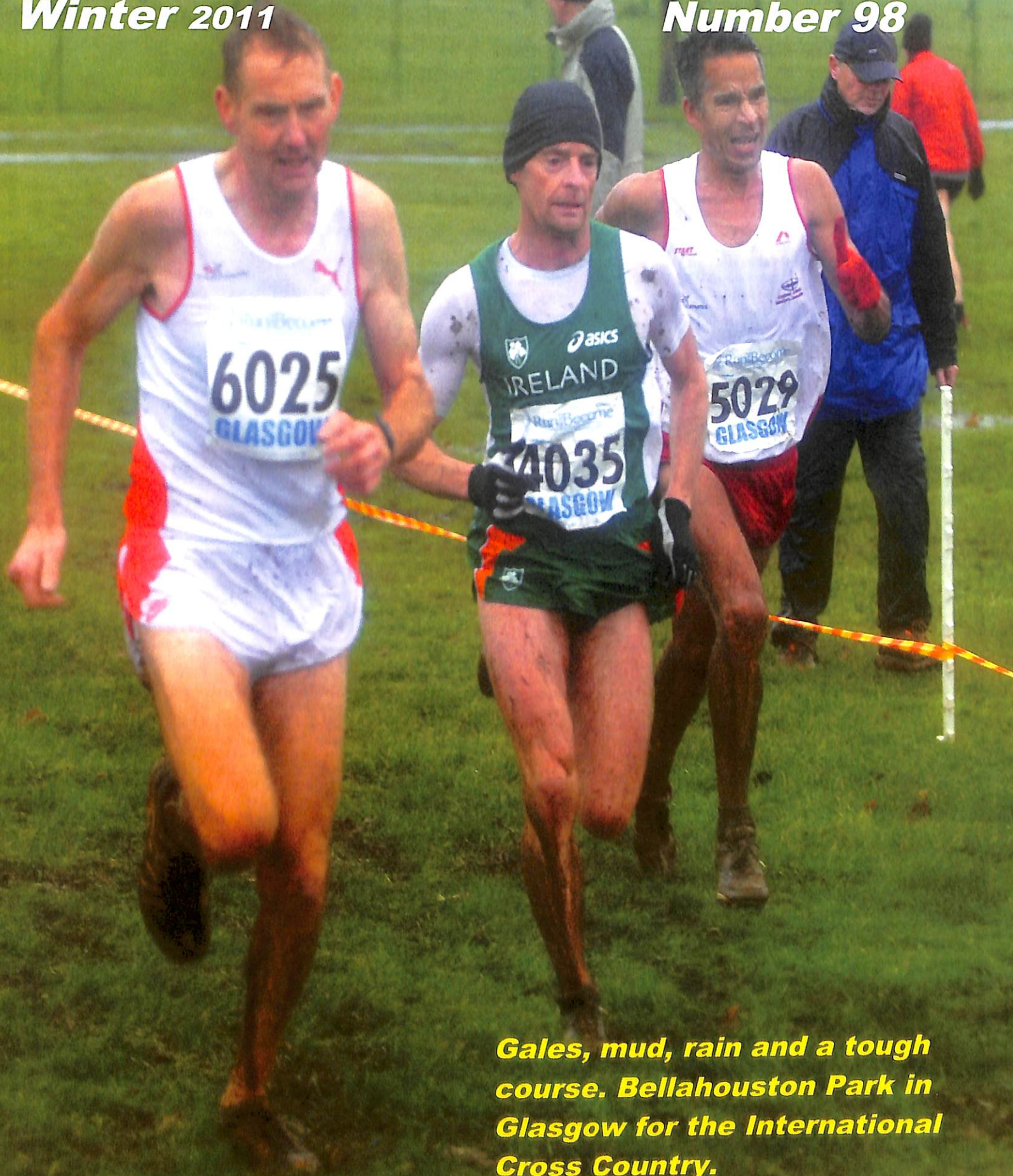


MASTERS ATHLETICS

Prepared for the British Masters Athletics Federation for Athletes aged 35 or more!

Winter 2011

Number 98



Gales, mud, rain and a tough course. Bellahouston Park in Glasgow for the International Cross Country.

6025: Mike Hager, 4035: Kieron Carlin, 5029: Julian Critchlow

Picture: Jeremy Hemming.

MASTERS ATHLETICS WINTER 2011.

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Masters Athletics will take every care to ensure that advice and information given to assist readers with training, diet and injuries is safe. Masters Athletics or its contributors cannot, however, accept any responsibility for injury, loss or damage caused by such advice.

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

MASTERS ATHLETICS

**THE EDITOR AND STAFF OF
MASTERS ATHLETICS WOULD
LIKE TO WISH OUR READERS
"MERRY CHRISTMAS AND
A HAPPY NEW YEAR"**

**Items for inclusion in the "Spring Edition"
to reach the editor by the
16th March 2012.**

JOIN THE 300 PLUS CLUB

**SHOULD YOU WISH TO JOIN PLEASE SEND
YOUR DETAILS WITH YOUR CHEQUE FOR
£ 12, DIRECT TO:**

**Danny Herman, Bow House, 3, Bow Green Road,
Bowden, Altrincham, WA14 3LY**

**The members of the 300 Plus Club would like to
acknowledge the tremendous work done by the
late Danny Mullane, and would wish to add their
condolences to those already sent to his family.**

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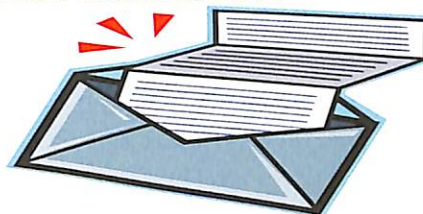
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**THE PICTURES USED IN THIS ISSUE
ARE BY**

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www.tomphillipsphotos.co.uk**



LETTERS

Dear Brian

Sacramento... a rookie's perspective.

I read with interest the article by Tony Bowman complaining about the quality of this years world masters and although I'm not disputing any of his grievances I did want to share a first timers perspective if only to encourage those, who like me, have come back to the track in later life.

After a gap of some 30 years, I ran my first competitive 800m on May 24th. Less than two months later I was in the heat of Sacramento having qualified for the semi-finals of the V50 800m. Being drawn in lane 1 in the first race, I had the honour of leading out all 24 semi finalists onto the track. Without doubt this was a special moment. Suddenly the nerves evaporated, replaced with an overwhelming sense of pride, not in my own ability, but because I was privileged to be part of a unique athletic experience. For folks like me, a passionate athletics fan of some 40 years, the thought of ever competing at a world event had seemed like a distant dream yet here I was alongside with the world's best 50 year olds and enjoying every minute of it!

So for all you regular championship performers, pause for a moment before complaining about all the negatives and remember that for those of us first timers who didn't know any different, the championships represented an amazing and rewarding experience which far outweighed the minor irritation of a smelly portaloos or two. Masters athletics has an important role to play in encouraging x roadrunners like me back onto the track. Let's hope that the honour of representing one's country and the camaraderie between Athletes from all over the world will continue to be the most memorable aspects of major championships for years to come.

Malcolm Down

Marshall Milton Keynes A.C.



Revised team Scores in the Inter Area Track & Field:

MATCH RESULTS:

MEN: 1 SCVAC 418; 2 MMAC 409; 3 EVAC 368; 4 WMAA 304; 5 NVAC 284;

6 SWVAC 227; 7 VAC 143; 8 VAA-NE 97; 9 NIMAA 9;

WOMEN: 1 MMAC 322.5; 2 EVAC 320; 3 SCVAC 316; 4 WMAA 256.5; 5 NVAC 205

6 SWVAC 113; 7 VAA-NE 57; 8 VAC 40.5; TOTAL: 1 SCVAC 734; 2 MMAC 731.5; 3 EVAC 688; 4 WMAA 560.5; 5 NVAC 489;

6 SWVAC 340; 7 VAC 183.5; 8 VAA-NE 154;

9 NIMAA 9;

The **England Athletic Masters Association** is the English arm of the B.M.A.F.

It promotes the immensely popular Inter-Club Track & Field Meeting and selects teams for the British & Irish Masters International Cross-Country. E.A.M.A is currently exploring holding an annual Indoor Inter-club Meeting. We urgently need a Treasurer to join our small, dedicated and friendly Committee.

Do you have just an hour or so per month to spare to keep this vital work moving forward?

The job involves attending two Committee meetings per year in Birmingham; preparing the Accounts for the A.G.M and attending an annual meeting with England Athletics (optional).

Need more information? Contact: 020 8683 2602, or email secretary@bmaf.org.uk
November 2011

Viv Oliver has offered to set up an on-line system for the B.M.A.F and its regional clubs' entries for their championships, and we are looking into this with him.

U.K.A is extending its permit arrangements to more track and field competitions and from 2012 all masters track and field leagues are required to apply for them.

The main forthcoming events in the next few months are the indoor track and field competitions in the UK in February and March, the W.M.A Indoor Track and Field Championships in Finland in April, **where entries close on February 12th**, and the BMAF Cross Country Championships at Bath University on March 25th.

I hope your winter training is going well and continues to do so.

SECRETARY'S REPORT BRIDGET CUSHEN.

CHAIRMAN'S REPORT ARTHUR KIMBER

The last weekend in October saw the B.M.A.F International and Policy Committee and Council Meetings and the E.A.M.A Meeting, where delegates were saddened to hear the news of the death of Danny Mullane, E.A.M.A treasurer and organiser of the B.M.A.F 300 club.

Three key points emerged from the meetings. There will be an on-line system for entries to the W.M.A Indoor Championships in Jyväskylä in April. A draft of a revised constitution was presented to the W.M.A General Assembly in Sacramento and we are working through it in order to present our comments by the deadline in January. Also in Sacramento a proposal from the W.M.A Council to change the year of W.M.A Outdoor Championships to even numbered years was carried and resulted in Perth, Australia, being awarded the 2016 championships, although this is still not confirmed, as there was no vote on the proposals for the revised constitution.

Irene Nicholls and I met Andy Day from England Athletics and he confirmed that funding for the outdoor inter area match and the British and Irish Masters Cross Country International for 2012 would be basically the same as for this year. We had an initial discussion on funding for the proposed indoor inter area match, and will take that further in the New Year. Following my investigation into the availability and suitability of UK indoor stadia it has been decided that we will aim to begin the indoor inter area competition from 2013, probably at Lee Valley.

The IAAF Congress in Daegu, South Korea, voted to amend rule 141 to recognise 35 as the qualifying age for all events for masters, effective from this November.

In terms of media exposure the Women's Weekly centenary issue at the end of October carried a two page spread on six of our over 65 athletes, Dot Fraser, Anne Martin, Pat Gallagher, Iris Holder, Eva Osborne and Betty Stacey. A TV producer, working for a group that provides documentaries for the BBC and other television companies, is considering making a programme about athletes over 60. Some of you may have been contacted already.

Anti-Doping

Many prominent people involved in our sport raised strong objections when World Masters Athletics and some of their Regions introduced random Anti-Doping testing at their Championships as it was felt that with no prize money or other financial incentives, why would we older athletes want to risk permanently damaging our health. As the instigator of the proposal to introduce random testing when I was then a W.M.A Council member and having watched an ex-international athlete who had served a suspension under I.A.A.F rules win a veteran title by a wide margin, I vividly recall having protracted correspondence with a now sadly departed Professor objecting to my proposal. He argued that any performance enhancing drugs an older athlete may be taking would only be replacing that lost by the natural process of ageing. Sadly there are those who will always want to win even if that means cheating on their rivals.

At the World Masters Track & Field Championships in Sacramento last July, we understand approximately 30 random tests were carried out, there are two positives and one athlete, now identified as the USA M50 hurdler B J Duhon, apparently refused to submit to a test. The Californian has now been suspended for the mandatory two years by the U.S.A Anti-Doping Agency. He clocked 14.62sec, the second fastest qualifier in the 100m Hurdles, but he was one of two Americans who did not show up for the final. Tennyson James failed to qualify and although the Bedford athlete was a full second behind the 8th qualifier, it must be galling for him to have sat in the stands and watched only six men run in that final. We also read that Kathy Jager, a W65 sprinter, failed an Anti-Doping test at the USA Masters Track & Field Championships two weeks after Sacramento. She won the pole vault, (2.30m), was 2nd in the 100m, 4th in the 200m and ran a leg in the winning W60 4 x 100m in Sacramento. This is her second offence; she served a two year suspension and was stripped of her medals after failing a test when we held the World Championships here in Gateshead in 1999. The U.S.A Track & Field only introduced testing at their Masters Championships this year following a year-long saturation advertising campaign informing athletes on how to apply for a T.U.E etc. Jager escapes a life ban under IAAF Rule 40.7(e) that stipulates "...each anti-doping rule violation must take place within the same 8-year period in order to be considered multiple violations." She has now been suspended again for two years and at aged 68 she will be able to return to international competition in the W70 age category. Meanwhile, she keeps her trophies from Sacramento as her suspension is operative from the date she failed the test.

Considering the huge number of participants at World Track & Field Championships, the number found guilty of taking performance enhancing drugs is very, very small. Please be assured that the B.M.A.F does everything within its power to ensure fair competition for all.

Recognition for WMA Championships Officials

Congratulations to Alan Bell, Jeanne Coker, Bill and Christine Courtney and Vic and Pat Hockley recipients of a World Masters Athletics Award for their contribution to officiating at the World Championships.

BMAF Officers

"Following the sad death of Danny Mullane, England Athletics now need a volunteer to take over as Treasurer. [See separate advertisement on the previous page]. Any offers for this rewarding task?"

TRACK + FIELD SECRETARY'S REPORT. MAURICE DOOGAN

Let me first deal with International Matters, as there are some still unresolved issues from this year, and some areas that need to be dealt with early for next Year. .

SACRAMENTO – the general failures have been more than adequately covered, including my own observations, but several athletes have told me they had extremely good experiences which they put down to doing their 'homework' well before they went. Unfortunately, they appear to be a very small minority, in the Land of the Free, except of course nothing was, and some of the experiences of the British Officials was 'not to be repeated.

There were some surprising results as well as the expected ones, but the one that really stood out, was the British Girls being the top team in Europe, with the Germans in second, so a special well done to them. The L.O.C's Big John promised to send me a breakdown of the male and female entries for each nation, but that never arrived - so if anyone has a copy of the special booklet that detailed these, can they let me have photocopies of those numbers, I would wish to analyse the numbers of entries to medals in each category etc., to see where we are lacking in penetration. Finally, special big thanks to Archie for coping so well, after me dumping him in it.

GENT, THIONVILLE + SACRA..

However, the big travesty of the year was the total failure of all three International Championships this year to order enough medals to present at the Event. As I write this, I am only now just clearing the backlog of Gent medals. I have also now advised Thionville LOC of what medals we require, although at the close of the Championships SIX MONTHS ago, they had the full updated results, they forgot they promised to supply Team Medals for all age groups over 65, they had every athletes address and they must have had a record of who they gave medals to. Yet they do not know who has not got their medal. Another 'we have the technology but cannot use it' occasion. There are apparently still some Sacramento medals missing, luckily Bridget is dealing with that, so if yours has still not arrived you need to get in touch with her. Before some wag reminds me, I do recall the problem we had at Derby in 2003, when the order of medals failed to arrive in time for the Championships, so we had to post them on.

Regarding the two International championships in 2012, both have the same problem, a shortage of local hotel rooms, and in Jyvaskyla's case also a shortage of two lanes. Jyvaskyla's problems are further compounded by them being held the week

before Easter, not helped by the very expensive entry fees, so a small entry must be expected.

Zittau, will be a very different situation, as on the lines of Matthew Pinsett's article on the BBC Sports website 'The Russians are coming' for next year's Olympics, the Eastern Europeans will be there in force. Most will not put too much pressure on the hotel room numbers, but tent space will be at a premium, as will medals everywhere. However that is next year, we have hardly got into our winter training mode, what with this belated summer weather.

So let me move on to next year on the **Domestic front**, due to the Olympics we have had to move our Outdoors to Derby, but the main change is that we are taking one of our Championships to the E.I.S Arena in Sheffield. Albeit, it is only the Indoor Pentathlon, but it is a major coup in as much that it is being held in conjunction with Northern Athletics' Masters Open Meeting, so a Full Day Masters Meeting will have arrived in the North. If we can get our main Indoors there in future years, this event will show that anything is possible.

We will be experimenting with an unofficial South of England Masters Championships at the original date for the Indoor Pentathlon, to provide a higher level of competition in the lead up to the main Indoors and the World Indoors in Jyvaskyla, so we need your support for this. We need to show S.E.A.A that the demand is there, so that they actually provide you with a Championship which they should provide for the subs that they get from Masters Athletes.

The move to Derby is due to Alexander Stadium not being available, or the Olympic Stadium for that matter immediately after the Paralympics, well to us mere mortals, despite the O.P.L.C's ASPIRATION of full Community Use of the Park and Facilities [like the showers and toilets in Sacramento]. I have chosen Derby, although other venues were available, to keep the Championships near the centre of gravity of our membership, to ensure the venue is within the travel range of all athletes. The Championships can only be meaningful, if all athletes are not priced out of attending. There are also a lot more hotels in Derby since our last visit there in 2003. I have put in place a D.B.B deal with one of the new large hotels in Pride Park, not cheap but more so than Oxford - everywhere seems to be one of these 'destination venues' whatever that means, and even Derby appears to have a "Westfields".

ON-LINE ENTRY SYSTEM AND PAPER ENTRY FOR CHAMPIONSHIPS IN 2012.

Following the introduction of the On-Line Entry System for this summer's Outdoor Championship, we are continuing with it for all future Track and Field Championships. It is being upgraded to remove the "glitches" and we will be adding instructions, which you do need to read **FULLY**, to make your progress through the hopefully more 'user friendly' process, quicker and less frustrating.

However, as with this year's Outdoor, there will also be a Paper Entry Method for ALL Track and Field Championships. This only applies, for those of you without access to a computer and/or unable to get your own e-mail address, even on someone else's computer. The On-Line System will be much quicker and cheaper than the Paper Entry System.

For Paper Entries, you need to send a letter requesting the same, with TWO SAE's [220mm x 110mm] for the Entry Form and Instructions and final Athletes Instructions etc., to me at 5 STADIUM STREET, LONDON SW10 0PU. Closing Dates for Paper Entries will be FOUR WEEKS before each

MASTERS ATHLETICS WINTER 2011.

Championship, so give yourself plenty of time in requesting an Entry Form.

Following the problems that some athletes had in using the system earlier this year, let me lead you through the process: **For an even fuller outline, where we 'walk' you through the various screens you look at, go to the BMAF website and click on 'On-Line Entry System Procedure'**

Name – (first) Christian name followed by surname.

Username – whatever you want, but lower case and NO gaps.

E-mail – this must be a personal one [even if on a computer at work] and different to another athlete's one, if you share a computer with another athlete registered on the BMAF On-Line Entry system. You can get your own e-mail address for use on a shared computer, try Hotmail.

Password – again whatever you want but NO gaps between the letters

However, you need to remember these FOUR, so write them down and keep them safe. You would be surprised how many people try and login using the wrong details, and then wonder why nothing happens. Once you have done the above, now click on the Register button ONCE.

You then have to **WAIT** for an e-mail to come back to that specific computer, **NOT** the other computer in your Office or Home, even this system is not that clever. **When that e-mail arrives, you have to ACTIVATE the account, by clicking on the link highlighted in that e-mail. You then log-in to www.ahg247.co.uk and enter your Username and Password.**

Secondly, MEMBERS DETAILS. [Please ensure you have your Area Club Membership Number and your National (England Athletics etc.) Registration Number to hand.]

Title – select from pull down menu.

First Name (Christian) – all three straightforward.

Last Name (Surname)

Date of Birth – note requirement of two digits for day and month and pull down menu for year.

Gender

Address –

Post Code

Member Country – from pull down menu United Kingdom or Country that is your Nationality/ or have Passport from.

Telephone –

Mobile – leave blank if you do not have one.

E-mail address – the one you have used in your Registration Details.

Salutation – if your First Name above is not your known name, then enter known name here. Otherwise leave blank.

BMAF Club – This is your Masters Area Club from the pull down menu. Enter OPEN if you are an unaffiliated British athlete or overseas athlete.

BMAF Area Club Number – this is your Club Membership Number and needs to be a 4 digit NUMBER [no letters] Put ZERO(S) in front of three/two numbers [dispense with letters], if that is what you have.

UKA Number – this is your National Registration Number.

Seven digits NUMBER for England and Welsh Athletics.

SA followed by five digit NUMBERS [no gaps anywhere]

for Scottish Athletics. Three LETTERS followed by four digit NUMBER [no gaps anywhere] for Athletics Northern Ireland [removing the /s] with number and year condensed to four figures, the year to 1 or 2 if membership number is three numbers.

Affiliated Member – ONLY tick if you are a member of a Masters Area Club.

Scan Passport..... – ONLY tick if you are an unaffiliated British athlete or Overseas athlete. You then need to scan or digitally photograph your passport, and e-mail it to me at tfsec@bmaf.org.uk so that your date of birth is confirmed prior to the Championship.

Thirdly, EVENT ENTRY

We have simplified [athlete-proofed] the Entry process, by putting in hours, minutes and seconds boxes, rather than just one box. However, please remember, there are 60 seconds in a minute and 60 minutes in an hour, so as before, if you try and enter 61 seconds in the seconds box it will accept it, etc. Also please do not try to enter an event that does not exist for your age group, the computer will not say no, just ME. The examples beside each row of boxes, is very clear what is required, so please take note. You would be surprised how many people attempted some of the above.

BMAF ROAD CHAMPIONSHIPS 2012 –WALTER HILL

It has always been my aim to follow in the footsteps of Mel James and ensure members did not have to pay any extra to enter a BMAF championship race. I have also tried hard to ensure races are spread across GB. Northern Ireland will be on my hit list for 2013.

Road Relays Sutton Park Birmingham: 12/05/2012. Confirmed.

The Wales Marathon: 10/06/2011 Confirmed. This is the only Marathon in Wales. I have had lengthy discussions with the organisers. The course has been measured with a Jones Counter. All roads are closed 1 large lap. The start and finish is in Tenby, Pembrokeshire. Cost of entry is £30-00. The race date is the last weekend of the half term break. A weekend break /weeks holiday is a possibility in June. How to enter: Go to www.thewalesmarathon.com/. **Enter the Marathon and go from there.**

5K Horwich Festival of Racing: 17/06/2012. Confirmed.

10K We are negotiating with a race promoter in the South East Martin Burke of Nice Work. My recommendation is the Givaudan Ashford 10K 14 October 2012.

10 Mile The 10 mile is due to be located in the EVAC area. We are close to confirming a date. The strong contender is the Fenland 10 at the end of October 2012.

The Half Marathon should be Scotland. The SVHC are searching for the best race. I will confirm the results as soon as I can.

As you read the confirmed dates /recommendations for 2012 dates in Masters Athletics it could be snowing it could be raining. Whatever the weather I hope you stay injury free and please keep checking the Web Site for further information.

EMAIL from Greg Hopkins Chairman County Antrim Harriers & member NIMAA.

Christine Murray, a fire-fighter with the Northern Ireland Fire & Rescue Service and a member of the N.I.M.A.A. won a Gold Medal in the 10k XC race at the World Police & Fire Games held in New York in September. Christine is the reigning UK Fire Service Ladies 10k Champion



WMA have announced that the World

best masters come as last year from Australasia, they are Women: Lyn Ventris (W50) Australia & Ron Robertson (M70) New Zealand.

In order to understand how such a decision comes to be made one has to understand how the mechanics operate. It would appear that each Country can make their nominations to their area, in our case Europe. The Areas then put forward their nominations to the World Masters Association who make their choice. BMAF are at a loss to understand how this year's European Award Erika Sauer (GER) and Stig Bäcklund (FIN) was made, and will be writing to the E.V.A.A for details of the rationale of the 2011 award

It would appear that performances in the World Masters events of the year are strongly considered in the decision of the W.M.A. So a World Record in an older group can take precedence over performances in younger groups. I would guess that age related tables may well come into the reckoning, however, I would question the value of such an exercise. For example 90 year old Frederico Fischer winner of the 100 metres ran 19.19, using the available age related tables that would convert to 9.79. Is this a useful tool or totally stupid? Your decision!

Possibly these Age Group factors were applied And they make interesting if not believable reading. Lyn Ventris's Walk times 24:25.56 / 49:51.84 convert to 21:39.37 (5k) and 44:09.0 (10k) for a 20/30 year old, and would not rank in the World top 50 all time.

It gets a little stranger when you look at New Zealander Ron Robertson whose conversions of his 4:52.95 (1500m) and 18:15.53 (5k) are converted to 3:31.80 and 13:31.82. Well Steve Ovett ran only a second faster over 1500 metres, and he won an Olympic Gold. Whilst, the 5000 metres time is worth only 127th on this year's I.A.A.F rankings.

Of course any Masters competing in regular Athletics would not be considered for a W.M.A award, but maybe they should and the excellent I.A.A.F Masters Committee could well decide. After all Koji Murofushi was the Gold

Hammer thrower in Daegu , Bernard Lagat Silver to Mo Farah in the 5,000 metres, Kim Collins 100 metres and Andrei Miknevich Shot, both had World Championships bronze medals. Performances by the Women Masters in Daegu did not quite match their Male counterparts but Yamilé Aldama leapt to 5th in the Triple and Debbie Ferguson-McKenzie gained 6th in the 200 metres.

EDITOR:

WORLD BEST O35 PERFORMERS 2011 (from IAAF Top Lists)

100	Kim Collins	SKN	10.00	Sudalajara	24 Oct
200	Kim Collins	SKN	20.52	Daegu	2 Sep
400	No O/35 made IAAF top list				
800	Khadevis Robinson	USA	1:44.03	Monaco	22Jul
1500	Bernard Lagat	USA	3:33.11	Paris	8 Jul
5000	Bernard Lagat	USA	12:53.60 WM Record	Monaco	22 Jul
10000	José Martinez	ESP	28:24.16	Oslo	4Jun
3000SC	Eliseco Martin	ESP	8:23.43	Barcelona	22 Jul
HM	Haile Gebrselassie	ETH	1h:00:18	Vienna	17 Apr
MAR	Kenneth Mungara	KEN	2h:07:36	Prague	8 May
110H	Marcel Van der Westen	NED	13.67	Mannheim	13 Aug
400H	Danny McFarlane	JAM	49.04	Kingston	7 May
HJ	Dragutin Topic	SRB	2.24 WM O/40 Record	Kragujevac	6 Aug
PV	Derek Miles	USA	5.72	Jockgrim	27 Jul
LJ	No O/35 made IAAF top list				
TJ	Onochie Achike	GBR	16.83	Birmingham	31 Jul
SP	Andrei Miknevich	BLR	22.10	Minsk	11 Aug
DT	Virgilijus Alekna	LTU	67.90	Kaunas	24 Jul
HT	Koji Murofushi	JAP	81.24	Daegu	29 Aug
JT	Sergey Makarov	RUS	87.12	Lausanne	30 Jun
DEC	Roman Sebrle	CZE	8109	Albi	29 Jul
100	Debbie Ferguson-McKenzie	BAH	11.09	Ostrava	31 May
200	Debbie Ferguson-McKenzie	BAH	22.76	Rome	26 Jun
400	No O/35 made IAAF top list				
800	Nuria Fernández	ESP	2:01.47	Zaragoza	25 JUN
1500	Tatyana Tomashova	RUS	4:03.69	Rieti	10 Sept
5000	Helen Clitheroe	GBR	15:06.75	London	6 Aug
10000	Jennifer Rhines	USA	31:30.37	Eugene	23 Jun
HM	Helena Kirop	KEN	1:08.57	Lisbon	25 Sep
MAR	Helena Kirop	KEN	2:23.37	Venice	23 Oct
100H	Vonette Dixon	JAM	12.77	Mayaguez	17 JUL
400H	Princess Oliveros	COL	57.43	Medellin	1 May

MASTERS ATHLETICS WINTER 2011.

HJ	Venelina Veneva-Mateeva	BUL	1.98	Split	24 JUN
PV	Alejandra Garcia	ARG	4.30	Buenos Aires	16 Apl
LJ	No O/35 made IAAF top list				
TJ	Yamilé Aldama	GBR	14.50	Daegu	1 Sep
SP	Nadine Kleinert	GER	19.26	Daegu	29 Aug
DT	Nicoleta Gras	ROU	62.62	Constanta	3 Jun
HT	Volha Tsander	BLR	69.08	Minsk	4 JUN
JT	Indré Jakubaitytė	LTU	60.02	Besamcon	14 Jun
HEPT	No O/35 made IAAF top list				

This now concluded all anti-doping testing matters from the WMA 2011 Championship in Sacramento.

BBC Radio 5 have been making much

of the achievements of 100 year Old Fauja Singh's performance in the Toronto Marathon. The BBC's Indian correspondent has visited his village, and checked his date of Birth details. The correspondent was unsuccessful in his enquiries!

Without proof of Singh's date of birth, the claimed records have not been accepted.

Hi Guys! I actually purchased "Women's Weekly" on

the 25th October, but I had a very good reason. On page 16/17 was a first class write up involving six of our best Women Athletes.

Anne Martin, Pat Gallagher, Dot Fraser, Iris Holder, Betty Stracey and Eva Osborne. All quality stuff, and a good write up for B.M.A.F to boot!

As part of the Star City countdown to the

2012 Olympic Games, acclaimed sculptor, Donald Brown of Midland Masters will design and create a large relief sculpture entitled A Sporting Chance for Peace. The sculpture will promote the many positive principles that are taught in sport, such as discipline, patience, respect and excellence. Members of the public will have the opportunity to place a small piece of clay onto the sculpture as part of the creative process and in support of promoting personal, social and environmental peace. The many thousand portions of clay will be smoothed together as a sign of communities coming together in unity to promote positive principle for peace through art and sport. Donald will build onto the layer of clay to create and complete a masterpiece.

Sue Harrison following last years World

50k Championship, finished in second place to Evesham's Emma Gooderham in this year's IAU World 50k Trophy (in Assen, Netherlands), Emma ran 3h17:30 a W40 World best, and Jo Zakrzewski from Dumfries (W35) was 3rd in 3.26.37. Sue and Jo were both using the 50k as a training run as it was only three weeks before they both ran for Great Britain in the World & European 100k championships and therefore had a strict pace schedule to stick to. In the Winschoten, Netherlands 100k, Jo was 2nd in 7.41.06. Sue was 21st in 8.27.33 and Karen Rushton (W40) was 24th in 8.34.17. Together they won Silver in the European team championship (there were no Masters European championships or Masters team Championships).

Colorado Springs, Colo. (October 18,

2011) USADA announced today that Kathy Jager of Glendale, Ariz., an athlete in the sport of track and field, has tested positive for a prohibited substance and accepted a suspension for her doping offence.

Laboratory analysis of a sample provided by Jager, 68, at the 2011 USA Masters Track & Field Championships, on July 29, 2011, in Berea, Ohio, resulted in an Adverse Analytical Finding for an anabolic agent. Anabolic Androgenic Steroids are prohibited under the USADA Protocol for Olympic and Paralympic Movement Testing and the rules of the International Association of Athletics Federations, both of which have adopted the World Anti-Doping Code and the World Anti-Doping Agency Prohibited List.

The doping offence involved the use of a prescribed medication under the care of a physician but without first seeking a therapeutic use exemption as required by the applicable rules.

Jager accepted a two-year period of ineligibility, which began on September 26, 2011, the day she accepted a provisional suspension. As a result of the sanction, Jager is also disqualified from all competitive results obtained on and subsequent to July 28, 2011, which is the date on which the USA Masters Track & Field Championships, the event at which her sample was collected, began, including forfeiture of any medals, points, and prizes.

Two positive cases were recorded at

the WMA Championships in Sacramento (USA). WMA has been officially informed by USADA (responsible for testing during the championship) that the athletes **Byron Duhon** (USA, M 50) and **Pavel Fenc**l (CZE, M 65) have been tested positive.

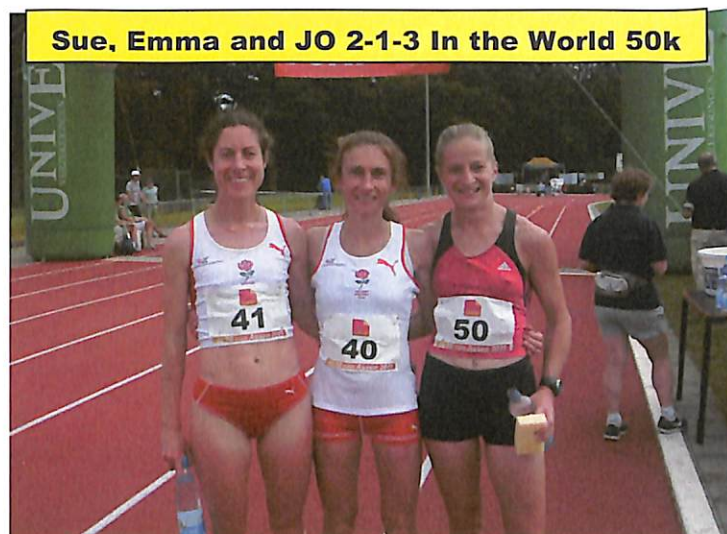
1. Byron Duhon accepted a sanction for a refusal to comply with the sample collection process and has been suspended by USATF from October 21, 2011 for two years.

2. The sample of Pavel Fenc

l contained various prohibited substances (Epimetendiol, Hydrochlorothiazide, etc) and he has been suspended by the Cesky Atleticky Svaz for two years starting from August 15, 2011.

MASTERS ATHLETICS WINTER 2011

Sue was 5th and Karen 6th in the World Masters (W40) championship. So a more than decent year so far for the British Masters.



DANNY MULLANE 1945-2011

Danny died, at the end of October, after a long two year illness, bravely borne, and at such a relatively young age.

He was born in Braintree, Essex, and after primary school, progressed to Braintree County High School, where he excelled at sport and mathematics. Leaving school he took up a career in banking, advancing to become a bank manager. His financial expertise led to the treasurer ship of many organisations, including the Essex Athletic Association and England Athletics Masters Association, as the organiser of the BMAF 300 club and the auditor of the accounts of several of his local groups, particularly charities.

As time went on he developed many other interests, appearing in productions by his local dramatic group, ranging from serious roles to pantomime, and by his local operatic society, where he greatly enjoyed singing in Gilbert and Sullivan performances. He had a strong religious commitment, carrying out many roles

at his local church, especially as a lector, regularly reading the lesson. He also served as a magistrate for over 20 years.

Sport was always a strong interest for Danny, starting in his early years, when he represented Braintree High School at football and athletics. After leaving school he continued with football, playing for Halstead Town, until a knee injury forced him to retire, but very fortunately, did not affect his ability to run. He was also a club badminton player.

Athletics was his main sport and he was a member of Chelmsford Athletic Club for over 40 years and from 1994 a member of Tiptree Road Runners. He ran all distances from 5k. on track and road to marathons and cross country. His best marathon time was a fast 2:37 in the early 1980s. From the World Masters Track and Field Championships in Gateshead in 1999, he participated in almost all masters international competitions for several years and the highlight achievement for him was a team cross country bronze medal at the WMA Indoor Championships in Linz in 2006. In recent years he moved into officiating, qualifying as a track and field judge, and working in Ljubljana in 2008, Lahti in 2009 and last year, although seriously ill, in Nyiregyhaza.

Danny was a very special man, extremely friendly and cooperative, always willing to volunteer to help, and very conscientious and thorough in everything he undertook. He will be greatly missed by his wife, Jean, his daughter Jennifer, his son-in-law Martin and his three grandchildren, and by all his friends in athletics and the other organisations in which he was involved in his very varied and busy life. The large attendance at his funeral was an indication of the high regard in which Danny was held.

Arthur Kimber

PAUL SARGENT

John Marshall sent an Obituary he had written to mark the death of Paul, a member of Worcester Athletic Club who died earlier this year on the 17th May, aged 85 years.

During the Second World War he was a "Mosquito" pilot, flying with a Polish co-pilot called Joe.

At the end of the hostilities he worked in the Law, the work taking him to various locations in England.

Paul lived with his family here in Malvern, but moved to Leicester in 1968, that was the year he had his first attempt at 100 miles in the Leicester to Skegness event. On this occasion he collapsed with only two miles to go.

Next year he achieved the distance in the Leicester 100 mile Track event, finishing tenth in 23h10m58seconds. During his Walking career he competed a further four 100 miles, became Treasurer of the "Centurions" organizing the 95th Anniversary in 2006.

Paul also competed in over 20 "Nijmegen" walks in the Netherlands (an event that required the athlete to walk 25 miles per day). He was the Midland Counties Long Distance award winner in 2000 and 2001, and competed in Midland and British Masters Championships on the track.

He was involved in training Air Cadets in Market Harborough where he was Commanding officer, training the boys in the arts of Flying, Walking and Swimming.

In accordance with his wishes his wife Jean, and family scattered his ashes on the Malvern Hills.

Bill Kingsbury MBE (Rhondda AC) 7/10/27-29/11/11.

Welsh Athletics records with great sorrow the passing of an outstanding member of its community. Until his recent illness Bill Kingsbury was still actively involved in coaching in our sport and at age 71 was still representing his club (Rhondda AC) in the Welsh Athletics League.

Bill was a multi-talented sportsman representing the Army in no fewer than seven different sports. His rugby ability was such that in 1954 he was offered terms, (reputedly the then huge sum of £2000,) to play rugby league but declined due to Commonwealth Games ambitions. As an all round athlete he won Welsh titles or medal placings in Shot and Javelin as well as being a more than competent triple jumper. In his later years he won British Masters Pentathlon, Hammer and Weights titles.

In 1993, he was Lloyds Bank Coach of the Year and six years later was presented with a Torch Trophy, for outstanding voluntary services to athletics, by the Duke of Edinburgh. After the former ceremony the TV cameraman came up to Bill to say he had been coached by him 27 years earlier. Closer to home Welsh Athletics accorded him their Award of Honour in 1996.

Over and above his personal achievements Bill's record as a coach and mentor in sport is immeasurable ranging from Derek Tapscott (Wales-Soccer) and Gordon Brown (GB Rugby League captain) to Carys Parry (Commonwealth Games Hammer medallist).

Off the sports field, Bill was excellent company who could be depended to enliven proceedings at social events with monologues, informal presentations or sleight of hand. Our thoughts are with his family, several of whom inherited his sporting ability, in their loss.

JOHN COLLINS

European Masters Games Lignano Italy

10th - 20th Sept 2011 Report from

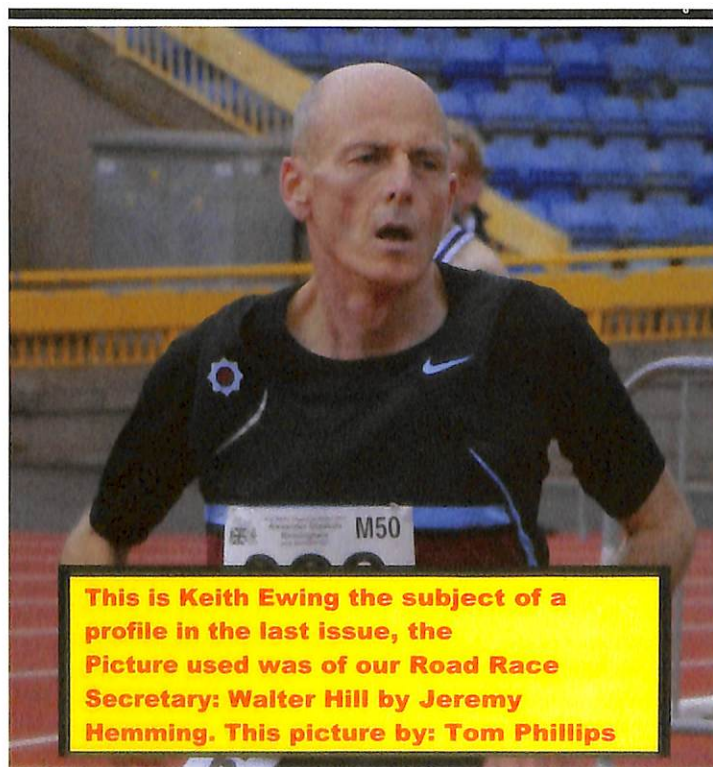
David Glendower

As this event was very close to the World Champs in Sacramento it was no surprise that the number of British entries was very low. Obviously with 20 different sports included it's almost impossible to keep everyone happy regarding dates arranged around all the different National, European and world championships in the ever increasing world of masters sport. I personally think they got the timing spot on in this busy holiday resort as by then the summer was winding down and more hotel space was available.

Following Sweden in 2008 this was only the 2nd edition of these Games (with the 3rd edition being awarded to Nice in France in 2015) so word is probably still being spread about their existence so I fully expect 10,000 plus competitors at some time in the future.

The entry deadline was left open right up until the start to boost numbers and in the end 4108 competed including 5 former Olympic medallists in the 20 different sports. The first port of call was the Games Centre situated next to the main athletics stadium where the accreditation procedures took place. This was a hive of activity with a snack bar, a souvenir shop, 8 computers providing free internet use as well as free massages for those in need! A pre-requisite for all competitors was to have a form that was available to download from the Games website prior to arrival that had been signed by your doctor confirming your ability to participate in such arduous sporting events such as these. You also had to present proof of your medical insurance otherwise purchase their own version at a cost of 40 Euros! This was the first time that I had experienced this level of scrutiny at any sporting championships.

With such an array of different venues, some over an hour away it was important that the organisers got the transport arrangements right. The specially painted blue and yellow shuttle buses all seemed to run on time and I didn't hear any bad stories to suggest otherwise. As well as the main stadium where most of the athletics took place (as well as the opening and closing ceremonies) they also used another stadium in Gorizia, an hour away close to the border of Slovenia. The main stadium for instance did not have a shot circle so they held the decathlon events there as well, as obviously shot-putt is included. The main gripe with this venue was the lack of food available and only a vending machine offering crisps and chocolate. Medal presentations were also very informal with no national anthems played which is unusual at this level of international competition. Overall though, a very well run Championships in a lovely part of the Adriatic coast which many people combined with their annual holiday, and I for one am already looking forward to Nice in 2015.



This is Keith Ewing the subject of a profile in the last issue, the Picture used was of our Road Race Secretary: Walter Hill by Jeremy Hemming. This picture by: Tom Phillips

PAUL DICKENSON COMMENTATOR AND ATHLETE *Talks to Alastair Aitken* *Picture Tom Phillips*

What do you love most about Veterans/Masters Athletics?

"I would like to be able to say the competition but I must admit I am finding the competition is tricky. I like a lot of the training and the camaraderie. I train with Chris Melliush (66), who has been a very good hammer thrower for longer than I have and Jaroslav Hanus (81). neither of them let you get away with anything, so there is a lot of Mickey taking but a huge amount of friendship and camaraderie. Everybody is in it, not for the money or anything like. It is pure enjoyment. That is what I love about it."



You are President of the British Masters Athletics Federation which must be a bit of a boost for you, as they are so keen to keep you as President!

"It would not be terribly proper of me to say 'Do this or Do that'. As President, if I wasn't trying to do it myself.

"I just think, whatever it is, I have got to go through exactly the same thing as everybody else in order to just put myself on the start line as it were, to see what other people face when they are competing and be part of a team as it is a team effort."

How did it all begin for you in athletics competition?

"It was in 1964. My PE teacher who turned out to be a very prominent hammer throwing coach, a chap called Carlton Johnson, who eventually coached many international athletes

and was National Event coach for a while. He found something that I could do at 14 years of age. It was at the English Schools Championships, which was my first big competition I went to. I won it five times so I was a bit of a precocious young man! Then came back to it again. I retired in 1984, and then in 1994 for a brief while I competed towards the end of the 40-45 age groups. I thought it would be nice to have a go."

Regarding competing for Great Britain Paul Dickenson was UK National Champion in 1977 and 1980 but his UK Hammer records came in 1976. On March 26 with 72.36 and May 22nd with 73.20. What stands out for him?

"The second time was a good time to do it as it was in the hot bed of hammer throwing in Russia and I beat a Russian into the bargain. That was in Kiev in 1976 so that was good"

"Hammer throwing is one of these things that, once you have tried it, you are always looking for that elusive perfect throw. It is a tricky event to do. We are blessed as well as an organisation called the British Hammer Circle which is an extension of a competitive environment, a very friendly place. A good resource to be able to get coaching from and any advice on hammer throwing."

Field events like the hammer do have recognition in various ways but here Paul Dickenson says

"There are one or two people around the country who specifically organise throwing events. There are a lot of guys out there who want to still carry on throwing. A lot of fun isn't it!"

Who did he admire most in his event over the years he has thrown?

"The best one of all is still Yuriy Sedykh of Russia. Technically, mentally, physically. Just everything about him. He was absolutely top notch. I competed in the 1976 Olympics when he was only 21 and, he beat his coach to the gold medal! (Yuriy Sedykh 77.52 and his coach was third Anatoliy Bondarchuk 75.48. Sedykh won the Olympic hammer in 1977 with 77.52 and in 1980 with 81.80 which was a World record throw)

You are very clear with your work on television. Your delivery and also knowledge on field events is very good. You don't seem to slip up like other commentators do!

"It is very kind of you to say so. That is not the feedback I get all the time by the way..

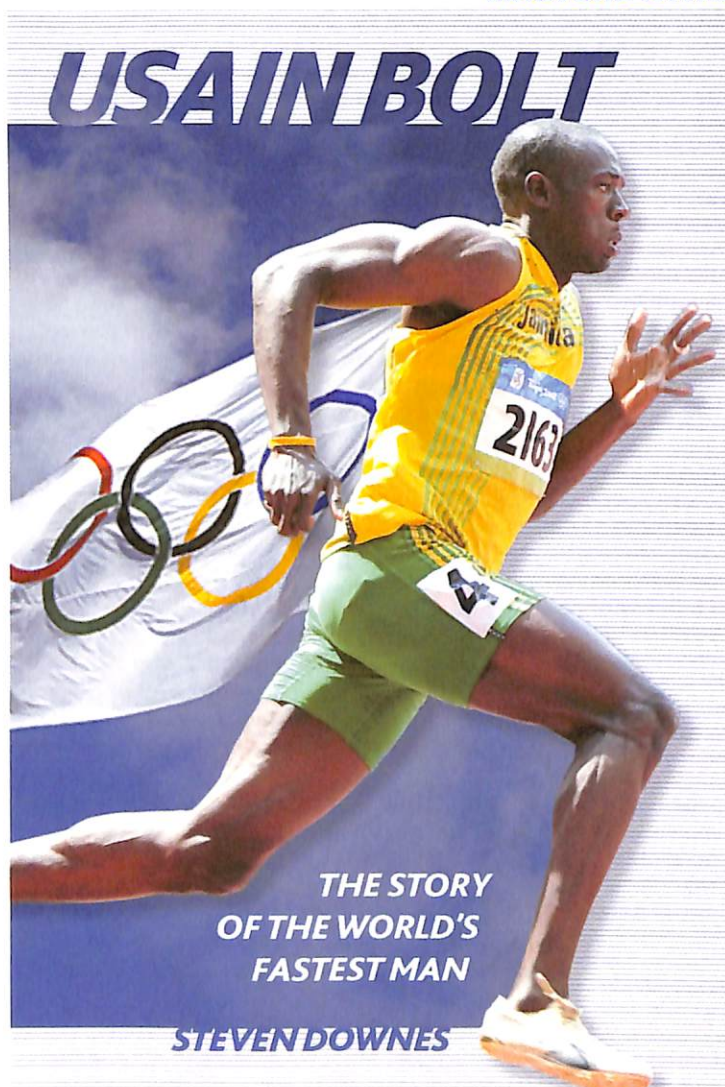
"You have got to remember that when we are commentating we are not actually commentating to people like you or anybody competing in the Alexander Stadium to-day. The majority of people who watch it know very little about the sport."

"I'd like to think I am commentating to my Mother who knew very little about athletics. I try and keep it simple and explain the lighter side of athletics but if, I do see something that is wrong, I will say so. Somebody has got a technique which I don't think is quite up to scratch or whatever. I am very lucky to do what I do because three people effectively in the whole country do it. I am one of three of 60 odd million."

"I have got to try and be representative of the population at large is, with all due respect, are not practising athletes. The population at large are the non participating people who need to be entertained."

Your pleasure is because you have got your boot in both camps. You can be with the 'Big Time' as well as competing. That gives you a balance

"It does, very much so. It puts things in perspective as well because I think there are plenty of people who go on television and pontificate whether it is politics or whatever. I think if I am a practising athlete I am fully justified in saying what I say. People can't turn round and say "You don't know what you are talking about because you are not an athlete. I used to be an athlete and therefore I think it qualifies a little bit more for what it is I am paid to do for the BBC".



The Story of the World's Fastest Man

Usain Bolt is that rarity in the modern world - a man whose fame transcends his nationality, his race and even his sport. From Los Angeles to Beijing, from Kingston to Berlin, the name 'Bolt' resonates immediately even with those with only a passing interest in any form of sport.

Quite simply, Bolt is the world's fastest man. And the gangling Jamaican is the fastest man the world has ever seen by a considerable margin.

The sprinter established himself in the world's psyche by winning three Olympic gold medals, the 100, 200 metres and sprint relay, all in world record times, at the 2008 Beijing Games, a unique achievement.

Bolt stamped his personality on sporting history again a year later at the World Championships in Berlin when he won both individual sprints, again with never-before-seen performances, making him the first man to hold the Olympic and world titles for the 100 and 200 metres at the same time. Then at the 2012 World Championships in Daegu he shocked the world by showing he was human. But his false start in the final of

the 100 metres was followed by a sweeping victory in the 200 metres and then he anchored the Jamaican team to a world record in the relay.

Can anyone ever beat Bolt? Can Bolt run even faster? Can he successfully defend all three Olympic titles in London this year? It will make another piece of sporting history if he becomes the first man to win back-to-back Olympic 100 metres races.

But, as this book shows, the 6ft 5in tall Bolt is by no means an overnight sensation. His almost freak-like talents have been carefully honed and nurtured over almost a decade, ever since he took the 200 metres gold medal at the 2002 World Junior Championships, which made him the competition's youngest-ever gold medallist at 16.

About the author

Award-winning athletics writer Steven Downes, a former editor of Athletics Weekly, has followed the Jamaican since his global debut.

For more information please contact Randall Northam on 01242 256755 / 07769908063, or email randall@sportsbooks.ltd.uk

'Usain Bolt - The Story of the World's Fastest Man'

Published: November 21 2011

ISBN 978-1-907524-18-9 . Price £7.99. Paperback. 192pp

BMAF 10Km R Race Championships Exmouth 2nd October 2011 Words: Dave Beattie

South West Veterans A.C. hosted our 10km championship, which saw 228 BMAF members complete the race. The course was ideal – two laps of 5k plus a small loop for the start and finish, plenty of fast flat running along the seafront, with a climb on each lap to keep the race honest and stretch the field out.

The weather was unseasonably hot, which meant more traffic than usual for October, but clear signs, safety cones and tapes, and plenty of marshals including cadets in uniform, ensured a safe event.

The race attracted a good quality field, with athletes travelling from as far afield as Glasgow, Wales, North Shields and the Isle of Wight.

It is good to note some new faces joining the younger age groups.

MASTERS ATHLETICS WINTER 2011

In several Women's categories, we had a clear winner, with closer scraps for the minor medals. Emma Stepto won W40 gold by 4 minutes in 36:02, with Ann Luke (W50 - 37:44), Sally Musson (W55 - 45:09), and Dot Fellows (W65 - 46:15) winning by similar margins.

By contrast, only 6 seconds decided the W60, won by Sue James in 47:23.

Men's winners by comfortable margins were David Evans (M35 in 33:13), Andy Morgan-Lee (M40 - 32:34), David Oxlard (M60 - 36:52), Martin Ford (M65 - 38:52), Ken Buckle (M70 - 45:39), John Goulding (M75 - 53:7) and Bill Davies (M80 - 52:59).

In other categories, only seconds divided Phil Parry from David Benton (M45), Graeme Saker from Mick O'Doherty (M50), and Greg Wilson from Frankie Barton (M55).

The results showed strength in depth, with the first 15 R (including three M50) inside 35 minutes, and 83 finishers inside 40 minutes, excellent in warm conditions.

Massage and refreshments were available in the Race Headquarters. South West Veterans delivered a prompt and efficient Medal Presentation. The BMAF athletes warmly applauded race director John Perratt and his team at the conclusion of the ceremony.

I recommend returning to this friendly and well organised event in future.

Provisional Results

W35: 1/ 36:34 BROOKLAND, Nicola Bristol & West AC; 2/ 37:11 HODGSON, Lucy Newquay RR; 3/ 38:28 GOLDING, Robyn Westbury H; 4/ 39:00 BLANDFORD, Nicola Southampton RC; 5/ 39:08 DYKE, Helen Poole R; 6/ 41:24 RUDD, Louise Wilmslow RC; 7/ 43:25 LITTLEWOOD, Janet Winchester & D; 8/ 46:06 WEBB, Natalie; 9/ 51:50 HOWLETT, Victoria Westbury H;

W40: 1/ 36:02 STEPTO, Emma Cornwall AC; 2/ 40:06 RUSHTON, Karen SWVC; 3/ 42:27 STEVEN, Caroline Tavistock AC; 4/ 42:58 GARRICK, Naomi Sidmouth RC; 5/ 43:44 DEANE, Rebecca Tavistock AC; 6/ 44:21 OSBORN, Diane Tonbridge AC; 7/ 45:44 ROBERTS, Lesley Sidmouth RC; 8/ 46:10 BYERS, Rachel Winchester & D; 9/ 48:23 OLLIFFE, Steph Torrington AC; 10/ 48:36 HAYTON, Rachel Yeovil RRC; 11/ 49:09 ROBERTSON, Kirsti Westbury H; 12/ 52:55 CARTWRIGHT, Katy Sidmouth RC; 13/ 53:32 TUCKER, Sarah Westbury H; 14/ 53:35 ROBSON, Becky Sidmouth RC; 15/ 53:43 HAWKINS, Lynda Sidmouth RC; 16/ 53:50 HARLEY, Linda; 17/ 57:48 ARTHUR, Tracey;

W45: 1/ 38:58 WASELL, Jane Stroud & D; 2/ 45:56 HEWITT, Caroline Tiverton H; 3/ 41:53 OWEN, Lucy Sidmouth RC; 4/ 45:00 BEECH, Jane Sidmouth RC; 5/ 47:25 RIGDEN, Janis Winchester & D; 6/ 49:47 TEED, Dawn Exmouth H; 7/ 53:17 FARNDEN, Liz Tonbridge AC; 8/ 54:12 PALMER, Helen Sidmouth RC; 9/ 54:49 NEAL, Debbie Yeovil RRC; 10/ 55:45 PICKARD, Linda Launcester RR; 11/ 56:48 MARRIOTT, Debbie Sidmouth RC; 12/ 59:35 GODSELL, Sarah Westbury H; 13/ 1:00:00 DAVIES, Sue Winchester & D; 14/ 1:01:20 HODGES, Sue Yeovil RRC; 15/ 1:04:04 PETTY, Carol;

W50: 1/ 37:44 LUKE, Ann Tamar T; 2/ 41:21 COOK, Karen South West RR; 3/ 41:55 WHITAKER, Lynne Winchester & D; 4/ 42:14 HARRISON, Jill Yeovil RRC; 5/ 42:45 PALMER, Julia Benfleet; 6/ 42:54 BLAIR, Marilyn Torrington AC; 7/ 43:50 MATHER, Jackie Long Eaton; 8/ 45:55 BLACKSTONE, Pippa Tonbridge AC; 9/ 46:45 BRADLEY, Diane Tonbridge AC; 10/ 47:48 VOSSER, Madeline Winchester & D; 11/ 48:25 WRIGHT, Lesley Cornwall AC; 12/ 54:06 ROGERS, Kate Tavistock AC; 13/ 51:54 BULL, Anneke Westbury H; 14/ 1:02:1 RIDGEWELL, Kay Westbury H; 15/ 1:02:04 THUMPSTON, Lynne Yeovil RRC;

W55: 1/ 45:4 MUSSON, Sally Tonbridge AC; 2/ 45:09 WHITE, Pamela Sidmouth RC; 3/ 45:25 OGILVIE, Sue Newquay R R; 4/ 46:12 MULRYAN, Jane Wilmslow RC; 5/ 49:28 RADFORD, Joy Winchester & D; 6/ 50:7 WHITE, Alison Paddock Wood AC; 7/ 56:58 NOONAN, Eithne Westbury H; 8/ 57:50 GOODWIN, Gill Winchester & D; 9/ 1:02:07 ROBERTS, Anne; 10/ 1:09:19 ELWELL, Ursula Cobra RC;

W60: 1/ 47:23 JAMES, Sue Paddock Wood AC; 2/ 47:29 DYSON-LAURIE, Shirley Winchester & D;

W65: 1/ 46:15 FELLOWS, Dot Cannock & Stafford AC; 2/ 51:02 RICH, Pauline Worthing S; 3/ 52:51 KING, Brenda Chiltern H;

W75: 1:28:10 SYMONDS, Sheila Bro Dysynni;

M35:

1/ 33:13 EVANS, David Wolverhampton & Bilston; 2/ 33:58 PORTER, John Plymouth H; 3/ 34:05 WAUMSLEY, Pete Tamar T; 4/ 34:38 THOMPSON, Paul Bournville H; 5/ 35:12 PREST, Jeff Trafford; 6/ 35:26 GLOVER, Anthony Westbury H; 7/ 35:48 CLARK, Matthew South West R R; 8/ 36:08 TERRY, John Westbury H; 9/ 37:06 HATCHARD, Anthony Exmouth H; 10/ 37:22 PHILIPS, Robin Westbury H; 11/ 45:22 JORDAN, Scott Exmouth H; 12/ 46:06 MCHENRY, Ian; 13/ 49:02 KITCHEN, Nathan Cornwall AC;

M40:

1/ 32:34 MORGAN-LEE, Andy Thames Hare & Hounds; 2/ 33:29 WILLIAMS, Christopher Neath H; 3/ 34:44 GOSS, Steve Bristol & West AC; 4/ 35:03 STONE, Dave Exmouth H; 5/ 35:06 GRIFFIN, Paul Neath H; 6/ 36:04 TALBOT, Paul Neath H; 7/ 36:55 SMITH, Jason Headington RR; 8/ 37:32 ASHBY, Justin Sidmouth RC; 9/ 37:54 MURRAY, James Bideford AAC; 10/ 38:21 MUSGROVE, Michael Exmouth H; 11/ 41:13 BISHOP, Richard Exmouth H; 12/ 41:33 BRITAIN, Richard Tipton H; 13/ 44:15 COHEN, Tony Tonbridge AC; 14/ 51:14 THOMAS, Robert; 15/ 52:11 LANE, Tim Bideford AAC



M45: 1/ 33:45 PARRY, Philip Bristol & West AC; 2/ 33:54 BENTON, David Brighton & Hove City AC; 3/ 34:01 BRACKEN, Guy North Shields Poly; 4/ 34:16 ANDERSON, Simon City of Plymouth AC; 5/ 34:53 HUSSEY, Andrew Cheltenham; 6/ 35:08 WRIGHT, Andrew Tamworth AC; 7/ 35:24 RYDER, Alan Erme Valley; 8/ 35:28 JACOBS, Mike Bristol & West AC; 9/ 35:32 HOLMES, Neil Erme Valley; 10/ 35:34 COLLINS, Lloyd SWVAC; 11/ 35:44 FEIGHAN, Mike Exeter H; 12/ 36:05 CHAMPION, Christopher Tavistock AC; 13/ 37:58 PHELPS, Andy Headington RR; 14/ 38:22 DAVIES, Mike Winchester & D; 15/ 39:09 HODGSON, Graham Newquay R R; 16/ 39:12 TRIGG, Andrew Erme Valley H; 17/ 39:27 OWEN, Richard Tonbridge AC; 18/ 40:10 LILLY, Martin Southampton City AC; 19/ 40:58 GOWER, Ian Coventry Godiva H; 20/ 43:16 KAVANAGH, John South West R R; 21/ 43:29 DURSTON, Jim South West R R; 22/ 47:22 CARTER, Paul; 23/ 52:57 ARTHUR, Kevin;

M5

1/ 33:50 SAKER, Graeme Tonbridge AC; 2/ 34:09 O'DOHERTY, Mick Bristol & West AC; 3/ 34:42 BRIDGELAND, Michael Chelmsford; 4/ 35:12 EUSTACE, Malcolm Tipton H; 5/ 35:12 EWING, Keith Blackheath & Bromley; 6/ 35:46 DRAGE, Richard Tavistock AC; 7/ 36:33 FOX, Robert Long Eaton; 8/ 36:47 SCRUTTON, Mark Bristol & West AC; 9/ 36:57 WATKIN, Nigel Southwell RC; 10/ 37:04 SYMONS, Tony Tavistock AC; 11/ 37:45 AYLMOORE, James Poole R; 12/ 37:55 SPERRIN, Paul Bitton RR; 13/ 38:08 ROBERTS, Kerry Tiverton H; 14/ 38:10 EXLEY, Martin Tavistock AC; 15/ 38:17 MARSDEN, Hugh Exmouth H; 16/ 38:49 BUTLER, Sean Avon Valley R; 17/ 39:05 HANSEN, Mike Erme Valley; 18/ 39:14 VOSSER, David Winchester & D; 19/ 39:56 BRADLEY, Cain Tonbridge AC; 20/ 40:04 CROSS, Mark Cambridge H; 21/ 40:36 GRIFFITHS, John Headington RR; 22/ 41:19 COLELLA, Brian SVHC; 23/ 42:48 HAM, Ken Westbury H; 24/ 42:57 BRITTEN, Tony Winchester & D AC; 25/ 43:03 MOYSE, Graham Poole R; 26/ 43:46 OZANNE, David Poole R; 27/ 45:32 KEAST, John Sidmouth RC; 28/ 50:00 SMITH, Geoff; 29/ 55:45 PICKARD, Dave Launcester RR; 30/ 56:48 CAWThERA, Don Sidmouth RC;

M55:

1/ 35:07 WILSON, Gregory Telford AC; 2/ 35:12 BARTON, Frankie Ronhill Camuslang; 3/ 35:52 CAMP, Alan Blackheath & Brom; 4/ 36:12 SHAPLAND, John North Devon R R; 5/ 36:44 GARDNER, Brian Swindon H; 6/ 37:38 BRISCO, Douglas Andover AC; 7/ 38:02 COWIE, Douglas Forres H; 8/ 38:54 WEBSTER, Graham Lytham St Annes RR; 9/ 38:59 STANIER, Ray Tipton H; 10/ 39:24 PITT, Richard Thames H& Hounds; 11/ 40:21 DANIELS,

MASTERS ATHLETICS AUTUMN 2011

David Cobra RC ; 12 / 40:44 NEWMAN, Alan Paddock Wood AC ; 13 / 40:50 WEST, Martyn Winchester & D; 14 / 41:46 RANFORD, Gary SWVAC ; 15 / 41:59 GOODWIN, Steve Winchester & D; 16 / 42:53 PARK, Robert Kidderminster & Stourport AC ; 17 / 42:56 WRIGHT, Ian Cornwall AC ; 18 / 43:14 KING, David SWVAC; 19 / 44:09 FRASER, Keith Poole R; 20 / 44:48 LUKE, Richard Tamar T; 21 / 48:38 DUPAIN, Nigel Exmouth H ; 22 / 50:44 HEARD, Alan Bideford AAC;

M60



1 / 36:52 OXLAND, David Notts AC ; 2 / 38:15 MICHAEL, Desmond Barnet & D; 3 / 38:30 YOUNG, Peter Ryde H ; 4 / 38:34 TREADWELL, Roy Oxford City AC ; 5 / 38:56 SKELTON, John Marshall Milton Keynes AC ; 6 / 38:57 CARTWRIGHT, David Poole R ; 7 / 39:29 EXLEY, John Oxford City AC ; 8 / 39:59 EVELEIGH, Michael ; 9 / 40:33 JOHNS, Arthur Poole R ; 10 / 41:30 HAMILTON, Peter Blackheath & Brom; 11 / 42:12 SNOW, Ian Torrington AC ; 12 / 42:14 BEATTIE, David Crawley ; 13 / 42:42 HEATH, David Poole R ; 14 / 43:33 DAVIES, David Neath H ; 15 / 48:46 FLOOD, Colin Sidmouth RC ; 16 / 49:51 PEARSON, Christopher Cobra RC ; 17 / 50:13 CARPENTER, Mike Tavistock AC ; 18 / 50:54 ELWELL, Michael Cobra RC ; 19 / 52:38 ROBERTS, Michael Plymouth H ; 20 / 53:37 ROBBINS, Gordon Bitton RR ; 21 / 54:25 VALENTINE, Bill Torbay AC ; 22 / 55:15 GOSLING, Brian Sidmouth RC ;

M65:

1 / 38:52 FORD, Martin Cheltenham ; 2 / 40:41 NEWTON, Geoff Tadworth AC 3 / 40:57 JONES, Gareth Oxford City AC ; 4 / 41:11 BRACKSTONE, Tony SCVAC; 5 / 41:35 ROSE, David Team Bath ; 6 / 41:41 ROWE, Roger Exmouth H ; 7 / 43:48 BOWEN, Richard Neath H ; 8 / 44:46 JOHNSON, Andrew Leamington C & AC ; 9 / 46:01 WILLIAMS, Russell Cambridge H ; 10 / 47:12 HEYWOOD, John Huncote H; 11 / 47:49 WOODCOCK, Chris Blackheath & Brom; 12 / 48:03 BALE, Rex Poole R ; 13 / 52:13 CLARKE, Pete Weymouth St Pauls ; 14 / 54:17 THOMAS, Jack Buckley R ; 15 / 58:50 TURNER, Les Exmouth H ; 16 / 1:05:42 HATCH, David Moorhaven RC ;

M70:

1 / 45:39 BUCKLE, Ken Cheltenham ; 2 / 46:14 JONES, Keith Team Bath ; 3 / 47:47 ELSTON, Ray Exmouth H ; 4 / 48:08 PANTER, Roberto Egdon Heath H ; 5 / 49:41 BAKER, Graeme Teignbridge T ; 6 / 51:12 KINGTON, Norris Cornwall AC ; 7 / 51:24 ROSBROOK, Mike Hadleigh H ; 8 / 52:22 ALLEN, Mick Exmouth H ; 9 / 55:01 GRIERSON, Brian Lordshill R R ; 10 / 57:27 MANDER, Peter Launceston RR ;

M75:

1 / 50:37 GOULDING, John Andover AC; 2 / 52:25 WEBB, Roy Tone Zone R 3 / 1:11:02 PITCAIRN-KNOWLES, Richard Sevenoaks AC;

M80:

1 / 52:59 DAVIES, Bill Winchester & D AC; 2 / 55:24 HUGGINS, Mervyn MMAC;

TEAMS PROVISIONAL RESULTS:

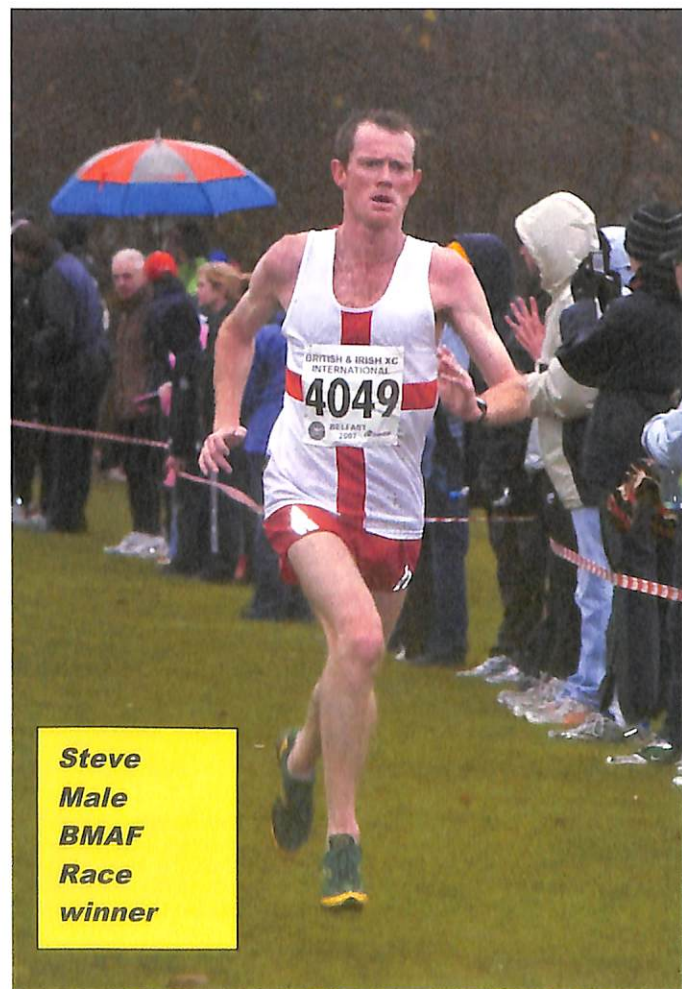
W35-44: 1/ Tavistock AC 2:16:57; 2: Westbury Harriers 2:19:27; 3: Sidmouth Running Club 2:21:37; 4: Yeovil Town 2:25:39; 5: Winchester & District AC 2:29:35 ; **W45-54:** 1: Sidmouth Running Club 2:12:02; 2: Tonbridge AC 2:13:34; 3: Winchester & District AC 2:17:08; 4: Westbury Harriers 2:51:50; **W55+:** Winchester & District AC 2:34:47; **M35-44:** 1: Neath Harriers 1:44:39; 2: Westbury Harriers 1:48:56; 3: Exmouth Harriers 1:50:30; 4: Headington RR 1:55:29; 5: Tipton Harriers 1:55:44; 6: Bideford AAC 2:20:49; **M45-54:** 1: Bristol & West AC 1:43:22; 2: Tavistock AC 1:48:55; 3: Erme Valley 1:50:01; 4: Blackheath & Bromley 1:52:34; 5: Tonbridge AC 1:53:13; 6: Winchester & District AC 2:00:33; 7: Poole Runners 2:04:34 ; **M55-64:** 1: Oxford City AC 1:59:00; 2: Poole Runners 2:02:12; 3: Winchester & District AC 2:15:48; 4: Cobra RC 2:21:06; **M65:** Exmouth Harriers 2:21:50;

On Sunday 16/10/2011, I was unable to run or even drive as I watched with envy the athletes leave Tilsley Park for a 26.2 mile journey along a mainly flat tour of Abingdon on a perfect day for running. Only four days before I was tapering for the B.M.A.F Marathon Championship with the aim of a good time. Unfortunately a concrete bollard and my rib cage met with a bang as I fell from my bicycle on the way home from work. However, this accident allowed me to witness why this race is oversubscribed within a few days of being advertised. Its strengths are a PB accurately measured safe course, excellent marshalling, a fair price, access to showers, baggage drop and refreshments all within the entry fee. Plus if you finish within 5hrs a technical T-Shirt and a finisher's medal. All this led to only a very small number of federation members getting their entry in on time. Those who did were awarded with a perfect day as the results below validate.

Praise must be directed to Stephen Male M45 with a very fine 2:31:46, Paul Fernandez M35 3:36:42, Mike Hatton M50 2:43:18, John Lawlor M55 2:55:58.

Jill Rush F35 3:04:32 Trevor Edgley M60 3:08:39, Sharon Hawkins F45 3:11:34, Colin Talbot M65 3:27:38, Vicky Talbot Rosner W50 3:28:22, Alan Peers M70 3:55:49 and Grahame Cooper M75 5:19:14.

I tried very hard to ensure as many category winners received the correct BMAF medals before they left. Please e-mail me at walterhelen@hotmail.co.uk if I missed you or you missed me.



ABINGDON MARATHON
16TH OCTOBER 2011
Words: WALTER HILL

MASTERS ATHLETICS WINTER 2011

RESULTS BRITISH MASTERS ATHLETIC FEDERATION

1-2:31:46 Stephen MALE Oxford City AC M45; 2-2:36:42 Paul FERNANDEZ Abingdon A M35; 3-2:37:36 Mark GREENWOOD Army AA M35; 4-2:43:18 Mike HATTON South Cheshire Harriers M50; 5- 2:46:57 Peter LEE Hercules Wimbledon AC M45; 6- 2:47:45 Keith DOWSON Sevenoaks AC M45; 7- 2:49:40 Chris FULCHER Port Talbot Harriers M40; 8- 2:55:17 Mark CURTIS Andover AC M45; 9- 2:55:59 John LAWLOR Sleaford Town R M55; 10-2:56:00 Mick BREARLEY Saltaire S M50; 11-2:56:54 Jonathon KYTE Harrow; 12-3:01:40 Douglas BRISCO Andover AC M55; 13-3:04:32 Jill RUSH Braintree & D F35; 14-3:04:40 Annette OAKMAN Colchester Harriers AC F35; 15-3:05:37 Robert TABBANOR Trencham Running C M50; 16-3:08:41 Trevor EDGLEY Invicta East Kent M60; 17-3:08:50 Peter THOMPSON Nene Valley Harriers M50; 18-3:11:36 Sharon HAWKINS Invicta East Kent F45; 19-3:14:32 MG SPALTON Belgrave Harriers F35; 20-3:15:06 Maurice HEMINGWAY St Neots Riverside R M55; 21-3:16:51 Keith PAILING Rothwell Harriers M60; 22-3:17:05 Tracey PATMORE Cambridge & C F40; 23-3:18:09 Tony MACKNESS Northbrook AC M55; 24-3:27:54 Colin TALBOT MMAC M65; 25-3:28:29 Vicky TALBOT ROSNER Invicta East Kent F55; 26-3:30:47 Pirjo KIVELAINEN Cleethorpes AC F45; 27-3:35:14 Jonathon ERRINGTON Bracknell Forest Runners M45; 28-3:38:25 Alan ROBERTS Vale of Aylesbury M45; 29-3:39:09 Melvyn BIRD Portsmouth J M55; 30-3:42:36 Steve ROONEY Vale of Aylesbury M45; 31-3:51:41 Susan COOPER Invicta East Kent F50; 32-3:54:53 Julie DEADMAN Serpentine RC F45; 33-3:55:28 Patricia WILSON Abingdon A F50; 34-3:56:04 Alan PEERS Spectrum S M70; 35-3:59:55 Edwin EVANS WMAA M60; 36-4:36:42 Janice MOOREKITE Invicta East Kent F50; 37-4:39:47 Ann BATH 26.2 RRC F60; 38-4:42:12 David PHILLIPS Massey Ferguson RC M65; 39-5:14:48 James MCKELLAR Marshall Milton Keynes AC M70; 40-5:19:56 Grahame COOPER Sparkhill H M75;

BRITISH BEST ROAD RACE PERFORMANCES (AS AT 23RD NOVEMBER SOURCE POWER OF TEN RANKINGS)

5 MILE ROAD

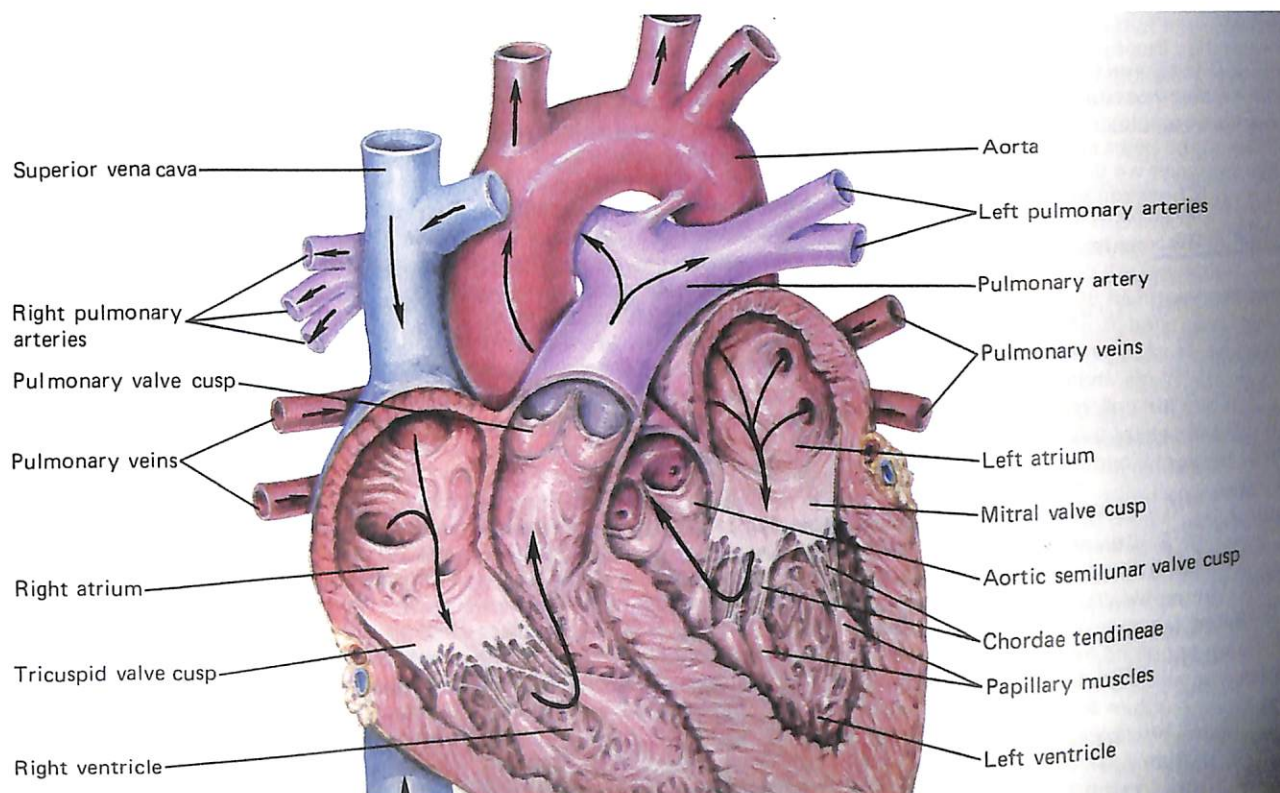
M35	Rob Whalley	14:04	Yeovilton	12/5/04
M40	Keith Anderson	14:10	Clarksville, USA	6/9/97
M45	Martin Rees	14:51	Cardiff	23/5/01
M50	Martin Rees	15:00	Cardiff	23/5/03
M55	Martin Rees	15:31	Gloucester	17/7/08
M60	Mike Hager	16:19	Tipton	20/11/11
M65	Emyr Davies	18:04	Caernarfon	23/7/08
M70	John Keston	19:18	Portland ,USA	1/1/96
M75	Steve Charlton	19:27	Grimsby	29/9/02
M80	Steve Chalton	22:41	Horwich	24/6/07
M85	John Farrell	26:37	Loch Inch	21/6/95
W35	Helen Clitheroe	15:45	Blackburn	11/7/10
W40	Caroline Hoyte	16:26	London	5/9/10
W45	Bronwyn Cardy	16:30	Gloucester	15/6/00
W50	Fiona Mathieson	17:06	Horwich	19/6/11
W55	Julie Buckley	17:57	Doncaster	13/6/11
W60	Angela Copson	19:23	Northampton	13/5/11
W65	Jean Royal	21:38	Poole	8/4/03
W70	Cecilia Morrison	22:16	London	30/7/10
W75	Louise Gilchrist	24:42	Littleborough	13/5/08
W80	Alice Billson	37:40	Barking	26/08/96
5 MILE ROAD				
M35	Steve Jones	22:43	Dublin	8/3/96
M40	Eamon Martin	23:35	Hillingdon	28/2/99
M45	Alun Roper	24:08	Glen Neath	7/8/94
M50	Martin Rees	24:44	Hillingdon	9/3/03
M55	Laurie O'Hara	26:10	Hillingdon	14/2/88
M60	Mike Hager	27:00	Telford	24/10/10
M65	David Stewart	29:53	Bridge of Earn	6/7/11
M70	Keith Spacie	31:54	Battersea	17/8/05
M75	Brian Ashwell	33:08	Wolverton	24/11/07
M80	Steve Charlton	35:41	Battersea	17/4/07
M85	Bruce Davidson	59:36	Romsey	28/1/07
W35	Ann Ford	26:21	Feltham	4/4/88
W40	Zina Marchant	27:22	Portsmouth	2/12/90
W45	Zina Marchant	27:49	Portsmouth	3/12/95
W50	Fiona Matheson	27:52	Bridge of Earn	6/7/11
W55	Daphne Ellmore	31:04	Grimsby	18/6/06
W60	Angela Copson	32:16	Market Harborough	16/06/09
W65	Val Naylor	34:50	Wymeswold	18/5/08
W70	Louise Gilchrist	37:00	Wythenshaw	1/6/03
W75	Louise Gilchrist	40:18	Wythenshaw	26/5/08
W80	Alice Billson	60:57	Muswell Hill	5/3/95
W85	Alice Billson	75:00	Gunnerbury	8/8/99
10K ROAD				
M35	Andy Holden	28:29	Birmingham	28/4/834

M40	Mike McLeod	29:13	Heaton	8/11/92
M45	Martin Rees	30:17	Eastleigh	15/3/98
M50	Tecwyn Davies	30:35	Reading	16/10/88
M55	Martin Rees	32:02	Leeds	23/4/08
M60	Steve James	33:29	Eastleigh	15/3/98
M65	Willie Marshall	36:01	Grangemouth	14/2/93
M70	Steve Charlton	37:55	Solihull	6/10/96
M75	Steve Charlton	40:36	Beckenham	6/5/02
M80	Steve Charlton	45:04	Newtown	30/9/07
M85	Gordon Porteous	54:09	Lochinch	29/5/99
W35	Helen Clitheroe	31:45	Manchester	15/5/11
W40	Priscilla Welch	32:25	Phoenix,USA	2/3/85
W45	Priscilla Welch	34:02	Boston,USA	8/10/90
W50	Fiona Matheson	35:15	Stirling	18/9/11
W55	Daphne Ellmore	38:09	Cleethorpes	1/1/09
W60	Angela Copson	38:55	Silverstone	4/5/11
W65	Val Naylor	43:17	Derby	12/10/08
W70	Louise Gilchrist	45:50	Manchester	5/09/04
W75	Louise Gilchrist	50:01	Birchwood	17/8/08
10 MILE ROAD				
M35	Paul Evans	46:34	Amsterdam	21/9/97
M40	Brian Kirkwood	48:08	Motherwell	8/4/95
M45	Martin Rees	49:36	Woking	1/3/98
M50	Martin Rees	50:43	Woking	30/3/03
M55	Martin Rees	53:21	Twickenham	19/10/08
M60	Steve James	57:04	Leyland	10/5/98
M65	Ron Lucas	60:11	Stoke	2/6/91
M70	Bob Newell	64:50	Pocklington	25/2/07
M75	Derek Howarth	74:08	Bishops Stortford	20/11/05
M80	Steve Charlton	74:25	Tadley	14/10/07
M85	Alf Gibson	1h54:30	Erewash	5/9/93
W35	Paula Fudge	54:31	Hendon	8/8/87
W40	Priscilla Welch	53:51	Washington,USA	5/4/87
W45	Joyce Smith	55:32	Stoke	3/6/84
W50	Sandra Branney	59:06	Brampton	20/11/04
W55	Daphne Ellmore	63:53	Feriby	29/1/06
W60	Angela Copson	68:01	Portland	11/10/09
W65	Enid Urich Heyn	72:25	Twickenham	20/10/02
W70	Louise Gilchrist	77:57	Sale	1/8/04
W75	Louise Gilchrist	82:05	Sale	3/8/08
W80	Jenny Wood-Allen	1h45:26	Arbroth	28/3/93
W85	Jenny Wood-Allen	2h31:16	Arbroth	1/3/98
W90	Jenny Wood-Allen	3h15:18	Arbroth	3/3/02
HALF MARATHON				
M35	Paul Evans	61:18	Newcastle	14/9/97
M40	Paul Evans	63:15	Newcastle	10/9/01
M45	Bill Venus	65:40	Newcastle	6/4/86
M50	Martin Rees	66:42	Stroud	26/10/03
M55	Mike Hager	70:29	Linz,AUT	19/3/06
M60	William Forster	75:03	Newcastle	26/9/04
M65	Steve Charlton	79:49	Aylesbury	5/9/93
M70	Bob Newell	83:31	Doncaster	19/3/06
M75	Tony Berry	93:48	Melbourne ,AUS	10/10/10
M80	Gordon Porteous	1h41:35	Glasgow	21/8/94
M85	John Farrell	2h17:36	Glasgow	21/8/94
W35	Mara Yamauchi	68:29	Marugame,JAP	1/2/09
W40	Lorna Irving	71:44	Ayr	6/9/87
W45	Joyce Smith	73:06	Cambridge	15/7/84
W50	Fiona Matheson	78:26	Glasgow	4/9/11
W55	Bronwen Cardy	85:10	Burnley,AUS	9/9/07
W60	Angela Copson	87:54	Bath	6/3/11
W65	Val Naylor	96:48	Keyworth	13/12/09
W70	Louise Gilchrist	1h43:41	Manchester	23/7/03
W75	Louise Gilchrist	1h51:39	Wilmslow	30/3/08
MARATHON				
M35	Paul Evans	2h08:52	Chicago	20/10/96
M40	Ron Hill	2h15:46	New Orleans	18/2/79
M45	Don MacGregor	2h19:01	Glasgow	30/9/84
M50	Derek Lawson	2h24:58	London	20/4/86
M55	Bill McBrinn	2h34:24	Greenock	25/8/85
M60	Bill McBrinn	2h46:26	Fort William	21/4/91
M65	Hugh Currie	2h47:33	Inverclyde	19/8/90
M70	John Keston	3h00:58	Minneapolis	6/10/96
M75	Gordon Porteous	3h23:12	Brugges	25/6/89
M80	Gordon Porteous	3h47:04	Greenock	10/9/95
M85	Alf Gibson	5h48:09	London	18/4/93
W35	Mara Yamauchi	2h23:12	London	26/4/2009
W40	Priscilla Welch	2h26:51	London	10/5/87
W45	Joyce Smith	2h32:48	Los Angeles	5/8/84
W50	Jo Thompson	2h52:30	Dublin	25/10/10
W55	Sally Musson	3h04:13	London	17/4/11
W60	Angela Copson	3h14:51	London	26/4/09
W65	José Waller	3h35:49	London	17/4/88
W70	Pat Trickett	3h48:14	Stone	3/10/93
W75	José Waller	4h21:40	Gosport	27/4/93
W80	Jenny Wood-Allen	5h:47:19	London	12/4/92
W85	Jenny Wood-Allen	6h59:26	London	13/4/97

MASTERS ATHLETICS FIXTURES

2011			
10 th DEC	Welsh Masters XC Championships	Builth Wells	
12 th DEC	SVHC Christmas Handicap	Cartha Rugby Club	Peter Rudzinski ,106,Braes Avenue,Clydebank,G81 1DP
2012			
2 nd JAN	Old Father Time 5mile	Llandaff Rugby Club	<i>Starts 1pm open to all masters</i>
22 nd JAN	MMAC XC Championships	Droitwich	
	VAA-NEE XC relays	Green Lane, Durham City	
5 th FEB	BMAF INDOOR PENTATHLON	EIS Sheffield	<i>With NoEAA Masters Open Meeting</i>
	MMAC 5mile Handicap	North Solihull	
12 th FEB	Scottish Masters Indoor Championships	Kelvin Hall	<i>Heptathlon 11/12th with SAF Championships</i>
19 th FEB	BMAF South of England Championships	Lee Valley	<i>Unofficial incorporates EVAC and VAC Championships</i>
25/26 th FEB	EAMA & BMAF MEETINGS	BIRMINGHAM	<i>EAMA & BMAF DELEGATES MEETINGS</i>
17 th MAR	VAA-NEE XC Championship	Bedewell Park, Hebburn	
17-18 th MAR	BMAF INDOOR CHAMPIONSHIPS	Lee Valley	<i>With outdoor throws</i>
	BMAF XC Championships	University of Bath	<i>Advert in this issue</i>
25 th MAR	VAA-NEE Half Marathon	Wallington Hall, Northumberland	
1 st APL	VAA-NEE 5 mile	Hartlepool Marina	
3-8 th APL	WMA INDOOR CHAMPIONSHIPS	JYVÄSKYKÄ	 <small>Apr 3-8 WMA Indoor Championships</small>
15 th APL	MMAC Road Relays & Walk	TBA	<i>With AGM.</i>
	VAA-NEE 10k M/T	Gypsies Stadium, South Shields	
12 th MAY	BMAF ROAD RELAYS	SUTTON PARK,	<i>Advert in this issue</i>
19 th MAY	WMA Mountain Championships	Buthlertal, GER	www.wm.tv-buehlertal.de
27 th MAY	BMAF Pentathlon plus 10k Track & 10k Walk	Horspath , Oxford	<i>provisional</i>
1 st JUL	BMAF Throws Pentathlon	Copthall Stadium	
10 th JUN	MMAC Track Championships	Nuneaton	
17 th JUN	BMAF MARATHON	The Wales Marathon, Tenby.	
17 th JUN	BMAF 5k & 5k Walk	Horwich Festival of Racing	
21-22 nd JUL	BMAF TRACK & FIELD	Moorways Stadium, Derby.	
22 nd JUL	VAA-NEE 10k Road	New Marske	
4-5 th AUG	BMAF Decathlon & Heptathlon	Horspath , Oxford	<i>Incorporating GB v USA Challenge.</i>
16-25 th AUG	EVAA, European Championships, Stadia	Zittau (GER) Bogatynia (POL) Hradec n.N. (CZE)	 <small>18. LEICHTATHLETIK SENIOREN EUROPAMEISTERSCHAFTEN ZITTAU - BOGATYNIA - HRADEC N.N.</small>
30 th AUG	VAA-NEE 5k M/	Lobley Hill, Gateshead	
2 nd SEP	VAA-NEE 10 mile	Hexham	
14 th OCT	VAA-NEE 5k ROAD	Maffon, Northumberland	
21 st OCT	VAA-NEE Marathon	Town Moor, Newcastle	
10 th NOV (TBC)	British & Irish XC Championships	Stormont Park, Belfast	<i>Date subject to confirmation.</i>
2013			
March	EVAA Indoor Championships	San Sebastian, ESP	
May	EVAA Non Stadia	Upice,CZE	
24 th JUL-4 th AUG	WMAA Track & Field Championships	Porto Alegre,BRA	
2014			
March	WMAA Indoor Championships	Budapest, HUN	
Aug	EVAA Track & Field Championships	Izmir, TUR	
2015			
	WMAA Track & Field Championships	Lyon, FRA	

THE FEAR of DEVELOPING AF HEART TROUBLE if WE ARE COMPETITIVE MASTER ATHLETES TONY CROCKER, NOV 2011



Introduction:

Recently there have been concerns expressed by some master athletes over the apparent links between vigorous training, competition and one of the many heart diseases – called Atrial Fibrillation, (AF), which was published in a recent article reporting American research into this condition. So, what is AF? What were the researchers actually reporting - once the medical and statistical jargon has been unravelled? How well was their data collected, analysed and reported? And finally, how much did the beliefs of the researchers affect their interpretation of the data they collected? This final point is important. Over the last forty years I have been advising, supervising and examining researchers in various universities as they work towards masters and doctoral degrees. A surprising number have wanted to throw away data that didn't fit the outcomes they were expecting. Others would come up with results that didn't fit their beliefs and then they'd say – "Nevertheless, I still believe....."

Social, physical activity, and sport effects on health.

Many researches point to the advantages of sport and exercise to our health and expectations of living for a long time. For example John Nash points out that according to research carried out by the University of Illinois, playing golf and ballroom dancing regularly boosts the grey tissues in our brains and so reduce the risk of dementia in old age, whilst the damage caused by blows to the head in games like soccer and rugby, increases the risks of numerous small injuries to the brain and subsequently can cause the early onset of dementia. John reports a project carried out by the University of Exeter on 3,325 British people. The researchers found that people who spent most of their time indoors were more likely to go into cognitive decline than people who spent a lot of time outdoors topping up their vitamin D from exposure to sunlight. Other researchers have shown that heavy exposure to sunlight or on sun beds dramatically increases the risk of skin cancers developing. Moderation seems to be the sensible answer to this problem. In completely different projects researches have shown the advantages to our health, and so to living longer, that come from drinking red wine. This finding has been counter-balanced by evidence of liver damage and early death from drinking lots of red wine - it has alcohol in it!

In many cases researches and conclusions are based on short-term studies over a few weeks or a few years. Only a few very long term studies exist; such as the lifetime follow up of more than 1500 clever children that Lewis Terman identified in California during the beginning years of the 20th century. The last of these only died about five years ago. Their life histories showed that the best predictors of living a long time were: being conscientious, well organised, committed; and successful at work, in their social lives and in their marriages. Not all of those who showed these attributes benefitted, but most did. These behaviours gave a clear advantage. Interestingly both the two old men over 100, (and still alive when Howard Freeman and Leslie Martin carried out the last follow up), believed that not ever being involved in regular exercise – especially running – was a major reason for their still being alive. However, both had spent long their working lives in physically demanding activities such as lumber-jacking, gold mining, mountain climbing. When much older they both still enjoyed regular, active gardening. Freeman and Martin's final collection of data was via studying the death certificates of Terman's original group of youngsters. It appears that there was clear evidence that the ones who had treated highly unpleasant events in their lives as a catastrophe also showed greater incidences of physical injuries, higher divorce rates, homicide, and the effects of smoking and boozing. Long term involvement in physical activity through youth and middle age was clearly linked to longer, healthier lives. Yet only last year a British report suggests that 80% of young people who go

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to university nowadays give up all sport once they have left school. Will these 'activity quitters' suffer a downturn in their subsequent physical and emotional lives? We don't know yet do we? But once again this sort of thing adds to the difficulties of research into human lives, and the links to involvement in sport. Our world changes. Television, computers, aeroplanes, cars have all changed our lives over the last 100 years. As a twelve year old I and my friends thought nothing of riding our bikes to school four miles away. Not one youngster in my village does that nowadays. It's a car or bus trip. Our life's experiences - our health, our exposure to national or world events, medical knowledge, all are steadily changing. Many changes are complex and inter-related in their effect. Knowledge and treatment of Atrial fibrillation is only one of these.

Atrial Fibrillation, (AF). So, what is it?

According to Dr Mark Porter there are between 200,000 and 300,000 people in Britain with undiagnosed AF out of a population of about a million or so who have this heart condition. It isn't a rare condition and it is spread across the whole population.

Several researches that have been reported in recent years have linked sporting exercise to atrial fibrillation in heart problems. The heart is a small pump with four chambers. Regular, frequent, hard physical exercise which raises the rate of the heart beating – such as: running a few miles most days, working hard in the gym, sustained rowing, such as in the Oxford or Cambridge boat race; or physically hard work in a person's employment. All physically demanding sports or work activities, if undertaken regularly, over several years, lead to a certain amount of increased heart size. Hearts and bodies become accustomed to these physical demands. In all physical activities the heart naturally beats faster. However we don't normally expect our hearts to stop; miss beats or suddenly beat very, very fast. For most of us the resting rate of heart beating is between about 50 and 80 beats per minute. In a young, fit adult, competing in such as the 400 metres, our heart beat can rise to 200 beats or more in a minute. Rather less as we get older. But in an attack linked to AF the heart beat can rise to as much as 300 to 500 beats in just one minute. Many people with a slight AF condition never have this sort of attack and probably never know they've got AF.

Each side of the heart has an upper chamber, the atrium, and a lower chamber, the ventricle. Blood enters the top of the atrium from the veins, through a non-return valve. Then the atrium squeezes, snapping the valve shut and pushing the blood through a second, one-way valve, down into the ventricle. Next the ventricle squeezes, snapping the second valve shut and pushing the blood out of the heart into the arteries. Both sides of the heart do this, more or less simultaneously. The right side sends blood from all around the body to the lungs, where carbon di-oxide is dumped and oxygen collected. The left side collects the refreshed blood from the lungs and sends it around the body once again. The squeeze of the left side of the heart is so powerful that the sound of the valves shutting makes the characteristic "lub dub" sound of a heart beat, and this push of blood from the left ventricle into the arteries is the source of our blood pressure and our pulse.

The beating of the heart is controlled by the body's own electrical activity. For the heart beat to work effectively, the muscle fibres of the heart must work together as a co-ordinated team. To make this happen a natural pacemaker in the top of the heart sends regular electrical waves, first to the atrium causing it to squeeze, then slowing for a moment before signalling the ventricle and causing that to squeeze. Irregular heart beats occur when the electrical impulses, giving orders to the heart, don't function correctly. One way this is checked is by having an electrocardiogram (2) examination using "listening" devices attached to various parts of the body. One sign of AF is when the heart records a beat but the surge of blood from the ventricle is much less than would have been the case if the ventricle chamber had been fully filled up. Sometimes this is because electrical waves can go wrong. A common problem is where the signal doesn't start properly. If this happens the muscle fibres of the atrium do their best to squeeze regularly, but different parts of the atrium muscle squeeze at different times. The pattern is erratic, sometimes very rapid, often without successfully pushing blood through into the ventricle. This is atrial fibrillation. The ventricle has a back-up pacemaker so it still squeezes normally, but sometimes there isn't much blood to push because the atrium hasn't sent enough through. This causes the most noticeable sign of atrial fibrillation - an irregular pulse which varies in strength and has beats missing. A heart with atrial fibrillation is less efficient than a normally working heart so the ventricle has to beat faster to send the correct amount of blood around the body. Typically when the pulse is taken at the wrist it sometimes seems as if the heart has missed a beat. The much smaller flow through the wrist artery from that particular beat of the ventricle is too weak for us to detect with our fingers. AF can lead to reduced blood circulation in extreme cases by as much as 30%. Nowadays this is sometimes controlled by repairing leaky heart valves. Where AF has been detected early it can also be treated via an electric shock to the heart. Long term treatments are linked to the use of drugs such as digoxin; or anti-coagulants such as warfarin to reduce the risk of blood clots, when the AF condition is seen to be non-urgent. Blood clot risks are linked to strokes when a clot gets lodged in the brain. Warfarin thins the blood and is very cheap. It reduces clotting. Taking too little still leaves clotting risks, whilst taking too much can lead to severe bleeding from wounds that won't seal properly. This problem with warfarin means patients having to have their blood tested anything between as often as once a week up to about once every six weeks. This makes using Warfarin very time-consuming and costly for the Health Service. A fairly new drug called Dabigantran does not carry these same risks and so dramatically reduces the need to have frequent blood tests. Dabigantran is much more expensive at about £2.50 per day - not seen as ideal at a time of national austerity.

A report, published in 2009, by Anthony Ainzer and his colleagues, is one that seems to have alarmed some people. The research team appears to have drawn the conclusion that there are risks of heart troubles linked to vigorous exercise – particularly jogging/running. However there are a number of questions about the general conclusions that appear to have been drawn from their research. For example: Does a study, carried out by medical practitioners and only based on those other male doctors of medicine who bothered to answer a series of questionnaires, relate to the whole society? Other things to question are some of the ways in which the research was carried out; including: what sort of questions did they ask? and equally important, "What questions weren't asked?"

The American research was conducted over a 20 year period. All 22,071 of the men studied were medical practitioners, initially aged between 40 and 84 at the start of the study. After three years 10% had already stopped answering questionnaires – or reported that they already had a range of heart problems when the study commenced. So they were discarded. Another 548 stopped answering questionnaires over the next few years - raising the dropout rate to 12%. The authors don't explain why so many dropped out. However one important research accuracy point that should never be forgotten is that we often don't know the real reasons why people being investigated drop out of research studies – but we should never forget they are in some unmeasured way different from those who carry on – perhaps very significantly (15). An early question we need to ask too is how much do male medical practitioners represent the whole of the society in which they live? Could their knowledge of health factors; their ability and equipment for monitoring their own health; their access to medication and treatment; and even the singleness of their sex perhaps all had important impacts in this particular study? And should we assume, as they appear to have done, that the data collected is an accurate picture of the whole range of men AND women in their society. We don't know. I would argue – nor do they!

What were the experimental group of medics asked in their questionnaires? Some of the questions were such as: Did they engage in regular exercise? If "yes", how many times per week? Did they exercise energetically enough to cause them to sweat? - (This is known to correlate (14) with maximum oxygen uptake if the exercise has been carried out on a treadmill. I don't know about you but running on a hard surfaced treadmill at a very controlled, unchanging speed in a nice warm gym, never seemed to me to be anything like running uphill through deep

snow, then through the woods, back downhill on a newly gravelled road, skidding on ice whilst going round tight corners, wading across the local stream, dodging a bunch of cars, (AND in my case, working out that Bernie was getting away from me again!) One question they did ask was "What sort of sporting exercise did the experimentals and controls participate in?: racquet sports, swimming, jogging/running, cycling" If they went jogging how far did they go each time, and on how many days each week? Almost all of the medical doctors being studied were joggers. At the start of the research their ages had ranged from 40 to 84. Four hundred of the active respondents were then chosen randomly. At the end of the first three years 63% said they still engaged in regular vigorous exercise. No significance (15) was found suggesting that more of the high-level exercise group had developed signs of AF than the lower levels of exercisers. Those who did considerably less, or no exercise at all, were more likely to be amongst the oldest; and were more likely to have: high BMI ratings, lipid disorders (3), diabetes, hypertension, also they were more likely to be smokers. Were these typical regular runners do you think?

Nine years later nine of the 400 were dead. 12 said they hadn't actually got AF. 101 said they had no medical records available and only 225 had actually had AF confirmed. In other words 45% of the medical practitioners who said they had AF at the start of the survey said they no longer had it had never had it or didn't know. Those who reported being still involved in vigorous exercise reported that they ate more fish, took multi vitamins, vitamins A and E, and regularly drank alcohol; than was reported by the non-exercisers. At this point it is difficult to believe that such a large dropout from jogging leaves a jogging group which will still be representative of all medical doctors – let alone the general male population of runners.

The researchers divided the participants into three groups for data analysis purposes.

1. for comparing frequency of exercise with risk of having AF;
2. as per group one but additionally investigated re their parents' medical history of premature myocardial infarction (MI), and food/drugs intake;
3. as per group one and group two; plus data on their BMI (4) ratings, diabetes, hypertension, hyperlipidemia (5), premature history of MI, left ventricular hypertrophy (12), congestive heart failure, and various cardiovascular diseases.

It wasn't always clear in the article how the researchers carried out some of these queries. Presumably too the oldest participants in groups 2 and 3 at the start of the research would have had long dead parents. People with higher BMI (4) ratings exercised less; additionally previous researches have shown that high BMI ratings are linked to higher incidence of AF. The authors did not apparently carry out analyses to decide whether exercise caused the AF or whether those young men already previously had it. However, across the whole group the evidence showed that risk of AF had not increased significantly. It appeared that younger active men in the research groups were more likely to have been newly identified as having AF. This supports findings in earlier researches which had found that it was particularly young men, vigorously involved in long distance running, cycling or playing racquet sports who were identified as having AF. The numbers were very small compared with the population of participants. I feel we have to ask another question linked to those researched medical doctors who were exercise participants. Almost all were joggers. Now when I see joggers or talk to them here in Britain most of them say they are doing it for health reasons, most only run on the roads, many are ladies, and quite a lot are clearly over-weight. Does what they are doing match up to what competitive masters athletes do when they go training? Are the ones I notice representative of all joggers? I don't know.

In their report Ainzner et al, point to several limitations in their study: A) the measurement of amount of exercise was based on self-reports, B) serial EEG's weren't available for all the participants, C) AF was self reported, D) it was highly likely that only those involved in the highest amounts of exercise would notice any effects caused by AF, E) Only 949 of the men were under 50 by the ninth year of the study, F) 1713 had died by 1997, G). Additionally I'd add that we have to remember that observational studies CANNOT prove causality, they can only show that a statistical link appears to be exist. So for example training very hard, very often, every week may be something a small number of people do who have already got mild AF, but don't know it. - Possibly it had not been previously identified in their contacts with their GPs for some other reason, rather than because hard physical activity has recently caused it. The researchers also say, - despite not including any in their research study. They also say that the same conclusions about AF risks almost certainly apply equally to women. Perhaps it is time they try to find out.

Another study which I think is worth considering was conducted in Finland a few years earlier than the American one. It appears to have been more tightly managed and analysed according to the rules of good research. Again it was conducted by a team of medical practitioners, led by Jouko Karjalainen at the University of Helsinki. Again only men featured in their study. They investigated Finland's top competitive orienteering men aged between 35 and 60. The 300 men were divided into five yearly age groups with 60 men in each group. All three hundred had been found to be completely healthy at age 20 when medically examined prior to military service. They had all completed a medical questionnaire in 1985, covering their physical activities and the occurrence of various diseases. Another 495 men were similarly medically examined at age 20 prior to military service and they too had been found to be completely healthy. This control group was drawn from the general population. All respondents who had previously been informed of AF or personal risk of AF were excluded from these two groups. By the start of the study the orienteers had already trained for their sport for an average of 36 years. 90% of the orienteers and 83% of the controls responded to the questionnaire. The orienteers had much lower mortality (8) levels; lower coronary heart diseases and lower signs of the risk of AF. By the end of 1995 the pattern showed that risk factors linked to AF, (ie not just lone AF (1), were found in 4 orienteers and 15 controls. The research team point out that in the general population in Finland about 0.5% of people aged 45-54, 1% aged -64, and 4% aged between 65 and 74 show indications of AF, which is one of the signs of a range of heart problems. In their studies of Lone AF the levels were higher than this. The researchers speculate that this may be due to enhanced vagal tone (11), left ventricular hypertrophy (12), and atrial enlargement. The last two of these are found in some of the hearts of endurance athletes. Almost all of the athletes in their study who had shown signs of AF were continuing to compete.

Thinking I'd finished this article I got up quite early yesterday morning and immediately went for a run, not something usually do until later in the day. Half way through my pre-Olympics sprinting session I remembered a major piece of research carried out in Russia about 25 years ago. There the medical world had become aware of a number of very fit runners having heart attacks. Accepted evidence strongly supported the belief regular running provide for a healthier and longer life-time, so why was this happening? A subsequent detailed search of medical records and interviews yielded one very important – unexpected – link. Most of the heart attacks had happened to athletes who regularly ran vigorously early in the morning–soon after waking up. The conclusion the Russian researchers came to was that the heart attacks were caused by putting huge demands on the heart before the body was full awake. This possibility does not appear to have been considered by either the American or Finnish researchers. As such it could well be that links between running/jogging and heart attacks are not only linked to people who already have AF whether they know it or not. But also that risks appear to be increased if we do our running early in the morning. In the research world mistaken interpretations are described as having been caused by confounding variables (13). In Britain people with back troubles are frequently warned by their physiotherapists not to carry out their muscle strengthening exercises early in the morning–wait until their bodies have fully woken up.

Conclusions

In their conclusions various medical researchers point to the huge range of benefits that are known to come from regular exercise: lower blood pressure, improved lipid (3) profiles, improved glucose control, decreased risk of cardiovascular diseases. They say that whilst it is possible

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that in a very small proportion of people who exercise intensely the pro-fibrillatory risks may increase, however for the vast majority regular exercise reduces the risk of developing a range of different heart problems. The British National Statistics Office figures for the English and Welsh population suggest that half of men in Britain can now expect to live to be more than 74 and ladies a few years longer. (They always leave out the several hundred babies who die before their first birthday when calculating this). But whilst this predicted average is steadily rising, so at the same time negative conditions, such as obesity, are increasing dramatically with all the risks this provides to both health and life expectancy. Evidence on the beneficial advantages, both medical and psychological, of physical exercise, and the resulting social involvement; far outweigh the very slight risk that atrial fibrillation might be caused by regularly running.

Brief Bibliograph

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Some medical and statistical terms linked to the articles quoted in this report

1 Lone Atrial Fibrillation. This is where AF is the only heart irregularity found in a person.

2 ECG. (Electrocardiogram) The ECG is a record of the electrical impulses that trigger heart muscle contractions. ECG's are a valuable means of diagnosing several heart disorders, many of which are related to abnormal electrical patterns in the human body. One successful treatment of early AF is to give the patient an electric shock.

3 Lipid disorders. These are where the human body produces abnormal amounts of lipids (fats). The condition may be inherited, or commonly nowadays, linked to diet.

4 BMI (Body Mass Index): This is calculated by dividing a person's weight (in kilograms) by the square of his or her height in metres. Being overweight is linked to increased risks of such as diabetes, high blood pressure, heart disease and strokes. There is evidence that in the case of athletes massively building their bodies with muscle for throwing events such as hammer and shot the standard BMI is a less useful indicator of these health risks.

5 Hyperlipidaemia: This is a general term for a range of metabolic disorders linked to high levels of fats in the blood. The medical world categorises these into six groups. Common examples being fatty lumps in the skin, joints, eyelids, palms of the hand, abdominal pain and obesity

6 Metabolic Disorders Are where part of the internal body chemistry is disturbed. Some of these are inherited, some are linked to such conditions as Cushings Syndrome, Gout, Osteoporosis, Rickets, underactive or overactive Thyroid Glands, etc. Conditions may be due to either under-activity or over-activity of the various glands.

7 Morbidity In medical research and statistics this term is used to describe the proportion of people with a disease or injury compared to the proportion who do not have that disease or injury.

8 Mortality This is commonly the yearly death rate per 100,000 people; relative to the population being studied. (Occasionally other population sizes such as 1,000 used). The population in a study may be all the females in a country, all the children in a town, or all the men in a local pub.

9 Parasympathetic Nervous System: Basically this is the network of nerves which independently controls all those parts of the body we can't consciously control such as glands, blood vessels, body tissues.

10. Paroxysm: This is a sudden attack or sudden worsening of a disease or condition.

11. Vagal Tone: This term is similar to muscle tone for meaning but is used to describe the health of the vagus nerve, which extends from the brain stem to the abdomen. It has numerous branches which also connect to most of the major organs in the body. It can act on organs by narrowing bronchi and thereby slowing the heart rate.

12. Ventricular Hypertrophy Simply this is enlargement of the ventricle chamber/s of the heart

13 Confounding Variables These are things which have an important effect on what happens in a particular situation but haven't been considered by the researchers. Suppose we compared a group of 35+ high jumpers who use the Fosby Flop. We'd probably decide that the scissors method was superior - if we forget that age would probably be another very important variable. Many confounding variables aren't this obvious. If they exist in a situation they actually make any conclusions worthless – BUT often researchers and people reading research reports aren't aware of the existence of the many confounding variables which exist in sporting assessments and human health researches. If not controlled at the beginning of a piece of research the apparent results, are actually worthless.

14. Correlations: A common term, correlations are one mathematical way of showing the amount of relationship between two or more variables. Generally we'd expect four year children to be able to run faster than two year olds. There is a positive relationship between the two variables. At the other end of the age range as a general rule we'd expect most 40 year olds to be able to run faster than most eighty year olds. Here there is a negative correlation between the variables of age and speed. However it must be remembered that the methodologies used for calculating the relationship between two or more things *DOES NOT* tell us which one causes the other. That is usually assumed or guessed at from common sense. But sometimes this leads us down the wrong path.

15. Significance: The bigger the group of people being studied in a research project the lower a relationship or difference has to be for the mathematical relationship to be regarded as showing something definite is linking them. For example suppose we compare five left handed people with five right handed people to see which group can run up-stairs fastest. We send them off in pairs. Three left handed and two right handed people turn out to be winners of the five races. That wouldn't be found to be statistically significant. But if we repeated the experiment using 5,000 left handed and 5,000 right handed people and this time 3,000 left and 2,000 right handers win their races statistically we would conclude that something was giving the lefties an advantage. It would be statistically significant. The two different uses of the word significant can sometimes lead to somewhat wrong interpretations of how we need to react to scientific findings.

BMAF CROSS COUNTRY CHAMPS, 2012

Where better to hold the BMAF Cross Country Championships in the Olympic year than in the historic City of Bath using the excellent facilities at the Sports Training Village in the University. It has everything that we were looking for when planning the event. The Cross Country Course is on National Trust Land adjoining the track and other sports pitches and is probably well known to many runners. It regularly hosts the British University and County Cross Country Championships for Avon, Somerset and Wiltshire and was used for the World Cross Country Trials some years back. Others will know it as one of the races in the Gwent League. Bath is hilly and indeed the University is at the top of a big hill but the course is relatively flat. Having said that there is a bit of long drag upwards that is repeated on a multi lap course, which lets everyone know that they have been in a race. The facilities in the Sports Training Village where the Race HQ, Presentations, changing and showers will be located are breathtaking to anyone brought up on a diet of school gyms and changing in the back of cars. In addition, easy transport links, plenty free parking and the friendly and efficient atmosphere throughout make it an ideal venue. For supporters and family members making the trip, Bath and the surrounding is full of things to see and do. Designated a World Heritage site there is always a lot going although it is recommended that the ladies are kept away from the shops. Accommodation for all tastes can be booked through the Bath Tourist Board. Don't Forget the date - Sunday 5th March 2012.



British Masters Athletic Federation



25th National Masters Open Road Relay Championships

Saturday, 12th May 2012 at Sutton Park, Sutton Coldfield, Birmingham

By kind permission of Birmingham City Council

Open to ALL Affiliated Clubs

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

CHAMPIONSHIP	STAGES	START TIME
Women W35+	4	11.00 am
Women W45+	3	11.00 am
Women W55+	3	11.00 am
Women W65+	3	11.00 am
Men M65+	3	11.00 am
Men M75+	3	11.00 am
Men M35+	8	1.00 pm
Men M45+	6	1.00 pm
Men M55+	4	1.00 pm

**Medals to first three teams and three fastest individuals in each
championship**

Entries close midnight on 14th April 2012.

Entries for 'B' Teams will not be accepted

Entry Form & other details from:

Tom Morris, 391 Chester Road, Castle Bromwich, BIRMINGHAM B36 0JH
(Please include sae size DL). Download Entry Forms from www.bmaf.org.uk or
www.midlandmasters.com or <http://britishmastersaf.wordpress.com> **Enter**
online at <http://www.race-results.co.uk>

RECORDS STILL MAINTAINED IN GLASGOW

WORDS MEL JAMES

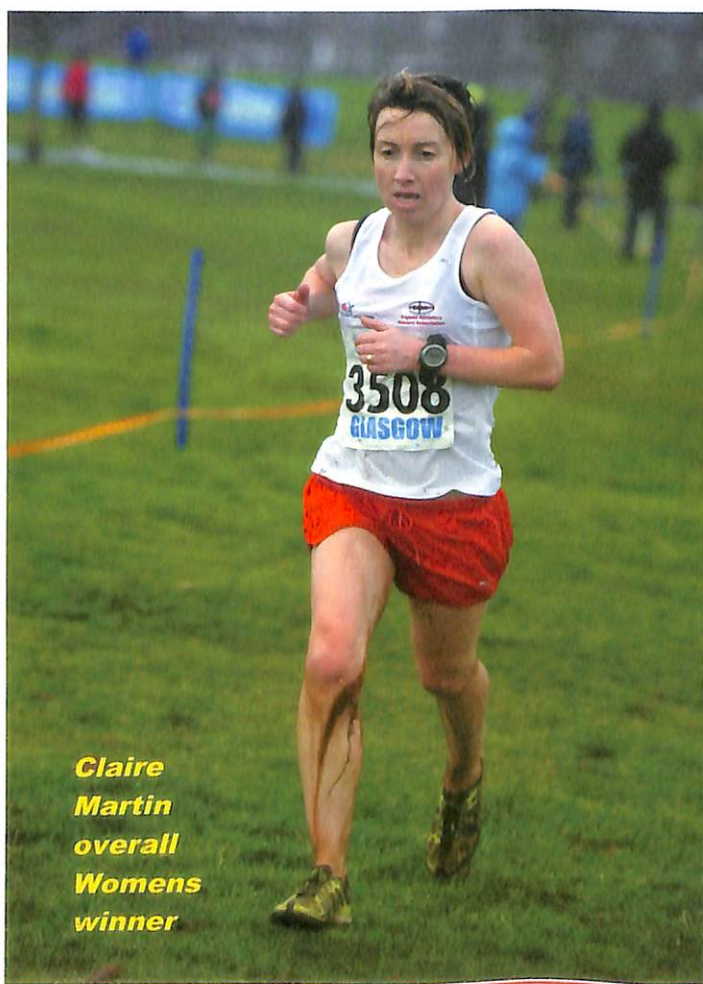
PICTURES: JEREMY HEMMING

With Mike Hagar again winning the M60 title, which was his 11th overall x/country International title, he joined a group of 11 athletes returning from last year's event in Dublin, who were also successful in retaining their age group titles. Angela Copson of England in the W60 age group made it 4 straight wins and Austin Davies of Wales in the M45 age group retained 3 straight wins.

The 24th British and Irish Masters Cross Country International took place for the first time in Glasgow at Bellahouston Park. Conditions were atrocious, with gale force winds and torrential rain storms adding to the undulating course, making it one of the toughest venues, in its history.

England were once again pushed by the Republic of Ireland for the overall team shield but managed to retain it, winning all the women's age group teams and losing just two in the men's section.

Individually, England won 9 age groups; Ireland had 3 wins, Scotland 2, Wales 1.



**Claire
Martin
overall
Womens
winner**

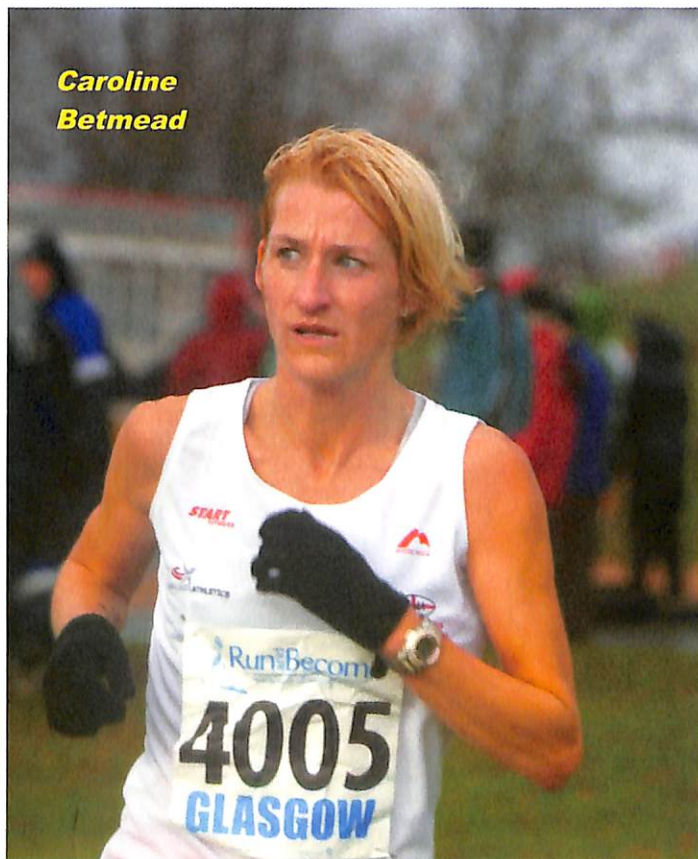
Race 1 W35+ and M65+, 6k.

The first race of the day started in fine rain and produced a staggered start. The starter's voice being overpowered by the

tannoy system, which some athletes failed to hear. Claire Martin (Eng) took an early race lead on the first small lap and continued to hold the lead, despite the efforts of Caroline Betmead from the higher age group. The following group were mainly Scottish, containing amongst others, the highly talented Fiona Matheson with a single N/Ireland athlete Cathy McCourt and Philipa Taylor of England. Further down the field, Carmel Parnell, W55 and Angela Copson W60 were giving their younger team members a hard time with their efforts. In the M65+ section Malcolm Renyard was desperately trying to hold off the Celtic challenge of the Irishman Frank Reilly and Scotsman George Mitchell with his English team mate Martin Ford also in the mix. Not too far behind these athletes, the M70 contenders were amongst the 65's with Peter Covey and Terry O'Gara battling it out for the Gold. Claire Martin held on for her second F35 win with Caroline Betmead finishing just 9 seconds behind her to take the o/40 Gold, followed by a Scottish Trio. Malcolm Renyard retained his 65+ title and Peter Covey finished just 12 seconds in front of fellow countryman Terry O'Gara.

W35 Claire Martin retained her age group title and also won the race outright. Lesley Chisholm from the host country held off Northern Ireland's Cathy McCourt for the Silver medal. In the team competition, England just secured Gold by one point from the hosts.

1. Claire Martin (Eng) 21.42 2. Lesley Chisholm (Sco) 22.02
3. Cathy McCourt (N/I) 22.10; Teams. 1. England 12,
2. Scotland 13, 3. N. Ireland 28;



**Caroline
Betmead**

W40 Caroline Betmead finished 2nd in the race to ensure the W40 Gold medal, finishing just 9 seconds behind the overall race winner. Followed in by her two English team mates for Silver and Bronze, making it an England 1, 2, 3 for a team Gold.

1. Caroline Betmead (Eng) 21.51 2. Philippa Taylor (Eng) 22.14 3. Bev Jenkins (Eng) 22.24. Teams. 1. England 6,
2. Ireland 26, 3. N. Ireland 29,



Melissa Whyte

W45 Melissa Whyte was just 1 second behind the 3rd placed finisher, which enabled her to obtain her second Gold medal in this category. With England's **Sue Samme** obtaining the Silver and Ireland's **Niamh O'Sullivan** picking up the Bronze. The team medals were closely contested with England just scraping home by one point.

1. Melissa Whyte (Sco) 22.03 2. Sue Samme (Eng) 22.19 3. Niamh O'Sullivan (Ire) 22.22; Teams. 1. England 12, 2. Scotland 13, 3. Ireland 28,



Fiona Matheson (5001) was 5th overall

W50 Fiona Matheson finished 5th overall to take Gold. A world class athlete and Scotland's pride, was amongst much younger talented athletes, and yet showed her undoubted class. England's **Jane Clarke**, herself a previous double medal winner was second finisher. **Sue Becconsall** picked up the Bronze. England winning the team medals

1. Fiona Matheson (Sco) 22.09 2. Jane Clarke (Eng) 23.08 3. Sue Becconsall (Eng) 23.31; Teams. 1. England 9, 2. Ireland 23, 3. Scotland 24,

W55 Ireland's Carmel Parnell also obtained her 3rd Gold medal in 3 seasons with this win, her second in the W55 age group. **Gail Duckworth** was second finisher, with **Sue Ogilvie** also representing England third. England again winning the team medals.



Carmel Parnell Top W55

1. Carmel Parnell (Ire) 23.59 2. Gail Duckworth (Eng) 24.31 3. Sue Ogilvie (Eng) 26.02; Teams. 1. England 9, 2. Ireland 18, 3. Scotland 24,



Angela Copson top W60.

W60 Angela Copson amazingly obtained her 4th consecutive Gold in this age group, finishing amongst much younger athletes.

She was backed up for Silver and Bronze by team mates **Lou Lyness** and **Margaret Moody** who had quite a battle for the

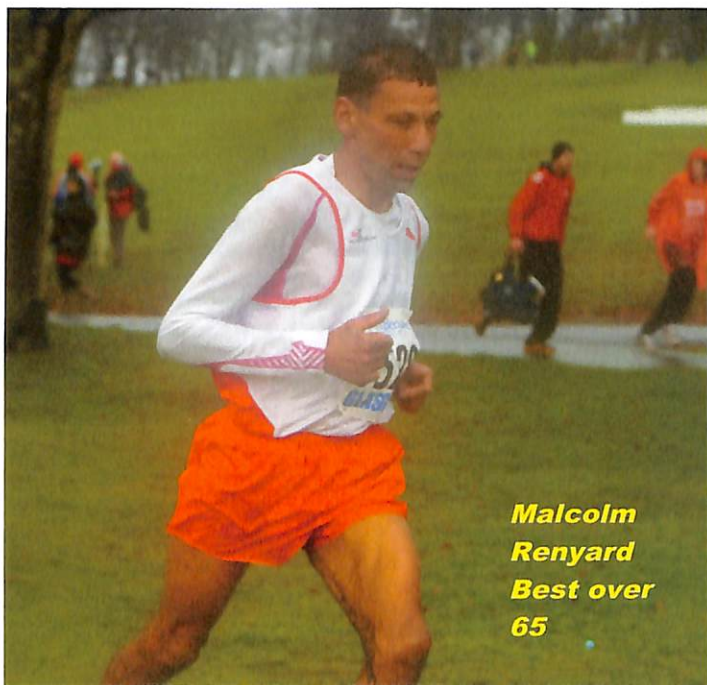
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Silver. Enabling England to obtain a 1, 2, 3 to win team Gold, with Ireland just finishing 2nd by 1 point from Wales

1. Angela Copson (Eng) 25.46 2. Lou Lyness (Eng) 27.37.
3. Margaret Moody (Eng) 27.42; Teams. 1. England 6,
2. Ireland 25, 3. Wales 26,

W65 Dot Fellows had a great race, finishing amongst much younger athletes and winning her age group for the second successive year. Scotland's **Betty Gilchrist** received the Silver with Ireland's **Kathleen O'Brien** holding off the challenge from N. Ireland's **Brigid Quinn** for Bronze. England winning the team medals from Ireland by just 2 points.

1. Dot Fellows (Eng) 28.02 2. Betty Gilchrist (Sco) 30.32 3. Kathleen O'Brien (Ire) 31.05; Teams. 1. England 14,
2. Ireland 16, 3. Scotland 28, 4. Wales 39.



**Malcolm
Renyard
Best over
65**

M65 Malcolm Renyard carried on his winning ways, with Gold, echoing his Dublin success. He was followed in by **Frank Reilly** and **George Mitchell**. George just holding off a former double winner **Martin Ford**, by 3 seconds. England winning the team Gold, by having 3 athletes in the first 5 home.

1. Malcolm Renyard (Eng) 23.54 2. Frank Reilly (Ire) 24.28 3. George Mitchell (Sco) 24.37; Teams. 1. England 10,
2. Scotland 25, 3. Ireland 26,

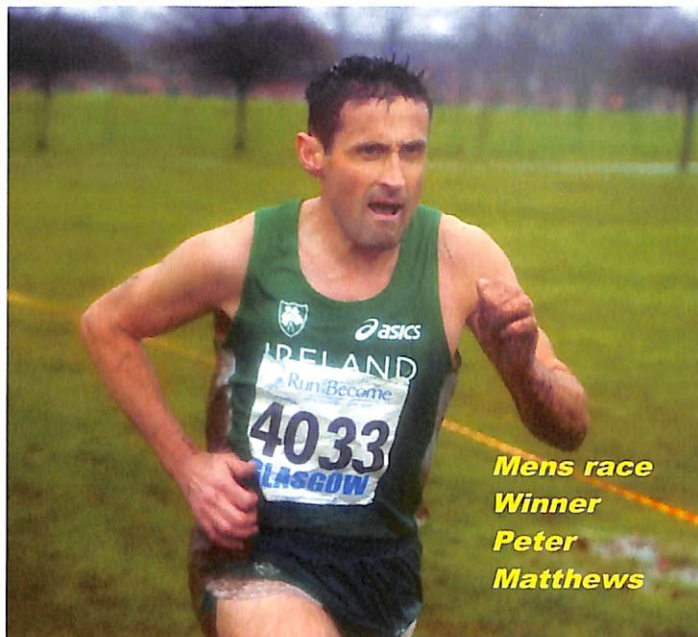
M70 Peter Covey had a great run to claim Gold in this age group; his front running enabled him to hold off **Terry O'Gara** by 12 seconds with **Brian Gough** taking the Bronze. His exploits helped England to win Gold, having 3 athletes in the first 4 scorers.

1. Peter Covey (Eng) 26.42 2. Terry O'Gara (Eng) 26.54 3. Brian Gough (Wal) 27.18; Teams. 1. England 7, 2. Wales 17,
3. Scotland 25,

Race 2 M35 + to M60+ 8k

After the first race the conditions worsened and at the downhill sections it became quite hazardous, there were reports of falls within both races. Extra sand was spread to cover exposed tarmac crossing points.

For future Internationals, the location and severity of courses must be an issue to discuss and take into consideration when planning the course lay out, it will hopefully help to reduce the health and safety risk that inclement weather can put on the event



**Mens race
Winner
Peter
Matthews**

The race went off on time and an early lead was obtained by **Peter Matthews** M40. On the first of two laps, he had developed a small lead from **Austin Davies** M45 also running strongly with both men showing the younger athletes their intentions. They were followed by the chasing pack which contained a mix of 35, 40 and 45 age groups. Further down the field the ageless **Mike Hagar** M60 was mixing it with younger athletes, some as much as 20 years his junior.

Peter Matthews M40 slightly increased his lead at the finish to record a win for Ireland by 30 seconds over Welshman **Austin Davies** M45, still retaining his Gold medal at this age group. Irishman **Ciaran Doherty** M35 was the 3rd place finisher a further 30 seconds behind, enabling him to also pick up Gold in his age group. It was in fact, a repeat of last year's results in Dublin with Peter not risking a sprint finish this year. The o/50's had a tremendous tussle for Gold with only 6 seconds between the first three positions, **Rob Atkinson** receiving Gold from fellow Englishman **Graeme Saker** with Scotsman **Neil Thin** just 2 seconds behind for Bronze. Just 35 seconds behind this trio was the amazing **Mike Hagar** running in the o/60 category with more than two thirds of the total finishers in his wake.

M35 Ciaran Doherty repeated his last year's Gold win, finishing in 3rd place in the race. **Jamie Reid** raised Scotland's hope of a team medal by finishing 2nd and **Alex Gibbins** put England in the mix with his 3rd placing by just 4 seconds from **David Millar**. (Sco) Ireland winning team Gold by 1 point from Scotland.

1. Ciaran Doherty (Ire) 25.45 2. Jamie Reed (Sco) 26.05 3. Alex Gibbins (Eng) 26.18; Teams. 1. Ireland 29, 2. Scotland 30, 3. England 32,

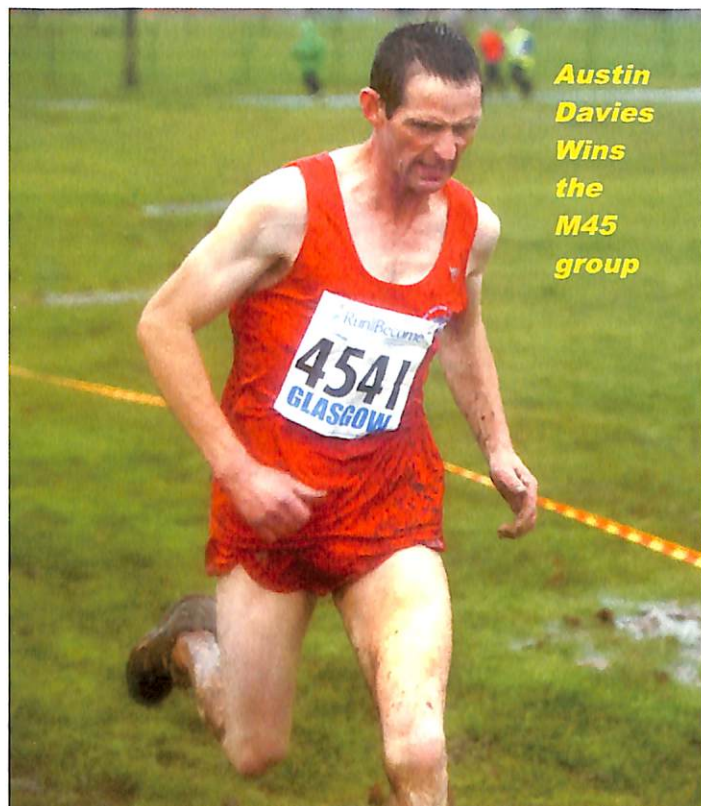
M40 Race winner **Peter Matthews** also repeating last year's Gold medal win, leaving a battle for the remaining medals between 3 athletes with **David Morwood** receiving Silver and **Stephen Duncan** holding off **Andy Morgan Lee** by 2 seconds for Bronze. England taking the team Gold.

1. Peter Matthews (Ire) 24.54 2. David Morwood (N/Ire) 25.50
3. Stephen Duncan (N/Ire) 26.03; Teams 1. England 26,
2. N/Ireland 29, 3. Ireland 36,

M45 Austin Davies obtained his 3rd consecutive Gold medal in this category, finishing 2nd overall and showing the younger

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athletes a clean pair of heels. **Mick Traynor** held off



**Austin
Davies
Wins
the
M45
group**

Dave Benton by 4 seconds for his Silver medal. England having 4 scorers in 6 finishers to take the team Gold.

1. Austin Davies (Wal) 25.24, 2. Mick Traynor (Ire) 26.29, 3. David Benton (Eng) 26.33; Teams. 1. England 17, 2. Ireland 27, 3. N/Ireland 56,

M50 This was the most competitive age group with only 6 seconds dividing the medal places. **Robert Atkinson** received the Gold with **Graeme Saker** taking Silver by just 1 second from **Neil Thin**. England winning the team Gold.

1. Robert Atkinson (Eng) 27.12, 2. Graeme Saker (Eng) 27.17, 3. Neil Thin (Sco) 27.18; Teams. 1. England 17, 2. Ireland 35, 3. Scotland 43,

M55 **David Butler** won his second Gold medal in this age group, also winning at Dublin. **Greg Wilson** took Silver just 9 seconds behind. **Brian Gardner** finishing in the Bronze position. England securing team Gold.

1. David Butler (Eng) 28.15 2. Greg Wilson (Eng) 28.24 3. Brian Gardner (Sco) 28.39; Teams. 1. England 7, 2. Scotland 14, 3. N/Ireland 36,

M60 What can I say about this man, **Mike Hagar** has now won a total of 11 titles over the years and he doesn't look to be slowing down. **Andy McLinden** on home soil taking Silver, with **Martin McEvilly** receiving the Bronze. Mike's efforts could not stop Ireland taking the team Gold as they finished 3 athletes in 5 places.

1. Mike Hagar (Eng) 27.53, 2. Andy McLinden (Sco) 29.31, 3. Martin McEvilly (Ire) 29.55; Teams. 1. Ireland 12, 2. England 18, 3. Wales 24;

A simple error by an official at the finish funnel caused a major panic, a complete row of athletes were moved out of line and had to be entered back into the results, in their original finishing order. This was resolved with the help of the team managers and members of the SVHC.

It is a massive task to organise an event of this size and I sympathise with the Scottish Veterans Athletic Club. The

previous week's rain and the atrocious conditions on the day made the event a nightmare to keep to plan, they did it with some hiccups, and I can only thank them for persevering with the problems throughout the day's schedule.



**Brian
Atkinson
in the
M50's**

MEN 35-64 (8K):

1 Peter Matthews (M40-1) IRL 24:54 ; 2 Austin Davies (M45-1) WAL 25:24 ; 3 Ciaran Doherty (M35-1) IRL 25:45; 4 David Morwood (M40-2) N-IRL 25:50 ; 5 Stephen Duncan (M40-3) N-IRL 26:03 ; 6 Andy Morgan-Lee (M40-4) ENG 26:05 ; 7 Jamie Reid (M35-2) SCO 26:05 ; 8 Paul Ward (M45-2) ENG 26:08 ; 9 Alex Gibbins (M35-3) ENG 26:18 ; 10 Stuart Doyle (M40-5) ENG 26:22 ; 11 David Millar (M35-4) SCO 26:22 ; 12 Pat Byrne (M35-5) IRL 26:25 ; 13 Paul Halford (M35-6) WAL 26:27 ; 14 Mick Traynor (M45-3) IRL 26:29 ; 15 Steve Cairns (M40-6) N-IRL 26:31 ; 16 David Benton (M45-5) ENG 26:33 ; 17 Robert Gilroy (M35-7) SCO 26:34 ; 18 Mark Greenwood (M35-8) ENG 26:37 ; 19 Paul Fernandez (M35-9) ENG 26:48 ; 20 Stuart Kerr (M40-7) SCO 26:50 ; 21 Paul Fleming (M35-10) IRL 26:51 ; 22 James Bleakley (M35-11) WAL 26:54 ; 23 Michael Aldridge (M35-12) ENG 26:54 ; 24 Phil Parry (M45-6) ENG 26:54 ; 25 Iain Twaddle (M40-8) ENG 27:01 ; 26 Peter O'Sullivan (M35-13) IRL 27:05 ; 27 Catch Grennan (M35-14) IRL 27:10 ; 28 James Cloney (M35-15) IRL 27:12 ; 29 Andy Buttery (M40-9) ENG 27:12 ; 30 Robert Atkinson (M50-1) ENG 27:12 ; 31 Graeme Saker (M50-2) ENG 27:17 ; 32 Neil Thin (M50-3) SCO 27:18 ; 33 Keith Newton (M45-7) ENG 27:22 ; 34 Paul Thompson (M35-16) ENG 27:31 ; 35 Noel Marum (M40-10) IRL 27:36 ; 36 Declan Power (M40) IRL 27:38 ; 37 Kerry-Liam Wilson (M40) SCO 27:38 ; 38 Damian Martin (M45-8) IRL 27:41 ; 39 Stewy Bell (M40) ENG 27:44 ; 40 Frank Hayes (M40) IRL 27:44 ; 41 Chris Williams (M40) WAL 27:48 ; 42 Paul Blaney (M40) IRL 27:50 ; 43 Tommy Payne (M50-4) IRL 27:50 ; 44 Kieran Carlin (M40) IRL 27:53 ; 45 Mike Hager (M60-1) ENG 27:53 ; 46 Julian Critchlow (M50-5) ENG 27:53 ; 47 Stephen McGrory (M40) N-IRL 27:56 ; 48 Joe McKnight (M35-17) SCO 27:56 ; 49 Kenny McPherson (M40) SCO 27:56 ; 50 Iain Campbell (M50-6) SCO 27:57 ; 51 Nick Dukes (M35-18) WAL 27:58 ; 52 Paul Cowhie (M45-9) IRL 27:58 ; 53 Sean Caulfield (M4510) IRL 27:58 ; 54 Gary Norgrove (M40) WAL 28:03 ; 55 Matt Wray (M45) N-IRL 28:03 ; 56 Martin Corcoran (M45) IRL 28:03 ; 57 David Rees (M35-19) WAL 28:03 ; 58 George McCourt (M35) N-IRL 28:03 ; 59 Tom Kenderdine (M35) ENG 28:03 ; 60 Michael McLoone (M45) SCO 28:03 ; 61 Iain Lloyd (M50-7) WAL 28:15 ; 62 Iain Connell (M35) SCO 28:15 ; 63 David Butler (M55-1) ENG 28:15 ; 64 Jerome Edwards (M35) WAL 28:15 ; 65 Dominic Bonner (M50-8) IRL 28:15 ; 66 Lee Jones (M40) WAL 28:15 ; 67 Greg Wilson (M55-2) ENG 28:24 ; 68 Brian McKee (M45) N-IRL 28:29 ; 69 Aengus Burke (M45) IRL 28:29 ; 70 Keith Ewing (M50-9) ENG 28:29 ; 71 John Bell (M40) SCO 28:35 ; 72 Ian Taggart (M35-24) N-IRL 28:35 ; 73 Nat Glenn (M45) N-IRL 28:35 ; 74 Rob Tudor (M45) ENG 28:35 ; 75 Brian Gardner (M55-3) SCO 28:39 ; 76 Russell Whittington (M35) SCO 28:39 ; 77 Alan Derrick (M45) SCO 28:44 ; 78 Nigel McKibben (M35) N-IRL 28:47 ; 79 Greg Hastie (M40) SCO 28:49 ; 80 Malcolm Eustace (M50-10) ENG 28:50 ; 81 Dale Mathers (M45) N-IRL 28:52 ; 82 Patrick O'Grady (M50) IRL 28:53 ; 83 Tom McGaff (M55-4) ENG 28:57 ; 84 Paul Talbot (M40) WAL 28:57 ; 85 Gerard Maloney (M50) IRL 28:57 ; 86 Paul Thompson (M55-5) SCO 28:57 ; 87 Martin McDonald (M50) IRL 28:57 ; 88 Rob Sheen (M50) WAL 29:02 ; 89 Ian Stewart (M50) SCO 29:02 ; 90 Alastair Dunlop (M55-6) SCO 29:05 ; 91 David Davies (M55-7) WAL 29:05 ; 92 Ian Johnston (M40) SCO 29:09 ; 93 Russell Owen (M50) WAL 29:14 ; 94 Mark Weir (M35) N-IRL 30:10 ; 95 Chris Fulcher (M35) WAL 30:13 ; 96 Peter Coles (M45) WAL 29:14 ; 97 James Turtle (M45) N-IRL 29:14 ; 98 Paul Griffiths (M40) WAL 29:18 ; 99 David Clarke (M50) N-IRL 29:18 ; 100 Lewis Lawson (M45) SCO 29:18 ; 101 Andy McLinden (M60-2) SCO 29:31 ; 102 Guy Bracken (M45) ENG 29:31 ; 103 Michael Bridgeland (M50) ENG 29:33 ; 104 John Stevenson (M50) SCO 29:34 ; 105 Chris Upson (M45) SCO 29:36 ; 106 Alex Chisholm (M55-8) SCO 29:39 ; 107 Craig Hutchinson (M45) N-IRL 29:42 ; 108 Jeff Farquhar (M50) SCO 29:44 ; 109 Jim Stafford (M50) IRL 29:47 ; 110 Andy Guy (M35) N-IRL 29:52 ; 111 Stuart Penny (M45) WAL

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(M45) N-IRL 29:42 ; 108 Jeff Farquhar (M50) SCO 29:44 ; 109 Jim Stafford (M50) IRL 29:47 ; 110 Andy Guy (M35) N-IRL 29:52 ; 111 Stuart Penny (M45) WAL 29:55 ; 112 Martin McEvilly (M60-3) IRL 29:55 ; 113 Denis Williams (M45) SCO 29:59 ; 114 Paul Besford (M40) ENG 30:02 ; 115 Alan Camp (M55-9) ENG 30:04 ; 116 Nick Frost (M50) WAL 30:04 ; 117 Lawrence Johnston (M50) N-IRL 30:07 ; 118 Paul Elliott (M55-10) N-IRL 30:19 ; 119 Phil Kendrick (M50) WAL 30:28 ; 120 Royston Whitehouse (M45) WAL 30:30 ; 121 Noel Connor (M40) N-IRL 30:31 ; 122 Gerry Coy (M50) N-IRL 30:36 ; 123 Peter Crane (M45) WAL 30:36 ; 124 Pat O'Shea (M60-4) IRL 30:39 ; 125 Jim Cooper (M45) SCO 30:41 ; 126 Kevin Hesketh (M55) WAL 30:50 ; 127 Matt Shields (M55) N-IRL 30:50 ; 128 Pat Muldoon (M55) IRL 30:59 ; 129 Paul Jenkins (M35-30) N-IRL 31:07 ; 130 J.J. Murphy (M60-5) IRL 31:14 ; 131 Mike Robbins (M45) WAL 31:17 ; 132 David Oxland (M60-6) ENG 31:18 ; 133 Ray Curran (M55) N-IRL 31:20 ; 134 Nigel Grier (M50) N-IRL 31:22 ; 135 John Patience (M50) N-IRL 31:23 ; 136 Eddie Walsh (M55) IRL 31:32 ; 137 Steve Davies (M50) WAL 31:33 ; 138 Karl Dines (M50) N-IRL 31:35 ; 139 Mike MacDomhnaill (M55) IRL 31:38 ; 140 Jim Newberry (M55) N-IRL 31:46 ; 141 Griff Owens (M60-7) WAL 31:54 ; 142 Paul Ross Davies (M60-8) WAL 32:02 ; 143 Elio Lepore (M55) WAL 32:04 ; 144 Matthew Alexander (M55) IRL 32:06 ; 145 Tony Davies (M60-9) WAL 32:09 ; 146 Jim Gaughan (M60-10) IRL 32:50 ; 147 John Skelton (M60) ENG 32:55 ; 148 Terry Eakin (M60) N-IRL 33:02 ; 149 Richard Marks (M60) WAL 33:04 ; 150 Gerry Bell (M60) N-IRL 33:06 ; 151 Des Michael (M60) ENG 33:16 ; 152 Mick McGeoch (M55) WAL 34:13 ; 153 Robert Marshall (M60) SCO 34:20 ; 154 Andy Rennie (M60) SCO 34:21 ; 155 Charles Noble (M60) SCO 35:07 ; 156 Ernest Hall (M60) N-IRL 36:42 ; 157 Francis Boal (M60) N-IRL 37:15 ;

M35-39: 1 IRL 1 5 10 13 (29); 2 SCO 2 4 7 17 (30); 3 ENG 3 8 9 12 (32); 4 WAL 6 11 18 19 (54); 5 N-IRL 20 24 26 27 (97);
M40-44: 1 ENG 4 5 8 9 (26); 2 N-IRL 2 3 6 18 (29); 3 IRL 1 10 11 14 (36); 4 SCO 7 12 19 22 (60); 5 WAL 15 20 21 24 (80);
M45-49: 1 ENG 2 4 5 6 (17); 2 IRL 3 7 8 9 (27); 3 N-IRL 10 13 15 18 (56); 4 WAL 1 19 25 27 (72); 5 SCO 12 17 21 23 (73);
M50-54: 1 ENG 1 2 5 9 (17); 2 IRL 4 8 11 12 (35); 3 SCO 3 6 15 19 (43); 4 WAL 7 14 16 22 (59); 5 N-IRL 17 23 25 26 (91);
M55-59: 1 ENG 1 2 4 (7); 2 SCO 3 5 6 (14); 3 N-IRL 10 12 14 (36); 4 WAL 7 11 18 (36); 5 IRL 13 15 16 (44);
M60-64: 1 IRL 3 4 5 (12); 2 ENG 1 6 11 (18); 3 WAL 7 8 9 (24); 4 SCO 2 16 17 (35); 5 N-IRL 12 14 19 (45);



**Peter
Covey M70**

M65+(6K):

1 Malcolm Renyard (M65-1) ENG23:54; 2 Frank Reilly (M65-2) IRL 24:28 ; 3 George Mitchell (M65-3) SCO 24:37 ; 4 Martin Ford (M65-4) ENG24:40 ; 5 Geoff Newton (M65-5) ENG24:57 ; 6 William Allan (M65-6) ENG25:13 ; 7 John Llewellyn (M65-7) WAL 25:22 ; 8 Stewart McCrae (M65-8) SCO 25:49 ; 9 Dic Evans (M65-9) WAL 26:10 ; 10 David Seaton (M65-10) N-IRL 26:39 ; 11 Peter Covey (M70-1) ENG26:42 ; 12 Pat Bonass (M65) IRL 26:44 ; 13 Peter Roberts (M65) WAL 26:51 ; 14 Terry O'Gara (M70-2) ENG26:54 ; 15 Pat Healy (M65) IRL 27:02 ; 16 Peter Cartwright (M65) SCO 27:07 ; 17 Brian Smith (M65) N-IRL 27:12 ; 18 Fred Murdoch (M65) N-IRL 27:15 ; 19 Brian Gough (M70-3) WAL 27:18 ; 20 Willie Weir (M65) N-IRL 27:37 ; 21 Fred Gibbs (M70-4) ENG27:40 ; 22 Ken Buckle (M70-5) WAL 28:04 ; 23 Peter Moody (M65) WAL 28:32 ; 24 Ian Leggett (M70-6) SCO 28:35 ; 25 David Fairweather (M65) SCO 28:44 ; 26 John Batchelor (M70-7) ENG28:47 ; 27 Watson Jones (M70-8) SCO 29:01 ; 28 Ron Harrison-Jones (M70-9) WAL 29:19 ; 29 Gary Nicholl (M70-10) N-IRL 30:19 ; 30 Walter McCaskey (M70) SCO 30:25 ; 31 Roger Harrison-Jones (M70) WAL 30:29 ; 32 Willie Murray (M70) SCO 31:31 ; 33 Drew Crawford (M70) N-IRL 33:36 ; 34 Terry O'Keeffe (M70) IRL 33:45 ; 35 Mike Duggan (M70) IRL 34:13 ; 36 Bertie Grimason (M70) N-IRL 40:47 ;

M65-69: 1 England 1 4 5 (10); 2 Scotland 3 8 14 (250); 3 Ireland 2 11 13 (26); 4 Wales 7 9 12 (28); 5 Northern Ireland 10 15 16 (41);
M70 Plus: 1 England 1 2 4 (7); 2 Wales 3 5 9 (17); 3 Scotland 6 8 11 (25); 4 Northern Ireland 10 14 17 (41);

WOMEN 35-65(6K)+:

1 Claire Martin (W35-1) ENG 21:42; 2 Caroline Betmead (W40-1) ENG 21:51; 3 Lesley Chisholm (W35-2) SCO 22:02; 4 Melissa Whyte (W45-1) SCO 22:03; 5 Fiona Matheson (W50-1) SCO 22:09; 6 Cathy McCourt (W35-3) N-IRL 22:10; 7 Philippa Taylor (W40-2) ENG 22:14; 8 Dianne Lauder (W35-4) SCO 22:15; 9 Kim Fawke (W35-5) ENG 22:17; 10 Sue Samme (W45-2) ENG 22:19; 11 Niamh O'Sullivan (W45-3) IRL 22:22; 12 Bev Jenkins (W40-3) ENG 22:24; 13 Emma Stepto (W40-4) ENG 22:25; 14 Lucy Hodgson (W35-6) ENG 22:25; 15 Clare Elms



(W45-5) ENG 22:34; 16 Susan Ridley (W45-6) SCO 22:40; 17 Julia Henderson (W35-7) SCO 22:42; 18 Maria Carey (W35-8) IRL 22:44; 19 Jean Wilson (W35-9) IRL 22:45; 20 Jane Wassell (W45-7) ENG 22:58; 21 Jane Clarke (W50-2) ENG 23:08; 22 Kirsty Husband (W45-8) SCO 23:24; 23 Donna Mahon (W40-5) IRL 23:26; 24 Sue Beconsall (W50-3) ENG 23:31; 25 Alison Dargie (W35-10) ENG 23:42; 26 Hilary McGrath (W45-8) SCO 23:45; 27 Monica Williamson (W50-4) ENG 23:47; 28 Joanne Donnelly (W35) WAL 23:54; 29 Carmel Parnell (W55-1) IRL 23:59; 30 Tracey Greenway (W45-9) ENG 24:04; 31 Sheila Gollan (W40-6) SCO 24:08; 32 Roberta Dornan (W35) N-IRL 24:13; 33 Anne Luke (W50-5) ENG 24:19; 34 Satu Haikala (W40-7) WAL 24:21; 35 Gillian Burns (W40-8) N-IRL 24:23; 36 Lisa Finlay (W35) N-IRL 24:25; 37 Jackie McGinley (W40-9) N-IRL 24:27; 38 Gail Duckworth (W55-2) ENG 24:31; 39 Anne Curley (W40-10) IRL 24:33; 40 Mairead Murphy (W40) IRL 24:35; 41 Stephanie Hambling (W40) N-IRL 24:41; 42 Anne Sullivan (W50-6) IRL 24:43; 43 Debbie Matchett (W45-10) N-IRL 25:01; 44 Jane Horler (W40) WAL 25:11; 45 Hazel Dean (W40) SCO 25:15; 46 Celia White (W45) WAL 25:19; 47 Fiona Desmond (W40) IRL 25:28; 48 Geraldine Brannagh (W45) IRL 25:29; 49 Ann Moore (W45) IRL 25:29; 50 Alison Winship (W40) SCO 25:32; 51 Ruth Magill (W50-7) N-IRL 25:34; 52 Mary Sweeney (W50-8) IRL 25:42; 53 Emma Collins (W45) WAL 25:44; 54 Angela Copson (W60-1) ENG 25:46; 55 Sheelagh Jones (W50-9) IRL 25:49; 56 Mary McCutcheon (W40) SCO 25:49; 57 Liz Cuskelly (W35) IRL 25:52; 58 Susan Davies (W45) WAL 25:52; 59 Annie Williams (W50-10) WAL 25:55; 60 Sue Ogilvie (W55-3) ENG 26:02; 61 Paula Wilson (W35) SCO 26:15; 62 Orla Gormley (W45) IRL 26:17; 63 Catherine Brogan (W35) IRL 26:19; 64 Alyson Hayes (W35) WAL 26:19; 65 Laura Mahady (W50) SCO 26:28; 66 Anne Sandford (W45) N-IRL 26:36; 67 Nicola Gething (W35) WAL 26:36; 68 Sian Finlay (W40) N-IRL 26:47; 69 Jane Georgiou (W55-4) ENG 26:49; 70 Jane Waterhouse (W55-5) SCO 26:54; 71 Geraldine Quigley (W35) N-IRL 26:56; 72 Mary Jennings (W55-6) IRL 27:01; 73 Helen MacArthur (W35) WAL 27:02; 74 Dawn Kenwright (W55-7) WAL 27:14; 75 Julia Harris (W40) WAL 27:15; 76 Ann Saxena (W55-8) WAL 27:15; 77 Marie McChord (W50) SCO 27:18; 78 Erica Christie (W55-9) SCO 27:25; 79 Phyllis Hands (W55-10) SCO 27:34; 80 Lou Lyness (W60-2) ENG 27:37; 81 Jenny Phillips (W45) WAL 27:42; 82 Margaret Moody (W60-3) ENG 27:42; 83 Mary Mackin (W50) N-IRL 27:59; 84 Dot Fellows (W65-1) ENG 28:02; 85 Ros Tabor (W60-4) ENG 28:04; 86 Carmel MacDomhnaill (W55) IRL 28:07; 87 Lyndy Eynon (W50) WAL 28:07; 88 Fiona Davies (W55) WAL 28:15; 89 Fionnuala McCourt (W50) N-IRL 28:24; 90 Joan Coyle (W60-5) IRL 28:40; 91 Ann James (W60-6) WAL 28:42; 92 Una Gavin (W50) N-IRL 28:44; 93 Kate Todd (W60-7) SCO 28:47; 94 Roisin Lynch (W60-8) IRL 28:50; 95 Aire McNeill (W45) N-IRL 28:54; 96 Rosemary Wilson (W50) WAL 28:57; 97 Christine Birch (W60-9) WAL 28:59; 98 Jan Fellowes (W55) SCO 28:59; 99 Paula McGilloway (W45) N-IRL 29:01; 100 Jane Morley (W55) ENG 29:36; 101 Una Reilly (W55) IRL 29:43; 102 Edwina Turner (W50) WAL 29:45; 103 Caroline Dallimore (W55) WAL 29:48; 104 Betty Gilchrist (W65-2) SCO 30:32; 105 Beth McLafferty (W60-10) SCO 30:39; 106 Kathleen O'Brien (W65-3) IRL 31:05; 107 Brigid Quinn (W65-4) N-IRL 31:33; 108 Margaret Docking (W60) WAL 31:45; 109 Pauline Rich (W65-5) ENG 31:56; 110 Maureen Oliver (W55) N-IRL 32:15; 111 Pam Benson (W65-6) IRL 32:16; 112 Eileen O'Brien (W60) IRL 32:22; 113 Maggie Oliver (W60) WAL 32:28; 114 Margaret Monk (W40) WAL 32:46; 115 Jane Comiskey (W60) IRL

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33:09; 116 Ann Woodlock (W65-7) IRL 33:48; 117 Christine Lee (W65-8) ENG 34:08; 118 Lynne Marr (W50) SCO 34:38; 119 Brenda King (W65-9) ENG 34:42; 120 Maureen Fitzgerald (W65-10) IRL 34:48; 121 Sheila Bauchop (W65) SCO 34:53; 122 Brenda Jones (W65) WAL 35:15; 123 Ann Bath (W60) SCO 35:41; 124 Pauline Thomas (W65) WAL 36:16; 125 Clare Johnson (W65) WAL 39:08; 126 Jean Harthill (W65) SCO 39:18;

W35-39: 1 England 1 5 6 (12); 2 Scotland 2 4 7 (13); 3 Northern Ireland 3 12 13 (28); 4 Ireland 8 9 14 (31); 5 Wales 11 17 18 (46);

W40-44: 1 England 1 2 3 (6); 2 Ireland 5 10 11 (26); 3 Northern Ireland 8 9 12 (29); 4 Scotland 6 14 16 (36); 5 Wales 7 13 19 (39);

W45-49: 1 England 2 4 6 (12); 2 Scotland 1 5 7 (13); 3 Ireland 3 12 13 (28); 4 Wales 11 14 15 (40); 5 Northern Ireland 10 17 19 (46);

W50-54: 1 England 2 3 4 (9); 2 Ireland 6 8 9 (23); 3 Scotland 1 11 12 (24); 4 Northern Ireland 7 13 15 (35); 5 Wales 10 14 17 (41);

W55-59: 1 England 2 3 4 (9); 2 Ireland 1 6 11 (18); 3 Scotland 5 9 10 (24); 4 Wales 7 8 12 (27);

W60-64: 1 England 1 2 3 (6); 2 Ireland 5 8 12 (25); 3 Wales 6 9 11 (26); 4 Scotland 7 10 15 (32);

W65 Plus: 1 England 1 5 8 (14); 2 Ireland 3 6 7 (16); 3 Scotland 2 11 15 (28); 4 Wales 12 13 14 (39);

OVERALL WOMEN: 1st-England-35; 2nd-Republic of Ireland-25;

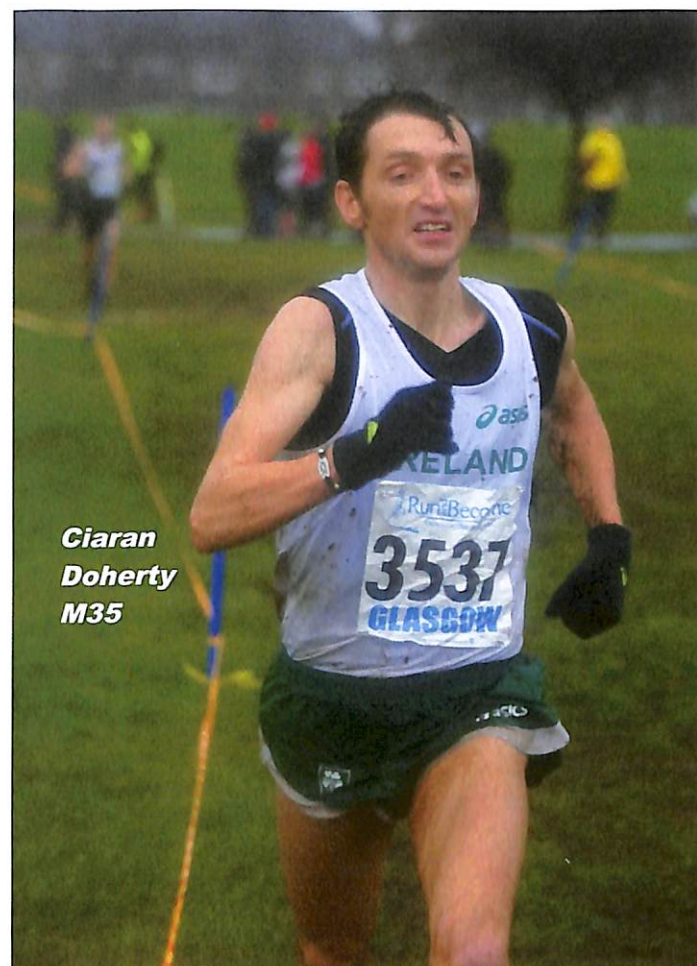
3rd-Scotland-21; 4th-Wales-12; 5th-Northern Ireland-9;

OVERALL MEN: 1st-England-37; 2nd-Republic of Ireland-25;

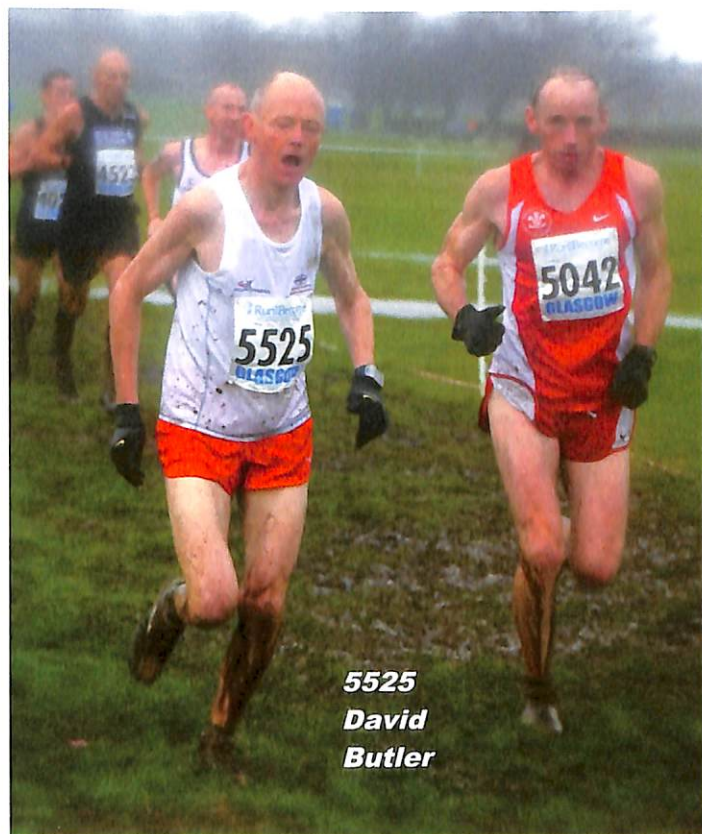
3rd-Scotland-23; 4th-Wales-18; 5th-Northern Ireland-16;

OVERALL COMBINED: 1st-England-72; 2nd-Republic of Ireland-50; 3rd-Scotland-44; 4th-Wales-30; 5th-Northern Ireland-25;

24:35; 22 Joseph McNamee (M50) Irvine 24:41; 23 Alasdair Murray (M40) Kilmarnock H 24:51; 24 Caroline Wood (F50) England 24:53; 25 John Smillie (M40) Inverclyde AC 24:54; 26 Nicola Blandford (F35) England 24:59;



**Ciaran
Doherty
M35**



**5525
David
Butler**

OPEN RACE 6K:

1 John Herbert (M40) England 20:25; 2 Michael Moore (F60) England 21:02; 3 Paul Waterston (M40) England 21:48; 4 Alex Allardyce (F60) Scotland 21:53; 5 Cathal McLaughlin (F60) Northern Ireland 22:52; 6 Colin Miller (M50) Scotland 22:58; 7 Michael McQuaid (M40) Falkirk Vic 23:07; 8 Graham Ratcliffe (M50) England 23:18; 9 Steve Smith (M50) England 23:23; 10 Andrew McCaffery (M40) Calderglen H 23:26; 11 John Duffy (M40) Shettleston H 23:41; 12 James McFadden (M40) Inverclyde AC 23:43; 13 Benjamin Hands (M50) Motherwell AC 23:46; 14 Dermot Connolly (M50) Northern Ireland 23:48; 15 Alex Bryce (M50) Falkirk Vic 23:50; 16 John Shapland (M50) England 23:57; 17 Clive Harwood (M60) England 24:15; 18 Gerard Scullion (M40) Bellahouston Road R 24:27; 19 Gerry Craig (M40) VP-Glasgow AAC 24:30; 20 John Exley (M60) England 24:32; 21 Charlie Dickenson (M60) England

27 David Dickson (M50) Garscube H 25:00; 28 John Gilhooly (M50) Scottish Vets 25:02; 29 Andy 26:07; 34 Steven Connell (M40) Irvine 26:09; 35 Campbell Joss (M50) Cartha Harriers 26:11; 36 Anne Murray (F35) Scotland 26:26; 37 Joseph Doyle (M50) Victoria Park CoG 26:30; 38 Siobhan Lennon (F35) Ennis Track AC 26:50; 39 Clare Barr (F35) Scotland 26:55; 40 David Davies (M60) Wales 26:55; 41 Peter Rowland (M60) England 27:14; 42 Sharon Hawins (F50) Invicta East Kent 27:27; 43 Jim White (M60) Scotland 27:31; 44 Frances Maxwell (F50) Scotland 27:42; 45 Barbara Knox (F50) Springburn Harriers 27:46; 46 Gibson Fleming (M60) Westerlands 27:48; 47 Thomas McCord (M50) Kirkintilloch Oly 27:50; 48 Jim McMillan (M60) Scotland 27:52; 49 Harry Fenion (M40) Unattached 28:22; 50 David Bunyan (M60) Falkirk Vic 28:34; 51 Marian Hesketh (F60) Preston Harriers 28:49; 52 Walter Ryder (M60) England 28:54; 53 Marina McCallum (F35) Scotland 29:08; 54 Lesley Hall (F60) England 29:13; 55 Alistair Kerr (M60) Scotland 29:32; 56 David Spencer (M60) Barrow & Furness S 29:51; 57 Rosaleen O'Brien (F35) Northern Ireland 29:55; 58 Marion Smith (F60) Kendal AC 29:57; 59 Amanda Russell (F50) Dromore 30:00; 60 Kenny Mearns (M50) Lothian RC 30:01; 61 George Buckley (M60) England 30:05; 62 Gerry McNamee (M50) Giffnock North 30:08; 63 David Proffitt (M50) Newport Harriers 30:12; 64 Geoff Harris (F60) Hardley Runners 30:27; 65 Ted Orrell (M60) England 30:54; 66 Stewart Cook (M40) Unattached 31:04; 67 Fred McCain (M60) Haddington ELP 31:06; 68 James Rowley (M60) Law & District 31:31; 69 Les Nicol (M60) Scotland 32:14; 70 John Taylor (M60) Bellahouston H 33:25; 71 Janice Moorkite (F50) Invicta East Kent 34:35; 72 Charlie Steven (M50) Calderglen H 34:37; 73 Mark Tattershall (M60) Wales 34:39; 74 Christine Harris (M60) Hardley Runners 35:21; 75 Brenda Robinson (F60) England 36:29; 76 Thomas Knight (M60) Greenock Glenpark 37:03; 77 Richard Hodelet (M60) Greenock Glenpark 39:16;

MASTERS ATHLETICS WINTER 2011

BRITISH INDOOR BESTS

(Source BMAF Website, Power of 10, TOPS Rankings)

60					M50	D Wilcock	2:00.53	Birmingham	25/1/04
M35	L Christie	6.51	Sinderfingen	1/3/97	M55	R Phipps	2:08.15	Birmingham	17/1/99
M40	A Noel	6.93	Carshalton	11/3/06	M60	J Newcombe	2:16.9	Birmingham	2/3/97
M45	K Burgess	7.18	Glasgow	16/3/02	M65	H Tempan	2:24.81	Glasgow	17/3/91
M50	D Elderfield	7.25	Birmingham	17/2/08	M70	J Todd	2:34.2	Glasgow	7/3/92
M55	Dave Elderfield	7.48	Ghent	2011	M75	J Todd	2:43.5	Birmingham	2/3/97
M60	R Taylor	7.76	Glasgow	20/3/94	M80	Eric Shirley	3:35.99	London	27/3/11
M65	C Williams	8.17	Birmingham	2/3/96	W35	G Retchakan	2:10.06	Birmingham	4/2/98
M70	C Williams	8.47	Glasgow	16/3/02	W40	S Heath	2:14.09	Sindelfingen	12/3/04
M75	C Williams	8.80	Cardiff	4/3/06	W45	Sally Read-Cayton	2:18.53	Ghent	2011
M80	Charlie Williams	9.55	Ghent	2011	W50	C Marler	2:25.28	Cardiff	18/2/01
M85	S Stein	11.07	Linz	18/3/06	W55	N Hitchmough	2:34.33	Cardiff	5/3/06
M90	T Rawlinson	18.37	Lee Valley	3/3/08	W60	P Gallagher	2:40.28	Cardiff	5/3/06
W35	J Maduaka	7.29	Sheffield	13/2/10	W65	Pat Gallagher	2:59.16	Ghent	2011
W40	J Harwood	8.04	Glasgow	28/2/98	W70	Kathleen Stewart	3:17.47	London	27/2/11
	H Godsell	8.0	London (CP)	18/2/96	1500				
W45	K King	8.07	C-Ferrand	17/3/08	M35	Anthony Whiteman	3:50.72	Lee valley	27/2/10
W50	H Godsell	8.25	Sutton	30/1/05	M40	G Grant	3:57.16	Birmingham	1/1/95
W55	H Godsell	8.46	Ancona	26/3/09	M45	J Potts	4:03.69	Cosford	9/3/90
W60	V Parsons	8.68	Helsinki	23/3/07	M50	D Wilcock	4:12.67	Cardiff	21/2/04
W65	J Ogden	9.40	Glasgow	20/3/94	M55	A Dunlop	4:24.39	Glasgow	17/1/09
W70	J Ogden	9.98	Birmingham	27/2/99	M60	M Morrell	4:37.80	Glasgow	20/3/94
W75	Rosemary Chrines	10.86	London (LV)	27/3/10	M65	H Tempan	4:53.02	Glasgow	17/3/91
W80	M Wixey	12.43	Cardiff	17/2/01	M70	J Todd	5:13.1	Glasgow	6/3/92
W85	M Wixey	14.66	Helsinki	23/3/07	M75	J Todd	5:42.26	Birmingham	2/3/97
W90	Mary Wixey	17.41	Ghent	2011	M80	Ernie Warwick	6:19.34	Birmingham	2/3/96
200					M85	J Farrell	8:41.47	Glasgow	22/2/97
M35	D Turner	20.59	Birmingham	17/2/02	W35	Helen Clitheroe	4:10.08	Stuttgard	6/2/10
M40	Darren Scott	21.71	Birmingham	7/2/10	W40	C Elms	4:36.46	Lee Valley	23/2/08
M45	V Oliver	22.76	Birmingham	1/3/98	W45	C Elms	4:38.05	London	7/3/09
M50	S Peters	23.22	Sindelfingen	11/3/04	W50	P Gallagher	4:51.68	Birmingham	7/2/98
M55	S Peters	24.13	Ghent	2011	W55	N Hitchmough	5:08.69	Linz	20/3/06
M60	R Taylor	25.25	Glasgow	20/3/94	W60	P Gallagher	5:22.50	Cardiff	18/2/06
M65	C Williams	26.41	Birmingham	2/3/97	W65	K Stewart	6:03.01	Cardiff	19/2/05
M70	A Meddings	27.40	Birmingham	1/3/98	W70	Kathleen Stewart	6:43.54	London	26/2/11
M75	C Williams	29.94	Ancona	28/3/94	W75	B Norrish	8:39.73	Cardiff	4/3/06
M80	Charlie Williams	33.05	Ghent	2011	3000				
M85	S Stein	43.31	Cardiff	5/3/06	M35	R Palmer	8:50.77	Lee Valley	24/2/08
W35	D Fraser	23.38	Birmingham	8/2/09	M40	N Gates	8:20.16	Birmingham	23/1/94
W40	J Harwood	25.99	Glasgow	28/2/98	M45	N Gates	8:45.19	Malmo	4/3/99
W45	A McLelland	26.36	Cardiff	20/2/05	M50	N Gates	8:49.37	Birmingham	15/2/04
W50	A McLelland	26.77	Ancona	28/3/09	M55	S James	9:23.43	Glasgow	20/3/94
W55	V Bonner	28.68	Ancona	28/3/09	M60	A Brown	9:43.88	Glasgow	20/3/94
W60	V Parsons	29.16	Helsinki	25/3/07	M65	W Marshall	10:2.28	Glasgow	13/3/93
W65	J Ogden	32.0	Cosford	20/3/93	M70	J Todd	11:08.49	Glasgow	20/3/94
W70	J Ogden	33.11	Glasgow	28/2/98	M75	J Todd	12:12.72	Birmingham	28/2/97
W75	M Wixey	41.70	Birmingham	2/3/97	M80	G Porteous	14:10.79	Glasgow	20/3/94
400					W35	H Clitheroe	8:39.81	Birmingham	19/2/11
M35	J Merritt	50.25	Birmingham	8/2/09	W40	P Gallagher	9:52.84	Cosford	9/1/87
M40	Darren Scott	49.35	Birmingham	21/2/10	W45	C Elms	9:59.23	London	8/3/09
M45	D Maynard	51.11	Lee Valley	23/2/08	W50	P Gallagher	10:17.53	Birmingham	4/1/97
M50	D Elderfield	52.54	Birmingham	2/2/08	W55	Gail Duckworth	11:04.85	London	27/2/11
M55	David Elderfield	54.19	Ghent	2011	W60	Angela Copson	11:29.52	London	27/2/11
M60	V Blanchard	58.84	Sindelfingen	14/3/04	W65	Pat Gallagher	12:58.39	Ghent	2011
M65	Terry Bissett	61.34	Ghent	14/2/10	W70	J Waller	14:13.7	Cosford	20/3/94
M70	M Fox	66.08	London	7/3/09	W75	Anne Martin	15:43.40	London	27/2/11
M75	Tony Bowman	77.72	Ghent	2011	60H				
M80	Tom Clowry	82.41	London	27/3/10	M35	C Jackson	7.40	Vienna	2/3 /02
W35	D Fraser	52.83	Sheffield	15/02/09	M40	G Dunson	8.28	Cardiff	4/3/06
W40	S Read-Caton	57.82	Clermont Ferrand	22/3/08	M45	Greg Dunson	8.63	Ghent	2011
W45	C Marler	59.86	Birmingham	2/3/97	M50	T Wells	8.92	Malmo	6/3/99
W50	C Powell	61.29	Clermont Ferrand	22/3/08	M55	T Wells	9.09	Linz	19/3/06
W55	Caroline Powell	63.87	Lee Valley	07/03/09	M60	T Wells	9.35	Ancona	28/3/09
W60	Y Priestman	72.46	Linz	20/3/06	M65	B Ferguson	9.68	Clermont-Ferrand	21/3/08
W65	D Fraser	80.15	Glasgow	16/3/02	M70	T Bowman	10/06	Cardiff	4/3/06
W70	D Fraser	83.99	Clermont Ferrand	22/3/08	M75	Tony Bowman	10.77	Lee Valley	26/2/11
W75	B Green	2:11.60	Helsinki	23/3/07	M80	T Rawlinson	16.41	Birmingham	28/2/97
800					M85	T Rawlinson	16.06	Glasgow	16/3/02
M35	Anthony Whiteman	1:52.82	Sheffield	13/2/10	W35	C Court	8.18	Paris	7/3 /97
M40	P Browne	1:55.63	Cosford	16/2/90	W40	C Court	8.55	Birmingham	28 /1 /01
M45	P Browne	1:57.32	Budapest	29/1/95	W45	M Laing	9.13	Eskilstuna	11/3/05
					W50	J Harwood	9.62	Clermont Ferrand	20/3/08
					W55	J Fail	10.24	Linz	19/3/06
					W60	Jean Fail	10.69	London	26/2/11
					W65	J Charles	12.29	Clermont ferrand	17/3/08
					HJ				

MASTERS ATHLETICS WINTER 2011

M35	D Grant	2.25	Birmingham	1/3 /03	M80	Ajit Kalirai	5.94	Lee Valley	24/2/08
M40	D Grant	2.10	Banska Bystrica SVK	5/2/08	W35	Ashia Hansen	13.68	Sheffield	10/2/07
MM45	S Linsell	1.85	London	28/3/10	W40	J Pryce	11.14	Bordeaux	11/3/01
M50	E Fitzgerald	1.71	Glasgow	21/2/98	W45	J Pryce	10.65	Linz	18/3/06
M55	S Power	1.65	Birmingham	20/3/94	W50	Janice Pryce	9.84	London	27/2/11
M60	A Bateman	1.60	Birmingham	22/99	W55	M Simmons	8.90	Cardiff	8/2/01
M65	A Bateman	1.56	Glasgow	16/2/03	W60	C Graham	8.35	Birmingham	2/3/97
M70	A Crocker	1.48	Linz	15/3/06	W65	I Holder	8.19	Linz	18/3/06
M75	Tony Crocker	1.40	Ghent	2011	W70	A Martin	6.83	Linz	18/3/06
M80	T Rawlinson	1.04	Birmingham	2/3/97	W75	Anne Martin	6.70	Ghent	2011
M85	T Rawlinson	0.97	Glasgow	16/3/02	W80	M Wixey	4.38	Cardiff	18/2/01
W35	Julia Bennett	1.81	Zaragoza (ESP)	28/1/07	W85	M Wixey	3.61	Linz	18/3/06
W40	Julia Machin	1.78	London	27/3/10	SP				
W45	W Laing	1.63	ClermontFerrand	21/3/08	M35	M Proctor	20.85	Kings Lynn	25/1/98
W50	C Filer	1.47	Lee Valley	23/2/08	M40	S Whyte	16.18	Eskilstuna	12/3/05
W55	R Chrimes Carole Filer	1.36	Not given London	27/2/11	M45	John Nicholls	14.92	Sheffield	13/2/11
W60	R Chrimes	1.30	Birmingham	1/3/97	M50	N Griffin	16.01	Eton	25/11/00
W65	R Chrimes	1.25	Birmingham		M55	N Giffin	14.73	Slough	7/3/04
W70	R Chrimes	1.18	Cardiff	19/2/05	M60	Neil Griffin	14.25	London (LV)	14/2/10
W75	R Chrimes	1.16	London	27/3/10	M65	G Hickey	12.51	London (CP)	18/4/99
PV					M70	G Hickey	11.93	Cardiff	21/2/04
M35	C North	5.05	Loughborough Cardiff	21/2/09 10/1/10	M75	Ian Miller	11.15	Lee Valley	27/3/10
M40	M Johnson	4.53	Manchester	25/3/06	M80	Jaroslav Hanus	8.83	Lee Valley	27/3/11
M45	Mark Johnson	4.50	London	28/3/10	M85	Les D'Arcy	7.26	London	27/3/10
M50	A Williams	4.20	Sutton		M90	T Rawlinson	5.10	London	3/3/07
M55	A Williams	3.91	London	20/2/11	W35	J Oakes	18.72	Stockholm,SWE	9/3 /96
M60	R Brown	3.60	Stoke	10/12/04	W40	J Oakes	18.42	Valencia, ESP	28/2/98
M65	R Brown	3.30	Glasgow	28/2/98	W45	J Kerr	11.54		
M70	R Brown	3.20	Glasgow	15/2/03	W50	R Chrimes	12.48		
M75	R Brown	2.71	Lee Valley	23/2/08	W55	E Williams	12.09	Birmingham	12/2/95
M80	T Rawlinson	1.80	Glasgow	28/2/98	W60	E Williams	11.97	Malmö	5/3/99
W35	I Hill	3.80	Sindelfingen	12/3/04	W65	R Chrimes	11.75	Glasgow	17/3/02
W40	I Hill	3.65	Sindelfingen	29/1/10	W70	E Williams	10.82	Clermont Ferrand	18/3/08
W45	J Ibbitson	3.00	Glasgow	17/2/07	W75	R Chrimes	9.15	London	26/2/11
W50	J Ibbitson	3.00	Glasgow	16/2/08	W80	M Williams	4.36	Birmingham	28/2/97
W55	S Yeomans	2.80	Eton	6/2/10	W85	M Wixey	3.72	Lee Valley	3/3/07
W60	M Coombe	2.00	Helsinki	24/3/07	W90	Mary Wixey	3.13	Ghent	2011
LJ					3000	WALK			
M35	B Williams	7.87	Turin , ITA	13/2 /91	M35	A Drake	11:58.49	Cardiff	2/2 /02
M40	B Williams	7.52	Birmingham	2 /3 /96	M40	M Williams	12:55.56	Birmingham	18/2/07
M45	J Charlton	6.40	Cosford	13/3/93	M45	R Care	13:03.3	Cosford	20/3/93
M50	T Wade	6.01	ClermontFerrand	21/3/08	M50	A Smallwood	13:06.0	Cosford	20/3/93
M55	J Charlton	5.78	Cardiff	22/04	M55	Nick Silvester	14:01.61	Ghent	2011
M60	A Bateman	5.35	Birmingham	28/2/97	M60	Ian Richards	14:29.63	Ghent	2011
M65	A Treacher	4.79	Stockholm	9/2/08	M65	B Gore	15:32.58	Birmingham	20/1/02
M70	A Crocker	4.43	London	8/3/09	M70	A Thomson	15:39.27	Lee Valley	4/3/07
M75	A Lovett	4.03	Birmingham	28/2/97	M75	J Grimwade	17:41.6	Cosford	21/3/92
M80	Tom Clowry	3.17	Lee Valley	28/3/10	M80	J Grimwade	17:41.4	Cosford	20/3/93
M85	T Rawlinson	2.22	Glasgow	16/3/02	M85	G Mitchell	21:13.8	Birmingham	26/2/00
W35	K Rothman	6.13	Cardiff	10/2/02	W35	S Black	13:52.12	Birmingham	1/3/97
W40	K Rothman	5.86	Carshalton	30/1/05	W40	B Lupton	14:56.61	Birmingham	26/2/95
W45	C Filer	5.12	San Sebastian	7/3/03	W45	A Lewis	15:52.71	Birmingham	2/3/96
W50	J Fail	4.86	Birmingham	26/2/00	W50	Ann Wheeler	16:23.78	Birmingham	18/2/07
W55	Carole Filer	4.61	Ghent	2011	W55	Ann Wheeler	16:16.09	London	27/2/11
W60	Jean Fail	4.02	London	26/2/11	W60	M Worth	17:27.9	Cosford	20/3/93
W65	I Holder	3.87	Linz	15/3/06	W65	M Worth	17:38.4	Birmingham	12/2/95
W70	E Steedman	3.10	Cardiff	19/2/05	W70	B Randle	18:23.0	Birmingham	2/2/99
W75	Anne Martin	2.87	Ghent	2011	W75	Maureen Spellman	21:15.03	London	27/2/11
W80	M Wixey	2.04	Bordeaux	9/3/01	PENT				
W85	M Wixey	1.64	Linz	15/3/06	M35	Derek Clarke	3353		13/8/77
W90	Mary Wixey	1.36	Ghent	2011	M40	Andrew Lewis	4155	Clermont Ferrand	18/3/08
TJ					M45	John Charlton	4035		14/3/93
M35	J Edwards	17.44	Birmingham	21 /2/03	M50	John Mayor	4019	Lee Valley	2/2/09
M40	A Oyedirin	14.47	Glasgow	17/3/02	M55	John Charlton	3905		1/2/04
M45	A Oyedirin	13.55	Sutton	18/2/07	M60	Colin Shafto	3935		2/3/96
M50	S Power	12.74	Birmingham	1/3/97	M65	Colin Shafto	3764		17/2/01
M55	S Power	12.45	Birmingham	10/1/99	M70	Colin Shafto	3770		6/3/06
M60	S Power	11.93	Sindelfingen	12/3/04	M75	Colin Shafto	3533	Lee Valley	24/1/10
M65	S Power	10.70	London	8/3/09	M80	Tony Rawlinson	2368		23/2/98
M70	L Williams	9.25	London (CP)	27/2/93	M85	Tony Rawlinson	2614		16/3/02
M75	A Kalirai	8.33	Eton	8/12/02	W35	Julia Machin	3855	Lee Valley	22/2/09
					W40	Wendy Laing	4047		6/3/03
					W45	Wendy Laing	4155		26/3/09
					W50	Gaye Clarke	3769	London	13/2/11
					W55	Caroline Marler	4349		18/3/06
					W60	Jean Hulls	4090		27/2/99
					W65	Jackie Charles	3746		13/3/08



BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS
Sunday 25 MARCH 2012
UNIVERSITY OF BATH
SPORTS TRAINING VILLAGE
(Under UKA rules: Permit Applied for)



OPEN to ALL MASTERS

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

RACE 1 6 km WOMEN (all ages) and MEN 65+ 12.00 noon
RACE 2 8 km MEN 35 - 64 1.00 pm

ENTRY FEES Members of a Veteran Club **£10.00**
All other competitors who must include proof of age
e.g. photocopy of birth certificate, driving licence, passport etc **£12.00**

BMAF Individual Awards to the first three in each five year age group

BMAF Team Awards for the first three teams (three to count) in the following age groups:

W35 - 44; W45 - 54; W 55 +; M35 - 44; M45 - 54; M55 - 64; M65+,

Runners, who wish to count for a younger team instead of their own age group, must declare this on the entry form below but note that this can only be done within the same race.

Send completed entry form with a large SAE (9"x6") for race number, confirmation and travel directions to: **BMAF XC CHAMPIONSHIP, c/o 7 Sandford Court, 32 Belle Vue Road, BOURNEMOUTH BH6 3DR**

Cheques payable to "South West Vets AC"

Closing Date: 20 MARCH 2012

Entries will not be accepted after this date. **No entries on the day.**

BMAF 2012 Open Cross Country Championship Entry Form

Surname _____ First name _____ M/F _____

Age on 25 March 2012 _____ D.O.B. _____ Age Group _____

Address _____

_____ Post Code _____

First Claim UKA club _____ UKA Registration No _____

BMAF Club _____ Membership No. _____

YOUNGER TEAM DECLARATION M 35-44, M45-54, W35-44, W45-54

I wish to be entered for the above championships on 25 March 2012. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event. I enclose a race fee of £ _____

Signed _____ Date _____ Tel: (day) _____ (evening) _____



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

World Masters Indoor Championships – Jyvaskyla 3rd – 8th April 2012 ** **BOOKINGS NOW BEING TAKEN** **

Destination & Package Information

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

Packages are selling fast so book today to avoid disappointment.

If you are not yet on our mailing list and would like to receive a copy of this brochure when released please email -

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European Veterans Track & Field Championships 16th – 25th August 2012 ** **COMING SOON** **

Destination & Package Information

CSE are delighted to confirm that we will be releasing a package to the European Veterans Track & Field Championships taking place between the 16th – 25th August 2012 in Zittau, Bogatynia and Hradek.

Package details and prices will be released later this year.

If you are not yet on our mailing list and would like to receive a copy of this brochure when released please email -

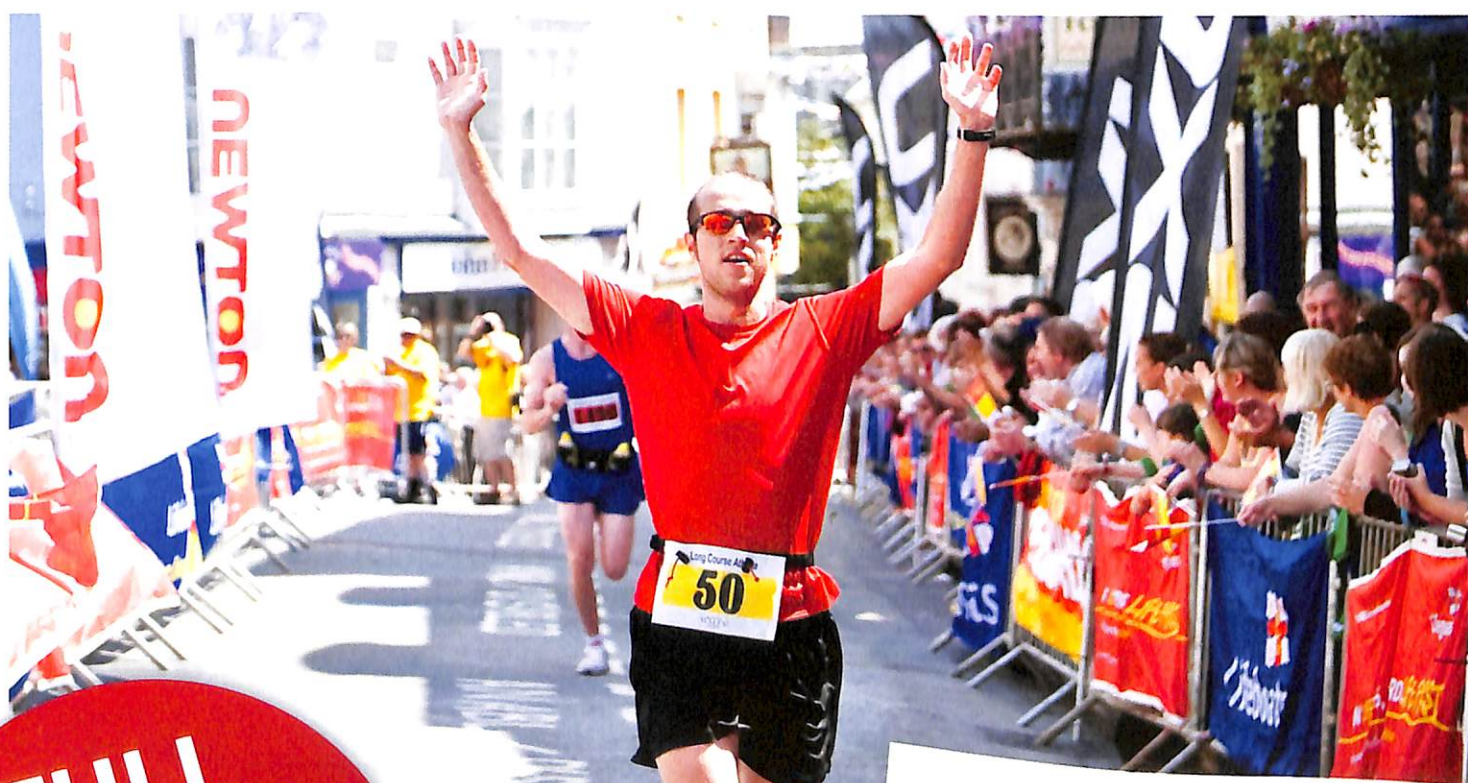
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