships – 1981 in Christchurch, 1987 in Melbourne and 2001 in Brisbane. Fourteen years on, Perth would be another great event location and the partnership between the WA Government and Australian Masters Athletics Inc would ensure a quality, well-organised and technically correct championships.

#### **Who are Perth's competitors?**

Two other cities are bidding for the 2015 WMA Championships – Bydgoszcz/Torun (Poland), and Lyon (France). The decision on who will host the event will be decided by the Affiliates at the General Assembly in Sacramento.

*Lynne Schickert  
Oceania Regional Delegate to WMA Council  
2015 Perth Bid committee member*

(article published in NZ/Oceania magazine *Vetline*, March 2011)

The official MMAC Website will be closed down on the 30/4/11 and for the foreseeable future the MMAC Blog will act as the Club's website. The address is  
<http://midlandmasters.wordpress.com>

**SEAA INTER COUNTIES & MASTERS CROSS  
COUNTRY CHAMPIONSHIPS ON 11th OF DECEMBER**

BEN POCHEE, who ran the fastest over 40 time in the Southern Road relays, showed his class as a master by winning the Southern M40 cross Country championships reports Alastair Aitken

The race over an ideal, lightly undulating cross-country course, which was over a good surface in unusually mild conditions for December. (73 completed).

After the start, Ben Reynolds, the M45 2009 World 5k Champion, was leading a large group that included Tony Jackson, David Benton, Pochee, Robert Palmer, Chris Dettmar, Spencer Dempster and Ian Harkness.

It was on the second of the three laps that Pochee took the lead, because he wanted to run at his own tempo. He gently moved to the front of the field with only Tony Jackson attempting to get on terms but Jackson, had to give way in the last lap with David Benton securing the third spot.

The amazing fact is that Pochee was told by doctors he would never run again after severe leg injuries and an operation that had never been successful for someone wanting to run again and, despite having bolts in his knee and ankle he has been able to train for the last 12 months and was just pleased to be running again. (He snapped his knee ligament in 2004. Snapped his tibia posterior and had five months in a cast) He admits it is all for the Highgate Harriers team that motivates him again and, they won the Southern Masters Championships for the first time ever. First 6 out of 73 finishers were 1 Ben Pochee (Highgate) 32:06, 2 Anthony Jackson (Shaftesbury Barnet) 32:33, 3 David Benton (Brighton & Hove) 32:53, 4 Robert Palmer (Luton AC) 32:57, 5 Chris Dettmar (Headington Road Runners) 33:05, 6 Ben Reynolds (Thames Hare & Hounds, M45) 33:18.

It was worth noting that Julian Critchlow, despite sinus trouble in the week, on antic-biotic came 7th in 33.29. He will be 50 on December the 28th this year so will be a tremendous force in the M50 group.

Iain Campbell had a dominant run in the M50 race. (1 Iain Campbell 33.50-Met Police; 2 Chris Finill (Harrow) 35.02, 3 Tom Munt (Reading AC) 35.06, 4 Michael Bridgeland (Chelmsford) 35:13, 5 Richard Holland (Woodford Green& Essex Ladies) 36:17, 6 Paul Stoodley (Winchester & District) 36:24. The First over 55 was Andy Miles of Hillingdon in 38:04.

Campbell, a Policeman on the Beat in Islington, Mike Bridgeland and Tom Munt were together in the first lap before Campbell, who was sixth in the Home Masters International, tore away to a gigantic lead but 'Ultra man' Chris Finill moved from fourth after one lap to finish second.

Chris Finhill explains "I was defending Champion but here I am defending it ten months later. I will be one of the two Champions in 2010 but I was very pleased to win it last time. I came here today expecting to come in the first six but not really sure after that. Second is good. It's not like I was just beaten. He was way, way, in front of me. No hard feelings there either!"

Norman Morrison of Herts Phoenix was the first over 60 in 14th place out of 85 finishers  
He said " I have been running since I was 12 and my best runs include a National cross-country seven years ago when I felt very good as I beat loads of rivals in that race at Parliament Hill Fields. I won my age category in this race several times and I was 3rd 'Over 55' in the British Masters when I was 57.  
He added:-" Cross Country is my best surface by far as I can't seem to run on the road now because of the impact. I train on the country and I really like that."



Iain Campbell gave his philosophy on running at 51 and looks back on his career " There is a big difference between 40 and 50, if you have been running all your life. Can't stand masters that started at 35'

'I have never done mileage. 40 minutes a day that is all I do and quality. That's the thing I do, core stability for your hips for longevity. If I don't stretch after a session I don't feel I have done a proper session. Most runners go and jog 25 minutes after a session and stuff. It is a waste of time when you are my age. In training now I do stationery bicycle, horrible stuff as well. If you do 45 minutes of that, properly, it is harder than running. You are still getting away from the pounding.'

Iain Campbell ran in the World Junior Cross Country Championships for Scotland and finished 10th but he said he unfortunately blew up in the later stages of the race when he was holding third position but were there other events he did well in as a young man?

"I also ran at Crystal Palace and Gateshead in the international races as a senior. I had some 'Great' runs in America but not many in the UK. Looking back now to the time I trained far too hard but I have done 64 minutes for a half marathon on 40 minutes a day! It was 7 or 8 miles maximum in training for me. I almost broke 14 minutes for 5000 and did 29's for the 10k'

'My days of running are over. I do gym work, Polatis, aerobic swimming. The secret is, when you get older and the muscles start going from days and days of running, you have got to do something for strength. Your knees are going. You have got to keep the hips flexible.'

Clare Elms an outstanding master and now 47 ran in the SEAAA Inter-Counties race and was 2nd Kent runner in 7th place out of 50 so, she did not contest the Southern Women's Masters this year but, it was still a good race.

Lisa Elmore won out of a large field of 127 finishers. Elmore 40, who ran much of the way with Julie Minter before she went ahead in the last lap. Elmore was 1991 British students cross country Champion and she said about her recent form

" I sprained my ankle in September so only raced once since then in the Fraternity Cup last week, where I came third but I was being very cautious with it but ran much better today where the course and conditions were good.'

'I have been running since I was 14 and have run 2:51 for a marathon. I do 40 miles a week and did not do more than 40 to 50 for the marathon. I find 40 the best amount for me to train at. Less than 40 is not enough and doing more than 40 I would get injured.

(1 Lisa Elmore (Trent Park RC, W40), 23:11, 2 Juliette Minter (Olney Runners, W35) 23:33, 3 Karen Hazlitt (Winchester & District, W40) 23:36, 4 Gill Fullen (Bedford Harriers, W40) 23:46, 5 Anna Critchlow (West Four Harriers, W40) 24:23, 6 Jane Fanning (Serpentine, W35) 24:24, 9 W50 Marina Steadman (Windsor & Eton) 24:35, W55 Gail Duckworth (Leighton Buzzard AC) 24:58, W65 Sue Lambert (Serpentine) 32:01.

First 3 Men Three Men Over 70 1 Roy Cnude (Hillingdon) 30:55, John Steed (Herts. Phoenix, M75) 31:06, Tony Hamilton (Barnet & District

The 6th of February provided the satisfactory conclusion of an idea forged by Darren Scott, to deprive Italy of the World 4x200 metres set in Clermont-Ferrand in 2008.

Darren looked for a fitting stage to mount a challenge for the record, and aided helpfully by Midland Counties Trevor Marsay, who was able to get the record attempt included in the "Birmingham Games" at the ultra fast National Indoor Arena track.



It was hoped that the team would include Birmingham Games record holder Allyn Condon. However, the former European Indoor Championship finalist who is now 35 picked up an injury in the Saturday's 60 metres, and had to drop out.

So the revised team was Mark Dunwell, Jim Tipper, Bernard Ward and Darren Scott Who were matched against Birmingham University senior relay squad and the GB M45 team.

A quick calculation established that an average of under 22.6 per leg would be necessary, and Mark Dunwell recorded 22.9 from his crouch start first leg.

Jim Tipper recorded 22.5, and Bernard Ward 23.0, and we knew that M40 World Record holder Darren Scott could produce the necessary final lap which he did in 21.6.

The official time was as shown in David Griffith's picture above, and mission was accomplished.

300 club organiser Danny Mullane, received a note from Jack Braughton of Sidcup, Kent. Saying that he will be 90 on the 22nd February, and he has told the timekeepers to get out their calendars', as he is thinking of making a comeback this March.

Jack goes on to say he competed since 1935, as a member of both Grimsby and Cleethorpes Harriers until he was called into the Army in 1942. During the War he won the Army Three miles title, and represented the Army in the same team as the great Sidney Wooderson who ran the Mile.

After the war he won the Surrey Championships for five years, until Gordon Pirie replaced him as champion. In 1948 he was selected and ran for Great Britain in the LONDON Olympics, which must have been a wonderful experience.

He competed in the Master ranks until he was 70, and we are glad to hear from him and hope he is able to retire from retirement.



# EVACI 2011 GHENT

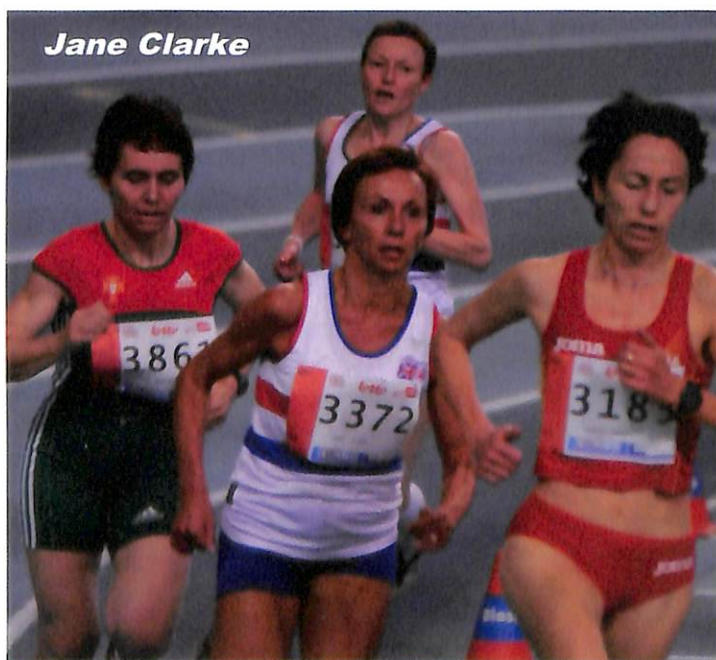
## 16-20 MARCH.

**Words: Bridget Cushen.**

**Pictures: Tom Phillips**

Slotting over 3,500 competitors, who had entered on average 2½ events each, into a 5-day Championships with a full Indoor schedule, outdoor throws, a 5km road walk and a cross-country, is a daunting task for any Meeting Director, but our Belgian neighbours successfully managed such a feat with just 200 volunteers and 150 Officials. Yes, there were a few hiccups - the scheduling of the heats of the W45 800m for a 23.25 start; the energy sapping 11-hour ordeal in some age group pentathlons and the high jumpers having to vie for space between incessant hurdles races. There were problems also sorting out the team results for the cross-country on Saturday and the road walks on Sunday. But overall the record 348-strong British contingent returned home yet again with a barrow load of medals, only the much larger German team were ahead of us, and with some happy memories of a lovely historic city, reasonable weather and excellent competition.

It was encouraging to see 72 men enter the 40-44 age category sprints and 60 in the M35 60m, including a first ever from Monaco, and with the introduction of a 90-95 category, the future of our sport does indeed look rosy. The throws, held in the adjacent outdoor stadium, attracted between 5 and 21 in each age group with 33 entering the M60 discus.



Day 1 started off at 08.00 with the men's Pentathlon and 200m heats. Sue Yeomans collected the first of the 57-plus gold medals that were to come our way for her 2.70m clearance in the W55 pole vault, and Peter Lee's silver for his 57.80m M40 javelin throw behind the Dutchman Lommen, who reached out to 59.95m at 08.30 on a sunny Wednesday morning! Sue Lawrence missed out on gold in the W40 weight by just .01cm but she later returned to get her second silver in the discus. Back indoors it was noted that up to three British men were

drawn together in the same 200m heats and there were mixed fortunes for the women in the heats of the hurdles. Anne Martin saw her short lived W75 3000m world record (15.43.40) fall to Elfriede Hodapp of Germany (14.44.15) in the first race whilst

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Gail Duckworth was a clear winner of the W55 European title from Susan Cooper. Also peaking at the right time was Ros Tabor, on the victory rostrum for her W60 wins in the 3000m, cross-country, 2<sup>nd</sup> in the 800m, a bronze in the 1500m plus a team medal. Pat Gallagher notched up double gold plus silver in the 800m in a British Record 2.59.16sec. Evergreen Rosemary Crimes was already on her way to re-writing the W75 shot/discus record book and a handful of other medals. With over 40 entered in some of the men's 3000m age groups. Medals were hard to come by. The M35 category was won by



## MASTERS ATHLETICS SPRING 2011



**Rosemary  
Chrimes by .**

Cuadrillero of Spain in 8.26.64, but the former BMAF cross-country winner, David Moorwood, did well to snatch a bronze medal behind Van Diepen of Holland in the M40 race. There were bronze medals also for M45 Simon Anderson, M65 Peter Giles and M75 Richard Pitcairn-Knowles

who still feels that he had to run an extra lap at the BMAF indoor. David Oxland's M55 silver medal time was faster than he ran at the BMAF indoor.

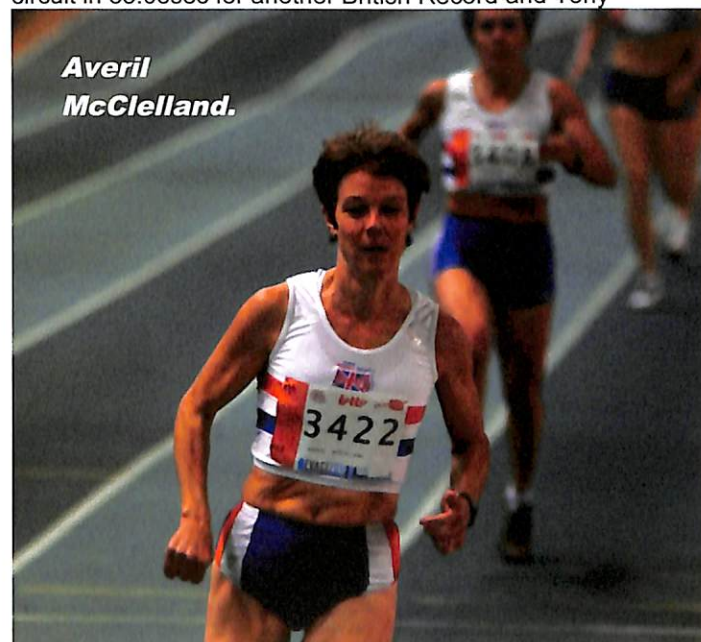
It was an early start again on Day 2, overcast and with a drop in temperature for the men's Weights and women's Discus outside, but nonetheless a fruitful day for Bill Gentleman and Mark Wiseman. Carole Derrien is in the same age group as the fabulous Russian Olympian, Tamara Danilova, who was to go on to win the W70 shot and discus. Indoors, there were fewer DQ's, in the walks. A new M45 World Record was set by the Spaniard, Prieto Angel, in 12.14.77sec as he led all the way covering the opening lap in 45sec, and there was a British M55 record (14.01.61) for Nick Silvester, the M35 race was won by the favourite Steffen Borsch of Germany. Ian Richards finished

second in a M60 British record (14.29.63) behind the WR setting (13.37.96) Italian Morotti with Team Manager, John Hall, 4<sup>th</sup>. M65 Colin Turner and M75 Arthur Thomson were both 3<sup>rd</sup> in their category. Anne Wheeler, Maureen Spelman and John May all walked to silver medals.

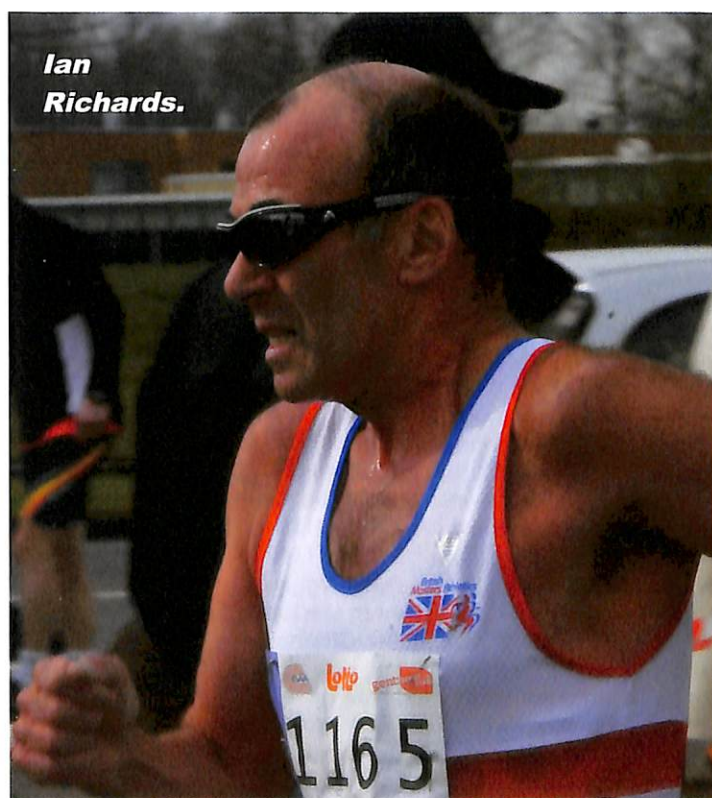


**Darren Scott.**

With the 200m semis and the finals scheduled for the evening and with most of our top sprinters on show, the seats were full – and didn't they deliver! Darren Scott, Macgee, Dalton Powell, Wally Franklyn, Stephen Peters winning the M55 in a European Record, Averil McClelland and Caroline Powell etc. Charlie Williams belied his 80-years as he whizzed round the 200m circuit in 33.05sec for another British Record and Tony



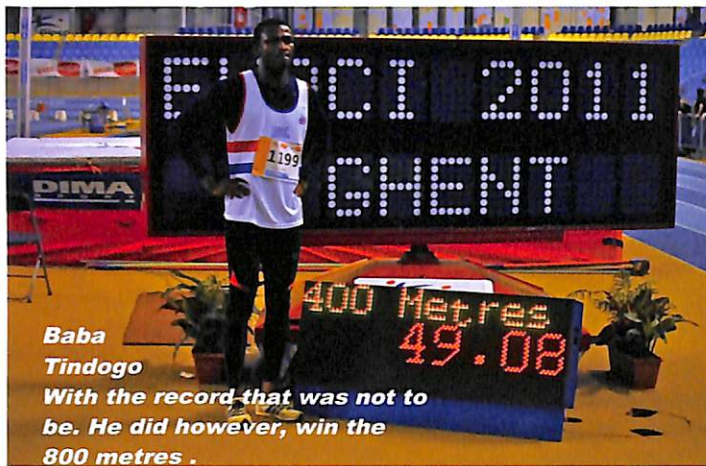
**Averil  
McClelland.**



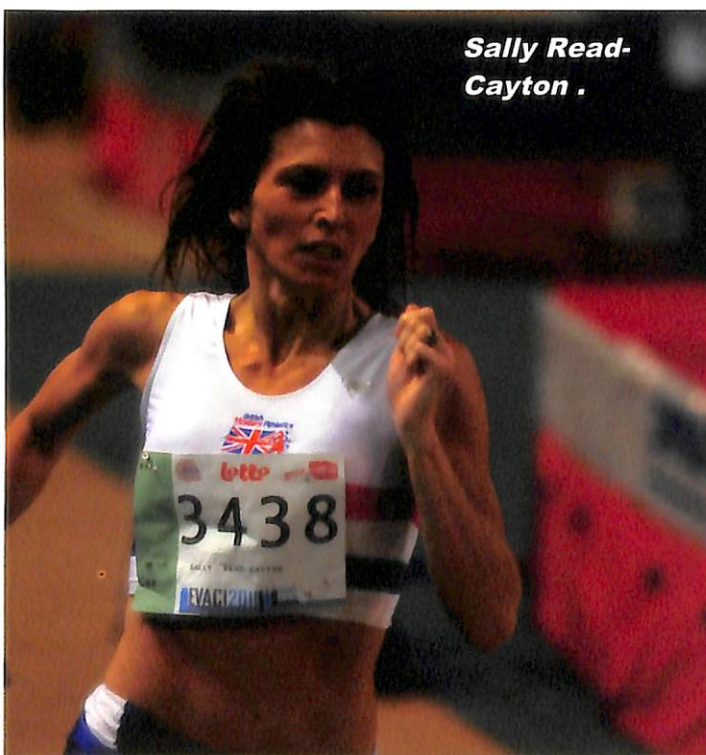
**Ian  
Richards.**

Bowman rushed from his M75 200m victory to the hurdles to collect his second gold in a slightly slower time than his 10.77sec European record set at Picketts Lock. Welshman, Glyn Sutton, was delighted with his first ever European medals, a gold in the M65 60m and 2<sup>nd</sup> in the 200. Another happy athlete was Joanne Binks as she finished the W35 pentathlon well out of the medals but she explains: "I had a stress fracture in my foot and osteo-arthritis has set it. Osteo-arthritis at my age she lamented?" She hopes to be able to continue and of course our sport is full of people who have been told they would never run again! The men's 800m semis and the women's heats were the last events. Our Team Managers are to be thanked for ensuring that our athletes were able to board either a shuttle or late night bus and some obliging drivers did drop off some female competitors at their hotels well after the midnight bells had chimed.





It was an early start on Friday morning for M35 Baba Tindogo who entered the 400/800m double. His 400m heat was scheduled for 08.30 after running his 800m semi at 22.45 the previous evening. He was on course for a fantastic double on Saturday after crossing the line first in the 400m final in what would have been a British 49.02sec record, only to be disqualified for an infringement. Friday p.m. was the only wet day making conditions miserable for the men's discus, whilst inside in the heated arena spectators watched some nail biting pole vaulting as they sipped their coffee on the 1<sup>st</sup> Floor balcony. M35 Chris Mills had to settle for 2<sup>nd</sup> although he cleared the same height (4.50) as the German, Funke, and Glyn Price, in the last four attempting at 4.20 in the M45 group, narrowly failed and tied for 3<sup>rd</sup>. The appearance of Wolfgang Ritte in the M55 competition attracted extra attention as the German has raised the standard in this age category to unbelievable heights, Alan Williams finished runner up. Alan Bradbury cleared 3.10m to claim the M65 title. Holding the men's long jump competition parallel to the run-up at the same time was questionable as concentration was difficult. The women's 800m finals saw the Surrey athlete, Sally Read-Cayton, race herself to a new W45 British Record as Denise Morley took silver in the W40 group. Nancy Hitchmough cruised to a clear W60 win.



Three high jump pits operated simultaneously on Saturday morning and the British shot putters must have felt they were in clover competing in a spacious heated hall adjacent. After their successes in the Pentathlon, W50 Gayle Clarke and W55



Carole Filer were back getting more medals in the high jump whilst on the track the men's 400m semis were underway with most of our athletes getting through. The M45 year-old Italian, Saracini, with winning times of 23.54 and 51.98 in the 200/400 gave our sprinters value for their money.

Greg Dunson set a British record in the M45 60mH and Tony Wells ensured his victory in the M60 race by dipping as his Belgian opponent glanced to his left. Donald Brown and Rohan Samuel made it a 1, 2 in the M45 60m sprint, David Elderfield set European M55 records in the 60m/400m. British M55 sprinters now top the European Indoors record table for 60, 200 and 400m. What other section of British athletics can claim such a feat?

The 5km cross-country was held on a flat dry adjacent course and turned out to be Continental cross-country at its best with such strong teams from Spain, the host nation, Ireland and France. We did not get a look in in the younger men's age categories, but David Oxland got an individual M55 medal. The distaff side fared better with team and individual medals. The 1500m had to be fitted in on the final day and run as seeded finals. With large fields and the fastest races run first, there were some impressive performances. Despite this, Pat Gallagher, Nancy Hitchmough and M50 Steve Smith all raced to victory and Belgian's two top women athletes, W40 World and European champion, Nathalie Loubele, and W45 Corinne Debaets delighted the home supporters with decisive wins. It was a frosty early morning start for the road walks, up and down a traffic free road by the canal with virtually all the younger 3000m track age group winners coming through again. Ian Richards is still awaiting confirmation on his M60 race as we go to print and there was quite a delay for the medal presentations. Out on the track, the M40 hammer competition was won by the Belgian, Walter Wyngaert, with a throw of 63.28m and the M45 title went to the Estonian, Aivar Rani with 57.28m. The relays brought the Championships to an exciting and successful conclusion. The city of Leon is bidding for the 2015 World outdoor championships. Congratulations to our two athletes who won a bottle of Fine Wine in their promotional Lucky Dip – they did not get a medal, but sitting with their feet up sipping a glass of French Fine wine surely is so much easier!!



# MASTERS ATHLETICS SPRING 2011



**Nancy Hitchmough & Ros Tabor TP:**

**Men 35:**



**Richard Rubenis**

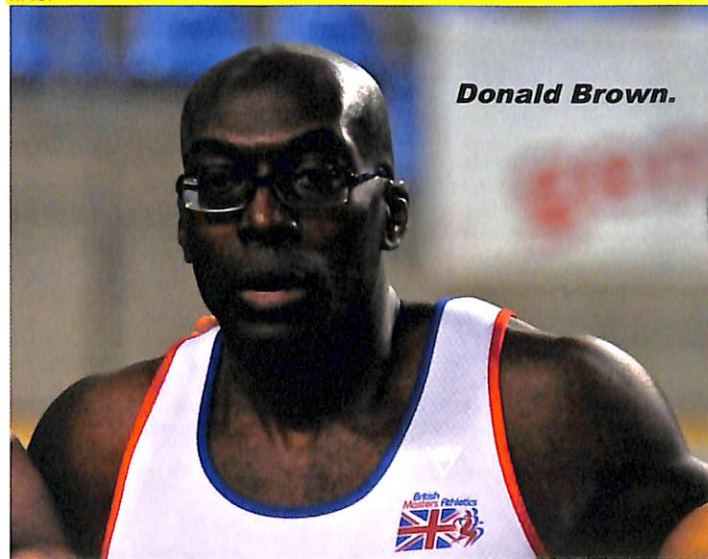
**60:** 1 LATORRE ORTEGA JOSE RAMON ESP 7.13 ; 6 BRAITHWAITE LEON GBR 7.33 (7.23qr); 7 COLLINS MARK GBR 7.33 (7.22qr); 8 RICHARDS MATTHEW GBR 7.34 (7.28qr); (QR): TIPPER JIM GBR 7.27; HIGSON-BLYTHE RICHARD GBR 7.47; THORPE STEPHEN GBR 7.73; MCKEOWN JOHN GBR 8.01 ; **200:** 1 SPIRIDONOV ANTON RUS 22.62; 6 TIPPER JIM GBR 23.56 (23.00qr); (QR): BRAITHWAITE LEON GBR 23.79; **400:** 1 RUBENIS RICHARD GBR 51.39; 3 DARBY BRIAN GBR 51.52; TINDOGO BABA GBR DSQ (50.06qr); (QR): HARMER PAUL GBR 54.57; WYN-JONES GARY GBR 58.29; **800:** 1 TINDOGO BABA GBR 1:55.54; (QR): HARMER PAUL GBR 2:01.38; **1500:** 1 VAN DER PUTTEN MARIJN NED 4:05.13 ; 8 FLEMING PAUL IRL 4:09.42 ; 21 WEAVER RICHARD GBR 4:21.75 ; **3000:** 1 CUADRILLERO JUAN ANTONIO ESP 8:26.64 ; 9 FLEMING PAUL IRL 8:51.70 ; 13 DOUGLAS JAMES GBR 8:57.35 ; 25 MALSEED ROBERT IRL 9:32.78 ; **60H:** 1 DEMANE CHE FRÉDÉRIC FRA 8.17 ; 8 DAVEY PETER GBR 9.06 ; **3000W:** 1 BORSCH STEFFEN GER 12:19.46; **5000W:** 1 BORSCH STEFFEN GER 20:58 ; **XC:** 1 JIMENEZ VICENTE ESP 16:22 ; 20 CONNELL DAVID GBR 18:34 ; **HJ:** 1 PORTEMER NILS FRA 2.02 ; **PV:** 1 FUNKE LARS GER 4.50 ; 2 MILLS CHRIS GBR 4.50 ; **LJ:** 1 SBEGHEN LAURENT FRA 6.93 **TJ:** 1 MORMIN

MAXIME FRA 15.13; **SP:** 1 DITTMAR ANDY GER 18.74; 8 BAKER KEN GBR 13.49; **DT:** 1 BLONDEEL WIM BEL 50.05; **HT:** 1 DEMKO SÉBASTIEN FRA 53.79; **JT:** 1 VAN MENDEL MARC BEL 61.31 ; 9 BRACEGIRDLE PAUL GBR 15.34 ; **WT:** 1 WIJAND MARTIN 1971 NED 14.51 ; **PENT:** 1 NETTUNO FEDERICO ITA 3495; 5 DODS DARREN GBR 3289 ; 7 CHAPPELL STEPHEN GBR 3195; 11 WREN STEPHEN GBR 2959; 20 DAVEY PETER GBR 2578; 26 BYRNE KEVIN IRL 2352; **4x200:** 1 ESP 1:30.86; 2 GBR 1:33.29;

**M40:**

**60:** 1 DUNWELL MARK GBR 7.03; 2 CHIAPPERINI PAOLO ITA 7.19 ; 3 BOUKAIA ABDELAZIZ GER 7.33; 4 MACGEE WILL GBR 7.35 (7.32qr); (QR): BARTON TIM GBR 7.40; SMITH MICHAEL GBR 7.63; SMITH JULIAN GBR 7.89; **200:** 1 SCOTT DARREN GBR 22.31 ; 2 MACGEE WILL GBR 23.03; (QR): MKPA DRACO GBR 23.75 ; CORR JOHN IRL 24.00 ; GRIFFIN TOMAS IRL 24.03 ; CULSHAW MICHAEL GBR 24.18 ; BENEDICKTER PETER GBR 25.03; **400:** 1 SCOTT DARREN GBR 51.03 ; 2 GARDINER MICHAEL GBR 52.00 ; (QR): BENEDICKTER PETER GBR 54.04; OSUNSAMU MICHAEL GBR 55.55 ; DOWNHILL PETER GBR 56.63 ; CROFT LANCE GBR 56.28 ; GOLDING LEEROY GBR 57.81 ; **800:** 1 LATINI GIOVANNI ITA 2:01.89; (QR): RONALD ANDREW GBR 2:06.48; DOWNHILL PETER GBR 2:10.03 ; STENHOUSE GRANT GBR 2:16.73; **1500:** 1 VAN DIEPEN RON NED 4:04.03 ; 11 KELLEHER TONY IRL 4:14.61; 16 KELLY JAMES IRL 4:19.23; 27 DEL NEVO ANDREW GBR 4:40.79 ; 29 STENHOUSE GRANT GBR 4:42.71 ; **3000:** 1 VAN DIEPEN RON NED 8:41.78; 3 MORWOOD DAVID GBR 8:49.24; 21 DEL NEVO ANDREW GBR 10:08.98 ; **60H:** 1 ROOSEN MARCEL NED 8.72; 7 BENEDICKTER PETER GBR 9.81 (9.69qr); **3000W/ 5000W:** 1 SILVA LUÍS POR 12:36.54 / 20:55 ; **4x200:** 1 GBR 1:32.15 ; **XC:** 1 PINTO JORGE POR 16:22 ; 22 DEL NEVO ANDREW GBR 0:19:58 ; **HJ:** 1 BOULINEAU WILFRID FRA 1.95 ; **PV:** 1 FAEDY ROMUALD FRA 4.40 ; **LJ:** 1 MBON JOSUÉ SUI 6.59; 3 LINCOLN NEIL GBR 6.17 ; **TJ:** 1 PANKRATOV VLADIMIR RUS 14.20 ; 10 LINCOLN NEIL GBR 11.94 ; 12 NEWTON KEITH GBR 11.79 ; **SP:** 1 BOGNÁR SZABOLCS HUN 16.10; 3 WISEMAN MARK GBR 15.57; 9 STOUT KIERON IRL 13.45; 25 GLENDOWER DAVID GBR 7.63; **DT:** 1 CONJUNGO MICHAEL GLENN FRA 51.81; 2 WISEMAN MARK GBR 51.52 ; 14 STOUT KIERON IRL 31.79; 15 MCKENZIE EDWARD GBR 28.85; 16 GOLDING LEEROY GBR 28.17 ; 18 GLENDOWER DAVID GBR 20.77 ; **HT:** 1 DE WYNGAERT WALTER BEL 63.28; 5 WISEMAN MARK GBR 49.06; 13 MCKENZIE EDWARD GBR 32.04; 14 GLENDOWER DAVID GBR 26.79 ; **JT:** 1 LOMMEN EUGENE NED 59.95 ; 2 1148 PETERS LEE GBR 57.80 ; **WT:** 1 REIBEL BERNARD FRA 18.93 ; 3 WISEMAN MARK GBR 15.61; 15 MCKENZIE EDWARD GBR 9.63 ; 16 GLENDOWER DAVID GBR 7.49 ; **PENT:** 1 SUNNEBORN MATTHIAS SWE 4302 (World Record) ; 13 O'BRIEN TOM IRL 2883; 19 PALMER GARY GBR 2471; 21 MCKENZIE EDWARD GBR 2239;

**M45:**



**Donald Brown.**

**60:** 1 BROWN DONALD GBR 7.27; 2 SAMUEL ROHAN GBR 7.33; (QR): POWELL DALTON GBR 7.63 ; ALLEN IAN GBR 7.70 ; COOK VICTOR GBR 7.70; REDDINGTON GLEN GBR 7.77; HUNTER RONNIE GBR 7.81 ; GUEST PAUL GBR 8.10 ; **200:** 1 SARACENI ENRICO GIORGIO ITA 23.54 ; 3 POWELL DALTON GBR 23.68 (23.56qr); (QR): HUNTER RONNIE GBR 25.22 ; BROWN DONALD GBR 25.28 ; LEWIS BOB GBR 25.29; FLEMING MICK IRL 26.23 ; **400:** 1 SARACENI ENRICO GIORGIO ITA 51.98; 2 TILT JONATHAN GBR 52.96 (52.95qr); (QR): NOEL TONY GBR 54.87 ; GREW ROBERT GBR 55.38 ; LEWIS BOB GBR 55.39 ; GREW ROBERT GBR 56.77 ; PALMER KEITH GBR 58.51 ; MC CARRICK JOHN IRL 1:00.48 ; WATSON DEREK GBR 1:06.99 ; **800:** ORREGO JESÚS ESP 2:04.27; (QR): SCOTT MICHAEL GBR 2:19.30 ; ROBERTS ALAN GBR 2:41.75 ; **1500:** 1 BORREGO JESÚS ESP 4:08.12 ; 3 ANDERSON SIMON GBR 4:11.97; 18 MARTIN DAMIEN IRL 4:33.66; 30 SHIELDS HUGH GBR 5:02.13 ; 31 YORK PHILIP GBR 5:04.52 ; 34 ROBERTS ALAN GBR 5:23.14 ; **3000:** 1 BORREGO JESÚS ESP 9:00.48 ; 3 ANDERSON SIMON GBR 9:02.27 ; 7 TRAYNOR MICHAEL IRL 9:16.84; 8 COWHIE PAUL IRL 9:18.59 ; 17 GYGAX MICHAEL IRL 11:22.71 ; 19 ROBERTS ALAN GBR 11:27.96 ; **3000W / 5000W:** PRIETO MIGUEL ANGEL ESP 12:14.77 (World Record) / 20:38; **60H:** 1 GARRIGUES MARIN FRA 8.40 (European Record) ; 2 1051 DUNSON GREG GBR 8.63 (British Record); 3 BROWN DONALD GBR 8.66 ; 5 REDDINGTON GLEN GBR 9.14 ; 6 WILKINSON DES GBR 9.31 ; **4x200:** 1 ITA 1:36.33 ; 2 GBR 1:37.65 ; **XC:** 1 TAYSS ABDEL



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AZI FRA 16:46; 3 TRAYNOR MICHAEL IRL 17:05; 12 MARTIN DAMIEN IRL 17:48; 31 CORNIN MICHAEL IRL 20:25; 32 PORTER WILLIAM IRL 20:31; 34 YORK PHILIP GBR 0:20:37; 37 GYGAX MICHAEL IRL 21:11; 38 ROBERTS ALAN GBR 21:22; 39 ANDERSON SIMON GBR 22:34; **HJ**: 1 SCHUMACHER MARTIN GER 1.84; 4 LINSELL STEVEN GBR 1.81; 9 ROACH MARK GBR 1.70 14 ALLEN IAN GBR 1.50; **PV**: 1 HERNANDEZ RIVERO FRANCISCO JAVIER ESP 4.40; Eq3 PRICE GLYN GBR 4.00; 9 ANDREWS JOHN GBR 3.70; 11 EASTWOOD SIMON GBR 3.60; 17 ANDERSON-EASEY ALAN GBR 3.00; **LJ**: 1 FEDERICI GIORGIO ITA 6.43; 3 ALLEN IAN GBR 6.24; 5 KONDO MASAKATSU GBR 6.17; 10 BROWN DONALD GBR 5.78; 18 GUEST PAUL GBR 5.45; **TJ**: BRISCAN ANDRE FRA 13.16; **SP**: 1 NICHOLLS JOHN GBR 14.38; 14 BURRELL DAVID GBR 11.11; **DT**: 1 KAUP HEINO GER 41.45; 8 BURRELL DAVID GBR 34.64; **HT**: 1 RÄNI AIVAR EST 57.28; 14 BURRELL DAVID GBR 38.99; **JT**: 1 SILVA MAURICIO GUILLERMO ITA 58.13; 2 1160 RATCLIFFE TREVOR GBR 56.73; 12 POWELL JONATHAN GBR 43.04; **WT**: 1 SUVAAL ERWIN NED 15.34; 11 BURRELL DAVID GBR 12.10; **PENT**: 1 DUEZ JEAN LUC FRA 3899; 14 KENNARD ANDREW GBR 3153; 23 ANDERSON-EASEY ALAN GBR 2346; 25 WARN DEREK GBR 1983;

### M50:

60: 1 RIEHM THOMAS GER 7.36; (QR): BATTISTA JEFFREY GBR 7.66; DONALD DOUGIE GBR 7.84; BURGESS KEVIN GBR 7.88; **200**: 1 BECKER FRANK GER 23.96; 6 BATTISTA JEFFREY GBR 25.02 (24.54qr); (QR): DONALD DOUGIE GBR 25.08; JAMES TENNYSON GBR 25.32; DUNCAN ALASTAIR GBR 25.61; **400**: 1 BECKER FRANK GER 54.39; 2 BENTHAM KERRITT GBR 55.01; 5 JAMES TENNYSON GBR 56.53 (55.97qr); (QR): DUNCAN ALASTAIR GBR 57.22; COWTON MALCOLM GBR 57.25; **800**: 1 SENDER JÖRG GER 2:04.45; 4 SMITH STEPHEN GBR 2:07.63; 5 BRYCE ALEX 1960 GBR 2:08.49; (QR): STARRS GERARD GBR 2:12.05; SLAUGHTER BRIAN GBR 2:17.80; DANIEL RAY GBR 2:16.17; **1500**: 1 1185 SMITH STEPHEN GBR 4:24.59; 4 BRYCE ALEX GBR 4:26.85; 5 THOMSON JOHN GBR 4:29.84; 13 DOXEY STEVEN GBR 4:48.33; 15 DANIEL RAY GBR 4:52.56; 16 OXLADE COLIN GBR 4:53.35; 18 ROWE ALEX GBR 5:01.70; **3000**: 1 RAMON MENARGUES DOMINGO ESP 9:20.92; 2 O'CONNOR TOM IRL 9:23.47; 4 SMITH STEPHEN GBR 9:32.96; 8 FOSTER BILL GBR 9:59.52; 9 THOMSON JOHN GBR 10:02.51; 12 OXLADE COLIN GBR 10:08.45; 14 ROWE ALEX GBR 10:17.58; 15 DOXEY STEVEN GBR 10:18.14; **5000W** / **5000W**: NASO ANDREA ITA 13:52.11 / 23:27; **60H**: 1 RICHTER WOLFGANG GER 8.98; 2 MAYOR JOHN GBR 9.00; 6 JAMES TENNYSON GBR 9.17; 8 LEIPER ALLAN GBR 11.74 (9.19qr); (QR): EDWARDS PAUL GBR 9.71; **4x200**: GBR 1:39.10; **XC**: 1 BULTINCK MARC BEL 17.18; 9 BYRNE MICHAEL IRL 17.52; 10 O'CONNOR TOM IRL 18.04; 20 OXLADE COLIN GBR 18.54; 21 DOXEY STEVEN GBR 18.55; 23 ROWE ALEX GBR 19.08; 26 MONKS JOSEPH IRL 19.50; 34 FENNELLS MICHAEL IRL 0:21:06; 39 SLAUGHTER BRIAN GBR 21:44; 43 WILLIAMS PAUL GBR 27:00; 44 MAY MICHAEL GBR 27:30; **HJ**: DE ROOSE GEERT BEL 1.84; **PV**: 1 ACHELKIL ALFRED GER 4.41; 8 SLAUGHTER BRIAN GBR 3.20; 10 MARTIN WAYNE GBR 3.00; 11 LEIPER ALLAN GBR NH; **LJ**: 1 KUIPER ALJE NED 6.39; 5 MAHON PATRICK IRL 5.65; 10 WADE TREVOR GBR 5.38; **TJ**: 1 CICERI GIANCARLO ITA 12.67; 9 SHIELDS DAVE GBR 10.05; **SP**: 1 RADZIKOWSKI HENRYK POL 15.31; 5 LEIPER ALLAN GBR 13.40; 16 SLAUGHTER BRIAN GBR 10.75; 20 BIRKETT JOHN GBR 8.84; **DT**: JENSEN TOM O. DEN 48.43; **HT**: 1 BOBRYSEV VIKTOR RUS 54.67; 12 GIBSON DARREN GBR 36.64; 13 COOLEY IAN GBR 33.91; **JT**: GAVRAS SERHIY UKR 57.67; **WT**: HÖGNÄS RALF FIN 18.80; **PENT**: 1 GLÜBERT DIETER GER 3781; 3 MAYOR JOHN GBR 3627; 4 LEIPER ALLAN GBR 3589; 7 SLAUGHTER BRIAN GBR 3457; 27 POWELL KEITH GBR 2144;

### M55:

60: 1 ELDERFIELD DAVID GBR 7.48 (European Record); 5 FRANKLYN WALWYN GBR 7.87; (QR): LAVENDER PAUL GBR 8.03; LAPKA MARIO GBR 8.27; **200**: 1 PETERS STEPHEN GBR 24.13 (European Record); 3 FRANKLYN WALWYN GBR 25.60; 4 BROADHURST IAN GBR 25.66; 6 PERCIVAL LES GBR 27.69 (26.50qr); (QR): PHILLIPS TOM GBR 26.94; PENGELLY CLIVE GBR 27.43; **400**: 1 ELDERFIELD DAVID GBR 54.19 (European Record); LICETIS IVARS GBR 57.07; (QR): ARCHER KEVIN GBR 1:05.42; **800**: 1 GOUGH JOE IRL 2:11.51; 2 WILCOCK DAVID GBR 2:13.17; 4 DUNLOP ALASTAIR GBR 2:14.63; 9 PIDGEON FREDERICK GBR 2:22.62; **1500**: 1 GOUGH JOE IRL 4:34.28; 2 WILCOCK DAVID GBR 4:34.64; 3 DUNLOP ALASTAIR GBR 4:35.81; 5 ARCHER KEVIN GBR 4:41.06; 8 OXLAND DAVID GBR 4:52.88; 11 PIDGEON FREDERICK GBR 4:56.34; 18 NEWMAN ALAN GBR 5:29.55; 25 JENKINS ARCHIE GBR 5:20.66; **3000**: 1 BOROWSKI KRZYSZTOF POL 9:56.80; 2 OXLAND DAVID GBR 10:00.09; 17 ALEXANDER MATTHEW IRL 10:53.67; 21 JENKINS ARCHIE GBR 11:16.28; 24 NEWMAN ALAN GBR 11:40.89; **5000W**: 1 RUZZIER FABIO SLO 13:55.80; 3 SILVESTER NICK GBR 14:01.61 (British Record); **5000W**: 1 BROCHOT PATRICE FRA 0:23:45; 2 KISELEV MIKHAIL RUS 0:23:56; 3 SILVESTER NICK GBR 0:24:39; **60H**: 1 ECH OTO CZE 9.34; 4 PENGELLY CLIVE GBR 10.38; **4x200**: GBR 1:42.59; **XC**: 1 VIERENDEELS EDDY BEL 18.30; 3 OXLAND DAVID GBR 18.42; 18 ALEXANDER MATTHEW IRL 20:06; 23 NEWMAN ALAN GBR 21:03; 25 JENKINS ARCHIE GBR 21:07; 28 MURRAY ANDY GBR 21:46; 31 LIPPITT MARTIN GBR 25:22; **HJ**: 1 FEDORKO OLEG UKR 1.73; 11 BLUNT DAVID GBR 1.45; **PV**: 1 RITTE WOLFGANG GER 4.10; 2 WILLIAMS ALLAN GBR 3.90; 5 BLUNT DAVID GBR 3.40; PHIPPS NICHOLAS GBR NH; **LJ**: 1 ADRIAN NEAGU ROU 5.82; 4 LAPKA MARIO GBR 5.51; **TJ**: 1 LAIGRE DANIEL FRA 12.09; **SP**: 1 MANGANAS VASILEIOS GRE 13.89; **DT**: 1 MÖTTÖNEN RAUNO FIN 41.72; **HT**: MANGANAS VASILEIOS GRE 49.96; **JT**: NOGUEIRA LUIS ESP 61.98; **WT**: MANGANAS VASILEIOS GRE 19.23; **PENT**: ANDREADIS VASILEIOS GRE 3685;

### M60:

60: 1 ROSSI ANTONIO ITA 7.81; 6 MCGARRY JOHN GBR 8.30; (QR): WELLS TONY GBR 8.54; **200**: 2 MCGARRY JOHN GBR 27.06 (26.83qr); 3 MOORE JOHN 1950 GBR 27.26 (27.03qr); (QR): WELLS TONY GBR 27.77; HENDRIE BRUCE GBR 28.14; **400**: 1 FELICETTI VINCENZO ITA 57.71 4

HAYWARD DAVID GBR 1:01.69; 5 MOORE JOHN GBR 1:02.20; (QR): HENDRIE BRUCE GBR 1:03.83; **800**: 1 SCHR JOHANN GER 2:25.85; 4 DANIEL KENNETH GBR 2:27.71; 5 SNOW IAN GBR 2:30.20 (2:26.95qr); 6 MANN MICHAEL GBR 2:31.25 (2:29.37qr); **1500**: 1 BOEXSTAENS JOHNY BEL 4:47.52; 8 DANIEL KENNETH GBR 4:59.99; 9 TIMMONS PATRICK IRL 5:00.23; 10 MANN MICHAEL GBR 5:00.62; 13 SNOW IAN GBR 5:02.68; 25 REED CHRIS GBR 5:38.27; **3000**: 1 RAPPO DARIO ITA 10:07.96; 4 O'SHEA PATRICK IRL 10:34.72; 7 MANN MICHAEL GBR 10:48.35; 12 HAMILTON PETER GBR 11:04.51; 21 WEBB ALLAN GBR 14:25.02; **5000W**: 1 MOROTTI GRAZIANO ITA 13:37.96 (World Record); 2 RICHARDS IAN GBR 14:29.63; (British Record); 4 HALL JOHN GBR 15:25.57; 17 MICHELL ROGER GBR 17:05.06; **5000W**: 1 Maggio Nicola ITA NTT; 2 RICHARDS IAN GBR 24:44; 3 HALL JOHN GBR 25:39; 5 MICHELL ROGER GBR 0:26:51 Team: 1 GBR (John Hall, Ian Richardson, Roger Michell); **60H**: WELLS TONY GBR 9.61; **4x200**: 1 ITA 1:47.36; 3 GBR 1:50.28; **XC**: 1 SCHMIDT WINFRIED GER 19:02; 2 O'SHEA PATRICK IRL 19:13; 10 HAMILTON PETER GBR 20:44; 17 REED CHRIS GBR 22:50; 22 BATES PETER GBR 27:21; **HJ**: PREZELJ DU AN SLO 1.65; **PV**: LANGENBACH DIETER GER & TOLLSTERN ANDERS SWE 3.30; 6 HENDRIE BRUCE GBR 2.80; **LJ**: PAEZ VERA JORGE ESP 5.43; **TJ**: K\_RÖSI ISTVÁN HUN 11.35; **SP**: 1 KRANKOWSKI WACLAW POL 14.84; 10 HAWKSWORTH BARRY GBR 12.46; 12 RICHARDS ANTHONY GBR 12.28 21 WEBB ALLAN GBR 8.00; **DT**: 1 GRYC MILO CZE 51.12; 11 1083 12 HAWKSWORTH BARRY GBR 41.47; 24 WEBB ALLAN GBR 26.96; **HT**: 1 JANSSON KENNETH SWE 51.22; 3 HAWKSWORTH BARRY GBR 49.41; 13 WEBB ALLAN GBR 26.93; **JT**: 1 MÜLLER REIMUND GER 53.47; 15 WEBB ALLAN GBR 30.90; **WT**: 1 ENGWICHT HANS-RAINER GER 20.54; 4 HAWKSWORTH BARRY GBR 18.27; 15 WEBB ALLAN GBR 9.72; **PENT**: DAVYDOV VALERIY 1950 RUS 4103;

### M65:

60: 1 SUTTON GLYN GBR 8.26; 2 FOSTER IAN GBR 8.30 (8.25qr); (QR): ISETTS CHARLES GBR 8.86; **200**: 1 FRÜHAUF HANS-JÜRGEN GER 26.61; 2 SUTTON GLYN GBR 26.82; 4 BISSETT TERRY GBR 27.25; (QR): ISETTS CHARLES GBR 30.14; FERGUSON BARRY GBR DNF; **400**: 1 FRÜHAUF HANS-JÜRGEN GER 1:01.06; 3 BISSETT TERRY GBR 1:03.38; **800**: 1 MONTONEN REIJO FIN 2:29.77; 6 SOMERS RICHARD GBR 2:38.21; 8 GILES PETER GBR 2:41.06; (QR): ELAND ALBERT GBR 2:47.66; **1500**: 1 MONTONEN REIJO FIN 5:13.02; 4 GILES PETER GBR 5:19.88; 12 ELAND ALBERT GBR 5:49.38; 13 HEALY PAT IRL 5:52.39; **3000**: 1 REILLY FRANK IRL 10:56.42; 3 GILES PETER GBR 11:25.62; 13 POOLE DEREK GBR 13:07.60; 14 BLACK KENNETH 1943 GBR 14:24.64; **5000W**: 1 KING ANTHONY IRL 16:04.86; 2 MCMULLIN JOHN IRL 16:22.28; 3 TURNER COLIN GBR 16:23.17; **5000W**: 1 KING ANTHONY IRL 27:16; 2 MCMULLIN JOHN IRL 27:22; 3 TURNER COLIN GBR 27:33; 20 O' CALLAGHAN BERNIE IRL 39:12; **60H**: 1 BELIANSKY MILAN SVK 9.79; 2 FERGUSON BARRY GBR 10.12; **4x200**: 1 GER 1:51.71; 4 GBR 2:03.87; **XC**: 1 REILLY FRANK IRL 0:19:56; 5 BONASS PAT IRL 22:06; 6 HEALY PAT IRL 22:28; 14 HEYWOOD JOHN GBR 25:47; 16 BLACK KENNETH GBR 26.34; **HJ**: SPIELVOGEL GUNTHER GER 1.51; **PV**: 1 BRADLEY JOHN GBR 3.10; 6 HOWE JOHN GBR 2.60; 8 HARLICK BRIAN GBR 2.40; **LJ**: 1 AHOMÄKI PERTTI FIN 5.20; 9 CHEERS ALLAN GBR 4.11; **TJ**: 1 AHOMÄKI PERTTI FIN 11.28; 6 CHEERS ALLAN GBR 9.27; **SP**: 1 HERMANN AXEL GER 13.42; 6 HAZLEWOOD MICHAEL GBR 11.48; **DT**: 1 HUPPERTSBERG HERMANN GER 48.29; 3 HAZLEWOOD MICHAEL GBR 42.35; 15 HARLICK BRIAN GBR 32.65; **HT**: 1 HUPPERTSBERG HERMANN GER 47.50; 10 HAZLEWOOD MICHAEL GBR 39.62; **JT**: 1 EWEN HEIKO GER 41.88; 7 HAZLEWOOD MICHAEL 1 GBR 37.91; **WT**: 1 VIERTBAUER HEIMO AUT 18.36; 8 HAZLEWOOD MICHAEL GBR 15.83; **PENT**: 1 LEISGEN UDO GER 3854;

### M70:

60: 1 HAMAEEKERS ARNO GER 8.41; QR: CARTER ALAN GBR 9.46; **200**: MÜLLER GUIDO GER 27.42; (QR): CARTER ALAN GBR 30.81 (30.57qr); FIELD COLIN GBR 34.61; **400**: 1 MÜLLER GUIDO GER 1:02.10; (QR): CARTER ALAN GBR 1:18.42; KIMBER ARTHUR GBR 1:21.52; **800**: 1 ESNAULT JEAN-LOUIS FRA 2:39.77; 6 NEWCOMBE JOHN GBR 2:47.17; 9 SWINDELLS BARRY GBR 2:50.31 (2:49.71 qr); (QR): KIMBER ARTHUR GBR 3:07.34; **1500**: 1 TRÜMPER KARL WALTER GER 5:24.54; 6 SWINDELLS BARRY GBR 5:46.30; **3000**: 1 TRÜMPER KARL WALTER GER 11:23.99; 4 COONEY SEAN IRL 12:21.06; 6 JAMES STEVEN GBR 12:40.66; **5000W**: 1 KARLOV VLADIMIR RUS 16:09.51; 3 THOMSON ARTHUR GBR 16:59.14; **5000W**: 1 PALMAR ANTS EST 27:29; 2 THOMSON ARTHUR GBR 28:07; **60H**: HAMAEEKERS ARNO GER 9.96; **4x200**: 1 GER 1:56.06 (European Record); 4 GBR 2:10.84; **XC**: 1 TRÜMPER KARL WALTER GER 21:25; 7 COONEY SEAN IRL 22:36; 9 JAMES STEVEN GBR 23:36; **HJ**: FERNANDEZ DANIEL ESP 1.44; **PV**: ROSSI GALDINO ITA 2.90; **LJ**: HALLIA SAKARI FIN 4.43; **TJ**: BÄCKLUND STIG FIN 10.56; **SP/DT**: HYTTEN SVEIN NOR 13.50 / 36.90; **HT**: 1 ALBRECHT HERMANN GER 49.16; 3 GENTLEMAN WILLIAM GBR 44.33; **JT**: 1 TENHU JOUNI FIN 45.13; **WT**: 1 ALBRECHT HERMANN GER 19.54; 2 GENTLEMAN WILLIAM GBR 17.56; **PENT**: 1 LUSHCHIKOV VLADIMIR RUS 3671; 8 HAINES DAVID GBR 2913;

### M75:

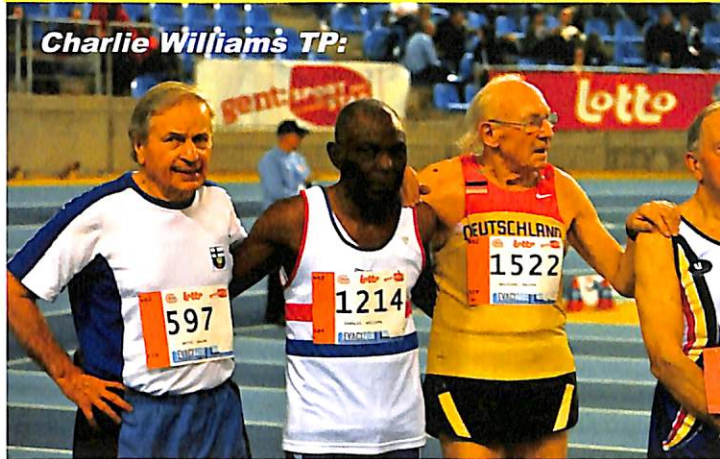
60: 1 ROCA ARMANDO ESP 8.88; 2 BOWMAN TONY GBR 8.99; **200**: 1 BOWMAN TONY 1935 GBR 31.11; **400**: 1 HUFNAGEL DR. HORST GER 1:16.73 (European Record); 2 BOWMAN TONY GBR 1:17.72 (British Record); 4 SEYMOUR JOHN GBR 1:21.71; **800**: 1 SCHLECHT HORST GER 2:57.15; 4 SEYMOUR JOHN GBR 3:23.58; **1500**: 1 BAGGIA BRUNO ITA 6:15.52; 5 PITCAIRN-KNOWLES RICHARD GBR 7:12.89; **3000**: 1 BAGGIA BRUNO ITA 12:43.67; 3 PITCAIRN-KNOWLES RICHARD GBR 14:43.01; **5000W**: 1 IRBE ZIGURDS LAT 17:57.09; 8 HORWILL ERIC GBR 21:58.48; 9 DE SILVA HENRY GBR 22:40.39; **5000W**: 1 IRBE ZIGURDS LAT 30:05; 6 WILL NORBERT GBR 34:23; 7 HORWILL ERIC GBR 36:14; 8 DE SILVA HENRY GBR 36:47 Team: 1. GBR (Norbert Will, Eric Horwill, Henry De Silva) **60H**: 1 BOWMAN TONY GBR 10.84 (European Record faster time 10.77 set at Lee Valley 26/2/2011);



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**4x200:** 1 GER 2:11.37; 3 GBR 2:26.88 (British Record); **XC:** 1 BAGGIA BRUNO ITA 24:01; **HJ:** 1 CROCKER TONY GBR 1.40 (British Record); **PV:** 1 WENNBLOM LARS SWE 2.65; **LJ:** 1 FISCHER LOTHAR GER 4.36; 3 CROCKER TONY GBR 3.92; 5 EVANS JOHN GBR 3.62; **TJ:** 1 FISCHER LOTHAR GER 9.57 (European Record); 4 EVANS JOHN GBR 7.52; **SP/DT:** EDLUND ÖSTEN SWE 12.29 / 41.26; **HT/WT:** SPECKENS PETER GER 43.05 / 16.59; **JT:** HOFFMANN MANFRED GER 42.32; **PENT:** MINOPOLI ERNESTO ITA 2830;

**M80:**



**60/200:** 1 WILLIAMS CHARLES GBR 9.55 / 33.05 (Both British Records); **400 / 800 / 1500:** MÜLLER HERBERT E. GER 1:24.14 / 3:32.29 / 7:21.07; **3000:** HÅDEM INGOLF NOR 15:33.20; **3000W:** 1 TAMMINEN MATTI FIN 23:20.89; 2 MAY JOHN GBR 23:23.41; **5000W:** 1 SCHOUCKENS ROBERT BEL 35:43; 3 MAY JOHN GBR 38:44; **60H:** PRZYBOROWSKI JERZY POL 13.74; **4x200:** GER 2:21.50 (World Record); **XC:** D'ERBEE LEON GER 30:38; **HJ:** NEVRUP NILS-BERTIL SWE 1.21; **PV:** ANDRECS HERMANN AUT 2.30; **LJ/TJ:** STOPPEL ALBERT AUT 3.22 / 7.30; **SP:** 1 SAARINEN LEO FIN 13.26; 5 HANUS JAROSLAV GBR 8.42; **DT:** 1 RZEHAK RICHARD GER 29.12; 5 1080 2 HANUS JAROSLAV GBR 19.34; **HT:** 1 BENEK ZDEN. K CZE 39.78; 5 HANUS JAROSLAV GBR 27.15; **JT:** RZEHAK RICHARD GER 25.91; **WT:** 1 RZEHAK RICHARD GER 17.09 (World Record); 5 HANUS JAROSLAV GBR 8.87; **PENT:** ANDRECS HERMANN AUT 3140;

**M85:**

**60:** NAWROCKI OTTO GER 11.24; **200 / 60H:** BYGGMÄSTAR KURT FIN 39.22 / 15.86; **400:** HERBST GERHARD GER 1:48.40; **800 / 3000/XC:** CANELO JOSÉ POR 4:07.59 / 17:24.85 (World Record) / 33:38; **1500:** BUCHWALD HERBERT GER 8:47.88; **3000W / 5000W:** ERBST GERHARD GER 23:33.79 / 40:45; **HJ:** MOENS CAROLUS BEL 0.94; **LJ:** HOFFMANN HANS GER 3.14; **TJ:** ALBRECHT HORST GER 5.48; **SP:** ERTAN SINASI TUR 8.34; **DT/HT/JT/WT:** NOBBE PAUL GER 20.26 / 25.38 / 18.78 / 8.97;

**M90:**

**60/200/400/LJ:** SANSONETTI UGO ITA 11.91 / 42.87 / 53.71 / 2.53; **800 / 1500 / HJ/JT:** PAUWELS EMILE BEL 4:52.60 / PAUWELS EMILE BEL 10:12.47 / 0.87 / 11.37; **SP/DT/HT:** ROVELLI GIUSEPPE ITA 6.12 / 16.94 / 18.12;

**M95:**

**60:** OLBRECHTS ALBERT GER 18.02;

**W35:**

**60:** 1 ESTRIGA SUSANA POR 7.81; **200:** 1 ESTRIGA SUSANA POR 26.00; 5 TAYLOR KIRSTIE GBR 28.13; **400:** BAGGIOLINI EMANUELA ITA 58.21; **800:** 1 GRUTTERS INGRID NED 2:14.46; 7 NEIL NICOLA GBR 2:24.39; **1500:** 1 GRUTTERS INGRID NED 4:44.06; **3000:** 1 NIVET AMELIE FRA 10:16.38; **3000W:** SCHRÖTER BRIT GER 14:50.00; **5000W:** SCHENKER BIANCA GER 0:25.39; **60H:** 1 MICHOT CÉCILE FRA 8.60; 5 BINKS JOANNE GBR 10.94; **4x200:** ITA 1:49.56; **XC:** RIBEIRO VANDA POR 19:32; **HJ:** COLPAERT BIANCA BEL 1.40; **PV:** 1 VAN DER GEER SANDRA NED 3.30; 3 BRUNNING NATASHA GBR 3.10; 4 ALEXANDER KATHERINE GBR 3.00; **LJ:** 1 SOROKINA NATALIA UKR 5.96; 6 ALEXANDER KATHERINE GBR 4.92; **TJ:** BORGONOVO FLAVIA ITA 11.56; **SP / DT:** BLONDEEL VEERLE BEL 14.02 / 47.70; **HT / WT:** SCRIBE VIRGINIE FRA 47.30 / 14.16; **JT:** FAUST ANDREA GER 39.05; **PENT:** CARDOL JENNY NED 2987;

**W40:**

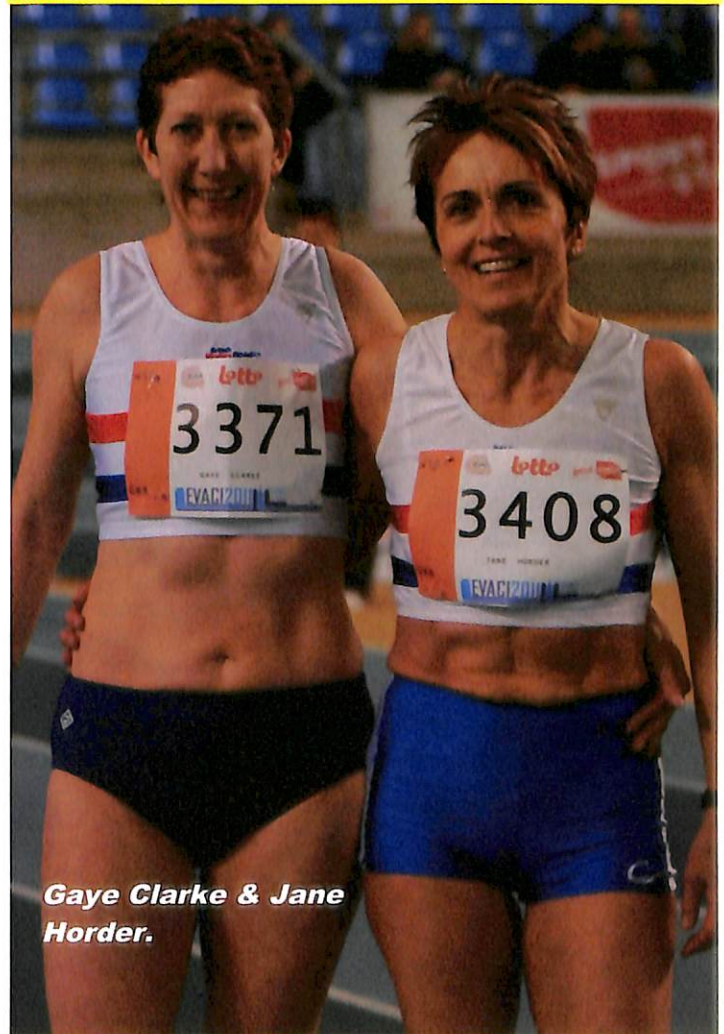
**60:** STRANZINGER KARIN GER 8.04; **QR:** HINDLE KAREN GBR 8.52; COOKE CATHERINE GBR 8.94; NOLAN CERA IRL 8.99; WILLIAMS KATY GBR 9.03; REILLY PAULA IRL 9.12; **200:** 1 LE GAL FLORENCE FRA 26.55; 4 HINDLE KAREN GBR 27.72; **(QR):** COOKE CATHERINE GBR 29.05; WILLIAMS KATY GBR 30.85; **400:** 1 MEIER CLAUDIA SUI 1:00.16; 2 MORLEY DENISE GBR 1:01.17; **QR:** MORLEY DENISE GBR 1:02.60; COOKE CATHERINE GBR 1:06.88; **800:** 1 BLAGOVA NADEZHDA RUS 2:18.67; 2 MORLEY DENISE GBR 2:20.28; 6 PRITCHETT BERNADINE GBR 2:25.66; **QR:** REID JACQUELINE IRL 2:56.07; **1500:** 1 NATHALIE LOUBELE BEL 4:40.87; 5 PRITCHETT BERNADINE GBR 4:56.07; **3000:** 1 NATHALIE LOUBELE BEL 9:51.17; 5 PRITCHETT BERNADINE GBR 10:33.87; 16 REID JACQUELINE IRL 13:02.24; **3000W:** BEST NICOLE GER 14:49.12; **5000W:** LILAND HANNE NOR 26:42; **60H:** DEL PRETE SONIA FRA 8.88; **QR:** WALE AMANDA GBR 9.85; NOLAN CERA IRL 10.23; GODDARD CATHERINE GBR 10.52; **4x200:** 1 GER 1:53.44; 2 GBR 1:54.18; 3 IRL 2:14.81; **XC:** 1 NATHALIE LOUBELE BEL 18:45; 6 CROWLEY CARMEL IRL 0:19.40; **HJ:** SEMASHKO ELENA RUS 1.64; **PV:** ZIEMANN DR. CHRISTINA GER 3.20; **LJ:** 1 DEL PRETE SONIA FRA 5.75; 14 NOLAN CERA IRL 4.24; **TJ:** DEÁK KATALIN HUN 12.27; **SP:** 1 SHIMAN ALENA RUS 13.82; 10 LAWRENCE SUE GBR 10.41; **DT:** 1 STOLT SILKE GER

37.51; 2 LAWRENCE SUE GBR 35.85; **HT:** MEYER KLEIN JENNY FRA 44.01; **JT:** 1 SUHLING DAGMAR GER 39.27; 7 LAWRENCE SUE GBR 29.15; **WT:** 1 MEYER KLEIN JENNY FRA 13.61; 2 LAWRENCE SUE GBR 13.60; **PENT:** 1 DEL PRETE SONIA FRA 4440 (World Record); 4 WALE AMANDA GBR 3532; 7 GODDARD CATHERINE GBR 2866;

**W45:**

**60:** 1 CARRE MARYVONNE FRA 7.90; 8 BATES ANGELA GBR 8.53 (8.47qr); **QR:** BROWN MONICA GBR 8.61; GUILD WENDY GBR 9.51; MOORE FINOLA IRL 9.96; **200:** 1 ICARRE MARYVONNE FRA 25.73; **QR:** HOPKINS LESLEY GBR 29.72; GUILD WENDY GBR 31.27; **400:** 1 GÄHLING BARBARA GER 59.72; 2 READ-CAYTON SALLY GBR 1:00.96; 4 FINEGAN GERALDINE IRL 1:02.20; **QR:** COLLINS ALISON GBR 1:05.93; HOPKINS LESLEY GBR 1:07.12; **800:** 1 READ-CAYTON SALLY GBR 2:18.53 (British Record); 5 FINEGAN GERALDINE IRL 2:26.78; **QR:** FEELY CHRISTINE GBR 2:52.25; **1500:** 1 DEBAETS CORINNE BEL 4:50.77; 6 RIDLEY SUSAN GBR 5:03.29; **3000:** 1 DEBAETS CORINNE BEL 10:16.09; 4 RIDLEY SUSAN GBR 10:44.71; 16 MARR LYNNE GBR 14:06.45; **3000W:** PRIMAS BARBARA GER 15:26.21; **5000W:** 1 PRIMAS BARBARA GER 26:22; 6 GORMLEY ANNE IRL 33:02; **60H:** 1 STOLYAR LIUBOV RUS 9.15 (European Record); 2 FINEGAN GERALDINE IRL 9.55 (9.48qr); **4x200:** 1 FRA 1:49.40; 3 GBR 1:56.56; **XC:** 1 DEBAETS CORINNE BEL 19:22; 2 O'SULLIVAN NIAMH IRL 19:31; 3 RIDLEY SUSAN GBR 19:41; 9 GORMLEY ORLA IRL 20:50; 16 GIBSON TRACEY GBR 22:29; 2 FEELY CHRISTINE GBR 24:23; 27 MARR LYNNE GBR 27:20; **HJ:** 1 JULIEN ULRIKE GER 1.54; 5 FINEGAN GERALDINE IRL 1.45; **PV:** KREPKINA VALENTYNA 1965 UKR 3.00; **LJ:** 1 BAJEAT PETRA FRA 5.53 (European Record); 8 JOHNSON CHARMINE GBR 4.61; 12 MOORE FINOLA IRL 3.52; **TJ:** 1 KREPKINA VALENTYNA UKR 11.05; 4 FINEGAN GERALDINE IRL 10.31; **SP:** 1 MÜLLER-SCHMIDT JANA GER 12.67; 8 JOHNSON CHARMINE GBR 11.06; 12 O'SULLIVAN PRISCILLA IRL 9.24; 13 WILSON JULIE GBR 9.22; **DT:** 1 RÜNNE EHA EST 43.53; 6 WILSON JULIE GBR 29.94; 10 GLANTON MAUREEN IRL 26.63; 12 O'SULLIVAN PRISCILLA IRL 25.63; **HT:** 1 CACAUT CLAUDINE FRA 45.45; 7 O'SULLIVAN PRISCILLA IRL 36.08; 11 GLANTON MAUREEN IRL 29.74; **JT:** 1 COGILNICEANU OLGA MDA 37.43; 2 GARRATT CAROLINE GBR 36.28; 4 FINEGAN GERALDINE IRL 29.99; **WT:** 1 MEYER KLEIN JENNY FRA 13.61; 2 3417 LAWRENCE SUE GBR 13.60; **PENT:** 1 Barbara Gahling GER 4588 (World Record); 3 FINEGAN GERALDINE IRL 4152; 4 JOHNSON CHARMINE GBR 3692; 7 WILLIS LESLEY GBR 2836; 8 BROWN MONICA GBR 2770;

**W50:**



**Gaye Clarke & Jane Horder.**

**60:** 1 ALEXIS NICOLE FRA 8.29; 4 3384 2 DUNN WENDY GBR 8.63; 7 NICHOLSON LINDA GBR 8.76 (8.66qr); **(QR):** MCCLELLAND AVERIL GBR 8.62; TIMMIS DENISE GBR 9.06; KELLY ANGELA GBR 9.12; BEADNALL ANGELA GBR 9.22; SALVARY CHRISTINE GBR 9.51; **200:** 1 MCCLELLAND AVERIL GBR 27.19; 5 DUNN WENDY GBR 28.78 (28.35qr); **(QR):** TIMMIS DENISE GBR 29.84; KELLY ANGELA GBR 30.35; BEADNALL ANGELA GBR



# MASTERS ATHLETICS SPRING 2011

30.50 ; SALVARY CHRISTINE GBR 31.85 ; **400**: 1 KAUFHOF PETRA GER 1:03.42 ; 3 HORDER JANE GBR 1:06.20 (1:05.81qr) ; **(QR)**: MCCLELLAND AVERIL GBR 1:05.52 ; BEADNALL ANGELA GBR 1:12.44 ; **800**: 1 PEREZ AURORA ESP 2:30.36 ; 4 TAWNEY SUSIE GBR 2:40.00 ; 6 FARMER DIANE GBR 2:53.24 ; **1500**: 1 PEREZ AURORA ESP 5:03.77 ; 9 O'SULLIVAN ELAINE GBR 5:39.86 ; **3000**: 1 CLARKE JANE GBR 10:38.70 ; 4 TAWNEY SUSIE GBR 11:22.49 ; 5 O'SULLIVAN ELAINE GBR 11:44.62 ; 9 FARMER DIANE GBR 11:58.25 ; **3000W**: GARCIA FRONTOONS CARMEN ESP 15:53.17 ; **5000W**: TERENTYEV NATALJA RUS 26:42 ; **60H**: 1 CLARKE GAYE GBR 9.81 ; 2 HORDER JANE 1957 9.88 ; **4x200**: GBR 1:55.97(British Record) ; **XC**: 1 OPHORST CARLA NED 20:07 ; 6 DONNELLY ANN IRL 21:15 ; 10 O'SULLIVAN ELAINE GBR 22:03 ; 13 TAWNEY SUSIE GBR 22:18 ; 14 FARMER DIANE GBR 22:20 ; 21 TOMPKINS HELEN GBR 26:56 ; 23 SEARLE JANE GBR 28:00 ; 24 DOXEY WENDY GBR 34:00 ; **HJ**: 1 IURI FRANCESCA ITA 1.35 ; 3 CLARKE GAYE GBR 1.35 ; 6 BARKER HAZEL GBR 1.30 ; 7 MOORE-FOX LUCY IRL 1.25 ; **PV**: 1 VAN DE KAMP BRIGITTE NED 3.22 ; 3 IBBITSON JENNIFER GBR 2.60 ; 4 EADES TERESA GBR 2.20 ; **LJ**: 1 SEILLAC CATHERINE FRA 5.04 ; 6 CLARKE GAYE GBR 4.67 ; 7 NICHOLSON LINDA GBR 4.66 ; 8 TIMMIS DENISE GBR 4.53 ; 14 SALVARY CHRISTINE GBR 3.70 ; **TJ**: 1 SEILLAC CATHERINE FRA 10.57 ; 5 EADES TERESA GBR 8.93 ; 10 MOORE-FOX LUCY IRL 8.26 ; 12 SALVARY CHRISTINE GBR 7.38 ; **SP**: 1 MARGHIEVA ALEXANDRA MDA 15.17 ; 7 IBBITSON JENNIFER GBR 10.29 ; 9 DUNS FORD WENDY GBR 10.12 ; 11 BARKER HAZEL GBR 9.64 ; 16 MOORE-FOX LUCY IRL 8.92 ; 20 GOAD ANNE GBR 8.38 ; **DT**: 1 ENGELHARDT ULRIKE GER 39.26 ; 4 CAMERON CLAIRE GBR 32.12 ; 9 IBBITSON JENNIFER GBR 26.25 ; 11 DUNS FORD WENDY GBR 24.19 ; **HT**: 1 DUSS MÄGY SUI 47.43 ; 3 SMITH DIANE GBR 45.38 ; 5 IBBITSON JENNIFER GBR 39.57 ; 8 DUNS FORD WENDY GBR 33.45 ; 10 MORGAN ANGELA GBR 32.83 ; **JT**: 1 ANTON MARGARETA ROU 38.08 ; 7 GOAD ANNE GBR 23.92 ; **WT**: 1 DUSS MÄGY SUI 15.99 ; 3 IBBITSON JENNIFER GBR 12.79 ; 6 DUNS FORD WENDY GBR 10.69 ; 7 CAMERON CLAIRE GBR 10.61 ; 9 MORGAN ANGELA GBR 9.40 ; 10 MOORE-FOX LUCY IRL 9.18 ; **PENT**: 1 CLARKE GAYE GBR 3678 ; 6 HARDCASTLE JANICE GBR 2832 ;

## W55:

**60**: 1 DASSIE SUE GBR 9.07 ; 2 TRIMBLE JOAN GBR 9.16 ; **(QR)**: LAWSON JAN GBR 9.58 ; KEEN SUSAN GBR 9.67 ; NELSON ANNE GBR 9.78 ; STAFFORD JUDI GBR 10.62 ; HOWARTH GRETE 1951 GBR 11.29 ; **200**: 1 POWELL CAROLINE GBR 28.83 (28.79qr) ; 4 DASSIE SUE GBR 31.14 (30.91qr) ; **(QR)**: NELSON ANNE GBR 33.68 ; LAWSON JAN GBR 34.06 ; STAFFORD JUDI GBR 37.21 ; **400**: 1 POWELL CAROLINE GBR 1:03.97 ; **800**: 1 WIZEN LILLY SWE 2:38.73 ; 3 HOWE JOAN GBR 2:39.65 ; 7 BOWERS ELIZABETH GBR 2:56.52 ; 9 HALSTEAD MARY GBR 2:58.96 ; 10 BARRUS JOYCE GBR 3:03.06 ; **1500**: 1 ZENTNER LIDIA GER 5:48.37 ; 2 HOWE JOAN GBR 5:50.02 ; 5 BOWERS ELIZABETH GBR 5:52.70 ; 6 HALSTEAD MARY GBR 5:59.52 ; 7 BARRUS JOYCE GBR 6:18.07 ; **3000**: 1 DUCKWORTH GAIL GBR 11:10.54 ; 2 COOPER SUSAN GBR 11:54.46 ; 7 LIPPITT ANNE GBR 15:13.43 ; **3000W**: 1 FERNANDES MARIA ALICE POR 16:13.00 ; 2 WHEELER ANNE GBR 16:21.66 ; 5 DUHIG CATH GBR 17:30.15 ; **5000W**: 1 WHEELER ANNE GBR 26:44 ; 4 DUHIG CATH GBR 28:27 ; **60H**: 1 SANGUOS MARIA JESUS ESP 10.27 ; HOWARTH GRETE GBR DNF ; **4x200**: 1 GER 2:01.26 ; 2 GBR 2:05.33 ; **XC**: 1 FISCHER ANNE GER 21:26 ; 2 HOWE JOAN GBR 22:36 ; 3 COOPER SUSAN GBR 22:37 ; 4 GEORGHIOU JANE GBR 22:43 ; 6 HALSTEAD MARY GBR 23:59 ; 9 BARRUS JOYCE GBR 25:27 ; 10 LIPPITT ANNE GBR 28:22 ; **HJ**: 1 KORTBEEK JANINE NED 1.35 ; 2 FILER CAROLE GBR 1.30 ; 6 GARVEY PAM GBR 1.20 ; **PV**: 1 3466 YEOMANS SUE GBR 2.70 ; **LJ**: 1 FILER CAROLE GBR 4.61(British Record) ; 8 HOWARTH GRETE GBR 2.78 ; **TJ**: 1 KORTBEEK JANINE NED 9.94 ; 5 HOWARTH GRETE GBR 5.72 ; **SP**: 1 LOGHIN MIHAELA ROU 14.53(World Record) ; 3 THOMPSON VILMA GBR 11.11 ; 8 DASSIE SUE GBR 9.00 ; **DT**: 1 COTOLUPENCO MARIA MDA 36.79 ; **HT**: 1 A N OTHER HUN 37.54 ; 6 THOMPSON VILMA GBR 31.02 ; **JT**: VOLLERT CLAUDIA GER 27.89 ; **WT**: 1 JUNKER CHRISTEL GER 12.33 ; 3 THOMPSON VILMA GBR 12.16 ; **PENT**: 1 FILER CAROLE GBR 3909 ; 5 ARGENT FIONA GBR 2588 ;

## W60:

**60/200**: MEIER INGRID GER 8.97 / 31.00 ; **400**: 1 LITTENHEIM ULLA SWE 1:13.07 ; 4 JAMES SUSAN GBR 1:22.33 ; **800**: 1 HITCHMOUGH AGNES GBR 2:42.89 ; 2 TABOR ROS GBR 2:50.10 ; 6 JAMES SUSAN GBR 3:09.68 ; **1500**: 1 HITCHMOUGH AGNES GBR 5:48.36 ; 3 TABOR ROS GBR 5:55.96 ; 6 JAMES SUSAN GBR 6:18.90 ; **3000**: 1 TABOR ROS GBR 11:56.27 ; **3000W/5k** **Walk**: JOFFIN MARYVONNE FRA 16:50.27 / 28:00 ; BATES LINDA GBR DSQ ; **60H**: 1 KOKKONEN TERHI FIN 10.63 ; 2 FAIL JEAN GBR 10.75 ; **4x200**: 1 GER 2:12.91(World Record) ; 4 GBR 2:38.20 ; **XC**: 1 TABOR ROS GBR 22:31 ; 5 JAMES SUSAN GBR 24:19 ; 15 BATES LINDA GBR 32:28 ; **HJ**: 1 REINBOUD WEIA NED 1.38 ; 8 OAKES PATRICIA GBR 1.05 ; **PV**: 1 FOERSTER KARIN GER 2.40 ; **LJ**: 1 REISMANN GERTRUDE GER 3.99 ; 9 HARRISON LINDA GBR 2.39 ; **TJ**: 1 REISMANN GERTRUDE GER 8.53 ; 6 OAKES PATRICIA GBR 6.68 ; 7 HARRISON LINDA GBR 5.29 ; **SP/PENT**: SCHMITT KARIN GER 10.71 / 4054(European Record) ; **DT**: TOMANEK MARGARETHE BEL 31.02 ; **HT**: FALDAGER INGE DEN 40.92 ; **JT**: REINBOUD WEIA NED 31.92 ; **WT**: 1 VAN ANHOLT ANNIE NED 16.62 ; 11 HARRISON LINDA GBR 8.33 ;

## W65:

**60**: BLUHM INGELA DEN 9.62 ; **(QR)**: BOLITHO ANN GBR 10.53 ; **200**: STUMP KARIN GER 33.62 ; **(QR)**: BOLITHO ANN GBR 37.16 ; **400**: JONKERS RIET NED 1:16.79 ; **800**: 1 JONKERS RIET NED 2:57.99 ; 2 GALLAGHER PAT GBR 2:59.16 (British Record) ; **1500**: 1 GALLAGHER PAT GBR 6:18.66 ; 6 POOLE SANDRA GBR 7:09.75 ; **3000**: 1 GALLAGHER PAT GBR 12:58.39 (British Record) ; **3000W/5000W**: KARETIE PIRO FIN 18:38.58 / 30:24 ; **60H**: HOUBEN HELGARD GER 12.75 ; **4x200**: 1 GER 2:19.76 ; 2 GBR 2:49.22 ; **XC**: SCHNEIDER ANITA GER 26.01 ; **HJ**: HÄUSER CHRISTEL GER 1.16 ; **PV**: NIX DIETHILD GER 1.90 ; **LJ**: BLUHM INGELA DEN 3.86 ; **TJ**: HOUBEN HELGARD GER 7.35 ; **SP**: 1 ALBRECHT TEODORA GER 9.76 ; 2 SISSONS LIZ GBR 9.49 ; **DT**: 1 POLAKOVA EVA SVK 25.89 ; 6 SISSONS LIZ GBR 21.40 ; **HT**: 1 MELLMANN GUDRUN GER 34.96 ; 5 SISSONS LIZ GBR 27.14 ; **JT**: 1 SISSONS LIZ GBR 27.50 ; **WT**: 1 DEL GIUDICE BRUNELLA ITA 13.79 ; 3 SISSONS LIZ GBR 12.53 ; **PENT**: WLADIKA JACQUELINE AUT 2953 ;

## W70:

**60**: 1 SAUER ERIKA GER 10.37 ; 3 MILLS MOLLIE GBR 10.62 ; **200**: 1 SAUER ERIKA GER 35.75 ; 3 MILLS MOLLIE GBR 37.76 ; 4 FRASER DOROTHY GBR 37.77 (37.69qr) ; **400**: VITOLA LEONTINE LAT 1:29.67 ; **800**:

1 VASINA RIMMA RUS 3:01.92 (World Record) ; 7 STRACEY BETTY GBR 3:46.33 ; **1500**: 1 VASINA RIMMA RUS 6:10.65 (European Record) ; 6 STRACEY BETTY GBR 7:32.06 ; **3000**: 1 VASINA RIMMA RUS 12:58.41 ; 6 STRACEY BETTY GBR 15:59.01 ; **3000W**: ALEKSYEYEV LYUSYA UKR 20:51.81 ; **5000W**: GRINBERTE VERA LAT 0:33.35 ; **60H**: KUEMMERLE-VALK FRIDERUN GER 12.64 ; **4x200**: 1 GER 2:33.08(World Record) ; 2 GBR 2:45.81 (British Record) ; **XC**: 1 VASINA RIMMA RUS 24:16 ; 6 OSBORNE EVA GBR 29:18 ; 7 STRACEY BETTY GBR 30:24 ; 9 CUSHEN BRIDGET GBR 32:54 ; FRASER DOROTHY GBR DNF ; **HJ**: KUEMMERLE-VALK FRIDERUN GER 1.12 ; **LJ**: SAUER ERIKA GER 3.78 ; **TJ**: HOLDER IRIS GBR 6.15 ; **SP**: 1 DANILOVA TAMARA RUS 10.06 ; 7 MILES YVONNE GBR 5.67 ; **DT**: 1 DANILOVA TAMARA RUS 30.77 ; 4 DERRIEN CAROLE GBR 18.62 ; **HT**: 1 ERIKSON HELVI EST 32.51 ; 4 DERRIEN CAROLE GBR 22.65 ; 7 MILES YVONNE GER 18.55 ; **JT**: HOLZKNECHT INGRID GER 23.59 ; **WT**: 1 ERIKSON HELVI EST 12.14 ; 4 DERRIEN CAROLE GBR 8.67 ; **PENT**: KUEMMERLE-VALK FRIDERUN GER 3378 ;

## W75:

**60**: 1 MAZZENGA EMMA MARIA ITA 10.94 ; 2 CHRIMES ROSEMARY GBR 11.05 ; 6 STEEDMAN BETTY GBR 12.20 ; **200**: 1 MAZZENGA EMMA MARIA ITA 39.13 ; 4 STEEDMAN BETTY GBR 47.37 ; **400**: MAZZENGA EMMA MARIA ITA 1:32.66 ; **800**: 1 HODAPP ELFRIEDE GER 3:26.45 (World Record) ; 2 MARTIN ANNE GBR 3:49.44 ; **1500/3000**: HODAPP ELFRIEDE GER 7:01.90 / 14:44.15(World Record) ; **3000W**: 1 LECLERC DENISE FRA 21:06.40 (European Record) ; 2 SPELMAN MAUREEN GBR 21:39.24 ; **5000W**: 1 SPELMAN MAUREEN GBR 35:28 ; **XC**: 1 HODAPP ELFRIEDE GER 27:29 ; 3 MARTIN ANNE GBR 28:33 ; 4 ANSTNEY MARY GBR 0:30:32 ; **HJ**: CHRIMES ROSEMARY GBR 1.12 ; **LJ/TJ**: MARTIN ANNE GBR 2.87(British Record) / 6.70 (British Record) ; **SP**: 1 CHRIMES ROSEMARY GBR 9.66(World Record) ; 7 CHAMPION SHEILA IRL 6.18 ; **DT**: CHRIMES ROSEMARY GBR 29.11(World Record 30.07 13/6/2010 awaiting ratification) ; **HT**: 1 BAUM CHRISTA GER 30.56 ; 3 CHRIMES ROSEMARY GBR 27.51 ; 6 MARTIN ANNE GBR 25.41 ; **JT**: 1 LEI LIESELOTTE GER 20.85 ; 3 CHAMPION SHEILA IRL 8.82 ; **WT**: 1 KOVALENSKAYA GALINA RUS 11.77 ; 4 MARTIN ANNE GBR 9.78 ; **PENT**: STÖLTING INGRID GER 1464 ;

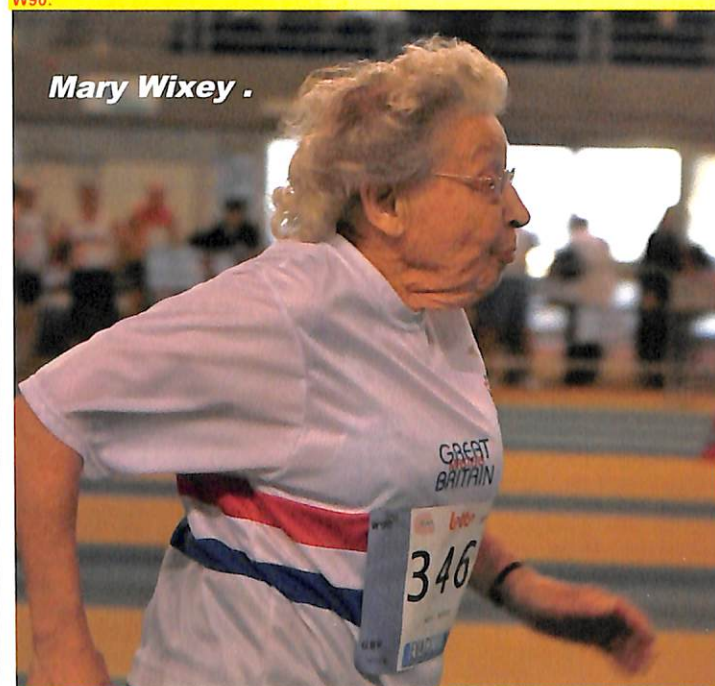
## W80:

**60/200/LJ**: KREISKOTT ROSEMARIE GER 11.31 (World Record) / 41.34 (World Record) / 2.92 (World Record) ; **800/3000**: CZERWENKA-NAGEL MELITTA GER 3:47.53 (World Record) ; / 16:04.94 (World Record) ; **1500**: ANGELIS RUTH GER 9:18.60(European Record) ; **HJ/PV**: HAPP CHRISTA GER 1.00 / 1.43 (World Record) ; **TJ**: SOPANEN SENNI FIN 4.57 ; **SP/DT/HT/JT/WT**: HANSSSENS RACHEL BEL 8.22(World Record) / 19.26 / 27.09 (World Record) / 21.47 / 9.79 ;

## W85:

**SP/DT**: PLEUGER ILSE GER 6.95(World Record) / 13.78 ;

## W90:



**60/LJ/SP/DT/JT:**




WIXEY MARY GBR 17.41(European Record) / 1.36(European Record) / 3.13 (British Record) / 7.03 / 5.31(British Record) ;

**NB: TEAM COMPETITIONS SEEM TO BE A GREAT BIG SECRET, HOWEVER, I TRUST THEY ARE INCLUDED IN THE RESULTS TABLE.**

	GOLD	SILVER	BRONZE	TOTAL
1 GER	142	120	92	354
2 GBR	57	53	52	162
3 FRA	42	37	37	116
4 ITA	37	23	30	90
5 BEL	33	32	32	97
6 ESP	23	19	16	58
7 NED	22	19	13	54
8 RUS	18	18	12	48
9 FIN	16	13	16	45
10 POR	10	7	7	24



## MASTERS ATHLETICS FIXTURES 2011 & 2012

<b>2011</b>			
3 <sup>rd</sup> APL	Old Guard Spring T&Field	Stourport	tonycrok@aol.com
10 <sup>th</sup> APL	NVAC Monthly Run	Gin Pit 5	
	Lochaber Marathon	Fort William	
	VAA-NEE 10k Road Champs	South Shields	
17 <sup>th</sup> APL	MMAC Road Relays	Edgbaston, Birmingham	A.G.M. follows event.
4 <sup>th</sup> May	SVHC 4.8 Road Race	Townhead	Convener Bill McBrinn
8 <sup>th</sup> MAY	NVAC Monthly Run	Warrington	
13 <sup>th</sup> -15 <sup>th</sup> MAY	<b>EVAA Non Stadia Championships</b>	Thionville / Yytz, FRA	
21 <sup>st</sup> MAY	<b>BMAF ROAD RELAYS</b>	Sutton Park, Birmingham	
5 <sup>th</sup> JUN	<b>BMAF Pentathlon</b>	Oxford	With 10k Track and 10k Walk Championships
	Welsh Masters T&F Championships	Cardiff	TBC
12 <sup>th</sup> JUN	MMAC T&Field Championships	Leicester	
	<b>BMAF Throws Pentathlon</b>	Milton Keynes	
19 <sup>th</sup> JUN	<b>BMAF 5k &amp; 5k Walk</b>	Horwich	
25 <sup>th</sup> JUN	VAA-NEE Track &Field Championships	Jarrow	
26/27 JUN	<b>BMAF T&amp;F Championships</b>	Birmingham or another venue	
29 <sup>th</sup> June	<b>SVHC 5k Road Championships</b>	Clydebank	
2-3 <sup>rd</sup> JUL	<b>100 mile Walk</b>	Lingfield Race Course	With Surrey W.C. 100 mile.
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	
4 <sup>th</sup> SEPT	<b>BMAF 10 Mile</b>	Hexham	
10 <sup>th</sup> SEPT	VAA-NE 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	Advert in this issue.
9 <sup>th</sup> OCT	NVAC Monthly Run	Edgeworth	
16 <sup>th</sup> OCT	NVAC 10k Track	Leigh	
	Old Guard Meeting	Stourport	tonycrok@aol.com
	<b>BMAF Marathon</b>	Abingdon	entries for the BMAF Marathon Champs at Abingdon, are closed as the event has filled up much sooner than expected.
29-30 <sup>th</sup> OCT	EAMA & BMAF Council	Birmingham	
5 <sup>th</sup> NOV	NVAC Monthly Run	Leigh	
26 <sup>th</sup> NOV	<b>International XC</b>	Bellahouston Park, Glasgow	www.scottishmastersathletics.webnode.com
4 <sup>th</sup> DEC	NVAC Christmas Run	Leigh	
<b>2012</b>			
3-8 <sup>th</sup> APL	WMA INDOOR CHAMPIONSHIPS	JYVÄSKYKÄ	 April 3-8 WMA Indoor Championships
16-25 <sup>th</sup> AUG	EVAA, European Championships, Stadia	Zittau (GER) Bogatynia (POL) Hradek n.N. (CZE)	 16. LEICHTATHLETIK SENIOREN EUROPAMEISTERSCHAFTEN ZITTAU • BOGATYNIA • HRÁDEK N.Š.



## MASTERS ATHLETICS SPRING 2011.

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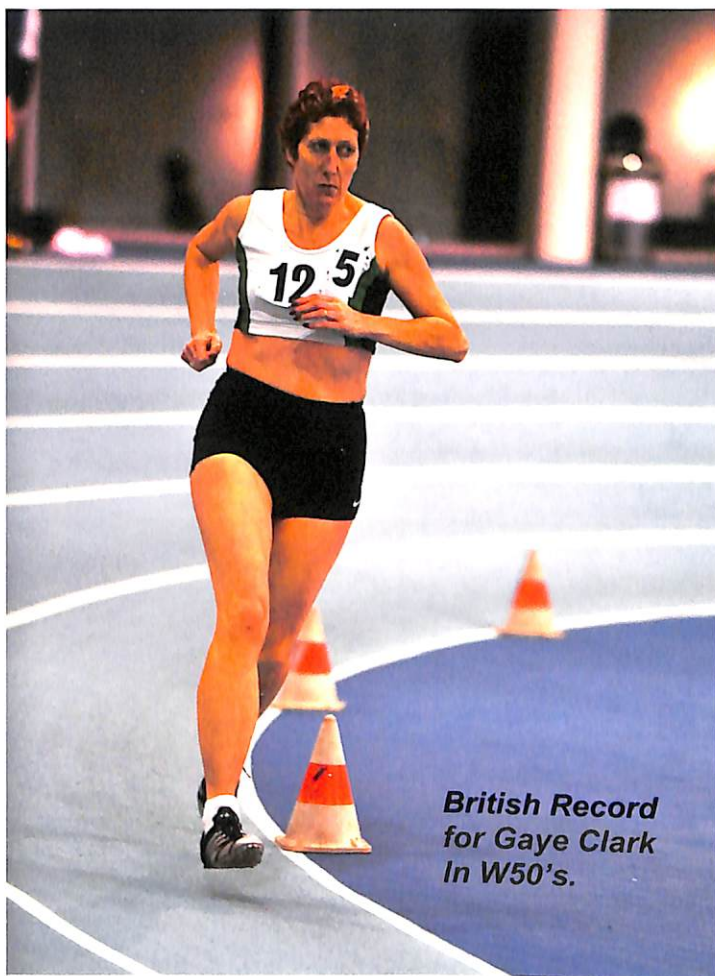


**British Masters Indoor  
Pentathlon - Lee Valley  
Athletics Centre  
13 February 2011  
Words: Bruce Charles.  
Pictures: Jeremy Hemming**

John Charlton won M60 whilst David Haines was an easy winner of M65.  
To complete the picture M70 was won by Roger Bruck and M75 by Colin Shatto.  
The ladies also turned out in good numbers and were the only group to produce a British Record. This came from Gaye Clarke in W50 clearly benefitting from the winter training organised for the ladies group by Charmaine Johnson. Her score of 3663 bettered the previous record by the narrow margin of 19 points!!

Amanda Wale made an excellent start to her new age group in winning W40 by a clear margin.

Lesley Willis also excelled in winning W45 but was closely followed by Monica Brown. Fiona Argent won W55 and Sally Hine put together a good combination to win M60.  
It was also good to welcome newcomer Maria Henry to the M35 ranks.



**British Record  
for Gaye Clark  
In W50's.**



**Start of the Men's  
1,000 Metres,  
Donald Brown on  
the inside**

**MEN (60h-LJ-SP-HJ-1000m)**

**M35;**

**1 Peter Davey SCVAC 2656** (9.08-698, 5.69-582, 6.28-265, 1.66-585, 3:16.34-526); **2 Wayne Gadd EVAC 2597** (9.39-633, 5.41-519, 9.47-454, 1.54-480, 3:18.11-511); **3 Tim Auty SCVAC 2399** (10.70-390, 5.55-550, 10.27-502, 1.54-480, 3:22.10-477); **4 Mark West SCVAC 2375** (11.45-277, 5.38-512, 9.36-447, 1.57-504, 3:04.41-635); **5 Julian Langley Open 2216** (10.37-445, 5.09-449, 7.85-357, 1.45-404, 3:12.42-561); **6 Nathan Kitchen SWVAC 1518** (12.74-125, 4.03-244, 9.60-462, 1.42-381, 3:44.57-306); **Stephen Wren Open 2915** Gst (9.98-517, 6.09-675, 10.09-491, 1.75-661, 3:11.3-1571); Darren Dods SCVAC 1961 (8.83-752, 6.25-711, 10.21-498, dns, dns);

**M40:**

**1 Adam Young MMAC 3176** (9.33-761, 5.93-716, 9.49-470, 1.72-714, 3:27.47-515); **2 Tom O'Brien Ireland 2893** (10.74-489, 5.46-600, 8.31-398, 1.69-679, 3:03.88-727); **3 Peter Benedickter EVAC 2835** (9.56-713, 4.77-441, 8.04-381, 1.54-544, 3:00.82-756); **4 Neil Davies WMAA 2526** (10.47-537, 4.98-487, 9.08-445, 1.54-544, 3:27.73-513); **5 Gary Palmer VAC 2465** (10.85-471, 4.77-441, 7.89-372, 1.51-512, 3:10.00-669); **6 Richard Buckingham VAC 2363** (11.03-442, 5.32-567, 9.98-501, 1.48-488, 3:47.18-365); **7 Geoff Butler Open 2174** (11.80-324, 4.51-384, 7.93-375, 1.54-544, 3:23.65-547); **8 Marc Juffkins Open 1248** (12.00-296, 4.60-404, 7.68-359, 1.45-464, 3:17.50-601);

**M45:**

**1 Donald Brown MMAC 3549** (9.02-947, 5.82-781, 11.36-645, 1.70-776, 3:52.91-400); **2 Andrew Kennard SCVAC 3330** (9.25-896, 5.36-655, 7.87-411, 1.54-619, 3:10.27-749); **3 Paul Ffrench EVAC 2853** (11.45-480, 5.30-639, 9.33-508, 1.45-528, 3:15.85-698); **4 Leroy Gould SCVAC 2755** (10.36-671, 4.76-504, 5.90-281, 1.42-504, 3:05.38-795); **5 Geoff Powley EVAC 2679** (10.83-585, 4.68-483, 8.14-429, 1.42-504, 3:18.05-678);

Interest in Combined Events appears to be growing year by year therefore it came as no surprise that this year's event drew a record entry. In particular it was good to have so many entries in M35.

Whilst Peter Davey won M35 with a good all round performance the outstanding individual performances came from Darren Dods with 8.83 in 60h, and a 6.25 LJ.

In M40 the winner Adam Young had two excellent performances with a 5.93 LJ and a 1.72HJ.

Donald Brown had outstanding results for his first four events but found the 1000m very tough in winning M45.

As expected M50 proved to be the most competitive age group with three world class competitors. In the event the winner was John Mayor closely followed by Allan Leiper and Brian Slaught.

Ian Reeve won M55 but was pushed hard by the ever improving Clem Leon.



## MASTERS ATHLETICS SPRING 2011

**6 Richard Christian SCVAC 2344** (10.95-564, 4.41-419, 7.38-379, 1.39-472, 3:38.09-510); **7 Alan Easey VAC 2317** (10.93-568, 5.00-563, 6.57-326, 1.21-317, 3:33.92-543); **8 Keith Palmer EVAC 2278** (12.59-313, 5.25-626, 6.57-326, 1.45-528, 3:48.09-434); **9 Andrew Smerdon SCVAC 2205** (12.29-354, 4.16-363, 6.71-334, 1.42-504, 3:21.15-650);

### M50

**1 John Mayor EVAC 3814** (9.22-992, 5.42-767, 9.50-539, 1.56-723, 3:14.06-793); **2 Allan Leiper SCVAC 3770** (9.34-967, 4.98-639, 12.88-776, 1.56-723, 3:28.59-665); **3 Brian Slaughter SCVAC 3670** (9.90-851, 5.05-659, 11.13-653, 1.47-627, 3:4.84-880); **4 Peter Stepney SCVAC 2980** (10.94-652, 4.53-519, 7.04-370, 1.44-59, 3:38.36-846); **5 Keith Powell WMAA 2877** (10.84-671, 4.87-610, 8.52-472, 1.47-627, 3:49.79-497); Gary Capon SCVAC 2291 (12.02-473, 4.85-604, 8.42-465, 1.59-749, dnf);

### M55

**1 Ian Reeve EVAC 3342** (10.60-800, 4.61-626, 8.57-540, 1.38-610, 3:25.68-766); **2 Clement Leon SCVAC 3200** (11.44-648, 4.68-646, 8.17-510, 1.47-714, 3:35.69-682); **3 Patrick Moran Ireland 2747** (12.96-413, 4.15-494, 8.97-571, 1.41-644, 3:42.67-625); **4 Duncan Talbot SCVAC 2661** (11.65-613, 3.75-388, 8.13-507, 1.47-714, 4:08.25-439); Rashpal Singh MMAC 1913 (12.79-438, 4.19-506, 6.63-392, 1.35-577, dns0);

### M60

**1 John Charlton NVAC 3529** (10.04-832, 4.83-804, 10.61-696, 1.30-610, 3:57.15-587); **2 Lawrie Dunn MMAC 2898** (11.95-493, 4.27-619, 7.95-491, 1.30-610, 3:44.28-685); **3 Adrian Essex SCVAC 2797** (11.95-493, 4.10-565, 8.48-532, 1.27-577, 3:51.36-630); **4 William Bradley EVAC 2747** (12.58-400, 3.68-441, 9.19-586, 1.24-544, 3:33.02-776);

### M65

**1 David Haines SCVAC 2771** (13.08-502, 3.89-597, 7.24-525, 1.24-636, 4:17.78-511); **2 David Kuester VAC 2072** (14.01-377, 3.47-461, 9.27-706, 1.15-528, dnf0); **3 Rodwell Farr MMAC 1730** (17.40-71, 3.23-386, 4.06-247, 1.18-560, 4:24.69-466);

### M70

**Roger Bruck SCVAC 2572** (13.48-437, 3.54-584, 8.51-550, 1.27-785, 5:26.14-216);

### M75

**Colin Shafto NVAC 2943** (13.48-486, 3.17-559, 8.17-624, 1.24-868, 5:11.30-406);

## WOMEN (60h-HJ-SP-LJ-800m)

### W35

**Maria Henry Open 1347** (14.13-197, 1.30-460, 6.79-346, 3.37-200, 3:28.91-144);

### W40

**1 Amanda Wale WMAA 3352** (9.65-867, 1.36-610, 9.25-585, 4.69-603, 2:34.73-687); **2 Louise Oliver MMAC 2422** (11.35-565, 1.33-577, 7.88-479, 4.27-479, 3:10.01-322); **3 Joanne Regan SCVAC 2197** (11.60-525, 1.18-399, 6.58-381, 4.39-514, 3:3.78-378);

### W45

**1 Lesley Willis MMAC 2943** (11.14-754, 1.24-555, 6.97-476, 4.13-516, 2:45.66-642); **2 Monica Brown EVAC 2808** (11.87-634, 1.33-678, 5.78-374, 4.58-663, 3:3.21-459); **3 Susan Withnall Open 2178** (11.65-670, 1.21-523, 6.71-453, 3.52-338, 3:36.17-194); **4 Ruth Bird MMAC 2027** (12.71-511, 1.12-409, 8.52-610, 3.36-294, 3:34.75-203);

**Charmaine Johnson VAC 2557** (9.89-976, 1.45-842, 10.00-739, dns0, dns0);

### W50

**1 Gaye Clarke EVAC 3769 British Record** (10.10-1024, 1.39-879, 8.35-633, 4.44-720, 3:5.43-513); **2 Susan Frisby MMAC 2819** (10.70-916, 1.27-712, 8.00-602, 3.71-469, 3:58.91-120); **3 Penny Butcher EVAC 2632** (12.14-681, 1.24-666, 5.28-356, 3.67-454, 3:09.34-475);

**Janice Hardcastle EVAC 2258** (11.82-729, 1.21-621, 6.83-495, 3.54-413, dns0);

### W55

**Fiona Argent SCVAC 2889** (13.00-744, 1.15-655, 7.05-575, 3.30-416, 3:19.48-499);

### W60

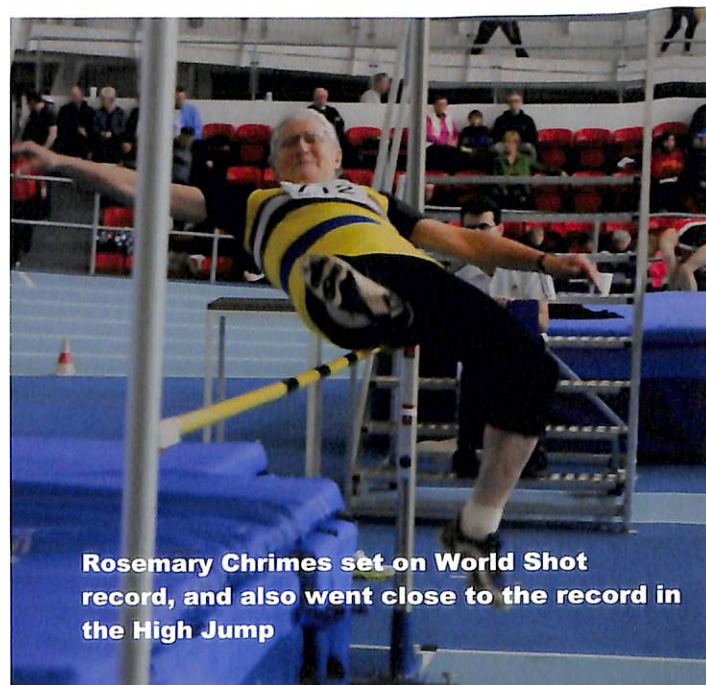
**Sally Hine MMAC 3217** (12.16-941, 1.12-736, 6.36-573, 3.18-464, 3:34.03-503);

## BRITISH MASTERS ATHLETIC FEDERATION INDOOR CHAMPIONSHIPS & WINTER THROWS FEBRUARY 26/27<sup>TH</sup> LEE VALLEY.

**Words: Martin Duff.**

**Pictures: Tom Phillips**

British Masters warmed up for the European indoor championships, in Ghent, with a handful of world and many more British age group records as the entry, at about 560, was higher than in recent years.



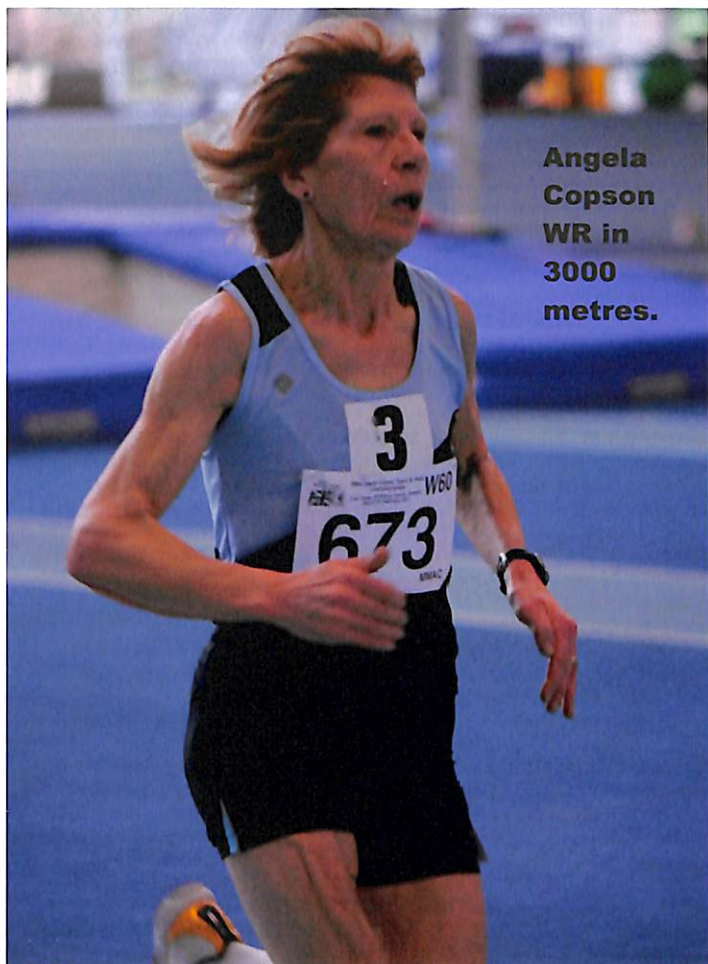
**Rosemary Chrimes set on World Shot record, and also went close to the record in the High Jump**

Former Commonwealth Games Discus champion Rosemary Chrimes was one of several new World record holders but the women's 3000 metres saw two World and one British best.

Chrimes' record came indoors in the W75 shot put at 9.15m but the 1970 champion also added the 60 metres and high jump to her weekends tally..



## MASTERS ATHLETICS SPRING 2011.



**Angela Copson  
WR in  
3000  
metres.**

The 3000m saw two new World marks as Angela Copson and Anne Martin came good. Coached by Ian Wilson, Copson ran 11:29.52, a week before improving her own W60 half-marathon British best to 87:57 in Bath. She said: "I've no problems indoors today," a reference to the fact that her runs out the previous day had been her first ever indoor outing.

Martin ran 15:43.40 for her new world W75 record, but she also won several field events: "I do everything, I'm a Jack of all Trades and a Master of none," said, the Wymondham runner.

The 3000m also saw Gail Duckworth set a British W55 record of 11:04.85 before confessing: "that was brilliant but it was hard, as you need concentration on your own."

The older groups continued to set British records in the 800 metres where 1956 Olympic Games 3000m steeplechase finalist Eric Shirley (M80) ran 3:35.99 and Kathleen Stewart (W70) added records of 3:17.47 and 6:43.54 in the middle distance races.

Steve Peters was nursing a sore Achilles tendon but warmed up for Ghent with an M55 sprint treble. "I want to save it for the Europeans," said the 57-year-old, adding: "training is going well and I hear the track at Ghent is fast."

Averill McClelland added her own treble in advance of the European event and, said: "I'm in fine form." Mark Dunwell won a close M40 event in 7.03 from Jason Carty, as Anthony Noel took M45 gold in 7.29 from Rohan Samuel. Elsewhere, George Cheetham set a new over-80 British record at 9.86.

British records were set in the 60m hurdles by W60 Jean Fail at 10.69 and M75 Tony Bowman in 10.77. "I broke the European record in Kelvin Hall two weeks ago in 10.85 and improved," said Bowman..

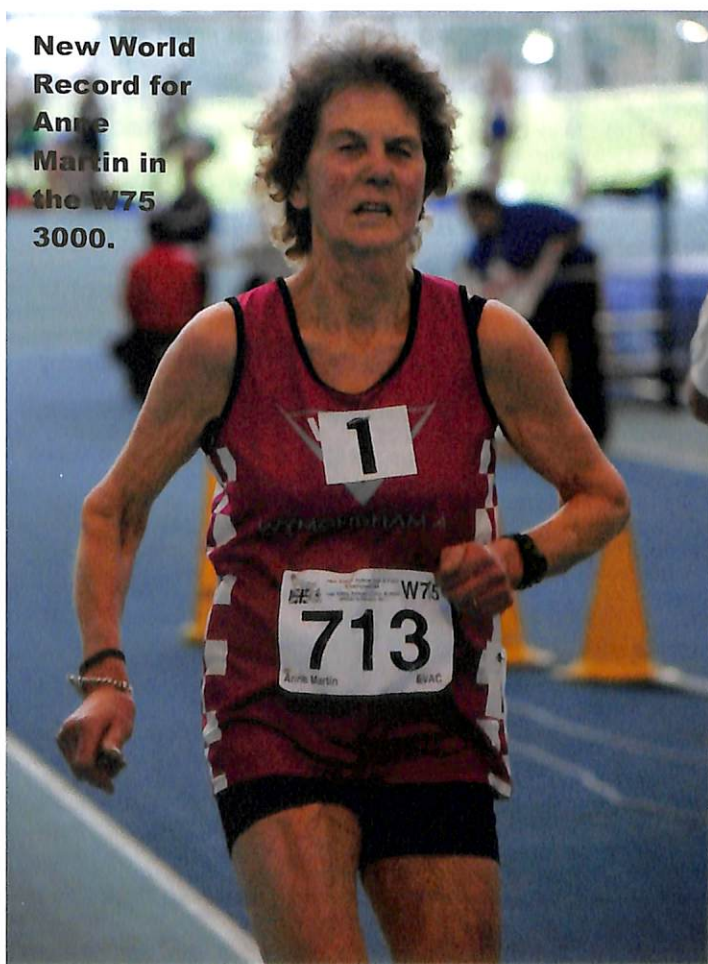
Back in the middle distance races, William Davies (M80) ran 6:54.67 for 1500, then 88.04 for 400m. There were some good M35 performances, which made a pleasant change, as this age group usually vote with their feet and give Masters Championships a miss. Baba Tindogo ran 400m in 50.31, before returning on Sunday to win the 800m in 2:00.10.

Dave Morwood won the M40 1500 in 4:08.57 and 3,000m (8:47.75), en route to Ghent. Clare Elms added the W45 1500m in 4:40.58, falling just short of a record, after a slow first lap, before having a trip out over the half-marathon in the Roding Valley event on the Sunday.

"I have been focussing on endurance more than speed and haven't raced on the track since September so wasn't sure exactly what was possible," said Elms, who is planning her marathon debut in London.

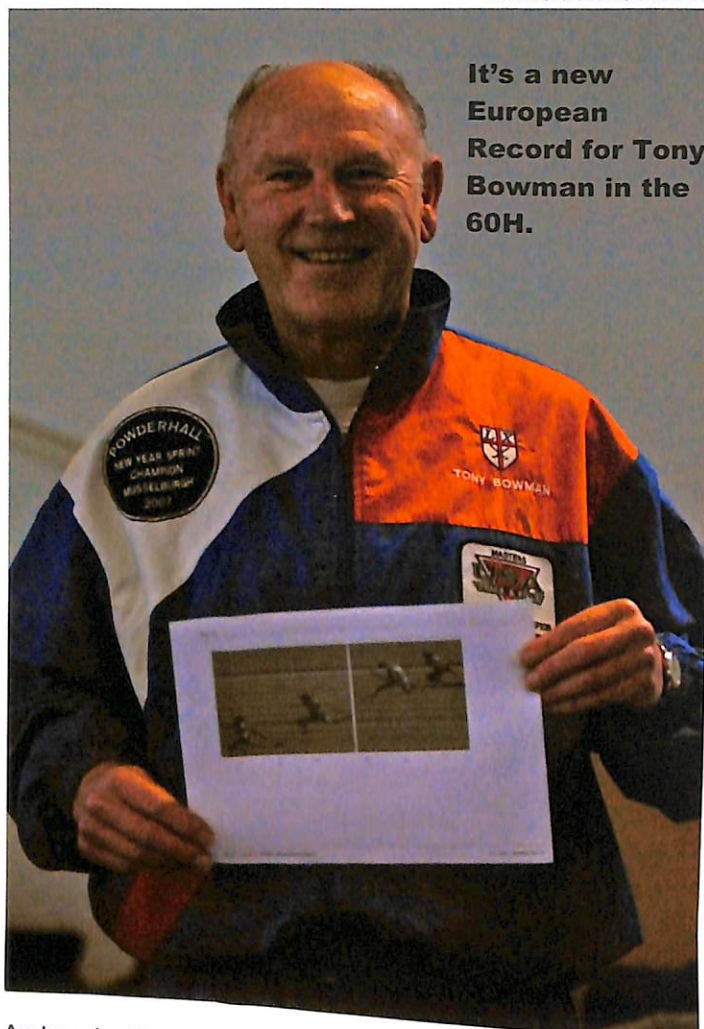
There were also records in the jumps as Carole Filer set a new W55 British long jump mark with 4.46m and equalled a second in the high jump at 1.36m. Jean Fail (W60) with 4.02 and Tony Crocker (M75, 4.03m) also set long jump bests.

The outdoor winter throws saw Mark Wiseman win the M40 discus in 50.23 before venturing indoors on day two to win the shot with 14.79m. Trevor Ratcliffe won the M45 javelin with 53.44m. BMAF President and BBC commentator Paul Dickenson won his M60 hammer event, with 48.21m. He said: "training is one thing but competition is another. There are not many veterans' throws events in the course of a year." Dickenson then added the weight with 17.14m.



**New World  
Record for  
Anne  
Martin in  
the W75  
3000.**





**It's a new European Record for Tony Bowman in the 60H.**

Andrea Jenkins set a new British W35 weight best of 16.47m while Anne Martin set three new W75 field records, in weight (10.09m), hammer (19.02m) and triple jump (5.98m). Anne Wheeler improved her British W55 3000m walk record to 16:16.09. "I took another five seconds off, even though it was a bit crowded and I got one caution," she said. Maureen Spelman (W75) also set a new record at 21:15.03, while Arthur Thompson (M70) just kept on winning.

a) Saturday (b) Sunday

**60:**

**M35: H 1 (a)** 1. Mark Collins EVAC 7.32; 2. Bernard Ward NVAC 7.52; 3. Stephen Thorpe NVAC 7.78; 4. Alec Taylor EVAC 8.25; 5. Greg Conlon OPEN 11.04; **H 2 (a)** 1. Richard Hieson-Blythe NVAC 7.53; 2. Imam Qazi SWVAC 7.56; 3. Scott Spencer SCVAC 7.58; 4. Gary Wyn-Jones WMAA 8.00; **F (a)** 1. Mark Collins EVAC 7.31; 2. Bernard Ward NVAC 7.40; 3. Richard Hieson-Blythe NVAC 7.50; 4. Imam Qazi SWVAC 7.52; 5. Scott Spencer SCVAC 7.58; 6. Stephen Thorpe NVAC 7.95;  
**M40: H 1 (a)** 1. Tim Barton MMAC 7.38; 2. Joe Appiah SCVAC 7.41; 3. Richard Buckingham VAC 7.97; 4. Nick Lauder VAC 7.97; 5. Michael Osunsami SCVAC 8.02; 6. Trevor Lake EVAC 10.33; **H 2 (a)** 1. Jason Carty SCVAC 7.06; 2. Mark Dunwell MMAC 7.13; 3. Will MacGee OPEN 7.38; 4. Ian Allen SWVAC 7.57; 5. Michael Smith SCVAC 7.77; 6. Paul Canning EVAC 8.11; **F (a)** 1. Mark Dunwell MMAC 7.03; 2. Jason Carty SCVAC 7.07; 3. Will MacGee OPEN 7.19; 4. Tim Barton MMAC 7.35; 5. Joe Appiah SCVAC 7.35;  
**M45 H 1 (a)** 1. Rohan Samuel SCVAC 7.52; 2. Victor Cook MMAC 7.74; 3. Tom Nicholson SVHC 7.78; 4. Peter Ilo VAC 8.07; 5. Tony Killilea VAC 8.31; **H 2 (a)** 1. Dalton Powell MMAC 7.71; 2. Robert Allen VAC 7.80; 3. Barrington King SCVAC 7.93; 4. William McKeever USA (G) 8.67; 5. Derek Warr SCVAC 8.70;  
**H 3 (a)** 1. Anthony Noel OPEN 7.38; 2. Donald Brown MMAC 7.64; 3. Masakatsu Kondo SCVAC 7.70; 4. Mick Fleming IRL (G) 8.05; 5. Des Wilkinson EVAC 8.14; **H 4 (a)** 1. Clive Morrison MMAC 7.64; 2. Glen Reddington SCVAC 7.87; 3. Paul Guest SWVAC 8.03; 4. Nicholas Walker SWVAC 8.17; **F (a)** 1. Anthony Noel OPEN 7.29; 2. Rohan Samuel SCVAC 7.31; 3. Donald Brown MMAC 7.40; 4. Dalton Powell MMAC 7.41; 5. Clive Morrison MMAC 7.66; 6. Masakatsu Kondo SCVAC 7.78;  
**M50 H 1 (a)** 1. Pat Logan SCVAC 7.57; 2. John Statham MMAC 7.82; 3. Esa Salminen FIN (G) 7.95; 4. Rod Davies SCVAC 8.28; 5. Michael May VAC

8.76; **H 2 (a)** 1. Dougie Donald MMAC 7.81; 2. Keith Powell WMAA 7.95; 3. Cecil Moven MMAC 7.97; 4. Philip Clayton MMAC 8.63; 5. Simon Pugh NVAC 9.32; **H 3 (a)** 1. Jeff Battista NVAC 7.71; 2. Kevin Burgess EVAC 7.88; 3. Tennyson James EVAC 8.01; 4. Mark Woods SCVAC 8.19; **F (a)** 1. Pat Logan SCVAC 7.46; 2. Jeff Battista NVAC 7.58; 3. Dougie Donald MMAC 7.75; 4. John Statham MMAC 7.77; 5. Kevin Burgess EVAC 7.86; 6. Keith Powell WMAA 7.94; 7. Esa Salminen FIN (G) 8.02;  
**M55 F B (a)** 1. Mario Lapka SWVAC 8.17; 2. Clement Leon SCVAC 8.21; 3. Tom Phillips SCVAC 8.29; 4. Alan Perry VAC 8.96; **F A (a)** 1. Steve Peters NVAC 7.64; 2. John Browne SCVAC 7.67; 3. Ray Watkins SCVAC 7.98; 4. Alasdair Ross SCVAC 8.03;  
**M60 H 1 (a)** 1. Tony Wells EVAC 8.48; 2. John Moore EVAC 8.50; 3. Geoffrey Kitchener VAC 8.54; 4. Michael Nunn SCVAC 8.88; 5. John Steel MMAC 9.16; **H 2 (a)** 1. Thomas Clinton IRL (G) 8.91; 2. Lawrie Dunn MMAC 9.03; 3. Stephen Henderson OPEN 17.96; 4. Brian Williamson WMAA DNF; **F (a)** 1. John Moore EVAC 8.43; 2. Geoffrey Kitchener VAC 8.46; 3. Tony Wells EVAC 8.49; 4. Thomas Clinton IRL (G) 8.82; 5. Michael Nunn SCVAC 8.86; 6. Lawrie Dunn MMAC 8.96;  
**M65 F (a)** 1. Ian Foster EVAC 8.39; 2. Terry Bissett SCVAC 8.56; 3. Charles Isetts VAC 8.85; 4. Allan Long VAC 8.98;  
**M70 F (a)** 1. Mike Morris CAN (G) 8.78; 2. Donald Butler VAA-NE 9.06; 3. Alan Carter EVAC 9.44; 4. Colin Field SCVAC 9.50; 5. Bryan Shearsmith NVAC 9.55; 6. Geoff Hudson MMAC 10.44;  
**M75 F (a)** 1. Tony Bowman NVAC 9.07; 2. Alan Mellett MMAC 9.18; 3. Peter Matthews NVAC 9.46; 4. John Evans MMAC 10.19; 5. John Godbeer VAC 10.38; 6. Geoffrey Feast VAC 10.97;  
**M80 F (a)** George Cheetham MMAC 9.86 (**British Record**); ;  
**W35 F (a)** 1. Julia Hubbard SWVAC 7.96; 2. Kirstie Taylor SCVAC 8.45; 3. Julie Zulu EVAC 9.01; 4. Nicola Long MMAC 9.32;  
**W40 F (a)** 1. Karen Hindle EVAC 8.46; 2. Tamzin Gribble SWVAC 8.47; 3. Katy Williams MMAC 8.99; 4. Penelope Barber SCVAC 9.08; 5. Joanne Regan SCVAC 9.11; 6. Lesley Richardson SCVAC 9.69;  
**W45 F (a)** 1. Julie Money NVAC 8.48; 2. Lolita Byfield-Moore WMAA 8.49; 3. Monica Brown EVAC 8.59; 4. Sally Read-Cayton VAC 8.73; 5. Hilde Bottin OPEN 9.03; 6. Amanda Rochester SCVAC 9.28; 7. Gill Tree SCVAC 9.47;  
**W50 F B (a)** 1. Denise Timmis EVAC 9.15; 2. Angela Kelly SVHC 9.18; 3. Isabel McMillan NVAC 9.44; 4. Christine Salvary SCVAC 9.66; **F A (a)** 1. Averil McClelland NVAC 8.45; 2. Wendy Dunn EVAC 8.62; 3. Gaye Clarke EVAC 8.98; 4. Sandra McDonald MMAC 9.00;  
**W55 F (a)** 1. Caroline Powell SWVAC 8.88; 2. Sue Dassie SCVAC 9.26; 3. Jan Lawson EVAC 9.62; 4. Carol Alker EVAC 9.68; 5. Anne Nelson SCVAC 10.09; 6. Lyn Ahmet SCVAC 10.49; 7. Joan Trimble VAC DNF;  
**W60 F (a)** 1. Emily McMahon SCVAC 9.78; 2. Daphne Marler SCVAC 13.17;  
**W65 F (a)** 1. Mary Axtell SCVAC 10.68; 2. Ann Bolitho SCVAC 10.84;  
**W70 F (a)** 1. Mollie Mills MMAC 10.44; 2. Dorothy Fraser EVAC 10.82;  
**W75 F (a)** 1. Rosemary Chrimes MMAC 11.04;  
**200:**  
**M35 H 1 (b)** 1. Mark Collins EVAC 24.54; 2. Robert North MMAC 24.60; 3. Richard Hieson-Blythe NVAC 25.28; 4. Paul North MMAC 25.79;  
**H 2 (b)** 1. Bernard Ward NVAC 24.84; 2. Imam Qazi SWVAC 25.37; 3. Stephen Thorpe NVAC 25.64; 4. Gary Wyn-Jones WMAA 25.73; 5. Mark West SCVAC 25.86; **F (b)** 1. Mark Collins EVAC 23.73; 2. Robert North MMAC 24.00; 3. Bernard Ward NVAC 24.04; 4. Richard Hieson-Blythe NVAC 25.60; 5. Stephen Thorpe NVAC 27.22;  
**M40 F B (b)** 1. Raphael Smith MMAC 25.73; 2. Nick Lauder VAC 25.91; 3. Antony Babbs EVAC 26.08; 4. Lance Croft EVAC 26.45; **F A (b)** 1. Will MacGee OPEN 23.17; 2. Michael Gardiner MMAC 23.98; 3. Michael Culshaw NVAC 24.50; 4. Michael Smith SCVAC 25.82; 5. Leeroy Golding NVAC 25.99;  
**M45 F B (b)** 1. Anthony Noel OPEN 25.68; 2. Neil Tunstall SWVAC 25.80; 3. Christopher Ashmore MMAC 26.70; **F A (b)** 1. Tom Nicholson SVHC 25.50; 2. Patrick Bass MMAC 25.93; 3. Keith Palmer EVAC 26.19; 4. Robert Allen VAC 26.21;  
**M50 F B (b)** 1. Mark Woods SCVAC 26.27; 2. Rod Davies SCVAC 27.03; 3. Clive Pengelly SWVAC 28.01; 4. Michael May VAC 29.34;  
**F A (b)** 1. Pat Logan SCVAC 24.55; 2. Dougie Donald MMAC 25.45; 3. Peter Hickey NVAC 25.51; 4. Nigel Wilson OPEN 25.63; 5. Malcolm Cowton SWVAC 26.99;  
**M55 F B (b)** 1. Clement Leon SCVAC 26.91; 2. Douglas Lucas VAC 26.97; 3. Peter Mould MMAC 26.99; 4. Alan Perry VAC 31.27;  
**F A (b)** 1. Steve Peters NVAC 24.69; 2. Ian Broadhurst WMAA 25.91; 3. Ivars Licietis EVAC 26.02; 4. Ray Watkins SCVAC 26.06; 5. Les Percival EVAC 27.60;  
**M60 H 1 (b)** 1. John Moore EVAC 27.28; 2. Paul Anthony MMAC 27.49; 3. Geoffrey Kitchener VAC 27.81; 4. Michael Nunn SCVAC 29.26; 5. Lawrie Dunn MMAC 29.79; **H 2 (b)** 1. Bruce Hendrie MMAC 28.50; 2. Tony Wells EVAC 28.59; 3. Thomas Clinton IRL (G) 28.65; 4. John Steel MMAC 30.86; 5. Brian Williamson WMAA DNF; **F (b)** 1. John Moore EVAC 27.28; 2. Paul Anthony MMAC 27.37; 3. Tony Wells EVAC 27.49; 4. Geoffrey Kitchener VAC 27.83; 5. Thomas Clinton IRL (G) 28.55;  
**M65 F (b)** 1. Terry Bissett SCVAC 27.62; 2. Ian Foster EVAC 28.34; 3. Charles Isetts VAC 30.41;  
**M70 F (b)** 1. Mike Morris CAN (G) 30.49; 2. Colin Field SCVAC 32.85; 3. Bryan Shearsmith NVAC 33.14; 4. Allen Sowden VAC 34.60;  
**M75 F (b)** 1. Tony Bowman NVAC 30.78; 2. John Evans MMAC 34.93;  
**M80 F (b)** 1. George Cheetham MMAC 35.57; 2. Tom Clowry MMAC DNF;



## MASTERS ATHLETICS SPRING 2011.

**W35 F (b)** 1. Julia Hubbard SWVAC 26.23; 2. Kelly Sutton EVAC 26.83; 3. Kirstie Taylor SCVAC 27.98; 4. Nicola Long MMAC 31.35;  
**W40 F (b)** 1. Karen Hindle EVAC 27.92; 2. Amanda Wale WMAA 28.18; 3. Fiona Palmer MMAC 28.44; 4. Deborah Doherty SCVAC 29.57; 5. Rachel Waters OPEN 30.16; 6. Katy Williams MMAC 30.79;  
**W45 F (b)** 1. Lolita Byfield-Moore WMAA 28.03; 2. Julie Money NVAC 28.88; 3. Monica Brown EVAC 29.14; 4. Amanda Rochester SCVAC 30.60; 5. Wendy Guild SCVAC 31.66; 6. Gill Tree SCVAC 31.81;  
**W50 FB (b)** 1. Gaye Clarke EVAC 29.82; 2. Denise Timmis EVAC 30.80; 3. Christine Salvary SCVAC 31.93; 4. Isabel McMillan NVAC 32.75;  
**FA (b)** 1. Averil McClelland NVAC 27.61; 2. Wendy Dunn EVAC 28.40; 3. Sandra McDonald MMAC 29.70; 4. Angela Kelly SVHC 30.81; 5. Jan Hardcastle EVAC 30.99;  
**W55 F B (b)** 1. Jan Lawson EVAC 34.13; 2. Lyn Ahmet SCVAC 37.49; 3. Cathy Lyon-Green MMAC 38.56; **F A (b)** 1. Carol Aiker EVAC 31.29; 2. Sue Dassie SCVAC 32.47; 3. Fiona Argent VAC 33.63; 4. Anne Nelson SCVAC 33.85;  
**W60 F (b)** 1. Sue James SCVAC 36.93;  
**W65 F (b)** 1. Ann Bolitho SCVAC 38.24;  
**W70 F (b)** 1. Mollie Mills MMAC 36.73; 2. Dorothy Fraser EVAC 37.49;

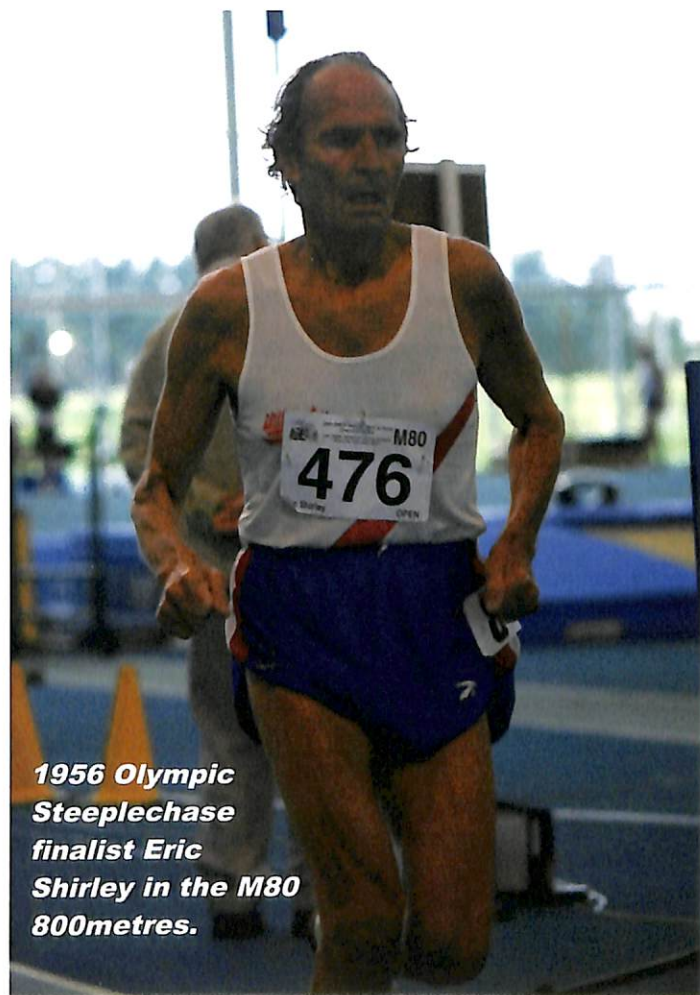
### 400

**M35 F B (a)** 1. Bernard Ward NVAC 53.46; 2. Richard Holt OPEN 56.59; 3. Craig Russell WMAA 57.18; 4. Gary Wyn-Jones WMAA 57.20;  
**F A (a)** 1. Baba Tindogo SCVAC 50.31; 2. James Thomas SCVAC 53.57; 3. Scott Spencer SCVAC 53.59; 4. Geoffrey Hill SWVAC 53.72;  
**M40 H 1 (a)** 1. Michael Gardiner MMAC 55.19; 2. Michael Culshaw NVAC 55.99; 3. Lance Croft EVAC 56.89; 4. Antony Babbs EVAC 57.18;  
**H 2 (a)** 1. Steven Baldock SCVAC 55.10; 2. Peter Benedickter EVAC 55.19; 3. Michael Osunsami SCVAC 55.84; 4. Leeroy Golding NVAC 59.52; 5. Grant Stenhouse SCVAC 60.53;  
**F (a)** 1. Michael Gardiner MMAC 53.02; 2. Steven Baldock SCVAC 53.60; 3. Peter Benedickter EVAC 53.94; 4. Michael Culshaw NVAC 55.11; 5. Michael Osunsami SCVAC 56.20; 6. Lance Croft EVAC 57.34;  
**M45 F B (a)** 1. William McKeever USA (G) 57.73; 2. Iain Moody MMAC 59.58; 3. Tony Killilea VAC 59.83; **F A (a)** 1. Jonathan Tilt SCVAC 53.42; 2. Bob Lewis SCVAC 55.59; 3. Neil Tunstall SWVAC 55.79; 4. Keith Palmer EVAC 58.39; 5. Cliff Warren VAC 60.07;  
**M50 F B (a)** 1. Malcolm Bramhall EVAC 57.81; 2. Stephen Walsh OPEN 58.16; 3. Malcolm Cowton SWVAC 58.68; 4. Simon Pugh NVAC 66.51;  
**F A (a)** 1. Kermit Bentham SCVAC 54.09; 2. Jeff Battista NVAC 55.59; 3. Tennyson James EVAC 56.93; 4. Peter Hickey NVAC 57.29;  
**M55 F B (a)** 1. Ray Watkins SCVAC 59.51; 2. Clement Leon SCVAC 59.98; 3. Douglas Lucas VAC 60.38; 4. Philip Bell VAC 64.24;  
**F A (a)** 1. Steve Peters NVAC 56.37; 2. Ivars Licietis EVAC 56.93; 3. Ian Broadhurst WMAA 58.22; 4. David Wilcock SCVAC 59.13;  
**M60 F (a)** 1. Paul Anthony MMAC 61.13; 2. David Hayward VAC 61.23; 3. John Moore EVAC 62.00; 4. Bruce Hendrie MMAC 62.71; 5. Tony Wells EVAC 63.39; 6. Lawrie Dunn MMAC 68.32;  
**M65 F B (b)** 1. Albert Eland NVAC 70.10; 2. David Haines SCVAC 75.28; 3. David Cowgill NVAC 78.82; **F A (a)** 1. Terry Bissett SCVAC 63.49; 2. Richard Somers VAC 67.39; 3. Melvyn James WMAA 72.41; 4. Ian Pearce EVAC DNF;  
**M70 F (a)** 1. Donald Butler VAA-NE 74.10; 2. Allen Sowden VAC 78.59; 3. Arthur Kimber SCVAC 81.57; 4. Rodney Mills NVAC DISQ;  
**M75 F (a)** 1. Tony Bowman NVAC 81.43; 2. John Seymour SCVAC 82.27;  
**M80 F (a)** 1. William Davies WMAA 88.04;  
**W35 F (a)** 1. Nicola Long MMAC 69.42; 2. Katrina Wastenev EVAC 71.34;  
**W40 F (a)** 1. Denise Morley EVAC 61.56; 2. Amanda Wale WMAA 61.65; 3. Fiona Palmer MMAC 63.57; 4. Tamzin Gribble SWVAC 64.59; 5. Deborah Doherty SCVAC 66.04; 6. Jayne Anscombe VAC 66.76;  
**W45 F B (a)** 1. Tracy Burrows SCVAC 65.67; 2. Fiona Meldrum MMAC 67.24; 3. Amanda Rochester SCVAC 68.08; **F A (a)** 1. Sally Read-Cayton VAC 61.09; 2. Lesley Hopkins SCVAC 65.43; 3. Michelle Wakefield SCVAC 66.35; 4. Alison Collins SCVAC 67.32;  
**W50 F (a)** 1. Averil McClelland NVAC 64.23; 2. Wendy Dunn EVAC 65.73; 3. Jane Horder MMAC 66.04; 4. Lynn Talbert SCVAC 67.42; 5. Denise Timmis EVAC 72.86;  
**W55 F (a)** 1. Caroline Powell SWVAC 65.39;  
**W60 F (a)** 1. Sue James SCVAC 83.98;

### 800

**M35 F (b)** 1. Baba Tindogo SCVAC 2-00.10; 2. Mike Toal NVAC 2-00.94; 3. Peter Straiton OPEN 2-02.73; 4. Richard Weaver SCVAC 2-04.19; 5. Christopher Symonds SCVAC 2-04.58;  
**M40 F (b)** 1. Steve Down EVAC 2-15.04; 2. Calvin Scoltock MMAC 2-16.64; 3. Grant Stenhouse SCVAC 2-19.63;  
**M45 F (b)** 1. Simon Anderson SWVAC 2-06.64; 2. Larry Mangelshot SCVAC 2-09.73; 3. Mark Ashby SCVAC 2-14.76; 4. Andy Gannaway VAC 2-16.11; 5. Brett Davis WMAA 2-16.21; 6. Lance Birkby SCVAC 2-19.33;  
**M50 F (b)** 1. Alex Bryce SVHC 2-09.43; 2. John Healy IRL (G) 2-14.02; 3. Ray Daniel VAC 2-16.11; 4. Nigel Wilson OPEN 2-22.17; 5. Richard Jenkin VAC DNS;  
**M55 F (b)** 1. Joe Gough IRL (G) 2-11.51; 2. David Wilcock SCVAC 2-12.03; 3. David Bedwell MMAC 2-18.97; 4. Fred Pidgeon MMAC 2-29.71; 5. Alasdair Gibson EVAC 2-35.73;

**M60 F (b)** 1. Kenneth Daniel SCVAC 2-26.64; 2. Ed Connolly SCVAC 2-27.68; 3. Ian Snow SWVAC 2-32.11; 4. Bill Birmingham VAC 2-40.66; 5. Michael Elwell MMAC DNF;  
**M65 F (b)** 1. Rod Scholes NVAC 2-33.56; 2. Richard Somers VAC 2-39.53; 3. Albert Eland NVAC 2-46.78; 4. John Garber EVAC 2-48.41; 5. David Shelton EVAC 2-55.28; 6. David Cowgill NVAC 2-57.80;  
**M70 F (b)** 1. Barry Swindells NVAC 2-52.58; 2. Rodney Mills NVAC 3-07.83; 3. Arthur Kimber SCVAC 3-15.48;  
**M75 F (b)** 1. Len Parrott SCVAC 3-14.70; 2. John Seymour SCVAC 3-25.06;  
**M80 F (b)** 1. Eric Shirley OPEN 3-35.99 (**British Record**)  
**W35 F (b)** 1. Nicola Neill EVAC 2-25.30; 2. Alexandra Shamloil OPEN 2-29.25; 3. Joanna Winfield EVAC 2-31.68; 4. Nicola Long MMAC 2-57.06;  
**W40 F (b)** 1. Denise Morley EVAC 2-19.66; 2. Bernadine Pritchett VAC 2-26.08; 3. Helen Johal OPEN 2-32.05; 4. Jayne Anscombe VAC 2-36.24;  
**W45 F (b)** 1. Tracy Burrows SCVAC 2-37.96;  
**W50 F (b)** 1. Joan Lasenby EVAC 2-33.13; 2. Alison Hurford VAC 2-36.14; 3. Susan Tawney MMAC 2-44.08; 4. Jenny Hughes SCVAC 2-44.10; 5. Diane Farmer SCVAC 2-54.84;  
**W55 F (b)** 1. Joan Howe NVAC 2-41.71; 2. Liz Bowers SVHC 2-51.33; 3. Pat Halstead SCVAC 2-56.29; 4. Joyce Barrus MMAC 3-08.96;  
**W60 F (b)** 1. Nancy Hitchmough MMAC 2-41.37; 2. Angela Copson MMAC 2-48.11; 3. Sue James SCVAC 3-13.37;  
**W70 F (b)** 1. Kathleen Stewart VAA-NE 3-17.47 (**British Record**); 2. Betty Stracey EVAC DNF;



**1956 Olympic Steeplechase finalist Eric Shirley in the M80 800metres.**

### 1500

**M35 F (a)** 1. Christopher Symonds SCVAC 4-11.45; 2. Adrian Copp EVAC 4-27.70; 3. David Connell EVAC 4-29.61; 4. Daniel Brumby EVAC 4-44.74;  
**M40 F (a)** 1. David Morwood NIMAC 4-08.57; 2. Andrew Coleman EVAC 4-27.57; 3. Andrew Del nevo SCVAC 4-37.40; 4. Martin Kelk SCVAC 4-42.42;  
**M45 F (a)** 1. Simon Anderson SWVAC 4-15.13; 2. Paul Greaves OPEN 4-25.38; 3. Tony Tuohy VAC 4-28.86; 4. Danny Skeffington IRL (G) 4-32.22; 5. Mark Ashby SCVAC 4-44.11; 6. Michael Maher IRL (G) 4-51.98; 7. Philip York SWVAC 4-58.34; 8. Paul Kent SCVAC 5-00.32;  
**M50 F (a)** 1. Stephen Smith NVAC 4-23.64; 2. Alex Bryce SVHC 4-25.56; 3. John Healy IRL (G) 4-29.92; 4. Philip Crane WMAA 4-38.84; 5. Richard Jenkin VAC 4-41.57; 6. Geoffrey Brewster EVAC 4-42.09; 7. Alex Rowe NVAC 4-43.63; 8. Colin Oxlade SCVAC 4-54.37; 9. Keith McLellan EVAC 5-04.24;  
**M55 F (a)** 1. David Wilcock SCVAC 4-38.11; 2. David Bedwell MMAC 4-39.60; 3. David Oxland MMAC 4-41.88; 4. Kevin Archer SWVAC 4-49.35; 5. Fred Pidgeon MMAC 5-00.70; 6. Henry Heavisides NVAC 5-06.65;



## MASTERS ATHLETICS SPRING 2011

7. Archie Jenkins SVHC 5-09.55; 8. Alan Newman SCVAC 5-23.80; 9. Richard Brown MMAC 5-26.91;  
**M60 F (a)** 1. Michael Mann VAC 4-54.52; 2. Ian Snow SWVAC 4-56.47;  
 3. Kenneth Daniel SCVAC 4-58.88; 4. Chris Reed SCVAC 5-28.40; 5. Mick Smedley MMAC 5-35.18; 6. Michael Elwell MMAC 6-00.59;  
**M65 F (a)** 1. Peter Giles VAC 5-31.09; 2. John Treadwell VAC 5-39.05;  
 3. John Garber EVAC 5-40.03; 4. Peter Tabenor SWVAC 5-54.51; 5. Mike Duggan IRL (G) DNF;  
**M70 F (a)** 1. Barry Swindells NVAC 5-40.12; 2. Ian Leggett SVHC 6-04.02;  
 3. Eric Hughes WMAA 6-06.09; 4. Rodney Mills NVAC 6-12.19; 5. Edmond Simpson VAC 6-29.51;  
**M75 F (a)** 1. Len Parrott SCVAC 6-28.75; 2. Richard P-Knowles VAC 7-00.87;  
**M80 F (a)** 1. William Davies WMAA 6-54.67;  
**W35 F (a)** 1. Nicola Neill EVAC 5-04.08;  
**W40 F (a)** 1. Bernadine Pritchett VAC 4-54.87; 2. Helen Johal OPEN 5-08.00;  
 3. Karen Loughney VAA-NE 5-28.62;  
**W45 F (a)** 1. Clare Elms VAC 4-40.58; 2. Jane Pidgeon MMAC 5-08.06;  
**W50 F (a)** 1. Joan Lasenby EVAC 5-05.01; 2. Alison Hurford VAC 5-14.90;  
 3. Susan Tawney MMAC 5-19.91; 4. Karen Brooks MMAC 5-26.97; 5. Elaine O'Sullivan EVAC 5-31.09; 6. Tessa Pike EVAC DNF;  
**W55 F (a)** 1. Gail Duckworth EVAC 5-18.65; 2. Joan Howe NVAC 5-32.28;  
 3. Andrea Sanders-Reece VAC 5-42.32; 4. Liz Bowers SVHC 5-43.85; 5. Pat Halstead SCVAC 5-52.76; 6. Joyce Barrus MMAC 6-25.24;  
**W60 F (a)** 1. Nancy Hitchmough MMAC 5-23.58; 2. Angela Copson MMAC 5-26.81; 3. Ros Tabor VAC 5-40.88; 4. Sue James SCVAC 6-31.98;  
**W65 F (a)** 1. Pat Gallagher WMAA 6-04.98;  
**W70 F (a)** 1. Kathleen Stewart VAA-NE 6-43.54 (**British Record**); 2. Betty Stracey EVAC 7-27.91;

### 3000

**M40 F (b)** 1. David Morwood NIMAC 8-47.75; 2. Robert Palmer OPEN 9-01.47; 3. Ian Johnston SVHC 9-24.54; 4. Andrew Del nevo SCVAC 10-24.82;  
**M45 F (b)** 1. Rob Andrew MMAC 9-13.69; 2. Simon Anderson SWVAC 9-17.97; 3. Tony Tuohy VAC 9-22.83; 4. Paul Lemmon VAC 9-51.81;  
**M50 F (b)** 1. Michael Bridgeland EVAC 9-31.30; 2. Alex Rowe NVAC 10-00.01; 3. Colin Oxlade SCVAC 10-07.49; 4. Steven Doxey NVAC 10-08.05;  
 5. Keith McLellan EVAC 10-41.07;  
**M55 F (b)** 1. David Butler EVAC 9-36.00; 2. David Oxland MMAC 10-01.78;  
 3. Archie Jenkins SVHC 10-50.70; 4. Alan Newman SCVAC 11-21.49;  
 5. David Proffitt WMAA 11-44.27;  
**M60 F (b)** 1. Patrick Timmons IRL (G) 10-35.04; 2. Michael Mann VAC 10-43.38; 3. Peter Hamilton SWVAC 11-20.67; 4. Neil Robson NVAC 11-50.48;  
 5. Mick Smedley MMAC 12-08.07;  
**M65 F (b)** 1. Peter Giles VAC 12-01.93; 2. Russell Williams SCVAC 12-17.72;  
 3. Peter Tabenor SWVAC 12-25.80;  
**M70 F (b)** 1. Eric Hughes WMAA 12-59.07; 2. Edmond Simpson VAC 13-26.76;  
**M75 F (b)** 1. Richard P-Knowles VAC 15-38.71;  
**W40 F (b)** 1. Bernadine Pritchett VAC 10-25.03; 2. Lisa Elmore OPEN 10-25.97;  
**W45 F (b)** 1. Jane Pidgeon MMAC 10-53.31; 2. Helen Morris VAA-NE 12-34.03; 3. Lynne Marr VAA-NE 13-37.80;  
**W50 F (b)** 1. Susan Tawney MMAC 11-21.11; 2. Diane Farmer SCVAC 12-03.30; 3. Lucy Hickey NVAC 13-11.05;  
**W55 F (b)** 1. Gail Duckworth EVAC 11-04.85 (**British Record**); 2. Andrea Sanders-Reece VAC 12-07.03;  
**W60 F (b)** 1. Angela Copson MMAC 11-29.52 (**World Record**); 2. Ros Tabor VAC 11-49.93;  
**W65 F (b)** 1. Pat Gallagher WMAA DNF;  
**W75 F (b)** 1. Anne Martin EVAC 15-43.40 (**World Record**);

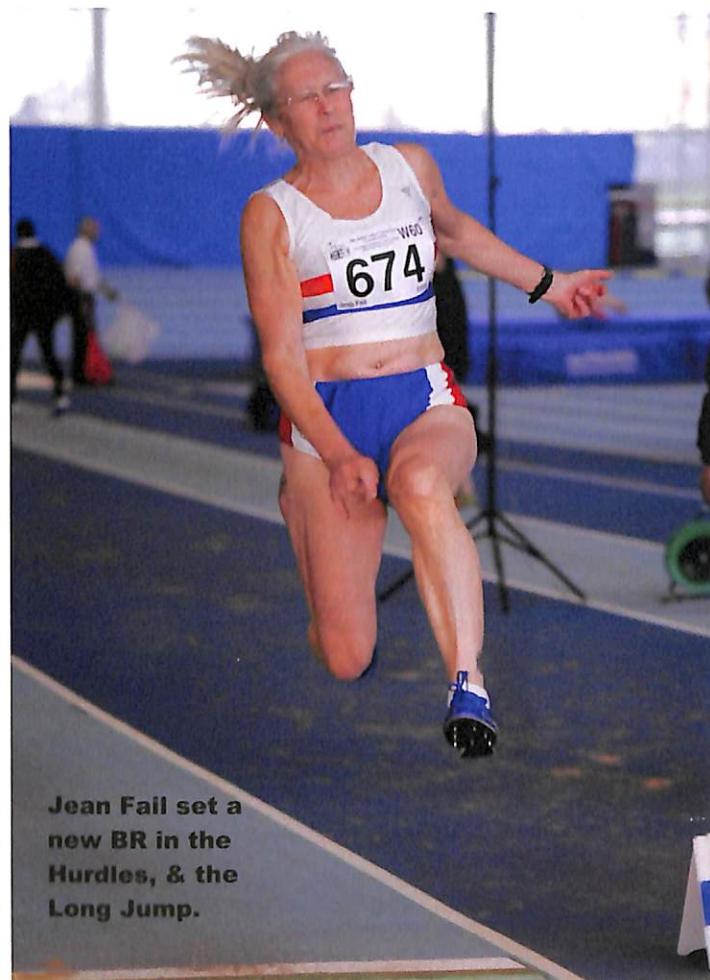
### 3000Walk

**M45 F (b)** 1. Mark Williams MMAC 14-23.99;  
**M50 F (b)** 1. Francisco Reis POR (G) 14-04.84; 2. Steve Allen SCVAC 15-43.13;  
**M55 F (b)** 1. Nick Silvester SCVAC 14-26.13; 2. David Sharpe SCVAC 18-04.93; 3. Sean Pender IRL (G) 19-24.25;  
**M60 F (b)** 1. John Hall VAC 15-06.65;  
**M65 F (b)** 1. Ronald Penfold VAC 17-24.30; 2. Peter Hannell VAC 17-39.13;  
 3. Alan O'Rawe VAC 19-18.78; 4. Peter Howard EVAC 20-41.38;  
**M70 F (b)** 1. Arthur Thomson VAC 16-49.46; 2. Ron Powell SCVAC 19-32.66;  
 3. Bernard Hercock VAC DISQ; 4. David Stevens VAC DISQ;  
**M75 F (b)** 1. Norbett Will NIMAC 20-17.73; 2. Eric Horwill MMAC 21-55.67;  
**W45 F (b)** 1. Helen Middleton EVAC 17-04.68; 2. Angie Alstrachen SCVAC 19-14.69;  
**W55 F (b)** 1. Ann Wheeler MMAC 16-16.09 (**British Record**); 2. Cath Duhig EVAC 17-30.57; 3. Jo Miles VAC 19-06.45;  
**W60 F (b)** 1. Susan Barnett EVAC 18-56.08;  
**W75 F (b)** 1. Maureen Spelman VAC 21-15.03 (**British Record**);

### 60H:

**M35 F (a)** 1. Peter Davey SCVAC 9.28; 2. James Thomas SCVAC 9.64;  
 3. Stephen Wren NVAC 9.79;  
**M40 F (a)** 1. Joe Appiah SCVAC 8.53; 2. Ian Allen SWVAC 9.02;  
**M45 F (a)** 1. Des Wilkinson EVAC 9.32; 2. Neil Tunstall SWVAC 9.37;  
 3. Iain Moody MMAC 10.17; 4. Derek Warn SCVAC 11.92;

**F A (a)** 1. Greg Dunson MMAC 8.79; 2. Donald Brown MMAC 8.88; 3. Glen Reddington SCVAC 9.25; 4. Andrew Kennard SCVAC DNF;  
**M50 F (a)** 1. Tennyson James EVAC 9.07; 2. John Mayor EVAC 9.25; 3. Allan Leiper SCVAC 9.37; 4. Clive Pengelly SWVAC 10.57; 5. Simon Pugh NVAC 12.86;  
**M55 F (a)** 1. Duncan Talbot SCVAC 11.62;  
**M60 F (a)** 1. Tony Wells EVAC 9.78;  
**M65 F (a)** 1. Barry Ferguson VAC 10.86; 2. David Haines SCVAC 12.69;  
 3. Tom Thorne USA (G) 14.32;  
**M70 F (a)** 1. Donald Butler VAA-NE 10.87;  
**M75 F (a)** 1. Tony Bowman NVAC 10.77 (**European Record**);  
**W35 F (a)** 1. Julie Zulu EVAC 12.21;  
**W40 F (a)** 1. Amanda Wale WMAA 9.70; 2. Catherine Goddard EVAC 10.39;  
**W45 F (a)** 1. Lesley Willis MMAC 11.86;  
**W50 F (a)** 1. Jane Horder MMAC 9.89; 2. Gaye Clarke EVAC 10.08;  
**W55 F (a)** 1. Carole Filer EVAC 10.56; 2. Jan Lawson EVAC 12.24;  
**W60 F (a)** 1. Jean Fail SWVAC 10.69 (**British Record**); 2. Emily McMahon SCVAC 11.44;



**Jean Fail set a new BR in the Hurdles, & the Long Jump.**

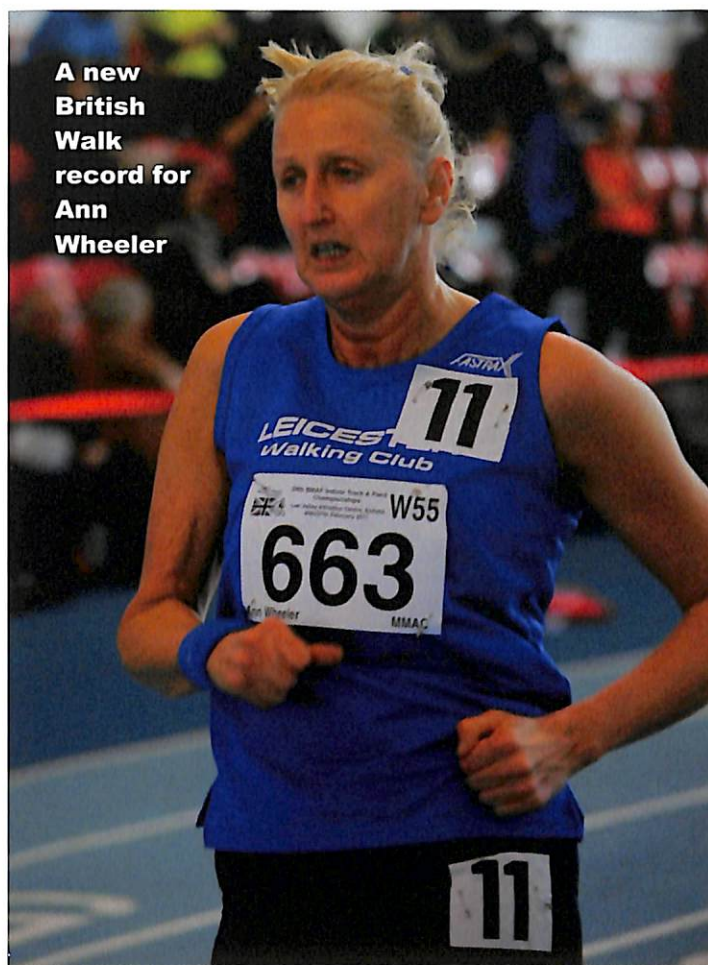
### HJ:

**M35 F (b)** 1. Stephen Wren NVAC 1.65; 2. Peter Davey SCVAC 1.65; 3. Kevin Byrne IRL (G) 1.60; 4. Alec Taylor EVAC 1.60;  
**M40 F (b)** 1. Mitchell Bellham OPEN 1.60; 2. Richard Buckingham VAC 1.60;  
**M45 F (b)** 1. Steve Linsell NVAC 1.70; 1. Andrew Waddington SWVAC 1.70; 3. Mark Roach SWVAC 1.65;  
**M50 F (b)** 1. Allan Leiper SCVAC 1.60; 2. Malcolm Bramhall EVAC 1.55;  
 3. John Mayor EVAC 1.50; 4. Colin Hague SWVAC 1.50; 5. Keith Powell WMAA 1.45;  
**M55 F (a)** 1. David Blunt SCVAC 1.55; 2. Duncan Talbot SCVAC 1.50;  
 3. Clement Leon SCVAC 1.50; 4. Neil Egan IRL (G) 1.30;  
**M60 F (a)** 1. Stephen Faulkner SWVAC 1.40; 2. Henry Rowon IRL (G) 1.27;  
**M65 F (a)** 1. Collin Green MMAC 1.30; 2. Edward Wagner NVAC 1.27; 3. Tom Thorne USA (G) 1.27; 4. David Haines SCVAC 1.24; 5. John Howe WMAA 1.21;  
**M70 F (a)** 1. Roger Bruck SCVAC 1.24;  
**M75** Tony Crocker MMAC 1.36 (**British Record**);  
**W35 F (a)** 1. Natasha Brunning SCVAC 1.50;  
**W45 F (a)** 1. Imeta Barauskiene SCVAC 1.53; 2. Amanda Rowley-Jones SCVAC 1.25;  
**W50 F (a)** 1. Gaye Clarke EVAC 1.33; 2. Teresa Eades SCVAC 1.33; 3. Jan Hardcastle EVAC 1.24; 4. Lucy Moore-Fox IRL (G) 1.24;  
**W55 F (a)** 1. Carole Filer EVAC 1.36 (**Equals British Record with Rosemary Chrimes**); 2. Pam Garvey MMAC 1.24;



## MASTERS ATHLETICS SPRING 2011.

**W60 F (a)** 1. Patricia Oakes SCVAC 1.06;  
**W70 F (a)** 1. Dorothy Fraser EVAC 0.94;  
**W75 F (a)** 1. Rosemary Chrimes MMAC 1.15;



**A new  
British  
Walk  
record for  
Ann  
Wheeler**

### PV:

**M35 F (b)** 1. Chris Mills SCVAC 4.50; 2. Stephen Wren NVAC 3.40;  
**M40 F (b)** 1. Andrew Del nevo SCVAC 2.70;  
**M45 F (b)** 1. Simon Eastwood EVAC 3.60; 2. John Andrews SCVAC 3.50;  
 3. Nicholas Walker SWVAC 3.20; 4. Richard Waterhouse SCVAC 3.00;  
 5. Alan Easey VAC 2.90;  
**M50 F (b)** 1. Allan Leiper SCVAC 3.40; 2. Keith Powell WMAA 3.00;  
**M55 F (b)** 1. Allan Williams SCVAC 3.80; 2. David Blunt SCVAC 3.20;  
 3. Nicholas Phipps SCVAC 3.10;  
**M60 F (a)** 1. Bruce Hendrie MMAC 2.80;  
**M65 F (a)** 1. John Bradley MMAC 2.60; 2. Brian Loten SWVAC 2.30; 3. Tom Thorne USA (G) 2.00;  
**W35 F (a)** 1. Natasha Brunning SCVAC 3.00; 2. Kelly Montgomery OPEN 2.50;  
**W50 F (a)** 1. Jennifer Ibbitson NVAC 2.40; 2. Teresa Eades SCVAC 2.30;  
**W55 F (a)** 1. Sue Yeomans SCVAC 2.70;

### LJ:

**M35 F (a)** 1. Neil Lincoln SCVAC 6.15; 2. Stephen Wren NVAC 5.93; 3. Steve Lake SCVAC 5.71;  
**M40 F (a)** 1. Ian Allen SWVAC 6.06; 2. Ian Gouldthorpe NVAC 5.33;  
 3. Richard Buckingham VAC 5.24; 4. Leeroy Golding NVAC 4.61;  
**M45 F (a)** 1. Masakatsu Kondo SCVAC 5.71; 2. Donald Brown MMAC 5.67;  
 3. Andrew Kennard SCVAC 5.35; 4. Paul Guest SWVAC 5.34; 5. Nicholas Walker SWVAC 5.25; 6. Peter Ilo VAC 5.19; 7. Andrew Waddington SWVAC 5.04; 8. Alan Easey VAC 4.97; 9. Christopher Ashmore MMAC 4.81; 10. Derek Warr SCVAC 3.97;  
**M50 F (a)** 1. John Mayor EVAC 5.47; 2. Trevor Wade SCVAC 5.37; 3. Keith Powell WMAA 5.13; 4. Rod Davies SCVAC 4.70;  
**M55 F (a)** 1. Alfredo Melao POR (G) 5.35; 2. Mario Lapka SWVAC 5.15;  
 3. Geoff Ward OPEN 4.97; 4. Alasdair Ross SCVAC 4.84; 5. Neil Egan IRL (G) 4.79; 6. David Blunt SCVAC 4.50; 7. Clement Leon SCVAC 4.42; 8. Peter Morgan VAC 3.43;  
**M60 F (a)** 1. Lawrie Dunn MMAC 4.15;  
**M65 F (a)** 1. Allan Long VAC 4.18; 2. Allan Cheers WMAA 3.98; 3. Collin Green MMAC 3.87;  
**M70 F (a)** 1. Pdraig Maye IRL (G) 3.86; 2. Roger Bruck SCVAC 3.52;  
**M75 F (a)** 1. Tony Crocker MMAC 4.03 (**equals British Record with Alan Lovett 1997**); 2. John Evans MMAC 3.65; 3. Colin Sheppard SCVAC 3.17; 4. Geoffrey Feast VAC 2.96;

**M80 F (a)** 1. Tom Clowry MMAC 2.00;  
**W35 F (a)** 1. Natasha Brunning SCVAC 4.95; 2. Kate Alexander EVAC 4.60; 3. Julie Zulu EVAC 4.35;  
**W40 F (a)** 1. Joanne Regan SCVAC 4.32;  
**W45 F (a)** 1. Imeta Barauskiene SCVAC 4.86;  
**W50 F (a)** 1. Denise Timmis EVAC 4.30; 2. Gaye Clarke EVAC 4.28; 3. Janice Pryce WMAA 4.21; 4. Clare StJohn-Coleman EVAC 3.77; 5. Isabel McMillan NVAC 3.77; 6. Christine Salvary SCVAC 3.66; 7. Jan Hardcastle EVAC 3.58; 8. Teresa Eades SCVAC 1.42;  
**W55 F (a)** 1. Carole Filer EVAC 4.46 (**British Record**); 2. Sue Yeomans SCVAC 3.95; 3. Lyn Ahmet SCVAC 3.34; 4. Fiona Argent VAC 3.19; 5. Cathy Lyon-Green MMAC 2.69;  
**W60 F (a)** 1. Jean Fall SWVAC 4.02 (**British Record**); 2. Patricia Oakes SCVAC 2.95; 3. Linda Harrison SCVAC 2.30; 4. Daphne Marler SCVAC 2.09;

### TJ:

**M35 F (b)** 1. Steve Lake SCVAC 11.85;  
**M40 F (b)** 1. Keith Newton SCVAC 12.70; 2. Ian Gouldthorpe NVAC 11.45; 3. Leeroy Golding NVAC 9.95;  
**M45 F (b)** 1. Julien Gittens NVAC 11.98; 2. Cliff Warren VAC 10.41; 3. Nicholas Walker SWVAC 10.29; 4. Christopher Ashmore MMAC 10.22; 5. Andrew Waddington SWVAC 10.07;  
**M50 F (b)** 1. Albert Earle MMAC 11.05; 2. Steve Wallace SVHC 10.44; 3. Dave Shields WMAA 10.02;  
**M55 F (b)** 1. Alfredo Melao POR (G) 11.89; 2. David Folgate EVAC 10.98; 3. Clement Leon SCVAC 9.94; 4. David Blunt SCVAC 9.66;  
**M60 F (b)** 1. Kristian Lundby MMAC 9.55;  
**M65 F (b)** 1. Collin Green MMAC 8.27;  
**M70 F (b)** 1. Pdraig Maye IRL (G) 8.51; 2. Michael Collins SCVAC 7.34;  
**M75 F (b)** 1. John Evans MMAC 7.69;  
**W45 F (b)** 1. Imeta Barauskiene SCVAC 10.20; 2. Hilde Bottin OPEN 9.97; 3. Amanda Rowley-Jones SCVAC 8.37;  
**W50 F (b)** 1. Janice Pryce WMAA 9.84br; 2. Teresa Eades SCVAC 8.82; 3. Lucy Moore-Fox IRL (G) 8.25; 4. Clare StJohn-Coleman EVAC 7.96; 5. Christine Salvary SCVAC 7.26;  
**W55 F (b)** 1. Lyn Ahmet SCVAC 7.18; 2. Cathy Lyon-Green MMAC 6.68;  
**W60 F (b)** 1. Patricia Oakes SCVAC 6.63; 2. Linda Harrison SCVAC 5.37; 3. Daphne Marler SCVAC 5.13;  
**W75 F (b)** 1. Anne Martin EVAC 5.98 (**British Record**);

### SP:

**M35 F (b)** 1. Ken Baker EVAC 13.76; 2. Simon Achurch EVAC 11.78; 3. Graham Holder WMAA 11.56; 4. Barry Barnfield WMAA 10.63; 5. Peter Mayfield OPEN 10.61; 6. Stephen Wren NVAC 10.41;  
**M40 F (b)** 1. Mark Wiseman SCVAC 14.79; 2. John Twiddle NVAC 12.28; 3. Paul Smith MMAC 8.24; 4. David Glendower WMAA 7.69;  
**M45 F (b)** 1. David Burrell EVAC 10.72; 2. Glyndwr Pugh WMAA 10.59; 3. Tetsuro Sawaki JAP (G) 10.08; 4. Dave Brown NVAC 9.68;  
**M50 F (b)** 1. Rob Earle EVAC 13.68; 2. Philip Davies NVAC 13.21; 3. Allan Leiper SCVAC 13.00; 4. Steve Thomas NVAC 12.85; 5. Guy Perryman SCVAC 12.51; 6. Chris Privett SCVAC 11.05;  
**M55 F (b)** 1. John Stevens SCVAC 10.31; 2. Karlis Bricis LAT (G) 10.05; 3. Graeme Packman EVAC 9.79; 4. Timothy Saunders Mullin SCVAC 8.84; 5. Clive Howell MMAC 8.22;  
**M60 F (b)** 1. Neil Griffin SCVAC 13.02; 2. Barry Hawsworth MMAC 12.03; 3. Anthony Richards VAC 11.84; 4. Bill Renshaw NVAC 10.31; 5. Philip Bramford EVAC 9.72;  
**M65 F (a)** 1. Garry Negus SCVAC 10.33; 2. Richard Jegou MMAC 10.27; 3. David Kuester VAC 9.90; 4. James Sloan SVHC 9.52; 5. Richard Turner OPEN 9.50; 6. Edward Wagner NVAC 9.42;  
**M70 F (a)** 1. Bill Legg SWVAC 10.19; 2. Hamilton Thomas VAC 8.26;  
**M75 F (a)** 1. Ian Miller EVAC 10.35; 2. Peter Barber SCVAC 8.29;  
**M80 F (a)** 1. Jaroslav Hanus VAC 7.87;  
**W35 F (a)** 1. Catherine Alford WMAA 8.69; 2. Julie Zulu EVAC 8.07; 3. Mary Davies SCVAC 7.50;  
**W40 F (a)** 1. Sue Lawrence SCVAC 11.06;  
**W45 F (a)** 1. Priscilla O'Sullivan IRL (G) 9.13; 2. Julie Wilson SCVAC 9.07; 3. Ruth Bird MMAC 8.70; 4. Karen Llewellyn WMAA 8.46; 5. Janet Smith SCVAC 8.40; 6. Lesley Willis MMAC 6.68;  
**W50 F (a)** 1. Jennifer Ibbitson NVAC 10.18; 2. Wendy Dunsford SCVAC 9.88; 3. Claire Cameron SVHC 9.75; 4. Anne Goad SCVAC 9.15; 5. Lucy Moore-Fox IRL (G) 8.92; 6. Angela Morgan SCVAC 8.39; 7. Gaye Clarke EVAC 8.38;  
**W55 F (a)** 1. Vilma Thompson SCVAC 11.10; 2. Sue Dassie SCVAC 9.00; 3. Fiona Crompton NVAC 8.52;  
**W60 F (a)** 1. Mo Pearson SWVAC 8.93; 2. Anthea Bramford EVAC 6.31;  
**W65 F (a)** 1. Elizabeth Sissons SCVAC 9.33;  
**W70 F (a)** 1. E Williams SCVAC 9.29;  
**W75 F (a)** 1. Rosemary Chrimes MMAC 9.15 (**World Record**); 2. Anne Martin EVAC 7.55; 3. Sheila Champion IRL (G) 5.60;

### WT:

**M35 F (b)** 1. Graham Holder WMAA 15.96 (**British Record**); 2. Simon Achurch EVAC 13.64; 3. Barry Barnfield WMAA 10.98; 4. Peter Mayfield OPEN 10.61;  
**M40 F (b)** 1. Paul Smith MMAC 7.60; 2. David Glendower WMAA 7.42;  
**M45 F (b)** 1. David Burrell EVAC 11.53; 2. Dave Brown NVAC 9.96; 3. Glyndwr Pugh WMAA 9.87; 4. Samuel Moylan SCVAC 8.20;



## MASTERS ATHLETICS SPRING 2011

**M50 F (b)** 1. Rob Earle EVAC 19.44; 2. Chris Privett SCVAC 17.65; 3. Guy Perryman SCVAC 14.88; 4. Martin Roberts MMAC 14.00; 5. Mike Burling EVAC 10.29;  
**M55 F (b)** 1. Malcolm Fenton EVAC 17.78; 2. Clive Howell MMAC 12.60; 3. Clive Thomson SCVAC 12.20; 4. John Stevens SCVAC 11.70; 5. Timothy SaundersMullin SCVAC 10.65;  
**M60 F (b)** 1. Paul Dickenson SCVAC 17.14; 2. Bill Renshaw NVAC 12.33; 3. Philip Bramford EVAC 9.38;  
**M65 F (a)** 1. Christopher Melluish SCVAC 14.79; 2. Garry Negus SCVAC 13.36; 3. David Kuester VAC 13.29; 4. Richard Jegou MMAC 11.02;  
**M70 F (a)** 1. Hamilton Thomas VAC 12.81;  
**M75 F (a)** 1. Ian Miller EVAC 13.41;  
**M80 F (a)** 1. Jaroslav Hanus VAC 8.61;  
**W35 F (a)** 1. Andrea Jenkins EVAC 16.47 (**European Record**); 2. Catherine Alford WMAA 9.38; 3. Mary Davies SCVAC 7.72; 4. Nicola Long MMAC 7.02;  
**W40 F (a)** 1. Sue Lawrence SCVAC 10.65; 2. Sharon Waller EVAC 6.66;  
**W45 F (a)** 1. Janet Smith SCVAC 12.60; 2. Priscilla O'Sullivan IRL (G) 11.01; 3. Maureen Glanton IRL (G) 10.49; 4. Julie Wilson SCVAC 10.24; 5. Ruth Bird MMAC 9.88; 6. Karen Llewellyn WMAA 8.70;  
**W50 F (a)** 1. Jennifer Ibbitson NVAC 13.06; 2. Wendy Dunsford SCVAC 10.78; 3. Claire Cameron SVHC 9.92; 4. Angela Morgan SCVAC 8.78; 5. Lucy Moore-Fox IRL (G) 8.11; 6. Wanda Callahan USA (G) 5.85;  
**W55 F (a)** 1. Vilma Thompson SCVAC 11.76; 2. Fiona Crompton NVAC 8.42;  
**W60 F (a)** 1. Rosemary Hutton VAC 10.93; 2. Linda Harrison SCVAC 8.38;  
**W65 F (a)** 1. Elizabeth Sissons SCVAC 12.51;  
**W75 F (a)** 1. Anne Martin EVAC 10.09 (**British Record**);

### DT:

**M35 F (a)** 1. Simon Achurch EVAC 35.47; 2. Peter Mayfield OPEN 32.42; 3. Barry Barnfield WMAA 29.56;  
**M40 F (a)** 1. Mark Wiseman SCVAC 50.23; 2. John Twiddle NVAC 35.31; 3. Leeroy Golding NVAC 26.35; 4. Paul Smith MMAC 24.71; 5. David Glendower WMAA 20.70;  
**M45 F (a)** 1. David Burrell EVAC 34.10; 2. Nicholas Walker SWVAC 31.43; 3. Glyndwr Pugh WMAA 29.93; 4. Dave Brown NVAC 29.44; 5. Samuel Moylan SCVAC 25.33;  
**M50 F (a)** 1. Chris Privett SCVAC 40.51; 2. Steve Woolley MMAC 34.44; 3. Graham Middleton MMAC 31.81; 4. Michael Bale SCVAC 26.16;  
**M55 F (a)** 1. Geoff Ward OPEN 34.60; 2. Timothy SaundersMullin SCVAC 24.35;  
**M60 F (a)** 1. Barry Hawksworth MMAC 44.92; 2. Bill Renshaw NVAC 39.21; 3. Anthony Richards VAC 37.53; 4. Philip Bramford EVAC 36.14;  
**M65 F (b)** 1. James Sloan SVHC 32.71; 2. David Kuester VAC 32.52; 3. Richard Jegou MMAC 30.82; 4. Richard Turner OPEN 27.54;  
**M70 F (b)** 1. Hamilton Thomas VAC 23.26;  
**M75 F (b)** 1. Ian Miller EVAC 28.15;  
**M80 F (b)** 1. Jaroslav Hanus VAC 18.99;  
**W35 F (b)** 1. Andrea Jenkins EVAC 39.13;  
**W40 F (b)** 1. Sue Lawrence SCVAC 36.92; 2. Rebecca Hardy OPEN 34.16;  
**W45 F (b)** 1. Maureen Glanton IRL (G) 30.11; 2. Julie Wilson SCVAC 29.61; 3. Priscilla O'Sullivan IRL (G) 25.91; 4. Karen Llewellyn WMAA 24.30;  
**W50 F (b)** 1. Claire Cameron SVHC 32.49; 2. Wendy Dunsford SCVAC 24.81; 3. Anne Goad SCVAC 23.55; 4. Wanda Callahan USA (G) 13.10;  
**W55 F (b)** 1. Fiona Crompton NVAC 17.67;  
**W60 F (b)** 1. Mo Pearson SWVAC 22.23; 2. Anthea Bramford EVAC 12.56;  
**W65 F (b)** 1. Elizabeth Sissons SCVAC 20.23;

### HT:

**M35 F (b)** 1. Graham Holder WMAA 54.56; 2. Simon Achurch EVAC 41.45; 3. Barry Barnfield WMAA 36.62;  
**M40 F (b)** 1. Mark Wiseman SCVAC 47.52; 2. John Twiddle NVAC 35.48; 3. Paul Smith MMAC 24.19; 4. David Glendower WMAA 21.00;  
**M45 F (b)** 1. Glyndwr Pugh WMAA 35.92; 2. David Burrell EVAC 34.29; 3. Samuel Moylan SCVAC 29.62; 4. Dave Brown NVAC 28.99;  
**M50 F (b)** 1. Rob Earle EVAC 53.81; 2. Martin Roberts MMAC 48.97; 3. Chris Privett SCVAC 46.97; 4. Guy Perryman SCVAC 39.36; 5. Ian Cooley NVAC 34.55; 6. Michael Bale SCVAC 30.93; 7. Mike Burling EVAC 29.52;  
**M55 F (b)** 1. Malcolm Fenton EVAC 49.47; 2. Clive Thomson SCVAC 36.44; 3. Clive Howell MMAC 36.40; 4. John Stevens SCVAC 31.20; 5. Karlis Bricis LAT (G) 30.45; 6. Timothy SaundersMullin SCVAC 30.42;  
**M60 F (b)** 1. Paul Dickenson SCVAC 48.21; 2. Barry Hawksworth MMAC 45.98; 3. Bill Renshaw NVAC 30.58; 4. Philip Bramford EVAC 29.27;  
**M65 F (a)** 1. Christopher Melluish SCVAC 42.65; 2. Garry Negus SCVAC 34.20; 3. David Kuester VAC 31.34; 4. Richard Jegou MMAC 29.00; 5. Richard Turner OPEN 22.56;  
**M70 F (a)** 1. Jack Kee EVAC 44.28;  
**M75 F (a)** 1. Ian Miller EVAC 34.00; 2. Peter Barber SCVAC 28.65;  
**M80 F (a)** 1. Jaroslav Hanus VAC 25.32;  
**W35 F (a)** 1. Andrea Jenkins EVAC 49.08; 2. Kmsztina Black HUN (G) 33.71; 3. Catherine Alford WMAA 31.05; 4. Mary Davies SCVAC 27.52; 5. Nicola Long MMAC 26.30;  
**W40 F (a)** 1. Karen Greasley OPEN 37.13; 2. Sue Lawrence SCVAC 34.82; 3. Yvonne Jacobs VAC 25.78;  
**W45 F (a)** 1. Joanne Davison SCVAC 41.27; 2. Janet Smith SCVAC 40.36; 3. Priscilla O'Sullivan IRL (G) 36.72; 4. Julie Wilson SCVAC 31.72; 5. Ruth Bird MMAC 29.72; 6. Maureen Glanton IRL (G) 26.10; 7. Karen Llewellyn WMAA 25.96;

**W50 F (a)** 1. Jennifer Ibbitson NVAC 39.91; 2. Wendy Dunsford SCVAC 31.98; 3. Claire Cameron SVHC 28.04; 4. Anne Goad SCVAC 26.84; 5. Angela Morgan SCVAC 25.36;  
**W55 F (a)** 1. Vilma Thompson SCVAC 28.78; 2. Fiona Crompton NVAC 23.70;  
**W60 F (a)** 1. Rosemary Hutton VAC 30.05; 2. Anthea Bramford EVAC 23.87;  
**W65 F (a)** 1. Elizabeth Sissons SCVAC 25.56;  
**W70 F (a)** 1. E Williams SCVAC 32.28;  
**W75 F (a)** 1. Anne Martin EVAC 19.02;

### JT:

**M35 F (a)** 1. Simon Achurch EVAC 44.72; 2. Peter Mayfield OPEN 38.43;  
**M45 F (a)** 1. Trevor Ratcliffe SCVAC 53.44; 2. Dave Brown NVAC 39.83; 3. David Burrell EVAC 38.78; 4. Samuel Moylan SCVAC 37.35;  
**M50 F (a)** 1. Steve Woolley MMAC 38.80; 2. Chris Privett SCVAC 35.59;  
**M55 F (a)** 1. Peter Morgan VAC 22.98;  
**M60 F (a)** 1. Barry Hawksworth MMAC 36.24; 2. Anthony Richards VAC 34.31; 3. Philip Bramford EVAC 32.23;  
**M65 F (b)** 1. David Kuester VAC 37.07;  
**M75 F (b)** 1. Ian Miller EVAC 17.15;  
**W35 F (b)** 1. Linda Rawlins EVAC 31.92; 2. Andrea Jenkins EVAC 23.15;  
**W40 F (b)** 1. Sue Lawrence SCVAC 29.00;  
**W45 F (b)** 1. Caroline Garratt VAC 36.05; 2. Julie Wilson SCVAC 22.64; 3. Karen Llewellyn WMAA 17.89;  
**W50 F (b)** 1. Anne Goad SCVAC 22.33;  
**W55 F (b)** 1. Fiona Crompton NVAC 20.98;  
**W60 F (b)** 1. Anthea Bramford EVAC 10.46;  
**W65 F (b)** 1. Elizabeth Sissons SCVAC 25.80;  
**W70 F (b)** 1. E Williams SCVAC 29.56;  
**W75 F (b)** 1. Sheila Champion IRL (G) 8.02;

## BRITISH MASTERS ATHLETIC FEDERATION CROSS-COUNTRY CHAMPIONSHIPS

**Perry Park, Birmingham**

**March 12**

**Words: Martin Duff of  
Athletics Weekly**

**Pictures: Jeremy Hemming.**

Martin Cox and Lucy Elliott were the individual winners and handed out defeats to younger runners who tried to challenge for honours. For the 2009 British & Irish Masters International this course was wet and boggy but the long dry spell had rendered it more like a stroll round the park. However the two winners did not have it all their own way as Mark Dalkins and Claire Martin gave Cox and Elliott trouble throughout.

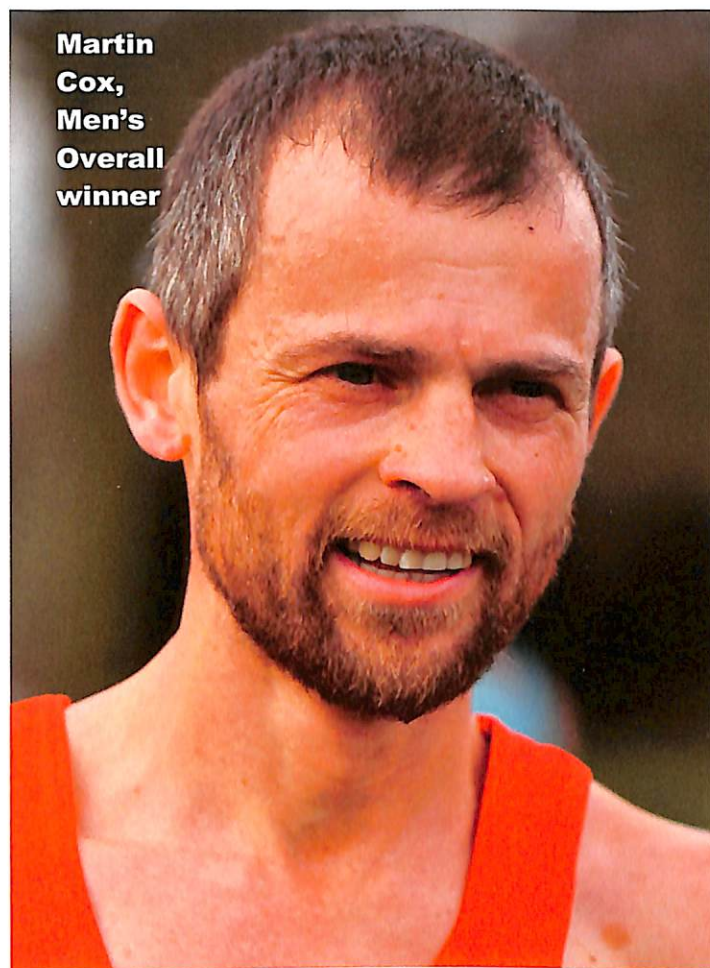
### Men (35+)

The start of the first race saw all men under 65 running together for the first time. In previous years in this event, the men under-50 had run in one race and M50-69 in another. This year, however, the M65 group were shunted off to run the shorter 6km with the over-70 men and all of the women.

It was Cox and Dalkins who led the charge off down the first hill, with Gordon Lee following, on the first of four 2km laps. By the end of the first, back up the hill Dalkins



had a lead of five metres on Cox and Lee, as Steve Male led Ben Reynolds in the M45 group.



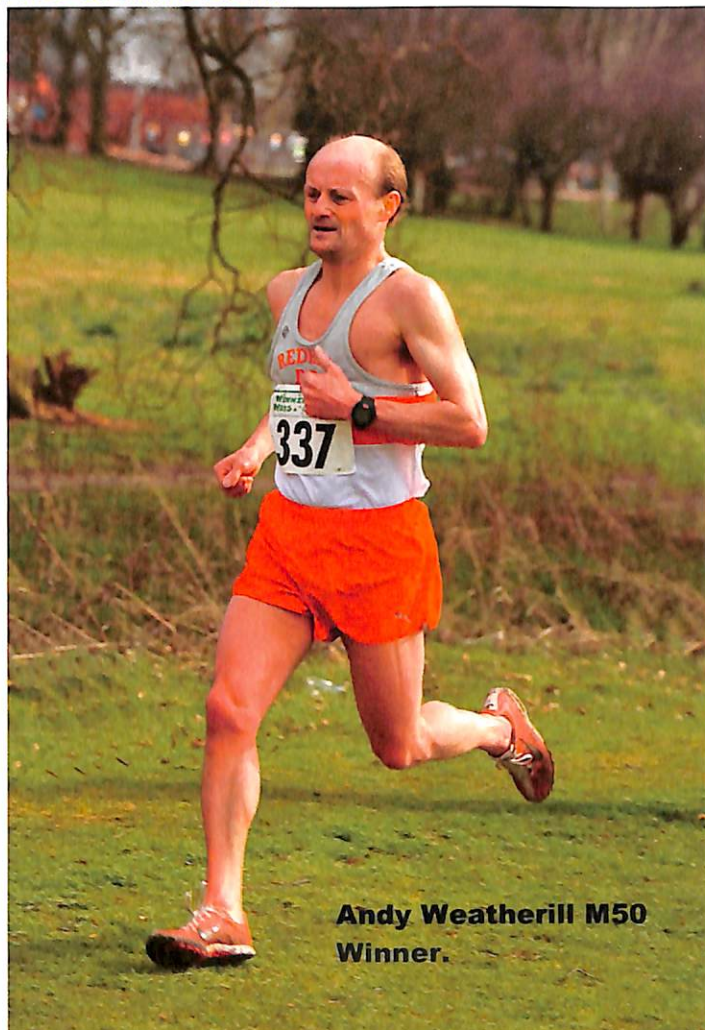
**Martin  
Cox,  
Men's  
Overall  
winner**

The gap edged out to 10m on Cox over the second circuit as Lee was now being closed down by Paul Ward but Cox then began to close the lead down so that the two leaders were together at half-way.

The Salford man then went away on the third lap but was never safe as Dalkins and Ward maintained pressure to the end. "I was hammering it but I couldn't go with that pace," said the 41-year-old winner. "I'm doing Hastings next weekend, that's why I did this," he added. (He ran 70:33 for the half marathon there on a tough course).

Dalkins said he looks forward to an England vest in next winter's British & Irish Masters International match. Leading M45 Reynolds took his first BMAF championship victory over the country but was worried about how close Brian Rushworth was behind. "I looked around at a corner and I couldn't see him and thought he may have been just behind me," said the Thames runner. "It went very well but I didn't expect to beat Brian," said Reynolds. In sixth overall, Rob Whalley led Bristol & West to the M35 team title but, significantly, they had no M35s in the four man squad. Rushworth's Sunderland were only a few seconds slower to take the M45 team title.

Another to win his first British Masters gold was Redhill's Andy Wetherill, who won the M50 age group leading all of the way from Julian Critchlow, who closed near the end.



**Andy Weatherill M50  
Winner.**

Fell specialist Dave Neill, a former M45 champion, left it late to take the M55 group after Dave Butler led for three laps. "I could see him in the distance and it was fast at the start and I haven't done a lot of speed-work so the question was to use my strength," said Neill who was caught for pace early on.

Eventual M60 winner Des Michael, Norman Morrison and Griff Owens ran together for much of the race before Michael finally got away on the last lap for victory.

Somebody soon must question the viability of the M35 class, as there were just three in the top 20 and the best was a lowly ninth.

#### **M65+**

Malcolm Renyard notched up his fifth British vets cross-country title after leading his M65 class for the whole race. "I said on the start line I think I am in the wrong race," admitted the Hardley runner as he ran with the women for the first time. "It all went to plan today," he added.

Fred Gibbs has had his own way in the M70s in recent years but new M70 John Batchelor put an end to that to take his first title. "I was in front all of the way but I normally get stronger as he race goes on," said Batchelor before adding: "last summer I had heart surgery with an atrial ablation (to widen the arteries)"



## MASTERS ATHLETICS SPRING 2011

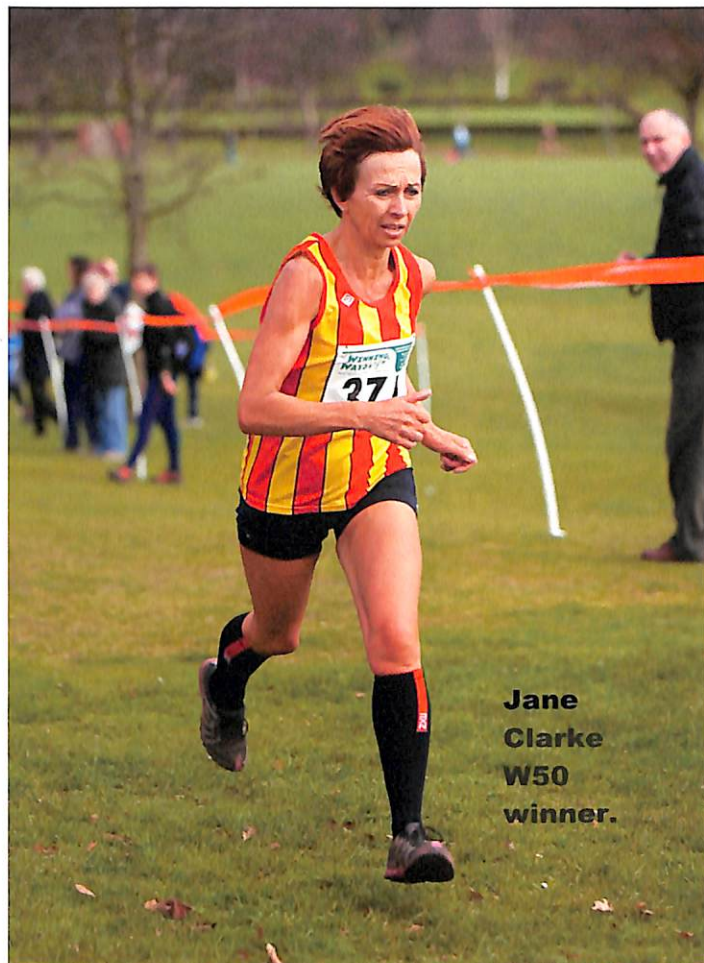
### Women

Lucy Elliott, celebrated her 45th birthday, three days earlier, by winning the women's race. The Winchester runner was at the head of the field from the start with Claire Martin and Amy Chalk and these three soon broke away from the rest.



**Malcolm  
Renyard  
M65 victor.**

who turned the tables on Martin after being narrowly headed in the Inter-Counties. In third place, Chalk led Bristol to team wins in both W35 and W45 classes said: "I found it quite fast and furious and that is my first ever time in the Masters and my first outing at cross-country for many years."



**Jane  
Clarke  
W50  
winner.**



**Lucy Elliott**

**Amy Chalk**

**Claire Martin**

After the first 2km lap they were 50m clear, as leading W40 Lisa Elmore, followed with W50 Jane Clarke not far down. Martin tried to get away up the hill at the end of the second lap, but Elliott was taking a breather as the gap soon closed. The 45-year-old then hit the front before maintaining her narrow advantage to the end. "It was then a question of holding on but we were just running together. I let the younger girls do the work," said Elliott

Elmore said she was taken aback by the early pace: "I thought the starts of vets' races were steady but it was incredibly fast, then I settled into it and pushed it on the last lap."

Clarke was not far down and won W50 gold from seventh overall and said: "I had a bit of company on the second lap from Monica Williamson. She came up with me then I pulled away again going uphill into the third lap" said the Norwich runner.

Gail Duckworth easily won the W55 class after setting an indoor age group record at Lee Valley two weeks earlier W60 winner Angela Copson made it four golds in a row after setting a world age group record over 3000m and a British W60 half-marathon best at Bath six days earlier. "I ran the 6km on jelly legs after last Sunday. I haven't run at all since then," said Copson. W65 winner Dot Fellows was not that far down.

### BMAF CROSS COUNTRY CHAMPIONSHIPS 2011

#### RACE 1 - WOMEN & M65+

1: 21:59 ELLIOTT, Lucy Winchester & District W45-1; 2: 22:02 MARTIN, Claire Telford AC W35-1; 3: 22:04 CHALK, Amy Bristol & West AC W35-2; 4: 22:59 GRANGER, Annabel Bristol & West AC W35-3; 5: 23:04 ELMORE, Lisa Trent Park W40-1; 6: 23:15 MCCOURT, Cathy Nth Belfast H W35-4; 7: 23:22 CLARKE, Jane City Of Norwich AC W50-1; 8: 23:22 BRIGGS, Camilla Bristol & West AC W35-5; 9: 23:27 KELVEY, Lucy Newquay & Par AC W35-6; 10: 23:28 BLANDFORD, Nicola Southampton AC W35-7;



## MASTERS ATHLETICS SPRING 2011.

11: 23:31 JENKINS, Bev Salford H & AC W40-2; 12: 23:43 WILLIAMSON, Monica Leamington C & AC W50-2; 13: 23:46 PETERS, Louise Stopsley Striders W35-8; 14: 23:52 RUSHTON, Karen SWVAC W40-3; 15: 24:15 WASELL, Jane Stroud & District AC W40-4; 16: 24:24 BECCONSALL, Sue Bingley H W50-3; 17: 24:25BUCKLE, Michelle Newcastle AC W35-9; 18: 24:27 VERNON, Mandy Trentham RC W40-5; 19: 24:32RENYARD, Malcolm Hardley RR M65-1; 20: 24:40HARRISON, Jill Yeovil Town RRC W50-4; 21: 24:42WHEELER, Helen Folkestone Running W40-6; 22: 24:45 DAVIES, Amanda Telford AC W35-10; 23: 24:48 AUSTIN, Julia Vale of Aylesbury AC W45-2; 24: 24:49 MILLER, Lorna Southampton AC W35-11; 25: 24:49 STONES, Janine Mablethorpe RC W40-7; 26: 24:50 KING, Wendy Chelmsford AC W35-12; 27: 24:52 DAVIES, Sian Bristol & West AC W50-5; 28-24:54 DUCKWORTH, Gail Leighton Buzzard AC W55-1; 29: 25:04 WOOD, Caroline Arena 80 W45-3; 30: 25:08 ALLAN, William Tadcaster M65-2; 31: 0:25:16 NEWTON, Geoff Tadworth AC M65-3; 32 25:18DICKENS, Jayne Trentham RC W40-8; 33 25:20 PIDGEON, Jane Notts AC W45-4; 34 25:28WHEELER, Cath Overton H & AC W50-6; 35 25:30 RUDD, Louise Wilmslow RC W35-13; 36 25:36 GREENWAY, Tracey Derby AC W45-5; 37 25:38 ORME, Gordon Birchfield H M65-4;



**Angela  
Copson  
W60  
winner.**

38 25:40 COPSON, Angela Rugby & Northants AC W60-1; 39 25:47 YOUNG, Robert Clydesdale H M65-5; 40 25:55 SPENCER, Steph Derby AC W35-14; 41 25:57 SMITH, Louise Nth Belfast H W40-9; 42 25:59 MARTIN, Stephanie Newquay & Par AC W40-10; 43 25:59 COYNE, Sharon Newquay & Par AC W45-6; 44 26:07 HURFORD, Alison Bristol & West AC W50-7; 45 26:08 SCHOLES, Caroline Bolton United H W35-15; 46 26:09 BATCHELOR, John Ilford AC M70-1; 47 26:13 WILLIAMS, Kate Rugby & Northants AC W50-8; 48 26:17 OGILVIE, Sue Newquay & Par AC W55-2; 49 26 18 BRACKSTONE, Tony SCVAC M65-6; 50 26:21WHITAKER, Lynn Ramsey RR W50-9; 51 26:27 EVANS, Sian Sparkhill H W40-11; 52 26:31 THOMPSON, Nicola Charnwood AC W40-12; 53 26:35 COLLINS, Emma Denbigh H W45-7; 54 26 38 CARTWRIGHT, Pete Clydesdale H M65-7; 55 26 43 GIBBS, Fred Bingley H M70-2; 56 26:56 BROMHALL, Nicky Bristol & West AC W45-8; 57 26:57 EVANS, Cheralyn Telford AC W45-9; 58 26:58 NAYLOR, Chris Arena 80 W55-3; 59 26 58 PILLAR, Malcolm Dudley & Kingswinford A M65-8; 60 27 05 JOHNSON, Andrew Leamington C & AC M65-9; 61 27:08 WILLIAMS, Tracey Denbigh H W45-10; 62 27:09 FORD, Ann Redhill RR W55-4; 63 27:10 BOARDMAN, Judith NVAC W45-11; 64 27:12 TALBOT-ROSNER, VickiInvicta East Kent W50-10; 65 27:16 SHENTON, Fiona Elvet Striders W50-11; 66 27 18 TABENOR, Peter Plymouth H M65-10; 67 27-18 GEORGHIOU, Jane Farnham W55-5;

68 27:31 DOVER, Bob Bingley H M65-11; 69 27:33 CARISS, Sue Bingley H W60-2; 70 27:34 MUMFORD, Jayne Coventry Godiva H W45-12; 71 27:36 COVEY, Peter Bingley H M70-3; 72 27:36 HESKETH, Marian Preston H W55-6; 73 27:39 MATHER, Jackie Long Eaton W45-13; 74 27:41 TABOR, Ros Dulwich Runners W60-3; 75 27:41 BROOKS, Karen Harborough AC W50-12; 76 27:45 GOUGH, Brian Pontypridd RAC M70-4; 77 27:47 BROWN, Jenny Ashford AC W50-13; 78 27:58 ARDRON, Susie Lincoln Wellington AC W50-14; 79 28:00 MORLEY, Jane Wolds Vets RC W55-7; 80 28:10 STARK, Michelle Gloucester AC W35-16; 81 28:12 MOODY, Margaret Vets AC W60-4; 82 28:14 HAGUE, Nina Rotherham H W40-13; 83 28:22 ENGLISH, Budge Denbigh H W50-15; 84 28:26 JAMIE, Fiona Arena 80 W50-16; 85 28:27 WILSON, Rosemary Trentham RC W50-17; 86 28:33 JAMES, Sue Paddock Wood AC W60-5; 87 28:40 HUETER, Gwyneth Oxford City AC W50-18; 88 28:41 FELLOWS, Dot Cannock & Staffs W65-1; 89 28:45 BUCKLE, Ken Cheltenham & Cty H M65-12; 90 28:46 LEGGETT, Ian Lothian AAC M70-5; 91 28:47 RICHARDSON, Lesley Newquay & Par AC W50-19; 92 28:51 CAMPBELL, Brian Clydesdale H M65-13; 93 28:59 JOHNS, Theresa Invicta East Kent W45-14; 94 29:04 HUGHES, Gareth Prestatyn RC M65-14; 95 29:12 JONES, Geoffrey Worcester AC M65-15; 96 29:21 WILSON, Roger Stratford on Avon AC M65-16; 97 29:27 BALMER, Robert South Shields H M65-17; 98 29:38 ECONOMIN, Nicoleta Watford H W35-17; 99 29:43 JAMES, Philippa Rotherham H W45-15; 100 29:50 MCCASKEY, Walter Edinbrough AC M75-1; 101 30:04 BARNES, Ian Darlington H M75-2; 102 30:10 BURTON, Sharon Rotherham H W45-16; 103 30:14 POTTER, Arthur South Shields H M65-18; 104 30:15 PEERS, Alan Spectrum Striders M70-6; 105 30:21 TURLEY, Helen Headington RR W55-8; 106 30:27 DAVIES, Pauline Vale Royal AC W55-9; 107 30:28 JOHNSTONE, Kirsty Barnet & District AC W50-20; 108 30:30 HUGHES, David Prestatyn RC M70-7; 109 30:32 COOPER, Sue Invicta East Kent W50-21; 110 30:49 DAGLISH, Lorraine Luton AC W50-22; 111 31:04 GARNER, Patricia Rugby & Northants AC W50-23; 112 31:09 DAVIES, Peter Birchfield H M65-19; 113 31:17 WINTER, David Sparkhill H M65-20; 114 31:19 JONES, Philip Prestatyn RC M65-21; 115 31:25 BARBAR, Eric Torbay AAC M70-8; 116 31:26 GOULDING, John Andover AC M75-3; 117 31:26 BLOWER, Carol Leamington C & AC W45-17; 118 31:41 EHRENBERG, Margaret Sparkhill H W55-10; 119 32:20 PARKINSON, Barbara Rugby & Northants AC W60-6; 120 32:21 STEED, John Herts Phoenix AC M75-4; 121 32:43 JOHNSON, June Leamington C & AC W65-2; 122 32:53 KING, Brenda Chiltern H AC W65-3; 123 33:05 MASSEY, Lynda Southampton AC W55-11; 124 33:13 HUDSON, Geoff Nuneaton H M70-9; 125 34:59 HOWARTH, Derek Leigh H & AC M80-1; 126 35:10 ROBINSON, Brenda Rochdale H W65-4; 127 35:25 PARROTT, Leonard Havering Mayesbrook M75-5; 128 36:28 SHAVE, Brian Herne Hill H M75-6; 129 36:51 DAWSON, Brian Birchfield H M80-2; 130 36:52 BUTLER, John Stratford on Avon AC M65-22; 131 37:27 MCDONALD, Ken South Shields H M65-23; 132 42:09 VIELVOYE, Eileen Headington RR W65-5; 133 43:19 CULLINGHAM, John Reading Road Runners M75-7; 134 51:38 WALSHAM, Arthur Salford H & AC M80-3; 135 56:22 HADEN, James MMAC M85+;

### WOMEN'S TEAMS

**W35: 1: Bristol & West AC** ( 22:04 CHALK, Amy, 22:59 GRANGER, Annabel 23:22 BRIGGS, Camilla);68:25; **2: Telford AC** ( 22:02 MARTIN, Claire, 24:45 DAVIES, Amanda, 26:57 EVANS, Cheralyn) 73:44; **3: Bristol & West AC** ( 24:52 DAVIES, Sian, 26:07 HURFORD, Alison, 26:56 BROMHALL, Nicky) 77 :55; **4: Trentham RC** (24:27 VERNON, Mandy, 25:18 DICKENS, Jayne, 28:27 WILSON, Rosemary) 78:12; **5: Southampton AC** ( 23:28 BLANDFORD, Nicola, 24:49 MILLER, Lorna, 33:05 MASSEY, Lynda) 81 :22; **W45: 1: Arena 80** ( 25:04 WOOD, Caroline, 26:58 NAYLOR, Chris, 28:26 JAMIE, Fiona) 80:28; **2 Newquay & Par AC** ( 25:59 COYNE, Sharon, 26:17 OGILVIE, Sue, 28:47 RICHARDSON, Lesley) 81:03; **3: Denbigh H** ( 26:35 COLLINS, Emma, 27:08 WILLIAMS, Tracey, 28:22 ENGLISH, Budge) 82:05; **4 Rugby & Northants AC** ( 25:40 COPSON, Angela, 26:13 WILLIAMS, Kate, 31:04 GARNER, Patricia) 82:57; **5 Invicta East Kent** ( 27:12 TALBOT-ROSNER, Vic, 28:59 JOHNS, Theresa, 30:32 COOPER, Sue) 86:43; **6 Leamington C & AC** ( 23:43 WILLIAMSON, Monica,31:26 BLOWER, Carol, 32:43 JOHNSON, June) 87:52; **7: Rotherham H** ( 28:14 HAGUE, Nina, 29:43 JAMES, Philippa, 30:10 BURTON, Sharon) 88:07;

### RACE 2 - MEN 35 to 64

**1- 26:32 COX, Martin Salford H M40-1;** 2 -26:45 DALKINS, Mark Telford AC M40-2; 3- 26:53 WARD, Paul Telford AC M40-3; 4-27:11 LEE, Gordon Leicester Coritarians M40-4; **5- 27:13 REYNOLDS, Ben Thames Hare & Hounds M45-1;** 6- 27:18 WHALLEY, Rob Bristol & West AC M40-5; 7- 27:22 TWADDLE, Iain North Shields Poly M40-6; 8- 27:23 THOMPSON, Paul Kettering Town H M45-2; **9- 27:29 MURCHISON, Alan Winchester & District M35-1;** 10- 27:39 PALMER, Robert Luton AC M40-7; 11- 27:45 FERNANDEZ, Paul Abingdon Amblers M35-2; 12- 27:48 RUSHWORTH, Brian Sunderland H & AC M45-3; 13- 27:51 DETTMAR, Chris Headington RR M40-8; 14- 27:52 MALE, Stephen Oxford City AC M45-4; 15- 27:59 HEMPSTED, Spencer Ilford AC M40-9; 16- 28:07 ANDREW, Rob Bournville H M45-5; **17- 28:10 WETHERILL, Andrew Redhill RR M50-1;** 18- 28:13 THOMPSON, Paul Sparkhill H M35-3; 19- 28:16 CRITCHLOW, Julian Harrow AC M50-2; 20- 28:17 BEECHAM, Chris Highgate H M40-10;



## MASTERS ATHLETICS SPRING 2011

21- 28:19 PARRY, Philip Bristol & West AC M45-6; 22- 28:21 KENDERDINE, Tom Halesowen C&AC M35-4; 23- 28:23 CAMPBELL, Ian Cambuslang H M50-3; 24- 28:34 PYKE, Stephen Staffs Moorlands AC M45-7; 25- 28:35 CLAMP, Phil Tipton H M35-5; 26- 28:35 HUSSEY, Andrew Cheltenham & City H M40-11; **27- 28:36 NEILL, Dave Staffs Moorlands AC M55-1**; 28- 28:37 LOCKETT, David Salford H M45-8; 29- 28:38 FIELD, Tim Sunderland H & AC M45-9; 30- 28:39 DEEGAN, Mike Salford H M50-4; 31- 28:40 DICKER, Tad Aldershot Farnham & Dis M45-10; 32- 28:44 PASS, Charlie Weshem RR M35-6; 33- 28:46 WRIGHT, Andrew Tamworth AC M45-11; 34- 28:47 WETHERALL, Ian Sale H M40-12; 35- 28:48 MOORE, Gary North Shields Poly M40-13; 36- 28:48 BUTLER, David Billericay Striders M55-2; 37- 28:53 BRIGGS, Gareth Staffs Moorlands AC M35-7; 38- 28:57 EWING, Keith Blackheath & Bromley AC M50-5; 39- 28:59 BAMPTON, Heath Bristol & West AC M40-14; 40- 29:10 ALEXANDER, David West Cheshire AC M40-15; 41- 29:11 BEWICK, Brian Sunderland H & AC M45-12; 42- 29:12 THOMPSON, Peter Nene Valley M50-6; 43- 29:13 FROGGATT, Paul Royal Sutton Coldfield M40-16; 44- 29:17 EUSTACE, Malcolm Tipton H M50-7; 45- 29:18 WILTON, Andy Staffs Moorlands AC M50-8; 46- 29:21 BRIDGELAND, Michael Chelmsford AC M50-9; 47- 29:24 RILEY, Darren Sparkhill H M45-13; 48- 29:26 WRIGHT, Mark Tipton H M45-14; 49- 29:26 BRACKEN, Guy North Shields Poly M45-15; 50- 29:27 KEENE, Aaron Tipton H M45-16; 51- 29:31 SIMPSON, Allan Staffs Moorlands AC M50-10; 52- 29:35 TAYLOR, Rob Vale of Aylesbury AC M35-8; 53- 29:36 ALSOP, Roger Herne Hill H M45-17; 54- 29:42 SMITH, David Wolverhampton & Bilston M40-17; 55- 29:45 IRELAND, Chris Sheffield RC M50-11; 56- 29:46 HOLLAND, Richard Woodford Green & Essex M50-12; 57- 29:48 MCGAFF, Tom Wilmslow AC M55-3; 58- 29:51 ROLT, Andrew Vale of Aylesbury AC M40-18; 59- 29:53 REDMAN, Paul Sunderland H & AC M45-18; 60- 29:57 MAISEY, David Vale of Aylesbury AC M40-19; 61- 29:59 GOLDING, Peter St Edmund Pacers M55-4; 62- 29:59 COX, Dave Woodford Green AC M55-5; 63- 30:02 EDMONDS, Steve Birchfield H M40-20; 64- 30:03 RATCLIFFE, Graham Wirral AC M55-6; 65-30:09 CORDLE, Sid Sheffield RC M55-7; 66- 30:10 SHIELDS, Matt Nth Belfast H M55-8; 67- 30:10 MORLEY, Michael Birchfield H M45-19; 68- 30:12 FARRAN, Martin Leeds City AC M45-20; 69- 30:14 SCRUTTON, Mark Bristol & West AC M50-13; 70- 30:17 RANDALL, David Cheltenham & City H M50-14; 71- 30:21 HEMY, Vaughan North Shields Poly M45-21; 72- 30:22 JEFFERY, Craig Staffs Moorlands AC M35-9; 73- 30:22 ROWE, Alex Wesham RR M50-15; 74- 30:24 FURNISS, Dean Hallamshire H M40-21; 75- 30:30 HAPLAND, John Nth Devon RR M55-9; 76- 30:32 WILLIAMS, Dave Tamworth AC M50-16; 77- 30:39 COMRIE, John Rotherham H M45-22; 78- 30:40 DIMBLEBY, Peter Birchfield H M35-10; 79- 30:42 GRESSWELL, David Gloucester AC M45-23; 80- 30:45 MOEN, Brendan Rugby & Northampton AC M40-22; 81- 30:52 DAVIES, David Brecon AC M55-10; 82- 30:56 DONKIN, Keith Aldershot Farnham & Dist M50-17; 83- 31:00 ALLEN, David Staffs Moorlands AC M45-24; 84- 31:02 BEARD, Sean Nene Valley M45-25; 85- 31:03 GRAY, Richard BRAT M50-18; 86- 31:05 HESKETH, Kevin Preston H M55-11; 87- 31:08 PINCHER, Ian Wolverhampton & Bilston M40-23; 88- 31:11 BEDWELL, David Bristol & West AC M55-12; 89- 31:13 MCNAMEE, Simon Birchfield H M35-11; 90- 31:20 PATIENCE, John Nth Belfast H M50-19; 91- 31:21 AMOS, Kelvin Staffs Moorlands AC M50-20; 92- 31:22 QUINN, Mike Sheffield RC M55-13; 93- 31:24 WILCOCK, David Barnet & District AC M55-14; 94- 31:26 CARROLL, Vincent Rugby & Northampton AC M40-24; 95- 31:29 NORMAN, Matt Aldershot Farnham & Dis M40-25; 96- 31:34 PHELPS, Andy Headington RR M45-26; **97- 31:36 MICHAEL, Desmond Barnet & District AC M60-1**; 98- 31:39 TABOR, Paul Wolverhampton & Bilston M40-26; 99- 31:40 MORRISON, Norman Herts Phoenix AC M60-2; 100- 31:49 SMITH, Lee Gloucester AC M40-27; 101- 31:53 PARSONS, David Oxford City AC M60-3; 102- 31:55 CARSTAIRS, Philip Belgrave H M50-21; 103- 31:59 WILKES, Timothy Tadworth AC M45-27; 104- 32:01 THORP, Stewart Oxford City AC M55-15; 105- 32:03 HUGHES, Jonathan Lincoln Wellington M55-16; 106- 32:04 OWENS, Griff Prestatyn RC M60-4; 107- 32:07 GRANT, Richard Oxford City AC M55-17; 108- 32:08 HUTCHINSON, Tom Team Bath M55-18; 109- 32:08 BRISCO, Douglas Andover AC M55-19; 110- 32:15 STANIER, Ray Tipton H M55-20; 111- 32:15 FARNELL, Mark Tipton H M50-22; 112- 32:16 KEEN, Paul Hallamshire H M55-21; 113- 32:19 TREADWELL, Roy Oxford City AC M60-5; 114- 32:22 GOWER, Ian Sphinx AC M45-28; 115- 32:28 DALEY, Arthur Gloucester AC M60-6; 116- 32:31 HINCHLEY, Tony Royal Sutton Coldfield M45-29; 117- 32:32 NUTTALL, David Rotherham H M50-23; 118- 32:33 LAWLESS, Donald Thurrock H M45-30; 119- 32:38 BIRKBY, Lance Aldershot Farnham & Dist M45-31; 120- 32:39 BURN, Robert Thirsk & Sowerby H M55-22; 121- 32:41 SUMMERS, Ian Gloucester AC M40-28; 122- 32:44 FAIRCLOUGH, Irwin Newbury AC M55-23; 123- 33:06 HOWAT, Shaun Birchfield H M45-32; 124- 33:08 BRISTER, Simon Matlock AC M60-7; 125- 33:09 NORMAN, David Dudley & Kingswinford M40-29; 126- 33:11 DICKINSON, Charles Belgrave H M60-8; 127- 33:12 ELLIOTT, Richard M60-9; 128- 33:16 TWEEDIE, Carson Cobra RC M35-12; 129- 33:18 NIXON, George Prestatyn RC M55-24; 130- 33:19 WALKER, John Staffs Moorlands AC M50-24; 131- 33:24 DANIELS, David Cobra RC M55-25; 132- 33:27 ROBERTS, Stephen Oswestry Olympians M55-26; 133- 33:28 DONAGHY, Derek Nth Belfast H M55-27; 134- 33:31 MANN, Michael Dulwich Runners M60-10; 135- 33:37 NEWMAN, Alan Paddock Wood M55-28; 136- 33:40 MONTGOMERY, Alex Leamington C & AC M55-29; 137-

33:46 JOHNS, Arthur Poole RR M60-11; 138- 33:48 OWEN, Neil Prestatyn RC M55-30; 139- 33:56 JEGGO, Paul Salingfield Striders M50-25; 140- 33:57 JOHNSON, Dave M50-26; 141- 34:00 PLESTED, Steve Ealing Southall AC M55-31; 142- 34:06 BANKS, Peter Coventry Godiva H M60-12; 143- 34:07 BLAKENEY, Paul Sheffield RC M55-32; 144- 34:11 PAILING, Keith Rothwell H M60-13; 145- 34:14 GLEESON, Andrew Oxford City AC M40-30; 146- 34:17 SNOW, Ian Torrington AAC M60-14; 147- 34:21 SMITH, Peter Nth Belfast H M45-33; 148- 34:23 MOORHOUSE, Mick Matlock AC M55-33; 149- 34:27 PODMORE, Gary Sheffield RC M50-27; 150- 34:28 BRITAIN, Richard Tipton H M40-31; 151- 34:29 DAGLISH, Alan Luton AC M60-15; 152- 34:40 THOMPSON, Stuart Bingley H M60-16; 153- 34:41 KING, Paul Team Bath M55-34; 154- 34:42 HARTLEY, Edwin Bournville H M55-35; 155- 34:44 SUTTON, Tim Invicta East Kent M40-32; 156- 34:51 DEARMAN, Stewart Watford H M45-34; 157- 34:57 CONROY, John Bury AC M50-28; 158- 35:00 DAVIS, Geoff Team Bath M55-36; 159- 35:03 MURRAY, Andrew Dulwich Runners M55-37; 160- 35:06 GRICE, Alan Tipton H M55-38; 161- 35:08 MAYOH, Graham Watford H M45-36; 162- 35:13 MILLS, Robert Sparkhill H M50-29; 163- 35:16 HOPKINS, Ian Dudley & Kingswinford A M40-33; 164- 35:24 ROBSON, Neil Bingley H M60-17; 165- 35:26 ASTON, Geoff Worcester AC M60-18; 166- 35:37 BRITTON, Robin Staffs Moorlands AC M60-19; 167- 35:57 HERINGTON, Steve Hereford Couriers M60-20; 168- 36:02 FLETCHER, Steve Cobra RC M55-39; 169- 36:07 WEATHERHEAD, Peter Wirral AC M55-40; 170- 36:13 EDGE, David Staffs Moorlands AC M55-41; 171- 36:24 BROOKS, Keith Nene Valley M60-21; 172- 36:42 SAYER, Clive Royal Sutton Coldfield M60-22; 173- 36:48 THOMPSON, Ian Devizes RC M60-23; 174- 36:57 BROWN, Richard Harborough AC M55-42; 175- 39:04 MULLETT, Andy Team Bath M55-43; 176- 39:18 BALDWIN, Chris Denbigh H M55-44; 177- 39:20 SARGENT, Rob Dagenham 88 RC M55-45; 178- 39:34 PARKER, Jeremy Reading RR M40-34; 179- 39:38 MCCAWLEY, Roy Staffs Moorlands AC M50-30; 180- 40:50 ELWELL, Michael Cobra RC M60-24; 181- 41:43 WRAY, Jonnie Watford H M50-31; 182- 41:44 GREAVES, Barry Royton RR M55-46; 183- 41:55 WILSON, Dave Herne Hill H M60-25; 184- 43:38 HADEN, John MMAC M60-26; 185- 44:34 HARRISON, Chris M55-47;

### BMAF CROSS COUNTRY CHAMPIONSHIPS 2011 - MEN'S TEAMS

#### M35

1: Bristol & West AC ( 27:18 WHALLEY, Rob, 28:19 PARRY, Philip, 28:59 BAMPTON, Heath, 30: 14 SCRUTTON, Mark ) 114:50; 2: North Shields Poly (27:22 TWADDLE, Iain, 28:48 MOORE, Gary, 29:26 BRACKEN, Guy, 30:21 HEMY, Vaughan ) 115:57; 3: Birchfield H (30: 02 EDMONDS, Steve, 30: 10 MORLEY, Michael, 30: 40 DIMBLEBY, Peter, 31:13 MCNAMEE, Simon)122 :05; 4: Gloucester AC ( 79 30:42 GRESSWELL, David, 31:49 SMITH, Lee, 32:28 DALEY, Arthur, 32:41 SUMMERS, Ian ) 127:40;

#### M45

1: Sunderland H & AC ( 27:48 RUSHWORTH, Brian, 28:38 FIELD, Tim, 29:11 BEWICK, Brian, 29:53 REDMAN, Paul ) 115:30; 2: Staffs Moorlands AC ( 28:34 PYKE, Stephen, 28:36 NEILL, Dave, 29:18 WILTON, Andy, 29:31 SIMPSON, Allan ) 115:59; 3: Tipton H ( 29:17 EUSTACE, Malcolm, 29:26 WRIGHT, Mark, 29:27 KEENE, Aaron ) 32:15 STANIER, Ray ) 120:25; 4: Nth Belfast H ( 30: 10 SHIELDS, Matt, 31:20 PATIENCE, John, 33:28 DONAGHY, Derek , 34:21 SMITH, Peter ) 129:19; 5: Staffs Moorlands AC ( 31:00 ALLEN, David, 31:21 AMOS, Kelvin, 33:19 WALKER, John, 39:38 MCCAWLEY, Roy ) 135:18;

#### M55

1: Sheffield RC ( 30: 09 CORDLE, Sid, 31:22 QUINN, Mike, 34:07 BLAKENEY, Paul ) 95:38; 2: Oxford City AC ( 31:53 PARSONS, David , 32:01 THORP, Stewart, 32:07 GRANT, Richard ) 96:01; 3: Prestatyn RC ( 32:04 OWENS, Griff, 33:18 NIXON, George, 33:48 OWEN, Neil ) 99:10; 4: Team Bath ( 32:08 HUTCHINSON, Tom, 34:41 KING, Paul, 39:04 MULLETT, Andy ) 105 :53; 5: Cobra RC ( 33:24 DANIELS, David, 36:02 FLETCHER, Steve, 40: 50 ELWELL, Michael ) 110:16;

#### M65

1: Clydesdale H ( 25:47 YOUNG, Robert, 26:38 CARTWRIGHT, Pete, 28:51 CAMPBELL, Brian ) 81 :16; 2: Bingley H ( 26:43 GIBBS, Fred, 27:31 DOVER, Bob, 27:36 COVEY, Peter ) 81:50; 3: Prestatyn RC ( 29:04 HUGHES, Gareth, 30: 30 HUGHES, David, 31:19 JONES, Philip ) 90 :53; 4: Birchfield H ( 25:38 ORME, Gordon, 31:09 DAVIES, Peter, 36:51 DAWSON, Brian ) 93 :38; 5: South Shields H ( 29:27 BALMER, Robert, 30: 14 POTTER, Arthur, 37:27 MCDONALD ) 97 :08;

## EDITORIAL:

A recent survey by SPORT ENGLAND has shown that Participation by 16-34 year old's is down to 26%, whilst the level for the 35-54 age groups have increased to 16.3%. The level for 55 and above has also dropped to 7.3%.

Whilst we have seen that the coalitions cuts are likely to have effects on the provision of Sporting facilities, but by virtue of the



fact that Local Authorities in the main provide those facilities and they at best are only able to offer standstill funding to sport.

It has also recently been reported that the Governments attitude would be that funding should be directed toward the elite competitors, and away from grassroots sport, this is a view most worrying to all of you.

Whilst the B.M.A.F. will do what it can, I feel we should contact our Members of Parliament, and acquaint them with the fact that Athletes have to grow from Grassroots sport, they do not bloom from the trees to be selected at random.

So therefore Parliament need to know this from people who still coach, administrate and compete at older ages.

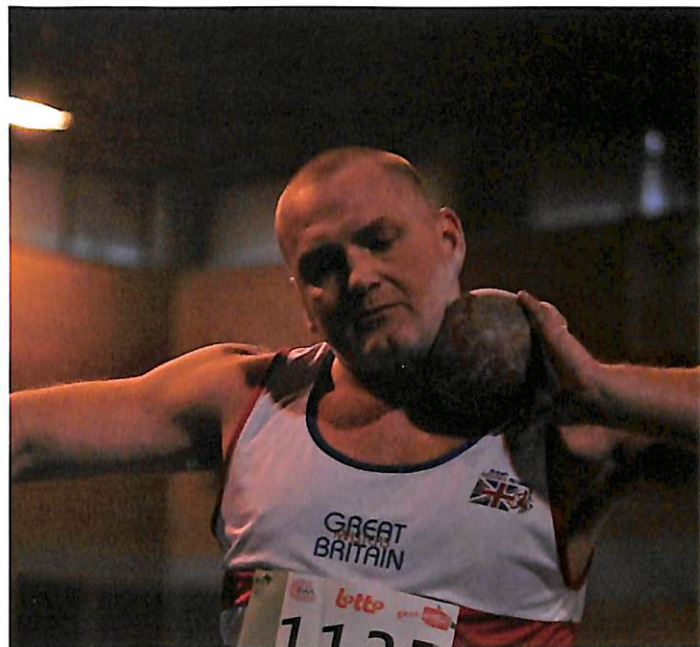
## **MORE PICTURES FROM GHENT BY TOM PHILLIPS.**



**Caroline Powell**



**Steve Smith**



**John Nicholls**



**Steve Peters with British Record time.**



**Glyn Sutton**



# Obituaries

## JENNY WOOD ALLEN MBE

November 1911-December 30<sup>th</sup> 2010

*Based on an obituary by Gordon Casely*



Jenny ran her first 29 years ago after being told by her doctor not to do so, typically the former Racing Cyclist ignored this advice and ran one anyway.

She set a new W70, World record in the Dundee event in 1985, in the fine time of four hours 21 minutes, she was honoured by the New York Runners Club for the fastest septuagenarian in the New York Marathon. She competed in 16 London Marathons, and appeared in the "Guinness Book of World Records".

For 20 years she inspired youngsters, and the middle aged to take up distance running, and ran in all major Scottish Marathons.

She ran in the 2002 London Marathon as the oldest Women to complete the Marathon distance at the age of 90.

She did utter the word "Retirement" at the age of 93 but continued to enter shorter races, which she walked.

Born Janet Wood Soutar on the 20<sup>th</sup> November 1911, but always known as Jenny, was one of six children won a scholarship to Harris Academy. Family circumstances denied her further education and she left school at 14 years of age to work in a shop.

She moved into the unrecognized sport of Women's cycle racing, and quickly became Scottish unofficial Champion.

Jenny married Roy Allen in 1938, she raised three sons, prior to training as a corsetiere. She felt the loss of not having had a University education, but despite this was

acknowledged as a first class public speaker, and became president of Scotland, Great Britain and International association's of Toastmistresses.

Jenny became a City Councillor, championing Women's rights and the creation of better education for Women, however, her Dundee East Conservative association deselected in 1988 as being too old. The 76 year old bounced back setting up "Running Sisters" a movement devoted to Women's health and fitness. She continued her work with disabled people, as well as being the longest serving JP on Tayside.

She was awarded an MBE in 2004, but despite the loss of her husband in 1991 and her son Graham in 1994, continued her activities raising some £40,000 for cancer charities.

She is survived by sons Kenneth and Alistair, six grandchildren and seven great grandchildren.

It is with regret that we announce the deaths of the following:

## Dave Dellar

Dave, who died on 10 March, was an ex-President of the Veterans AC and a well-known road runner. The Cambridge Harrier ran a sub 2.30 marathon and competed in Masters athletics when he turned 40 here and in International Championships. He later was to make an enormous contribution as an Official to the sport. Our sympathies go to his wife Iris and his family.

## Ken Fiddler

The Vale of Aylesbury member was a prolific road runner and organiser of the now defunct Rex Foulks road race for his club. He was a regular member of the large group who competed in the annual Brugge road races and will fondly be remembered as the joke teller of the pack. He was aged 76, his funeral took place on 23 March. We send our condolence to his family.

## Lis Good

We are informed that Liz, wife of Arthur, has passed away. Taking up the sport late in the jogging boom, they were both regulars on the Brugge trip.

## Geoff Harrold

Geoff was a former Editor of this magazine and a well-known contributor to other athletic publications. A regular competitor in Masters Athletics he is a former winner of the BMAF cross-country and a scoring team member at World and European road and cross-country. The Enfield Harrier suffered a major stroke last year. He passed away on 1 April and as we go to print, his funeral arrangements have not been confirmed. We send our sympathies to his family.





**British Masters Athletics Federation**  
**TEN KILOMETRE ROAD RACE CHAMPIONSHIPS**  
**SUNDAY 2 OCTOBER 2011 at 11.00 a.m.**

(Under UKA rules: Licence 2011-101367; Certificate of Course Accuracy: pending)

**OPEN to ALL MASTERS**

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

**Race Headquarters: The Pavilion, Esplanade, Exmouth, Devon (EX8 2AZ).**

**ENTRY FEE £12.00 (Discounted to £10 for affiliated members of a UKA Club)**

**Entries close Monday 26 September 2011**

All non BMAF members must include proof of age e.g. photocopy of birth certificate, driving licence, passport etc

**Individual Awards** to the first three in each Five Year age group

**Team Awards** with Three runners to count in the following age groups

M35 – 44; M45 – 54; M55 – M64; M65+; W35 – 44; W45 – 54; W 55

Runners may opt to count for a younger team instead of their own age group but must declare so before the race.

Send completed entry form with a large SAE (9"x6") for race number, confirmation and travel directions to:

**BMAF 10 Km Championships, c/o 7 Sandford Court, 32 Belle Vue Road, BOURNEMOUTH BH6 3DR**

Cheques payable to "South West Vets AC"

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**BMAF 2011 10 km Open Championship Entry Form**

I wish to be entered for the above championships on 2 October 2011 and enclose a large SAE of . I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

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

**Age on 2 October 2011** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_ **Age Group** \_\_\_\_\_

**Address** \_\_\_\_\_

**E Mail** \_\_\_\_\_ **Post Code** \_\_\_\_\_

**First Claim UKA club** \_\_\_\_\_ **Licence No** \_\_\_\_\_

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

**YOUNGER TEAM DECLARATION** M 35-44, M45-54, M55-64, W35-44, W45-54  
(Indicate your choice, if applicable)

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

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





Are pleased to offer the following inclusive packages....

## World Masters Athletics Championships – Sacramento 6<sup>th</sup> – 17<sup>th</sup> July 2011

### Destination & Package Information

Sacramento, located on the West Coast of the U.S, is the host city for the 2011 World Masters Championships and I'm sure you'll agree they will organise a superb addition of our World Championships. They offer a primary and secondary stadium plus a separate facility for training. For non stadia competitors there's the American River Parkway and Granite Regional Park.

Packages are selling fast so please book early to avoid disappointment.

If you are not yet on our mailing list and would like to receive a copy of this brochure when released please email - [masters@corporate-sporting.com](mailto:masters@corporate-sporting.com)



## World Masters Indoor Championships – Jyvaskyla 3<sup>rd</sup> – 8<sup>th</sup> April 2012 **\*\*COMING SOON\*\***

### Destination & Package Information

CSE are delighted to be able to offer a package to the World Masters Indoor Championships being held in the heart of the beautiful Finnish Lake district in Jyvaskyla. This dynamic and lively city has a number of sports venues which are within walking distance of the city centre hotels.

Package details and prices will be released on the 30<sup>th</sup> May 2011.

After a successful competition in Ghent we expect demand for this package to be high.

If you are not yet on our mailing list and would like to receive a copy of this brochure when released please email - [masters@corporate-sporting.com](mailto:masters@corporate-sporting.com)

