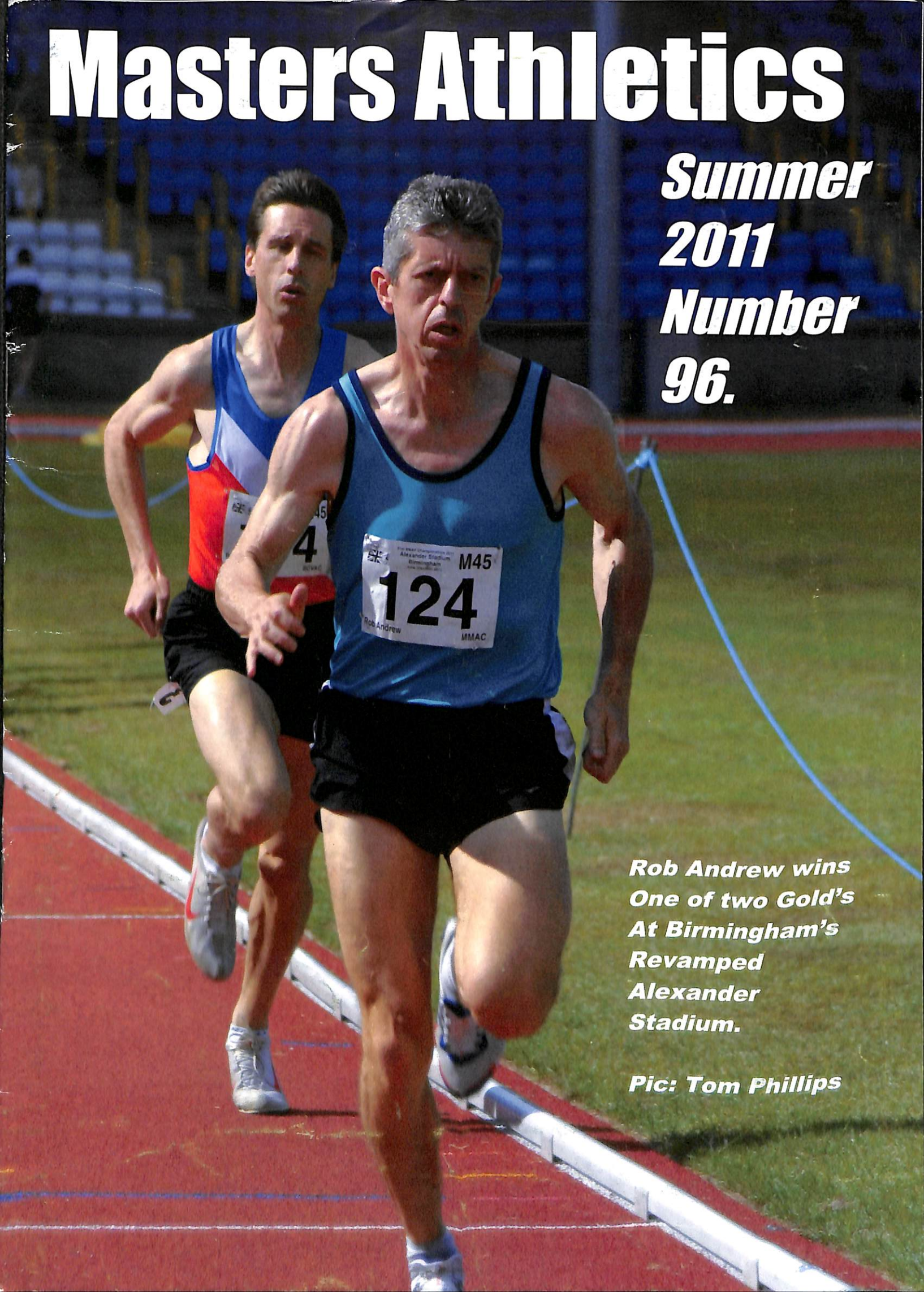


# Masters Athletics

***Summer  
2011  
Number  
96.***



***Rob Andrew wins  
One of two Gold's  
At Birmingham's  
Revamped  
Alexander  
Stadium.***

***Pic: Tom Phillips***

**Great wins at 400 / 800 & 1500  
metres for  
Counties Athletic Union  
Champion Karrie Blake.  
Pic: Tom Phillips**



# MASTERS ATHLETICS

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SECRETARY.**

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**THE PICTURES USED IN THIS ISSUE  
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**JEREMY HEMMING**

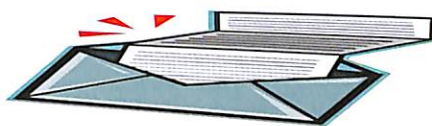
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## LETTERS

**Pat Gallagher has copied me in on a letter she has sent to  
our Road Secretary:**

I am writing to draw your attention to a grave inequality that currently exists within the Masters Road Relays, and in doing so hopefully gain your support to change the current structure for next season.

As it stands women can only enter teams up to the 55 year old age group. Those of us more senior must compete within this age group. However within the men's competition they can enter teams up to 75+ years of age.

There is no justification for such a blatant inequality. There are plenty of women competing beyond the age of 55. You may argue that the team competitions would lack depth but this would be no different from the older age groups within the men's race. All competitions have to begin somewhere.

It is not plausible to argue that increasing the age groups would impact on the logistics of the competition, as all the female age groups would still be able to run together, it would therefore not significantly increase the organisation of the relays or impact on the timetable of the day.

Failure to provide the women with equal opportunity will only prevent our sport from developing and growing. We have an obligation to provide all athletes irrespective of gender or age the opportunity to compete.

I would like your support to propose a change for next season. I propose that in 2012 the competition is open to women in the same age group categories as men.

Yours sincerely

Pat Gallagher (W65)

Dear Sir

I am writing after another very successful T&F Championships weekend at Alexander Stadium. Great credit and thanks are due to the organisers of these championships, who have to cope with difficulties that most of us are not aware of, as well as what must appear to be grumpy old men and women who participate. We do appreciate their efforts!

However, I have one major criticism of B.M.A.F championships policy connected to the merit standards used for medal awards. I am a firm believer in the existence of standards, but I feel that there are problems with those used by B.M.A.F. The method of calculation, I am told, uses an accumulation of previous championship results over some 30 years; this narrow set of results excludes any performance outside the championships, resulting in insufficient data for the older age groups particularly in the less popular events. In order to produce standards for these events, B.M.A.F then extrapolates performances from the younger age groups up to the older ones, making a flat

mathematical adjustment for age. This is done even when the event occurs over a different distance and height (e.g. hurdles and steeplechase). Inevitably this causes anomalies and should ring warning bells about the systemic fallacies inherent in the assumptions used.

I have suggested to the compilers of these standards that a better system is to use age-graded tables devised for WMA, basing the merit standard on a fixed percentage of the mid-range in each age group, not the lower range. Unfortunately this suggestion was not deemed worthy of consideration and rejected out of hand. I would be interested to know via your excellent magazine how other members of BMAF feel about this thorny issue. Perhaps if there is some agreement we can persuade the standards compilers to have a re-think.

John Oldfield



### CHAIRMAN'S REPORT ARTHUR KIMBER

Since the last issue of Masters Athletics the main events have been the E.V.A.A Non-Stadia Championships in Thionville and Yutz in eastern France, which produced a wide range of British successes, followed by the BMAF road relays in Birmingham a week later. A busy June has a B.M.A.F competition every weekend, the Pentathlon and the national 10000m. at Oxford, the Throws Pentathlon in Milton Keynes, the 5k. run and 5k. walk at Horwich and the track and field championships at the Alexander Stadium in Birmingham.

On behalf of England Athletics Masters Association I am looking into the possibility of inaugurating an indoor track and field inter area challenge to complement the well established outdoor event, and I would welcome any comments on the idea.

On the international front the B.M.A.F delegates will go to WMA Championships in Sacramento unable to confirm our bid for the 2015 event in the London Olympic stadium. Future plans for the facility and lack of funding mean that we leave the field now to Perth, Australia, Bydgoszcz and Torun, Poland and Lyon, France. They will make their presentations in Sacramento and the assembled delegates will vote to decide the winning venue.

Good luck to all athletes going to Sacramento and for us all let's hope the warm spring weather continues right through to the end of the track and field season.

### Secretary's Report, Bridget Cushen IAAF Rule 141 on the Agenda again

The ill-considered decision by a narrow majority at the I.A.A.F Congress in Berlin in 2009 to vote in favour of amending the above rule at the behest of two big city marathon organisers, to recognise athletes as Masters at aged 35 for Stadia events,

and at age 40 for Road and Cross-Country has, predictably, led to global confusion and misunderstanding. As a result a 35-39 year old athlete could enter the 5/10,000m on the track as a Master but not the 8km cross-country or win any Masters prize in road walks and 10k road races. The Congress also failed to consider the serious financial implications that this amendment would have on the non-funded volunteer-run World Masters Athletic Championships and the Regions. W.M.A and the Championships host city are now suffering an 11-15% loss of revenue. Furthermore, in countries where the Masters have no recognised official voice, entries are not accepted from this age category and most of them have not bothered to travel to major Championships if they were limited by their Federation to track and field events only.

Apart from the financial loss, the eroding of the very code and ethos of Masters Athletics – to foster international friendship, understanding and co-operation through veteran (Masters) athletics – is in jeopardy as the age rules are outside W.M.A's control. When the men's age was equalised at 35, there followed an exponential growth in entries in the M35-39 age category at World Masters Athletics and Regional Indoor and outdoor Championships; resounding proof of the worldwide demand from athletes who just love their sport, the competition, the feel good factor of a fit and healthy body and the social gathering of like-minded people across the whole social spectrum. Why should a 35 year old long jumper or hurdler, for instance, from any of the many countries that do not enjoy the excellent club structure that we have here with its local leagues etc., not be able to enter a competition, or the mother not be able to train in a stadium because she is unable to obtain the requisite licence as she has had a break to raise a family and, wishing to return to the sport at aged 40, is considered too big an insurance risk?

Jim Blair, the World renowned New Zealand Technical Official, argued strongly at the last meeting of the I.A.A.F Masters Committee for the retention of the starting age at 35 leaving the choice to the athlete whether or not to join, adding that he is here to represent the majority, not just the minority.

So Rule 141 goes back on the Agenda for the I.A.A.F Congress in Daegu in August. Will it be 35 or 40 for Masters irrespective of stadia or non-stadia? In Berlin much emphasis was put on the then performances of 35-year old athletes like Paula Radcliffe and Haile Gebreselasse and how well they were running. They were; but do you remember a short while later both pulled up injured in a big city marathon. The late Prime Minister, Harold Wilson, famously said "a week is a long time in politics." That five years span from 35 to 40 is a long time for high mileage intensive training athletes most of whom have no interest in joining the Masters when their prize winning days limp to a close.

### The demise of the cheque book

If you were not aware that making payments by cheque will no longer be possible by October 2018, then do not panic because according to the Payment Council's research, 55% of consumers did not know that that is the target date for closing the central cheque clearings. The Payment Council was set up in 2007 to ensure that UK payment systems and services meet the needs of users, payment service providers and the wider economy. They have embarked on an intensive programme of research and engagement to fully understand the needs of different groups of customers, particularly small businesses, charitable and voluntary sectors and older people, who can be highly dependent on cheques. 67 million cheques were sent to

Charities, Clubs and Associations in 2009. Cheque Guarantee Cards were withdrawn by the banks in June.

A very important item will be on the agenda of the General Assembly on July 14 (Hotel Holiday Inn Plaza in Sacramento): the switch of the year of W.M.A.C (World Masters Athletics Championship). It concerns the Stadia Championships (W.M.A.C.S) and the Indoor Championships (W.M.A.C.I) as well.

The idea is to change the year (W.M.A.C.S) from the un-even years to the even numbered years and the year for the indoors (W.M.A.C.I) will be changed from the even to the un-even years.

This change is proposed for the first time in 2015/2016. The delegates will discuss and decide.



It has been brought to my attention, that Caroline Powell Set a new World Record of 63.39 at UWIC Wales Indoor Area on the 5<sup>th</sup> March 2009.

The time being faster than the 63.87 set in last year's British Indoor Championships. Picture (Tom Phillips) shows Caroline ahead of Jane Horder.

I understand the necessary paperwork is being collated to be sent forward for ratification. (BRO).

Conrad Phillips reports that Greg Dunson M45 jumped 1.86, at the RAF Championships on the 22<sup>nd</sup> June to set a new British High Jump Record. He also won the sprint Hurdles, I believe this is a British record. (BRO)



**ROYSTON  
REGINALD  
ROGERS**

**1931-2011**

*We were sorry to hear of the death of Roy Rogers, who was a past President and life Vice President of the Midland Counties Athletic Association.*

*Roy has given many years of his life to his beloved Athletics, and when our paths first crossed at an early British Veterans Championships in the 1980's, Roy was that day an excellent Track Referee.*

*At that time he was employed by the Royal Air Force rising from the ranks to warrant officer, but on retirement was able to spend even more time in Athletics, encouraged by his Chief Timekeeper wife Barbara.*

*Roy has supported many branches of Athletics, being involved in Olympic Games, World Championships, European Championships and Commonwealth Games as a Senior Track Judge.*

*He was continually busy at this time, being involved with the Midland Counties serving on many different Committee's, adding his great experience to any discussion in which he was involved.*

*He was a Race Walking Judge and supported this sport at a National level, the Much Wenlock Olympian Society, and Shropshire County Association also played a major part in his life.*

*He was appointed meeting manager to British Athletics, and supervised most major Meetings in this Country for many years, clocking up colossal distances in his trusty Fiesta. Roy was a charismatic figure at these meetings striding along in the centre green making quick and accurate decisions that allow the televised meetings to flow smoothly.*

*Roy was elected President of the Midland Counties for a two year term, and was honoured by the association by being made a Life Vice President.*

*In the last few years Roy was troubled with declining eyesight, and was also diagnosed as having diabetes. These problems meant that reluctantly he had to withdraw from Judging, however, he continued his role on the various committees to which he belonged.*

BRO.



With the London Marathon organisers only recognizing Masters over-40, their leading prize money awards went overseas, so Jo Pavey's fine debut showing of 2:28:24 went unrewarded.

The winning M40 time of 2:19:57, by Mexican Odilon Cuahutle, was the fastest for many years and Norway's Kirsten Melkevik was top W40 overall in 2:39:16 but most home interest was on winners in the older age groups where pride of place went to Sally Musson who improved her own year-old W55 record by more than a minute to 3:04:13.

Reaching the half-distance just behind three time W50 winner Vicky Perry in 89:15, Musson lost ground in the second half as Perry went further ahead, before passing the Altrincham runner around the 37km mark. "I am sorry I did not make a sub-three but I honestly felt that was probably a bit optimistic although I was probably on track for that until nearly 20 miles," said the Tonbridge runner. "I had some problems in the second half of the race, which I won't go into the gory details of, but which made it a bit tougher than it should have been," added Musson who ran in memory of her late husband Roger who died shortly after last year's race.

"I felt pretty strong most of the way although I was slightly surprised at my half-way. I don't want to make excuses but my internal problems did not help me in the latter stages. The most important thing is raising money for Burrswood Christian Hospital in memory of Roger. I am pushing £5,000 at the moment," added Musson.



Perry eventually posted her fourth successive W50 title, despite suffering throughout with Achilles tendonitis. "I took pain killers before the start and then again at eight miles, then another at 15," said the 53-year-old. "I am

## MASTERS ATHLETICS SUMMER 2011

amazed that I still won given that I was struggling," added the Altrincham runner.

Bridget Coomber took the W45 award after firstly leading then conceding to Clare Elms before re-passing her injured rival in the closing stages in 2:54:52.

The M40 runner-up Hendrick Zietsmann, although a member of Serpentine, comes from South Africa and posted 2:25:41, while the fastest Brit among the Masters was third placed Julian Baker at 2:29:48, after a 73:01 clocking at the half-distance.

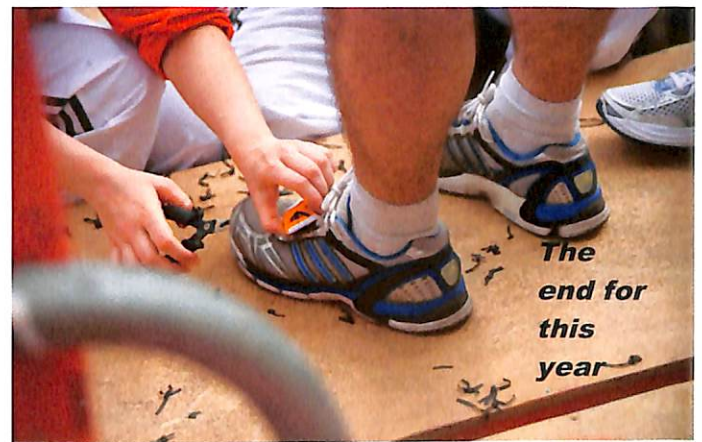
Darran Bilton had won the Masters section for the past four years but had to concede and only just won the M45 group as Ben Reynolds was a threat throughout. The Leeds man led in the early stages, going through 10km in 34:39 to Reynolds' 35:02, before the Thames runner was on the Bilton's shoulder at 15km. Reynolds then led at the half-distance by eight seconds, in 74:46 before opening half-a-minute by the 30km mark. Bilton then closed before going away for a victory in 2:31:06.

"I entered this year's marathon with a hamstring problem, so knew it would be a tall order to expect my vet category winning streak to continue," said the 45-year-old. "I ran a very conservative race and, more by luck than design, I pulled off yet another win albeit in the M45 class. So all in all, a great day out and here's to a fully fit attack at the distance in 2012," added Bilton.



Colin Rathbone retained the M65 title but this time without having to await news of his 'win' after a runner who missed the Isle of Dogs loop had been disqualified. He said: "this year there were no bad pennies." After throwing off a chest infection in the lead up, Rathbone was unsure of his form right up to race day and thought about pulling out. Talking about how his race went, the 67-year-old said: "I am pleased with my effort, despite my injury niggles during training. It's nice to know the over-65 title has been retained. I started to feel weary at around seven miles, but really started to feel the heat in the second half but stuck at it using every mental ploy I could enlist. I really was glad to finish and share a beer with my support crew, who had given me great help around the course. I couldn't let them down. I might now have a couple of weeks off training now to recover," added Rathbone.

77-year-old Geoff Oliver took the over-70 medal with 3:40:26, nearly five minutes clear of all of the M70 runners. The most notable of the event's Ever-Presents was Thurrock's Irishman Pat Dobbs who said: "my time for the London was 18:42 faster than last year. I was pleased to get around once again, to keep my sequence of runs intact." The popular Sue Lambert added to her own tally of age group wins by adding the W70 class in 4:03:46.



### VIRGIN LONDON MARATHON MASTERS RESULTS

**M40:** 1 O Cuahutle (MEX) 2:19:57; 2 H Zietsmann (SAF) 2:25:41; 3 J Baker 2:29:48; 4 E Vivian (ITA) 2:31:18; 5 G Butler 2:33:18; 6 G Roves 2:33:42; 7 K Norgrove 2:33:44; 8 F Walls 2:34:09; 9 D Freeman 2:35:56; 10 P Critchlow 2:36:24; 11 R Breen 2:36:30; 12 S Maydock 2:36:36; 13 G Nixon 2:37:11; 14 P Sankey 2:37:30; 15 A Green 2:37:32; 16 M Kimman 2:37:45; 17 D McCarter 2:37:47; 18 C Potts 2:38:24; 19 D Palmer 2:38:30; 20 D Coales 2:38:49; 21 A Gore 2:39:43; 22 M Russell 2:40:22; 23 R Whittington 2:40:28; 24 S Brownlee 2:40:34; 25 W Bourne 2:40:39; 26 R Whitelegg 2:41:22; 27 A Timmins 2:41:30; 28 J Alcoba 2:41:33; 29 D Watson 2:41:44; 30 J Bulman 2:41:53; 31 S Nimmo 2:42:10; 32 C Williams 2:42:14; 33 C Wartnaby 2:42:38; 34 D Stone 2:42:46; 35 S Herring 2:42:49; 36 R McGregor 2:43:01; 37 R Shelley 2:43:08; 38 R Clifford 2:43:09; 39 B Martin-Dye 2:43:13; 40 A Ball 2:43:27; 41 N Baker 2:43:36; 42 P Faulkner 2:43:37; 43 W Speake 2:43:56; 44 L McDonald 2:44:04; 45 C Fernandes (FRA) 2:44:05; 46 A Bardsley 2:44:16; 47 M Molloy 2:44:35; 48 G Norgrove 2:44:40; 49 A Fireamosca (ITA) 2:44:41; 50 S Rose 2:44:41; 51 S Ward 2:44:42; 52 J Benson 2:44:46; 53 J Mancor 2:44:53; 54 G Miguel 2:45:02; 55 A Rankel 2:45:25; 56 W Downey 2:45:26; 57 J Funk (GER) 2:45:29; 58 A Toll 2:45:29; 59 N Hogg 2:45:35; 61 L Sandri (ITA) 2:45:36; 62 J Broom 2:45:50; 63 P McClarnon 2:45:53; 64 T Gaile 2:46:08; 65 J Fuertes 2:46:26; 66 R Edmonds 2:46:36; 67 M Rabbetts 2:46:41; 68 J Morgan 2:46:59; 69 S Hawkins 2:47:02; 70 A Deeming 2:47:02; 71 J Ratcliffe 2:47:18; 72 C Engle (USA) 2:47:23; 73 M Rix 2:47:50; 74 D Rantell 2:48:07; 75 P besford 2:48:17; 76 S Thomas 2:48:17; 77 D Masey 2:48:31; 78 N Houlton 2:48:41; 79 C Hornung (GER) 2:48:56; 80 A Masterman 2:49:09; 81 R Brookling 2:49:15; 82 S Dipre 2:49:22; 83 A Mellor 2:49:24; 84 M Greet 2:49:30; 85 P Summers 2:49:32; 86 G

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Stewart 2:49:40; 87 G Moffatt 2:49:51; 88 P Guinan 2:49:51; 89 A Reeves 2:49:52; 90 M Nutt 2:49:56

**M45:** 1 D Bilton 2:31:06; 2 B Reynolds 2:31:50; 3 N Rackham 2:33:35; 4 C Southam 2:34:33; 5 G Hogg 2:37:39; 6 P Waterston 2:38:37; 7 H Ungewickell (GER) 2:38:52; 8 S Pettit 2:39:59; 9 S Donbbs 2:40:22; 10 A McNeil 2:41:18; 11 S Murtagh 2:42:20; 12 C Hartley 2:42:45; 13 G Torre (ITA) 2:42:46; 14 P Gregg 2:43:38; 15 M Croasdale 2:43:43; 16 S Hart 2:43:54; 17 G Taylor 2:44:16; 18 B Murphy 2:44:18; 19 G Spellman 2:44:27; 20 D Sow (SEN) 2:44:27; 21 A Mason 2:44:30; 22 D Oakes 2:45:13; 23 J Dobson 2:45:53; 24 M Hatton 2:45:57; 25 N Bedell 2:46:10; 26 S Wherry 2:46:23; 27 P Moriarty 2:46:42; 28 P Mitchell 2:46:54; 29 J Marklew 2:46:55; 30 J Trelfa 2:47:08; 31 P Rose 2:47:08; 32 S Marklew 2:47:16; 33 C Parker 2:47:30; 34 R Schmidtt (FRA) 2:48:00; 35 D Walmsley 2:48:04; 36 G Marani (ITA) 2:48:22; 37 M Rice 2:48:40; 38 K Robertshaw 2:49:02; 39 D Byrne 2:49:43; 40 A Sly 2:49:46; 41 J Carr 2:49:48; 42 M Williams 2:49:54; 43 B Camfield 2:49:58; 44 P Goeppfert (FRA) 2:50:08; 45 M Bonora (ITA) 2:50:12; 46 R Warner-Hoskins 2:50:18; 47 S Caulton 2:50:33; 48 P Cruse 2:50:34; 49 A Johns 2:50:46; 50 L Vagnoli (ITA) 2:50:47; 51 C hairs 2:50:56; 52 S Watmough 2:51:05; 53 F Waissenbacherleitner (AUT) 2:51:29; 54 A Chambers 2:51:31; 55 A Tillery 2:51:39; 56 M Dalton 2:51:46; 57 M Beired (ESP) 2:52:02; 58 R Tobler (AUT) 2:52:26; 59 M Fowell 2:52:27; 60 d Weekes 2:52:33; 61 A Schmid (SUI) 2:52:41; 62 D Cairns 2:52:48; 63 S Park (KOR) 2:53:20; 64 J Shepherd 2:53:21; 65 P Chabrelie 2:53:22; 66 P Holley 2:53:24; 67 D Hart 2:53:43; 68 M Bedi 2:54:17; 69 G Duddy 2:54:19; 70 G Stevens 2:54:52

**M50:** 1 L Boden 2:41:30; 2 D Child 2:41:56; 3 G Dorval (CAN) 2:42:13; 4 G Payne 2:42:19; 5 D Dopnati (ITA) 2:43:13; 6 D Brown 2:43:28; 7 C Phelan 2:46:38; 8 G Stephens 2:46:39; 9 M Firth 2:47:49; 10 J Foss 2:48:05; 11 I James 2:48:15; 12 B Achard (FRA) 2:49:16; 13 R Bowker 2:49:40; 14 J Stephens 2:51:00; 15 K Amos 2:51:03; 16 P Reece 2:51:23; 17 C Finill 2:51:29; 18 A MacLachlan 2:51:50; 19 G Evans 2:52:12; 20 S Howell 2:53:25; 21 B Richardson 2:53:53; 22 A Ruben 2:54:25; 23 P Muffett 2:55:01; 24 M Ashby 2:55:06; 25 D Jelley 2:55:41; 26 T Grant 2:55:45; 27 N Rankin 2:55:46; 28 G Dixon 2:55:57; 29 K Blyth 2:55:58; 30 T Clough 2:56:09; 31 A Chutter 2:56:13; 32 B Allen 2:56:18; 33 M Davis 2:56:20; 34 T Knightley 2:56:25; 35 J Watson 2:56:55; 36 N Sirs 2:57:40; 37 R Wadey 2:57:43; 38 R Corsini 2:58:03; 39 A Petit (FRA) 2:58:12; 40 J Hucks 2:58:37; 41 C Oxlade 2:58:58; 42 D Robinson 2:59:07; 43 S Burthem 2:59:10; 44 P Capdepuuy (FRA) 2:59:12; 45 G McClure 2:59:14; 46 D Headon 2:59:19; 47 G Cinque 2:59:33; 48 K Roberts 2:59:46; 49 G Newill 2:59:46; 50 P Robertson 2:59:55;

**M55:** 1 S Rennie 2:49:24; 2 S McAneney 2:50:16; 3 J Crockford 2:56:10; 4 M McGeoch 2:56:19; 5 C Lamont 2:58:37; 6 M Bale (NOR) 3:01:05; 7 T Hutchison 3:01:07; 8 T Hunter 3:01:09; 9 R Eagle 3:02:16; 10 J Atkinson 3:02:41; 11 R Stanier 3:04:17; 12 M Malavolta (ITA) 3:04:32; 13 K Millican 3:06:56; 14 R Jacobs 3:07:09; 15 B Wilson 3:07:14; 16 B Henderson 3:07:27; 17 J Clare 3:07:50; 18 K Uwe 3:08:54; 19 W Hill 3:08:55; 20 F Lynch 3:08:56; 21 J Etter (SUI) 3:09:41; 22 K Hill 3:09:41; 23 R Bamsey 3:09:49; 24 D Richmond 3:10:42; 25 O Walker 3:11:10; 26 J Price 3:11:29; 27 A Boast 3:11:53; 28 J Dyckes 3:12:40; 29 A Murray 3:12:47; 30 M Warrick 3:12:51

**M60:** 1 J Bateman 3:03:25; 2 R Thomas 3:03:57; 3 R Booth 3:05:09; 4 J Whittington 3:07:30; 5 A Vincent (FRA) 3:08:37; 6 I Graham 3:10:10; 7 T Hodgson 3:10:01; 8 A Lewis 3:10:07; 9 W Clews 3:13:38; 10 C Mason 3:13:42; 11 G Ball 3:14:05; 12 D Alsop 3:14:12; 13 C Skerratt 3:14:15; 14 D Beattie 3:15:25; 15 S Balfour 3:15:27; 16 A Elsmere 3:17:20; 17 E Taylor 3:19:01; 18 J Lingard 3:20:24; 19 J Tenant 3:20:30; 20 R Leach 3:20:54; 21 J Stone 3:22:29; 22 F Javierre (ESP) 3:23:02; 23 D Baudry 3:23:05; 24 C Bence 3:23:19; 25 G Dixon 3:23:48; 26 K Pailing 3:23:59; 27 G Coates 3:24:02; 28 A Mansi 3:24:23; 29 K Hull 3:25:02; 30 H Hunter 3:25:04

**M65:** 1 C Rathbone 3:12:52; 2 S Mann 3:22:18; 3 J Fanshaw 3:26:57; 4 R Scott 3:27:35; 5 R MacKenzie 3:32:15; 6 A Bent 3:32:47; 7 R Maddock 3:32:54; 8 P McDonald 3:35:24; 9 C Talbot 3:35:35; 10 A Payne 3:37:03; 11 J Kane 3:40:49; 12 B McKey 3:40:54; 13 M Gledhill 3:41:16; 14 A Messaoudi (FRA) 3:44:31; 15 A Bye 3:45:03

**M70:** 1 M Simmonds 3:45:17; 2 P Dobbs (IRL) 3:49:06; 3 R Griffin 3:53:25; 4 M Horwood 3:59:07; 5 W Capps (USA) 3:59:27; 6 M Parry 4:04:18; 7 J Thomas 4:07:45; 8 B Davis 4:09:32; 9 B Leigh 4:09:36; 10 M Clarke 4:09:53;

**M75:** 1 G Oliver 3:40:26; 2 G Brown 4:05:57; F Makin 4:16:24; 4 John Winters 4:22:28

**W40:** 1 K Melkevik (NOR) 2:39:16; 2 E Stallard 2:49:01; 3 P Taylor 2:49:16; 4 J Gorrod 2:50:39; 5 E Gooderham 2:53:37; 6 Y Torres (PUR) 2:55:18; 7 S McDonald 2:57:43; 8 F Maycock 2:58:26; 9 P Braddock (ESP) 2:59:25; 10 A Thomas 3:00:14; 11 A Stearns 3:00:51; 12 T Oldershaw 3:01:19; 13 E Storey 3:06:05; 14 J Laing 3:06:16; 15 K Rushton 3:07:30; 16 M Zubizarreta (PAR) 3:07:36; 17 M Aarthun (NOR) 3:08:02; 18 J Lawton 3:08:03; 19 E O'Duffy 3:08:12; 20 T Gilchrist 3:09:50; 21 E Huepfl 3:10:05; 22 M Guillan (ESP) 3:10:14; 23 N Boyd 3:11:25; 24 S MacGregor 3:12:01; 25 M Holden 3:12:51; 26 J Fudger 3:13:27; 27 J Cliff 3:14:18; 28 I Kerrigan (USA) 3:14:54; 29 A Fuller 3:15:02; 30 M Cooper 3:15:17; 31 M Williamson 3:15:22; 32 C Howard 3:16:06; 33 T Williams 3:16:43; 34 A Pibernat (ESP) 3:16:49; 35 S Gardner 3:16:55; 36 J Haddad 3:17:05; 37 K Archbold 3:18:01; 38 P

Abbott 3:19:09; 39 L Hales 3:19:10; 40 K Harrison 3:19:14; 41 G Parretti (FRA) 3:19:17; 42 N Sykes 3:19:52; 43 K Bridge 3:19:55; 44 M Craig 3:20:14; 45 M Hollinshead 3:20:21; 46 A Berrill 3:20:33; 47 J Rayfield (UAE) 3:20:42; 48 T Pikme 3:20:55; 49 K Bluck 3:21:58; 50 T Taylor 3:21:32

**W45:** 1 B Coomber 2:54:52; 2 C Elms 2:55:11; 3 K Doyle 3:00:21; 4 S Enhard 3:03:57; 5 S Griffiths 3:06:34; 6 J Purchase 3:08:42; 7 J Baldwyn 3:08:47; 8 C Hewitt 3:09:39; 9 M Synnot-Wells 3:09:46; 10 J Moore 3:09:50; 11 R Anderson 3:09:50; 12 D Broom 3:10:49; 13 D Steer 3:11:36; 14 N Froud 3:11:36; 15 K Wright 3:12:22; 16 A Wallace 3:13:15; 17 R Bales 3:13:54; 18 S Chaloner 3:13:58; 19 S Harrison 3:14:36; 20 S Bignell 3:15:05; 21 J Thomson 3:15:21; 22 Z Dehnashi 3:15:50; 23 G Murdoch 3:16:01; 24 J Masterman 3:17:20; 25 A Vesey 3:17:23; 26 C Davies-Hale 3:17:32; 27 C Heaton 3:17:53; 28 L Murray 3:17:54; 29 Y Okuzono (JPN) 3:18:26; 30 L Noble 3:18:31; 31 H Byrne 3:19:18; 32 B Pedetta (ITA) 3:19:50; 33 H Ritchie 3:21:02; 34 D Hier 3:21:54; 35 A Bradbury 3:22:02; 36 H Anderson 3:23:05; 37 D Gunning 3:23:11; 38 K Galpin 3:24:01; 39 K van Eekhoutte (BEL) 3:24:01; 40 J Gundle 3:24:11; 41 J Keavney 3:25:06; 42 J Eaton 3:25:06; 43 C Tuck 3:25:25; 44 J Thisted (DEN) 3:25:26; 45 L Massey 3:25:33; 46 H Young 3:25:34; 47 J Seaman 3:26:19; 48 S Pinkham 3:26:34; 49 3:26:44; 50 E Sanders 3:27:05

**W50:** 1 V Perry 3:05:05; 2 K Butler 3:15:12; 3 L Whaley 3:16:10; 4 J Webb 3:17:24; 5 B Wenman 3:18:04; 6 A Sweeney 3:19:21; 7 Y McGarry 3:20:13; 8 C Jones 3:22:01; 9 S Higgs 3:22:07; 10 L Gettins 3:23:29; 11 C Heycock 3:25:00; 12 S Cox 3:25:49; 13 L Andrew 3:26:30; 14 J Palmer 3:26:30; 15 L Mathers 3:26:58; 16 A Jonsson (SWE) 3:28:44; 17 J Bremner 3:28:45; 18 P Dickinson 3:29:34; 19 V Singleton 3:29:43; 20 P Iannella 3:29:57; 21 G Bathmaker 3:31:20; 22 K Horsman 3:32:05; 23 A McGarvey 3:32:18; 24 C Spong 3:32:38; 25 C Emery 3:32:44; 26 C Catterson 3:33:14; 27 E wood 3:33:21; 28 J Robinson 3:33:27; 29 P Mburu 3:34:35; 30 L Hayes 3:34:41; 31 J Wirths (SUI) 3:34:48; 32 K Archer 3:35:09; 33 M Benedik (SLO) 3:35:30; 34 S Colquhoun 3:36:05; 35 F Cooke 3:36:11; 36 F Cameron 3:38:05; 37 S Griffin 3:38:18; 38 C Richards 3:39:20; 39 B Nordin 3:40:47; 40 H Toyne 3:41:12

**W55:** 1 S Musson 3:04:13; 2 C Steward 3:24:05; 3 J Neale 3:28:00; 4 L Collinson 3:36:39; 5 D Heydecker 3:36:45; 6 G Harrison 3:36:57; 7 S Parker 3:37:08; 8 P White 3:38:23; 9 M Makin 3:39:45; 10 M Flemming 3:41:11; 11 A Sanders-Reece 3:46:17; 12 M Dewitt (USA) 3:46:38; 13 E Neville 3:46:52; 14 F Moutoussamy (FRA) 3:46:58; 15 R Van Der Putten 3:46:59; 16 V Derzypilskyj 3:47:11; 17 A Dougall 3:47:52; 18 F Davies 3:49:51; 19 J Barrow-Green 3:49:52; 20 A Millett 3:50:40; 21 C Davies 3:51:08; 22 A Saunders 3:51:09; 23 F Kenden 3:51:47; 24 M Dorrity 3:51:58; 25 V Collins 3:52:59; 26 D Bland 3:53:17; 27 M Walker 3:54:31; 28 S Hargreaves 3:54:41; 29 J Millett 3:55:10; 30 S dale 3:55:29; 31 M Whitty 3:56:36; 32 A Deacon 3:56:42; 33 J Brown 3:58:15; 34 A Bjorndottir (ISL) 3:58:44; 35 S Grearson-Jackson 3:59:11; 36 A Williams 3:59:13; 37 H Pughe 4:00:56; 38 M Ijnsen (DEN) 4:02:04; 39 S Ball 4:02:14; 40 Y Segginger (SUI) 4:02:18

**W60:** 1 C Horder 3:32:36; 2 P Vernazza 3:43:31; 3 Y Mann 3:48:15; 4 S Dyson-Laurie 3:50:49; 5 S Hume 3:52:55; 6 Y Twelvetree 3:52:56; 7 S Marzaoli 3:54:52; 8 G Damiani (ITA) 3:58:03; 9 L Pagani (ITA) 3:59:52; 10 A Clanachan 4:05:43; 11 J Coneely 4:06:07; 12 P Hedley-Lewis 4:06:18; 13 B Lauritsen (DEN) 4:06:35; 14 P Fenelon 4:07:12; 15 M Heritier (FRA) 4:12:42; 16 N Smith 4:13:58; 17 E McKay 4:14:26; 18 L Woods 4:15:12; 19 G Porter 4:16:12; 20 A Willbond 4:16:56; 21 C Meenan 4:17:52; 22 D Campbell 4:20:47; 23 D Wides 4:21:45; 24 D Torcart (VEN) 4:22:05; 25 R Bowles 4:23:36

**W65:** 1 J Horan 3:56:23; 2 P Elliott 3:57:05; 3 S Nicholls 4:08:07; 4 J Jenkins 4:12:04; 5 C Spong 4:12:26; 6 G Little 4:17:07; 7 C Morgan 4:19:00; 8 R Peck 4:19:41; 9 C Dyke 4:24:17; 10 A Docherty 4:25:25; 11 M Nobles 4:31:03; 12 L Cooper 4:37:53; 13 L Russell-Ponte 4:39:04; 14 M Kirby 4:43:45; 15 M Roques (FRA) 4:44:31

**W70:** 1 S Lambert 4:03:46; 2 T Cardell 4:25:54; 3 I Sellan (ITA) 4:47:40; 4 A Saito (JPN) 5:01:07; 5 M Martin 5:03:45; 6 G Thompson 5:03:46; 7 A Duncan 5:25:45; 8 K Garnett 5:29:39; 9 K Sakai (JPN) 5:42:10; 10 P Jones 5:45:26

**W75:** 1 E Draper 4:38:30; 2 J Archibold 4:59:17; 3 D Pugh 5:44:16; 4 C Usher 5:45:45

**W80:** 1 I Barr 6:36:10

Whilst on the subject of Marathon running Ron Franklyn mailed to say that an old friend of his Ed Whitlock, a former member of Walton Athletic Club, but now domiciled in Canada.

Running in the Rotterdam Marathon, set a new World M80 record, to add to the records he holds at M70 & M75.

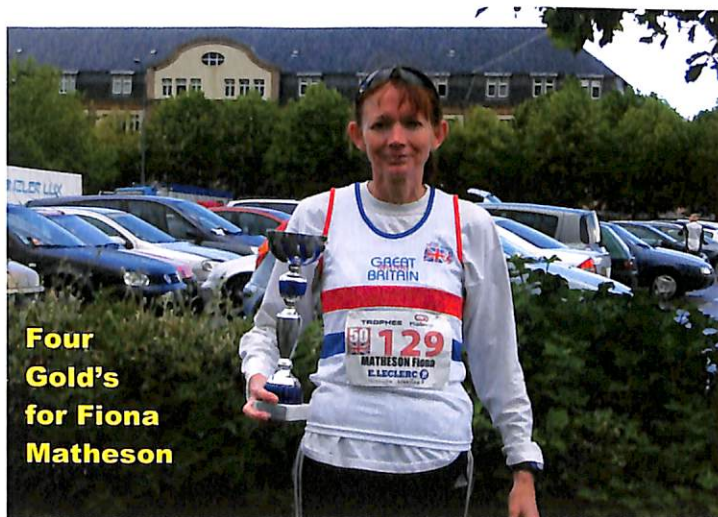
Details: M70 2h54:48.3; M75: 3h08:34.5; M80: 3h25:30.0;

# EUROPEAN VETERANS NON-STADIA CHAMPIONSHIPS THIONVILLE/YUTZ 13-15<sup>th</sup> MAY 2011

**Words: Arthur Kimber  
& John Hall**

**Pictures: Arthur Kimber,  
John Morton and Pete Duhig.**

The three day event attracted a relatively small team of British athletes, but still produced a large haul of medals both in individual and team events. Fiona Matheson was the outstanding British athlete winning two individual gold medals, two team gold medals and one silver, and, with her very fast times, outclassing the other athletes in her races.



**Four  
Gold's  
for Fiona  
Matheson**

## 10k. Friday

Three races were held, all women, men over 55 and men 35-54, and took place in warm conditions, especially for the last race beginning at noon. 16 British women took part, winning six medals. Fiona Matheson won the W50 group in a very fast 35:57 and by a massive margin of nearly five minutes ahead of the silver medallist. Sarah Wilkinson took silver in the W40 category in 36:06, June Johnson W65 silver with 48:03 and Eileen Quinton the third silver with a 65:22 W80 clocking. The bronze medallists were W40 Arlene Bristow and W50 Kathryn Morton, 38:31 and 41:17 respectively. Three team golds and a silver rounded off a good medal haul, golds for Sarah, Arlene and Sarah Vick in the W40, Fiona, Kathryn and Barbara Rusling in the W50, and the W55 team, Lesley Hall, Ros Tabor and Alison White. June Johnson, Sandra Poole and Pauline Rich won the W65 silver medals.

The M35-54 race had a small British entry of only twelve and no British medals, but Neil Wilkinson ran a fast 32:31 for fourth place as an M40. The M55+ race had a much larger British entry of 27 and supplied three individual medallists and three sets of team medals. Michael

Deegan was the first man home overall claiming gold in the M55 group with an impressive 34:23, while M65 Peter Giles and M70 John Batchelor took bronze medals in 40:59 and 41:09 respectively, John only 30 seconds behind the German winner Peter Lessing. Peter, John and Andrew Johnson took the M65 team silvers, with team bronzes going to M55s Michael Deegan, Gary Pendlebury and Colin Laidlaw and M60s Andrew McLinden, Michael Mann and Paul Williams.



**Winning W50 Cross Country Team**

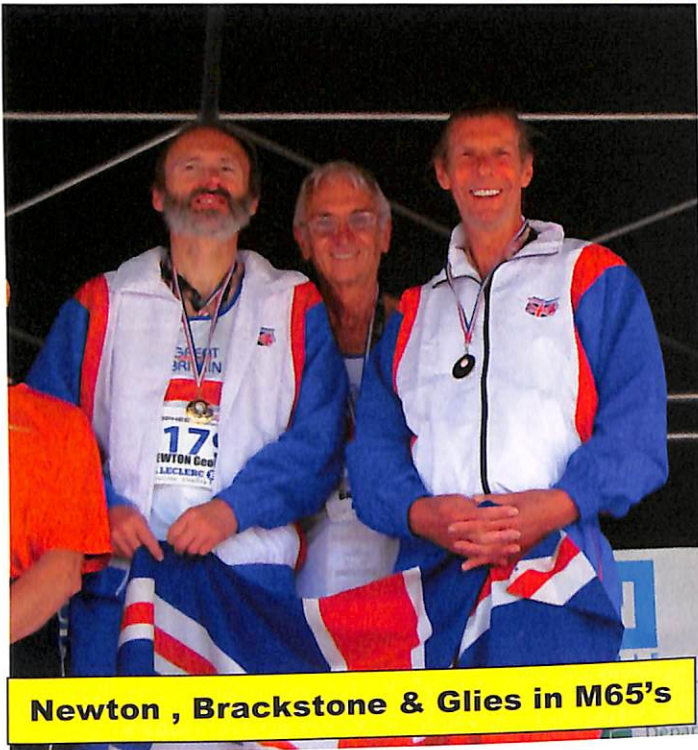
## Cross Country Relays Saturday

Three races were held in sunny but quite windy conditions in parkland in Yutz, 3x2k. for women, 3x2k. for men 60+ and 3x4k. for men 35-59. Fiona Matheson, Kathryn Morton and Barbara Rusling repeated their 10k. success with another set of team golds, Lynne Marr, Tracey Gibson and Maureen Noel took the W45 silvers, along with Lesley Hall, Caroline Boyd and Alison White, W55 silvers, while June Johnson, Pauline Rich and Sandra Poole, again following their 10k. success, finished as silver medallists in the W65 category. Bronze medals went to W40s Denise Johnson, Sarah Wilkinson and Sarah Vick.

In the M35-59 race Michael Deegan and Gary Pedlebury, this time supported by Archie Jenkins, won gold medals in the M55 group and there were two fourth placed teams. In the M60+ race Peter Giles and Andrew Johnson, this time with Dennis Williams, won the M65 gold medals and again there were two fourth placed teams.

## Half Marathon Sunday

All age groups, men and women, ran together over the course starting and finishing in the centre of Thionville. Fortunately it was cooler than on Friday and Saturday and raining for part of the time. In the women's part of the race Fiona Matheson took her second Individual gold, again dominant, as in the 10k., winning in 1:20:45, over



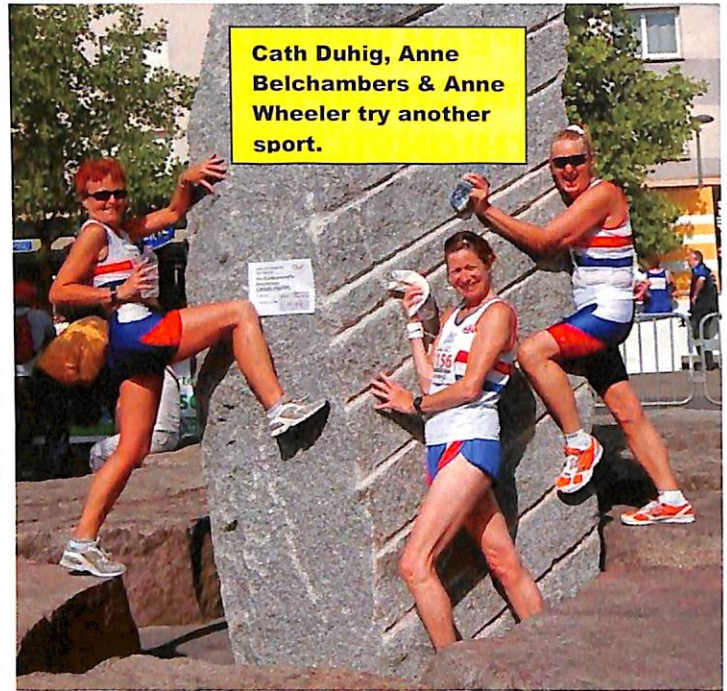
**Newton , Brackstone & Glies in M65's**

seven minutes clear of the silver medallist. W65 June Johnson gained yet another silver medal with 1:46:28, and Lesley Hall and Ros Tabor each took a bronze medal, W55 Lesley in 1:33:23 and W60 Ros, 1:35:15. Lesley, Caroline Boyd and Alison White won team W55 gold medals and W50s Fiona Matheson, Barbara Rusling and Denise Johnson team silvers.

The men were again better represented in the older age groups. Alex Rowe, although an M50, impressed by being the first Briton home in 1:16:23 for fifth place. The one British gold medallist was Geoff Newton, M65, 1:27:07, while Andrew McLinden won M60 silver with 1:20:45. Geoff, with Peter Giles and Tony Brackstone, took British team gold medals, and team bronze medals were won by M55s Gary Pendlebury, Colin Laidlaw and Andrew Murray, M60s Andrew McLinden, Michael Mann and Brian Davis and M65s Andrew Johnson, Derek Poole and John Heywood.

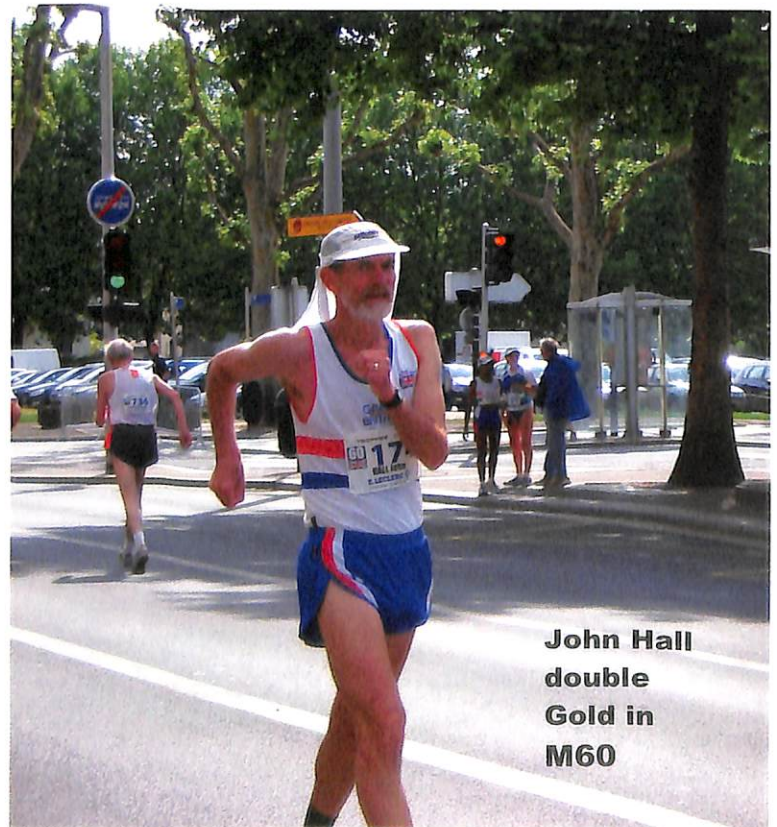
#### RACE WALKING

The GB race walkers had a very successful championship. 10 team medals (6 Gold, 4 Bronze) and 13 individual medals (8 Gold, 2 Silver and 3 Bronze) from 22 walkers is quite a tally. Even then another team medal may have got away because the local organisers stated adamantly at the initial team managers' meeting that M65/W65 would be the top age group for team purposes. Such discrimination against the older age-groups is something BMAF have fought to have corrected and it now clearly contravenes EVAA competition rules. So the organisers had to back-track on that before the end of the championships, but this late change was deemed to cancel the team gold that the GB M65 walkers had been announced as winning in the 10k. Not surprisingly we had a couple of unhappy athletes as a result: a pity considering the otherwise satisfactory organisation of the championships. Will future European championships at last be free of attempts to scupper our older age-group teams?



**Cath Duhig, Anne Belchambers & Anne Wheeler try another sport.**

The 10k walk was held on a 2k out-and-back course in the neat town of Yutz, just across the broad Moselle river from Thionville. The course was well lined with enthusiastic spectators on a sunny, warm day. Just two days later the women's 20k and men's 30k were held concurrently, with all age-groups in one race, on a T-shaped, partly tree-lined course in the centre of Thionville. The weather was decidedly cool and rain showers were about. A sharp shower disrupted the warm-ups of most competitors but there was only a sprinkle of rain during the event. British support at both events was strong and vocal. It was heartening to see plenty of our runners out supporting the walkers.



**John Hall double Gold in M60**

## MASTERS ATHLETICS SPRING 2011

British age records were achieved by Ann Wheeler (W55) in the 20k walk, eclipsing Mary Worth's 1988 record, and by Arthur Thomson (recently into the M75 age-group) in the 10k walk. Ann and Arthur both picked up 4 Golds at the championships, with 2 individual and 2 team wins. Ann was a convincing winner of both of her races while Arthur, despite performing some way below his usual very high standard was still far ahead of his opponents. Ann received very strong support in the two W55 team races from the resurgent Cath Duhig, who performed brilliantly to take two individual silver medals, and wonderful stylist Anne Belchambers. Arthur had support from Norbert Will of Northern Ireland in both of his gold medal teams, as well as from Dave Stevens in the 10k and Eric Horwill in the 30k.



There was a tremendous international championship debut from Noel Blatchford in winning the two W60 events. It seems no time at all since Noel first took up race walking; she was soon being complimented on her style and she has shown that good technique can quite quickly lead to success. Noel increased her medal haul to four by dropping age-groups to lead the W50's to team gold in the 10k walk and helping the W45's to a bronze in the 20k. She was well supported in the 10k gold team by Abingdon Ambler club-mate Judy Howard, also a championship debutant, and Fiona Bishop. W45 Scottish international Di Bradley led the 20k bronze medal team, taking an individual bronze herself and a team bronze in the 10k as well. Maureen Noel won two W45 team bronzes in the walks and managed to fit in a team bronze in the cross-country relay in the day between the two walks! Roz McKenzie, another Abingdon championship debutant, completed the W45 10k medal team.

The other double individual gold winner was M60 John Hall, BMAF walking secretary and team manager, who also picked up a team gold (M60 30k, with Dave Kates and Ken Bobbett) and bronze (with the M55s in the 10k). Ken Bobbett, yet another championship debutant, dropped an age-group for his team gold medal in the 30k while taking individual bronze in his M65 age-group. Steve Allen (the one from Barnet & District AC) and Andy Cox both took two team bronze medals in the M55 age-group, helped by a strong performance from Pete Ryan in the 30k.

The most senior individual GB medallist in the walks was John May, who won bronze in the M80 group at 10k. Commiserations to Jo Miles, who dropped out with injury in her first race but, along with hubbie, played a full part in the team experience. A good effort from Trevor Jones in coming back

from recent injury to finish both the 10k (in 10<sup>th</sup> place) and 30k (in 7<sup>th</sup>) in the M50 group.

Well done to all the walkers, who formed a great team bond with the help of their travelling supporters and enjoyed a convivial last-night meal. Super photos from Pete Duhig, who also performed a bit of crucial between-races massage for at least one weary but very grateful team member.

### 10km

**W35:** 1 OLIVERAS Carmen FRA 35:27; 2 BROD Jutta GER 35:30; 3 PRILADNYKH Ekaterina RUS 37:19; **TEAM: 1 GER 2h03:53; W40:** 1 LOUBELLE Nathalie BEL 35:50; 2 WILKINSON Sarah GBR 36:06; 3 BRISTOW Arlene GBR 38:31; 14 MCDERMOTT Mary IRL 45:37; 15 VICK Sarah GBR 46:11; **TEAM: 1 GBR 2h00:48 ( WILKINSON Sarah, BRISTOW Arlene, VICK Sarah ); 2 FRA 2h01:28; W45:** 1 DEL VAL Cristina ESP 37:44; 2 GANGLOFF Rosario FRA 39:34; 3 JENKE Ute GER 39:46; 4 GUILFOYLE Tracy IRE 40:41; 14 MARR Lynne GBR 50:41; **TEAM: 1 GER 2h02:46; 2 FRA 2h04:34; 3 FRA 2h12:36; W50:** 1 MATHESON Fiona GBR 35:57; 2 CELETTE Gabriele GER 40:42; 3 MORTON Kathryn GBR 41:17; 8 RUSLING Barbara GBR 46:12; 9 JOHNSON Denise GBR 47:54; **TEAM: 1 GBR 2h03:26 ( MATHESON Fiona, MORTON Kathryn, RUSLING Barbara ); 2 GER 2:05:04; 3 GER 2:28:43; W55:** 1 COMBES Dominique FRA 41:16; 2 HUETHER Elife GER 41:45; 3 VAN T WOUT Angnetta NED 42:21; 4 HALL Lesley GBR 43:01; 9 WHITE Alison GBR 48:37; **TEAM: 1 GBR 2h15:32 ( HALL Lesley, TABOR Ros, WHITE Alison ); 2 GER 2h20:40; W60:** 1 GAJIC Stefica SUI 39:41; 2 LUSCHER Angelique SUI 41:02; 3 VAQUERO Emilia ESP 42:18; 5 TABOR Ross GBR 43:54; 8 JAMES Susan GBR 45:56; **TEAM: 1 GER 2:14:08; 2 GER 2:36:11; W65:** 1 TORTI Michele FRA 47:42; 2 JOHNSON June GBR 48:03; 3 BAUER Leni GER 48:30; 4 MCNELIS Evelyn IRL 48:44; 8 POOLE Sandra GBR 52:47; 9 RICH Pauline GBR 54:21; **TEAM: 1 GER 2h30:20; 2 GBR 2:35:11 ( JOHNSON June, POOLE Sandra, RICH Pauline ); W70:** 1 STAUBERMANN Hermine GER 50:49; 2 BAYER Waltraud GER 53:44; 3 WOODLOCK Anne IRL 55:32; **TEAM: GER 2:35:48; W75:** 1 HODAPP Elfriede GER 51:15; 2 WILLERTS Elfriede GER 1h02:17; **W80:** 1 CZERWENKA-NAGEL Melitta GER 56:53; 2 QUINTON Eileen GBR 1h05:22; **M35:** 1 CASADO Antonio ESP 31:09; 2 STRUYVEN William FRA 31:12; 3 RISA Svein Ove NOR 31:46; 8 ALDRIDGE Michael GBR 32:43; **TEAM: 1 ESP 1h37:38; 2 GER 1h38:12; 3 FRA 1h39:07; M40:** 1 BRIGNONE Valerio ITA 31:30; 2 RIBEIRO Michel FRA 31:57; 3 BAART Edo NED 32:08; 4 WILKINSON Neil GBR 32:31; **TEAM: 1 FRA 1h39:40; 2 GER 1h43:45; 3 FRA 1h45:05; M45:** 1 FONTANEDA Fco. Javier ESP 31:49; 2 TOUNSI Taieb FRA 32:38; 3 TAYSS Abdel Azi FRA 33:03; 12 TUOHY Tony GBR 34:31; 18 WILLIAMSON Ian GBR 35:30; 28 RAYNER Trevor GBR 39:47; 32 MATHESON Grant GBR 41:05; 38 ROBERTS Alan GBR 42:00; 40 SMITH Paul GBR 42:22; **TEAM: 1 FRA 1h38:45; 2 GER 1h41:13; 3 ESP 1h41:54; 5 IRL 1h48:14 ( BYRNE Michael, COWHIE Paul, CORNYN Michael ); 6 GBR 1h49:48 ( TUOHY Tony, WILLIAMSON Ian, RAYNER Trevor ); 11 GBR 2h05:27 ( MATHESON Grant, ROBERTS Alan, SMITH Paul ); M50:** 1 RIBEIRO Georges FRA 32:59; 2 ELMER Beat SUI 33:28; 3 BYRNE Michael IRL 33:38; 8 ROWE Alex GBR 34:54; 23 MORTIMER Kenneth GBR 38:07; 31 CORNYN Michael IRL 40:15; 38 KIRKHOPE Andrew GBR 44:46; 41 CACKETTE Paul GBR 46:28; **TEAM: 1 GER 1h44:26; 2 FRA 1h45:38; 3 SUI 1h46:03; 7 GBR 1h57:47 ( ROWE Alex, MORTIMER Kenneth, KIRKHOPE Andrew ); M55:** 1 DEEGAN Michael GBR 34:23; 2 PENONE Piermariano ITA 34:43; 3 BOROWSKI Krzysztof POL 35:02; 8 PENDLEBURY Gary GBR 36:21; 26 LAIDLAW Colin GBR 41:06; 27 MURRAY Andrew GBR 41:08; 29 NEWMAN Alan GBR 41:13; 31 MONTGOMERY Alex GBR 42:24; 36 JOHNSON Donald GBR 45:56; 40 WHITE John GBR 48:16; **TEAM: 1 GER 1h49:02; 2 NED 1:49:25; 3 GBR 1:51:50 ( DEEGAN Michael, PENDLEBURY Gary, LAIDLAW Colin ); 9 GBR 2h04:45 ( MURRAY Andrew, NEWMAN Alan, MONTGOMERY Alex ); M60:** 1 DORMANN Manfred GER 35:34; 2 DI MARCO Rolando ITA 35:54; 3 HERZGSELL Franz GER 36:05; 5 MCLINDEN Andrew GBR 36:55; 8 O'SHEA Patrick IRL 37:48; 18 MANN Michael GBR 39:58; 21 WILLIAMS Paul GBR 40:28; 23 BEATTIE David GBR 40:42; 25 PEATFIELD Barry GBR 40:52; 34 DAVIS Brian GBR 43:34; 37 RICH Alan GBR 45:18; 42 DAVIDSON Alan GBR 46:49; 46 BRADSHAW Arnold GBR 47:24; 53 WEBB Allan GBR 52:59; **TEAM: 1 GER 1h49:01; 2 RUS 1h54:24; 3 GBR 1h57:21 ( MCLINDEN Andrew, MANN Michael, WILLIAMS Paul ); 8 GBR 2h05:08 ( BEATTIE David, PEATFIELD Barry, DAVIS Brian ); 12 GBR 2h19:31 ( RICH Alan, DAVIDSON Alan, BRADSHAW Arnold ); M65:** 1 STREUMER Bert NED 37:56; 2 KEIGEL Hans-rudolf SUI 40:04; 3 GILES Peter GBR 40:59; 4 JOHNSON William GBR 42:35; 11 POOLE Derek GBR 45:28; 15 WILLIAMS Dennis GBR 48:26; 17 HEYWOOD John GBR 48:36; 25 HOLIDAY Alan GBR 1h01:41; **TEAM: 1 GBR 2h09:02 ( GILES Peter, JOHNSON William, POOLE Derek ); 2 SUI 2h10:30; 3 FRA 2h17:47; 5 GBR 2h38:43 ( WILLIAMS Dennis, HEYWOOD John, HOLIDAY Alan ); M70:** 1 LESSING Peter GER 40:39; 2 TRUEMPER Karl Walter GER 40:51; 3 BATCHELOR John GBR 41:09; 8 LEGGETT Ian GBR 45:57; 13 TAYLOR John GBR 49:36; **TEAM: 1 GER 2h03:55; 2 FRA 2:16:33; 3 GBR 2h16:42 ( BATCHELOR John, LEGGETT Ian, TAYLOR John ); M75:** 1 JANTSCH Vitezslav CZE 47:53; 2 ZOSEL Armin GER 48:12; 3 GIRAULT Alfred GER 51:18; 4 PITCAIRN-KNOWLES Richard GBR 52:19; **M80:** 1 ACQUARONE Luciano ITA 46:19; 2 DERBEE Leon GER 56:23; 3 SCHWAB Otto GER 57:35; **M85:** STRICKER Albert SUI 1h10:35;

### 10K WALK:

**W35:** 1 SCHENKER Bianca GER 53:02; 2 BARRE Christelle FRA 54:49; 3 SCHROETER Brit GER 55:15; **TEAM: 1 GER 2h47:06; W40:** 1 SMITH Corinne FRA 52:37; 2 NAUMANN Marit 53:25; 3 IGLESIAS Pilar ESP 54:44; **TEAM: 1 FRA 2h44:27; 2 GER 2h58:17; 3 GER 3h08:20; W45:** 1 PRIMAS Barbara GER 56:30; 2 ROBOHM Adelheid GER 56:34; 3 HENCHOZ Corinne SUI 56:42; 6 BRADLEY Diane GBR 58:08; 7 NOEL Maureen GBR 1h01:40; 14 MCKENZIE Roz GBR 1h16:09; **TEAM: 1 GER 2h57:44; 2 RUS 3h00:19; 3 GBR 3h15:57 (**

## MASTERS ATHLETICS SUMMER 2011

**BRADLEY Diane , NOEL Maureen , MCKENZIE Roz ;** W50: 1 MAZUIR Nadine FRA 53:39; 2 TERENTYeva Natalia RUS 58:10; 3 FUCHS Marion GER 1h01:26; 6 HOWARD Judy GBR 1h07:43; 7 BISHOP Fiona GBR 1h11:58; **TEAM: 1 GBR 3h24:35 ( BLATCHFORD Noel , HOWARD Judy , BISHOP Fiona );** W55: 1 WHEELER Anne GBR 58:40; 2 DUHIG Cath GBR 1h00:48; 3 ANXIONNAT Claudine FRA 1h02:09; 6 BELCHAMBERS Anne GBR 1h04:15; **TEAM: 1 GBR 3h03:43 ( WHEELER Anne, DUHIG Cath, BELCHAMBERS Anne );** 2 FRA 3h09:36; 3 FRA 3h22:34; W60: 1:BLATCHFORD Noel GBR 1h04:54; 2 TYSHKO Antonina UKR 1h06:55; 3 BERNIER Jeanine FRA 1h06:58; **TEAM: 1 FRA 3h29:34; 2 GER 3h31:19; 3 UKR 3h32:55; TEAM: 1 FRA 3h29:34; 2 GER 3h31:19; 3 UKR 3h32:55; W65: 1 MAEDER Heidi SUI 1h01:25; 2 THEUNISSEN Gisela GER 1h09:09; 3 KLINK Ursula GER 1h09:17; **TEAM: GER 3h33:35; W70: 1 GIRARDS Rosa GER 1h17:33; 2 DRAEGER Helga GER 1h21:30; 3 KNAERINGER Traude GER 1h30:51; TEAM: GER 4h06:36; W75: ANTRITTER Erna GER 1h27:33; M35: 1 MARTIN Francisco ESP 45:02; 2 BORSCH Steffen GER 45:06; 3 PINERA Ruben ESP 46:50; **TEAM: 1 ESP 2h27:24; 2 SWE 2h37:00; 3 FRA 2h39:15; M40: 1 SVENSSON Christer SWE 47:34; 2 DEGTARENKO Viacheslav RUS 47:58; 3 MEYER Steffen GER 49:49; **TEAM: GER 2h42:58; M45: 1 BONNEAU Philippe GER 47:15; 2 PERIAEZ Miguel ESP 47:57; 3 SAHUC Gilles 48:27; **TEAM: 1 FRA 2h27:51; 2 GER 2h33:56; M50: 1 SCHROETER Uwe GER 49:41; 2 NASO Andrea ITA 50:38; 3 MURPHY Patrick IRL 51:25; 10 JONES Trevor GBR 53:52; **TEAM: 1 FRA 2h45:15; 2 IRL 2h50:36 ( MURPHY Patrick, KING Bobby, MCMULLIN Sean ); 3 ITA 2h57:15; M55: 1 RUZZIER Fabio SLO 49:43; 2 BROCHOT Patrice 50:00; 3 VAXELAIRE Noel 50:02; 6 ALLEN Steve GBR 55:01; 16 COX Andrew GBR 1h01:00; **TEAM: 1 FRA 2h36:53; 2 CZE 2h46:40; 3 GBR 2h50:10 ( HALL John, ALLEN Steve , COX Andrew );** M60: 1 HALL John GBR 54:09; 2 NIESTELBERGER Ludwig AUT 54:39; 3 KEHRER Hans GER 55:18; **TEAM: 1 GER 2h49:53; 2 AUT 2h54:30; 3 ITA 2h56:47; M65: 1 KING Bobby IRL 57:43; 2 BINGGELI Bernard SUI 58:50; 3 SCHUMM Peter GER 59:21; 4 PENFOLD Ronald GBR 59:56; 5 BOBBETT Kenneth GBR 1h00:25; 7 MCMULLIN Sean IRL 1h01:28; **TEAM: GER 3h09:27; M70: 1 STRIEDER Hermann AUT 59:28; 2 JORDANA Alexis 1h02:17; 3 STURZ Erich GER 1h03:39; **TEAM: GER 3h31:02; M75: 1 THOMSON Arthur GBR 59:55; 2 TSUKROV Semen RUS 1h08:56; 3 SCHAEFER DR. Wolfgang GER 1h09:54; 5 STEVENS David GBR 1h11:36; 6 WILL Norbert GBR 1h12:41; 8 HORWILL Eric GBR 1h15:32; **TEAM: 1 GBR 3h24:12 ( THOMSON Arthur, STEVENS David, WILL Norbert ); 2 GER 3h32:15; M80: 1 TEUFERT Karlheinz GER 1h12:00; 2 CIESIELSKI Guenter GER 1h14:18; 3 MAY John GBR 1h21:35;********************

### 20K WALK:

W35: 1 SCHENKNER Bianca GER 1h48:04; 2 SCHROETER Brit GER 1h54:29; 3 MARKGRAF Yvonne GER 2h05:27; **TEAM: 1 GER 5h48:00; W40: 1 NAUMANN Marit 1h49:27; 2 WAELDE Silvia GER 2h06:33; 3 UNTERHOLZNER Maria GER 2h07:14; **TEAM: 1 FRA 6h12:14; 2 GER 6h38:43; W45: 1 HENCHOZ Corinne SUI 1h57:44; 2 KOKORINA Irina RUS 1h57:46; 3 BRADLEY Diane GBR 1h57:57; 7 NOEL Maureen GBR 2h05:33; **TEAM: 1 SUI 6h07:41; 2 RUS 6h13:59; 3 GBR 6h17:10 ( BRADLEY Diane, NOEL Maureen, BLATCHFORD Noel );** W50: 1 MAZUIR Nadine 1h48:53; 2 TERENTYeva Natalia RUS 1h59:01; 3 JAKOB Dora SUI 2h04:03; 5 BISHOP Fiona GBR 2h24:17; W55: 1 WHEELER Anne GBR 2h01:27; 2 DUHIG Cath GBR 2h04:46; 3 BONVARLET Liliane 2h07:53; 5 BELCHAMBERS Anne GBR 2h12:33; **TEAM: 1 GBR 6h18:46 ( WHEELER Anne , DUHIG Cath , BELCHAMBERS Anne );** 2 FRA 6h30:06; W60: 1 BLATCHFORD Noel GBR 2h13:40; 2 GROLIG Dorothea AUT 2h17:56; 3 TYSHKO Antonina UKR 2h19:44; **TEAM: GER 7h12:46; W65: 1 MAEDER Heidi SUI 2h08:21; 2 NAGELL-DAHL Halldis NOR 2h25:17; 3 KLINK Ursula GER 2h25:49; **TEAM: 1 GER 7h28:55; W70: 1 HERRENDOERFER Ursula GER 2h28:01; 2 DRAEGER Helga GER 2h49:47; **TEAM: 1 GER 8h15:07; W75: ANTRITTER Erna GER 2h57:19;**********

### 30K WALK:

M35: 1 MARTIN Francisco ESP 2h30:12; 2 SVENSSON Fredrik SWE 2h31:50; 3 BORSCH Steffen GER 2h36:46; **TEAM: 1 GER 8h15:17; 2 FRA 9h06:18; M40: 1 ROZE Eddy FRA 2h24:44; 2 SVENSSON Christer SWE 2h39:53; 3 DEGTARENKO Viacheslav RUS 2h41:10; **TEAM: 1 FRA 8h00:49; 2 GER 8h30:19; 3 ITA 8h41:50; M45: 1 BONNEAU Philippe 2h33:38; 2 GIROD Urbain SUI 2h35:20; 3 GNAUCK Dick GER 2h42:09; **TEAM: 1 GER 8h27:44; 2 FRA 8h37:01; M50: 1 SCHROETER Uwe GER 2h42:18; 2 NASO Andrea ITA 2h46:44; 3 MAJOR Ferenc (Hun) 2h46:59; 7 JONES Trevor GBR 2h59:46; **TEAM: 1 GER 9h06:20; 2 FRA 9h42:27; M55: 1 RUZZIER Fabio SLO 2h51:38; 2 PRIELER Helmut GER 2h44:52; 3 BROCHOT Patrice 2h46:07; 8 RYAN Charles Peter GBR 3h02:18; 13 ALLEN Steve GBR 3h17:27; 14 COX Andrew GBR 3h18:46; **TEAM: 1 FRA 8h37:55; 2 CZE 9h07:22; 3 GBR 9h38:31 ( RYAN Charles Peter, ALLEN Steve , COX Andrew );** M60: 1 HALL John GBR 2h59:02; 2 KOVAI Rostislav CZE 3h00:43; 3 NIESTELBERGER Ludwig AUT 3h01:21; 5 KATES David GBR 3h08:28; **TEAM: 1 GBR 9h26:16 ( HALL John , KATES David , BOBBETT Kenneth );** 2 AUT 9h28:10; 3 CZE 9h34:05; M65: 1 BINGGELI Bernard SUI 3h07:15; 2 MCMULLIN Sean IRL 3h18:20; 3 BOBBETT Kenneth GBR 3h18:46; **TEAM: 1 GER 10h38:01; M70: 1 STRIEDER Hermann AUT 3h13:38; 2 BIANCO Joseph SUI 3h24:01; 3 SCHMID Wilhelm GER 4h00:45; W75: 1 THOMSON Arthur GBR 3h29:35; 2 DE NIJENHUIS Bauke NED 3h37:35; 3 TSUKROV Semen RUS 3h39:27; 5 WILL Norbert GBR 3h56:41; 7 HORWILL Eric GBR 3h58:41; **TEAM: 1 GBR 11h24:57 ( THOMSON Arthur, WILL Norbert, HORWILL Eric );** 2 GER 11h45:43; M80: CIESIELSKI Guenter GER 4h01:51;**********

### HALF MARATHON:

W35: 1 BROD Jutta GER 1h18:35; 2 PRILADNYKH Ekaterina RUS 1h24:43; 3 BARACETTI Simona ITA 1h25:30; **TEAM: 1 RUS 4h36:18; 2 GER 4h42:51; 3 ITA 5h22:20; W40: 1 MCCANN Angela IRL 1h19:38; 2 MOHNCKE Mette DEN 1h21:50; 3 DE CLERCQ Nathalie BEL 1h23:13; 11 VICK Sarah GBR 1h47:27; **TEAM: 1 GER 4h50:44; 2 FRA 5h07:22; W45: 1 CASTRO Soledad ESP 1h21:23; 2 VINCI Donatella ITA 1h21:59; 3 GUILFOYLE Tracy IRL 1h29:12; 8 GIBSON Tracey GBR 1h37:54; **TEAM: 1 GER 4h33:16; 2 GER 5h05:58;******




W50: 1 MATHESON Fiona GBR 1h20:45; 2 VAN PEER Christa BEL 1h28:18; 3 BLATZ Regina GER 1h30:38; 9 RUSLING Barbara GBR 1h41:09; 12 JOHNSON Denise GBR 1h48:39; **TEAM: 1 GER 4h38:34; 2 GBR 4h50:33' ( MATHESON Fiona, RUSLING Barbara, JOHNSON Denise );** 3 FRA 5h03:51; W55: 1 VAN :T WOUT Annetta NED 1h30:45; 2 FISCHER Anne GER 1h30:56; 3 HALL Lesley GBR 1h33:23; 4 BOYD Caroline GBR 1h45:30; 6 WHITE Allison GBR 1h48:10; **TEAM: 1 GBR 5h07:03 ( HALL Lesley, BOYD Caroline, WHITE Alison );** 2 GER 5h35:15; W60: 1 GAJIC Stefica SUI 1h26:53; 2 VAQUERO Emilia ESP 1h31:00; 3 TABOR Ros GBR 1h35:15; **TEAM: 1 GER 5h05:25; W65: 1 RISCH Karin GER 1h34:51; 2 JOHNSON June GBR 1h46:28; 3 BAUER Leni GER 1h47:39; **TEAM: 1 GER 5h14:29; W70: MIKETTA Helga GER 1h44:07; W75: 1 KELLER Erika SUI 2h09:32; 2 KRUEGER Erika GER 2h24:44; M35: 1 STRUYVEN William 1h08:58; 2 RISA Svein Ove (Nor) 1h11:16; 3 HEUSSCHEN Peter NED 1h11:32; 7 RAMSEY Grant GBR 1h19:51; **TEAM: 1 GER 3h49:44; 2 FRA 3h53:08; 3 CZE 4h00:39; M40: 1 SERBOUTI Mohamed 1h08:49; 2 CALDERONE Salvatore ITA 1h09:15; 3 MOUQUET Sylvain 1h09:37; **TEAM: 1 FRA 3h28:04; 2 FRA 3h34:27; 3 FRA 3h40:15; M45: 1 VAZQUEZ Juan ESP 1h09:44; 2 LECOMTE Pascal 1h13:01; 3 PAZ Josep Antonio ESP 1h14:45; 19 TUOHY Tony GBR 1h21:15; 24 RAYNER Trevor GBR 1h27:37; 28 ROBERTS Alan GBR 1h32:15; **TEAM: 1 ESP 3h39:24; 2 FRA 3h44:16; 3 FRA 3h50:21; 7 GBR 4h21:07 ( TUOHY Tony, RAYNER Trevor , ROBERTS Alan );** M50: 1 ELMER Beat SUI 1h12:58; 2 BYRNE Michael IRL 1h13:39; 3 BULTINCK Marc BEL 1h14:49; 5 ROWE Alex GBR 1h16:23; 36 FEEST Stephen GBR 1h37:58; **TEAM: 1 GER 3h53:39; 2 FRA 3h56:13; 3 FRA 4h05:20; M55: 1 NEDYBALIUK Viktor UKR 1h15:59; 2 DE WEERT Willem NED 1h17:07; 3 SKARZYNSKI Jerzy POL 1h17:21; 6 PENDLEBURY Gary GBR 1h20:44; 21 LAIDLAW Colin GBR 1h31:03; 23 MURRAY Andrew GBR 1h32:28; 24 MONTGOMERY Alex GBR 1h34:21; 37 JOHNSON Donald GBR 1h47:36; 42 WHEELER Bob GBR 1h56:15; **TEAM: 1 GER 4h10:14; 2 FRA 4h11:50; 3 GBR 4h24:15 ( PENDLEBURY Gary , LAIDLAW Colin, MURRAY Andrew );** 8 GBR 5h18:12 ( MONTGOMERY Alex, JOHNSON Donald , WHEELER Bob); M60: 1 ROUSSEL Patrick 1h17:33; 2 MCLINDEN Andrew GBR 1h20:45; 3 O'SHEA Patrick IRL 1h21:10; 9 MANN Michael GBR 1h27:01; 22 DAVIS Brian GBR 1h36:06; 33 WEBB Allan GBR 1h57:28; **TEAM: 1 FRA 4h10:27; 2 GER 4h14:10; 3 GBR 4h23:52 ( MCLINDEN Andrew , MANN Michael, DAVIS Brian );** M65: 1 NEWTON Geoff GBR 1h27:07; 2 BUTGEREIT Bernd GER 1h27:39; 3 ARIAS Josep Antonio ESP 1h28:27; 4 BRACKSTONE Tony GBR 1h28:34; 5 GILES Peter GBR 1h31:57; 6 JOHNSON William GBR 1h34:26; 9 POOLE Derek GBR 1h38:33; 13 HEYWOOD John GBR 1h49:49; 18 WILLIAMS Dennis GBR 2h01:58; 19 BUTLER John GBR 2h28:57; **TEAM: 1 GBR 4h27:38 ( NEWTON Geoff, BRACKSTONE Tony , GILES Peter );** 2 GER 4h46:58; 3 GBR 5h02:48 ( JOHNSON William, POOLE Derek, HEYWOOD John M70: 1 LESSING Peter GER 1h28:36; 2 SIRIN Oemer GER 1h33:27; 3 SACCA Carmelo ITA 1h34:48; 4 COONEY Sean IRL 1h36:15; 9 TAYLOR John GBR 1h51:38; 16 GREEN Les GBR 2h33:38; **TEAM: 1 GER 4h39:40; M75: 1 BARDIN Roger 1h41:31; 2 JANTSCH Vitezslav CZE 1h44:13; 3 ZOSEL Armin GER 1h45:33; 4 WEBB Roy GBR 1h53:20; 5 PITCAIRN-KNOWLES Richard GBR 1h59:00; **TEAM: 1 GER 6h02:17; M80: 1 DERBEE Leon GER 2h15:26;**************

### CROSS COUNTRY RELAYS: WOMEN& MEN 60 plus 3x2k, MEN 35-59 3x4k

W35: 1 RUS 21:21; 2 GER 24:47; 3 ITA 26:37; W40: 1 FRA 22:34; 2 GER 25:38; 3 GBR 26:46 ( JOHNSON Denise, VICK Sarah , WILKINSON Sarah ); W45: 1 GER 22:19; 2 GBR 25:19 ( MARR Lynne, NOEL Maureen, GIBSON Tracey ); 3 GER 27:21; W50: 1 GBR 22:33 ( MATHESON Fiona, MORTON Kathryn, RUSLING Barbara ); 2 GER 25:26; 3 GER 24:41; 4 GBR 26:34 ( JAMES Susan, TABOR Ross, BISHOP Fiona ); W55: 1 GER 24:19; 2 GBR 25:26 ( HALL Lesley, WHITE Alison, BOYD Caroline ); 3 CZE/SVK 28:10; 4 GER 30:08; W60: 1 SUI 24:59; 2 GER 25:08; W65: 1 GER 27:29; 2 GBR 28:51 ( JOHNSON June, POOLE Sandra, RICH Pauline ); M35: 1 GER 37:28; 2 CZE 42:05; M40: 1 NED 37:18; 2 GER 38:38; 3 ITA 40:26; 4 GBR 41:02 ( DILLON Kevin, DALKINS Mark, WILKINSON Neil ); 5 GER 41:18; M45: 1 GER 38:52; 2 SUI 40:28; 3 GER 43:09; 4 GBR 43:47 ( TUOHY Tony, RAYNER Trevor, ROBERTS Alan ); M50: 1 GER 39:02; 2 CZE/SVK 41:13; 3 NED 41:30; 4 GER 41:46; 5 GBR 43:53 ( ROWE Alex, KIRKHOPE Andrew, MORTIMER Kenneth ); M55: 1 GBR 42:29 ( DEEGAN Michael, JENKINS Archie, PENDLEBURY Gary ); 2 RUS 42:34; 3 GER 42:46; 4 CZE 43:01; 5 GBR 45:55 ( MURRAY Andrew, LAIDLAW Colin, NEWMAN Alan ); 6 GER 51:26; M60: 1 GER 19:56; 2 ITA 20:13; 3 RUS 20:44; 4 GBR 21:04 ( MANN Michael, MCLINDEN Andrew, WILLIAMS Paul ); 5 SUI 22:32; 6 CZE 22:55; 7 GBR 23:23 ( PEATFIELD Barry , BEATTIE David, DAVIDSON Alan ); 8 GER 24:23; 9 GER 27:02; M65: 1 GBR 23:39 ( JOHNSON William, WILLIAMS Dennis , GILES Peter ); 2 SUI 24:37; M70: 1 GER 22:51; 2 SUI 26:28; 3 CZE 27:10; 4 GBR 31:48 ( KIMBER Arthur, LEGGETT Ian , PITCAIRN-KNOWLES Ric ); 5 GER 32:06;

Country	gold	silver	bronze	total
1 GER	57	38	24	119
2 FRA	27	24	11	62
3 GBR	25	8	18	51
4 SUI	10	7	3	20
5 ESP	10	2	6	20
6 ITA	2	8	7	17
7 RUS	1	9	3	13
8 IRL	2	3	5	10

# MASTERS ATHLETICS FIXTURES 2011 & 2012

<b>2011</b>			
2-3 <sup>rd</sup> JUL	100 mile Walk	Lingfield Race Course	With Surrey W.C. 100 mile.
6 <sup>th</sup> -17 <sup>th</sup> JUL	WMA Championships	Sacramento, USA	
10 <sup>th</sup> JUL	NVAC Monthly Run	Ratcliffe	
7 <sup>th</sup> AUG	INTER AREA MATCH	SOLIHULL	
14 <sup>th</sup> AUG	NVAC 10k Champs.	Bispham	
	SVHC 10k Road	Cartha Rugby Club	
20 <sup>th</sup> AUG	BMAF 30k Walk Champs	Coventry	
21 <sup>st</sup> AUG	BMAF Half Marathon	Leek, Staffordshire	
4 <sup>th</sup> SEPT	BMAF 10 Mile	Hexham	
10 <sup>th</sup> SEPT	VAA-NE Pentathlon	Jarrow	With 5 & 10k Track Championships
10/11 SEPT	BMAF Decathlon Heptathlon	Oxford	
10-20 <sup>th</sup> SEPT	European Masters Games	Lignono, ITA	
17 <sup>th</sup> Sept	World Masters Mountain Running Championships	Paluzza, ITA	
2 <sup>nd</sup> OCT	BMAF 10k	Exmouth, Devon	
	SVHC Half Marathon	Clydebank	
9 <sup>th</sup> OCT	NVAC Monthly Run	Edgeworth	
15 <sup>th</sup> OCT	BMAF XC Relays	Derby	
16 <sup>th</sup> OCT	NVAC 10k Track	Leigh	
	Old Guard Meeting	Stourport	
	BMAF Marathon	Abingdon	tonycrok@aol.com entries for the BMAF Marathon Champs at Abingdon, are closed as the event has filled up much sooner than expected. AGM follows at 1400h
	SVHC 10k Track	Coatbridge	
29-30 <sup>th</sup> OCT	EAMA & BMAF Council	Birmingham	
4 <sup>th</sup> NOV	NVAC Monthly Run	Leigh	
26 <sup>th</sup> NOV	International XC	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	
19 <sup>th</sup> May	WMA Mountain Championships	Buthlertal, GER	
16-25 <sup>th</sup> AUG	EVAA, European Championships, Stadia	Zittau (GER) Bogatynia (POL) Hradec n.N. (CZE)	

## MASTERS ATHLETICS SPRING 2011.

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**Welsh Masters :** **General:** Brian Williamson, 1, Ebenezer Street, Rhydyfelin, Pontypridd, CF37 5PB Phone-01443 660234. mobile- 07954785874 Mail: [y60bjw@yahoo.co.uk](mailto:y60bjw@yahoo.co.uk) **Membership-** Sue Hooper, 28, Mill Common, Undy,Caldecot,Monmouthshire, NP26 3JH Phone-01633 881608.

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

## OXFORD 5<sup>th</sup> JUNE : BMAF PENTATHLONS & 10k TRACK & WALK Words Bruce Charles

There was a good male entry for the 2011 Outdoor Pentathlon at Oxford and whilst the weather was only 'reasonable' a number of athletes produced some very good performances.

On the female side entries were down but it was pleasing to see two athletes exceed 3000 points.

Amanda Wale achieved 3145 in winning W40 a score which included an excellent Hurdles in 12.80 sec and an 800 m in 2min 49.89.

Gaye Clarke managed an even better result with 3374 points in W50 in which she produced solid performances in all five events.

The outstanding male performances came from Brian Slaughter with 3319 points (M50), John Charlton 3153 points (M60) and David Burton 3228 points in M75. Although Matthew Allison was unable to finish his M35 event his Javelin throw of 53.32 metres was without doubt the best single event performance of the day.

### MEN PENTATHLON:

**M35:** 1 Mark West SCVAC 121 **2285** (5.54-593, 33.42-354, 25.64- 587, 21.65 309, 5 24.44-442); 2 Mark Dawson SCVAC 109 **1746** ( 4.18-299, 32.76-344, 27.50-443, 20.89-294, 5 39.95-366); Matthew Allison NVAC 100 **1404 DNF** (5.42-565, 53.32-648, 31.63-191); Nathan Kitchen SWVAC **25 DNF** (2.40-25); **M40** : 1 Richard Buckingham VAC 122 **2340** ( 5.29-535, 31.97-366, 26.22-605, 32.29-575, 6:19.43-259); 2 Marco Ronchetti SCVAC 127 **2071** (5.07-485, 32.92-381, 26.59-576, 18.44-278, 5:57.20- 340); **M45:** 1 Geoff Powley EVAC 142 **2741** (4.93 -521, 35.30-462, 26.29-668, 26.41-500, 5:23.05 -590); 2 John Dickinson OPEN 129 **2490** (5.05-550, 31.26-393, 26.85-623, 19.42-336, 5:23.45 -588); 3 Mark Gray EVAC 138 **2462** (4.78-485, 31.60 -399, 26.96-614, 18.82-322, 5:13.54- 642); 4 Andy Smerdon SCVAC 146 **2262** (4.54-429, 24.29-278, 26.76-630, 19.83-346, 5:25.10-579); 5 Alan Easey VAC 133 **2206** (5.30-613, 22.17-243, 26.81-626, 14.61-227, 5:41.00-497); 6 Steve Mayfield EVAC 141 **2118** (4.29-373, 22.27-245, 27.64-562, 18.52- 3165:17.27-622); 7 Derek Warn SCVAC 147 **1996** (4.61-445, 24.56-282, 27.81-549, 21.69-389, 6:17.53-331); Leroy Gould SCVAC 136 **729 DNF** (4.75-477, 22.74-252); **M50:** 1 Brian Slaughter SCVAC 171 **3319** (5.32-704, 34.43-475, 26.11-754, 35.98-599, 5:01.85 -787); 2 John Mayor EVAC 165 **2809** (5.55-769, 29.39-386, 27.44-647, 28.96-456, 5:45.32-551); 3 Alastair Duncan SCVAC 152 **2649** (4.73-546, 25.10-311, 24.82-865, 25.45 -386, 5:47.40-541); 4 Ken Moncrief SCVHC 150 **2568** (4.94-600, 28.37-368, 27.05-678, 25.47- 387, 5:48.50-535); 5 Brian Matthews VAC 163 **2534** (4.91-593, 23.82-289, 27.20-666, 25.90- 395, 5:37.37-591); 6 Keith Powell WMAA 167 **2507** (5.03-624, 23.18-278, 25.67-791, 27.58-429, 6:21.43-385); 7 Jim Lawrence EVAC 159 **1680** (3.96-356, 18.38-196, 28.85-542, 19.22-265, 6:37.02 321); Wayne Howe SCVAC 155 **2126 DNF** (4.77-556, 40.69-588, 30.29-443, 33.05-539); David Bowker EVAC 148 **368 DNF** (3.09-173, 18.32-195); **M55:** 1 Ian Reeve EVAC 178 **2739** (4.49-563, 27.07-388, 28.54-637, 25.43-430, 5:28.14-721); 2 Clement Leon SCVAC 176 **2646** (4.32-514, 22.06-292, 26.91-763, 23.96-398, 5:36.08-679); **M60:** John Charlton NVAC 179 **3153** (4.89-785, 34.29-566, 27.91-761, 32.93-563, 6:36.36-478); **M65:** 1 Peter Eddy SVHC 181 **2466** (3.38-407, 30.69-558, 32.93-495, 31.97-608, 7:18.71-398); 2 John Treadwell VAC 183 **2303** (3.57-465, 18.31-280, 33.28-474, 18.73-306, 5:51.94-778); 3 Brian Loten OPEN 182 **2231** (3.58-467, 28.78-514, 35.21-363, 27.69-508, 7:23.85-379); 4 Pete Clarke SWVAC 180 **1409** (3.08-321, 18.00-273, 40.71-123, 22.58-392, 7.46.75-300); **M70:** John Ross SVHC 184 **1305 DNF** (3.90-679, 30.12-626); **M75:** David Burton MMAC 186 **3228** (3.60-693, 24.07-552, 31.84-787, 22.64-513, 7.06.49-683);

### WOMEN PENTATHLON

**W40:** Amanda Wale WMAA 189 **3145** (12.80-823, 1.42-689, 8.94-524, 4.51-559, 2.49.89-550); **W45:** 1 Amanda Rowley-Jones OPEN 191 **1844** (17.64-366, 1.24-555, 6.35-372, 3.79-418, 3.50.92-133); 2 Ruth Bird MMAC 190 **1725** ( 21.35-86, 1.15-439, 8.63-549, 3.56-352, 3.25.52-299); **W50:** Gaye Clarke EVAC 193 **3374** (13.47-872, 1.36-806, 8.05-539, 4.28-660, 3.11.54-497); **W60:** Sally Hine OPEN 196 **2928** (15.83-750, 1.09-621, 6.54-517, 3.26-477, 3.25.02-563);

### 10Km TRACK RUN :

**W35:** Wendy King EVAC 39:51.45; **W45:** 1 Sharon Hawkins SCVAC 40:40.77; 2 Jackie Mather MMAC 43:37.47; 3 Nichola Atkins VAC 47:17.37; **W50:** Janice Moorekite SCVAC 52:31.94; **W55:** 1 Anna Garnier VAC 42:32.71; 2 Lesley Hall SCVAC 43:29.50; 3 Jane Georgiou VAC 43:52.22; **W60:** Ros Tabor VAC 43:58.72; **M35:** 1 Huw Evans WMAA 33:40.68; 2 Steve Hallas NVAC 33:55.01; 3 Adrian Copp EVAC 35:36.50; Paul Jegou Oxford City C DNF; **M40:** 1 Paul Lester MMAC 35:48.47; 2 Andrew Hussey MMAC 34:06.34; 3 Tony Tuohy VAC 34:44.14; **M45:** 1 Luke Armitage SCVAC 34:59.36; 2 Greg Spellman MMAC 35:03.23; 3 Paul Lemmon VAC 35:07.89; **M55:** 1 David Butler EVAC 34:08.49; 2 John Shapland SWVAC 35:33.18; 3 Dave Cox VAC 36:00.23; 4 Stewart Thorp SCVAC 38:28.01; 5 Andy Murray VAC 41:29.50; **M50:** 1 Michael Bridgeland EVAC 34:42.18; 2 Robert Fox MMAC 35:39.02; 3 Nigel Burnell VAC 37:43.95; 4 Trevor Dixon MMAC 37:53.20; 5 Howard Andersen MMAC 37:57.40; 6 Mick Kelly EVAC 40:08.79; **M60:** 1 David Oxland MMAC 35:53.89; 2 Michael Elwell MMAC 46:32.99; **M65:** 1 Peter Giles VAC 40:06.93; 2 Tony Brackstone SCVAC 40:11.95; 3 Gareth Jones VAC 42:07.66; **M70:** 1 John Batchelor VAC 41:14.29; 2 Edmond Simpson VAC 47:59.76; **M75:** 1 Eric Barber SWVAC 56:12.71; 2 Brian Shave VAC 56:38.70; 3 John Cullingham VAC 64:57.22;

### 10Km TRACK WALK:

**M45:** Mark Williams MMAC 51:31.47; **M50:** 1 Trevor Jones VAC 54:58.73; 2 Mike Bradley VAC 62:19.13; 3 Kevin Knight SCVAC 64:19.34; **M55:** Steve Allen SCVAC 56:38.01; **M60:** Roger Michell MMAC 57:58.25; **M65:** Ron Penfold VAC 60:56.66; **M70:** Michael Harran SCVAC 63:26.99; **M75:** 1 Ron Powell SCVAC 67:27.42; 2 David Stevens VAC 69:31.54; **W55:** 1 Ann Wheeler MMAC 60:34.24; 2 Cath Duhig EVAC 51:00.69; 3 Anne Belchambers VAC 63:32.91; **W60:** Noel Blatchford SCVAC 63:41.33;

## MILTON KEYNES 12<sup>th</sup> JUNE BMAF WEIGHT PENTATHLON

### (HAMMER, SHOT, DISCUS, JAVELIN , WEIGHT)

**W35** 1 Andra Jenkins EVAC (44.60-906, 9.90-546, 38.04-643, 23.27-377, 14.73-869) 3341; 2 Catherine Alford WMAA (31.99-602, 8.76-469, 26.36-412, 14.62-206, 10.05-552) 2241; 3 Mary Davies SCVAC (25.26-442, 6.97-349, 17.88-251, 13.83-191, 8.54-451) 1684; 4 Odette McHenry SCVAC (25.36-444, 6.51-318, 19.09-274, 9.42-106, 8.18-428) 1570; **W40** 1 Sue Lawrence SCVAC (33.04-686, 10.19-616, 35.12-638, 28.79-534, 10.49-642) 3116; 2 Camilla Thrush SCVAC (35.46-749, 9.64-575, 30.02-528, 21.01-365, 10.92-673) 2890; **W45** 1 Janet Smith SCVAC (43.58-1053, 8.06-505, 29.32-564, 18.55-347, 11.81-819) 3288; 2 Julie Wilson SCVAC (31.98-726, 9.16-591, 31.35-611, 24.03-476, 10.79-737) 3141; 3 Karen Llewellyn WMAA (27.45-599, 8.59-546, 22.76-414, 17.18-316, 9.20-610) 2485; **W50** 1 Jennifer Ibbittson NVAC (41.46-1004, 10.11-710, 28.28-598, 23.55-495, 12.59-794) 3601; 2 Diane Smith NVAC (41.19-996, 7.48-492, 16.67-312, 20.21-412, 12.45-783) 2995; 3 Claire Cameron SVHC (29.67-669, 8.92-611, 32.01-694, 11.20-192, 9.84-593) 2759; 4 Wendy Dunsford SCVAC (31.73-727, 8.95-614, 26.61-556, 10.95-185, 9.66-580) 2662; 5 Judith Jagger EVAC (24.13-514, 8.35-564, 25.46-527, 23.36-490, 8.52-497) 2592; 6 Anne Goad SCVAC (23.66-501, 8.52-578, 22.44-452, 22.72-474, 8.44-491) 2496; **W55:** 1 Fiona Crompton NVAC (22.56-526, 7.94-587, 18.76-407, 18.20-408, 7.38-464) 2392; **W60** Romana Martin EVAC (25.99-709, 8.48-709, 19.57-486, 14.55-334, 8.35-499) 2737; **W65** 1 Liz Sissons SCVAC (23.51-712, 9.12-870, 21.01-609, 24.26-704, 9.99-692) 3587; 2 Barbara Terry SCVAC (23.34-706, 7.64-706, 18.86-535, 16.37-444, 9.92-686) 3077; 3 Margaret Coombe SCVAC (17.27-481, 6.31-560, 10.12-244, 19.42-544, 6.44-404) 2233; **W70:** Carole Derrien SWVAC (21.41-734, 6.09-615, 17.54-577, 13.44-409, 8.52-646) 2981; **W75:** Barbara Dunsford SCVAC (18.18-631, 1.63-84, 8.94-264, 7.16-221, 4.88-335) 1535; **M35:** 1 Graham Holder WMAA (54.29-775, 10.95-567, 36.21-598, 32.53-341, 14.88-745) 3026; 2 Simon Achurch EVAC (46.95-649, 11.35-592, 35.26-579, 43.05-494, 12.22-590) 2904; 3 Stuart Thurgood OPEN (51.50-727, 11.76-618, 33.32-540, 17.84-135, 13.14-644) 2664; 4 Wayne Clark OPEN (48.58-677, 9.87-499, 26.26-399, 27.94-275, 12.85-627) 2477; **M40:** 1 Darren Kerr EVAC (46.09-707, 10.39-580, 24.11-397, 30.37-341, 12.96-685) 2710; 2 John Twiddle NVAC (34.91-500, 12.11-697, 36.00-657, 31.13-353, 9.85-493) 2700; 3 David Glendower WMAA (23.12-287, 7.29-373, 20.33-317, 0.00-0, 6.98-319) 1296; **M45:** 1 Steve Whyte EVAC (55.17-983, 14.14-913, 43.48-920, 39.93-541, 16.35-972) 4329; 2 David Burrell EVAC (43.56-743, 11.02-682, 34.62-699, 37.41-498, 13.32-768) 3390; 3 Tony Tipping SCVAC (39.42-658, 11.22-697, 34.68-701, 34.49-448, 12.19-692) 3196; 4 David Bauer EVAC (29.72-461, 9.62-580, 36.11-736, 33.27-427, 9.53-516) 2720; 5 David Brown

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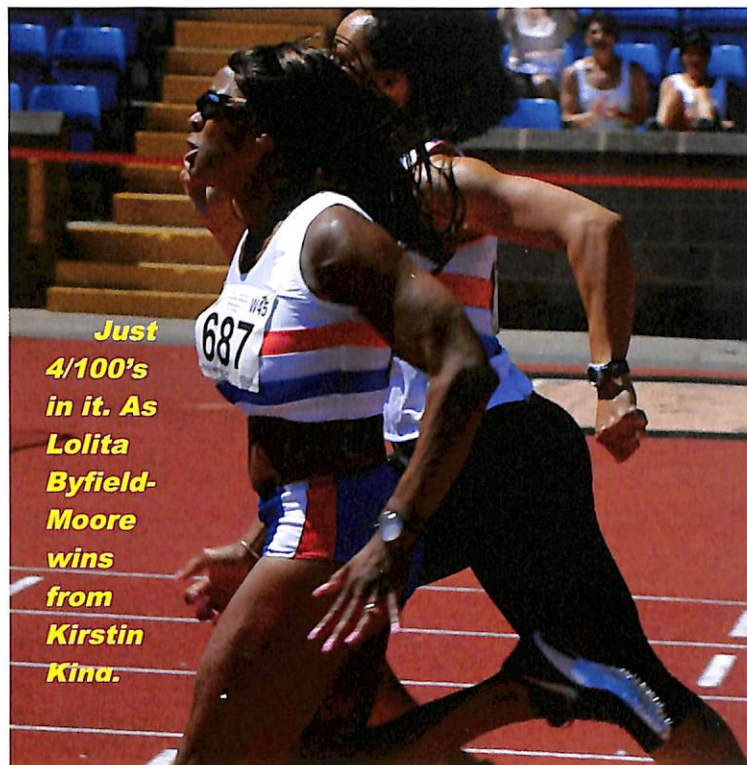
NVAC (25.92- 385, 10.12- 616, 29.56- 576, 35.44- 464, 10.12- 555) 2596; **M50** 1 Bob Broadbridge SWVAC (46.52- 763, 12.97- 802, 40.75- 698, 33.23- 454, 15.20- 789) 3506; 2 Chris Privett VAC (41.66- 667, 10.71- 640, 36.63- 612, 34.25- 472, 16.46- 865) 3256; 3 Robert Hanbury-Brown Australia (27.19- 387, 10.31- 611, 34.39- 566, 32.36- 438, 11.77- 584) 2586; 4 Mike Burling EVAC (28.36- 409, 7.72- 428, 22.24- 323, 19.79- 220, 10.07- 483) 1863; 5 Jim Lawrence EVAC (20.84- 266, 6.56- 347, 16.92- 222, 17.94- 189, 7.76- 348) 1372; **M55** 1 David Maggs VAA-NE (41.09- 743, 8.65- 545, 29.34- 515, 27.44- 395, 12.13- 656) 2854; 2 John Wild VAA-NE (34.89- 608, 8.86- 561, 32.43- 584, 27.92- 404, 11.61- 623) 2780; 3 John Stevens SCVAC (32.47- 556, 10.42- 681, 20.19- 318, 29.81- 440, 10.80- 571) 2566; 4 Clive Howell MMAC (34.39- 597, 7.95- 492, 21.27- 340, 18.85- 233, 12.66- 690) 2352; 5 Jim Burke EVAC (22.35- 340, 7.81- 481, 28.32- 493, 22.16- 294, 8.85- 448) 2056; 6 Tim Saunder-Mullins SCVAC (26.36- 425, 8.51- 534, 17.04- 252, 17.22- 203, 8.60- 432) 1846; **M60** 1 Neil Griffin SCVAC (40.55- 727, 13.17- 878, 48.08- 893, 34.65- 574, 15.62- 808) 3880; 2 Anthony Richards VAC (28.39- 466, 11.17- 725, 37.75- 667, 35.00- 581, 10.76- 520) 2959; 3 Karlis Bricis SCVAC (30.21- 504, 11.20- 727, 30.02- 502, 31.27- 503, 12.10- 599) 2835; **M65** 1 Michael Hazlewood NVAC (40.20- 825, 11.36- 817, 42.58- 861, 35.98- 681, 15.14- 843) 4027; 2 Chris Melliush SCVAC (41.25- 850, 8.72- 598, 30.71- 578, 15.93- 228, 13.61- 745) 2999; 3 David Kuester VAC (30.02- 578, 9.80- 687, 25.60- 460, 28.01- 497, 12.85- 697) 2919; 4 Brian Harlick SCVAC (0.00- 0, 8.18- 554, 31.38- 594, 21.82- 357, 10.07- 521) 2026; 5 Frank Martin EVAC (22.80- 405, 7.54- 501, 22.85- 398, 17.76- 268, 8.93- 449) 2021; **M70** 1 Jack Kee EVAC (45.20- 983, 10.11- 704, 29.29- 613, 24.74- 465, 16.25- 938) 3703; 2 Will Gentleman NVAC (42.86- 923, 9.20- 630, 26.05- 530, 16.12- 258, 16.35- 945) 3286; 3 Gryham Smith NVAC (32.32- 658); **M75**: 1 Colin Brand SCVAC (31.73- 756, 9.56- 736, 30.75- 748, 33.35- 785, 10.19- 593) 3618; 2 Ian Miller EVAC (30.17- 711, 9.78- 757, 27.16- 643, 0.00- 0, 12.42- 749) 2860; 3 Gordon Hickey VAC (21.84- 475, 8.80- 668, 23.11- 526, 22.70- 485, 9.36- 536) 2690; 4 Peter Barber SCVAC (31.36- 745, 6.41- 454, 21.46- 479, 12.70- 216, 10.84- 639) 2533;

# THE 41st Open British Masters Track & Field Championships Alexander Stadium on 25th/26th of June *Words: Alastair Aitken.* *Pictures: Tom Phillips.*

The British Masters Championship was a great success at Alexander Stadium, Birmingham for Maurice Doogan and his band of Officials, despite the fact some people felt the on line entry system was a problem for them.

Brian Owen's informative announcing was an asset to the proceedings. The weather on the first day was mixed then; the very hot weather suddenly came in on the Sunday morning. There was only one real casualty in the high temperatures and that was David Butler (58) who had a sizeable lead in the 'M55' 5000 but wilted badly in the closing stages.

The most exciting 5000 was when M40's David Morwood, Andy Morgan-Lee and two 35's Huw Evans and Mike Aldridge stayed glued together till the final lap when Morwood, took off with a punishing last lap. Having run a superb 14.56 at Sports City on the 28th of May, he had the armoury to win but at Alexander Stadium the time was a modest 15.47.46. "I knew I had a good last lap in me with a 62. Racing in things like this, times are irrelevant. They only remember who won it." he said.



**Just  
4/100's  
in it. As  
Lolita  
Byfield-  
Moore  
wins  
from  
Kirstin  
Kina.**

The most impressive middle distance runner in the younger age groups was Karrie Blake (W35), coached by Gerry North, the National cross country Champion of '62' and once the over 50 National Champion. Blake had runaway wins in the 400 / 58.50; 4.30.03 for the 1500, and 2.07.61 in the 800 metres.

The latter beat the CPB of 2:11.68. Considering she has only been training for six weeks, after an Achilles injury, she is quite likely to test the British O35 best.

Blake won the Inter-Counties last year and ran 2:03.96 in 2009, at a similar age that Christina Boxer ran at 35.

Obviously a World Record is something very special, even at Master's level so, prominence must go to those that achieved that. Anne Martin ran 11.47.3 for a new W75 World steeplechase record beating her own World Best of 12.03.04. She added "I felt very tired when clambering out of the final water jump but was alright in the final straight"

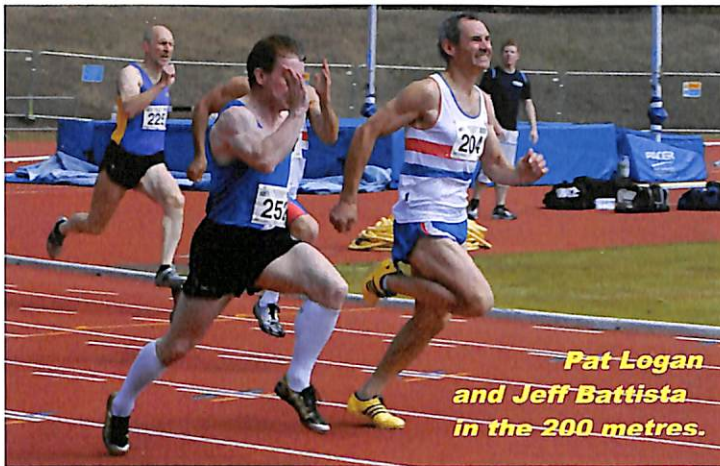
About her training "I do 20 to 25 miles a week. I can't afford to do much less at my age

"1956 Olympic steeplechase finalist Eric Shirley, now 82, said something after his M80 800 win, in a similar way " Anyone can make the time each day to run. The hardest

## **MASTERS ATHLETICS SUMMER 2011.**

thing is putting your track suit on and going out the front door!"

Hammer which makes it a bit faster." She has 4 children and 13 grandchildren!



**Pat Logan  
and Jeff Battista  
in the 200 metres.**

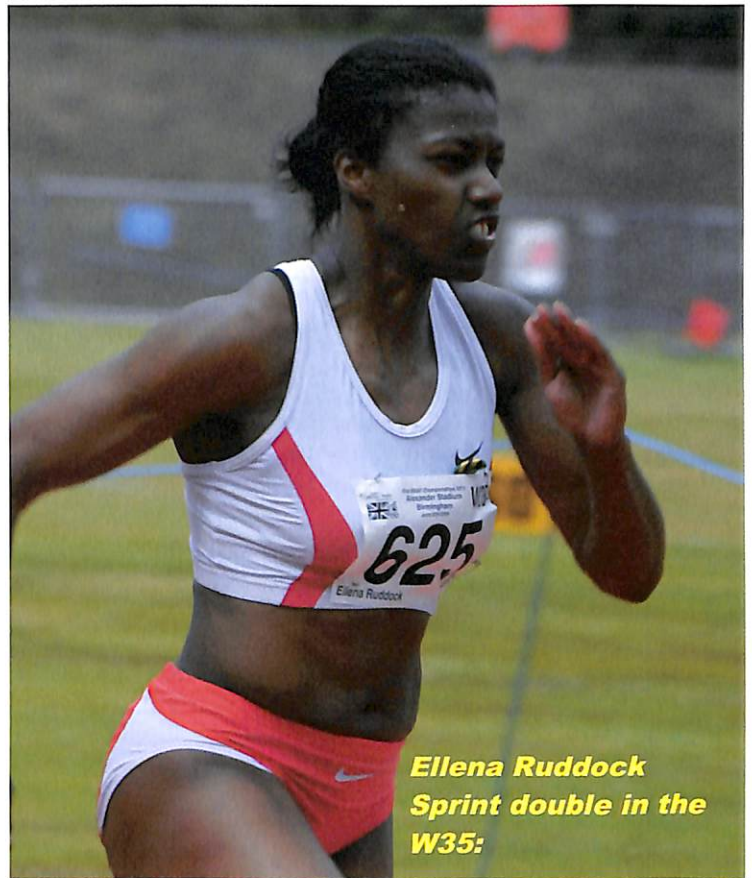


**Richard White wins the 400H.**

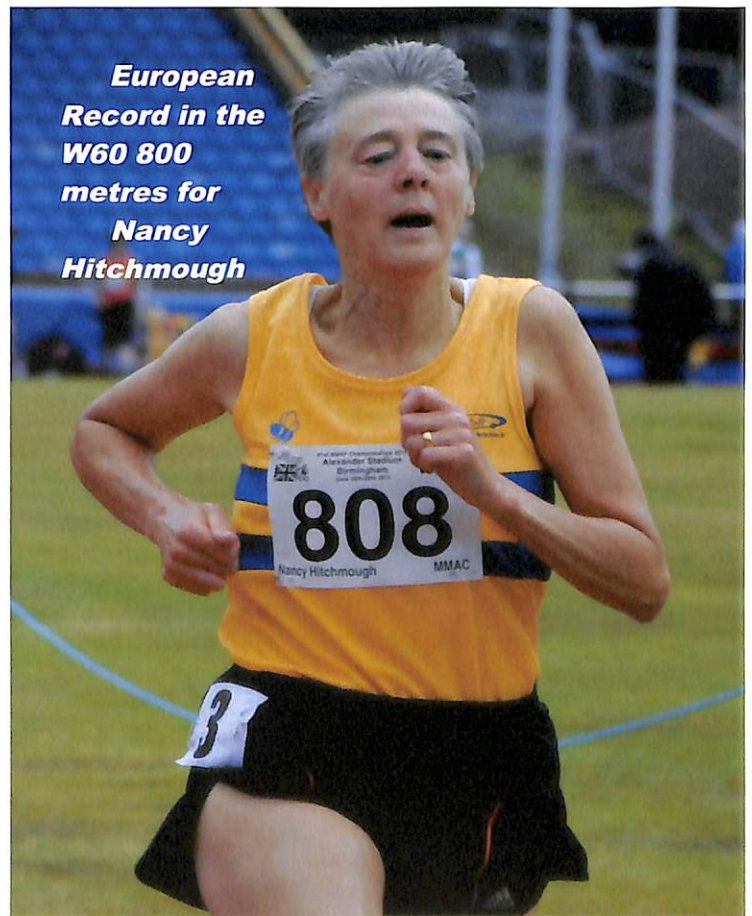
Another competitor who is pushing forward the frontiers of what can be done as a master was Rosemary Chrimes, at 78, the 1970 Commonwealth discus gold medallist. "Although I am creaking and feeling ancient today" Rosemary remarked, 'It keeps me fit and everybody feels, including myself that I am a bit crazy. I have got to keep going till I am 80 as there are more records up there ready to be broken. If I live that long " quipped Rosemary with her great sense of humour. She won her W75 events for 100m (British Record) hammer, high jump, shot and discus in a championship best.

Paul Dickinson, President of B.M.A.F, a famous BBC commentator, put an M60 British weight record on the books of 18.93 (Previous 18.76) and also won the Hammer with at least a couple of throws exceeding the Championship best. "Training has been a little better though not in recent weeks. I was pleased with the medal and Championship record but not as well as I hoped for but isn't that the way of athletics!"

The first field event on the first day was the Women's hammer in drizzle at times. Janet Smith (W45) who has been competing for 20 years was the W45 winner ' To get up at five to travel for a couple of hours and then start at 9 'O'clock made it a bit difficult." Jennifer Ibbitson (W50) from Leeds is always a great competitor at that event plus the pole vault. She added " I do four turns with



**Ellena Ruddock  
Sprint double in the  
W35:**



**European  
Record in the  
W60 800  
metres for  
Nancy  
Hitchmough**

Liz Sissons won the W65 but considers the one event that seems to be going very well for her recently is the

## MASTERS ATHLETICS SPRING 2011

javelin. She won with 27'17. Those who won several events in the field were Robert Earl (M50, weight, hammer, shot and discus), Mike Hazelwood (M65) Vilma Thompson (W55) and Evaune Williams (W70). The later said "I am 74 this year and accounting for the weather, the arthritis in the knees, I could not have hoped for more." (33.66 CBP) and Bill Gentleman did a CPB in the Men's 70' hammer with 57.60 as did Kevin Murch (M50) with javelin doing 55.54.

Prolific winners in the jumps were Trevor Wade (M55), Amanda Wale (W40), Pat Oakes (W65) and Tony Croker (M75). Croker, who coaches, did 1.33 in the high jump which bettered the listed 1.31 CPB outdoors and had two very close attempts at the 1.36.

42 year old Darren Scott made a nice transition from being in the 35's to being in the 40's. He ran 10.96 for the 100 as an M40 this year and looked good winning the 100/200 as he came home well "I wanted to retire at 33 but heard about the Masters but now at 40 I am nearly as quick as I was in my 20's"

The 40's and 45's were combined for the 110m hurdles which certainly made a race of it. As Joe Appiah, 40. won in 15.27 with 47 year old Greg Dunson coming in close behind in 15.68. Appiah was a semi-pro footballer till he was 29.

Another to impress was Jean Fail who set a new British record in the 80m hurdles in 14.39 and Jane Horder's 80m hurdles for the W50 was a CPB.

Successful ballroom dancer in recent times and ex-Powderhall sprint winner, Tony Bowman, was in fine form at the Championships. He won the M75 80 hurdles (BR), 300h (CBP), 100, 200, 400, and 800. Lolita Byfield-Moore was second to Kirstin King in the W45 100 but ran a storming 200. She said she was inspired by her daughter Mica coming 6th the day before in the England Under 20 100m Final, particularly as they originally started out together as runners. Lolita's withering sprint finish was on the Sunday in the 200 when she got home just in front of Kirstin King. (27.92 to 27.96).

Another fine sprinter was Ellena Ruddock (W35) who had been coached by Roy Humphries for 21 years. Ruddock had come 3rd in the Midland Counties 100 and 2nd in the 200 the previous weekend, and has appeared 13 times in A.A.A. and U.K finals. She did 12.35 for a CPB over the 100 on the Saturday.

There were some more good wins through the age groups. Dave Oxland took the M60 800/1500/and 5000; Colin Palmer (M40) won his fifth BMAF title in the 3000m steeplechase.

Virginia Mitchell, now coached by her husband Tony Mitchell was a clear winner in the W45 400 hurdles and came off the last bend well to win the 400 flat.

A good result was Nancy Hitchmough's (W.60) 800 European Record in 2:36.03 with Angela Copson

second. Angela had already won the W60 5000 in the morning and 1500 on the first day. She had most of last



**Steve Linsell sets a new C.B.P.**



**Virginia Mitchell  
400 & 400 Hurdles  
Gold**

year out with injury and was on her way back at the end of the cross-country season. Pat Gallagher, who was a great winner, even back in her 40's in these Championships she did a time of 2:50.63 for a British W65 record and Kathleen Stewart ran 3:13.75 for a W70 British record.

## MASTERS ATHLETICS SUMMER 2011.

Caroline Powell, who won the W55 400, 2nd in the 100 had big battle to just beat Joylyn Saunders Mullin in the 200.

First past the post in the 5000 Walk was Anne Wheeler in a CBP of 28:5.25. She won this year's W55 titles for 10k and 20k in the Non Stadia Championships, and has the British record for 20k.

### 100 metres

**M35 FINAL B** (0.9) 1.Richard Higson-Blythe NVAC 11.83; 2.Philip Ellershaw NVAC 11.91; 3.Stephen Thorpe NVAC 12.19; 4.Steve Wren NVAC 12.22; 5.Brian Taylor OPEN 12.27; 6.Richard Henry MMAC 12.54; **FINAL A** (-0.1) 1.**Jim Tipper MMAC 11.36**; 2.**Mark Collins EVAC 11.47**; 3.**Scott Ware SCVAC 11.69**; 4.Douglas Gray SCVAC 11.72; 5.Imam Qazi SWVAC 11.92; 6.Bernard Ward NVAC 11.98; **M40 FINAL B** (1.8) 1.Ian Gouldthorpe NVAC 12.43; 2.Raphael Smith MMAC 12.44; 3.Carl Haley VAA-NE 12.82; 4.Nathan Baker SWVAC 12.97; 5.Bruno Laasna SWVAC 13.79; **FINAL A** (+0.2) 1.**Darren Scott SCVAC 11.13**; 2.**Michael Culshaw NVAC 11.73**; 3.**Martin White MMAC 11.82**; 4.Marc Jones SWVAC 11.89; 5.Leeroy Golding NVAC 12.61; **M45: Ht 1** (0.4) 1.Rohan Samuel VAC 11.83; 2.Clive Morrison OPEN 12.12; 3.Clarence Riley VAC 12.43; 4.Christopher Ashmore MMAC 12.72; 5.Glen Reddington SCVAC 12.74; **Ht2** (1.5) 1.Antony Leigh MMAC 11.71; 2.Lincoln Campbell SCVAC 12.08; 3.Ty Holden SCVAC 13.26; **Ht 3** (-0.6) 1.Stephen Lightfoot NVAC 12.09; 2.Donald Brown MMAC 12.12; 3.Lueng Man NVAC 12.35; 4.Steve Beak SCVAC 12.49; 5.Paul Canning EVAC 12.71; 6.Shaun Davy MMAC 12.94; **FINAL** (1.7) 1.Rohan Samuel VAC 11.49; 2.Antony Leigh MMAC 11.49; 3.Lincoln Campbell SCVAC 11.80; 4.Donald Brown MMAC 11.86; 5.Stephen Lightfoot NVAC 11.90; 6.Clive Morrison OPEN 12.09; 7.Lueng Man NVAC 12.10; 8.Clarence Riley VAC 12.28; **M50: H1** (0.0) 1.Pat Logan SCVAC 11.96; 2.Kwei Sankofa SCVAC 12.22; 3.Peter Hickey NVAC 12.39; 4.John Statham MMAC 12.52; 5.Keith Powell WMAA 12.66; 6.Nick Wragg EVAC 12.87; 7.Robert Shephard VAC 13.23; **H2** (-1.2) 1.Jeff Battista EVAC 12.12; 2.Dougie Donald MMAC 12.15; 3.Alastair Duncan SCVAC 12.51; 4.Cecil Moven MMAC 12.76; 5.Peter Ilo VAC 12.77; 6.Tennysen James EVAC 12.82; 7.Mark Woods SCVAC 12.87; 8.Simon Pugh NVAC 14.75; **FINAL** (1.8) 1.Pat Logan SCVAC 11.81; 2.Kwei Sankofa SCVAC 12.07; 3.Dougie Donald MMAC 12.13; 4.Jeff Battista EVAC



**Joylyn-Saunders-Mullins in a close finish with Caroline Powell**

12.17; 5.Peter Hickey NVAC 12.24; 6.John Statham MMAC 12.45; 7.Alastair Duncan SCVAC 12.46; 8.Keith Powell WMAA 12.51; **M55:** 1.John Browne SCVAC 12.08; 2.Eric Smart VAA-NE 12.32; 3.Ray Watkins SCVAC 12.52; 4.Tom Phillips SCVAC 13.14; 5.Mario Lapka SWVAC 13.18; 6.Ken Jackson SWVAC 13.37; 7.Bob Douglas SVHC 13.66; 8.Mike Oreilly VAC 13.95; 9.Alan Perry VAC 14.32; **M60: FINAL B** (-1.0) 1.John McGarry SVHC 13.16; 2.Geoffrey Kitchener VAC 13.62; 3.John Steel MMAC 14.13; 4.Brian Williamson WMAA 14.15; **FINAL A** (-1.0) 1.Robert Shaw NVAC 13.23; 2.John Moore EVAC 13.46; 3.Tom Clinton IRL (G) 13.93; 4.Mike Applegate SWVAC 14.02; 5.Peter Wright MMAC 14.68; 6.John Vickerie EVAC 24.39; 1 **John McGarry 13.16**; 2 **Robert Shaw 13.23**; 3 **John Moore 13.46**; **M65:** (0.0); 1.Ian Foster EVAC 13.31; 2.Vic Novell SCVAC 13.65; 3.John Henson NVAC 13.79; 4.Alan Pain MMAC 13.80; 5.John Barrus MMAC 14.11; 6.Barry Ferguson VAC 14.31; 7.David Whittaker VAC 15.41;

**M70:** (0.0) 1.John Ryan IRL (G) 14.09; 2.Carter Alanbrian EVAC 14.78; 3.Bryan Shearsmith NVAC 15.57; 4.Donald Chambers AUS (G) 16.14; 5.David Haines SCVAC 16.31; 6.Colin Field SCVAC 17.31; **M75:** (0.0); 1.Tony Bowman NVAC 14.88; 2.David Burton MMAC 15.18; 3.Geoffrey Feast VAC 17.98; **M80:** (0.0) George Cheetham MMAC 16.13; **W35:** (-1.0); 1.Ellena Ruddock MMAC 12.35 **CBP** 2.Julia Hubbard SWVAC 12.66; 3.Victoria Lethaby NVAC 13.50; 4.Cat Goulder-Davies MMAC 13.75; 5.Nicola Long MMAC 14.79; 6.Julie Zulu EVAC 14.80; **W40:** (0.0) 1.Tamzin Gribble SWVAC 13.69; 2.Karen Hindle EVAC 13.78; 3.Mel Brown EVAC 14.05; 4.Cathryn Williams MMAC 14.75; 5.Lesley Richardson SCVAC 15.51; 6.Ashley Kingsnorth NVAC 16.94; **W45:** (0.0) 1.Kirstin King SCVAC 13.21; 2.Lolita Byfield-Moore WMAA 13.31; 3.Moira Peppard IRL (G) 14.25; 4.Amanda Rochester SCVAC 14.33; 5.Wendy Guild SCVAC 15.05; 6.Abi Onatade SCVAC 15.15; **W50** (0.7): 1.Angela Kelly SVHC 14.48; 2.Sandra McDonald MMAC 14.70; 3.Lynn Talbert SCVAC 14.91; 4.Pauline Gerner MMAC 15.00; 5.Angela Beadnall EVAC 15.58; **W55** (0.5): 1.Joylyn SaundersMullin SCVAC 14.06; 2.Caroline Powell SWVAC 14.09; 3.Joan Trimble VAC 14.20; 4.Carole Filer EVAC 14.57; 5.Susan Dassie SCVAC 14.68; 6.Anne Nelson SCVAC 16.01; 7.Lyn Ahmet SCVAC 17.30; 8.Cathy Lyon-Green MMAC 18.69; **W60:** (-1.1); 1.Vivien Bonner MMAC 14.33; 2.Emily McMahon SCVAC 15.79; **W65** (-1.1) 1.Patricia Oakes SCVAC 18.33; **W70** (-1.1): 1.Dorothy Fraser EVAC 17.29; 2.Mollie Mills MMAC 17.30; 3.Iris Holder SCVAC 17.34; 4.Gillian Woodland OPEN 20.42; **W75** (-1.1): Rosemary Chrimes MMAC 18.49 (**British Record**);

### 200 metres

**M35 FINAL B** (-1.2): 1.Robert North MMAC 23.96; 2.Richard Higson-Blythe NVAC 24.72; 3.Brian Taylor OPEN 24.90; 4.Paul North MMAC 25.43; 5.Stephen Thorpe NVAC 26.17; **FINAL A** (0.0) 1.**Jim Tipper MMAC 22.91**; 2.**Brian Darby MMAC 23.33**; 3.**Mark Collins EVAC 23.37**; 4.Douglas Gray SCVAC 24.05; 5.Peter Davey SCVAC 24.37; **M40 FINAL B** (-1.7): 1.Raphael Smith MMAC 25.93; 2.Leeroy Golding NVAC 25.99; 3.Lance Croft EVAC 26.73; 4.Neil Whittock SWVAC 28.23; 5.Bruno Laasna SWVAC 28.43; **FINAL A** (-0.1): 1.**Darren Scott SCVAC 22.33**; 2.**Michael Gardiner MMAC 23.77**; 3.**Martin White MMAC 24.08**; 4.Michael Culshaw NVAC 24.13; 5.Stephen Murray OPEN 24.77; **M45 FINAL B** (-0.5): 1.Steve Beak SCVAC 24.60; 2.Clarence Riley VAC 24.86; 3.Paul Canning EVAC 25.39; 4.Clive Trusson MMAC 26.49; **FINAL A** (-0.5): 1.**Antony Leigh MMAC 23.83**; 2.**Rohan Samuel VAC 24.23**; 3.**Stephen Lightfoot NVAC 24.46**; 4.Donald Brown MMAC 24.86; 5.Glen Reddington SCVAC 25.73; **M50 FINAL** (-1.0) 1.Dougie Donald MMAC 25.18; 2.Mark Woods SCVAC 25.81; 3.Robert Shephard VAC 27.22; **FINAL A** (-1.5): 1.**Pat Logan SCVAC 24.18**; 2.**Jeff Battista EVAC 24.27**; 3.**Peter Hickey NVAC 24.78**; 4.Michael Vassiliou VAC 24.89; 5.Alastair Duncan SCVAC 25.17; **M55** (-2.3) 1.Ray Watkins SCVAC 25.58; 2.Ian Broadhurst WMAA 25.68; 3.Ivars Licietis EVAC 26.74; 4.Clement Leon SCVAC 27.03; 5.Peter Mould MMAC 27.44; 6.Bob Douglas SVHC 27.65; 7.Keven Downes OPEN 28.78; 8.Alan Perry VAC 30.22; **M60** (-0.9): 1.John McGarry SVHC 26.77; 2.Paul Anthony MMAC 27.29; 3.Geoffrey Kitchener VAC 27.55; 4.John Moore EVAC 27.61; 5.John Steel MMAC 28.48; 6.Tom Clinton IRL (G) 28.97; 7.Mike Applegate SWVAC 29.34; 8.Brian Williamson WMAA DNF; **M65** (-1.3): 1.Terry Bissett SCVAC 27.83; 2.Vic Novell SCVAC 28.29; 3.Ian Foster EVAC 28.33; 4.John Henson NVAC 28.74; 5.John Barrus MMAC 29.41; 6.David Whittaker VAC 31.94; **M70** (-0.7): 1.John Ryan IRL (G) 29.69; 2.Carter Alanbrian EVAC 30.84; 3.Bryan Shearsmith NVAC 32.78; 4.Donald Chambers AUS (G) 33.74; **M75** (-2.8): 1.Tony Bowman NVAC 30.76; 2.David Burton MMAC 31.53; 3.Geoffrey Feast VAC 37.78; **M80:** (-2.8): George Cheetham MMAC 35.02; **W35:** (-2.7) 1.Ellena Ruddock MMAC 25.37; 2.Julia Hubbard SWVAC 25.72; 3.Kelly Sutton EVAC 27.03; 4.Victoria Lethaby NVAC 28.00; 5.Emma Hurcombe OPEN 31.09; 6.Nicola Long MMAC 31.79; **W40:** (1.9) 1.Fiona Palmer MMAC 28.16; 2.Karen Hindle EVAC 28.29; 3.Amanda Wale WMAA 28.40; 4.Angela Lyttle OPEN 28.76; 5.Christine Hawker MMAC 30.35; 6.Cathryn Williams MMAC 30.64; **W45** (-2.1): 1.Lolita Byfield-Moore WMAA 27.92; 2.Kirstin King SCVAC 27.96; 3.Moira Peppard IRL (G) 29.74; 4.Sue Hooper WMAA 30.21; 5.Gill Tree SCVAC 31.04; 6.Wendy Guild SCVAC 31.21; 7.Abi Onatade SCVAC 34.36; **W50** (-2.1): 1.Jane Horder MMAC 29.28; 2.Angela Kelly SVHC 30.63; 3.Tessa Stephenson EVAC 32.01; **W55** (-1.2): 1.Caroline Powell SWVAC 29.3; 2.Joylyn SaundersMullin SCVAC 29.04; 3.Joan Trimble VAC 29.81; 4.Susan Dassie SCVAC 30.83; 5.Carol Alker OPEN 31.96; 6.Anne Nelson

## MASTERS ATHLETICS SPRING 2011

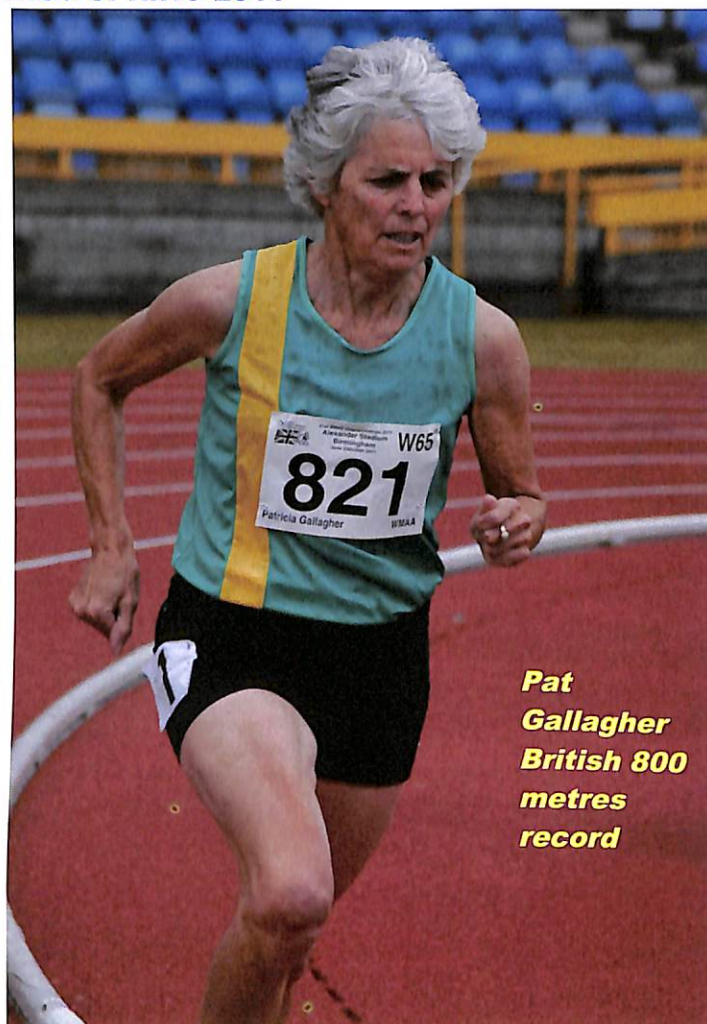
SCVAC 33.65; 7.Cathy Lyon-Green MMAC 38.60; **W60** (-1.2):  
1.Vivien Bonner MMAC 29.64; **W70** (-2.8): Dorothy Fraser EVAC  
37.43;

### 400 metres

**M35:** 1.Brian Darby MMAC 50.49 (**CBP**); 2.Scott Ware SCVAC  
52.32; 3.Paul Harmer MMAC 53.17; 4.Bernard Ward NVAC 53.40;  
5.Craig Holder SCVAC 54.00; 6.Simon Brock NVAC 54.53; 7.Craig  
Russell WMAA 58.86; **M40 FINAL B** 1.Winston McFarlane VAC  
56.33; 2.Anthony Tilney SCVAC 57.53; 3.Lee Henry VAA-NE 58.03;  
4.Bruno Laasna SWVAC 64.14; **FINAL A** 1.**Michael Gardiner MMAC**  
**51.93**; 2.**Mike Toal NVAC 52.93**; 3.**Martin White MMAC 54.95**;  
4.**Michael Culshaw NVAC 55.74**; 5.**Lance Croft EVAC 55.89**; **M45:**  
1.Lueng Man NVAC 54.02; 2.Stephen Lightfoot NVAC 54.69;  
3.Philip McCluskey VAA-NE 57.18; 4.Paul Canning EVAC 57.22;  
5.Ty Holden SCVAC 57.25; 6.Clive Trusson MMAC 59.71; **M50**  
**FINAL B:** 1.Paul Bevan WMAA 57.38; 2.Mark Woods SCVAC 58.51;  
3.Jonathan Metcalf EVAC 59.36; 4.**Michael May VAC 67.72**; **FINAL**  
**A** 1.**Michael Vassiliou VAC 53.91**; 2.**Kwei Sankofa SCVAC 53.92**;  
3.**Jeff Battista EVAC 55.12**; 4.**Bob Lewis EVAC 55.80**; 5.**Alastair**  
**Duncan SCVAC 57.33**; **M55:** 1.Ian Broadhurst WMAA 56.65; 2.Ray  
Watkins SCVAC 56.91; 3.Ivars Licietis EVAC 57.87; 4.Clement Leon  
SCVAC 59.39; 5.Derek Naish MMAC 59.70; 6.Allan Herdman  
SWVAC 60.25; 7.Bob Douglas SVHC 62.22; **M60:** 1.Paul Anthony  
MMAC 61.06; 2.Derek Wardle VAC 61.89; 3.Geoffrey Kitchener VAC  
64.42; 4.**Mike Erith SWVAC 65.04**; **M65:** 1.Terry Bissett SCVAC  
63.63; 2.Alan Pain MMAC 64.03; 3.John Mac Dermott IRL (G) 65.53;  
4.Richard Somers VAC 67.20; 5.Albert Eland NVAC 67.47; 6.John  
Barrus MMAC 69.33; **M70:** 1.John Ryan IRL (G) 69.32; 2.Rodney  
Mills NVAC 72.16; 3.Allan Sowden VAC 77.51; **M75:** 1.Tony  
Bowman NVAC 80.04; 2.John Seymour SCVAC 81.01; 3.John  
Cullingham VAC 96.96; **W35:** 1.Karrie Blake SCVAC 58.50;  
2.Katrina Wastenev EVAC 66.59; 3.Nicola Long MMAC 67.36;  
4.Emma Hurcombe OPEN 72.01; **W40:** 1.Denise Morley EVAC  
61.31; 2.Amanda Wale WMAA 62.25; 3.Fiona Palmer MMAC 63.60;  
**W45:** 1.Virginia Mitchell SCVAC 61.27; 2.Tracy Burrows SCVAC  
64.98; 3.Amanda Rochester SCVAC 66.78; 4.Sue Hooper WMAA  
67.27; 5.Gill Tree SCVAC 68.34; **W50:** 1.Laura Mahady SVHC 62.88;  
2.Lynn Talbert SCVAC 68.74; **W55** (Hand timing); 1.Caroline  
Powell SWVAC 63.6 (**CBP**); **W60** 1.Moira West SCVAC 75.77; 2.Sue  
James SCVAC 81.56; **W65** Iris Hornsey EVAC 93.04; **W70**  
1.Kathleen Stewart VAA-NE 82.70 (**CBP**);

### 800 metres

**M35:** 1.Paul Harmer MMAC 2-00.55; 2.Richard Weaver SCVAC 2-  
01.09; 3.Jim Bennett SCVAC 2-03.10; 4.Simon Brock NVAC 2-  
04.20; **M40:** 1.Paul Bristow SCVAC 1-57.48; 2.Lee Jones WMAA 1-  
58.59; 3.Mike Toal NVAC 2-03.18; 4.Les Ball EVAC 2-05.18;  
5.Andrew Ronald SVHC 2-06.02; 6.Adrian Haines SCVAC 2-06.02;  
7.Thomas Brannon VAA-NE 2-06.35; 8.Calvin Scoltock MMAC 2-  
06.92; 9.David Blackman SCVAC 2-11.09; 10.Anthony Devlin SVHC  
2-16.44; 11.Evatt Cummings WMAA 2-22.91; **M45:** 1.Rob Andrew  
MMAC 2-04.67; 2.Rob Webster SCVAC 2-05.39; 3.Larry Mangelshot  
SCVAC 2-10.91; 4.Norman De Bruin VAA-NE 2-11.01; 5.Malcolm  
Tuff EVAC 2-13.88; 6.Mark Ashby SCVAC 2-14.35; 7.Brett Davis  
WMAA 2-16.36; 8.Lance Birkby SCVAC 2-18.77; 9.Ian Gower MMAC  
2-23.82; **M50:** 1.Nigel Wilson OPEN 2-16.33; 2.Kevin Pye MMAC 2-  
16.55; 3.Paul Bevan WMAA 2-16.86; 4.Jonathan Metcalf EVAC 2-  
16.98; 5.Bob Lewis EVAC 2-17.65; 6.Ray Daniel VAC 2-18.85;  
7.Malcolm Cowton SWVAC 2-19.28; 8.Stewart Walton MMAC 2-  
21.81; 9.Steven Doxey NVAC 2-23.03; 10.Mike Burling EVAC 2-  
26.89; **M55:** 1.Stuart MacGregor SWVAC 2-16.96; 2.Brian Gardner  
SVHC 2-17.87; 3.Allan Herdman SWVAC 2-19.72; 4.Ivars Licietis  
EVAC 2-22.65; **M60:** 1.David Oxland MMAC 2-20.13; 2.Ian Snow  
SWVAC 2-23.10; 3.Ken Daniel VAC 2-24.98; 4.Mike Erith SWVAC 2-  
27.89; 5.Ed Connolly SCVAC 2-30.04; 6.Michael Elwell MMAC 2-  
45.80; 7.Francis Cannon SVHC 2-47.72; **M65:** 1.Rod Scholes NVAC  
2-31.34; 2.Albert Eland NVAC 36.32; 3.Richard Somers VAC 2-  
39.42; 4.John Garber EVAC 2-46.16; 5.Barry Roberts WMAA 2-  
47.09; 6.Peter Giles VAC 2-53.10; **M70:** 1.Barry Swindells NVAC 2-  
53.52; 2.William Kenny NZL (G) 3-10.05; 3.Mike Duggan IRL (G) 3-  
15.94; **M75:** 1.Tony Bowman NVAC 3-23.33; 2.John Seymour  
SCVAC 3-23.47; 3.John Cullingham VAC 3-49.38; 4.Brian Shave  
VAC 3-55.72; **M80:** Eric Shirley SCVAC 3-47.22; **W35:** 1.Karrie  
Blake SCVAC  
2-07.61(**BMAF Record-British Best 2:03.6 Christina Boxer 20/5/92**) ;  
2.Louise Rudd NVAC 2-24.16; 3.Nicola Neill EVAC 2-25.00; 4.Sarah  
Davies OPEN 2-27.50; 5.Emma Parry OPEN 2-28.82; 6.Claire O'hara  
EVAC 2-29.85; 7.Joanna Winfield EVAC 2-30.88; 8.Stephanie  
Spencer MMAC 2-32.40; **W40:** 1.Denise Morley EVAC 2-17.79;



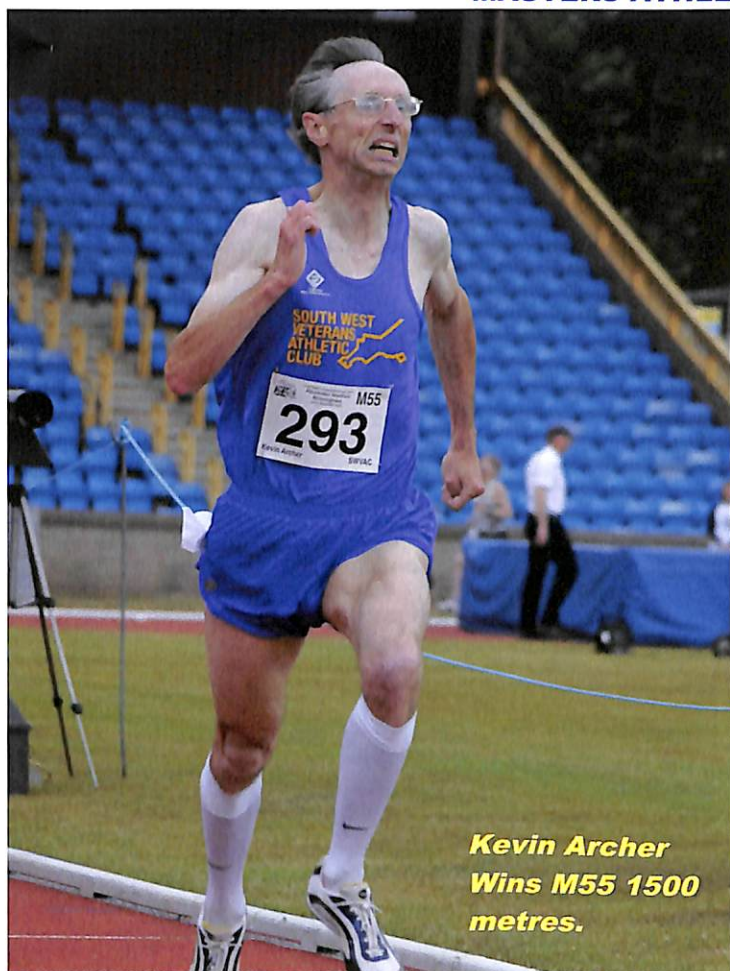
**Pat  
Gallagher  
British 800  
metres  
record**

2.Jacqueline Kind MMAC 2-39.43; **W45:** 1.Tracy Burrows SCVAC  
2-32.87; 2.Jenny Phillips WMAA 2-33.03; 3.Sharyn Ramage SVHC  
2-33.14; 4.Julia Austin SCVAC 2-35.65; 5.Susan Kneill-Boxley  
MMAC 2-42.98; **W50:** 1.Laura Mahady SVHC 2-24.81; 2.Jenny  
Hughes SCVAC 2-43.86; **W55:** Anna Garnier VAC 2-38.12; **W60:**  
1.Nancy Hitchmough MMAC 2-36.03 (**European Record**) ; 2.Angela  
Copson MMAC 2-47.47; 3.Sue James SCVAC 3-03.35; **W65:**  
1.Patricia Gallagher WMAA 2-50.63 (**British Record**) ; 2.Iris  
Hornsey EVAC 3-32.38; **W70:** 1.Kathleen Stewart VAA-NE 3-13.75  
(**British Record**); **W75:** Anne Martin EVAC 3-45.12 (**CBP**);

### 1500 metres

**M35:** 1.Huw Evans WMAA 4-13.66; 2.Richard Weaver SCVAC 4-  
18.74; 3.Nick Corker MMAC 4-19.75; 4.Phillip Bullock MMAC 4-  
36.72; 5.Gareth Robb EVAC 4-39.31; 6.Gareth Lynch WMAA 4-  
42.27; 7.Simon Howard SWVAC 4-44.86; **M40:** 1.David Morwood  
NIMAC 4-14.29; 2.Les Ball EVAC 4-15.74; 3.Matthew Bland EVAC 4-  
16.95; 4.Tim Bailey VAC 4-21.75; 5.Adrian Haines SCVAC 4-22.95;  
6.Andrew Ronald SVHC 4-25.80; **M45:** 1.Rob Andrew MMAC 4-  
21.99; 2.Simon Anderson SWVAC 4-25.53; 3.Tim Field VAA-NE 4-  
29.50; 4.Brian McKee NIMAC 4-31.57; 5.John Knibb MMAC 4-34.27;  
6.Malcolm Tuff EVAC 4-36.40; 7.Mark Ashby SCVAC 4-37.70;  
8.Malcolm Down EVAC 4-39.23; 9.Lance Birkby SCVAC 4-43.00;  
10.Ian Gower MMAC 4-59.52; **M50:** 1.Keith Ewing VAC 4-23.43;  
2.Chris Ireland NVAC 4-26.37; 3.Malcolm Eustace MMAC 4-26.97;  
4.Richard Drage SWVAC 4-27.48; 5.Robert Fox MMAC 4-35.80;  
6.Jonathan Metcalf EVAC 4-46.11; 7.Steven Doxey NVAC 4-49.27;  
8.Jeremy Hogan SWVAC 4-50.24; 9.David Darby NVAC 4-53.22;  
**M55:** 1.Kevin Archer SWVAC 4-38.84; 2.Brian Gardner SVHC 4-  
42.51; 3.Robert Payne EVAC 4-53.56; 4.Gavin Bayne VAA-NE 4-  
54.17; 5.David Proffitt WMAA 5-24.80; 6.Alan Newman SCVAC 5-  
28.94; 7.Rob Sargent VAC 5-58.42; 8.Denis Daly MMAC DNF;  
**M60:** 1.David Oxland MMAC 4-41.69; 2.Ian Snow SWVAC 4-54.37;  
3.John Skelton EVAC 4-56.54; 4.Mike Erith SWVAC 5-09.07;  
5.Michael Mann VAC 5-10.58; 6.Michael Elwell MMAC 5-38.00;  
**M65:** 1.Peter Giles VAC 5-40.37; 2.John Garber EVAC 5-44.20;  
3.Gordon Orme MMAC 5-45.02; 4.Barry Roberts WMAA 5-58.17;

## MASTERS ATHLETICS SUMMER 2011.



**Kevin Archer  
Wins M55 1500  
metres.**

**M70:** 1.Barry Swindells NVAC 5-42.22; 2.Rodney Mills NVAC 6-21.14; 3.Mike Duggan IRL (G) 6-48.39; **M75 FINAL** 1.Brian Shave VAC 7-34.08; 2.John Cullingham VAC 8-01.92; **W35:** 1.Karrie Blake SCVAC 4-30.03; 2.Joanne Locker OPEN 4-50.53; 3.Nicola Neill EVAC 5-01.58; 4.Sarah Davies OPEN 5-03.87; 5.Stephane Spencer MMAC 5-08.61; 6.Sharon McHugh EVAC 5-10.86; 7.Bernadette Harrop IRL (G) 5-28.67; **W40:** 1.Bernadine Pritchett VAC 4-53.64; 2.Michelle Kerfoot SWVAC 5-02.27; 3.Michelle Hooton MMAC 5-16.69; **W45:** 1.Lisa Webb VAC 5-11.46; 2.Julia Austin SCVAC 5-12.35; 3.Sharyn Ramage SVHC 5-12.93; 4.Jenny Phillips WMAA 5-15.54; **W50:** 1.Jane Clarke EVAC 5-05.60; 2.Monica Williamson MMAC 5-09.38; 3.Karen Brooks MMAC 5-25.71; 4.Jenny Hughes SCVAC 5-58.57; 5.Susie Tawney MMAC DNF; **W55:** 1.Gail Duckworth EVAC 5-21.33; 2.Anna Garnier VAC 5-22.85; 3.Pat Halstead SCVAC 5-53.63; **W60:** 1.Angela Copson MMAC 5-20.22; 2.Nancy Hitchmough MMAC 5-27.02; 3.Ros Tabor VAC 5-48.19; 4.Sue James SCVAC 6-17.26; **W65:** 1.Patricia Gallagher WMAA 5-48.35 (**British Record**); **W70:** Betty Stracey EVAC 7-42.77;

### 5000 metres

**M35:** 1.Huw Evans WMAA 15-51.00; 2.Michael Aldridge MMAC 16-03.35; 3.Dean Parker MMAC 16-51.40; 4.Adrian Copp EVAC 17-13.30; **M40:** 1.David Morwood NIMAC 15-47.67; 2.Andy Morgan-Lee SWVAC 15-55.27; 3.Steve Goss SWVAC 16-34.95; 4.Peter Tallents OPEN 16-58.78; **M45:** 1.Guy RuddickBracken VAA-NE 16-27.04; 2.Christopher Hollinshead MMAC 16-44.18; 3.Brian McKee NIMAC 16-54.40; 4.Tony Tuohy VAC 17-12.04; 5.Tim Field VAA-NE DNF; **M50:** 1.Malcolm Eustace MMAC 16-37.12; 2.Michael Bridgeland EVAC 16-39.94; 3.Robert Sheen WMAA 17-25.92; 4.Robert Fox MMAC 17-43.75; 5.Howard Andersen MMAC 18-28.44; 6.Colin Oxlade SCVAC 19-00.12; 7.Robert Banner NVAC 19-11.97; 8.Paul Jeggo EVAC 19-47.11; **M55:** 1.Mike Deegan NVAC 16-31.53; 2.David Butler EVAC 16-53.14; 3.Robert Payne EVAC 18-02.67; 4.Mick McGeoch WMAA 18-24.06; 5.Gavin Bayne VAA-NE 18-27.41; 6.Alan Newman SCVAC 19-59.90; 7.David Proffitt WMAA 20-04.90; 8.Ian Wright SWVAC 20-27.75; 9.Rob Sargent VAC 22-01.44; **M60:** 1.David Oxland MMAC 17-35.80; 2.John Skelton EVAC 18-24.54; 3.Desmond Michael SCVAC 18-58.05; 4.Michael Mann VAC 19-19.61; 5.Arthur Daley MMAC 19-36.33; 6.Paul Williams MMAC 19-42.79; 7.David Beattie SCVAC 19-58.44; 8.Peter Banks MMAC 20-24.66; **M65:** 1.Martin Ford MMAC 18-55.00; 2.Peter Giles VAC 19-

46.20; 3.Geoff Newton SCVAC 20-21.20; 4.Gordon Orme MMAC 20-35.70; 5.Tony Brackstone SCVAC 20-50.10; **M70:** 1.John Batchelor VAC 20-17.40; 2.Fred Gibbs NVAC 21-08.58; 3.Edmond Simpson VAC 23-43.60; **M75:** Brian Shave VAC 28-52.82; **M80** 1.Derek Howarth NVAC 28-20.53; 2.Arthur Walsham NVAC DNF; **W35:** 1.Lucy Hodgson SWVAC 18-12.91; 2.Sally Gray OPEN 18-31.33; 3.Nicola Blandford SCVAC 18-31.50; **W40 FINAL** 1.Bernadine Pritchett VAC 18-21.59; **W45:** Sharon Hawkins SCVAC 19-29.47; **W50:** 1.Monica Williamson MMAC 19-07.47; 2.Karen Brooks MMAC 20-17.08; 3.Victoria Talbot Rosner SCVAC 20-26.91; 4.Alison McCoy EVAC 22-47.87; 5.Lesley Wright SWVAC 23-10.91; 6.Lynne Marr SVHC 24-17.71; 7.Janice Moorekite SCVAC 25-53.54; **W55:** 1.Gail Duckworth EVAC 19-26.79; 2.Anna Garnier VAC 20-04.56; 3.Lesley Hall SCVAC 20-59.90; 4.Anne Darby SWVAC 22-16.42; 5.Margaret Ehrenberg MMAC DNF; **W60:** 1.Angela Copson MMAC 19-36.90; 2.Ros Tabor VAC 20-47.32; **W70:** Betty Stracey EVAC 27-10.47;

### 3000m Walk

**M45:** 1.Mark Williams MMAC 14-05.39; 2.Andrew Fraser SVHC 17-07.40; **M50:** 1.Steven Uttley VAC 15-03.75; 2.Kevin Knight SCVAC 17-43.86; **M55:** 1.Steve Allen SCVAC 15-40.50; 2.Rod Dunn EVAC 17-37.92; **M60:** 1.John Hall VAC 15-35.40; 2.Michael O'Connor IRL (G) 17-14.35; **M65:** 1.Keith Richards MMAC 17-27.67; 2.Peter Hannell VAC 17-58.57; 3.Peter Howard EVAC 20-30.63; **M75:** 1.Arthur Thomson VAC 17-10.70; 2.Ron Powell SCVAC 19-23.47; 3.David Stevens VAC DISQ; **W40:** Julie Bellfield MMAC 18-31.30; **W45:** 1.Helen Middleton EVAC 17-32.05; 2.Maureen Noel VAC 18-01.02; 3.Lynn Bellfield MMAC 19-43.51; **W55:** 1.Ann Wheeler MMAC 16-47.43; 2.Cath Duhig EVAC 18-28.11; **W60:** 1.Susan Barnett EVAC 18-35.40;

### 5000m Walk

**M45:** 1.Mark Williams MMAC 24-31.88; 2.Andrew Fraser SVHC 28-48.14; **M50:** 1.Steven Uttley VAC 26-10.39; 2.Kevin Knight SCVAC 30-28.77; **M55:** 1.Steve Allen SCVAC 27-55.34; **M60:** John Hall VAC 26-55.28; **M65:** 1.Keith Richards MMAC 31-29.03; 2.Peter Howard EVAC DISQ; **M75:** 1.Arthur Thomson VAC 29-46.22; 2.Ron Powell SCVAC 33-33.63; 3.David Stevens VAC 34-18.91; **W40:** Julie Bellfield MMAC 32-15.76; **W45:** 1.Helen Middleton EVAC 30-00.43; 2.Maureen Noel VAC 31-00.86; 3.Lynn Bellfield MMAC 34-21.73; **W55:** 1.Ann Wheeler MMAC 28-55.25 (**CBP**); 2.Cath Duhig EVAC 30-44.38; **W60** 1.Susan Barnett EVAC 32-08.84;

### 3000m S/C

**M35:** 1.Jason Lendon OPEN 9-59.38 (**CBP**); 2.David Connell EVAC 10-18.96; **M40:** 1.Colin Palmer MMAC 9-55.28; 2.Simon Fortnam MMAC 10-57.10; 3.Anthony Devlin SVHC 11-09.98; **M45:** 1.Paul Lemmon VAC 10-55.36; 2.Peter Costley SWVAC 11-15.98; 3.Philip York SCVAC 11-59.55; **M50:** 1.Colin Oxlade SCVAC 12-16.70;



**Jason  
Lendon and  
Colin Palmer in  
the  
Steeplechase.**

## MASTERS ATHLETICS SPRING 2011

### 2000m S/C

**M60:** 1.Ian Snow SWVAC 7-48.23; **M65:** 1.John Oldfield MMAC 9-56.42; **M70:** 1.William Kenny NZL (G) 10-15.37; **W45:** Jane Pidgeon MMAC 8-03.37; **W55:** 1.Anne Darby SWVAC 9-31.24; **W75:** (Hand timing); Anne Martin EVAC 11-47.3 (**World Record**);

### 110m Hurdles

**M35:** (-0.1) 1.Peter Davey SCVAC 16.13; **M40:** (-0.1) 1.Joe Appiah SCVAC 15.27; 2.Adam Young MMAC 17.00; 3.Wayne Gadd EVAC 17.48; **M45:** (-0.1) 1.Greg Dunson MMAC 15.68; 2.Neil Tunstall SWVAC 16.76; 3.Glen Reddington SCVAC 18.16;

### 100m Hurdles

**M50:** (-0.4) 1.John Mayor EVAC 15.08; 2.Tennyson James EVAC 15.32; 3.Paul Edwards MMAC 15.51; 4.Allan Leiper SCVAC 15.87; 5.Iain Moody MMAC 17.98; 6.Simon Pugh NVAC 22.79; **M55:** (-0.3) 1.David Robinson NVAC 18.81; 2.Patrick Moran IRL (G) 23.80; **M60:** (0.0) 1.Tony Wells EVAC 16.90; 2.John Charlton NVAC 17.10;

### 80m Hurdles

**M70:** (-0.6) 1.Donald Chambers AUS (G) 15.43; 2.Nick Bannenberg AUS (G) 17.49; **M75:** (-0.6) 1.Tony Bowman NVAC 14.51 (**European Record**); **W40:** (-0.1) Amanda Wale WMAA 12.83; **W50:** (-1.9); 1.Jane Horder MMAC 13.12 (**CBP**); 2.Gaye Clarke EVAC 13.57; 3.Lucy Moore-Fox IRL (G) 16.18; **W55:** (-1.9) Carole Filer EVAC 13.78; **W60:** (-0.4) 1.Jean Fail MMAC 14.39 (**British Record**); 2.Emily McMahon SCVAC 15.96; **W70:** (-0.4) Patricia Hill EVAC 19.57 (**British Record**);

### 400m Hurdles

**M35:** 1.Joe Lloyd MMAC 55.89; 2.Richard Holt OPEN 59.07; 3.John Bell MMAC 60.00;

**M40:** 1.Peter Downhill EVAC 62.73; 2.Les Grant NVAC 66.51; **M45:** 1.Neil Tunstall SWVAC 60.46; 2.Alan Easey VAC 69.97; **M50:** 1.Richard White MMAC 60.13; 2.John Mayor EVAC 64.30; 3.Paul Edwards MMAC 64.61; 4.Ray Daniel VAC 64.63; 5.Simon Pugh NVAC 83.51; **M55:** 1.Ian Broadhurst WMAA 64.72; 2.Ian Willoughby MMAC 69.83; 3.Patrick Moran IRL (G) 84.33; **W35:** 1.Caroline Heaney SCVAC 68.02; 2.Katrina Wastenev EVAC 76.49; **W40:** 1.Tamzin Gribble SWVAC 72.35; 2.Cera Nolan IRL (G) 75.78; **W45:** 1.Virginia Mitchell SCVAC 67.69; 2.Julie Rogers MMAC 68.81; 3.Oriana Johnson EVAC 79.36;

### 300m Hurdles

**M60:** 1.Tony Wells EVAC 50.02; 2.Geoffrey Kitchener VAC 50.44; **M65:** 1.John Mac Dermott IRL (G) 49.49 (**CBP**); 2.Barry Ferguson VAC 53.38; **M70:** 1.Nick Bannenberg AUS (G) 58.83; 2.Donald Chambers AUS (G) 61.30; **M75:** 1.Tony Bowman NVAC 55.83 (**CBP**); 2.Colin Shafto NVAC 61.83; **W50:** 1.Jane Horder MMAC 48.77; 2.Gaye Clarke EVAC 53.01; 3.Susan Frisby MMAC 53.98; **W55:** 1.Carole Filer EVAC 53.70; **W60:** 1.Emily McMahon SCVAC 60.13 (**CBP**);

### High Jump

**M35:** 1.Donovan Davenport MMAC 1.70; 2.Steve Wren NVAC 1.65; 3.Samuel Bobb SCVAC 1.60; 4.Peter Davey SCVAC 1.60; **M40:** 1.Ian Gidley MMAC 1.75; 2.Adam Young MMAC 1.70; 3.Mitchell Bellham EVAC 1.65; **M45:** 1.Steve Linsell NVAC 1.84 (**CBP**); 2.Ian Allen SWVAC 1.70; 3.Mark Roach SWVAC 1.65; **M50:** 1.John Mayor EVAC 1.55; 2.Allan Leiper SCVAC 1.50; 3.Colin Hague SWVAC 1.45; **M55:** 1=Duncan Talbot SCVAC & David Blunt SCVAC 1.50; 3.Trevor Wade SCVAC 1.45; 4.Clement Leon SCVAC 1.45; 5.David Robinson NVAC 1.30; 6.Patrick Moran IRL (G) 1.30; **M60:** 1.Stephen Faulkner SWVAC 1.48; 2.Michael Goodall VAC 1.42; 3.Geoffrey Kitchener VAC 1.33; **M65:** 1.Jim O'Shea IRL (G) 1.36; 2.Collin Green MMAC 1.33; 3.Edward Wagner NVAC 1.30; **M70:** Nick Bannenberg AUS (G) 1.24; **M75:** Tony Crocker MMAC 1.33 (**British Record**); 2.Colin Shafto NVAC 1.27; **W40:** 1.Dawn Jones EVAC 1.50; 2.Sinead McLaughlin IRL (G) 1.40; **W45:** 1.Imeta Barauskiene SCVAC 1.56 (**CBP**); 2.Melanie Garland MMAC 1.30; **W50:** 1.Gaye Clarke EVAC 1.39 (**Equals CBP**); 2.Hazel Barker NVAC 1.33; 3.Teresa Eades SCVAC 1.30; 4.Mary Barrett IRL (G) 1.30; 5.Janice Hardcastle EVAC 1.24; **W55:** 1.Carole Filer EVAC 1.39 (**British Record**); 2.Pam Garvey MMAC 1.24; **W65:** Patricia Oakes SCVAC 1.09; **W70:** 1.Patricia Hill EVAC 1.05; **W75:** 1.Rosemary Chrimes MMAC 1.09;

### Pole Vault

**M35:** 1.Chris Mills SCVAC 4.41 (**CBP**); 2.Steve Wren NVAC 3.21; **M45:** 1.Glyn Price WMAA 3.91; 2.John Andrews SCVAC 3.71; 3.Nicholas Walker SWVAC 3.41; 4.Alan Easey VAC 3.01; 5.Murray

Hilborne SCVAC 2.51; **M50:** 1.Allan Leiper SCVAC 3.51; 2.Keith Powell WMAA 3.21; 3.Wayne Ford Martin SCVAC 3.11; **M55:** 1.Nick Phipps SCVAC 3.11; 2.David Blunt SCVAC 3.01; 3.David Robinson NVAC 2.51; **M60:** 1.Michael Goodall VAC 2.71; **M65:** 1.John Bradley MMAC 3.01; 2.John Howe WMAA 2.61; 3.Brian Harlick SCVAC 1.61; **M70:** 1.Donald Chambers AUS (G) 2.01; 2.Nick Bannenberg AUS (G) 1.61; **W35:** Louise Kelly SCVAC 2.41; **W50:** 1.Jennifer Ibbitson NVAC 2.41; 2.Teresa Eades SCVAC 2.41; **W55:** 1.Sue Yeomans EVAC 2.61;

### Long Jump

**M35:** 1.Samuel Bobb SCVAC 6.32 0.0; 2.Donovan Davenport MMAC 6.29 +0.7; 3.Steve Wren NVAC 6.03 +0.6; 4.Stephen Lake SCVAC 5.71 0.0; **M40:** 1.Joe Appiah SCVAC 6.55 0.0; 2.Neil Lincoln SCVAC 6.34 -0.8; 3.Ian Gouldthorpe NVAC 5.67 +1.0; 4.Wayne Gadd EVAC 5.46 -1.0; 5.Nathan Baker SWVAC 5.35 +0.7; 6.Leeroy Golding NVAC 4.89 +0.4; **M45:** 1.Ian Allen SWVAC 6.05 0.0; 2.Alan Easey VAC 5.27 0.0; 3.Christopher Ashmore MMAC 5.26 0.0; 4.Brian McKee NIMAC 5.22 +0.1; **M50:** 1.John Mayor EVAC 5.50 0.0; 2.Paul Guest SWVAC 5.46 -0.7; 3.Peter Ilo VAC 5.38 0.0; 4.Keith Powell WMAA 5.24 0.0; 5.Charlie Batts SWVAC 5.20 +0.2; **M55:** 1.Trevor Wade SCVAC 5.45 0.0; 2.Mario Lapka SWVAC 5.32 0.0; 3.Ken Jackson SWVAC 5.17 +0.9; 4.David Robinson NVAC 4.71 +0.3; 5.Allan Herdman SWVAC 4.71 +0.5; 6.Rashpal Singh MMAC 4.67 0.0; 7.Clement Leon SCVAC 4.51 +0.9; 8.David Blunt SCVAC 4.37 0.0; **M60:** 1.John Charlton NVAC 4.85 0.0;



**Joe Appiah M40 Long Jump**

**M65:** 1.Allan Long VAC 4.49 +0.1; 2.Roland Garrad SCVAC 4.41 +0.9; 3.Allan Cheers WMAA 4.21 0.0; 4.Collin Green MMAC 3.74 +1.3; **M70:** 1.David Haines SCVAC 4.00 0.0; 2.Padraig Maye IRL (G) 3.86 +0.3; 3.Donald Chambers AUS (G) 3.60 0.0; **M75:** 1.David Burton MMAC 3.57 -0.9; 2.Colin Sheppard SCVAC 3.30 +1.1; **W35:** 1.Julie Zulu EVAC 4.56 +0.8; 2.Louise Kelly SCVAC 3.97 +1.1; **W40:** 1.Amanda Wale WMAA 4.73 +0.6; 2.Sinead McLaughlin IRL (G) 4.49 +0.5; 3.Joanne Regan SCVAC 4.42 -0.2; 4.Lesley Richardson SCVAC 3.48 +0.4; **W45:** 1.Imeta Barauskiene SCVAC 5.07 +0.9;

## MASTERS ATHLETICS SUMMER 2011.

2.Charmaine Johnson VAC 4.75 +0.3; 3.Michelle Hazell OPEN 4.61 +0.3; 4.Melanie Garland MMAC 4.09 0.0; **W50**: 1.Gaye Clarke EVAC 4.33 -0.3; 2.Clare St.JohnColeman EVAC 4.11 +1.0; 3.Pauline Gerner MMAC 3.71 0.0; 4.Jenny Hughes SCVAC 3.64 +0.9; **W55**: 1.Carole Filer EVAC 4.72 -0.6 (**British Record**); 2.Sue Yeomans EVAC 4.00 -1.0; 3.Lyn Ahmet SCVAC 3.19 -0.6; 4.Cathy Lyon-Green MMAC 2.80 +1.5; **W60**: 1.Jean Fail MMAC 4.03 -0.6 (**British Record**); 2.Linda Harrison SCVAC 2.52 -0.7; **W65**: Patricia Oakes SCVAC 3.19 +1.0; **W70**: 1.Iris Holder SCVAC 3.15 0.0; 2.Gillian Woodland OPEN 2.38 0.0; **W90**: 1.Mary Wixey SWVAC 0.91 -0.0 (**European Record**);

### Triple Jump

**M35**: 1.Samuel Bobb SCVAC 13.73 -0.2; 2.Donovan Davenport MMAC 12.65 -0.4; 3.Stephen Lake SCVAC 12.00 -0.8; **M40**: 1.Keith Newton SCVAC 12.74 -0.7; 2.Neil Lincoln SCVAC 12.13 -1.2; 3.Ian Gouldthorpe NVAC 11.23 -1.3; 4.Nathan Baker SWVAC 10.75 -0.1; 5.Leeroy Golding NVAC 10.14 0.0; **M45**: 1.Julien Gittens NVAC 11.97 -1.5; 2.Christopher Ashmore MMAC 10.30 -1.5; 3.Paul Canning EVAC 10.25 -1.1; 4.Clarence Riley VAC 9.81 -1.9; **M50**: 1.John Barratt NVAC 11.03 0.0; 2.Peter Ilo VAC 10.76 -0.2; 3.Steve Wallace SVHC 10.36 -0.5; 4.Dave Shields WMAA 10.11 -2.1; **M55**: 1.Clement Leon SCVAC 10.16 0.0; 2.David Robinson NVAC 9.32 -1.6; **M60**: 1.David Folgate EVAC 10.99 -1.7; **M65**: 1.Allan Cheers WMAA 9.24 -0.6; 2.Collin Green MMAC 8.27 -1.4; **M70**: 1.Padraig Maye IRL (G) 8.65 -1.6; 2.David Haines SCVAC 8.55 -2.1; 3.Donald Chambers AUS (G) 7.86 -1.0; 4.Michael Collins SCVAC 7.52 -0.2; **M75**: 1.Tony Crocker MMAC 8.41-2.2 (**British Record**); 2.David Stevens VAC 6.28 -2.4; **M80**: Denis Field VAA-NE 5.57-1.3 (**British Record**); **W40**: 1.Dawn Jones EVAC 9.70 -0.5; 2.Lesley Richardson SCVAC 8.02 -1.7; **W45**: 1.Hilde Bottin BEL (G) 9.79 -1.1; **W50**: 1.Teresa Eades SCVAC 9.09 -1.0; 2.Danea Herron IRL (G) 8.91 -1.7; 3.Clare St.JohnColeman EVAC 8.17 0.0; 4.Lucy Moore-Fox IRL (G) 8.15 -1.1; **W55**: 1.Cathy Lyon-Green MMAC 6.62 -1.4; **W60**: 1.Linda Harrison SCVAC 5.39 0.0; **W65**: 1.Patricia Oakes SCVAC 7.19 +0.2; **W70**: 1.Iris Holder SCVAC 7.07 0.0 (**British Record**); 2.Patricia Hill EVAC 6.42 -1.5;

### Shot Putt

**M35**: 1.Simon Fricker OPEN 14.62 (**CBP**); 2.Ken Baker EVAC 13.70; 3.Simon Achurch EVAC 11.73; 4.Steve Wren NVAC 9.76; **M40**: 1.Paul Smith MMAC 8.73; 2.David Glendower WMAA 7.19; **M45**: 1.Steve Whyte EVAC 14.41; 2.John Nicholls NVAC 13.88; 3.David Burrell EVAC 11.98; 4.Tony Tipping SCVAC 11.27; 5.Robert Eales WMAA 11.24; 6.Paul Corrigan VAA-NE 10.48; 7.Dave Bauer EVAC 10.04; 8.Dave Brown NVAC 9.88; 9.Michael Clift OPEN 8.77; **M50**: 1.Robert Earle EVAC 13.62; 2.Allan Leiper SCVAC 13.24; 3.Philip Davies NVAC 13.10; 4.Bob Broadbridge SWVAC 13.00; 5.Chris Privett SCVAC 11.37; 6.Glyndwr Pugh WMAA 11.11; 7.Steve Woolley MMAC 10.86; 8.Nigel Winchcombe EVAC 10.69; 9.John Birkett SVHC 8.50; **M55**: 1.David Abernethy NVAC 13.48; 2.Steve Thomas NVAC 12.40; 3.Tim SaundersMullin SCVAC 8.57; 4.Bob Douglas SVHC 8.49; **M60**: 1.Neil Griffin SCVAC 13.98; 2.Anthony Richards VAC 12.12; 3.Martin Kelly IRL (G) 9.80; 4.Bill Renshaw NVAC 9.75; 5.Bob Richards EVAC 9.62; 6.Philip Bramford EVAC 7.10; **M70**: 1.Nick Bannenberg AUS (G) 11.17; 2.Bill Legg SWVAC 10.29; 3.Bill Gentleman EVAC 9.49; 4.Donald Chambers AUS (G) 8.97; 5.John Love MMAC 8.37; 6.Jhalman Singh MMAC 8.22; **M75**: 1.Ian Miller EVAC 10.37; 2.Colin Brand SCVAC 9.71; 3.Michael McGarry IRL (G) 9.39; 4.Nevill Hargreaves SCVAC 6.52; **M80**: 1.Jaroslav Hanus SCVAC 7.65; 2.Graham Roberts MMAC 6.47; **W35**: 1.Andrea Jenkins EVAC 9.98; 2.Louise Kelly SCVAC 9.21; 3.Catherine Alford WMAA 8.93; 4.Beverley Jones WMAA 8.84; **W40**: 1.Sue Lawrence SCVAC 10.72; 2.Natasha Mighty OPEN 10.65; 3.Camilla Thrush SCVAC 9.71; 4.Catarina Hallden SWVAC 7.73; 5.Lesley Richardson SCVAC 6.64; 6.Ashley Kingsnorth NVAC 6.06; **W45**: 1.Charmaine Johnson VAC 9.86; 2.Julie Wilson SCVAC 9.05; 3.Ruth Bird MMAC 8.90; 4.Priscilla O'Sullivan IRL (G) 8.67; 5.Janet Smith SCVAC 8.41; 6.Karen Llewellyn WMAA 8.04; **W50**: 1.Mary Barrett IRL (G) 10.65; 2.Jennifer Ibbitson NVAC 10.56; 3.Claire Cameron SVHC 9.70; 4.Wendy Dunsford SCVAC 9.67; 5.Hazel Barker NVAC 9.16; 6.Lucy Moore-Fox IRL (G) 7.63; 7.Wanda Callaghan USA (G) 5.59; **W55**: 1.Vilma Thompson SCVAC 10.54; 2.Susan Dassie SCVAC 8.96; 3.Fiona Crompton NVAC 7.72; 4.Gwen McFarlane SVHC 7.27; **W60**: 1.Mo Pearson SWVAC 8.58; **W65**: 1.Liz Sissons SCVAC 9.37; 2.Carol Rafferty MMAC 6.26; **W70**: 1.Evaun Williams SCVAC 9.37; 2.Carole Derrien SWVAC 5.98; **W75**: 1.Rosemary Chrimes MMAC 9.28; **W90**: 1.Mary Wixey SWVAC 3.63 (**CBP**);

### Discus

**M35**: 1.Simon Fricker OPEN 42.80 (**CBP**); 2.Graham Holder WMAA 39.59; 3.Simon Achurch EVAC 35.94; **M40**: 1.Damian Crawford OPEN 31.83; 2.Paul Smith MMAC 25.14; 3.Leeroy Golding NVAC 23.45; **M45**: 1.Kevin Brown MMAC 46.27; 2.Steve Whyte EVAC 41.13; 3.David Burrell EVAC 37.15; 4.Tony Tipping SCVAC 36.98;

5.Dave Bauer EVAC 36.21; 6.Dave Brown NVAC 31.13; 7.Paul Corrigan VAA-NE 30.38; 8.Wayne McLoughlin NVAC 30.30; 9.Michael Clift OPEN 27.26; **M50**: 1.Robert Earle EVAC 49.66; 2.Bob Broadbridge SWVAC 42.75; 3.John Moreland MMAC 42.14; 4.Allan Leiper SCVAC 38.81; 5.Jan Drzewiecki SCVAC 38.81; 6.Chris Privett SCVAC 37.97; 7.Wayne Howe SCVAC 32.33; 8.Glyndwr Pugh WMAA 32.11; 9.Steve Woolley MMAC 30.73; 10.Peter Wishart SCVAC 29.33; 11.Dave Shields WMAA 24.08; **M55**: 1.David Abernethy NVAC 48.31; 2.Steve Thomas NVAC 36.03; 3.Geoff Ward WMAA 34.31; 4.John Wild VAA-NE 33.79; 5.David Maggs VAA-NE 30.78; 6.John Turner EVAC 29.65; 7.Frank McCrystal NIMAC 26.89; 8.Tim SaundersMullin SCVAC 21.52; **M60**: 1.Neil Griffin SCVAC 45.76; 2.Michael Ferne SCVAC 43.83; 3.Anthony Richards VAC 37.62; 4.Bill Renshaw NVAC 37.37; 5.Martin Kelly IRL (G) 31.32; 6.Bob Richards EVAC 29.23; **M65**: 1.Mike Hazlewood NVAC 41.80; 2.Ian Bowles MMAC 35.20; 3.Peter Virgo VAC 33.91; 4.James Sloan SVHC 33.00; 5.Godfrey Leak EVAC 32.04; 6.Richard Jegou MMAC 31.63; 7.David Kuester VAC 29.54; 8.Brian Harlick SCVAC 27.84; 9.Patrick Conboy IRL (G) 27.18; **M70**: 1.Grayham Smith NVAC 34.63; 2.Jack Kee EVAC 32.74; 3.Bill Gentleman EVAC 29.83; 4.Nick Bannenberg AUS (G) 29.76; **M75**: 1.Colin Brand SCVAC 30.82bp; 2.Michael McGarry IRL (G) 27.36; **M80**: 1.Denis Field VAA-NE 21.84; 2.Jaroslav Hanus SCVAC 19.39; 3.Graham Roberts MMAC 15.03; **W35**: 1.Andrea Jenkins EVAC 39.21; 2.Beverley Jones WMAA 28.22; **W40**: 1.Sue Lawrence SCVAC 35.11;



**Mike  
Hazelwood**

2.Rebecca Hardy OPEN 34.43; 3.Camilla Thrush SCVAC 31.07; 4.Catarina Hallden SWVAC 28.77; **W45**: 1.Julie Wilson SCVAC 32.60; 2.Maureen Glanton IRL (G) 31.62; 3.Jenny Cooper MMAC 29.77; 4.Priscilla O'Sullivan IRL (G) 26.76; 5.Karen Llewellyn WMAA 24.01; **W50**: 1.Claire Cameron SVHC 30.92; 2.Mary Barrett IRL (G) 24.73; **W55**: 1.Gwen McFarlane SVHC 20.57; 2.Fiona Crompton NVAC 18.09; 3.Margaret Ehrenberg MMAC 17.40; **W60**: 1.Mo Pearson SWVAC 22.69; 2.Linda Harrison SCVAC 14.57; **W65**: 1.Liz Sissons SCVAC 21.25; 2.Carol Rafferty MMAC 14.21; **W70**: 1.Patricia Hill EVAC 19.59; 2.Carole Derrien SWVAC 19.49; **W75**: Rosemary Chrimes MMAC 28.34 (**CBP**);

**Hammer**

**M35:** 1.Graham Holder WMAA 55.64; 2.Stephen Minnikin NVAC 52.19; 3.Simon Achurch EVAC 43.24; **M40:** 1.Darren Kerr EVAC 49.28; 2.David Glendower WMAA 23.59; 3.Paul Smith MMAC 22.95; **M45:** 1.John Pearson MMAC 58.65 (**CBP**); 2.Steve Whyte EVAC 53.77; 3.Gary Halpin WMAA 51.93; 4.David Burrell EVAC 44.96; 5.Tony Tipping SCVAC 39.89; 6.Dave Brown NVAC 32.20; 7.Dave Bauer EVAC 31.36; 8.Michael Clift OPEN 27.29; **M50:** 1.Robert Earle EVAC 57.17 (**CBP**); 2.Martin Roberts MMAC 49.76; 3.Chris Privett SCVAC 47.60; 4.Nigel Winchcombe EVAC 47.18; 5.Darren Gibson NVAC 42.62; 6.Steve Woolley MMAC 38.91; 7.Glyndwr Pugh WMAA 38.44; 8.Ian Cooley NVAC 35.96; 9.Mike Burling EVAC 28.96; **M55:** 1.Malcolm Fenton EVAC 51.13; 2.David Maggs VAA-NE 41.49; 3.Steve Thomas NVAC 40.40; 4.John Wild VAA-NE 36.72; 5.Clive Howell MMAC 34.86; 6.Tim SaundersMullin SCVAC 30.63; **M60:** 1.Paul Dickenson OPEN 51.49 (**CBP**); 2.Bill Renshaw NVAC 30.89; 3.Philip Bramford EVAC 30.71; **M65:** 1.Chris Melliush SCVAC 40.89; 2.Mike Hazlewood NVAC 40.69; 3.Garry Negus OPEN 34.75; 4.Patrick Conboy IRL (G) 34.34; 5.David Kuester VAC 33.05; 6.Richard Jegou MMAC 27.18; 7.Brian Harlick SCVAC 25.78; **M70:** 1.Bill Gentleman EVAC 47.60 (**CBP**); 2.Jack Kee EVAC 47.27; 3.John Love MMAC 20.43; **M75:** 1.Ian Miller EVAC 35.09; 2.Brian Sumner MMAC 32.82; 3.Peter Barber SCVAC 31.83; 4.Michael McGarry IRL (G) 28.50; 5.Colin Brand SCVAC 28.14; 6.Nevill Hargreaves SCVAC 22.43; **M80:** 1.Jaroslav Hanus SCVAC 26.03; 2.Graham Roberts MMAC 24.30; 3.Denis Field VAA-NE 22.18; **W35:** 1.Andrea Jenkins EVAC 50.93 (**CBP**); 2.Catherine Alford WMAA 31.62; 3.Odette McHenry SCVAC 26.64; 4.Nicola Long MMAC 23.28; **W40:** 1.Camilla Thrush SCVAC 36.93; 2.Sue Lawrence SCVAC 35.93; 3.Catarina Hallden SWVAC 32.25; **W45:** 1.Janet Smith SCVAC 40.68; 2.Priscilla O'Sullivan IRL (G) 38.29; 3.Marion Loveridge MMAC 36.79; 4.Ruth Bird MMAC 33.30; 5.Maureen Glanton IRL (G) 33.25; 6.Julie Wilson SCVAC 32.10; 7.Karen Llewellyn WMAA 27.56; **W50:** 1.Jennifer Ibbitson NVAC 40.96; 2.Wendy Dunsford SCVAC 33.03; 3.Claire Cameron SVHC 31.36; 4.Lucy Moore-Fox IRL (G) 29.92; 5.Wanda Callaghan USA (G) 20.60; **W55:** 1.Vilma Thompson SCVAC 33.35; 2.Pat Higgins MMAC 27.51; 3.Gwen McFarlane SVHC 24.26; 4.Fiona Crompton NVAC 23.26; 5.Margaret Ehrenberg MMAC 14.13; **W60:** 1.Rosemary Hutton SCVAC 31.26; 2.Linda Ridsdale NVAC 26.10; 3.Linda Harrison SCVAC 18.51; **W65:** Liz Sissons SCVAC 23.62; **W70:** Evaun Williams SCVAC 33.66 (**CBP**); 2.Carole Derrien SWVAC 22.99; 3.Patricia Hill EVAC 20.18; 4.Dorothy Fraser EVAC 16.40; **W75:** Rosemary Chrimes MMAC 22.99;

**Javelin**

**M35:** 1.Simon Bennett SWVAC 60.32 (**CBP**); 2.Dave Sketchley EVAC 57.23; 3.Simon Achurch EVAC 44.14; **M40:** 1.Mike vd Dobbsteien SCVAC 51.87; 2.Damian Crawford OPEN 48.33; 3.Wayne Gadd EVAC 35.48; **M45:** 1.Lee Peters MMAC 57.19; 2.Colin Mackenzie SCVAC 56.81; 3.Wayne McLoughlin NVAC 42.20; 4.Steve Whyte EVAC 39.95; 5.Dave Brown NVAC 39.85; 6.David Burrell EVAC 39.83; 7.Tony Tipping SCVAC 38.94; **M50:** 1.Keven Murch MMAC 55.54 (**CBP**); 2.John Fenton SCVAC 48.38; 3.Stephen Langdon EVAC 46.15; 4.Bob Lewis EVAC 42.47; 5.Chris Privett SCVAC 35.81; 6.Steve Woolley MMAC 35.27; 7.Charles Scouller VAC 26.43; 8.John Birkett SVHC 24.51; **M55:** 1.Frank McCrystal NIMAC 31.77; 2.Peter Coote MMAC 29.76; **M60:** Christopher Arnold SCVAC 40.13; **M65:** 1.Mike Hazlewood NVAC 39.10; 2.David Kuester VAC 33.16; 3.Peter Daw SWVAC 32.80; 4.James Sloan SVHC 29.93; **M70:** 1.Victor Adcock SCVAC 34.43; 2.Grayham Smith NVAC 31.68; 3.Brian Webb WMAA 25.29; **M75:** 1.Colin Brand SCVAC 35.98 (**British Record**); **M80:** 1.Denis Field VAA-NE 21.28 (**CBP**); **W35:** Andrea Jenkins EVAC 24.41; **W40:** 1.Linda Rawlins EVAC 33.51; 2.Sue Lawrence SCVAC 31.06; 3.Natasha Mighty OPEN 27.98; 4.Karen Addis MMAC 27.71; 5.Amanda Wale WMAA 26.57; 6.Sinead McLoughlin IRL (G) 20.98; **W45:** 1.Julie Wilson SCVAC 25.23; 2.Priscilla O'Sullivan IRL (G) 20.59; 3.Karen Llewellyn WMAA 18.81; **W50:** 1.Danea Herron IRL (G) 25.56; 2.Mary Barrett IRL (G) 24.58; 3.Julie Wakelam MMAC 22.72; 4.Anne Goad SCVAC 22.34; 5.Gaye Clarke EVAC 15.73; 6.Wanda Callaghan USA (G) 8.27; **W55:** 1.Gwen McFarlane SVHC 20.46; 2.Fiona Crompton NVAC 19.42; **W65:** 1.Liz Sissons SCVAC 27.17; 2.Carol Rafferty MMAC 21.78; 3.Patricia Oakes SCVAC 18.83; **W70:** Evaun Williams SCVAC 29.74 (**CBP**);

**Weight**

**M35:** 1.Graham Holder WMAA 15.60 (**CBP**); 2.Stephen Minnikin NVAC 14.94; 3.Simon Achurch EVAC 13.00; **M40:** 1.Darren Kerr EVAC 13.31; 2.David Glendower WMAA 8.13; 3.Paul Smith MMAC

7.91; **M45:** 1.John Pearson MMAC 17.61 (**British Record**); 2.Steve Whyte EVAC 16.65; 3.David Burrell EVAC 14.57; 4.Tony Tipping SCVAC 12.23; 5.Dave Bauer EVAC 10.06; 6.Dave Brown NVAC 6.59; **M50:** 1.Robert Earle EVAC 19.77 (**British Record**); 2.Bob Broadbridge SWVAC 17.33; 3.Chris Privett SCVAC 16.73; 4.Martin Roberts MMAC 14.63; 5.Steve Woolley MMAC 13.98; 6.Glyndwr Pugh WMAA 13.68; 7.Darren Gibson NVAC 12.31; 8.Mike Burling EVAC 11.00; **M55:** 1.Malcolm Fenton EVAC 17.82 (**CBP**); 2.David Maggs VAA-NE 14.16; 3.Clive Howell MMAC 13.27; 4.John Wild VAA-NE 12.81; 5.Tim SaundersMullin SCVAC 10.92; **M60:** 1.Paul Dickenson OPEN 18.93 (**British Record**); 2.Neil Griffin SCVAC 16.73; 3.Bill Renshaw NVAC 11.82; 4.Philip Bramford EVAC 9.94; **M65:** 1.Mike Hazlewood NVAC 15.18; 2.Chris Melliush SCVAC 14.32; 3.David Kuester VAC 14.18; 4.Garry Negus OPEN 13.76; 5.Patrick Conboy IRL (G) 12.53; 6.Richard Jegou MMAC 11.61; **M70:** 1.Jack Kee EVAC 17.35; 2.Bill Gentleman EVAC 17.14; 3.Donald Chambers AUS (G) 12.55; **M75:** 1.Ian Miller EVAC 13.32; 2.Peter Barber SCVAC 11.98; 3.Brian Sumner MMAC 10.69; 4.Nevill Hargreaves SCVAC 7.44; **M80:** 1.Graham Roberts MMAC 9.70; 2.Jaroslav Hanus SCVAC 8.36; 3.Denis Field VAA-NE 8.29; **W35:** 1.Andrea Jenkins EVAC 15.46 (**CBP**); 2.Catherine Alford WMAA 9.76; 3.Odette McHenry SCVAC 8.43; **W40:** 1.Sue Lawrence SCVAC 12.62; 2.Camilla Thrush SCVAC 11.71; 3.Natasha Mighty OPEN 11.66; 4.Catarina Hallden SWVAC 9.12; **W45:** 1.Janet Smith SCVAC 13.52; 2.Priscilla O'Sullivan IRL (G) 11.52; 3.Julie Wilson SCVAC 10.67; 4.Maureen Glanton IRL (G) 10.63; 5.Ruth Bird MMAC 10.19; 6.Karen Llewellyn WMAA 9.33; **W50:** 1.Jennifer Ibbitson NVAC 12.36; 2.Wendy Dunsford SCVAC 10.58; 3.Claire Cameron SVHC 10.42; 4.Lucy Moore-Fox IRL (G) 8.90; 5.Wanda Callaghan USA (G) 5.07; **W55:** 1.Vilma Thompson SCVAC 11.56; 2.Pat Higgins MMAC 8.20; **W60:** 1.Rosemary Hutton SCVAC 11.38; 2.Linda Harrison SCVAC 8.64; **W65:** Liz Sissons SCVAC 9.91; **W70:** 1.Evaun Williams SCVAC 11.72 (**CBP**); 2.Carole Derrien SWVAC 8.59;

## BRITISH MASTERS OPEN ROAD RELAY CHAMPIONSHIPS Sutton Park, Birmingham May 21st

### Report by Martin Duff of Athletics Weekly Pictures by Jeremy Hemming

The Executive of the B.M.A.F made changes to the format of the men's age groups and, probably because they went against two separate polls of competing teams and the AGM of the federation, were rewarded with a much smaller entry than hitherto.

One side effect of the changes was that there was no four-stage event for the younger men's age groups and this meant that smaller clubs, who did not have eight Masters on their books, were unable to enter. Previously, like former M35 champions North Shields Poly, they could take part but are now denied. With many absentees, Les Croupiers were the only club to finish a team in all seven age groups.

Ron Hill Cambuslang were quick to point out that they retained their M35 title, albeit over 8-stage this year, rather than the four that they found was enough for victory in 2010. Their time, however, was the slowest 8-stage win on this course in the history of the event. Cambuslang were well down in the early stages but went on to win by nearly two minutes from Salford. Paul Ward had 'won' the opening stage for Telford in 15:16 from

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M40 holders Herne Hill's Simon Coombes. "There was a bit of wind out the back and we were together until down by the Pool," said Ward, whose team were soon eclipsed on the second stage as Jon James gained 15 places for Wells City and a comfortable race lead.



James ran 15:12 and would have been awarded the M45 medal had he been running in the older age-group race, but was denied. Wells kept ahead for the next three legs but fourth stage runner Alistair Lindsay said: "we've got a sixty-year-old in our team, so will drop back." This duly happened as Cambuslang ate into their advantage and finally took the lead through Kerry Liam-Wilson's 15:12 on the sixth leg. Ian Campbell and Jamie Reid then extended the lead.

Salford could never quite get on terms and final leg runner Martin Cox, who set a course record 14:11 last year said: "I needed a slightly smaller gap and a sight of the lead." This was not to be, so Cox just did enough to maintain his squad in second ahead of Morpeth, who had expected to challenge for victory themselves. However, on the third leg Chris Waugh got into breathing trouble losing more than 20 places. Hudspith said: "we thought we had a chance of winning but you are hanging around waiting." This really fired up the former international who then blasted out a new vets' record of 14:08, by way of consolation.

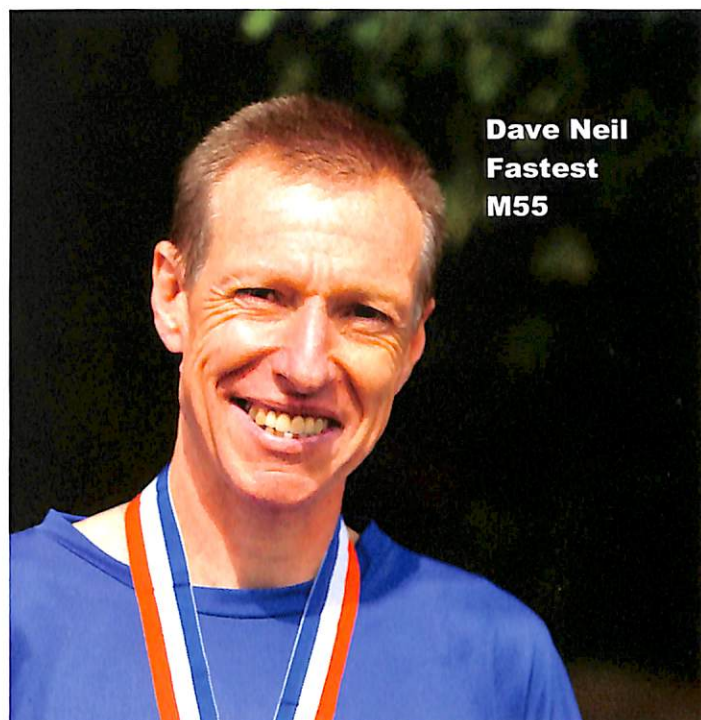


Leicester Coritnian took the lead on the second leg of the M45 6-stage event through Derek Guess and were never subsequently headed. "We have a lot who have

turned 45," said final leg runner Steve Platts, who saw them home, after a 15:58. "That's the first time I've done the relay and it was nice not to do the starting loop," said the former Morpeth and OWLS runner in reference to the senior men's lap at Sutton Park.

Earlier Redhill's Alan Smith had notched up the fastest M45 race stage time of 15:41 on the fourth leg. "We came with a tilt for a medal but lost out on the last leg," said Smith.

Salford Harriers won the new four stage M55 event after Eric Williams took them into the lead on the third leg. Mike Deegan then sealed victory with a 16:17 split that was the M55 second best time. Deegan has got back into his running in recent years after the tragic death of his wife Angela: "it took me one year to lose weight and one to get fit," he said.



National Masters cross-country champion Dave Neal's then capped it with 16:15 to take the fastest lap award. "We were too far back (in the team) but you have got to give it your best shot," he said.

The oldest men's teams ran with the women and Clayton-le-Moors won after favourites Clydesdale had injury problems. Doncaster's Pete Rowland was fastest lap with 19:05 on the opening stage.

Women's winners Telford led throughout and also provided the top two times through Claire Martin and Kim Fawke and recorded the second best team time for the event. Fawke's 16:53 led the opening leg ahead of Bev Jenkins' Salford and then increased their advantage with every lap. Salford and then Bristol & West tried to get on terms, before Martin posted the fastest lap of the race for the winners, her 16:43 anchoring them home.

Fawke said of her team: "they got silver last year and we are hoping to go one better." Martin said of her lonely

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front run: "It was strange as it was a bit like a time trial, but we got gold at last,"

Bristol & West went one better in the W45 team event as they relegated 2010 winners Windsor, Slough, Eton & Hounslow to third, but the holders had Marina Stedman take advantage of. Sian Davies' niggles on the first leg. "My calf went with half-a-mile-to go," said but Stedman noted that she ran her own pace and then thought she "might catch her on the hill at the end."

Former Masters cross-country winner Stedman, one of the International Samy twins, from the late 1970s, posted the fastest W45 lap time of 18:17 before handing over to twin sister Shireen Higgins, who stepped in at the last minute to make up the Windsor team. Bristol took the lead, through Nicky Bromhall, before Alison Hurford rounded off the victory.



**Claire Martin  
on Telford's  
Winning W35  
run.**

Chris Naylor and Paul Fudge, W55s both saw Arena 80 and Windsor home for the other medals, with Naylor taking the third best W45 lap time of 19:12, while Fudge's 19:53 also bettered the leading time from the W55 race.

That went to her twin sister Ann Ford with 20:27, for Redhill Road Runners but Westbury Harriers who won the W55 team award. Pat Gallagher had finished behind Ford's Redhill, Zina Marchant's Team Bath and Ros Tabor's Dulwich Runners on the first stage, but none had complete squads. That left Westbury to go away for

a narrow victory over Les Croupiers. 66-year-old Gallagher, who ran 21:34, was later campaigning for a women's 65 and over team category.

### W35-44:

**1 Telford AC 1h10.47m** ( Kim Fawke16.53m , Michelle Clarke18.28m +0, Amanda Davies18.43m +0, Claire Martin16.43m +0); **2 Bristol & West A C 1h14.27m** ( Nicola Brookland17.34m , Clare tevinson18.47m +0, Clare Joliffe 20.18m +1, Annabel Granger 17.48m +0); **3 Woodford Green AC & EL 1h16.14m** ( Berna Pritchett18.37m , Andrea Possee 20.22m +1, Kath Gundersen18.18m +6, Linda Jackson18.57m +1); **4 Dulwich Runners AC 1h16.58m** (Andrea Pickup18.46m , Emily Gelder 18.33m +8, Nicola Richmond 20.27m -1, Ola Balme19.12m +1); **5 Reading Road Runners 1h17.30m** (Jackie Perrin18.15m , Belinda Tull 19.55m +1, Saba Holt 20.11m +0, Sarah Urwin-Mann19.09m +2); **6 Blackpool Wyre & Fylde AC 1h19.02m** (Caroline Betmead17.52m , Bev Wright 19.35m -1, Andrea Smith 20.23m -1, Tanya Ashworth 21.12m +0); **7 Blackheath & Bromley HAC 1h19.10m** (Sarah Dowling18.53m , Jane Bradshaw18.52m +7, Jennie Butler 19.00m +3, Zoe Wood 22.25m -4); **8 Ilkley Harriers 1h19.54m** (Sally Morley18.01m , Jane Bryant 20.16m -2, Sharon Williams 21.08m -1, Jann Smith 20.29m +1); **9 Derby A C 1h20.22m** (Steph Spencer 19.16m , Sharon McGarry 20.35m +3, Paula Parkin 21.39m +0, Tracey Greenway18.52m +3); **10 Salford Harriers & AC 1h21.35m** (Beverley Jenkins17.31m , Julie Cook18.41m +0, Diane Hooper 22.22m -6, Denise Wakefield 23.01m -20; **11 Wolverhampton & Bilston 1h26.13m** (Audrey Wilson18.04m , Sue Weatherburn 20.57m -4, Lenny Hall 25.41m -12, Vicky Ornsby 21.31m +12); **12 Les Croupiers 1h28.00m** (Sarah McCarthy 20.11m , Sara McLoughlin 22.32m -1, Joanne Tucker 21.11m +7, Glenda Edwards 24.06m +5); **13 Solihull & Small Heath AC 1h28.53m** (Samantha B-Smith 22.40m , Heather Fooks 22.26m +12, Julia Gilbride 23.51m +3, Rebecca Freeman19.56m +17); **14 Sparkhill Harriers 1h31.03m** (Sian Evans21.26m Megan Harris 22.09m +8, Clair Molloy 24.22m +1, Carol Austin 23.06m +12); **15 Westbury Harriers 1h31.06m** (Hayley Johnson 21.36m , Jeni Cummins 22.51m +7, Sarah Tucker 24.23m +3, Sandra Price 22.16m +13); **16 Bourneville Harriers 1h32.40m** (Melanie James17.59m , Kelley Sprawson 25.04m -20, Sharon Weldon 26.05m -7, Sharon Weldon 23.32m +16); **17 Sphinx A C 1h39.47m** (Tracey Higgins 26.18m , Lorraine Gordon 24.39m +9, Janine Miles 27.53m +4, Lucy Smith 20.57m +22 );

**Incomplete: Centurion Running Club** Theresa Woolley 22.33m ;

### Fastest Legs:

**1** Claire Martin16.43m; **2** Kim Fawke16.53m; **3** Beverley Jenkins17.31m;



**A Sutton resident is asked to leave  
the course!**

### W45-54:

**1 Bristol & West AC 59.55m** ( Sian Davies18.22m , Nicky Bromhall 20.21m +1, Alison Hurford 21.12m -1); **2 Arena 80 1h00.43m** (Caroline Wood 20.06m , Jenny Hughes 21.25m +4, Christine Naylor 19.12m +7); **3 Windsor Slough Eton etc 1h01.39m** (Marina Stedman18.17m , Shireen Higgins 23.29m -11, Paula Fudge19.53m +7); **4 Les Croupiers 1h02.58m** (Wendy Boon 21.03m , Gillian Kellam 22.26m +7, Jane Coker 19.29m +11); **5 Wilmslow R C 1h03.57m** (Jane Mulryan 21.06m , Chris Geraghty 21.21m +11, Clare Hawkes 21.30m +5); **6 Worcester A C 1h04.05m** (Sandra Lane20.13m , Tracy Miles21.24m +6, Rosalind Hope22.28m +0); **7 Prestatyn R C 1h05.24m** (Brenda

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Tiedtke 22.12m , Gabriella Waring 22.07m +11, Glenda Davies 21.05m +6); **8 Blackheath & Bromley HAC 1h07.53m** (Anne Cilia 22.47m , Annie McDonough 24.57m +9, Rosie Ferguson 20.09m +12); **9 Holmfirth Harriers 1h08.31m** (Lesley Ewart 20.05m , Helen Pettit 21.23m +4, Rowan Eastwood 27.03m -10); **10 Birchfield Harriers 1h08.55m** (Julie Rogers 22.27m , Tracy Clarke 25.28m +4, Val Carter 21.00m +10); **11 Liverpool Harriers & AC 1h09.18m** (Michelle Murphy 19.27m , Tracy Fearon 26.19m -18, Karen Dalby 23.32m +1); **12 Westbury Harriers 1h15.33m** (Gill Jones 23.56m , Sarah Godsell 25.51m +8, Rachael Nowak 25.46m +2); **Incomplete Teams: Telford AC** (Cherayn Evans 19.56m , Juliet Hoad 20.35m +5, **Rotherham Harriers & AC** Janice McWilliam 21.40m

### Fastest Legs:

1 Marina Stedman 18.17m ; 2 Sian Davies 18.22m; 3 Christine Naylor 19.12m ;

### W55 plus:

**1 Westbury Harriers 1h12.01m** (Pat Gallagher 21.34m , Helen Kershaw 24.32m +2, Eithne Noonan 25.55m -1); **2 Les Croupiers 1h12.20m** (Ann James 23.38m , Clare Johnson 26.11m +6, Caroli Dallimore 22.31m +4); **3 Barnet & District AC 1h19.23m** (Ros dl Bertauche 25.20m , Pauline Lygo 26.27m +6, Maureen Shirley 27.36m +4); **4 Spectrum Striders RC 1h19.52m** (Anne Fortune 24.14m , Janet Redpath 27.40m +4, Steph Charman 27.58m +3); **Incomplete Teams: Team Bath AC** (Zina Marchant 20.39m , Janice Rambridge 27.10m -7); **Dulwich Runners AC** Ros Tabor 20.51m ; **Redhill Road Runners** Ann Ford 20.27m ; **Wolds Master RC** Jane Morley 20.33m ;

### Fastest Legs:

1 Ann Ford 20.27m ; 2 Jane Morley 20.33m ; 3 Zina Marchant 20.39m ;

### M35-44:

**1 Ronhill Cambuslang 2h08.45m** (Alan Ramage 16.34m , John MacNamara 16.12m +15, Mick O'Hagan 17.01m +2, Robert Gilroy 15.28m +6, Greg Hastie 16.25m +0, Kerry L-Wilson 15.12m +1, Iain Campbell 16.20m +0, Jamie Reid 15.33m +0); **2 Salford Harriers & AC 2h10.38m** (David Lockett 16.02m , David Townsend 17.26m -7, Philip West 16.52m +3, Philip Leybourne 15.43m +5, James Williams 16.02m +3, David Hudson 16.38m +1, Darren Moran 16.44m +0, Martin Cox 15.11m +0); **3 Morpeth H & AC 2h12.11m** (Paul Waterston 16.08m , Phil Walker 16.28m +7, Chris Waugh 20.27m -23, Ian Hudspith 14.08m +22, George Hall 16.47m -1, Neil Wilkinson 15.42m +5, Alan Shepherd 16.46m +2, Terry Wall 15.45m +0); **4 Highgate Harriers 2h12.26m** (Peter Downie 17.13m , John O'Shea 17.29m +6, Duncan Burbidge 16.02m +14, Keith Wilson 16.59m +2, Henry Dodwell 15.40m +6, Peter Downie 15.42m +1, Chris Bailey 17.28m +0, Chris Beacham 15.53m +0); **5 Herne Hill Harriers 2h12.58m** (Simon Coombes 15.29m , Michael Boyle 16.36m -3, Valdis Pauzers 19.52m -15, Ben Paviour 15.28m +10, Victor Maughn 16.18m +3, Basil Wallace 16.24m +0, Roger Alsop 16.29m +1, Kofi Agyei 16.22m +1); **6 Preston Harriers 2h13.12m** (Steve Hallas 16.02m , Jason Parker 16.33m +1, Jonathan Green 16.22m +3, David Parkington 16.57m +0, Neil McDonald 17.30m -2, David Watson 17.17m -4, Robert Affleck 16.14m +3, Stephen Smith 16.17m +1); **7 Havering Mayesbrook 2h14.21m** (Steve Rand 16.05m , Jason London 16.05m +5, Graham Hogan 18.05m -4, Chris Smith 15.49m +3, Martin Chester 18.00m -4, Simon Hart 16.35m +2, Trevor Keys 17.06m +1, Matthew Bland 16.36m +1); **8 Wells City Harriers 2h14.45m** (Matthew Lewis 16.09m , Jon James 15.12m +15, Allan Jones 16.49m +0, Alistair Lindsay 16.07m +0, Rick Dukes 16.41m +0, Peter Darton 17.56m -2, Dave Stanfield 17.42m -2, Clive Harwood 18.09m -3); **9 Bournville Harriers 2h15.15m** (Andrew Halliday 16.03m , Rob Andrew 15.58m +7, Jonathan Grix 16.19m +1, Simeon Paine 17.42m -3, Sean Rose 16.31m +1, Matthew Slater 18.47m -7, Stuart Pearson 17.58m +1, Dean Parker 15.57m +1); **10 Wolverhampton Bilston 2h15.59m** (Paul Tabor 17.42m , Ian Pincher 17.31m +5, Darren Edwards 18.15m +2, Paul Thacker 16.56m +7, Ian Grindley 16.19m +8, Dave Smith 16.42m -1, Ste Cunningham 16.47m +7, David Evans 15.47m +1); **11 Neath Harriers 2h16.17m** (Alun Rees 18.03m , Peter Crane 17.44m +6, Paul Talbot 16.33m +20, Philip Crane 17.39m +2, Richard Mulvany 17.03m +3, Chris Williams 15.43m +5, Paul Griffiths 16.31m +5, Anthony Powell 17.01m -2); **12 Clayton-Le-Moors 2h21.01m** (Gary Shaw 16.01m , Alex Cran 17.58m -13, Dave Gomundson 16.59m +5, Michael Hogan 20.06m -15, Mark Aspinall 17.03m +6, Paul Shackleton 17.40m +2, Jason Harbourn 17.12m +7, M Whitehead 18.02m +2); **13 Team Bath AC 2h21.06m** (Paul Cox 16.19m , Dave Gunstone 17.58m -5, Nick Bower 19.26m -11, Stephen Rose 17.11m +8, Barry Awan 18.37m +0, Luke S-Durden 16.40m +5,

Andrew Maggs 18.19m +6, David Coales 16.36m +3); **14 Liverpool H & AC 2h21.14m** (Dave Quinn 18.32m , Lawr McDonald 16.59m +22, Craig Northover 20.29m -14, Pete Belcher 17.55m +5, Ray Cole 17.28m +14, Rob Dewhurst 16.40m +7, Glen Groves 16.42m +10, Nat Vengdasalem 16.29m +3); **15 Royal Sutton Coldfield 2h21.22m** (Nick Corker 15.40m , Paul Froggatt 16.09m +1, Steve Marklew 16.54m -1, Simon Corker 16.56m +0, Colin McAuley 18.16m -5, David Liddall 18.04m -4, David Bowen 18.47m +0, Grae Kettlewell 20.36m -3); **16 Nene Valley Harriers 2h22.12m** (Nicholas Grimer 16.18m , Paul Lunn 17.13m +3, Sean Beard 16.59m +3, Robert Lornie 17.28m -1, Paul Gibbs 19.20m -7, Chris Mooney 17.25m +0, Ian Aunger 17.41m +7, David Knighton 19.48m -3); **17 Southampton AC 2h22.19m** (Pete Davis 17.15m , Dave Blackman 16.57m +12, Paul Fotherby 16.47m +7, Ian Stott 17.23m -2, Steve Axon 18.20m +1, Jim Bennett 17.21m -3, Keith Hollis 19.12m +4, John McInnes 19.04m -2); **18 Les Croupiers 2h25.57m** (Gareth Lynch 15.44m , Nicholas Dukes 16.20m +0, Matthew Hurford 17.10m -1, Alun Jones 18.44m -7, Andrew Cleves 19.43m -10, David Proud 19.04m -2, Shaun Connor 20.21m +6, Julian Carter 18.51m +0); **19 Vale of Aylesbury AC 2h26.59m** (Mark Richards 17.46m , Matt Raden 16.46m +20, Ian Tarvit 22.06m -32, Henrik Hartmann 19.12m +0, Rob Taylor 16.22m +20, Andrew Rolt 17.08m +4, Colin Mawdsley 19.54m +13, Paul Marsh 17.45m +1); **20 Telford AC 2h31.51m** (Paul Ward 15.16m , Bruce Gregory 20.11m -37, Dale Wilkinson 17.08m +12, Spencer Davies 19.34m -10, Nigel Tatton 20.08m -2, Dave Talbot 19.19m +0, Paul Williams 19.42m +17, Karl Morris 20.33m +1); **21 West Bromwich H 2h32.19m** (Steven Pitt 17.44m , Gary Whitehouse 17.57m +1, Malcolm Carr 17.55m +6, Ian Phillips 18.18m +0, Gary Clifton 19.03m +3, David Jones 19.31m -6, J Greenwood 21.09m +15, Andrew Moseley 20.42m +1); **22 Centurion RC 2h37.54m** (I Satterthwaite 17.01m , Gavin Davies 18.47m -16, Andy Rea 19.30m -4, Andy Matthews 19.23m -1, Way Muddiman 19.27m +9, Neil Wilkes 21.11m -3, Chris McCann 19.40m +21, Paul Cornock 22.55m +1); **23 Wesham Road Runners 2h38.40m** (Alex Rowe 16.36m , Gary De Banke 18.05m +1, Alan Taylor 21.29m -29, Lee Barlow 17.23m +11, Peter Bartlett 22.26m -1, Christopher Moss 21.38m -2, Peter Cooke 22.42m +23, Ste Myerscough 18.21m +1); **24 Wakefield Harriers 2h49.21m** (Neil Dutton 18.12m , David Dawson 19.44m -6, Anthony White 18.36m +4, James Wilson 23.57m -12, Robinson Paul 20.31m +17, Anthony Audsley 21.49m +1, Tony Smith 22.47m +25, Michael Logan 23.45m +1);

### Incomplete Teams:

**Tipton Harriers** : (Kevin Freeman 17.27m , Phil Clamp 17.44m +3, Dean Hill 16.09m +15, Lawr Heathcock 16.44m +4, Rich O'Sullivan 19.33m -7, Chris Somerfield 19.26m -4, Chris Flavell 21.45m +6) **Birmingham RA&TC** (Mark Ince 16.07m , Richard Gray 17.13m +0, Richard Carney 20.15m -20, Rob Ryan 21.01m -16, Martin Ludford 25.20m -1, **Birchfield Harriers** (Steve Edmonds 16.33m , John Cullen 16.18m +12, Peter Dimpleby 16.55m +5, Shaun Howatt 18.35m -9); **Rotherham H & AC** (Peter Shaw 17.42m , Mark Ward 18.54m -12, Matt Asbridge 19.29m -2, David Nuttall 17.31m +8); **Staffordshire Moorlands** (Gareth Briggs 16.20m , Roger Moore 18.46m -10, Alan Simpson 19.13m -8, John Walker 18.18m +2); **Redhill Road Runners** (Mark Yates 17.11m , Paul Newton 17.05m +8, Clive Greyson 18.07m -2);

### Fastest Legs:

1 Ian Hudspith 14.08m ; 2 Martin Cox 15.11m ; 3 Kerry L-Wilson & Jon James 15.12m;

### M45-54:

**1 Leicester Coritanian AC 1h39.54m** (Tommy Hughes 16.13m , Derek Guess 16.31m +8, Rob Sheen 16.44m +3, Andy Hart 17.32m -2, Danny Keating 16.56m -1, Steve Platts 15.58m +3); **2 Oxford City AC 1h40.25m** (Rob Webster 16.20m , Carl Thompson 17.30m +3, Brian Green 17.11m +1, Heine van Zyl 17.35m -3, Steve Overton 16.07m +7, Steve Male 15.42m +4); **3 Telford AC 1h42.31m** (Dave Mansbridge 16.05m , John Saunders 16.44m +1, Tony Power 16.59m +2, John Saunders 18.17m -6, Colin Lancaster 18.01m +1, Greg Wilson 16.25m +1); **4 Tipton Harriers 1h42.47m** (Malcolm Eustace 16.08m , Mark Farnell 17.56m -7, Mark Wright 17.04m +4, Alan Grice 18.56m -6, Paul Rogers 16.27m +8, Aaron Keene 16.16m +0); **5 Redhill Road Runners 1h43.13m** (Stan Pascoe 17.46m , Martyn McHale 18.52m -9, Andy Wetherill 16.04m +25, Alan Smith 15.41m +10, Simon Nash 17.39m +5, Nigel Cobb 17.11m -3); **6 Wilmslow RC 1h43.14m** (Bill Heaton 18.39m , Malcolm Fowler 16.39m +27, Trevor Morris 16.59m +14, Graham MacNeil 17.06m +1, Tom McGaff 17.23m +3, Rob Downs 16.28m +1); **7 Rotherham H & AC 1h46.32m** (Nigel Brookes 17.45m , Terry Eastwood 17.31m +7, John Comrie

## MASTERS ATHLETICS SPRING 2011

18.42m -1, Mark Ruddleston 17.42m +3, Peter Mirrlees 17.20m +7, Peter Neal 17.32m +3); **8 Barnet & District AC 1h47.43m** (Rich McCormick 16.28m, Yitzhak B-Aroya 17.34m +3, David Wilcock 18.00m -1, Desm Michael 18.34m -5, Peter Ellis 18.19m +1, Jerry Bryan 18.48m -1); **9 E Cheshire & Tameside 1h48.11m** (Danny Vaughan 17.51m, Glen Piper 18.09m -1, Mark Bradley 18.15m +10, Steve Robinson 17.46m +3, Andrew Farley 19.19m +2, Garry Matthews 16.51m +5); **10 Les Croupiers 1h48.47m** (Scott Howell 17.12m, David Coles 18.14m -5, Gerard Crispie 19.30m -10, Ben Farag 17.53m +9, Paul Coker 18.18m +6, Martin Williams 17.40m +3); **11 Derby AC 1h48.49m** (Gary Fallon 18.23m, Russell Parkin 17.18m +16, John Robertson 16.56m +14, Kevin Spare 17.40m +3, Clive Toplass 18.35m +0, Chris Booth 19.57m -6); **12 Dulwich Runners AC 1h49.14m** (Stephen Smythe 18.05m, Duncan Hussey 17.50m +4, Christ Loizou 18.44m +5, Mike Mann 18.55m -3, Adrian Greer 18.13m +9, Tony Tuohy 17.27m +5); **13 Southampton AC 1h49.15m** (Jon Grainger 16.41m, Howard Long 18.17m -1, Scott Augur 17.22m +6, Malcolm Riddle 18.48m -7, Sidney Delara 19.32m +0, Paul Johnson 18.35m -2); **14 Sheffield RC 1h49.28m** (Jed Turner 18.26m, Gary Podmore 19.32m -2, Ian A-Barnes 16.52m +17, Chris Maddocks 18.32m +1, Chris Ireland 17.06m +14, Malcolm Taylor 19.00m -5); **15 Wakefield Harriers 1h50.09m** (Paul Hallas 16.23m, Peter McNamara 17.31m +4, David Brailsford 17.59m -1, Ste Wilkinson 19.02m -9, Richard West 19.13m +0, Peter Young 20.01m -7); **16 Coventry Godiva 1h50.16m** (Michael Peters 17.46m, Howard Andersen 18.00m +3, Peter Banks 19.08m -3, Ian Gower 18.49m -1, Martin Slevin 18.01m +12, Joseph Devlin 18.32m -1); **17 Thurrock Harriers 1h52.11m** (John Metcalfe 17.40m, John Green 17.20m +8, Steve Kemp 19.52m -15, Donald Lawless 18.08m +5, Mike Bumstead 20.07m +0, Robert Russell 19.04m +1); **18 Spectrum Striders RC 1h53.11m** (Stephen Martin 18.07m, Rob McHarry 20.46m -13, Scott Liddell 18.56m +3, Kenny Forster 18.42m +2, Julian Spencer 18.27m +17, Neil Garnett 18.13m +3); **19 Dudley & Stourbridge 1h54.42m** (Paul Waby 15.47m, Mark Staves 17.57m -11, Eric Smith 19.09m -14, Ivan Dawes 18.18m -1, Sam Freeman 21.35m -8, Jim Brown 21.56m -2); **20 Sparkhill Harriers 1h54.51m** (Darren Riley 17.08m, Nick Stringer 17.43m +2, Craig Hinks 19.29m -12, Andy Carroll 20.30m -11, Rob Mills 22.21m +2, Charles Fentiman 17.40m +7); **21 Royal Sutton Coldfield 1h54.56m** (Tony Hinchley 17.17m, John Fletcher 18.37m -11, Ste Larcombe 19.37m -4, Paul Jenkins 19.23m -2, Ian Gilbert 19.49m +10, Matthew Lumley 20.13m -1); **22 Doncaster AC 1h56.19m** (Mick Page 17.52m, Kev Lincoln 20.08m -14, Dave Birkett 18.48m +4, Steve Evans 20.19m -4, Tony Vout 19.29m +14, Richard Wright 19.43m +3); **23 Neath Harriers 1h56.41m** (John Williams 18.57m, Robert Bamsey 19.57m +1, David Crane 18.14m +5, Kevin Lewis 19.18m +2, Stephen Williams 18.46m +15, Phillip Adams 21.29m -2); **24 Blackpool Wyre Fylde 1h58.41m** (John Wright 16.03m, Graham Davies 19.04m -23, Gary Johnston 19.41m -11, Terry Bradshaw 20.35m -11, Nick Hume 21.08m +8, Chris Bligh 22.10m -2); **25 Wolverhampton Bilston 1h59.09m** (Gwyn James 21.42m, Terry Bullock 18.22m +8, Robert Edwards 18.42m +7, Simon Calrow 18.11m +4, David Tilt 19.37m +14, Paul Carroll 22.35m -2); **26 Salford Harriers & AC 2h03.28m** (Ian Johnson 19.49m, Ron Warrender 19.20m +7, Thomas Temple 20.58m -4, Tommy Daniels 20.53m +2, Dennis Moran 22.31m +17, Stan Curran 19.57m +1); **Incomplete Teams: Bournville Harriers** (Edwin Hartley 18.54m, Terry Doherty 20.41m -3, Barrie Roberts 23.35m -7); **Ronhill Cambuslang** (Colin Feechan 18.10m, David Cooney 21.13m -15); **Thames Hare & Hounds** (Rhodri Davies 19.34m); **Wesham Road Runners** (Finlay McCalman 23.25m);

### Fastest Legs:

- 1 Alan Smith 15.41m;
- 2 Steve Male 15.42m;
- 3 Paul Waby 15.47m;

### M55-63:

**1 Salford Harriers & AC 1h09.04m** (Mike Wakefield 18.32m, Stanley Owen 17.32m +13, Eric Williams 16.43m +20, Mike Deegan 16.17m +9); **2 Oxford City AC 1h11.36m** (Dave Parsons 17.57m, Roy Treadwell 18.08m -1, Stuart Thorp 17.55m +13, Richard Grant 17.36m +5); **3 South London Harriers 1h12.59m** (Clive Edgington 18.30m, Ian Kitching 17.14m +18, John Quaintance 18.51m +1, Barry Attwell 18.24m +2); **4 Les Croupiers 1h13.04m** (Michael Murphy 18.40m, Jerry C-Harding 18.19m +10, John O'Shea 18.11m +6, Mike McGeoch 17.54m +7); **5 Staffordshire Moorlands 1h13.07m** (Ray Ibbs 19.35m, Paul Williams 20.32m -1, Dave Hollins 16.45m +14, Dave Neill 16.15m +17); **6 Wesham Road Runners 1h15.17m** (Alan Hudson 18.19m, John Collier 18.40m +1, John Bertenshaw 18.57m +3, Barry Peatfield 19.21m -1); **7 Blackheath & Bromley 1h15.29m**

(Alan Camp 16.36m, Andy Lawes 19.36m -25, Peter Burford 19.27m +0, Ken Daniel 19.50m -4); **8 Sheffield Running Club 1h15.49m** (Sid Cordle 17.46m, Les Morton 20.01m -16, Paul Blakeney 19.11m -1, Mike Quinn 18.51m +4); **9 Altrincham & District 1h15.53m** (Dave Carrington 17.36m, Dave Telford 19.41m -19, Mike Jones 20.52m -7, Dave Southern 17.44m +5); **10 Team Bath AC 1h17.15m** (Paul King 19.53m, David Rose 19.46m +5, Geoff Davies 18.55m +6, Andrew Reid 18.41m +1); **11 Ronhill Cambuslang 1h17.22m** (Dav Fairweather 20.07m, Barnie Gough 19.49m +5, Tam McPake 19.14m +4, Frank Hurley 18.12m +3); **12 Thames Hare & Hounds 1h18.05m** (Richard Pitt 19.07m, Mike Farmery 19.13m +6, Paul Whitlock 21.18m -5, Rick Turner 18.27m +3); **13 Holmfirth Harriers 1h19.22m** (Andy Hauser 18.24m, Rob Kersey 19.04m +1, Neil Midgley 22.20m -13, Ste Beardsell 19.34m +4); **14 Cobra RC 1h20.01m** (David Daniels 18.19m, Steve Fletcher 19.22m -3, Chris Pearson 21.10m -8, Michael Elwell 21.10m -1); **15 Worcester AC 1h21.01m** (Peter Richardson 19.30m, David Hibbitt 20.58m -5, Terenc Bedington 21.01m +3, Geoff Aston 19.32m +2); **16 Clayton-le-Moors 1h22.11m** (Pete Booth 18.58m, Steve White 19.54m +4, Jeff Pickup 20.55m -5, Richard Lawson 22.24m -2); **17 Royal Sutton Coldfield 1h24.42m** (Paul Kenney 19.43m, Clive Sayer 21.48m -4, Douglas Hyde 20.49m +3, Martin Jones 22.22m +2); **18 Reading Road Runners 1h26.30m** (Nigel Hoults 18.47m, James Kiddie 21.34m -9, Riochard Morgan 21.39m +1, Ken Beck 24.30m +0); **19 Blackpool Wyre Fylde 1h26.36m** (Michael Golden 20.08m, Ian Close 20.27m +1, Tony Airnes 22.03m +1, Robert Massey 23.58m +1); **20 Spectrum Striders 1h28.41m** (Michael Charman 22.22m, Andy Garnett 20.40m +3, Geoff Read 21.59m +1, Barry Allman 23.40m +2); **21 Liverpool H & AC 1h39.15m** (Graham Howell 21.42m, Clive Rigby 26.13m +0, Pat Henley 25.23m +1, Mike Carney 25.57m +2);

### Incomplete Team:

**Penny Lane Striders** Will Hargreaves 21.33m;

### Fastest Legs:

- 1 Dave Neill 16.15m;
- 2 Mike Deegan 16.17;
- 3 Alan Camp 16.36m;

### M65-74:

**1 Clayton-le-Moors Harriers 1h01.52m** (Barry Mitchell 20.04m, Dave Scott 21.07m +5, Ted Orrell 20.41m +1); **2 Altrincham & District AC 1h03.44m** (Ken Burgess 20.13m, Derek Walton 24.04m -3, Jeff Norman 19.27m +13); **3 Doncaster AC 1h04.25m** (Pete Rowland 19.05m, Robin Aconley 21.15m +1, Dave Grayson 24.05m -7); **4 Trentham RC 1h04.35m** (John Keeling 20.29m, Geoff Rigby 21.47m +6, Alan Lewis 22.19m +1); **5 Salford Harriers 1h04.41m** (Vincent Murphy 22.02m, Sidney Sacks 21.47m +12, Roland Bowness 20.52m +6); **6 Spectrum Striders RC 1h09.05m** (Alan Peers 22.25m, Nev Griffiths 22.34m +10, Terry Coles 24.06m +1); **7 Royal Sutton Coldfield AC 1h10.09m** (Reg Phipps 20.39m, Roy Humpherson 20.38m +14, Laurence Kyd 28.52m -18); **8 Blackpool, Wyre & Fylde 1h11.21m** (Robert Newman 21.33m, Norman Greenwood 25.26m +0, John Bradley 24.22m +1); **9 E Cheshire H and Tameside 1h19.24m** (Wade Cooper 25.30m, Ron Woolmer 25.17m +9, Trevor West 28.37m +1); **Incomplete Teams: Oxford City AC** (Mick Welland 19.46m, Clive Rutland 22.24m -3); **Birchfield Harriers** Gordon Orme 19.34m;

**Fastest Legs:** 1 Pete Rowland 19.05m; 2 Jeff Norman 19.27m +13; 3 Gordon Orme 19.34m;

## BMAF 5k, HORWICH, 19<sup>th</sup> JUNE

**Words by Mel James. retiring**

**Road Race Secretary.**

**Picture: John Morton**

**Tom Phillips.**

Dry and mild conditions awaited the competitors for this year's 5k championships.

## MASTERS ATHLETICS SUMMER 2011.

Conditions were ideal for record attempts and five course records were achieved within the combined men's and women's race. Most notable was Fiona Matheson from the Falkirk club, her exceptional time of 17m-06s, not only comfortably trimmed over a minute off the existing record, but shaved a further 19 seconds off the British o/50 best.

The other four course records were obtained in the men's section, Greg Wilson from Telford AC ran a time of 16m-51secs to shave off 3secs from the o/55 record set in 2003 by Brian Hilton (Leeds City). Dave Oxland (Notts AC) in conversation with me the previous evening, stated that he was in good shape for an attempt at the o/60 course record (17m-44secs) set by the Welshman Gareth Jones in 2007. He was correct, as he reduced it by a further 41 seconds, running 17m-03secs. The great Steve James (Southport Waterloo) did not have a great day as far as records on paper were concerned, as both of his two course records were broken. Firstly, Martin Ford (Cheltenham H.) o/65 shaved just a second off his 2005 time of 18m-32 secs, and then in the o/70 age group John Batchelor (Ilford AC) reduced his 2008 o/70 record by 48 secs crossing the line in 19m-55s.

Besides the record breaking, there was some great racing within the age groups, with only 7 secs dividing the first three for the medals in the o/45 male age group, Robert Tudor (West Cheshire AC) taking the Gold medal in a time of 16m-10 secs. Following Fiona Matheson in the women's o/50 section, the four athletes behind were just separated by 10 seconds, Lynne Whitaker (Romsey AC) took the silver, with Julia Palmer (Benfleet RC) just edging out Kathryn Morton (Stroud & D) by 3 seconds and the unfortunate Jackie Mather (Long Eaton) finishing 5<sup>th</sup> just 2 seconds behind. The o/70 women showed that they were just as competitive as the younger element, with Brenda Jones (Bro Dysynni) battled out a win against Pam Jones (Ilford AC) by just 13 seconds.

The team competition still causes concern, where only six teams collected medals.

In the Women's section, Salford Harriers (Bev Jenkins, Julie Cook and Denise Wakefield) picked up the o/35 Gold Medals, with Derby AC (Tracey Greenaway, Steph Spencer and Paula Parkin) taking the Silver.

In the Men's section the o/35 Gold went to Salford Harriers, making it a club double, the scorers were Phil Leybourne, Paul Savage and James Williams. Sale Harriers took Gold in the o/45s with Frank Cordingley, James Lambe and Timothy Rainet

scoring. The o/55s had two medallist teams with Bingley Harriers taking Gold (Peter Pyrah, Shaun Jordan and Gerry Bell. Blackburn Harriers finishing



**Fiona Matheson sets a new British Record**



**Dave Oxland**

in the Silver position with John Chaplin, Evan Cook and Graham Pomfrey scoring for them.

## MASTERS ATHLETICS SPRING 2011

We have used Horwich for a number of seasons now and finding weekend 5k races is a difficult problem. Horwich stepped up their organisation this year and the event went very smoothly, I am therefore recommending that we return to Horwich for 2012.

I have officially retired from my position as Road Running Secretary and I have enjoyed every minute of it, it is quite a demanding role and I hope and trust that during my four year stint, I have helped to contribute to its success. The newly appointed Secretary, Walter Hill, is very experienced international athlete and is currently road race secretary at SCVAC, therefore I am sure that the Road Running section is in safe hands for the future and the BMAF will benefit from his appointment.

1 Stephen Crowe M35-1 Ellesmere Port 15:48; 2 Philip Leybourne M40-1 Salford Harriers 15:53; 3 Paul Savage M35-2 Salford Harriers 15:54; 4 Robert Tudor M45- 1 West Cheshire Athletic Club 16:10; 5 George Thompson M50- 1 Border Harriers & Ac 16:10; 6 Simon Wright M45 -2 Doncaster Ac 16:12; 7 Guy Bracken M45 -3 North Shields Poly Club 16:17; 8 Martin Bell M40- 2 Horwich R M I Harriers 16:18; 9 James Williams Salford Harriers M35-3 16:19; 10 Gary Moore M40 -3 North Shields Poly Club 16:25; 11 Adrian Timmins M40- 4 Warrington Athletic Club 16:32; 12 Bob Atkinson M50 -2 Barrow Striders 16:33; 13 Michael Bridgeland M50- 3 Chelmsford 16:34; 14 Paul Gibbings M45 -4 Trentham AC 16:37; 15 Aaron Keene M45- 5 Tipton 16:39; 16 Andrew Hussey M45- 6 Cheltenham 16:43; 17 Malcolm Eustace M50- 4 Tipton 16:48; 18 Greg Wilson M55 -1 Telford 16:51; 19 David Lockett M45 -7 Salford Harriers 16:53; 20 Richard Holland M50- 5 Woodford 16:55; 21 Alex Rowe M50- 6 Wesham Road Runners & Ac 16:55; 22 Alan Camp M55- 2 Blackheath & Bromley 16:57; 23 Stephen Bailey M35-4 Bingley Harriers & Ac 16:58; 24 Mike Boyle M50 -7 Herne Hill 16:59; 25 Paul Payne M40 -5 Unattached 17:00; 26 David Oxland M60- 1 Notts AC 17:03; 27 Paul Lemmn M45 -8 London Heathside 17:04; 28 Sean Beard M50 -8 Nene Valley 17:05; 29 Fiona Matheson W50- 1 Falkirk 17:06; 30 Dean Furniss M40 -6 Hallamshire Harriers Sheffield 17:08; 31 Peter Thompson M50- 9 Nene Valley 17:16; 32 Steve Watmough M45 -9 Warrington Athletic Club 17:20; 33 Ian Selby M40- 7 Bolton United Harriers & Ac 17:25; 34 Russell Parkin M45- 10 Derby Ac 17:30; 35 Tom McGaff M55 -3 Wilmslow Running Club 17:35; 36 Peter Pyrah M55 -4 Bingley Harriers & Ac 17:40; 37 Martin Farran M50- 10 Leeds City Athletic Club 17:42; 38 Mike Shaw M45 -11 Stockport Harriers & Ac 17:44; 39 John Chaplin M55- 5 Blackburn Harriers & Ac 17:45; 40 Darren Rook M40 -8 Border Harriers & Ac 17:47; 41 Paul Lester M40 -9 Unattached 17:47; 42 Bev Jenkins W40- 1 Salford Harriers 17:48; 43 Stanley Owen M55- 6 Salford Harriers 17:50; 44 Charles Foster Salford Harriers M35-5 18:02; 45 Gary Pendlebury M55- 7 Unattached 18:05; 46 John Skelton M60 -2 Milton Keynes AC 18:06; 47 Ray Owen M50 -11 Blackburn Harriers & Ac 18:07; 48 Mick Page M55 -8 Doncaster Ac 18:08; 49 Kevin Hesketh M55- 9 Preston Harriers & Ac 18:09; 50 Cathy McCourt W35- 1 North Belfast 18:10; 51 Stephen Doney M50- 12 Swinton Running Club 18:13; 52 Des Michael M60 -3 Barnet & District 18:23; 53 Mark Leggett M45 -12 Denby Dale Travellers 18:24; 54 Shaun Jordan M55 -10 Bingley Harriers & Ac 18:29; 55 Martin Ford M65 -1 Cheltenham 18:31; 56 Frank Cordingley M50- 13 Sale Harriers Manchester 18:34; 57 Maurice Collins M45- 13 St Helens Sutton Ac 18:37; 58 Emma Parry W35 -2 Wrexham 18:38; 59 Philip Bailey M60- 4 Southport Waterloo 18:43; 60 Alan Hudson M60 -5 Wesham Road Runners & Ac 18:47; 61 Sean Cordell M40 -10 Salford Harriers 18:48; 62 Sarah Kearney W35 -3 Wirral AC 18:50; 63 Evan Cook M60- 6 Blackburn Harriers & Ac 18:51; 64 Trevor Rayner M45- 14 Northern Veterans Ac 18:55; 65 Michelle Buckle W35- 4 Newcastle AC 19:00; 66 Michael Wakefield M60- 7 Salford Harriers 19:00; 67 Tracey Greenway W45 -1 Derby Ac 19:07; 68 William Allan M65- 2 Tadcaster Harriers 19:08; 69 Julie Cook W40- 2 Salford Harriers 19:12; 70 Gerry Bell M60 -8 Bingley Harriers & Ac 19:15; 71 Louise Rudd W35- 5 Wilmslow Running Club 19:18; 72 Tony Davies M60 -9 Aldershot Farnham 19:22; 73 Peter Hutchinson M50- 14 Wolds AC 19:28; 74 Geoffrey Howard M65- 3 Ilkley Harriers Ac 19:30; 75 Geoff Newton M65 -4 Tadworth 19:33;

76 Paul Freeman M45 -15 Wolds AC 19:35; 77 Tanya Taylor W40 -3 Nene Valley 19:46; 78 Steph Spencer W35- 6 Derby Ac 19:52; 79 David Proffitt M55 -11 Newport 19:52; 80 John Batchelor M70- 1 Ilford AC 19:55; 81 Stephen Green M60 -10 Wolds AC 19:59; 82 Denis Daly M55 -12 North Belfast 20:11; 83 Ian Brookes M40- 11 Rotherham Harriers & Ac 20:22; 84 Lynne Whitaker W50- 2 Romsey AC 20:28; 85 Neil Robson M60- 11 Bingley Harriers & Ac 20:30; 86 Stephanie Robson W35- 7 Hercules Wimbledon 20:30; 87 Susan Cooper W55 -1 Southport Waterloo 20:32; 88 Julia Palmer W50 -3 Benfleet 20:33; 89 Gordon Orme M65- 5 Birchfield 20:34; 90 Kathryn Morton W50- 4 Stroud & Dist 20:36; 91 Jackie Mather W50 -5 Long Eaton 20:38; 92 James Lambe M45- 16 Sale Harriers Manchester 20:39; 93 Jason Owen M40 -12 Unattached 20:40; 94 Michael Smith M65- 6 Bingley Harriers & Ac 20:44; 95 David Spencer M50 -15 Wirksworth RC 20:48; 96 Jane Mulryan W55- 2 Wilmslow Running Club 21:13; 97 Arnold Bradshaw M60- 12 Manchester Harriers & Ac 21:14; 98 Graham Pomfrey M60 -13 Blackburn Harriers & Ac 21:17; 99 Marian Hesketh W55 -3 Preston Harriers & Ac 21:24; 100 Reg Black M65- 7 Barnet & District 21:28; 101 Jackie Cordingley W50- 6 Sale Harriers Manchester 21:32; 102 Alan Rich M60- 14 Worthing Striders 21:40; 103 Judith Boardman W45- 2 Unattached 21:42; 104 Timothy Rainet M45- 17 Sale Harriers Manchester 21:44; 105 Michael Elwell M60 -15 Cobra AC 21:54; 106 Paula Parkin W45 -3 Derby Ac 21:55; 107 Steve James M70 -2 Southport Waterloo 21:56; 108 Geoffrey Beattie M55- 13 Sale Harriers Manchester 22:01; 109 Ray Tran M40 -13 Unattached 22:06; 110 John Parker M70- 3 Horwich R M I Harriers 22:09; 111 Sydney Sacks M70- 4 Salford Harriers 22:12; 112 Barbara Murray W50- 7 Macclesfield Harriers & Ac 22:31; 113 Edmond Simpson M70- 5 Overton 23:24; 114 Denise Wakefield W55 -4 Salford Harriers 23:26; 115 Walter McCaskey M75- 1 Edinburgh 23:33; 116 Brian Bradsah M50 -16 Sale Harriers Manchester 23:40; 117 Ian Barnes M75 -2 Darlington 23:42; 118 Barrie Roberts M65- 8 Bournville 24:22; 119 Jane Clarke W40 -4 Lincoln & District Runners 24:37; 120 Stephen Charlton M80- 1 Unattached 25:07; 121 Anne Fortune W55- 5 Spectrum Striders 25:16; 122 Pauline Rich W65 -1 Worthing Striders 25:24; 123 Iain Fortune M60 -16 Spectrum Striders 25:58; 124 Peter Edwards M75- 3 Northern Veterans Ac 26:17; 125 Brenda Jones W70 -1 Bro Dysynni 26:26; 126 Pam Jones W70- 2 Ilford AC 26:39; 127 Pauline Smith W60- 1 Bingley Harriers & Ac 27:19; 128 John Salson M75- 4 Northern Veterans Ac 27:32; 129 Derek Howarth M80- 2 Leigh Harriers 28:23; 130 Jim Rhodes M70 -6 Radcliffe Ac 30:55; 131 Arthur Walsham M80- 3 Salford Harriers 36:56;

### Men 35 to 44 — TEAM RESULTS

Salford Harriers (Philip Leybourne, Paul Savage, James Williams);

### Men 45 to 54 — TEAM RESULTS

1 Sale Harriers Manchester 87(Frank Cordingley, James Lambe, Timothy Rainet);

### Men 55 to 64:

1 Bingley Harriers & Ac 34 (Peter Pyrah, Shaun Jordan, Gerry Bell);  
2 Blackburn Harriers & Ac 45 (John Chaplin, Evan Cook, Graham Pomfrey);

## BMAF 5k WALK:

**MEN:** 1 A Edwards Lanc WC M45 27:10 (CBP); 2 Fraser Portobello M45 27:26; 3 T Taylor Lancs WC M60 27:29 (CBP); 4 T Malone Lanc WC M55 28:10; 5 A Michelle Surrey WC M60 28:17; 6 S McMullin IRL M65 28:33 (CBP); 7 D Crompton Lanc WC M45 28:38; 8 J Constandinou Birch M35 28:48; 9 M Byrne Redcar M50 29:52; 10 J Hardy Lanc WC 30:56; 11 G Edwards Tel M60 31:19; 12 J Grayson York CIU M65 31:26; 13 S Sargent Lanc WC M60 31:30; 14 S Shah Lanc WC M45 32:22; 15 S Walker Lanc WC M50 32:57; 16 J Crahan Lanc WC M60 33:05; 17 G Goodair Denby D M70 34:14; 18 R Robb Lanc WC M40 35:19; 19 N Will N/IRL M75 35:32; 20 E Horwill D&S M75 36:57; 21 J Pouney Lanc WC M65 37:29; 22 E Grocock Sheff M85 39:09; 23 R Gunnett Lanc WC 40:09; 24 G Dowling York WC M75 42:03;

**TEAM:** M35-59: Lancashire WC 83:58; M60+: Lancashire WC 89:55;

### WOMEN

1 J Bellfield Halesowen W40 32:06; 2 L Bellfield W45 33:44; 3 K Davies Birch W50 34:10; 4 A Lennon Lanc WC 37:50 (CBP);



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