

MASTERS **ATHLETICS**

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



***SPRING 2012
NUMBER 99.***

***Two days.
Two Gold's.
Two World
Records.
Nancy's
Golden
Weekend at
the British
Masters
Indoors.***



***Tom
Phillips***

MASTERS ATHLETICS SPRING 2012.

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

MASTERS ATHLETICS

Items for inclusion in the "Summer Edition" to reach the editor by the 16th June 2012.

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THANK YOU FOR THE DONATIONS BY.
NIGEL WRAY, ARTHUR BUNDY.

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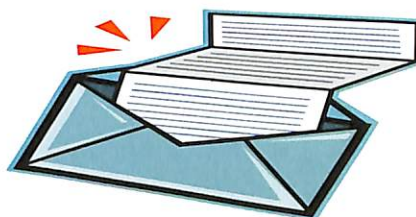
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LETTERS

To the Editor of Masters Athletics.

Brian, I would like to make a few points to your article on the W.M.A Best Masters awards in the winter edition of Masters Athletics.

Notwithstanding the selection policy you have outlined in Europe and B.M.A.F not being happy with the selections, I wish them well with their enquiries, as W.M.A does not override the regional policy.

I would first like to outline some points from the selection criteria described in your article, and I also enclose the criteria's for you.

The principal on the "Best Masters" selection is that the persons must be affiliated to a W.M.A member association, and must compete in "Masters Competitions". Thus the points that you make on athletes such as Bernard Lagat is clear as these athletes compete Internationally and not in masters competitions.

With respect, it would be unfair for one of these athletes who are still full internationals to be considered when they possibly would not, and have

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not taken part in the normal master's competitions, and there are enough problems with getting the "best ones" that presently competing in masters being selected. As a rider to that, look at the outstanding run by Bernard Lagat in the World 3000m in Turkey.

For the point on the Age grading, it has been long accepted that on the selection we do not take the decision on the base of the age grading, but look on the performances of the submitted results, thus regardless of the points you make on the tables the athletes selected were done so on merit.

Yours

Winston Thomas

WMA BEST MASTERS ATHLETE OF THE YEAR GUIDELINES

The qualifying period is normally between 1st September and 31st August of the following year. The selection will be based upon clear and transparent criteria and the WMA Council shall make the final selection.

The criteria will be considered:

- 1. The athlete should have participated in a Regional and/or World Championships during the year in question.**
- 2. The athlete should have won at least one gold medal in Regional and/or World Championships during the year in question.**
- 3. The athlete may have set at least one new World or Regional Record during the year in question, or is a World or Regional Record holder.**
- 4. The athlete must not have had a doping conviction.**
- 5. Beyond these requirements, it is necessary that the athlete has good personal qualities and demeanour and should practice Sportsmanship and Fair Play, and also be the type of person that would represent the philosophy of WMA at the IAF GALA.**
- 6. WMA Council holds the right to make nomination on any person not already selected, that they consider to be a suitable candidate for the nomination. Subject to acceptance by the regional selector.**

Note: please give the athletes best 3 performances only on the form; any other performances will be discarded.

Editor's note: So Athletes who set multiple World Record performances outside of Regional and World Championships, but cannot afford the cost of going to these events will never become a World best Master. Is this fair and does it stack up with human rights?

Dear Mr. Owen,

I was most interested to read the article by Tony Crocker regarding heart problems in competitive master athletics. I have AF and it could be the result of my 108 marathons and longer and the associated heavy training programmes. A lot of this training was done early in the morning! I played competitive football until I was 46 in 1979 and went straight into long distance running.

With regard to his comments regarding the pros and cons of red wine as a teetotaler I drink two tumblers of red grape juice every day and I would very much like to know if I am getting the same benefits as I would if it was red wine. Can anyone out there confirm this?

Malcolm Waddell.

According to Tony, drinking grape juice would have plus benefits; hence you are doing the right thing.

For your information I competed at the French Veterans Indoor Championships last weekend, 18-19 February, at the Michel D'Ornano Arena in Mondeville near Caen.

The Arena and facilities were good if rather compact but nowhere near as good as those at the EIS Arena which SCAC athletes are lucky enough to be able to use or those at the Lea Valley and Birmingham arenas. The four lane track was up to International Standards but comprised quite long straights and very tight bends.

The meeting was very well organised by the French Veterans Commission (CNV) which is a direct sub-committee of the FFA (Federation Francaise d'Athletisme) the equivalent of our U K Athletics. As a result the entry fees, 7 Euros first event 5 Euros for each additional event, are considerably lower than those charged by the BMAF (British Masters Athletics Federation) at their championships as most of the organising costs are met by the FFA from the national registration fee paid by all athletes, as we pay through our club subs to England Athletics, and by sponsors of the meeting.

My results were as follows:-

M65 60m 1st 8.73secs, M65 200m 1st 28.73secs.

Hope this is of interest.

Kind regards *John Henson*

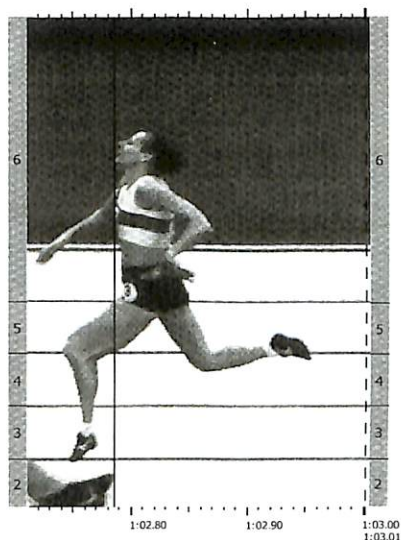


Viv Bonner writes to say that I was wrong to credit her with the British Indoor 200 metres best in Ancona, as she was not there. Needless to say I should have typed Helen Godsell.

3:51 MCAA Open Meeting 2 - 19 Feb 2012 - Senior Women 400m Race 3 (35-1-3)

Finish - 200m

Start: 19/02/2012 17:10:13.72



Here is a photo-finish picture of Caroline Powell setting a new World W55 Record at the N.I.A. during the Midland Counties Open Meeting on the 19th February.

This is the third of four races in which the Bristol Athlete has broken the Record, but the high standard of officials present on this day ratification should not be a problem.

This tremendous run was right at the end of a very busy day, and as the electronic display only shows winners times Caroline's fourth place performance did not become apparent until the paper result appeared some time later.

Good response from top Photo finish expert Ian Anholm, saved the day as he had retrieved the result from the system and gave your Editor a copy. All necessary signatures were obtained and the details send to Bob Minting.



Caroline was also close to the record in the BMAF indoors at Lee Valley (picture Tom Phillips)



Tom Phillips reports that Mark Johnson set a new British M45 Pole Vault record, at Sutton Arena on the 24th of March. Picture provided by Tom.

The new height was 4.64, 14 cm higher than Mark's existing record.

Allan Williams who promoted the meeting has secured all necessary paperwork which is on its way to Bob Minting.



HERE Is a Picture of Fauja Singh who apparently is 100 years of age, who recently set a World best time for the Marathon. His date of Birth is April the first, so he will be 101 when you read this. There is also a claim from India that they have a 114 year sprinter. Winston Thomas kindly sent me a copy of a film showing his 100 metre run.

IAAF WORLD INDOOR CHAMPIONSHIPS ISTANBUL



TWO Major performances by over 35 Athletes at the World Indoor Championships were, Bernard Lagat USA with Gold in the Men's 3,000 metres.

Our newly qualified 39 year old Triple Jumper Yamilé Aldama the former Cuban and Sudanese representative. Won a great Gold with 14.82 which is a World O/35 Record.

WELSH MASTERS ASSOCIATION REPORT.

At our recent meeting it was decided to honour two of our long standing athletes, as a reward for their commitment to our Association. Pat Gallagher and Sean Power were both awarded the posts of Honorary Vice Presidents within the WMAA.

On the management side, we are unfortunately losing two members. Our WMAA Secretary for many years, Brian Williamson, is leaving his position and our Women's Cross Country Team Manager, Alison Whitelaw, is standing down due to work commitments. Both roles will be difficult to replace.

On the competing side, for this year, we are combining our outdoor Track and Field Championships with the Welsh Athletics Championships at Leckwith Stadium in Cardiff, on June the 2nd, 3rd and 4th. This is the weekend celebrating the Queen's Diamond Jubilee and will also be an open event for masters.

For the second successive year we have held our Indoor Track and Field Championships within a Welsh Athletics Grand Prix event with great success.

Plans are in place for our hosting of the 2013 British and Irish Cross Country International. We have proposed to base it in Llandudno, with the course probably at Eirias Park and the banquet at the Venue Cymru Conference Centre. Llandudno has a huge range of accommodation, ranging from large hotels down to bed & breakfasts.

The same team that successfully organised the BMAF Cross Country Championships in 2009 are at the helm for us on this event.

We are looking forward to the Track and Field Inter-Area Competition at Solihull in September and we would add our support for a proposed Indoor Competition.

At our last meeting the idea of our region joining a BMAF online scheme of renewing annual subscriptions was discussed. We are not in favour of this, as currently our present system works very well for us. Our average annual membership is staying very constant in the current economical climate and our "early bird" subscription scheme works very well regarding renewals.

Mel James. WMAA Representative.

ENGLAND ATHLETICS MASTERS ASSOCIATION

Report from the Chair to the BMAF Delegates Meeting 26th February 2012.

The EAMA Delegates from~ EVAC, MMAC, NVAC, SCVAC, and VAA-NE met yesterday for the 18th AGM and Delegates Meetings of the Association to receive reports and to discuss arrangements for future events. The Report from the Chair for these meetings is attached.

Tribute was paid to Danny Mullane. His dedication in continuing to maintain the financial affairs of the Association to the end enabled efficient presentation of accounts to the AGM. It was decided that there will be no change in the EAMA Levy this year.

The Inter Area T & F Challenge will be held this year at Solihull on Sunday 9th September.

Invitations and details will be sent out to all member Clubs and to the Welsh, Scottish & Northern Ireland Team Managers as soon as practicable.

It was decided that the 5k & 10k Inter Area Road Challenge Matches within the BMAF events would be discontinued for the foreseeable future. The Walking competition held in conjunction with the Horwich 5k was successful and will continue to be decided on Age Graded performances.

Arthur Kimber reported on a meeting with Andy Day of England Athletics. Financial support will continue for the Inter Area T&F 2012 and for the England International Cross Country. The establishment of an Indoor T&F Inter Area fixture for 2013 was discussed and support agreed in principle. Arthur will be presenting a working plan for consideration.

The success of the England Teams at the International Cross Country in Glasgow in difficult weather conditions was applauded. Team Managers Harry & Kim Matthews and the participating athletes were congratulated on their magnificent efforts.

A discussion document based upon a survey of athletes at the event was presented. After much consideration it was decided

that the present method of team selection should be continued. In addition, clarification of the criteria for selection will be communicated more widely using the medium of Area Newsletters, national press reporting and web links from the BMAF site to a dedicated EAMA information page. Delegates were asked to examine options for the hosting of the International in 2014 and report back before the November meeting. ;

The Following were elected for 2012.

Chair -Irene Nicholls MMAC / Vice Chair - Philip Lee EVAC / Secretary - Bridget Cushen SCVAC /

Treasurer - David Lesley EVAC

Cross Country Sec - Harry Matthews VAA-NE / Track & Field Sec - Arthur Kimber SCVAC

Race Walking Sec - Eric Horwill MMAC / Road Running Sec - Alex Rowe NVAC

Delegates; RWA - Eric Horwill & Glynn Jones / AAA of England -Irene Nicholls & Tom Morris

Paul Dickenson President BMAF 2012 (and beyond!)

As I begin writing this there are 175 days to go until the Olympic Flame makes its' most recent 'last journey' to East London prior to it being paraded around the Olympic Stadium in front of a packed arena. Then to the lighting of the flame, but by who? I am sure we all have our favourites don't we? No matter, whoever does have that honour will be on television in front of one of the biggest global audiences in history and they are carrying the hopes and aspirations of all of us who love sport.

I trust there will be a few British Athletics fans amongst the 80,000 who were lucky enough to get a ticket. More than that I hope there will be some real fans of track and field once the programme starts on the 3rd August. The thought that Paula, Mo, Jessica, Dai Green and the rest going for Gold in front of their home crowd is a stunning prospect. Let us hope the top spot on the rostrum is occupied by a British athlete not once but as many times as possible. If it is all of those people who are passionate about our sport can share in the glory and help move it forwards.

Part of Sebastian Coe's legacy is an increase in the numbers of people who will get out there and do it! Let us all spread the gospel as to how brilliant life is with Masters Athletics as part of our lives. How much healthier we all are too. 2012 is a seminal point in our lives if we live with sport. Let us hope that the decision makers and politicians out there do not let us down over the next ten years. Let us keep sport at the top of the agenda.

Good luck to all for 2012, good training, good performance and the odd word of thanks to those people who work so hard on our behalf.

CHAIRMAN'S REPORT ARTHUR KIMBER

MASTERS ATHLETICS SPRING 2012.

The most important competitions since the last issue of Masters Athletics have been the BMAF Indoor Championships and the Cross Country Championships. The Indoor Pentathlon at Sheffield on February 5th, with an encouraging entry of 66 athletes produced a new W35 British record for Diane Norman, while the BMAF/SoE/EVAC/VAC meeting at Lee Valley on February 19th attracted over 300 entries. The main BMAF Championships on March 17/18th had an entry of nearly 600 and produced a substantial number of world and British records. Nancy Hitchmough broke world records for 800m, 2:37.67 and 1500m, 5:17.93, and Caroline Powell set a world W55 400m. best in 62.87. M75 Arthur Thomson's 3k. walk in 16:45.13 would have been a world record if he had not walked faster a week earlier at the SCVAC Championships to set the record there in 16:29.62!

At the Cross Country Championships in Bath on March 25th, W45 Lucy Elliott dominated the women's race easily beating athletes much younger and M40 Dave Morwood was a clear winner in the M35-64 race.

On future international championships Glasgow City Marketing Bureau are very keen to promote an international masters event and are interested in making a bid for the European Indoor Championships in 2015, to be held at a new stadium, at present under construction at Parkhead, near Celtic football stadium. Mike Clerihew and Maurice Doogan are progressing this. We have also had preliminary discussions with the Olympic Park Legacy Company regarding possible bids for a WMA championship in the Olympic stadium and/or an EVAA non-stadia championship in the Olympic Park at some time after 2015. Irene Nicholls and I will be meeting Andy Day from England Athletics in April/May to discuss funding for the new EAMA indoor inter area match, to begin in 2013.

At the WMA General Assembly in Sacramento proposals to amend the WMA constitution were put forward. We were invited to comment on the proposals by the end of January and have sent a substantial number of points for WMA's consideration.

As we now look forward to more training sessions in the lighter and warmer days and evenings, I wish you all a successful spring and summer.

Secretary's Report Bridget Cushen

The European Commission has designated 2012 as The European Year for Active Ageing and Solidarity between the Generations. Wonderful do I hear you say! Whilst one of the Year's objectives is to recognise the contribution retirees make to their community; its core objective is to keep older workers in the labour market for as long as possible whilst at the same time encouraging us to promote active ageing and strengthening solidarity between the generations. But that is exactly what we have been doing since our first club was formed back in the Thirties! Scrutinising the EC publicity brochures, I failed to find anything that might help us to expand or ease the financial burden of putting on our Championships. Individual member countries may not be able to benefit financially, but what about the European Veteran Athletic Association, surely their Championships, this year being shared jointly between adjoining towns in three different countries, is a prime example of solidarity and co-operation. The EVAA Secretary was also quick off his marks and had approached the EC for funding but, alas, without success.

2012 is also the Centenary of the formation of the IAAF, the World's largest sporting organisation. They are planning some celebration events and exhibitions. We are planning not to allow this special Year to pass unnoticed. Is it not time for a 40 year old man to have a serious attempt at running the now rarely run one mile in under four minutes? Or the many talented women we have attempting to run a sub-5? If this is feasible, there are quite a few who are very, very close, what a celebration that would be for Masters Athletics!

We are going to give you the opportunity to do just that.

Booking the Olympic stadium may be close to impossible for security reasons, but there are other places where we are planning to line up a top class Masters field. If you are in top form, or you are a good 800m runner who would be tempted to have a go, now is the time to up your mileage and keep a regular check on our web site.

IAAF Rule 141

We were rather concerned to note that many Area cross-country championships last December still retained the old age format, i.e. team and individual races as M40-49 and W35-44 despite the wide publicity following the Rule change at the IAAF Congress and this being highlighted in the new IAAF Handbook. Should this re-occur this year and you are an M35, you are perfectly within your rights to question it and any Area resisting should be reminded of the Equality Act.

BMAF Indoor Championships

If you competed in the above in Lee Valley, you will have been aware of three young men hovering around with a film camera. They were students from Bournemouth University making a Documentary. It is not for general release but it may be shown at Film Festivals etc. May I thank all those who agreed to a pre or post event interview and who no doubt gave a very good impression of Masters Athletics! We frequently get these types of requests and although it involves us in a good deal of work and may be time consuming for our members, it is extremely difficult to get any publicity for our beloved sport and these do sometimes lead on to very loyal contacts.

Recruitment

Out there and all around us are hundreds of people aged 35-plus who are still unaware of the opportunities available to them through the BMAF to compete against their peers. Time and time again when I have spoken to joggers and participants in the rapidly expanding park runs etc. they are fascinated to learn that they could compete against women/men in 5-year age categories and that they were unaware of us. I have a publicity leaflet aimed at raising awareness amongst the public at large and hopefully attracting more people into your club. I would be delighted to let you have a wodge to take along to venues where they can be picked up, i.e. at your local park run, gym, road race, club house etc. or email it to you so that you can run off copies yourself as the opportunities arise. Just drop me your address by email or phone.

AGM

Finally, may I remind you that our AGM will be held on Saturday evening, 21 July, at the Track & Field Championship. Any Proposals or Nominations for office should be sent via your club to the Honorary Secretary by 21 June.

WALTER HILL, ROAD SECRETARY

Road Race Questionnaire Responses

I would like to thank those BMAF members who responded to the questionnaire either electronically or via hard copies. I have not been in a position to respond individually, however, a summary of the responses is set out below.

1. How far are you prepared to travel to a Championship Race?

MASTERS ATHLETICS SPRING 2012.

Most responses indicated willingness to travel. A number of members recorded venue, location and date as an important influence. Marathon runners were prepared to stay overnight and travel further.

2. Not all race promoters will support the BMAF financially. To ensure flexibility would you be prepared to pay a small fee to cover admin/medal costs?

A significant number of members were supportive. Only 5% were negative responses.

3. Should age graded performances be included in the results?

The majority of members were happy for this to be included although a number felt it was not essential.

4. Should the BMAF promote Championship Races which are A) Open to BMAF members only? B) Open to all?

A mixed response to both.

Open to BMAF members only? Some members appreciated the warmth/club atmosphere of closed events.

Open to all? A number of athletes felt that larger fields led to a more competitive atmosphere.

5 Would you be interested in participating in off road races i.e. a trail championship race which is in the order of 10 to 15 miles in distance?

75 % of members were happy to see a multi terrain race promoted. Not all agreed to participate.

6. Finally, do you have any suggestions on how the BMAF could improve future races?

Most athletes were happy with things as they are, but here are some of the constructive suggestions I received:

- Announce fixtures well in advance.
- Improve marketing.
- A higher BMAF profile at events and a greater emphasis on the corporate image of the club.
- For those who do not use the internet, include an entry form in Masters Athletics.
- Increase club spirit i.e. Make a weekend of it with like minded people.
- Ensure a spread of Championship Races across GB at various times of the year.
- In contrast a number of members expressed the need to have the events in the main body of the country.
- Teams. Please see below.

I am grateful for this feedback, and will try to accommodate BMAF athletes' preferences as far as possible in planning our future BMAF Road Race Championships.

The team situation in Championship Races is at present a concern. Fortunately the 5K will be a repeat of last year. There will not be team medals in the Marathon. The 10K, 10 Mile and Half Marathon will include teams. However, I will if necessary change the age groups to ensure the competition has currency. I am of the opinion medals should not be given away, I am sure all members would agree with this view.

This year I will be introducing Tyvek age group numbers to be worn on the back of the vests. The paper numbers had a habit of falling off or disintegrating during the race. I also aim to ensure prize presentations are as prompt as possible. Last year the 10k, 10Mile and Half Marathon was of a very high standard. I was not in post last year for the 5 K or Road Relays although this year I aim to present. The Marathon this year is at Tenby. The date is perfect for a weekend away which many marathon runners have requested.

Road Race Dates For 2012

Road Relays Sutton Park Birmingham: 12/05/2012

A repeat of last year. Please support this excellent promotion. A true club day out.

The Wales Marathon: 10/06/2012

I asked the Race Promoter to provide us with some information **this is what they can offer:**

We have our very own concierge team that would be delighted to chat through any queries that you may have as an athlete or supporter.

We can arrange all your event requirements from travel, accommodation, activities, and days out or simply chat through the area, so that you make the most of your stay.

Tenby has a rail and coach station and we can arrange travel tickets for athletes and their supporters.

If travelling by car, then there are car parks in the town of Tenby.

There is an event registration prior to the marathon event; from here the athlete can collect their goody bag, race number, chip etc.

All athletes will receive an email with race pack prior to the event.

We do not have a paper form as such, but ask for the following information: Athlete Name, Full Address, Email address, Contact telephone number, Date of birth, Emergency name and contact number, T shirt size, s, m, l, xl etc., Estimated time of event, Alternatively, athletes can contact me on the number below to register and/or chat through any queries.

We have just had our new 2012 events brochure arrive into the office.

I hope that these details will assist you, however please feel free to contact me for further information or any queries that you may have

Frances Edwards, Operations Director Activity Wales Events.
Coastal House, Narberth Road, Haverfordwest, Pembrokeshire, SA61 2XG

Tel: 00 44 (0) 1437 765777

Email: fran@activitywales.com Web:

www.activitywalesevents.com

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

I asked the Race Promoter to provide us with some information. This is what they can offer:

The same room has been booked at Horwich Leisure Centre for your medal presentations, and this is also where your members can change/shower etc. also there is car parking available here and on nearby roads.

You will be also having space at our Information desk at the centre. The race start is very close to the Centre and the finish is 1/4 mile away, the route itself is on traffic free circuit around Horwich Town centre and is 3 laps. We normally do a presentation to 1st man/woman at start/finish area as soon after race finishes as possible, and take publicity pics. with race sponsors. The Masters race is an integral part of our Festival of Racing day which also includes other running and cycling events for all ages and abilities.

Accommodation info can be found on our web site - www.horwichfestivalofracing.co.uk. You can find a bit about the history of our festival, the programme for the day, entry forms, course map etc on this site

Horwich Parkway is the nearest rail station and is about 2 miles from Horwich Leisure Centre

In the next edition of Master Athletics I will have coverage for the:

- Half-Marathon Neil Mc Cover Memorial Kirkintilloch Scotland.: 07/10/2012.
- 10 K Ashford 10K: 14/10/2012:
- 10 Mile Tiptree 10 Mile: 28/10/2012:

I am well aware October is a busy month and the 3 venues are in different parts of Great Britain. This year I had to avoid late July, August and the beginning of September due to the Olympics, in addition to this I had to avoid a number of events on the BMAF calendar. I rely on the support of the affiliated clubs and I am confident the events selected will be of a very high standard.

OBITUARIES



In May of 2011, Masters Athlete Gordon Daborn died suddenly and unexpectedly at home, age 78. For the previous several years he had been the primary care-giver for his beloved wife Doreen, 'til her death last year. Despite this and challenges he faced in the form of a hernia he had no time to get repaired, he remained an active athlete 'til the last.

His athletic career began late, when he was in his 20's. He was a sickly child, suffering from asthma and a "feeble physique". He took up athletics to rectify these handicaps. He met with considerable success!

As a younger athlete his best sprint times were 9.7 for the 100 yards, 21.6 for the 220 yards and 47.5 for the 440 yards. When yards changed to metres, his times were 10.6, 21.8 and 48.1.

During his career, he not only excelled as an athlete, but has held many top positions in the British athletic scene. He was Director of Coaching for the Southern Counties for 25 years, Surrey Chief Coach for 10 years, Chairman of Woking AC for 12 years and Chairman of Stevenage AC for 10 years.

He served on the National Coaching Committee for a decade and was a Track Referee for 3 decades.

He has represented the UK in many Masters Competitions and notably won 4 silver medals at the first WAVA Championships in 1972. Over the years, he has held many top rankings, specialising in both long and short hurdles as well as remaining a fine sprinter.

On a personal note, he was an inspiration to me and my brother as well as many other younger athletes. I first became involved in athletics because of his passion for the sport, and I hope I have been able to share this with my own children who train with me to this day.

It was one of my greatest pleasures to take part with him in the Masters World Track and Field Championships in Donostia in 2005, where he won 2 silver medals. Since I competed for NZ and he for the UK, our dream of being in the same relay team was not realised, but thanks to his legacy, there's hope that some of his 8 grandchildren may one day form a Daborn squad!

He was a great athlete, a wonderful role model and an outstanding father. He will be sorely missed.

Paul Daborn

We have also been advised of the death of Mr. A.J. Heathfield of Sutton who died on the 28th of October.

Also Terry O'Gara Chairman of Wallsend Harriers he ran in last Novembers British and Irish Cross Country finishing 2nd in the M70 group.

I have to report the death of George Leete during October of last year. He was originally from the North East, but had moved to Peterborough several years ago.

George started out as a very good sprinter in the old sprint handicap days, but later became an outstanding jumper and hurdler in the veteran ranks winning many National Championships and breaking numerous British Veterans records.

Despite a relatively light training regimen, George would nonetheless excel at his chosen disciplines by virtue of his great natural ability.

George could well have achieved a lot more during his athletics career had he received proper coaching. In my opinion he could have been a triple jumper of national standard had he received some personal coaching. George was 86 when he died and will be sadly missed by all who knew him.

Denis Field, Sunderland Harriers & AC

MASTERS ATHLETICS (Formerly Veteran Athletics) WILL HAVE its 100th EDITION IN JULY.

I THOUGHT IT WOULD BE A GOOD IDEA IF WE COULD REMEMBER WHAT HAS HAPPENED SINCE ISSUE No.1.

SO IF YOU CAN HELP WITH ARTICLES OLD PICTURES, I AM SURE WE CAN USE THEM.

PLEASE CONTACT THE EDITOR

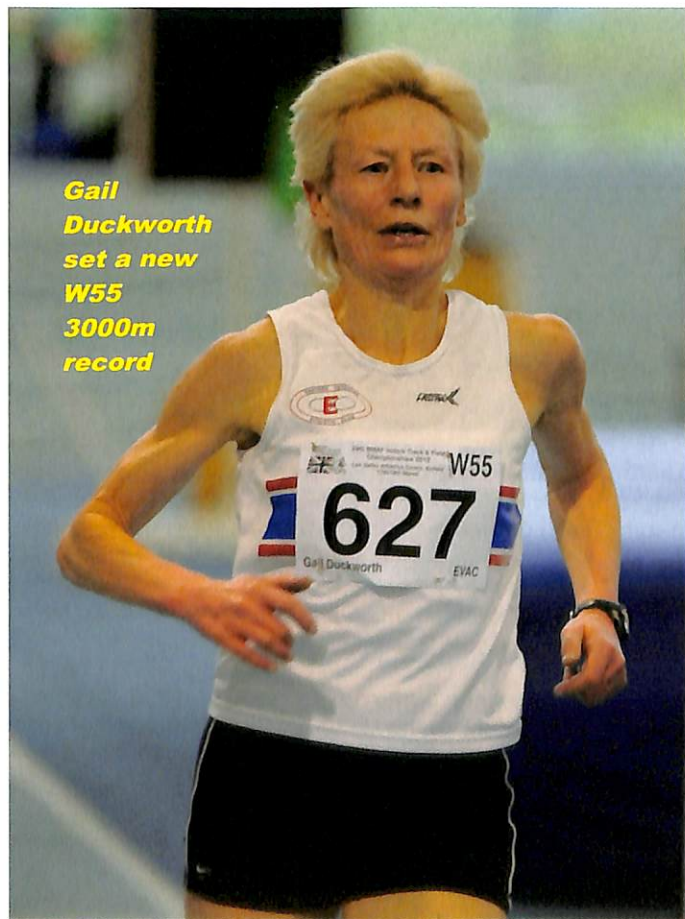
Brian.owen2@btinternet.com

BRITISH MASTERS INDOOR CHAMPIONSHIPS LEE VALLEY, MARCH 17/18th.

Words: Martin Duff of
Athletics Weekly.
Pictures : Tom Phillips &
Mark Easton (Walks).

Despite the high entry fees that were to blame for some athletes giving the championships a miss, nearly 600 Masters signed up for the event and there were the usual plethora of records topped with a couple of new W60 world middle-distance marks from Nancy Hitchmough (front cover).

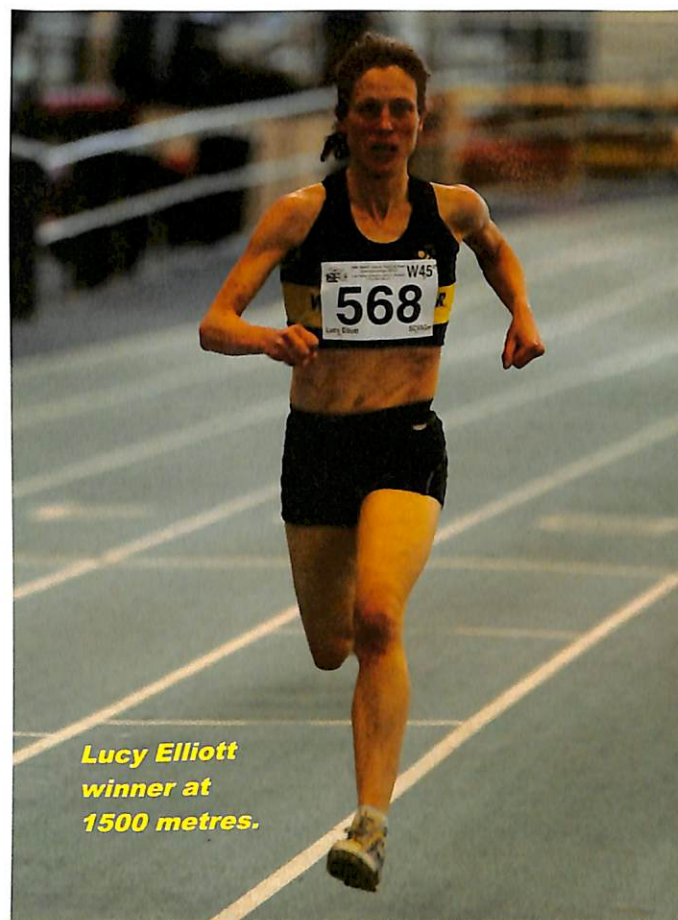
The 61-year-old bettered the previous 1500m best by nearly five seconds with 5:17.93 and said: "I had no idea and it was just out of the blue, I didn't even know what the record was." On the second day, Hitchmough was back to add the 800m in 2:37.67 and better Pat Gallagher's previous time by three seconds.



**Gail
Duckworth
set a new
W55
3000m
record**

In the 1500m, the new record holder benefitted from running with the younger runners. "I was faster than last year as we ran with the W55s. Gail Duckworth led that race to take W55

gold and said: "last weekend, I broke the British 3000m record with 11:01.85." This week she improved that with 11:01.30 on the second day and added; "it was hard work out there, my legs weren't great."



**Lucy Elliott
winner at
1500 metres.**

Elsewhere in the 1500m the younger women's age groups saw Lucy Elliott come out on top in the W45 section. W35 Joanne Lockyer led for most of the first 400m before Elliott took over and stayed clear of the rest of the field to win in 4:39.07, a second outside the British record. Clare Elms, could not get on terms but still ran a useful 4:43.35, in second.

Elliott said: "I have been keen to do some indoor races but there was always something else instead, or timings weren't right so, this year I turned down a place to run for Hampshire in the Inter-Counties so I could focus more on the vets track.

"I had no expectations time wise, as I have done very little track work this winter, just long reps on the grass once a week so I sat on the shoulder of the leader for the first few laps until I saw four laps to go. Then, pushing the pace on, I realised that Clare was still hot on my heels so I pushed again with two laps to go. To dip under 4:40 was great. There was a slight disappointment at being close to the record and thinking maybe I could have gone a bit faster, but a second is quite a lot. I was mostly pleased that it was a cracking race and I am looking forward to a very competitive summer track season."

Pam Jones set a new British over-75 record of 7:23.50 on the opening day, coming back on the Sunday for her second, in the 3000m, at 15:34.52. She said: "it's harder on your own."

The sprints saw a speedy double from former double AAAs bronze medallist Ellena Ruddock. Also an English schools silver medal winner, the 36-year-old built on her BMAF outdoor sprint double last year with a 60m win in 7.78, on the

MASTERS ATHLETICS SPRING 2012.

opening day, before returning to take the 200 in a championship record 24.98 on the Sunday.



**Ellena
Ruddock
won both
W35 Sprints**

Caroline Powell took three W55 age group titles; with a British 200m record of 28.63 the best. Earlier this winter she set a new 400m mark of 62.79 and here, was only just outside, at 62.87. "I'm excited and pleased as I've done a lot of indoor speed work," said Powell. Elsewhere in the 200m, Averil McClelland followed up her 60m victory the previous day with a W50 win in 28.51. "I'm happy with the wins but not the times," said McClelland. In the 60 metres hurdles, Jane Horder set a new W55 record at 10.17, as Tony Bowman (M75, 11.04) and Barry Ferguson (M70, 10.19) were also on form.

The 400 metres saw a series of British age group records: M75 Rodney Mills (74.94), W70 Kathleen Stewart (82.18) and W75 Dorothy Fraser (96.26), who added another in the 200m at 39.63.

The field events saw doubles and trebles all round: For W55 Jenny Ibbitson (11.35m & 35.55m) and W70 Evaun Williams (10.15 & 32.64m), both in SP & HT. Claire Cameron was also on song with a W50 10.28m shot, 30.19 discus and 10.54 weight treble.

In the outdoor arena, BMAF President and BBC commentator Paul Dickinson won the M60 hammer and weight with 48.55m and 16.56m. "It's one of those confusing days as it's very difficult to do competition after training as you are always learning."

Malcolm Fenton won the M50 hammer, with 50.51m, then weight at 17.82m. Steve Whyte was again on form with an M45 hammer and weight double at 53.80 and 16.54. The indoor shot saw excitement in the M50 group where both Bob Broadbridge and Tony Tipping threw 13.36m. "I led

from the first round and in the last I got the 13.36m," said Broadbridge." To cheers, Tipping matched it but the gold was not his, as Broadbridge backed up with a 13.11m.

Carole Filer posted a W55 British High jump record of 1.42m as well as a long jump win in 4.26m as the jumps also proved a happy hunting ground for others on the record trail. W70 Iris Holder added two: 3.30 for the long jump and 7.07m in the triple, as M75, Tony Crocker set a LJ record of 4.09m. M45 pole-vaulter Mark Johnson settled for 4.40m, "It's there but I've had a bit of a cold this week, so I was suffering in the legs but it's looking good for the summer at 4.60m," he said. Arthur Thomson was initially credited with a new world M75 3000m walk record until he claimed to have been faster the previous week. He had with a 16:29.62 in the Southern Counties Vets champs.



Nick Rose leads Dave Oxland , but Dave's sprint proved superior at the line.

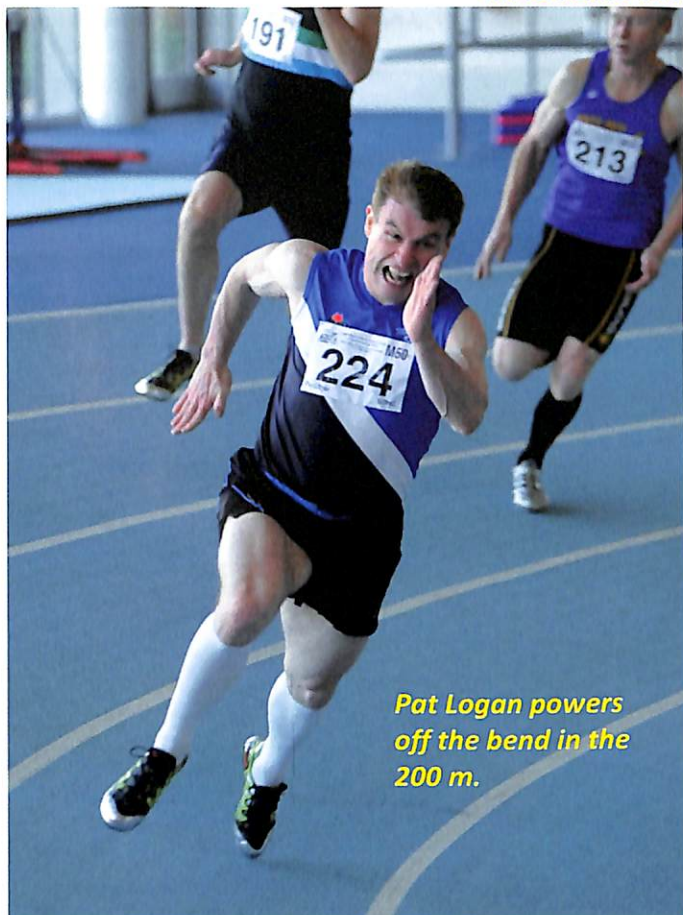
There was much anticipation for the final event on the programme, the M60 3000m. Entered were Mike Hager, the in-form David Oxland, who had won the 1500m the previous day in 4:54.01 and new M60 Nick Rose. Unfortunately Hager cried off with a dodgy hamstring. Oxland took the first 600m before Rose went ahead and led until five metres from the line, when Oxland just squeezed past.

He said: "that's eight consecutive gold medals since I turned 60. I was very worried (early on) so I slowed down, he then did a couple of 39s then he slowed." With 100m left Rose made a break, from the front, but Oxland responded and just pinched the gold medal in 10:08.41.

60 metres

M35: H1) 1 Imam Qaz SWVAC 7.54; 2 Richard Higson-Blythe NVAC 7.55; 3 Stuart Channon VAC 7.67; 4 Leon Creaney VAC 7.80; 5 Stephen Thorpe NVAC 7.83; H2) 1 Joshua Wood SCVAC 7.23; 2 Andrew Gordon VAC 7.43; 3 Peter Davey SCVAC 7.67; 4 Stephen Davies OPEN 7.71; 5 Peter Mayfield SCVAC 7.92; H3) 1 Mark Collins EVAC 7.27; 2 Paul Webster EVAC 7.33; 3 Greg Richards MMAC 7.50; 4 Scott Ware SCVAC 7.52; 5 Scott Craddock SCVAC 7.54; 6 Douglas Gray SCVAC 7.61;

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Pat Logan powers off the bend in the 200 m.

FINAL) 1 Joshua Wood 7.14; 2 Mark Collins 7.20; 3 Paul Webster 7.30; 4 Andrew Gordon 7.41; 5 Greg Richards 7.48; 6 Imam Qazi 7.69;
M40: H1) 1 Jason Carty SCVAC 7.36; 2 Will Macgee SCVAC 7.44; 3 Tomas Griffin IRL (G) 7.61; 4 David Swalwell VAA-NE 7.96; 5 Michael Bense RSA (G) 8.28; H2) 1 Terence Stamp SCVAC 7.35; 2 John Corr IRL (G) 7.61; 3 Mike Smith SCVAC 7.89; 4 Richard Buckingham VAC 7.91; H3) 1 Joe Appiah SCVAC 7.49; 2 Martin White MMAC 7.58; 3 Michael Culshaw NVAC 7.64; 4 Raphael Smith MMAC 7.91; 5 David Millar EVAC 8.02; **FINAL)** 1 Terence Stamp 7.20; 2 Jason Carty 7.21; 3 Will Macgee 7.41; 4 Joe Appiah 7.47; 5 John Corr 7.51; 6 Martin White 7.57; 7 Tomas Griffin 7.58;
M45: H1) 1 Rohan Samuel VAC 7.44; 2 Chris Millard WMAA 7.62; 3 Carl Haley VAA-NE 7.72; 4 Glen Reddington SCVAC 8.24; 5 Sholto Douglas-Home SCVAC 8.50; H2) 1 Donald Brown MMAC 7.66; 2 Masakatsu Kondo SCVAC 7.69; 3 Fausto Furlotti SCVAC 7.73; 4 Petros Anastasi SCVAC 7.96; 5 Michael Jones SCVAC 8.13; H3) 1 Clive Morrison OPEN 7.57; 2 Lincoln Campbell SCVAC 7.66; 3 Ian Allen SWVAC 7.67; 4 Stephen Lightfoot NVAC 7.85; 5 Neil Middleton SCVAC 8.53; 6 Derek Warn SCVAC 8.63; **FINAL)** 1 Rohan Samuel 7.37; 2 Donald Brown 7.41; 3 Chris Millard 7.42; 4 Clive Morrison 7.46; 5 Ian Allen 7.65;
M50: H1) 1 Pat Logan SCVAC 7.66; 2 John Barratt NVAC 7.99; 3 Keith Powell WMAA 8.13; 4 Cliff Warren VAC 8.47; 5 Adrian Walley OPEN 8.56; H2) 1 Ricky Huskisson EVAC 7.90; 2 Paul Guest SWVAC 7.93; 3 Peter Ilo OPEN 8.09; 4 Philip Clayton MMAC 8.33; 5 Michael May VAC 9.07; H3) 1 Robert Allen VAC 7.89; 2 Mark Baker OPEN 7.90; 3 Mark Woods SCVAC 8.15; 4 Robert Bates SWVAC 8.56; 5 Duncan Stone SWVAC 8.69; **FINAL)** 1 Pat Logan 7.53; 2 Ricky Huskisson 7.72; 3 Mark Baker 7.87; 4 Robert Allen 7.88; 5 John Barratt 8.07; 6 Paul Guest 8.35;
M55: FINAL B) 1 Tom Phillips SCVAC 8.26; 2 Dominic Browne MMAC 8.32; 3 Clement Leon SCVAC 8.37; 4 Ken Jackson SWVAC 8.38; **FINAL A)** 1 Ray Watkins SCVAC 8.04; 2 Cecil Moven MMAC 8.10; 3 Alastair Duncan SCVAC 8.19; 4 Ian Broadhurst WMAA 8.34; 5 Roderick Davies SCVAC 8.64;
M60: H1) 1 Alasdair Ross SCVAC 8.23; 2 Mike Maisey SCVAC 8.61; 3 Geoffrey Kitchener VAC 8.64; 4 Brian Williamson WMAA 8.73; 5 Tom Clinton OPEN 9.25; H2) 1 John McGarry SVHC 8.31; 2 John Moore EVAC 8.55; 3 Christopher Monk MMAC 8.61; 4 Mike Applegate SWVAC 8.84; 5 Geoff Trueman MMAC 8.98; **FINAL)** 1 Alasdair Ross 8.09; 2 John McGarry 8.24; 3 John Moore 8.48; 4 Mike Maisey 8.66; 5 Geoffrey Kitchener 8.68;
M65: 1 Glyn Sutton WMAA 8.17; 2 John Henson NVAC 8.62; 3 Ian Foster EVAC 8.66; 4 Vic Novell SCVAC 8.73; 5 Charles Isetts VAC 9.06; 6 Lawrie Dunn MMAC 9.27;
M70) 1 Barry Ferguson VAC 9.15; 2 John Ross SVHC 9.22; 3 Alan Carter EVAC 9.27;

M75) 1 Tony Bowman NVAC 9.11; 2 Trevor Field SCVAC 9.46; 3 John Evans MMAC 10.29; 4 Rodney Mills NVAC 11.75;
M80) 1 Charles Williams VAC 9.64; 2 George Cheetham MMAC 9.81; 3 Geoffrey Feast VAC 10.97; 4 Hubert Daniels WMAA 11.37;
W35: 1 Ellena Ruddock MMAC 7.78; 2 Giare Skervin EVAC 8.07; 3 Julia Hubbard SWVAC 8.15; 4 Wendy Day EVAC 9.64;
W40: 1 Louise Oliver MMAC 8.55; 2 Tamzin Gribble SWVAC 8.59; 3 Christine Taylor MMAC 8.82; 4 Cathryn Williams MMAC 9.12; 5 Jo Barnes OPEN 9.20; 6 Margaret Pope EVAC 9.53; 7 Lesley Richardson SCVAC 10.10;
W45: 1 Julie Money NVAC 8.45; 2 Lolita Byfield-Moore WMAA 8.52; 3 Rachel Waters SCVAC 8.87; 4 Melanie Garland MMAC 9.31; 5 Wendy Guild SCVAC 9.70;
W50 FINAL B) 1 Lesley Willis MMAC 9.07; 2 Sandra McDonald MMAC 9.10; 3 Sue Wisdom SCVAC 9.21; 4 Janice Pryce OPEN 9.23; **FINAL A)** 1 Averil McClelland NVAC 8.80; 2 Angela Fudge VAC 9.07; 3 Gaye Clarke EVAC 9.10; 4 Angela Kelly SVHC 9.17; 5 Janice Hardcastle EVAC 9.45;
W55: 1 Caroline Powell SWVAC 8.81; 2 Jane Horder MMAC 9.06; 3 Carole Filer EVAC 9.18; 4 Jan Lawson EVAC 9.61; 5 Christine Salvary SCVAC 9.87; 6 Lyn Ahmet SCVAC 10.40;
W60: 1 Emily McMahon VAC 9.65; 2 Sally Hine WMAA 9.81; 3 Anne Nelson SCVAC 10.08;
W65: Daphne Marler SCVAC 13.10;
W70: Iris Holder SCVAC 10.43;
W75: Dorothy Fraser EVAC 11.14;

200 metres:

M35 H1) 1 Robert North MMAC 24.48; 2 Mark Collins EVAC 24.98; 3 Richard Higson-Blythe NVAC 25.31; 4 Paul North MMAC 26.00; 5 Andrew Gordon VAC 26.01; H2) 1 Leon Creaney VAC 24.23; 2 Douglas Gray SCVAC 24.55; 3 Imam Qazi SWVAC 25.00; 4 Stuart Channon VAC 25.07; 5 Stephen Thorpe NVAC 26.80; **FINAL)** 1 Mark Collins EVAC 23.73; 2 Robert North MMAC 23.93; 3 Leon Creaney VAC 23.93; 4 Douglas Gray SCVAC 24.32; 5 Imam Qazi SWVAC 24.71; 6 Stuart Channon VAC 25.32;
M40 FINAL B) 1 Nick Taylor WMAA 25.25; 2 Mike Smith SCVAC 25.36; 3 David Swalwell VAA-NE 25.85; 4 Michael Bense RSA (G) 27.41;
FINAL A) 1 Will Macgee SCVAC 23.73; 2 Draco Mkpa SCVAC 24.3;



Tom Phillips on his way to a "B" final victory in the 200m. Picture: Mark Easton.

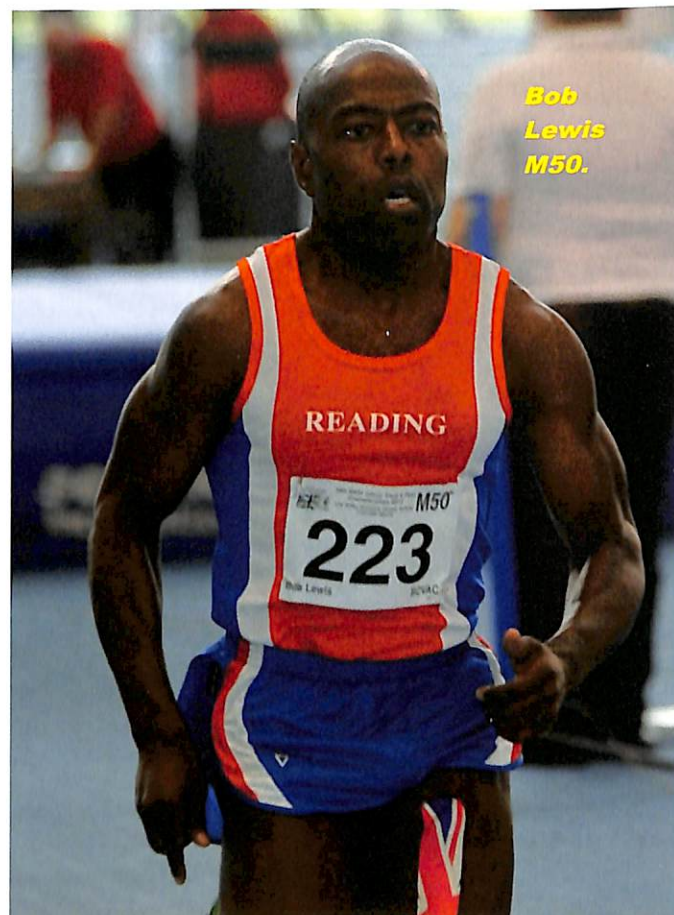
MASTERS ATHLETICS SPRING 2012.

3 Martin White MMAC 24.46; 4 Michael Culshaw NVAC 24.95; 5 Leeroy Golding NVAC 25.69;
M45 FINAL B) 1 Robert Grew SWVAC 25.10; 2 Keith Palmer EVAC 25.96; 3 Neil Middleton SCVAC 26.67; 4 Glen Reddington SCVAC 26.82;
FINAL A: 1 Chris Millard WMAA 24.53; 2 Graeme Hogg SCVAC 24.84; 3 Stephen Lightfoot NVAC 25.57; 4 David Kemp SCVAC 25.70;
M50 FINAL B; (Hand timing); 1 Mark Woods SCVAC 25.8;
 2 Esa Salminen FIN (G) 26.6; 3 Chris Husbands SCVAC 27.9; 4 Michael May VAC 29.2; **FINAL A:** 1 Pat Logan SCVAC 24.60; 2 Neil Tunstall SWVAC 25.12; 3 Robert Allen VAC 25.82; 4 Paul Guest SWVAC 26.20;
M55 FINAL B: 1 Tom Phillips SCVAC 27.33; 2 Clement Leon SCVAC 27.57; 3 Roderick Davies SCVAC 28.14; 4 Philip Bell VAC 28.51; **FINAL A:** 1 Ian Broadhurst WMAA 25.97; 2 Alastair Duncan SCVAC 26.02; 3 Ray Watkins SCVAC 26.16; 4 Peter Mould MMAC 26.72;
M60: 1 Alasdair Ross SCVAC 26.13; 2 Douglas Lucas VAC 27.05; 3 John McGarry SVHC 27.12; 4 John Moore EVAC 27.79; 5 Paul Anthony MMAC 27.87; 6 Brian Williamson WMAA 30.20;
M65: 1 Glyn Sutton WMAA 27.50; 2 Terry Bissett SCVAC 28.42; 3 Vic Novell SCVAC 28.52; 4 Lawrie Dunn MMAC 30.8;
M70: 1 John Ross SVHC 30.33; 2 Alan Carter EVAC 31.11; 3 Allan Sowden VAC 35.22;
M75: 1 Tony Bowman NVAC 31.60; 2 Trevor Field SCVAC 32.37; 3 Rodney Mills NVAC 35.19; 4 John Evans MMAC 35.88;
M80: 1 George Cheetham MMAC 36.74; 2 Hubert Daniels WMAA 42.24; 3 Tom Clowry MMAC 46.22;
W35: 1 Eilena Ruddock MMAC 24.98; 2 Julia Hubbard SWVAC 26.30; 3 Susan Young SVHC 26.40; 4 Angela Hogan IRL (G) 27.27; 5 Giare Skervin EVAC 27.66; 6 Wendy Day EVAC 33.57;
W40: 1 Sharon Greenwood NVAC 27.46; 2 Fiona Palmer MMAC 27.59; 3 Amanda Wale WMAA 28.21; 4 Cathryn Williams MMAC 31.06; 5 Lesley Richardson SCVAC 34.88;
W45: 1 Lolita Byfield-Moore WMAA 28.13; 2 Julie Money NVAC 28.23; 3 Rachel Waters SCVAC 29.21; 4 Christine Feely EVAC 31.81; 5 Melanie Garland MMAC 32.60;
W50 FINAL B) 1 Denise Timmis EVAC 31.15; 2 Angela Kelly SVHC 31.24; 3 Janice Hardcastle EVAC 31.62; **FINAL A:** 1 Averil McClelland NVAC 28.51; 2 Sandra McDonald MMAC 30.16; 3 Lynn Talbert SCVAC 30.92; 4 Sue Wisdom SCVAC 31.63;
W55: 1 Caroline Powell SWVAC 28.63 (**British Record**); 2 Jane Horder MMAC 29.57; 3 Jan Lawson EVAC 33.63; 4 Fiona Argent VAC 35.09;
W60: 1 Moira West SCVAC 31.90; 2 Emily McMahon VAC 33.11; 3 Anne Nelson SCVAC 34.62;
W75: Dorothy Fraser EVAC 39.63 (**British Record**);

400 metres

M35: 1 Brian Darby MMAC 51.91; 2 Greg Richards MMAC 57.06; 3 James Danobrega EVAC 58.60;
M40 FINAL B) 1 Leeroy Golding NVAC 57.32; 2 Jon Lockwood EVAC 58.50; 3 Lee Henry VAA-NE 58.61; 4 David Shortridge OPEN 58.83;
FINAL A: 1 Michael Gardiner MMAC 52.70; 2 Peter Benedickter EVAC 54.29; 3 Peter Downhill EVAC 54.94; 4 Richard Holt OPEN 55.41; 5 Jason Steel SCVAC 56.93;
M45 FINAL B: 1 Kevin Mcalinden EVAC 57.15; 2 Alan Easey VAC 61.85; 3 Derek Warn SCVAC 65.09;
FINAL A (a) 1 Jonathan Tilt SCVAC 54.54; 2 Robert Grew SWVAC 55.12; 3 Lance Croft EVAC 55.90; 4 Stephen Lightfoot NVAC 56.69; 5 Keith Palmer EVAC 57.48;
M50: 1 Bob Lewis SCVAC 55.54; 2 Tennyson James EVAC 58.73; 3 Malcolm Cowton SWVAC 59.50; 4 Ty Holden SCVAC 60.26; 5 Cliff Warren VAC 61.88;
M55: 1 Ian Broadhurst WMAA 57.90; 2 Ray Watkins SCVAC 58.24; 3 Alastair Duncan SCVAC 58.32; 4 David Wilcock SCVAC 58.34; 5 Clement Leon SCVAC 61.26; 6 Jack Rutherford VAC 66.17;
M60: 1 Douglas Lucas VAC 61.11; 2 Paul Anthony MMAC 61.62; 3 Derek Wardle VAC 62.02; 4 John Moore EVAC 62.80;
M65: 1 Terry Bissett SCVAC 65.60; 2 Richard Somers VAC 69.84; 3 John Henson NVAC 69.89;
M70: 1 David Haines SCVAC 75.45; 2 Allan Sowden VAC 76.26;
M75: 1 Rodney Mills NVAC 74.94 (**British Record**); 2 Tony Bowman NVAC 81.48; 3 Arthur Kimber SCVAC 82.57; 4 Trevor Field SCVAC 86.50; 5 John Seymour SCVAC 86.74; 6 Richard Pitcairn Knowle VAC 93.59;
M80: Tom Clowry MMAC 112.10;
W35: (Hand timing); 1 Susan Young SVHC 58.6; 2 Kelly Sutton EVAC 58.8; 3 Julia Hubbard SWVAC 61.6; 4 Angela Hogan IRL (G) 62.2; 5 Nicola Long MMAC 74.2;
W40 FINAL B: 1 Sian Gifford WMAA 68.37; 2 Christine Taylor MMAC 69.87; **FINAL A:** 1 Sharon Greenwood NVAC 60.90; 2 Amanda Wale WMAA 61.35; 3 Denise Morley EVAC 61.69; 4 Fiona Palmer MMAC 62.94;
W45: 1 Amanda Rochester SCVAC 68.46; 2 Christine Feely EVAC 71.43;
W50: 1 Lynn Talbert SCVAC 68.01; 2 Jenny Hughes SCVAC 74.31; 3 Lesley Willis MMAC 74.75;
W55: 1 Caroline Powell SWVAC 62.87; 2 Jane Horder MMAC 67.00;

3 Anna Garnier VAC 72.17; 4 Andrea Sanders-Reece VAC 76.23; 5 Fiona Argent VAC 80.83;



Bob
Lewis
M50.

W60: 1 Caroline Marler NVAC 71.24 (**British Record**); 2 Moira West SCVAC 74.84; 3 Sally Hine WMAA 85.78;
W65: Iris Hornsey EVAC 90.96;
W70: Kathleen Stewart VAA-NE 82.18 (**British Record**);
W75: Dorothy Fraser EVAC 96.26 (**British Record**);

800 metres

M35: 1 Richard Scott SWVAC 1-58.99; 2 Paul Fleming IRL (G) 1-59.72; 3 Nathan Kitchen SWVAC 2-35.95;
M40: 1 Ronan Kearney IRL (G) 2-05.10; 2 Mike Toal NVAC 2-05.27; 3 Peter Downhill EVAC 2-05.30; 4 Adrian Haines SCVAC 2-06.49; 5 Anthony Powell WMAA 2-06.98; 6 Andy Coleman OPEN 2-07.72; 7 Jason Steel SCVAC 2-10.68; 8 Peter Benedickter EVAC 2-11.93; 9 David Shortridge OPEN 2-30.05;
M45 H1) 1 Pearce Coyle IRL (G) 2-12.74; 2 Kevin Mcalinden EVAC 2-13.21; 3 Malcolm Tuff EVAC 2-13.32; 4 Brett Davis WMAA 2-13.57; 5 Philip York SCVAC 2-24.26; **H2)** 1 Jonathan Tilt SCVAC 2-11.62; 2 Lance Croft EVAC 2-11.94; 3 John Knibb MMAC 2-14.51; 4 Norman De Bruin VAA-NE 2-14.54; 5 Gary Palmer VAC 2-16.90; **H3)** 1 David Blackman SCVAC 2-14.36; 2 Jonathan Earnshaw SCVAC 2-15.35; 3 Andy Gannaway VAC 2-18.44; 4 Lance Birkby SCVAC 2-19.83; **FINAL** 1 Jonathan Tilt SCVAC 2-07.54; 2 David Blackman SCVAC 2-08.02; 3 Lance Croft EVAC 2-08.19; 4 Malcolm Tuff EVAC 2-11.51; 5 Kevin Mcalinden EVAC 2-13.81; 6 Pearce Coyle IRL (G) 2-15.45;
M50 H1) 1 Kevin Pye MMAC 2-14.33; 2 John Healy IRL (G) 2-14.42; 3 Jonathan Metcalf EVAC 2-14.90; 4 Robert Franklin SCVAC 2-15.74; **H2)** 1 Andrew Cunningham SCVAC 2-12.31; 2 Paul Bevan WMAA 2-12.93; 3 Alex Bryce SCVAC 2-13.07; 4 Bob Lewis SCVAC 2-15.85; 5 Stewart Walton MMAC 2-23.33; **FINAL:** 1 Andrew Cunningham SCVAC 2-10.99; 2 Alex Bryce SCVAC 2-14.32; 3 John Healy IRL (G) 2-15.00; 4 Paul Bevan WMAA 2-15.61; 5 Kevin Pye MMAC 2-15.82; 6 Jonathan Metcalf EVAC 2-20.24;
M55: 1 David Wilcock SCVAC 2-12.19; 2 David Bedwell MMAC 2-20.75; 3 David Priestley NIMAC 2-28.72;
M60: 1 Ed Connolly SCVAC 2-29.20; 2 Ian Snow SWVAC 2-29.23; 3 Michael Mann VAC 2-29.71; 4 Chris Reed EVAC 2-41.10; 5 Stephen Knight VAC 2-45.66; 6 William Scott MMAC 3-07.21; 7 Michael Elwell MMAC 3-08.13;
M65: 1 Rod Scholes NVAC 2-34.64; 2 Michael Smith NVAC 2-34.75; 3 Stewart McCrae SVHC 2-35.11; 4 John Treadwell VAC 2-36.80; 5 Mike Dixon SCVAC 2-54.17;
M70: 1 John Newcombe NVAC 2-54.59; 2 David Cowgill NVAC 3-03.10;

MASTERS ATHLETICS SPRING 2012.

M75: 1 Rodney Mills NVAC 3-02.58; 2 Arthur Kimber SCVAC 3-15.04; 3 Tony Bowman NVAC 3-49.34;
W35: 1 Cara Oliver VAC 2-28.64; 2 Stephanie Spencer MMAC 2-35.56;
W40: 1 Denise Morley EVAC 2-19.64; 2 Jayne Anscombe VAC 2-37.59;
W45: 1 Clare Elms VAC 2-24.21; 2 Bernadine Pritchett VAC 2-28.23; 3 Tracy Burrows SCVAC 2-28.71;
W50: Jenny Hughes SCVAC 2-46.29;
W55: 1 Anna Garnier VAC 2-40.05; 2 Elizabeth Bowers SVHC 2-48.75;
W60: 1 Nancy Hitchmough MMAC 2-37.67 (**World Record**); 2 Rebecca Hambrook WMAA 3-26.68;
W65: 1 Patricia Gallagher WMAA 3-01.62; 2 Iris Hornsey EVAC 3-30.44;
W70: 1 Kathleen Stewart VAA-NE 3-28.08; 2 Betty Stracey EVAC 3-47.72;
W75: Anne Martin EVAC 3-37.78 (**British Record**);

1500 metres

M35: 1 Paul Fleming IRL (G) 4-08.14; 2 Stuart Nelson MMAC 4-12.09; 3 Christopher Symonds SCVAC 4-13.09;
M40: 1 David Peters VAC 4-08.64; 2 Adrian Haines SCVAC 4-24.98; 3 Jez Mancer EVAC 4-25.46; 4 Adrian Copp EVAC 4-28.19; 5 Anthony Powell WMAA 4-31.54; 6 Andy Coleman OPEN 4-33.06; 7 Stephen Winter SCVAC 4-38.11; 8 Andy Del Nevo SCVAC 4-41.16;
M45: 1 John Scott SWVAC 4-13.47; 2 Simon Anderson SWVAC 4-13.99; 3 John Knibb MMAC 4-25.77; 4 Pearse Coyle IRL (G) 4-30.23; 5 Paul Spowage EVAC 4-31.40; 6 Tony Tuohy VAC 4-34.47; 7 Jonathan Earnshaw SCVAC 4-36.89; 8 Paul Lemmon VAC 4-42.18; 9 Philip York SCVAC 4-45.23;
M50: 1 Andrew Cunningham SCVAC 4-27.18; 2 Stephen Smith NVAC 4-27.91; 3 Philip Crane WMAA 4-28.63; 4 John Healy IRL (G) 4-30.90; 5 Alex Bryce SCVAC 4-33.86; 6 Andy Millbank VAC 4-49.53; 7 Steven Doxey NVAC 4-51.06; 8 Colin Oxlade SCVAC 4-52.32; 9 Paul Kent SCVAC 5-07.29; 10 Brian Slaughter VAC 5-09.24;
M55: 1 David Wilcock SCVAC 4-36.95; 2 David Bedwell MMAC 4-38.59; 3 David Butler EVAC 4-41.67; 4 Brian Gardner SVHC 4-43.85; 5 Henry Heavisides NVAC 5-04.70;
M60: 1 David Oxland MMAC 4-54.01; 2 Patrick Timmons IRL (G) 4-55.47; 3 Michael Mann VAC 5-02.48; 4 Ian Snow SWVAC 5-05.65; 5 Ken Daniel VAC 5-08.77; 6 Stephen Knight VAC 5-26.92; 7 Chris Reed EVAC 5-28.72; 8 William Scott MMAC 6-27.84; 9 Michael Elwell MMAC 6-28.25;
M65: 1 Stewart McCrae SVHC 5-23.30; 2 Peter Giles VAC 5-25.08; 3 Michael Smith NVAC 5-25.11; 4 Glen Lock MMAC 5-36.59; 5 Mike Dixon SCVAC 6-14.59;
M70: 1 Eric Hughes WMAA 6-04.60; 2 David Cowgill NVAC 6-32.91;
M75: 1 Rodney Mills NVAC 6-38.35; 2 Arthur Kimber SCVAC 6-43.19; 3 Richard PitcairnKnowle VAC 7-06.17;
W35: 1 Joanne Locker VAC 4-49.67; 2 Cara Oliver VAC 5-05.39; 3 Stephanie Spencer MMAC 5-13.98;
W45: 1 Lucy Elliott SCVAC 4-39.07; 2 Clare Elms VAC 4-43.35; 3 Bernadine Pritchett VAC 4-53.25; 4 Lisa Webb VAC 5-04.93;
W50: Jane Clarke EVAC 5-08.84;
W55: 1 Gail Duckworth EVAC 5-13.24; 2 Anna Garnier VAC 5-22.99; 3 Elizabeth Bowers SVHC 5-36.53; 4 Andrea Sanders-Reece VAC 5-36.82;
W60: 1 Nancy Hitchmough MMAC 5-17.93 (**World Record**); 2 Ros Tabor VAC 5-43.93; 3 Rebecca Hambrook WMAA 6-41.50;
W65: Patricia Gallagher WMAA 6-07.58;
W70: Betty Stracey EVAC 7-43.83;
W75: Pamela Jones VAC 7-23.50 (**British Record**);

3000 metres

M35: 1 Stuart Nelson MMAC 8-59.53; 2 Christopher Symonds SCVAC 9-12.60; 3 Steve Hallas NVAC 9-18.01; 4 Grant Ramsay SVHC 9-24.65;
M40: 1 John Herbert EVAC 9-09.03; 2 Ian Johnston SVHC 9-30.23; 3 Andy Del Nevo SCVAC 10-14.97;
M45: 1 John Scott SWVAC 9-05.37; 2 Simon Anderson SWVAC 9-07.71; 3 Paul Spowage EVAC 9-34.84; 4 Andrew Rolt OPEN 9-37.86; 5 Tony Tuohy VAC 9-40.59; 6 Sammy Rashid NVAC 9-51.12; 7 Paul Lemmon VAC 10-01.29; 8 Peter Ranyard SCVAC 10-42.63;
M50: 1 Guy Bracken VAA-NE 9-15.19; 2 Michael Bridgeland EVAC 9-44.84; 3 Richard Jenkins SCVAC 10-02.68; 4 Colin Oxlade SCVAC 10-05.47; 5 Steven Doxey NVAC 10-11.31;
M55: 1 Noel O'Dowd IRL (G) 10-18.47; 2 Malcolm Martin SCVAC 10-35.32; 3 Henry Heavisides NVAC 10-41.93; 4 Rob Sargent VAC 12-36.94;
M60: 1 David Oxland MMAC 10-08.41; 2 Nick Rose EVAC 10-08.92; 3 Michael Mann VAC 10-46.19; 4 Patrick Timmons IRL (G) 10-47.34; 5 Mick Smedley MMAC 12-18.39; 6 Michael Elwell MMAC 14-06.33;
M65: 1 Stewart McCrae SVHC 11-36.40; 2 Peter Giles VAC 11-57.75; 3 Glen Lock MMAC 12-04.92; 4 Neil Robson NVAC 12-17.94;
M70: 1 Eric Hughes WMAA 13-29.69; 2 Edmond Simpson VAC 13-35.01;
M75: Richard PitcairnKnowle VAC 14-47.09;
W35: Emma Montiel SCVAC 11-13.69;
W45: Dianne Crisp VAC 13-09.36;
W50: 1 Susie Tawney MMAC 11-24.43; 2 Diane Farmer EVAC 12-05.52;

W55: 1 Gail Duckworth EVAC 11-01.30 (**British Record**); 2 Andrea Sanders-Reece VAC 12-01.11;
W60: Ros Tabor VAC 12-04.33;
W75: Pamela Jones VAC 15-34.52 (**British Record**);



Arthur Thomson on his way to a new World Record

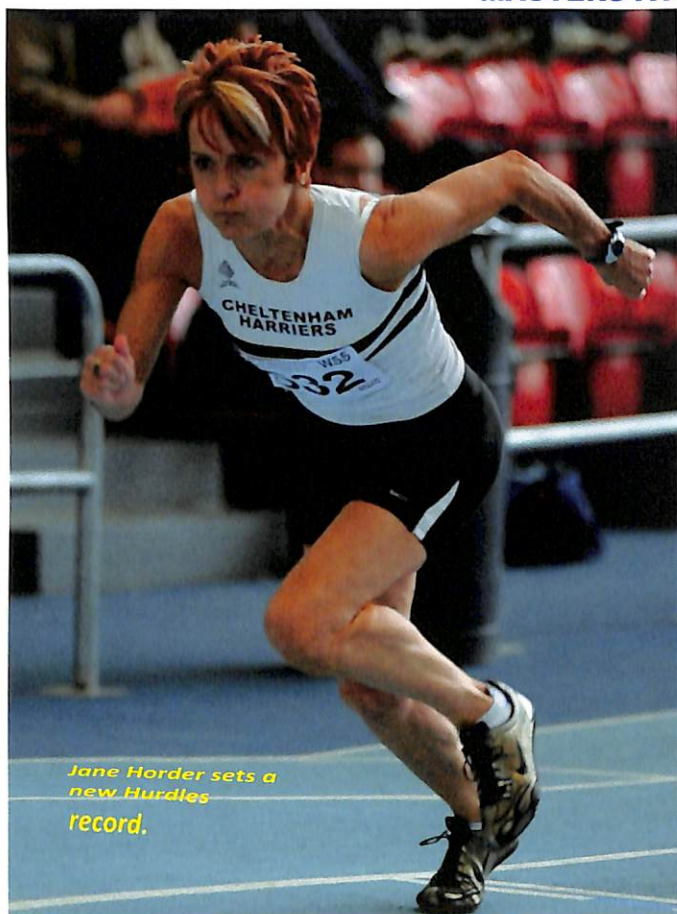
3000m Walk

M40: Stuart Kollmorgen OPEN 13-52.99;
M55: 1 Steve Allen SCVAC 15-44.80; 2 Sean Pender VAC 18-50.61;
M60: John Hall VAC 15-16.16;
M65: 1 Peter Hannell VAC 17-38.81; 2 Keith Richards MMAC 18-09.12;
M70: Ronald Penfold VAC 17-26.40;
M75: 1 Arthur Thomson VAC 16-45.13 (**World Record**); 2 Ron Powell SCVAC 19-49.33; 3 Norbert Will NIMAC 20-49.04; 4 Eric Horwill MMAC 22-37.18;
W35: Grazina Narviliene LIT (G) 14-40.99
W45: 1 Helen Middleton EVAC 17-04.04; 2 Angela Martin SCVAC 21-24.91;
W55: 1 Ann Wheeler MMAC 16-55.75; 2 Cath Duhig EVAC 17-24.55;
W60: Susan Barnett EVAC 18-52.05;



**Lithuanian
Grazina
Narviliene
Fastest
Woman in
the walk.**

MASTERS ATHLETICS SPRING 2012.



Jane Horder sets a new Hurdles record.

60m Hurdles

M35: 1 Stephen Davies OPEN 8.81; 2 Richard Scott SWVAC 8.87; 3 Peter Davey SCVAC 9.11; 4 Jan Schuler GER (G) 10.27;
M40: Joe Appiah SCVAC 8.55;
M45: 1 Greg Dunson MMAC 8.66; 2 Ian Allen SWVAC 8.84; 3 Donald Brown MMAC 8.87; 4 Glen Reddington SCVAC 10.18; 5 Derek Warn SCVAC 11.58;
M50: 1 Neil Tunstall SWVAC 9.06; 2 John Mayor EVAC 9.35; 3 Tennyson James EVAC 9.38; 4 Allan Leiper SCVAC 9.49;
M55: Rashpal Singh MMAC 12.72;
M60: Geoffrey Kitchener VAC 12.05;
M70: 1 Barry Ferguson VAC 10.19; 2 David Haines SCVAC 13.53;
M75: Tony Bowman NVAC 11.04;
W35: Amanda Cook WMAA 10.16;
W40: 1 Amanda Wale WMAA 9.74; 2 Tamzin Gribble SWVAC 10.20;
W45: Charmaine Johnson VAC 9.93;
W50: 1 Gaye Clarke EVAC 10.21; 2 Susan Frisby MMAC 10.47; 3 Lesley Willis MMAC 10.96;
W55: 1 Jane Horder MMAC 10.17 (**British Record**); 2 Carole Filer EVAC 10.55;
W60: 1 Jean Fail MMAC 10.96; 2 Emily McMahon VAC 11.09; 3 Sally Hine WMAA 11.98;

High Jump

M35: 1 Stephen Davies OPEN 1.75; 2 Samuel Bobb SCVAC 1.70; 3 Peter Davey SCVAC 1.55; 4 Nathan Kitchen SWVAC 1.50;
M40: Matthew Reece OPEN 1.70;
M45: 1 Ian Allen SWVAC 1.74; 2 Donald Brown MMAC 1.71; 3 Mark Roach SWVAC 1.61; 4 Mark Gray EVAC 1.45; 5 Paul Ffrench EVAC 1.45;
M50: 1 Tony Tipping SCVAC 1.58; 2 Richard Phelan EVAC 1.58; 3 Allan Leiper SCVAC 1.50; 4 Brian Slaughter VAC 1.45;
M55: 1= Trevor Wade SCVAC, Clement Leon SCVAC & David Blunt SCVAC 1.45; 4 Colin Hague SWVAC 1.40;
M60: 1 Stephen Faulkner SWVAC 1.40; 2= Geoffrey Kitchener VAC & William Lonsdale SVHC 1.30;
M65: 1 Lawrie Dunn MMAC 1.31; 2 Edward Wagner NVAC 1.25;
M70: 1 John Howe WMAA 1.22; 2 David Haines SCVAC 1.19;
M75: Tony Crocker MMAC 1.31;
W35: Diana Norman SCVAC 1.60;
W40: 1 Louise Oliver MMAC 1.48; 2 Dawn Jones EVAC 1.45;
W45: 1 Charmaine Johnson VAC 1.35; 2 Carol Iggleden SCVAC 1.30; 3 Melanie Garland MMAC 1.30;
W50: 1 Susan Frisby MMAC 1.42; 2 Gaye Clarke EVAC 1.39; 3 Teresa Eades SCVAC 1.30; 4 Hazel Barker NVAC 1.27;

W55: 1 Carole Filer EVAC 1.42 (**British Record**); 2 Christine Clements SCVAC 1.24;

W60: 1 Pam Garvey MMAC 1.18;

W65: Patricia Oakes SCVAC 1.09



New British Record for Carole Filer

Pole Vault

M35: 1 Chris Mills SCVAC 4.40; 2 Greg Conlon OPEN 4.20; 3 Gavin Showell MMAC 4.00; 4 Stuart Richards SWVAC 3.00;
M40: Andy Del Nevo SCVAC 2.90;
M45: 1 Mark Johnson NVAC 4.40; 2= Alan Easey VAC & Murray Hilborne SCVAC 3.00; 4 Derek Warn SCVAC 2.60;
M50: 1 Brian Slaughter VAC 3.10; 2 Geoff Powley EVAC 3.00; 3 Keith Powell WMAA 3.00; 4 Wayne Martin SCVAC 2.70;
M55: David Blunt SCVAC 2.80;
M60: Stuart Tufton OPEN 3.20;
M65: John Bradley MMAC 2.40;
M70: 1 Brian Harlick SCVAC 2.40; 2 John Howe WMAA 2.30;
W35: Louise Kelly SCVAC 2.50;
W45: Alison Duke SCVAC 2.60
W50: Teresa Eades SCVAC 2.30
W55: 1 Jennifer Ibbitson NVAC 2.70; 2 Sue Yeomans SCVAC 2.70;



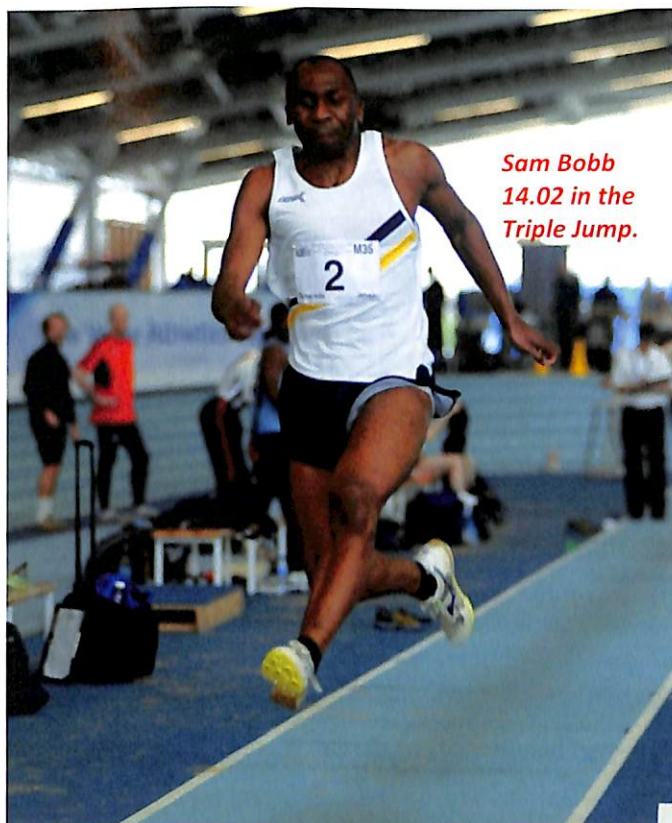
Chris Mills Clear at 4.40 in the Vault

LONG JUMP

M35: 1 Samuel Bobb SCVAC 6.30; 2 Peter Davey SCVAC 5.45; 3 Stuart Channon VAC 5.26;
M40: 1 Andrew Morey SWVAC 6.47; 2 Tomas Griffin IRL (G) 6.17; 3 Mark Lawrence MMAC 6.15; 4 Neil Lincoln SCVAC 6.04; 5 Joe Appiah SCVAC 6.04; 6 Ian Gouldthorpe NVAC 5.65; 7 Alec Taylor EVAC 4.98;
M45: 1 Ian Allen SWVAC 6.01; 2 Masakatsu Kondo SCVAC 5.74; 3 Chris Millard WMAA 5.27; 4 Alan Easey VAC 4.98; 5 Derek Warn SCVAC 4.70;
M50: 1 Paul Guest SWVAC 5.35; 2 John Mayor EVAC 5.35; 3 Brian Slaughter VAC 5.14; 4 Keith Powell WMAA 4.95; 5 Cliff Warren VAC 4.90; 6 Peter Ilo OPEN 4.70;
M55: 1 Alfredo Melao POR (G) 5.34; 2 Trevor Wade SCVAC 5.18; 3 Ken Jackson SWVAC 4.97; 4 Rashpal Singh MMAC 4.58; 5 Roderick Davies SCVAC 4.47; 6 David Blunt SCVAC 4.43; 7 Clement Leon SCVAC 4.41;
M60: 1 John Charlton NVAC 4.76; 2 Kristian Lundby MMAC 4.20;
M65: 1 Lawrie Dunn MMAC 4.25; 2 Allan Long VAC 4.13; 3 Allan Cheers WMAA 3.89;
M70: 1 Pdraig Maye IRL (G) 3.92; 2 David Haines SCVAC 3.81;
M75: 1 Tony Crocker MMAC 4.09 (**British Record**); 2 John Evans MMAC 3.46; 3 Colin Sheppard SCVAC 3.21;

MASTERS ATHLETICS SPRING 2012.

M80: Geoffrey Feast VAC 2.75;
W35: 1 Amanda Cook WMAA 4.86; 2 Lana Gillard EVAC 4.80; 3 Nicola Long MMAC 3.72;
W40: Lesley Richardson SCVAC 3.23;
W45: 1 Melanie Garland MMAC 4.39; 2 Charmaine Johnson VAC 4.38;
W50: 1 Janice Pryce OPEN 4.54; 2 Averil McClelland NVAC 4.44; 3 Gaye Clarke EVAC 4.27; 4 Denise Timmis EVAC 4.25; 5 Teresa Eades SCVAC 3.84; 6 Clare StJohn-Coleman WMAA 3.80; 7 Julie Wakelam MMAC 3.74;
W55: 1 Carole Filer EVAC 4.36; 2 Sue Yeomans SCVAC 4.08; 3 Christine Clements SCVAC 3.64; 4 Christine Salvary SCVAC 3.57; 5 Lyn Ahmet SCVAC 3.12;
W60: Jean Fail MMAC 3.88;
W65: 1 Patricia Oakes SCVAC 2.97; 2 Daphne Marler SCVAC 2.29;
W70: Iris Holder SCVAC 3.30 (**British Record**);



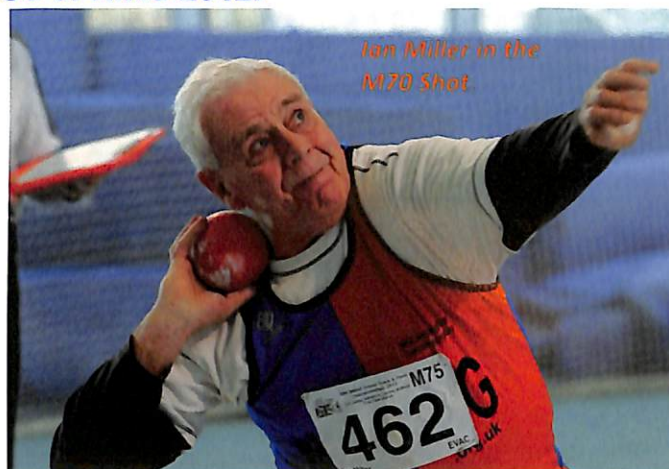
Sam Bobb
14.02 in the
Triple Jump.

TRIPLE JUMP

M35: Samuel Bobb SCVAC 14.02;
M40: 1 Keith Newton SCVAC 12.62; 2 Neil Lincoln SCVAC 11.85; 3 Ian Gouldthorpe NVAC 11.25; 4 Leroy Golding NVAC 10.12;
M45: 1 Ian Allen SWVAC 12.26; 2 Paul French EVAC 10.77; 3 Keith Palmer EVAC 10.01;
M50: 1 Albert Earle MMAC 11.36; 2 John Barratt NVAC 11.03; 3 Paul Guest SWVAC 10.96; 4 Cliff Warren VAC 10.28;
M55: 1 Alfredo Melao POR (G) 11.43; 2 Clement Leon SCVAC 10.04; 3 David Blunt SCVAC 9.79; 4 Rashpal Singh MMAC 8.43;
M60: 1 David Folgate EVAC 10.88; 2 Kristian Lundby MMAC 9.42;
M65: 1 Allan Cheers WMAA 8.90; 2 Allan Long VAC 8.25;
M70: Padraig Maye IRL (G) 8.29;
M75: 1 John Evans MMAC 7.31; 2 Colin Sheppard SCVAC 6.64;
W35: Amanda Cook WMAA 10.05;
W40: Lesley Richardson SCVAC 6.73;
W45: Hilde Bottin BEL (G) 9.48;
W50: 1 Janice Pryce OPEN 10.02; 2 Amanda Rowley-Jones SCVAC 8.59; 3 Gaye Clarke EVAC 8.58; 4 Clare StJohn-Coleman WMAA 8.05; 5 Julie Wakelam MMAC 7.85;
W55: 1 Sue Yeomans SCVAC 8.11; 2 Lyn Ahmet SCVAC 7.33;
W60: Linda Harrison SCVAC 5.02;
W65: 1 Patricia Oakes SCVAC 6.59; 2 Daphne Marler SCVAC 5.47;
W70: Iris Holder SCVAC 7.07 (**British Record**);

SHOT

M35: 1 Steve Timmins SCVAC 13.64; 2 Ken Baker EVAC 13.59; 3 Stuart Thurgood EVAC 13.32; 4 Peter Mayfield SCVAC 11.01; 5 Nathan Kitchen SWVAC 9.58;
M40: 1 John Twiddle NVAC 12.30; 2 Barry Barnfield WMAA 11.00; 3 Graham Holder WMAA 10.84;
M45: 1 David Burrell EVAC 12.39; 2 Andy Turner WMAA 10.68; 3 Dave Brown NVAC 10.32; 4 Paul French EVAC 8.68;



Ian Miller in the
M70 Shot.

M50: 1 Bob Broadbridge SWVAC 13.36; 2 Tony Tipping SCVAC 13.36; 3 Philip Davies NVAC 13.01; 4 Allan Leiper SCVAC 12.68; 5 Glyndwr Pugh WMAA 11.69; 6 Steve Woolley MMAC 11.58; 7 Brian Slaughter VAC 11.04;
M55: 1 Steve Thomas NVAC 12.90; 2 John Fenton SCVAC 11.04; 3 Graeme Packman EVAC 10.10; 4 John Birkett SVHC 9.18; 5 Tim Saunders Mullin SCVAC 8.91;
M60: 1 Neil Griffin SCVAC 13.42; 2 Anthony Richards VAC 12.05; 3 John Stevens SCVAC 11.10; 4 Bill Renshaw NVAC 9.78; 5 Philip Bramford EVAC 9.15; 6 John Howard SCVAC 9.03;
M65: 1 Mike Hazlewood NVAC 11.47; 2 Barry Hawksworth MMAC 11.15; 3 Eric Barker SCVAC 11.07; 4 Peter Virgo VAC 10.86; 5 Garry Negus SCVAC 10.48; 6 Richard Jegou MMAC 9.93; 7 David Kuester VAC 9.60; 8 Edward Wagner NVAC 9.18;
M70: 1 James Sloan SVHC 11.29; 2 Richard Turner EVAC 10.16; 3 John Howe WMAA 9.22; 4 Brian Harlick SCVAC 8.98;
M75: 1 Ian Miller EVAC 10.34; 2 Gordon Hickey VAC 9.71; 3 Hamilton Thomas VAC 8.21;
M80: 1 Jaroslav Hanus SCVAC 7.47; 2 Graham Roberts MMAC 6.16;
W35: 1 Diana Norman SCVAC 11.04; 2 Louise Kelly SCVAC 9.58; 3 Catherine Alford WMAA 9.03; 4 Mary Davies SCVAC 7.59; 5 Nicola Long MMAC 5.48;
W40: 1 Sue Lawrence SCVAC 10.74; 2 Louise Oliver MMAC 10.54; 3 Camilla Thrush SCVAC 10.51;
W45: 1 Julie Wilson SCVAC 9.03; 2 Janet Smith SCVAC 8.72; 3 Karen Llewellyn WMAA 8.46;
W50: 1 Claire Cameron SVHC 10.28; 2 Hazel Barker NVAC 9.15; 3 Wendy Dunsford EVAC 9.02; 4 Lucy Moore-Fox IRL (G) 8.16; 5 Lesley Willis MMAC 8.04; 6 Angela Morgan SCVAC 7.96;
W55: 1 Jennifer Ibbitson NVAC 11.35; 2 Fiona Crompton NVAC 8.21; 3 Carole Filer EVAC 7.69;
W60: 1 Vilma Thompson SCVAC 10.40; 2 Sally Hine WMAA 6.56; 3 Anthea Bramford EVAC 6.39;
W65: 1 Liz Sissons VAC 9.61; 2 Barbara Terry SCVAC 8.09;
W70: Evaun Williams SCVAC 10.15;
W75: 1 Anne Martin EVAC 7.61; 2 Sheila Champion IRL (G) 5.38;

WEIGHT

M35: 1 Stuart Thurgood EVAC 15.34; 2 Steve Timmins SCVAC 13.89; 3 Mark Roberson EVAC 12.38; 4 Peter Mayfield SCVAC 11.30;
M40: 1 Graham Holder WMAA 15.15; 2 Barry Barnfield WMAA 10.84; 3 David Glendower WMAA 7.51;
M45: 1 Steve Whyte EVAC 16.54; 2 David Burrell EVAC 14.89; 3 Dave Bauer EVAC 10.99; 4 Dave Brown NVAC 9.93; 5 Sammoylan Moylan SCVAC 8.40; 6 Derek Warn SCVAC 4.38;
M50: 1 Chris Privett SCVAC 17.99; 2 Bob Broadbridge SWVAC 16.27; 3 Tony Tipping SCVAC 14.92; 4 Graham Middleton MMAC 14.21; 5 Steve Woolley MMAC 13.98; 6 Glyndwr Pugh WMAA 13.09; 7 Mike Burling EVAC 11.34; 8 Brian Slaughter VAC 10.71; 9 Ian Cooley NVAC 10.26;
M55: 1 Malcolm Fenton EVAC 17.82; 2 Clive Howell MMAC 12.55; 3 Tim Saunders Mullin SCVAC 11.40; 4 Michael Bale SCVAC 10.93;
M60: 1 Paul Dickenson OPEN 16.56; 2 Clive Thomson SCVAC 14.30; 3 John Stevens SCVAC 12.83; 4 Bill Renshaw NVAC 12.00;
M65: 1 Barry Hawksworth MMAC 17.78 (**British Record**); 2 Mike Hazlewood NVAC 14.87; 3 Chris Melliush SCVAC 14.58; 4 Eric Barker SCVAC 12.42; 5 David Kuester VAC 12.28; 6 Garry Negus SCVAC 12.19; 7 Richard Jegou MMAC 11.40;
M70: 1 Jack Kee EVAC 17.09; 2 Bill Gentleman NVAC 15.64; 3 Richard Turner EVAC 11.38; 4 Brian Harlick SCVAC 11.09; 5 James Sloan SVHC 10.93;
M75: 1 Ian Miller EVAC 13.15; 2 Hamilton Thomas VAC 12.04; 3 Gordon Hickey VAC 10.40; 4 Neville Hargreaves SCVAC 8.15
M80: 1 Graham Roberts MMAC 10.17; 2 Jaroslav Hanus SCVAC 8.74;
W35: 1 Andrea Jenkins EVAC 15.63; 2 Catherine Alford WMAA 10.26; 3 Mary Davies SCVAC 8.84;

MASTERS ATHLETICS SPRING 2012.

W40: 1 Camilla Thrush SCVAC 11.44; 2 Sue Lawrence SCVAC 10.46;
W45: 1 Janet Smith SCVAC 12.88; 2 Julie Wilson SCVAC 10.09; 3 Karen Llewellyn WMAA 8.82;
W50: 1 Claire Cameron SVHC 10.54; 2 Lucy Moore-Fox IRL (G) 9.80; 3 Angela Morgan SCVAC 8.84; 4 Brenda Russell EVAC 8.76; 5 Wendy Dunsford EVAC 8.68;
W55: 1 Jennifer Ibbitson NVAC 12.72; 2 Pat Higgins MMAC 8.66; 3 Fiona Crompton NVAC 8.18;
W60: 1 Vilma Thompson SCVAC 12.23; 2 Linda Ridsdale NVAC 9.62; 3 Anthea Bramford EVAC 8.86; 4 Linda Harrison SCVAC 8.20;
W65: 1 Liz Sissons VAC 10.84; 2 Barbara Terry SCVAC 10.02;
W75: Anne Martin EVAC 8.77;

DISCUS

M35: 1 Steve Timmins SCVAC 42.12; 2 Peter Mayfield SCVAC 33.56; 3 Mark Roberson EVAC 30.08;
M40: 1 Richard Buckingham VAC 36.63; 2 Leeroy Golding NVAC 29.03; 3 John Twiddle NVAC 28.27; 4 Paul Smith MMAC 24.40; 5 Barry Barnfield WMAA 23.36; 6 David Glendower WMAA 18.52;
M45: 1 Dave Bauer EVAC 37.99; 2 David Burrell EVAC 34.34; 3 Andy Turner WMAA 32.29; 4 Dave Brown NVAC 29.78; 5 Mark Gibbs SCVAC 24.54; 6 Sammoylan Moylan SCVAC 23.49;
M50: 1 Bob Broadbridge SWVAC 42.70; 2 Chris Privett SCVAC 40.80; 3 Graham Middleton MMAC 35.61; 4 Steve Woolley MMAC 34.99; 5 Peter Wishart OPEN 32.78; 6 Glyndwr Pugh WMAA 32.66;
M55: 1 Michael Bale SCVAC 29.17; 2 Tim Saunders Mullin SCVAC 24.30;
M60: 1 Michael Ferne SCVAC 44.52; 2 Bill Renshaw NVAC 42.30; 3 Anthony Richards VAC 39.71; 4 Philip Bramford EVAC 35.58; 5 Kristian Lundby MMAC 32.35;
M65: 1 Mike Hazlewood NVAC 41.69; 2 Barry Hawksworth MMAC 41.17; 3 Richard Jegou MMAC 30.43; 4 David Kuester VAC 28.41;
M70: 1 James Sloan SVHC 35.32; 2 John Watts NVAC 33.62; 3 Richard Turner EVAC 24.72;
M75: Hamilton Thomas VAC 24.27;
M80: Jaroslav Hanus SCVAC 16.64;
W40: 1 Sue Lawrence SCVAC 34.16; 2 Camilla Thrush SCVAC 31.05;
W45: 1 Julie Wilson SCVAC 31.64; 2 Janet Smith SCVAC 28.67; 3 Karen Llewellyn WMAA 21.93; 4 Melanie Garland MMAC 21.47;
W50: 1 Claire Cameron SVHC 30.19; 2 Wendy Dunsford EVAC 22.80; 3 Julie Wakelam MMAC 20.79;
W60: 1 Vilma Thompson SCVAC 25.11; 2 Anthea Bramford EVAC 15.54; 3 Linda Harrison SCVAC 12.37;
W65: Liz Sissons VAC 20.10;

HAMMER

M35: 1 Stuart Thurgood EVAC 54.86; 2 Mark Roberson EVAC 45.66; 3 Steve Timmins SCVAC 45.57; 4 Peter Mayfield SCVAC 31.20;
M40: 1 Graham Holder WMAA 55.59; 2 John Twiddle NVAC 37.46; 3 Barry Barnfield WMAA 37.40; 4 Paul Smith MMAC 21.80;
M45: 1 Steve Whyte EVAC 53.80; 2 David Burrell EVAC 43.55; 3 Dave Bauer EVAC 32.77; 4 Dave Brown NVAC 30.00; 5 Sammoylan Moylan SCVAC 26.19;
M50: 1 Chris Privett SCVAC 45.86; 2 Bob Broadbridge SWVAC 44.22; 3 Graham Middleton MMAC 40.05; 4 Glyndwr Pugh WMAA 38.49; 5 Steve Woolley MMAC 37.30; 6 Ian Cooley NVAC 32.61; 7 Mike Burling EVAC 29.23;
M55: 1 Malcolm Fenton EVAC 50.31; 2 Steve Thomas NVAC 40.96; 3 Clive Howell MMAC 33.08; 4 Tim Saunders Mullin SCVAC 29.80; 5 Michael Bale SCVAC 29.29; 6 Tim Needham EVAC 26.91;
M60: 1 Paul Dickenson OPEN 48.55; 2 Clive Thomson SCVAC 38.25; 3 John Stevens SCVAC 35.53; 4 Bill Renshaw NVAC 32.58; 5 Philip Bramford EVAC 28.05;
M65: 1 Barry Hawksworth MMAC 47.08; 2 Mike Hazlewood NVAC 40.65; 3 Chris Melliush SCVAC 38.18; 4 Garry Negus SCVAC 34.21; 5 Eric Barker SCVAC 33.53; 6 Richard Jegou MMAC 30.12; 7 David Kuester VAC 27.70;
M70: 1 Jack Kee EVAC 44.94; 2 Bill Gentleman NVAC 44.14; 3 Brian Harlick SCVAC 30.39; 4 James Sloan SVHC 25.24;
M75: 1 Ian Miller EVAC 34.36; 2 Peter Barber SCVAC 30.57; 3 Hamilton Thomas VAC 27.04; 4 Neville Hargreaves SCVAC 19.91;
M80: 1 Graham Roberts MMAC 24.08; 2 Jaroslav Hanus SCVAC 22.88;
W35: 1 Andrea Jenkins EVAC 45.35; 2 Catherine Alford WMAA 32.60; 3 Krisztina Black SCVAC 31.02; 4 Mary Davies SCVAC 27.23;
W40: 1 Sue Lawrence SCVAC 35.28; 2 Camilla Thrush SCVAC 31.23; 3 Yvonne Jacobs VAC 26.75;
W45: 1 Janet Smith SCVAC 31.99; 2 Julie Wilson SCVAC 29.51; 3 Karen Llewellyn WMAA 25.80;
W50: 1 Claire Cameron SVHC 31.33; 2 Angela Morgan SCVAC 29.50; 3 Julie Wakelam MMAC 27.98; 4 Wendy Dunsford EVAC 27.78; 5 Brenda Russell EVAC 27.74; 6 Lucy Moore-Fox IRL (G) 27.20;
W55: 1 Jennifer Ibbitson NVAC 35.55; 2 Pat Higgins MMAC 25.96; 3 Fiona Crompton NVAC 23.16;
W60: 1 Vilma Thompson SCVAC 30.52; 2 Rosemary Hutton SCVAC 28.91; 3 Linda Ridsdale NVAC 27.67; 4 Anthea Bramford EVAC 25.18;
W65: 1 Liz Sissons VAC 27.24; 2 Barbara Terry SCVAC 23.82;

W70: Evaun Williams SCVAC 32.64;
W75: Anne Martin EVAC 24.05;

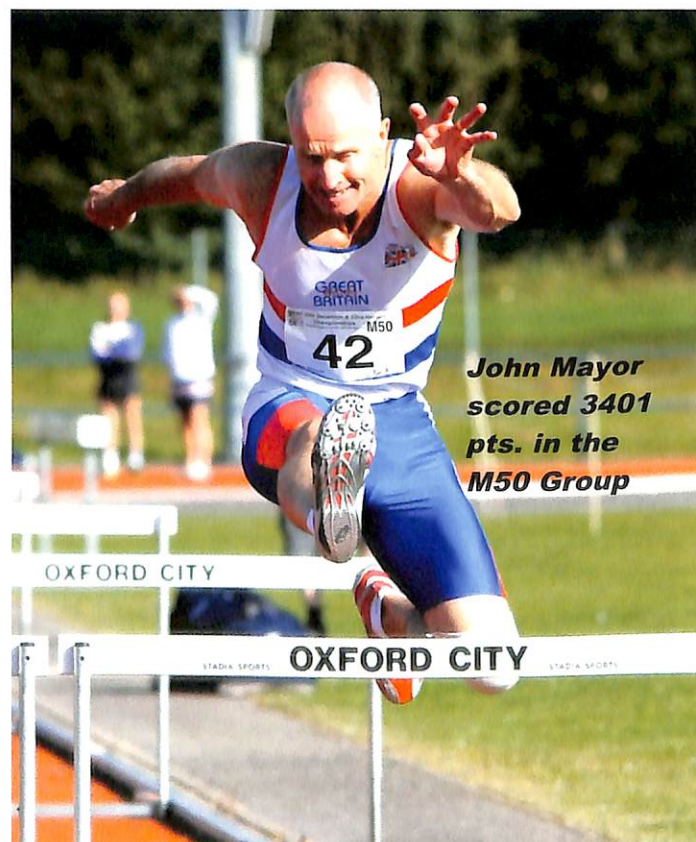
JAVELIN

M35: 1 Peter Mayfield SCVAC 40.96; 2 Mark Roberson EVAC 38.60; 3 Andrew Gordon VAC 33.48;
M45: 1 David Burrell EVAC 38.69; 2 Dave Brown NVAC 38.12; 3 Sammoylan Moylan SCVAC 37.23; 4 Mark Gibbs SCVAC 31.14;
M50: 1 Steve Woolley MMAC 37.56; 2 Bob Broadbridge SWVAC 34.36;
M60: 1 Mike Bennett SCVAC 38.80; 2 Anthony Richards VAC 36.27; 3 Philip Bramford EVAC 33.49; 4 Kristian Lundby MMAC 31.45;
M65: 1 Barry Hawksworth MMAC 39.31; 2 Mike Hazlewood NVAC 38.27; 3 David Kuester VAC 34.82;
W40: 1 Sue Lawrence SCVAC 27.12; 2 Margaret Pope EVAC 18.72;
W45: 1 Julie Wilson SCVAC 21.10; 2 Karen Llewellyn WMAA 19.18;
W50: 1 Julie Wakelam MMAC 22.10; 2 Amanda Rowley-Jones SCVAC 19.64;
W60: 1 Vilma Thompson SCVAC 23.90; 2 Anthea Bramford EVAC 10.82;
W65: Liz Sissons VAC 22.63
W70: Evaun Williams SCVAC 27.00
W75: Sheila Champion IRL (G) 9.93

BMAF INDOOR PENTATHLON E.I.S. SHEFFIELD 5th FEBRUARY WORDS: BRUCE CHARLES PICTURE: TOM PHILLIPS.

Sheffield was a new venue for the event and despite the poor weather which made travelling difficult there was a good turnout.

The outstanding men's group was again the M50's where no fewer than five athletes exceed 3,000 points with John Mayor coming out on top with 3401 points.



**John Mayor
scored 3401
pts. in the
M50 Group**

MASTERS ATHLETICS SPRING 2012.

The M75 group also had two competitors with excellent scores with Tony Bowman winning with 3496 from Colin Shato with 3261. Laurie Dunn also scored 3194 in the M65 group.

Diane Norman W35 (formally Bennett) also posted an outstanding score of 4036, which included a 1.69 high jump. Diane sister of World master's record holder Julia was an AAA finalist in the HJ/LJ and hurdles in the years between 1994-97.

The winners of W40: Amanda Wale (3288), W45: Imeta Barauskiene (3282), W50: Gaye Clarke (3267) and W65 Marlene Simmonds (3178) also exceeded the 3,000 points benchmark.

35-39: 1. Steve Wren NVAC 2822 (10.01- 5.86-10.17- 1.65-3-07.70); 2. Steven Davey SCVAC 2769 (9.95- 5.26-11.75- 1.59-3-06.08); 3. Tim Auty SCVAC 2584 (9.43- 5.34-10.68- 1.50-3-24.45); 4. James Danobrega EVAC 2520 (10.32- 5.43- 9.13- 1.53-3-05.92); 5. Kamal Kheldouni POL 2223 (10.98- 5.19- 8.36- 1.50-3-12.80); 6. Nathan Kitchen SWVAC 1777 (12.39-4.23- 8.77- 1.44-3-18.21);

M40-44: 1. Adam Young MMAC 2869 (9.55- 5.60- 8.57- 1.72-3-34.85); 2. John Buckingham VAC 2459 (10.32- 5.31- 9.69- 1.48-3-43.67); 3. Geoff Butler OPEN 2260 (11.69- 4.96- 8.44- 1.54-3-24.88); 4. Darran Askew NVAC 2202 (10.54- 4.71-11.79- 1.42-4-11.30); 5. Ian Gouldthorpe NVAC 2200 (11.44- 5.14- 7.69- 1.54-3-36.15); 6. Les Grant NVAC 2160 (11.68- 4.78- 6.34- 1.45-3-08.62);

M45-49: 1. Ian Allen SCVAC 3505 (9.05-6.09-8.39-1.66-3-20.85); 2. Derek Glasgow SVHC 2717 (10.82- 4.99- 8.52- 1.48-3-21.64); 3. Leroy Gould SCVAC 2634 (10.21- 4.82- 5.46- 1.39-3-05.96); 4. Mark Roach SWVAC 2451 (10.45- 4.90- 9.29- 1.60- 3-32.27); 5. Mark Grey VAC 2442 (11.43- 4.71- 6.44 -1.51 -3-19.34); 6. David Ronchetti MMAC 2280 (11.85- 4.50- 6.70- 1.48-3-23.97); 7. Derek Warn SCVAC 2214 (11.84- 4.85- 7.61- 1.39 -3-41.17); 8. Alan Easy vac 2090 (11.56- 5.05- 6.99- 1.27-3-50.72); Eddie McKenzie (11.39-4.35-9.68-1.36) retired.



**Diana Norman
cleared 1.69 on
her way to a
British Record**

M50-54: 1. John Mayor EVAC 3401 (9.45- 5.03- 9.69- 1.53-3-17.66); 2. Brian Slaughter SCVAC 3351 (10.03- 4.93-10.83- 1.47-3-09.86); 3. Marc Flannery MMAC 3226 (10.15- 5.14-11.07- 1.56-3-41.20); 4. Geoff Powley EVAC 3062 (9.98- 4.86- 9.73- 1.41-3-26.35); 5. Peter Ley VAC 3017 (10.39- 4.63-9.65-1.44-3-26.15); 6. Ken Moncrieff SVHC 2866 (11.30- 4.69-10.10-1.56-3-36.38); 7. Ian Cowell VAANE 2566 (12.50- 5.06- 7.95- 1.41-3-26.15); Allan Leiper SCVAC (9.48-4.62-12.44) Retired;

M55-59: 1. Hasan Kasap VAC 2849 (11.22-4.11- 8.93-1.41-3-38.67); 2. Patrick Moran IRL 2357 (13.47-4.29-8.27-1.38-3-55.49);

M60-64: 1. Adrian Essex SCVAC 2795 (12.24-4.28-8.41-1.30-3-48.32); 2. John Howard SCVAC 2641 (11.63-3.71-9.36-1.18-3-52.59); 3. Steve Waddington OPEN 2439 (12.11-3.81-7.37-1.24-4-01.23); William Lonsdale SVHC (35.97-4.10) Retired;

M65-69: 1. Laurie Dunn MMAC 3194 (12.20-4.20-7.93-1.33-3-49.26); 2. David Kuester VAC 1610 (15.83-3.25-9.03-1.15- dnf);

M70-74: 1. David Haines SCVAC 3039 (13.69-3.75-8.55-1.21-3-57.20);

M75-79: 1. Tony Bowman NVAC 3496 (10.74-3.66-7.80-1.21-5-08.13);

2. Colin Shatto NVAC 3261 (11.98-3.70-8.25-1.21-5-22.41);

W35-39: 1. Diana Norman SCVAC 4036 (**British Record**) (9.43-1.69-10.63-5.64-2-23.56); 2. Lisa Melvin EVA 1890 (12.28-1.30-6.96-3.56-2-55.26); 3. Maria Henry OPEN 1415(13.88-1.30-6.89-3.40-3-24.81);

W40-44: 1. Amanda Wale WMAA 3288 (9.83-1.39-9.46-4.46-2-45.69);

W45-49: 1. Imeta Barauskiene SCVAC 3282 (10.50-1.42-6.93-4.87-3-03.54); 2. Monica Brown EVAC 2270 (11.89-1.33-5.98-3.29-3-14.75);

W50-54: Gaye Clarke EVAC 3267 (10.20-1.33-8.09-4.31-3-31.00);

Janice Hardcastle EVAC (12.31-nhc-7.02) retired;

W55-59: Carole Filer EVAC (10.51-1.39-7.4-4.41) Retired;

W60-64: Sally Hine WMAA 2674 (11.98-1.06-6.38-2.90-3-39.36);

W65-69: 1. Marlene Simmonds EVAC 3178 (13.01-1.09-7.73- 3.29-4-00.80);

Patricia Oakes SCVAC (14.04-1.09-6.96-njr) Retired;

TAKE CARE OF YOUR HEART

Following his own eventual diagnosis with heart problems, long time *Athletics Weekly* contributor Martin Duff has been carrying out some analysis on how some runners have been similarly diagnosed. Their heart problems are now believed to have been caused by their training over many years. Here he presents some initial findings that could be used as a warning to athletes past and present.

Regular *Athletics Weekly* readers will be aware that I have been trying to ascertain if the instances of heart damage to high intensity long term trainers, like me, has caused the damage. It is not possible to make any meaningful statistical analysis of the research as the sample data that I have received seems to be skewed in favour of runners with problems. Nevertheless some interesting pointers have emerged.

My aim in this is to help the current generation of runners avoid the problems that I and others of us over 60s now face thanks to the training we did 30 or 40 years ago. It is also to warn older and longer term runners to watch out for any symptoms that might be the forerunner of heart problems later.

Did our training lengthen our lives? Or is it now shortening them? I think the answer might be "both." On the one hand we have protected ourselves against artery blockage and subsequent heart attacks but, on the other, we may have caused other tissue damage.

From all that runners have told me, there are instances where Atrial Fibrillation (AF), which can make the patient more at risk of a stroke, has not been recognised by GP's. Some of you, including myself, were initially diagnosed with exercise induced asthma (EIA). I eventually un-diagnosed myself and the heart damage, firstly to a valve and then of AF was recognised. I was then moved from aspirin to warfarin as well as beta blockers. Running with the latter is like driving a car with the hand brake on!

Former Scottish International Cameron Spence who has just been given a pacemaker, said: "I was getting treated for asthma as they thought this was the problem causing my breathlessness. (I was) nearly two years taking inhalers and pills until they realised it was something else. Finally they put me on the treadmill (which told them nothing) and a 24-hour heart monitor and that showed that I had an irregular heartbeat."

Bill Adcocks, former 2:20:48 marathoner and winner of the famous Fukuoka marathon in 1968, said light-heartedly: "It has to be said that those of us of a certain age ran in races when pacemakers were not allowed!"

Some of you have not been so lucky and have had strokes. These could have been avoided if the probability of AF had been recognised and treatment made earlier. So, for those of

you not on aspirin or warfarin or other anti-coagulant drugs, for your own sakes, please take note. The drug Pradaxa is also used but, I understand that, it cannot be used where there is a leaky or damaged valve.

If a long term trainer is exercising and suddenly gets a shortage of breath it is unlikely to be "old age" it could be AF so my recommendation is to ask the GP if it is AF. If it is then treatment can be prescribed.

Current athletes training to high intensity will inevitably ask the question: 'what can I do to avoid the problems?'

Many years ago, 1956 Olympic Steeplechase gold medallist and founder of the London Marathon, Chris Brasher, wrote an article in, I believe, *The Observer*, in which he warned runners not to train through heavy colds, flu or viruses. I believe that, at the time, we all poooh-pooohed the idea because we had to get our mileage in.

Now, it seems that, he was probably right and that the high intensity training, we all did 40 or so years ago, through colds and illnesses, *did* damage our hearts. It led to valve damage, irregular heartbeat and AF.

What is the evidence for this? Reading the answers to the question put to GPs by runners with problems: 'what caused the problem?' most have said that it was probably the running with responses such as:

"My cardiologist said he was aware of those in his area of expertise who suspect that marathon running (and presumably anything longer) can contribute to heart problems."

"Running to a high training level over a lot of years."

"Cardiologist said running might have contributed."

"Running"

"Athletes' heart"

"Running"

"High Mileage training"

My Own Cardiologist Dr James Sneddon agrees and my electro-cardiologist Dr Martin Lowe confirms that most GPs and even cardiologists, ever only see one case of heart damage caused by high intensity training and therefore do not recognise the symptoms or, even the cause.

Canadian cardiologist Dr Larry Cresswell, who writes on www.Athletesheartblogspot.com has told me: "endurance athletes have a much greater risk of Atrial Arrhythmias than non-athletes. These arrhythmias aren't generally life-threatening, but they do cause grief and often require treatment." The problem is that the symptoms have to be recognised and the appropriate medication given.

AF, if not treated with blood thinning drugs like aspirin, warfarin, Pradaxa or whatever, can lead to a stroke and it is important that GPs recognise the symptoms and get the diagnosis right. Failure to do so results in the stroke. This has happened to some runners.

An irregular heartbeat need not be a problem to the sedentary population, because missing one beat with a pulse rate of, say, 60 means that there is a couple of seconds between beats rather than one. If, however, the athlete's heart-rate is the more likely 30, then missing one beat means a gap of four seconds. Miss three beats and the gap is eight seconds and the athlete will feel dizzy when rising from a chair and *will* need a pacemaker.

So what should present day high intensity trainers avoid?

- Running with flu or other viruses
- Training whilst run down

- But, most importantly, be continually monitored by qualified personnel for the onset of any Atrial Arrhythmias.

Dr Andreas Wolff has carried out some very interesting research which shows that there is a link between high intensity training (in male athletes) and heart damage. His paper shown on the link

www.heartrhythmcongress.com/.../AFAPatients1215_A_Wolff.pdf is very informative on the subject.

Dr Wolff looked at 300 top Finnish Orienteers and compared them with a larger sample of non-athletes. Both sets were approaching 50. He found that there was a 5.8 times more frequent development of AF in the athletes.

The treatment referred to by Dr Cresswell is discussed by Wolff and the AF can be treated now in the first instance by drugs such as beta blockers (but these limit the heart beat and running with them feels like driving a car with the hand brake on), Flecainide or similar. Only if that does not solve the problem should ablation (where a probe is inserted up an artery into the heart to mend damage) be tried. Finally a pace maker can be fitted to both ensure an adequate beat and limit the maximum.

I would very much like the results of my survey to be available to GP's and cardiologists so that they do not continue to miss the reasons for the symptoms that we presented with. I have sent a lot of my findings so far, to my cardiologist but he is a busy man, as well as a runner/cyclist. Dr Lowe is to receive a lot of data from me shortly and says that he has seen more than the odd case and is very interested in following up the research. He may well then publish something in *The Lancet*.

One correspondent, Sandra Brown, says that critical factors for increased risk include:

- 1, an unsustainably high combined training and racing workload, compromising the immune system, which leads to inflammation of the heart/organs/muscles.
- 2, combining high mileage training/racing with one or more of the following:

- * High intensity running, at a level unsustainable for the individual, sufficient to undermine the immune system and cause inflammation of the heart and/or other organs and muscles.
- * Employment, home and other life factors contributing to stress on the system
- * Dietary and/or genetic factors predisposing to stress on the system, with risk of metabolic syndrome, diabetes or heart disease.

Brown then says: "My key recommendations to athletes, in order to avoid damaging strain on the system, would be:

- Don't train or race when unwell
- Don't race or train beyond exhaustion and make yourself unwell (as a committed athlete and high performer, I have done this in races several times)
- Recognise when there are life/work stresses and back off to avoid overload
- Do allow yourself to recover e.g. through active rest after races.

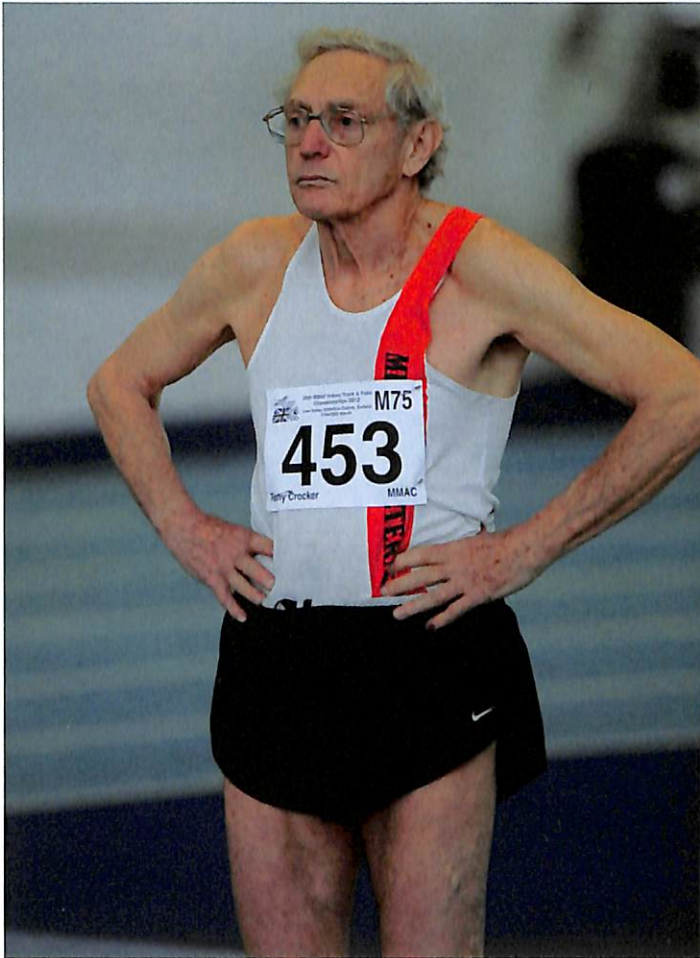
If any other long term trainers would like to complete the heart questionnaire, please contact me at martin.martinduff@btinternet.com

HEART TROUBLES TIME TO MOVE ON?
Dr.Tony Crocker.

At almost the same time as my article on heart troubles was published in issue No 98 of Masters Athletics a thoughtful article By Martin Duff was published in Athletics Weekly. It is published again here in issue number 99.

Martin draws attention to the frequently skewed data and interpretations in many researches which had led to conclusions which would not have been reached if fully representative groups of people had been studied.

One surprise I have never quite got used to over the last 40 years is how many of my masters and doctoral research students have removed data about some individuals in a group they were studying from analysis "Because it didn't fit the picture". Usually this actually translates into "It didn't fit in with what I believe, or expected to find out."



Several masters age athletes/ex athletes contacted Brian Owen or me after reading my previous article. Sadly, but perhaps not surprisingly, almost all of them had been diagnosed as having high levels of Atrial Fibrillation,(AF); which they attributed to the many years of intensive training which they used to do. I think it's worth looking at this a bit closer. Does heavy/intensive training cause AF; or does having a slightly imperfect heart precede the impact that intensive regular physical activity over many years which has put a load on that pump which it can't quite cope with. Remember – roughly 2% of the British population, (i.e. about one and a quarter million of us), are thought to have atrial heart valves that don't quite close perfectly, or always beat regularly. Most people with this defect never know they've got it and enjoy entirely normal lives. Many GP's of AF suffers never notice that their patients have got it. Remember too: very few of us have absolutely perfect bodies. For instance, I've got at least one such problem that I admit to: Until I was in my early twenties I had perfect eyesight. Nowadays I'm short sighted. Was this caused by my genetic make up? Or was it caused – as some researches now show – by my babyhood always being

accompanied by having a little light in my bedroom at night time? That means my eyes like the eyes of millions of today's babies, were never ever able to completely relax. My recent good news is that I'm heading in the same direction as many thousands of other older people – towards long sight. My spectacles now Have weaker lenses. I can expect to be back to perfect eyesight by about 100 years old. My optician dismissed my pleasure on getting this news with a gruff, "Huh! You probably won't live that long!!" "Wow" I call that a real sporting challenge.

One of the problems that are often not fully understood in Research or research reports is that statistical calculations called 'correlations' show whether there is a relationship between two variables. But they do not show which of them causes the other or even whether both are caused by something else. At a simple level do many of us still run because we want to be fit, or are we fit because we want to run? Other reasons exist - do we run because we want to take part in competitions, or do we run because that gives us a common reason for a social life with other similar minded friends; is it a way of avoiding doing our share of the housework? Or even in many cases a bit of all these things. It's easy to forget some, to discount some, to not know about some of the things that affect our physical lives. But if they are having an effect and we haven't taken them into account then they are confounding variables, and can lead us to drawing wrong conclusions. This often seems to be problem in researches linked to, sport, fitness and health. Lisa Raffensberger et al (2011), warned readers in their article about the lasting heart damage caused by heavy commitment to training for such as marathon running and extreme triathlons. They based their conclusions on 40 elite Australian marathon runners, some of whom did not recover quickly after an intense competition. The research findings were based on studying the athletes for the very short time of 2-3 weeks before a race and then between 6 and 11 days afterwards. 35 of the athletes were back to normal within a week. Five weren't. The five, who showed signs of damage, all turned out to be the ones who trained longer and harder - at least ELEVEN hours every day! Her research team concluded that there is absolutely no risk for amateurs/recreational marathon runners with other commitments in their lives except for running.

One confounding variable that Jonathan Ring, (2011), draws our attention to is that for many hundreds of years people believed – *and many still do* – that vigorous exercise is harmful and is bound to shorten life expectancy. Over two thousand years ago many competitors in the Greek Olympic battles failed to reach old age. As recently as 1968 an American called Moorstein reported that extreme exercise and competition between boat race crews led to shortened lives for Harvard University boat race team members. Prout took up this claim and studied the lives of many of the Harvard boat race crews who had competed in the Harvard versus Yale annual races. Typically the competing young oarsmen lived longer, healthier lives than their fellow students who had lived more sedentary lives. A similar study of crews who took part in the Oxford versus Cambridge boat races during the first 40 years of this physically demanding competition found that the oarsmen typically lived longer, healthier lives than their non sporting fellow students. Typically and importantly there was considerable evidence that the rowers continued to be more active during their subsequent lives. Similar research findings have come from Japan, Denmark, Finland, New Zealand, Holland. It seems that lifestyle is much more of an explanation than genetics. Frequently the physically active adults have been shown to drink less alcohol, smoke less tobacco and eat less Fatty foods. Sending us in the opposite direction is linked to the fact that typically in today's western world we are mostly more than 50% less involved in demanding physical work than our ancestors only a three or four generations ago. This has led to

dramatic increases in such as diabetes, obesity, cancers, as life shortening outcomes.

Coming back to Martin Duff's article there are one or two pieces of information worth mention. Let's take a non-researched based look at many of our friends. The ones who have dropped out of athletics competition. How many of them have ceased to compete because of the damage cause to their ankles, knees, hip joints? Damage often believed to be linked to ferocious training and competition as youngsters, and then on into their adulthood and veteran lives? Quite a lot. And finally, just one more important snippet. About thirty years ago in Russia it had come to the attention of their sporting and medical worlds that some of their young, elite athletes were having heart attacks and dying. Yet all modern theory suggests that the reverse should have been true – their very fitness should have reduced that sort of risk. A detailed investigation revealed one important link between the athletes who had had heart attacks. Almost every one of them had trained intensively very early in the morning, shortly after waking up. There was only one conclusion: bodies take time to fully wake up. As such those athletes' hearts weren't ready for the level of stress imposed on them during early morning training. So, if you are one of the master athletes who train soon after getting out of bed in the morning, think seriously about giving your body another hour of being awake before heading off for a pounding run on the roads. Give it a gentle warm up first of all, just as you would pre a competition. If you have a dose of flu or pull a muscle give your body time to recover before putting too much pressure on again – take a few days off! Now I know that's a terribly frightening suggestion for some athletes. But think of the alternative possibilities of putting a hurt body back into top pressure training – or competition before it's fully healed. Don't forget too that where top professional athletes are concerned they, and their coaches, are often under massive pressure to get back into training and so go back to the top of the world rankings. Some of them never make it back because of their seriously reoccurring injuries. It's also worth remembering, if you read about health problems in the daily papers the writers are often more committed to drama than dull medical accuracy.

Finally as Martin Duff also mentions in his article; if you have a pulse rate that sometimes appears to miss a beat go and see your doctor to check it out. I'd add to that, if you find that your resting heart rate does drop to anything remotely near to the 30 resting heart beats per minute, (probably towards the end of a restful night's sleep); that Martin mentions, go and see your doctor pretty damn quickly. Then, all being well if we are pretty sensible over looking after our bodies we will be still be competing against each other by the time I reach 100. Just in time for the world Indoor championships in 2036. You'll be able to recognize me – I'll be the one without glasses.

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SUMMER LIKE CONDITIONS AT THE BMAF X/C CHAMPS. The BMAF Cross Country Championships at Bath on the 25th of March were a resounding success. WORDS: Mel James Pictures: Jeremy Hemming

The venue, Bath University, is tucked away on the top of a hillside overlooking the City of Bath. It is a centre of excellence, being the home to many of the top British training squads and its facilities are world class. On arrival, comparing these facilities to some of the training venues of the past was a real eye opener.

A really warm spring morning gave the competitors a feel good factor and the race conditions were perfect. With the lack of any mud on the course, the ground conditions simulated a road race.



**Fastest
Woman
Lucy Elliott**

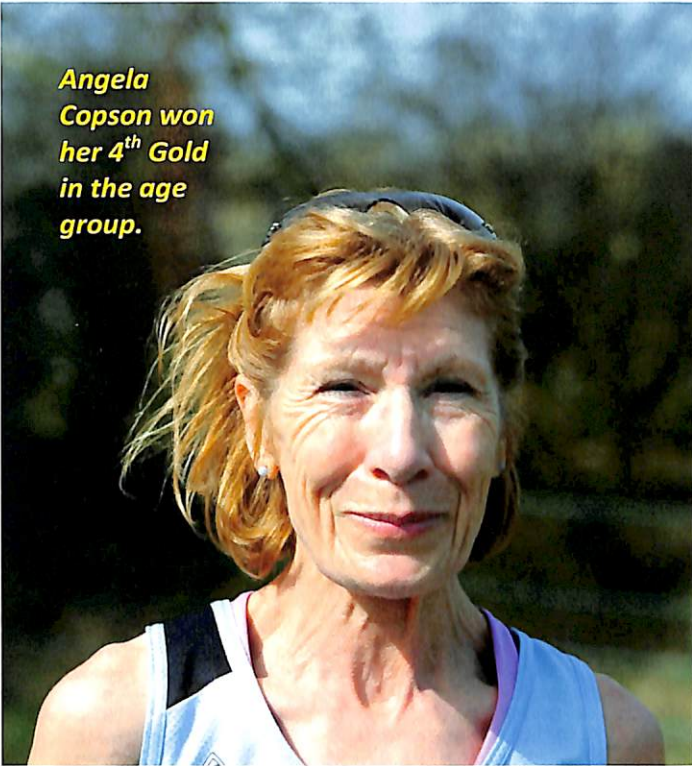
Race One. 6K Women (all ages) and Men 65+

Last year's overall winner, **Lucy Elliott**, competing in the o/45 age group, once again made the race her own. Straight from the gun she took the lead and was unchallenged throughout the race. Behind her, a group of younger athletes were battling it out for their respective age groups. **Wendy**

MASTERS ATHLETICS SPRING 2012.

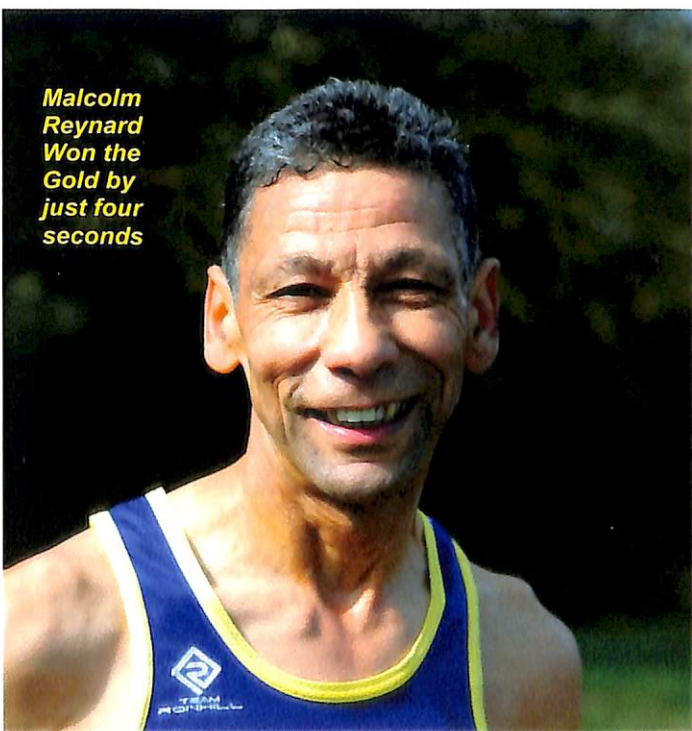
Nicholls in the o/40's was also showing the o/35's her presence in the race. **Lucy Hodgson** eventually got clear to finish in second place, securing her Gold medal in the o/35 age group, with Wendy finishing third to secure her o/40 Gold.

Angela Copson won her 4th Gold in the age group.



In the o/50 category **Jane Clarke** also showed many of her younger counterparts a clean pair of heels by finishing in 11th position, to take her Gold medal. The o/55 section produced a much closer battle for the medals with **Sue Ogilvie** taking Gold, from **Caroline Horne** and **Jane Georghiou** Bronze with only 19 seconds between them. **Angela Copson** won her 4th consecutive o/60 Gold medal, this time fending off the challenge of **Zena Marchant** and there were clear wins in the o/65 and o/70 sections for **Dot Fellows** and **Pam Jones** respectively.

Malcolm Reynard Won the Gold by just four seconds



The men's o/65 section produced a good race, with **Malcolm Reynard** opening up a small lead from **Martin Ford** and maintaining it, to win his Gold by just 4 seconds. There were wins for **Peter Hall** in the o/70 and **Walter McCaskey** in the o/75 age groups, Peter travelling from the North of England and Walter from Scotland to participate.

In the **Women's Team** competition, **Westbury Harriers** took Gold ahead of **Les Croupiers** in the o/35 age group. The o/45 Gold medals were claimed by **Winchester & District AC** from the **Brighton and Hove City AC** Club and in the o/55 section the **Les Croupiers** Club secured the Gold medals from **Team Bath**.

The Men's o/65 Gold medals were won by **Bingley AC**, with **Clydesdale Harriers** taking Silver.

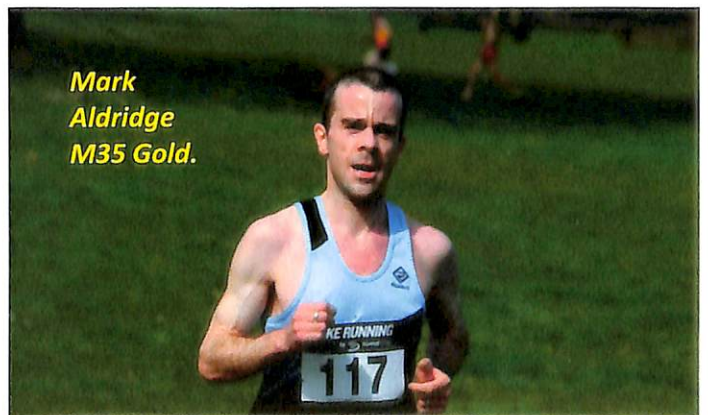
Race Two. 8k. Men 35 – 64.



**David Morwood
Andy Morgan-Lee,
and Ben Reynolds**

Early in the race, a trio of athletes, **Andy Morgan-Lee**, **David Morwood** and **Ben Reynolds** developed a small early lead from Welshman **Austin Davies**, closely followed by **Michael Aldridge** and **Stuart Nelson**. As the race progressed, **Andy Weir** came into the top six challenging for the medals. **David Morwood** eventually got clear to win the race, plus the o/40 Gold, with **Andy Morgan Lee** securing Silver in the same age group. **Ben Reynolds** held his third overall place to win the Gold medal in the o/45 section. The two o/35's kept up their close battle, with **Michael Aldridge** taking Gold from **Stuart Nelson** by just 7 seconds. **Austin Davies** faded slightly, but still had enough to hold off **Phillip Parry** for his o/45 Silver.

**Mark Aldridge
M35 Gold.**



MASTERS ATHLETICS SPRING 2012.



Graeme Saker
M50 Gold

Graeme Saker secured the o/50 gold and **David Butler** the o/55 title with just a 19 second advantage over Greg Wilson. In the o/60 section, the currently in form **David Oxland** safely secured the Gold.

The **Men's Team** sections provided some close competition. In the o/55 age group **North Belfast Harriers** were clear winners, but the chase for Silver was very close, with **Swindon Harriers** taking Silver by just one second from **Oxford City AC**. There were just 12 seconds between 2nd place **Swindon** and 4th team **Les Croupiers**.

The o/45 winners **Thames Hare and Hounds** were also run close by **Bristol and West AC**, securing Gold by just 26 seconds. In the 0/35 section, **Thames Hare and Hounds** repeated their older members triumph by winning Gold followed by **Rugby** and **Northampton AC**. I am sure that our athletes will have returned home from this event, with great memories of a day with perfect weather, fantastic facilities and excellent organisation. My congratulations and thanks go out to South West Vets AC, led by John Perratt and his team, for organising a superb event.

We are resurrecting the Cross Country relays after a 3 year absence. They are confirmed to take place at the central location of Derby. The date will be November the 17th, the weekend following the B&I International. I have chosen a central location to hopefully attract more teams. Please put this in you diary and support them if possible.

BMAF Cross Country Championships 2012 **Race 1 Ladies and Men 65+**

W35: 1 20:03 HODGSON, Lucy Newquay RR; 2 20:23 MCCOURT, Cathy N Belfast; 3 20:31 KINSEY, Gwen Stroud and D; 4 20:58 JACOBS, Kate

Swindon; 5 20:59 RUDD, Louise Stockport H; 6 21:00 BLANDFORD, Nicola Southampton RC; 7 21:24 CARTER, Jenny Team Bath; 8 21:27 STEVINSON, Clare Bristol & West; 9 21:32 GOLDING, Robyn Westbury H; 10 21:37 WALMSLEY, Lucy Bourton RR; 11 22:06 SALT, Adela Staff Moorlands; 12 22:10 THOMPSON, Clare Sheffield RC; 13 22:41 WEST, Zoe Epsom & E; 14 23:24 TRUE, Sue Winchester & D; 15 23:33 BOWERS, Emma Bristol & W; 16 25:58 HOWLETT, Victoria Westbury H; .

W40: 1 20:10 NICHOLLS, Wendy Cirencester AC; 2 21:40 GANDEE, Jane Winchester & D; 3 22:00 HAIKALA, Satu Brecon AC; 4 22:17 GETHING, Nicola Parc Bryn Bach; 5 22:24 FRANCIS, Susan Reading AC; 6 22:29 MARTIN, Stephanie Newquay RR; 7 23:18 MORGAN, Nicky Nene VH; 8 24:08 TUCKER, Joanne Les Croupiers; 9 24:33 ROBSON, Stephanie H Wimbledon; 10 24:52 ROBERTSON, Kirsti Westbury H; 11 27:11 TUCKER, Sarah Westbury H; 12 0:27:27 BLACKWELL, Tina Bedford & C;

Teams 35 – 44: 1 : Westbury Harriers 1:12:37; 2 : Les Croupiers 1:13:22; 3 : Swindon Harriers 1:15:50;

W45: 1 19:05 ELLIOTT, Lucy Winchester & D; 2 20:48 HARTNEY, Liz Reading RR; 3 20:52 WASELL, Jane Stroud and D; 4 21:54 MCCALLUM, Michaela Winchester & D; 5 22:02 WOOD, Caroline Arena 80; 6 22:08 ULLIOTT, Cathy Brighton & H; 7 22:32 GRANT, Helen Cambridge & C; 8 23:06 BENTON, Alison Brighton & H; 9 23:30 JOLLIFFE, Clare Bristol & W; 10 23:41 EVERITT, Sarah Bristol & West; 11 24:01 MUMFORD, Jayne Coventry G; 12 24:31 NERURKAR, Gail Brighton & H; 13 25:24 HOBBS, Maria Westbury H; 14 26:09 BULLEN, Yvonne Les Croupiers; 15 26:51 MORGAN, Pauline Swindon H; 16 27:39 JOHNSON, Shelley Swindon H; 17 30:36 HEYS, Diane Westbury H; 18 33:45 SCAPENS, Caroline Westbury H;

W50: 1 21:14 CLARKE, Jane City of Norwich; 2 22:39 ARMSTRONG, Julia Brighton & H; 3 22:55 COKER, Jane Les Croupiers; 4 23:05 AQUILINA, Clare Arena 80; 5 23:16 WHITAKER, Lynne Winchester & D; 17 23:31 BLAIR, Marilyn Torrington; 7 24:06 BROOKS, Karen Harborough AC; 8 24:23 BROMHALL, Nicky Bristol & W; 9 24:41 WILLIAMS, Catherine Rugby & N; 10 25:10 RICHARDSON, Lesley Newquay RR; 11 28:28 BULL, Anneke Westbury H; 12 31:24 RIDGEWELL, Kay Westbury H;

Teams 45 – 54: 1 : Winchester & District AC 1:04:15; 2 : Brighton & Hove City 1:07:53; 3 : Bristol & West AC 1:11:40; 4 : Cambridge & Coleridge 1:24:15; 5 : Westbury Harriers 1:24:55;

W55: 1 24:00 OGILVIE, Sue Newquay & P; 2 24:09 HORNE, Caroline Crawley; 3 24:20 GEORGHIOU, Jane Farnham R; 4 24:39 FORD, Ann Redhill RR; 5 25:42 SAMPSON, Beryl Gloucester AC; 6 25:49 THOMPSON, Margaret Team Bath; 7 25:56 WRIGHT, Lesley Cornwall AC; 8 26:18 LOVE, Sirikka Haverhill RC; 9 26:47 TURNER, Edwina Les Croupiers; 10 27:18 DALLIMORE, Caroline Les Croupiers; 11 29:08 PIMM, Lesley Bournville H; 12 29:49 NOONAN, Eithne Westbury H; 13 30:58 MURPHY, Gill Les Croupiers; 14 36:51 BAILEY-GARD, Sandra Westbury H;

W60: 1 23:41 COPSON, Angela Rugby & N; 2 24:18 MARCHANT, Zina Team Bath; 3 24:35 TABOR, Ros Dulwich R; 4 24:50 MOODY, Margaret Vets AC; 5 25:50 JAMES, Sue Paddock Wood AC; 6 27:03 JAMES, Ann Les Croupiers; 7 28:50 BRAVERMAN, Diana Cambridge & C; 8 28:55 BARBER, Rosemary Avon Valley R; 9 29:18 PALMER, Marilyn Westbury H; 10 30:30 HOUGH, Grace Telford H; 11 36:14 RAMBRIDGE, Janice Team Bath;

W65: 1 25:08 FELLOWS, Dot Cannock & Staff; 2 28:14 RICH, Pauline Worthing S; 3 29:24 BOWCOTT, Lesley Wimbledon Windmilers;

W75: 1 29:34 JONES, Pamela Ilford AC; 2 32:45 HOLMES, Mary Cambridge &

Ladies Teams 55+ : 1 : Les Croupiers 1:21:23; 2 : Team Bath 1:26:24; 3. Westbury Harriers 1:36:38;

M65: 1 21:57 RENVARD, Malcolm Hardley R; 2 22:01 FORD, Martin Cheltenham; 3 22:30 NEWTON, Geoff Tadworth AC; 4 22:42 CARTWRIGHT, Peter Clydesdale H; 5 22:44 ROSE, David Team Bath; 6 23:04 GILES, Peter Hercules Wimbledon; 7 23:07 SMITH, Michael Bingley AC; 8 23:07 ORME, Gordon Camarthen H; 9 23:35 BLOOM, Richard Hert Phoenix AC; 10 23:38 CHAPMAN, Bob Tavistock AC; 11 23:39 JEFFRIES, Tony Westbury H; 12 23:42 TANNER, Steve Sheffield RC; 13 24:14 CUNNINGHAM, Mike Manchester H; 14 24:29 LOCK, Glen Wolverhampton & Bilston; 15 24:32 ROBSON, Neil Bingley AC; 16 25:05 HEYWOOD, John Huncote H; 17 25:11 TURNER, John Stratford on Avon; 18 25:12 WILLIAMS, Russell Cambridge H; 19 25:21 SCHOLES, Rod Barnsley AC; 20 25:38 MURDOCH, Fred North Down AC; 21 25:46 SUMMERFIELD, Raymond South West Vets; 22 25:47 WESSELY, Walter Windsor, Slough & Eton AC; 23 25:53 YOUNG, Robert Clydesdale Harriers; 24 27:49 BRAVERMAN, Terry Haverhill RC; 25 28:41 BLACK, Kenneth Spectrum Striders; 26 33:55 BUTLER, John Stratford on Avon AC; 27 35:42 MATHIESON, Leslie Colchester Harriers AC;

M70: 1 23:06 HALL, Peter Barrow & Furness Striders; 2 23:50 GIBBS, Fred Bingley AC; 3 24:15 SWINDELLS, Barry Malvern Joggers; 4 24:21 RYDER, Walter Morpeth Harriers & AC; 5 24:56 WILSON, Roger Stratford on Avon AC; 6 25:20 JONES, Watson Clydesdale Harriers; 7 25:32 SPENCER, David Barrow & Furness Striders; 8 26:25 BUCKLE, Ken Cheltenham; 9 29:06 KIDMAN, Gavin Sparkhill Harriers; 10 30:42 HORWOOD, Mike Clevedon AC;

M75: 1 27:21 MCCASKEY, Walter Edinburgh AC; 2 29:04 GOULDING, John Andover AC; 3 30:23 BARBER, Eric Torbay AC; 4 32:11 SHAVE, Brian Herne

MASTERS ATHLETICS SPRING 2012.

Hill Harriers ; 5 32:48 HICKSON, Anthony Thames Hare & Hounds ; 6 38:42 CULLINGHAM, John Reading AC ;

Men Teams 65+ : 1 : Bingley AC 1:11:30 ; 2 : Clydesdale Harriers 1:13:59 ; 3 : Stratford on Avon 1:24:12 ;

Race 2 Men 35 - 64

M35: 1 27:21 ALDRIDGE, Michael Rugby & Northampton AC ; 2 27:28 NELSON, Stuart Rugby & Northampton AC ; 3 27:49 BURMAN, Richard Coventry Godiva Harriers ; 4 28:34 KENDERDINE, Tom Halesowen A&CC ; 5 28:39 WILLIAMS, Adrian Cirencester AC ; 6 28:45 BRIGGS, Gareth Staffordshire Moorlands AC ; 7 28:51 WAUMSLEY, Pete Tamar Trotters ; 8 28:54 GLOVER, Anthony Westbury Harriers ; 9 28:57 COREA, Orlando Bournville Harriers ; 10 29:15 HILL, Dean Tipton Harriers ; 11 29:26 TERRY, John Westbury Harriers ; 12 30:14 COMBSTOCK, Emerson Coventry Godiva Harriers ; 13 30:20 STEVENS, Darren Reading AC ; 14 30:29 RICHARDS, James Wye Valley Runners ; 15 30:39 PHILLIPS, Robin Westbury Harriers ; 16 30:59 LYNCH, Gareth Les Croupiers ; 17 33:02 JENKINS, Paul North Belfast Harriers ; 18 33:29 BAILEY-GARD, Julian Westbury Harriers ; 19 33:45 RIGLER, Peter Tipton Harriers ; 20 34:00 FEATHERSTONE, Walter Swindon Harriers ; 21 39:55 DOUDICAN, Mark Bournville Harriers ; 22 46:19 SAVAGE, Charles Swindon Harriers ;

M40: 1 26:36 MORWOOD, David Annadale Striders ; 2 26:50 MORGAN-LEE, Andy Thames Hare & Hounds ; 3 27:38 WEIR, Andy Thames Hare & Hounds ; 4 27:45 THURSBY-PELHAM, Brian Thames Hare & Hounds ; 5 27:46 CAUSER, Mike Thames Hare & Hounds ; 6 28:15 RICHARDSON, Julian Oxford City AC ; 7 28:20 BUTTERY, Andy Rosendal ; 8 28:31 BELL, Stewy Chester le Street & Dist AC ; 9 28:33 EVANS, Huw Les Croupiers ; 10 28:49 SHEPLEY, Sebastian Tipton Harriers ; 11 28:59 MOORE, Michael Nene Valley Harriers ; 12 29:20 FURNISS, Dean Hallamshire Harriers ; 13 31:06 COOK, Phil Les Croupiers ; 14 31:13 PARKIN, David Loftus and Whitby AC ; 15 31:48 BRUNT, Martin Coventry Godiva Harriers ; 16 31:51 HOBBS, David Westbury Harriers ; 17 33:12 KILGOUR, Ewan Westbury Harriers ; 18 34:41 CUMMINGS, Evatt Les Croupiers ; 19 35:12 MARCHIVE, Christopher Nice Triathlon ; 20 36:48 MUGRIDGE, Stuart Bournville Harriers ; 21 38:01 ALEXANDER, Simon Avon Valley Runners Results

Teams 35 - 44 : 1 : Thames Hare & Hounds 1:22:13 ; 2 : Rugby & Northampton AC 1:25:58 ; 3 : Westbury Harriers 1:28:59 ; 4 : Coventry Godiva Harriers 1:29:51 ; 5 : Les Croupiers 1:30:38 ; 6 : Tipton Harriers 1:31:49 ; 7 : Westbury Harriers 1:38:32 ; 8 : Bournville Harriers 1:45:40 ;

M45: 1 27:03 REYNOLDS, Ben Thames Hare & Hounds ; 2 27:42 DAVIES, Austin Brecon AC ; 3 27:47 PARRY, Philip Bristol & West AC ; 4 28:03 WOODS, Alec Bristol & West AC ; 5 28:14 ROBINSON, Andy Thames Hare & Hounds ; 6 28:16 WETHERALL, Ian Sale Harriers ; 7 28:36 LEYBOURNE, Philip Salford Harriers & AC ; 8 28:53 WRIGHT, Andrew Tamworth AC ; 9 29:02 MACDONALD, Stewart Bingley AC ; 10 29:11 JACOBS, Mike Bristol & West AC ; 11 29:24 WALMSLEY, Dennis Bourton Road Runners ; 12 29:28 HOWSE, Andy Thames Hare & Hounds ; 13 29:34 ATYEO, John Oxford City AC ; 14 29:38 KNIBB, John Derby AC ; 15 30:05 MACNEIL, Graham Wilmslow RC ; 16 30:13 ROGERS, Paul Tipton Harriers ; 17 30:16 BEARD, Sean Nene Valley Harriers ; 18 30:50 LEMMON, Paul London Heathside AC ; 19 31:09 SPELLMAN, Greg Rugby & Northampton AC ; 20 31:47 WILKES, Timothy Tadworth AC ; 21 33:29 BLACKWELL, Martibn Bedford & County AC ; 22 34:19 GOWER, Ian Coventry Godiva Harriers ; 23 34:34 RIDLEY, Tim Herne Hill Harriers ;

M50: 1 28:10 SAKER, Graeme Tonbridge AC ; 2 28:47 BRACKEN, Guy North Shields Polytechnic ; 3 28:55 EUSTACE, Malcolm Tipton Harriers ; 4 29:12 RIDLEY, Colin West Suffolk AC ; 5 29:13 WILTON, Andy Staffordshire Moorlands AC ; 6 29:35 WETHERILL, Andrew Redhill Road Runners ; 7 29:50 EWING, Keith Blackheath & Bromley ; 8 30:09 BRIDGELAND, Michael Chelmsford ; 9 30:24 DRAGE, Richard Tavistock AC ; 10 30:42 DOXEY, Steven Swinton Running Club ; 11 30:54 ROBINSON, Steve Midland Masters ; 12 31:15 OXLADE, Colin Croydon Harriers ; 13 31:21 IVENS, Peter Derby ; 14 31:30 VAUDIN, David Team Bath ; 15 31:33 VAN ZYL, Heine Oxford City AC ; 16 31:44 PATIENCE, John North Belfast Harriers ; 17 32:23 ANDERSON, Howard Coventry Godiva Harriers ; 18 32:53 COKER, Paul Les Croupiers ; 19 33:46 PETERS, Michael Coventry Godiva Harriers ; 20 33:52 BUTLER, Sean South West Vets ; 21 34:07 GRAY, Carey Woodstock Harriers ; 22 35:50 CRISPIE, Gerard Les Croupiers ; 23 36:50 CAENEY, Terry Les Croupiers ;

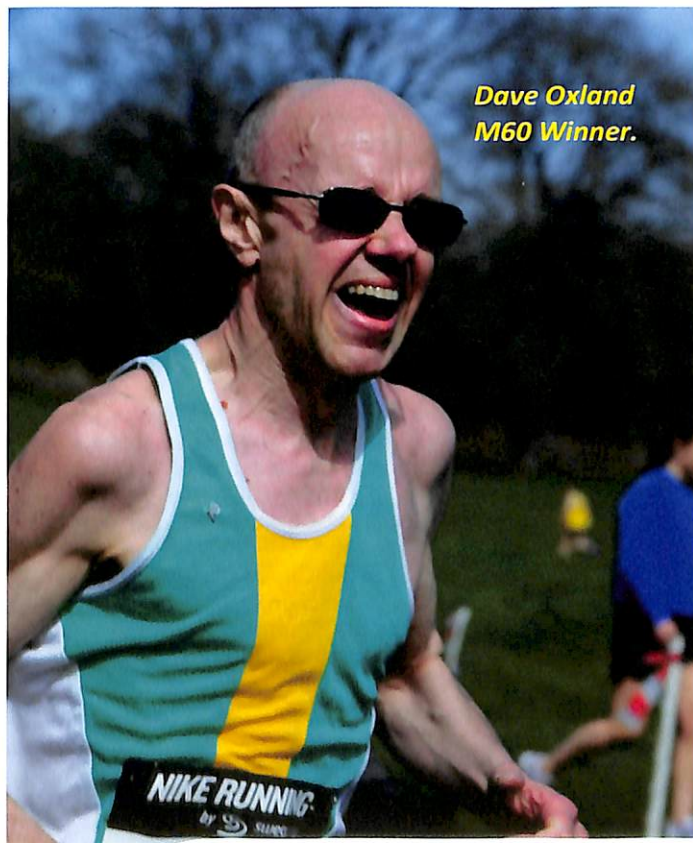
Men Teams 45 - 54 : 1 : Thames Hare & Hounds 1:24:45 ; 2 : Bristol & West AC 1:25:01 ; 3 : Tipton Harriers 1:32:05 ; 4 : Coventry Godiva Harriers 1:40:28 ; 5 : Les Croupiers 1:45:33 ;

M55: 1 28:58 BUTLER, David Billericay Striders ; 2 29:17 WILSON, Gregory Telford AC ; 3 30:33 ELLIOTT, Paul North Belfast Harriers ; 4 30:36 SHIELDS, Matt North Belfast Harriers ; 5 30:49 GARDNER, Brian Swindon Harriers ; 6 30:57 SHAPLAND, John North Devon Road Runners ; 7 31:40 BEDWELL, David Bristol & West AC ; 8 31:56 MCGEOCH, Mick Les Croupiers ; 9 31:59 NEWBERRY, Jim North Belfast Harriers ; 10 32:03 WRIGHT, David Cirencester AC ; 11 32:07 GUNSTONE, David Team Bath ; 12 32:12 ULLIOTT, Tom Brighton & Hove City AC ; 13 32:13 HUTCHISON, Tom Team Bath ; 14 32:14 O'NEIL, Terry Belgrave Harriers ; 15 32:15 GRANT, Richard Oxford City AC ; 16 32:26 SPAREY, Kevin Avon Valley Runners ; 17 32:45 QUINN, Mike Sheffield RC ; 18 32:57 STANIER, Ray Tipton Harriers ; 19 33:04 MURPHY, Mike Les Croupiers ; 20 33:21 ROBERTS, Huw Bridgend ; 21 33:27 FAIRCLOUGH, Irwin Newbury AC ; 22 33:28 PARK, Robert Kidderminster & Stourport AC ; 23 33:28 CORDLE, Sid

Sheffield RC ; 24 33:33 DUGGAN, Nick Sheffield RC ; 25 33:50 CLEALL-HARDING, Jerry Les Croupiers ; 26 33:55 NEWMAN, Alan Paddock Wood AC ; 27 34:10 BLAKENEY, Paul Sheffield RC ; 28 34:36 KING, Paul Team Bath ; 29 34:42 EDE, Michael Cheltenham ; 30 34:49 MERRON, Bernard Swindon Harriers ; 31 35:21 WRIGHT, Ian Cornwall ; 32 35:34 MACGREGOR, Stuart Avon Valley Runners ; 33 35:42 DAVIS, Geoff Team Bath ; 34 36:00 DONAGHY, Derek North Belfast Harriers ; 35 36:03 HODDELL, Dave South West Vets ; 36 36:48 GRICE, Alan Tipton Harriers ; 37 38:11 BREEN, David Porthcawl Runners Life ; 38 38:49 SARGENT, Rob Dagenham 88 Runners ; 39 42:24 HOSKIN, Nial South West Vets ;



Dave Butler
M55
Leads the group



Dave Oxland
M60 Winner.

M60: 1 31:05 OXLAND, David Notts AC ; 2 31:43 MOLLOY, Peter Swindon Harriers ; 3 32:09 MICHAEL, Desmond Barnet & District AC ; 4 32:20 THORP, Stewart Oxford City AC ; 5 32:33 JOHNSTON, Sandy Les Croupiers ; 6 32:39 YOUNG, Peter Ryde Harriers ; 7 32:47 TREADWELL, Roy Oxford City AC ; 8 33:20 DAY, Francis East Cheshire Harriers ; 9 33:40 MANN, Michael Dulwich Runners ; 10 34:13 LINTERN, Anthony Crawley AC ; 11 34:39 BANKS, Peter Coventry Godiva Harriers ; 12 34:50 SNOW, Ian Torrington AC ; 13 34:58 DALEY, Arthur Gloucester AC ; 14 35:00 PLESTED, Stephen Ealing, Southall & Middx AC ; 15 35:41 MOORHOUSE, Mick Matlock AC ; 16 35:44 BALSHAW, Louis ; 17 36:42 SMEDLEY, Mick Derby AC ; 18 37:28 BAILEY-GARD, Julian Westbury Harriers ; 19 38:04 LAMERTON, Frank Avon Valley Runners ; 20 38:31 BRADSHAW, Arnold Manchester Harriers ; 21 39:31 PHILLIPS, Humphrey Gloucester AC ; 22 40:23 ERITH, Mike Tavistock AC ; 23 40:39 MCCLEAN, John Gloucester AC ; 24 42:50 MCCAIN, Fred Haddington ;

MASTERS ATHLETICS SPRING 2012.

25 44:20 EDWARDS, Anthony Sparkhill Harriers ; 26 45:26 WEBB, Allen Swindon Harriers ; 27 46:20 VALENTINE, Bill Torbay AC ;
Men Teams 55 – 64: 1 : North Belfast Harriers 1:33:08; 2 : Swindon Harriers 1:37:21 ; 3 : Oxford City AC 1:37:22; 4 : Les Croupiers 1:37:33; 5 : Team Bath 1:38:56; 6 : Sheffield RC 1:39:46; 7 : Avon Valley Runners 1:46:04; 8 : Gloucester AC 1:55:08;

SEAA MASTERS INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS 10th OF DECEMBER By Alastair Aitken...

John Clarke, Newham & Essex Beagles (33.34), battled it out with Andy Morgan-Lee (33.37) and Alan Murchison (33.59) for most of the M40 Masters Inter-County race, over an undulating course at Lloyd Park, Croydon.. At half way Morgan Lee was leading the small group of three and, running on his own was David Benton of Brighton & Hove (34.22), the first M45 runner to finish. Clarke went into the lead descending the hill on the last lap.

Clarke, who was 40 in September, said he had four years of his athletics career with injuries. However, he ran 2:31:57 in the Chester Half marathon on the 9th of October, which was an indication of his fitness coming into the race.

Andy Morgan-Lee, of the winning Thames Hare & Hounds team had been running 32 years and ran the fastest time in the Southern Vets relay at Aldershot this year but considered his most memorable run was when he represented GB in the World half marathon Championships in Bristol in 2001. His fastest half marathon time was that year in Glasgow when he did 64.51.

Andy Tindall of the winning over 50 team, SLH was timed at 37.15. He won the race outright. He went into the lead half way round the first big lap. He made sure of his advantage, despite feeling very tired on the last big hill. Mike Boyle (37.32) was second and, of course, has been a quality 'runner' for many years, having run inside 15 minutes for 5k at one time and is slowly coming back to form. Michael Bridgeland, the Insurance 5k track Champion, was third in 37.35. He said "I was fourth last year so I was very pleased with that. I could not quite catch the two guys in front by the end of the race but finished strongly and I finally got a medal!"

Tindall considered his 9.50 coming second in the World Masters Steeplechase in Riccione, when he was 45 his best result "I could not get another ounce out of myself that day." He started running in his 20's and was County standard but did not take it seriously again till he was a 45 year old "I thought I will give it a proper go"

Robert Cheverton (38:13) of the City of Norwich was the first 'M55' and the first M65' was Malcolm Renyard the International Masters 'Over 65' Champion in 42.05.

Going one age lighter was Ian Kitching winning the M60 prize and also part of SLH's winning combination.

Ian was a Cyclist and gives some interesting comments about that as opposed to running

"I was not an international but I rode in a lot of international races. " **As an 50 year old he ran the London Marathon in 2:42.**

"In cycling you get some easy bits and very hard bits. Running you don't seem to get the easy bits but then again you don't get the extremely hard bits. You get the idea of hanging on with running and a chance you might feel better later!"

"When I was about 40 I stopped cycling. It was to do with my job. I would go to work and back and that was 2 hours of cycling before I began to train, with more cycling. When the job suddenly stopped I was not riding the bike so much. The training had not been scientific just hours and hours on your bike'. He started running when he was 40 "Running is a much more sociable sport in that it is worth going out for 40 minutes or so but you would not do that on a bike"

'Regarding the running I prefer the road and I intend carrying on'

Julie Briggs of Arena 80 AC (25:11) as a 40 year old was first in the race overall, having led from the start. She came into the race having won her two Sussex Leagues. She runs 35 miles a week and is a teaching receptionist. She feels her 2:52 in the London at 38 was her best result.

Juliet Minter was first 35 in 26.03 and finished second overall. Jane Clarke was first over 50 in 26.26. Her favourite surface is over the country that she has had a lot of success at Masters level, she is a BMAF track gold medallist this year too (In 2011). Paula Fudge (W55), of course was an outstanding international in her day and still loves running and went round in 29.48

Shirley Dyson Laurie (33.22) of Winchester AC won the W60'.

Winchester won the 40-49 team award and South London Harriers the 50-59 team award.

300 plus Club 300 plus Club

The 300 Club draw supports your "Masters Athletics" financially. It only costs £ 12 per year. There is no limit to the number of shares you can hold.

Draws are held each month with a first prize of £ 125, and five prizes of £ 10.

David Lipscomb , will now be administering the scheme, and he will continue the much-appreciated work in this valued project.

Should you wish to join please complete the following application form and send with your cheque for £ 12, direct to:

David Lipscomb, 120, New Road, Croxley Green, Herts, WD3 3EP

300 PLUS CLUB

I would like to become a member of the 300 Plus Club. I enclosed a cheque for £ 12 payable to "Masters Athletics".


NAME.....

ADDRESS.....

POSTCODE.....

EMAIL.....

MASTERS ATHLETICS FIXTURES

2012			
15 th APL	MMAC Road Relays & Walk	TBA	With AGM.
	VAA-NEE 10k M/T	Gypsies Stadium, South Shields	
12 th MAY	BMAF ROAD RELAYS	SUTTON PARK,	
19 th MAY	WMA Mountain Championships	Büthlertal, GER	www.wm.tv-buehlertal.de
10 th JUN	BMAF MARATHON	TENBY	THE WALES MARATHON
	MMAC Track Championships	Nuneaton	
	BMAF 20k WALK	Downham Market	
17 th JUN	BMAF 5k & 5k Walk	Horwich Festival of Racing	
12 th May	SAL Masters T&F Champs	tbc	tbc
27 th MAY	BMAF Pentathlon plus 10k Track	Horspath , Oxford	provisional
27 th Jun	SVHC 5k Road	Clydebank	
1 st JUL	BMAF Throws Pentathlon	Copthall Stadium	
	European Masters Mountain Running Championship	Bludenz,AUT	
14 th JUL	BMAF 30k Walk	Coventry	
22 nd JUL	VAA-NEE 10k Road	New Marske	
4-5 th AUG	BMAF Decathlon & Heptathlon ,& 10k Walk.	Horspath , Oxford	Incorporating GB v USA Challenge.
16-25 th AUG	EVAA, European Championships, Stadia	Zittau (GER) Bogatynia (POL) Hradek n.N. (CZE)	 EVACS 2012 <small>16. LEICHTATHLETIK SENIOREN EUROPAMEISTERSCHAFTEN ZITTAU - BOGATYNIA - HRÁDEK N.N.</small>
30 th AUG	VAA-NEE 5k M/	Lobley Hill, Gateshead	
2 nd SEP	VAA-NEE 10 mile	Hexham	
7 th OCT	BMAF HALF MARATHON	Kirkcintilloch	Neil McCover Memorial Race
14 th OCT	BMAF 10K	ASHFORD	
	VAA-NEE 5k ROAD	Matfen, Northumberland	
28 th OCT	BMAF 10 Mile	Tiptree	
	VAA-NEE Marathon	Town Moor, Newcastle	
10 th NOV	British & Irish XC Championships	Stormont Park, Belfast	Date subject to confirmation.
17 th NOV	BMAF XC RELAYS	Moorways Stadium, Derby	
2013			
19-24 MAR	EVAA Indoor Championships	San Sebastian, ESP	
24-26 th May	EVAA Non Stadia	Upice,CZE	
2-11 AUG	World Masters Games	Torino, ITA	
31 st AUG	WMA Mountain Championships	Janske Lazne.CZE	
15-27 th OCT	WMAA Track & Field Championships	Porto Alegre,BRA	NOTE CHANGE OF DATE
2014			
March	WMAA Indoor Championships	Budapest, HUN	
Aug	EVAA Track & Field Championships	Izmir, TUR	
2015			
	WMAA Track & Field Championships	Lyon, FRA	



HORWICH FESTIVAL OF RACING PRESENTS



THE EMERSON GROUP

British Masters Athletic Federation 5 KM Road Race Championships

Sunday 17th June 2012 at 10:45am

Under UKA Rules. Licence no.

Part of the Horwich Festival of Racing event
3 lap Town Centre course



Please note – The course is not suitable for wheelchair athletes

Changing, showering and presentation at Horwich Leisure Centre

Race Headquarters – Horwich Leisure Centre, Victoria Road, Horwich, BL6 5PY

Entry Fee £7.00 (member of BMAF area club), £9.00 (Non member)

Postal Entries to: BMAF 5K, c/o Sunnydale, Grimeford Lane, Blackrod, BL6 5LD.

Please enclose a Large SAE for number.

Please make cheques payable to “Horwich Festival of Racing”

For enquiries, tel: 01257 481264, email: williamj.s@ntlworld.com

CLOSING DATE FOR POSTAL ENTRIES: 2nd JUNE 2012

Online entries are available at www.race-results.co.uk and www.ukresults.net

www.horwichfestivalofracing.co.uk • www.lostockac.co.uk

The Emerson Group British Masters 5 KM Road Race 2012

Race No.

Name _____ M/F _____ DOB _____ Age _____

Address _____ Postcode _____

Club _____ Tel No _____

BMAF Area Club _____ Accommodation Info Pack Required ☐
(please tick box)

Declaration: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UKA and agree to abide by their rules. I am medically fit, and understand that the organisers will be in no way responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event. Competitors' rights covered by the Data Protection Act.

Signed _____ Date _____